

V O G



Voice of G.S.B.

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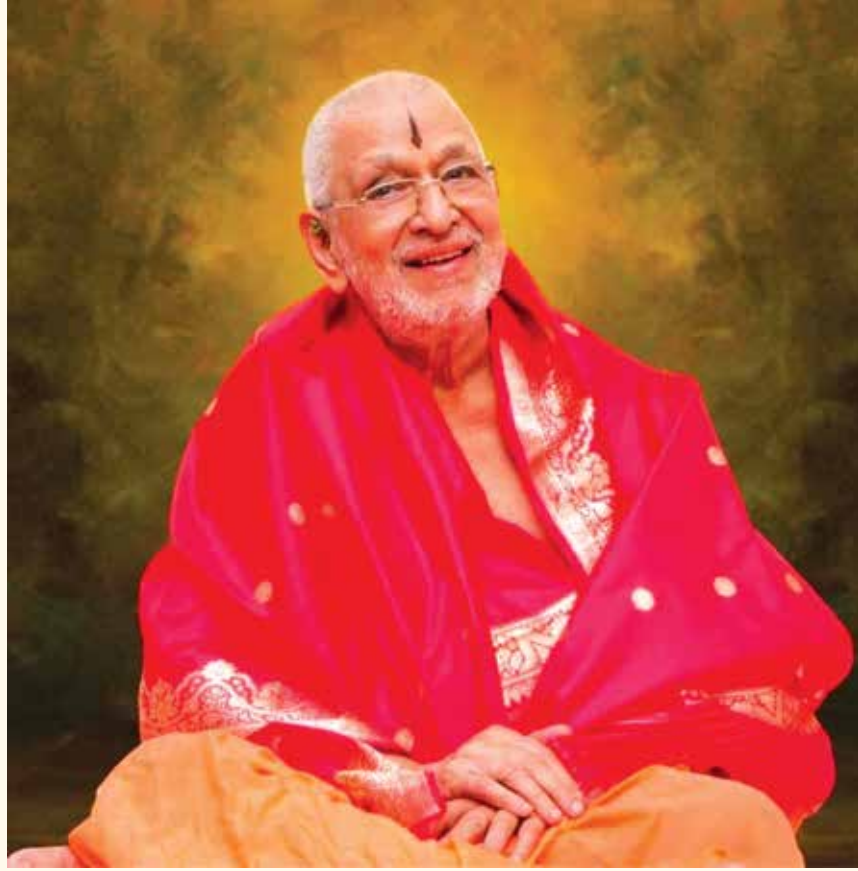
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**Our humble pranams to
H.H. Shrimad Sudhindra Thirtha Swamiji**

A guiding light of our community, whose wisdom and blessings continue to inspire us.

On the sacred occasion of His birth centenary, **Saturday, 4th April 2026**,
we bow in reverence and offer our heartfelt prayers.



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Voice of G.S.B.

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**Namaskaru,
Shubha Parabhava Samvatsara,**

We have just rolled into a new samvatsara which is **believed to be a year of profound transformation, humbling lessons, and the rise of the inner self through a focus on spiritual values.** This is very essential considering what is going on in the world. The spiritual values we inculcated and imbibed from our Gurus and elders are handy while navigating difficult times. The community celebrated the birth centenary of our beloved H.H. Shrimad Sudhindra Thirtha Swamiji, the guiding light of our community, our sashtang Pranams to Them.

In the comings days, we celebrate Akshaya Trithiya and Jayantis of Parashurama, Narasimha, Koorma as also Bhagwan Vedavyasa. These auspicious days will bring about universal peace and happiness.

Last quarter was full of activities for the Sabha which included the M.R. Pai Memorial Carrom Tournament for the Physically Challenged, the V.R. Shenoy Memorial Inter-G.S.B. Cricket Tournament, the Senior Citizens' picnic, Adhyatmik programme, annual Bhajan competition and our annual Sneh Milan programme. Detailed reports on these are covered in this edition.

The spirit of unity was reflected in our recent gathering at Sneh Milan, which was attended by over 400 members and well-wishers. The record gathering was treated to some quality time. Our guests have expressed their intent to help and collaborate with us for our community welfare projects. The musical drama

'Dev Ghara Ailo' connected with the audience and the all-women (G.S.B. Sabha members) star cast earned a lot of accolades as also invites to perform in Mumbai and Uttara/Dakshina Kanada districts of Karnataka.

Our outreach has now touched 70 senior citizens and 12 Sahodaris as beneficiaries of our welfare schemes and with the philanthropy of some largehearted well-wishers and community members, we are sure this number would grow substantially in years to come.

We just completed the disbursement to the Vidyanidhi and Higher Education beneficiaries. We went live on a software to receive and process applications for this. The learning curve was smooth. We are sure if all GSB organisations use this GSB-owned licensed software, we can all collaborate to ensure a smoother and smarter disbursement to reach every needy student.

Our Mahila Shakha played an active role by engaging women in various activities, noted amongst those being the Parichay, a meeting of eligible GSB boys and girls, and the Sankranti Haldi Kumkum.

We conducted selection trials for budding cricketers of our community to represent the GSBS Sport Club's cricket team.

Our digitisation team is developing a membership app and a database of doctors in and around Mumbai.

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.

This year, the summer is predicted to be very aggressive. Hence please take good care of your families, stay healthy and happy.

Dev Baren Koro,

Dhanyawadu,

Laxmikant Prabhu

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

Adhyatmik Programme held on 10th January



Speaker, Shri Vikram Bhat

The annual Adhyatmik programme of G.S.B. Sabha, Mumbai, was successfully conducted on Saturday, 10th January 2026, at the I.M. Pai Hall, Sujir Gopal Nayak Memorial Kreedha Mandir.

The evening commenced with soulful and melodious bhajans rendered by the Mahila Shakha Bhajan group under the able leadership of Smt. Maya Nayak, setting a devotional and serene atmosphere. This was followed by an enlightening discourse on the Chatur Shloki Bhagavad Gita by our esteemed speaker, Shri Vikram Bhat. Founder and Owner of Kiara Jewellery, a company associated with reputed international brands, Shri Vikram Bhat is an alumnus of Sydenham College and holds an MBA from the S.P. Jain Institute of Management, reflecting his strong academic and entrepreneurial background. His discourse beautifully elucidated the four shlokas, revered as the very essence of the Bhagavad Gita, highlighting the nature of the Supreme and the path of devotion.

An engaging interactive Q&A session followed the discourse, after which a vote of thanks was extended to the speaker, founder sponsor, co-sponsors, and sevadars. The evening concluded with all attendees enjoying an upvaas-appropriate dinner, bringing to a close a truly fulfilling and memorable event.

This spiritually enriching initiative was established through the vision and endowment of our beloved former President, Late Smt. Sanjivi Bhat, and was ably supported by our generous anonymous co-sponsors. The programme also received wholehearted support from our dedicated sevadars namely Shri Dinesh Bhandarkar, Shri Subray D Shenoy, Smt Shanteri Nayak, Shri Umesh Pai, Shri Laxmikant Prabhu, Shri Uday Mallya, Shri Sudharkar Mallya, Smt. Suchitra Sukhthankar, Shri Amit Shanbhaug, Smt. Prathima Pai, Smt. Amita Kini, Smt. Mohini Hegde, Shri Kumbha Ramchandra Bhakta, Dr. Anita Shenoy, Smt. Anuradha Shenoy and Ms. Anita Nayak, whose contributions made the event possible.



Mahila Shakha Bhajan Group



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14th Edition of V.R. Shenoy Memorial Inter-GSB Cricket Tournament held on 11th January



At the Inauguration



Meeting the teams playing Finals

There was great thrill and excitement on Sunday, 11th January 2026, at the GSBS Sports Club (King's Circle) grounds, where the 14th edition of the V.R. Shenoy Memorial Inter-GSB Cricket Tournament was held. The event is supported by an endowment established by Shri Sunil Shenoy, USA, son of Late Shri V.R. Shenoy. The tournament also received sponsorship support from Saraswat Co-operative Bank.

The Chief Guest for the inauguration was Shri Sandeep Vichare, recently elected Apex Council Member of the Mumbai Cricket Association (MCA) and a Senior Manager with Mumbai Mahanagar Gas. A passionate cricket lover and enthusiastic supporter of the sport, he delivered a short and motivating address. He emphasised the importance of community tournaments that bring people together. He expressed happiness at seeing the young cricketers geared up and eager to showcase their talent, and remarked that such tournaments are vibrant celebrations of the community's love for cricket.

Ten dynamic teams with impressive talent played thrilling matches filled with memorable moments. The games were played with high energy and intense competition. The fast-paced limited-overs matches, officiated by qualified umpires and supported by an official scorer, ensured exciting action and quick results. The tournament also showcased a unique blend of young talent displaying their skills at their best. Live commentary, along with fan-engagement activities and a large community turnout, kept everyone entertained.

The final, played between Andheri XI and Dahisar XI, was a seesaw battle of skill and stamina, with Andheri XI emerging victorious by 8 wickets. Rohan Nayak from GSB Andheri won the Best Batsman and Best Fielder awards, while Chirag Nayak, also from GSB Andheri, was named Best Bowler as well as Player of the Tournament.

The evening prize distribution function was graced by Shri Satish Rama Nayak, Shri Prashant Puranik, and Shri Ashok Hegdekar. Trophies, medals, and cash prizes were awarded across various categories.



The final winning team

GSBS Sports Club scouts young talent at community cricket trials



GSBS Sports Club conducted cricket trials exclusively for boys and girls from the GSB community to select players to represent the Club in various Mumbai Cricket Association (MCA) tournaments.

The trials were held to identify talented players for both boys in the age group U14 / U16 / U19 and girls U15 / U17 / U19.

The event took place at the Sabha's grounds at Kreedha Mandir, King Circle. Aspirants began arriving from 8:00 a.m. onwards, coming from far-off places like Dombivili and Vasai, and their enthusiasm was clearly visible. Breakfast and lunch arrangements were made for over 11 players and their accompanying parents.

The camp was initiated by Shri Ravi Gadiyar, Sabha Committee member and former cricketer who represented Mumbai in Ranji Trophy matches.

M.R. Pai Memorial Carrom Tournament for the Physically Challenged held on 25th January



Some days leave a mark without trying to. This year's M.R. Pai Memorial Carrom Tournament for the Physically Challenged was one of those days.

Close to 160 participants took part in the tournament which was organised by the Sabha at the GSB Sabha Sports Club at King's Circle. Many of them had been here before and greeted each other easily, like people meeting again after a long time. There was a sense of comfort in the room. People settled down quietly, adjusted their boards, and got ready for a long day of play.

The tournament itself began around two decades ago with a simple intention. Earlier, the Sabha organised a large carrom tournament for nearly 10 days and attracted more than 250 participants. Within that event, a small segment was set aside for players with disabilities. Over time, it became clear that this segment deserved its own space and attention. What began as a part of a larger tournament has today grown into a full-fledged event dedicated entirely to players who are physically challenged.

This year, a new category for the partially blind was introduced. Watching these players compete was a reminder of the effort behind every move. They played with focus and patience, relying on memory, touch, and concentration. Their confidence added a quiet strength to the atmosphere.

The convenors for the tournament were Shri Bharat Kini, Vice-President of G.S.B. Sabha, Smt. Amita Kini, President of Mahila Shakha and GSB Sabha's managing committee member Shri Amit Shanbaug. They were present

throughout the day and ensured that everything moved smoothly.

The opening ceremony was conducted by the chief guest, Shri Abhay Hadap, former treasurer of Carrom District Association and former secretary of Mumbai Cricket Association. In his brief address, he spoke about perseverance and the importance of giving everyone a chance to participate. His words set the tone as the matches began.

As the games progressed, the atmosphere remained calm and focused. There were intense moments at the board, followed by quiet smiles after a good shot. Missed chances were met with understanding rather than disappointment. Spectators watched closely, some offering advice, others simply observing. What stood out was the respect the players showed one another.

The closing ceremony was held in the presence of Shri Jadi Shankar Varma, Chief Manager of Bank of Baroda, Bhaudaji Road Branch, who was the chief guest for the evening. He presided over the distribution of prizes and certificates. While winners, first runners-up, and second runners-up were recognised, he remarked that everyone who took part was a winner.

As the boards were packed away and people began to leave, there was a sense of quiet satisfaction. The M.R. Pai Memorial Carrom Tournament once again showed that sport can bring people together with sincerity and purpose. It was not about the final scores, but about the effort each player brought to the table.

Senior citizens' picnic on 1st February



Every year, the Sabha organises a special day out for the community's senior citizens, offering them a refreshing break from their daily routine and a chance to reconnect and bond with their extended families and old friends. This year, on 1st February, more than 100 lively and spirited seniors embarked on a spiritual journey to our very own Balaji Temple, Vashi; Balaji Temple, Nerul; and ISKCON, Kharghar. They set off in two buses, generously sponsored by Smt. Roopa and Shri Vishnu Prabhu. The journey commenced with a divine invocation, and the air soon filled with nostalgic melodies of old Hindi film songs and soul-stirring bhajans, setting the perfect tone for the day ahead.

Upon arrival at Balaji Temple, Vashi, a puja on behalf of the Sabha was performed with full participation, followed by a wholesome and energising breakfast. The next stop was the majestic Balaji Temple at Nerul, a replica of the Shree Balaji Temple, Tirumala, followed by a visit to the iconic ISKCON temple at Kharghar.

After the divine tour, the hungry participants were treated

to a sumptuous lunch at Balaji Temple, Vashi, where all engaged in soulful conversations and bonding. The lunch was followed, not by a siesta, but by fun and games, with the seniors participating enthusiastically. The post-lunch session was packed with light-hearted group games, a ramp walk, and a music and dance session featuring all participants. The group games were carefully selected to ensure full participation. They led to bursts of carefree laughter, creating an atmosphere of joy and camaraderie.

As the evening approached, mouth-watering snacks were served, bringing the picnic to a close. Before anyone realised it, the time had come to bid adieu until the next gathering.

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

The joy and happiness on the faces of our senior citizens, and the heartfelt gratitude expressed by them, were worth the hard work put in by the group of convenors to ensure a memorable Senior Citizens' Day Out.

MUKHYA DINAANK YADI

LIST OF IMPORTANT DATES IN THE QUARTER APRIL-JUNE 2026

Dates	Day	Festival
2 nd April 2026	Thursday	Shree Hanuman Janmotsav
5 th April 2026	Sunday	Sankashta Chaturthi
19 th April 2026	Sunday	Akshay Tritiya
1 st May 2026	Friday	Maharashtra Day
5 th May 2026	Tuesday	Angarak Sankashta Chaturthi

Dates	Day	Festival
17 th May 2026	Sunday	Adhik Jyestha Arambh
3 rd June 2026	Wednesday	Sankashta Chaturthi
16 th June 2026	Tuesday	Nija Jyestha Arambh
25 th June 2026	Thursday	Nirjala Ekadashi
29 th June 2026	Monday	Vatpurnima
3 rd July 2026	Friday	Sankashta Chaturthi

Ceremony to offer new *dev mantap* for Vitthal-Rakhumai held on 21st March



In a heartwarming ceremony, Shri Saiprakash Nayak and Smt. Maya Nayak, from the family of Late Shri A. Rama Nayak, an iconic name in Mumbai’s Udupi cuisine tradition, offered a new *dev mantap* for Vitthal-Rakhumai, the revered *Ishta Devata* of the G.S.B. Sabha, Mumbai.

The ceremony was held on Saturday, 21st March 2026, at the Sabha office at Shreenidhi, Matunga, reflecting the family’s enduring commitment to faith, community, and heritage.

Shri A. Rama Nayak’s contributions to the GSB community are well known, and his legacy continues to guide and inspire; the *Krishnarpan* ceremony performed by Shri Saiprakash and Smt. Maya Nayak marked a meaningful continuation of this philanthropic journey.

The occasion was attended by close family members, including his son Shri Satish Nayak; grandsons Shri Ravi Gadiyar and Shri Shashant Nayak; granddaughter Smt. Rajani Mallya, and granddaughters-in-law Smt. Rupa Nayak and Smt. Chandrika Kamath.

Also present were Smt. Gita Pai, Trustee of the Sabha, along with Managing Committee members of the Sabha and its Mahila Shakha, and other guests.

The pooja and archana were conducted by Vaidik Prashant Bhat. The atmosphere was filled with devotion as *bhajan* seva was offered to Vitthal-Rakhumai.

Smt. Gita Pai and Sabha President Shri Laxmikant Prabhu felicitated Shri Saiprakash and Smt. Maya Nayak with an idol of Vitthal-Rakhumai brought from Pandharpur.

The ceremony concluded with refreshments thoughtfully arranged by the Nayak family, bringing the gathering to a close in a spirit of gratitude and quiet celebration.

Shri A. Rama Nayak’s name remains synonymous with Udupi cuisine in Mumbai, but beyond that, it stands for service and devotion. His family’s continued dedication is a fitting tribute to that legacy. The G.S.B. Sabha, Mumbai, is fortunate to have such committed members, and this new *dev mantap* will serve as a lasting symbol of their faith and tradition.

POWERING THE PITCH

GSBS Sports Club is now the proud owner of a new power roller.

This new equipment will enable the groundsman to roll the wickets quickly and effortlessly, ensuring better playing conditions.

The roller was commissioned on Saturday, 28th March 2026 in the presence of Shri. Ravi Gadiyar, Managing Committee member and former Ranji Trophy player representing Mumbai.



Educational Assistance Disbursement & Interaction Session held on 5th April

An interaction Session with student beneficiaries was organized as part of our continued effort to stay connected and support their educational journey. The session provided a platform to engage with students, understand their experiences, and share valuable insights.

Educational assistance cheques were handed over to 40 students.

The session was graced by Shri. K. Shashidhar Pai, Chairman and Managing Director, Offshore Marine Tech Private Limited, who attended as the Chief Guest. Ms. Pratima Bhandarkar, Student Counsellor, also interacted with the students and offered guidance.

The event was held on Sunday, 5th April 2026 at the I.M. Pai Hall of G.S.B. Sabha, Mumbai's Sujir Memorial Nayak Kreedha Mandir.

The session was attended by over 80 people, including the students and their parents. The key outcome from this interaction was that students shared their academic progress and challenges. Counselling guidance was provided, direct interaction strengthened the connect between beneficiaries and the Sabha. A sense of gratitude was expressed by the students and their parents.

The Vidyanidhi assistance was provided through the Sabha's Vidyanidhi Fund, supported majorly by an endowment instituted by Shri. K Mohan Pai, USA in memory of his parents, Late Smt. Rama and Late Shri Hari Panduranga Pai. Similarly the Higher Education Assistance was disbursed from an endowment instituted by Late Shri Gurple Dattananda Bhat. The Sabha expresses its Gratitude to the generous donors for their philanthropy.

The session was well received and served as a meaningful opportunity to connect, learn, and grow together.



Introducing the advisors for our educational initiative



Dr. Kavita Rege, ex-Principal of Sathaye College, Vile Parle (7,000+ students), is an accomplished academician with a PhD in Chemistry from the University of Bombay. A former research scientist with ICI and Hindustan Lever, she joined Sathaye College in 1983 and has served as Principal for 13 years.

Under her leadership, the college earned an NAAC 'A' grade twice (2004, 2011) and won several awards, including the NCERT Best Institution Award. She has led major initiatives, built a new college theatre, and organised a Mumbai-to-Jammu cycle rally in solidarity with 26/11 victims.

Dr. Rege has represented Indian academia on international delegations to the UK, Germany, Israel, Sri Lanka, and Thailand, and serves on various academic and cultural bodies. She is also active in Rotary community service with her husband, Shirish.



Dr. Vatsala G. Pai, PhD, is an Associate Professor and former Head of the Department of Philosophy and Psychology, and has served as Vice Principal (Academics) at Ramnarain Ruia Autonomous College, Mumbai. Her area of specialisation is Vedanta philosophy.

Her interests include philosophical counselling and career counselling. She is an active member of Social Ventures Partners, a collaborative philanthropy organisation. An avid trekker, she also enjoys nature, history, and music.



Dr. Chitra Kamath has her roots in Manjeshwar and marital ties to Katapadi, Udupi district. She earned her PhD in Organic Chemistry from ICT (formerly UDCT) in 1995 and has over 30 years of teaching experience at K.J. Somaiya College, where she currently heads the Department of Chemistry.

A recognised PhD guide under the University of Mumbai, she has guided six doctoral students and published extensively. She has contributed to science outreach through mentoring students for IJSO NTSE and Homi Bhabha exams.



Dr Sapna Malya is a Chartered Accountant and a PhD. She has been teaching and training for more than two decades. Currently, she is a professor in the area of Finance and Accounting at the prestigious S.P. Jain Institute of Management and Research, Andheri, Mumbai.

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

Our Mahila Shakha Bhajan group offered the following Bhajan sevas:

10th January: At Kreedha Mandir, Matunga, on account of the Adhyatmik Programme of the Sabha.

17th February: At Shri Kashi Math, Walkeshwar, on account of Swamiji's visit.

19th March to 27th March: At Sri Ram Mandir, Wadala, on account of Ram Navami festival.

Annual Get-Together held on 21st December: The Annual Get-Together of the Mahila Shakha was held on Sunday, 21st December, at I. M. Pai Hall, Kreedha Mandir, Matunga. The event was marked by warmth, camaraderie, and meaningful cultural engagement, with two thoughtfully curated competitions—Cookery and Konkani Elocution—for lady members above 18 years of age.

True to its tradition of promoting health and heritage, the Mahila Shakha selected Amchigele "Valval", a nutritious and flavourful Konkani side dish, as the theme for the Cookery Competition. The topic for the Konkani Elocution Competition was "Annadaan hein Shrestha Daan ki Vidhyadaan Shrestha Daan", encouraging participants to reflect on the value of food donation versus education.

The Cookery Competition was judged by Smt. Vijaya Shenai, an expert in Amchigele cuisine, and Smt. Amita Kini, President of Mahila Shakha. The Konkani Elocution Competition was evaluated by Smt. Sudha Kamath and Smt. Savitha Joshy. Smt. Sudha Kamath has served in the field of education as a teacher with the Indian Education Society (IES) and currently holds the position of Administration Secretary of WE Woman (NGO), an all-India women's organisation. Smt. Savitha Joshy is actively associated with the Navi Mumbai Kannada Association. Both judges hail from Navi Mumbai and are deeply involved in social welfare initiatives, particularly those focused on women's empowerment.

The Cookery Competition commenced soon after the welcome address by Smt. Sai Prabha Kamath, Hon. Secretary of Mahila Shakha, and saw enthusiastic participation from around seven members. Following the completion of the judges' evaluation rounds, the Konkani Elocution Competition was held, with a similar number of participants showcasing confidence, clarity of thought, and strong language skills.

A notable highlight of both competitions was the spirited participation of several senior lady members, whose enthusiasm and poise added special charm to the proceedings.

The official programme followed the competitions, during which the judges were formally introduced and felicitated by Smt. Kini. In their addresses, the judges commended the participants for their confidence, preparation, and sincere efforts. Addressing the gathering, the President emphasised that the Mahila Shakha consistently endeavours to promote the Konkani language and cuisine, which was reflected in the thoughtful selection of competition themes. She also expressed heartfelt gratitude to the judges for their esteemed presence and to the participants for their active involvement.

In the Cookery Competition, Smt. Leela Bhaskar Bhat, Smt. Parvati M. Kamath, and Smt. Shweta Suresh Prabhu were declared the First, Second, and Third prize winners respectively (*see winning recipes on Page 46*). In the Konkani Elocution Competition, Smt. Veena Premanand Shenoy, Smt. Nirmala Gadiyar Pai, and Smt. Suchita Ganesh Kamath secured the First, Second, and Third positions, respectively. All winners were honoured with cash prizes by Mahila Shakha.

Adding a pleasant surprise to the programme was the auction of the saree worn by Devi during the Durga Namaskar Pooja organised by Mahila Shakha in November.



The bidding began at ₹2,050 and concluded at ₹3,100, generating enthusiastic participation.

The programme concluded with a Vote of Thanks to the Chair. The Annual Get-Together was generously sponsored by Shri Prakash Hegde. The cash prizes for the Cookery Competition were sponsored by Smt. Bina Shenoy, in memory of her mother, Smt. Kishori T. Prabhu, while Smt. Sumana Kini sponsored the gifts for the judges.

The event concluded on a warm and cheerful note with hot coffee and delicious packed snacks.

Sankranti Haldi-Kumkum held on 16th January:

The Mahila Shakha celebrated Sankranti Haldi-Kumkum on 16th January 2026, at the I. M. Pai Hall, Kreedha Mandir, Matunga. The event was marked by warmth, devotion, and vibrant participation, with the highlight being a Bhajan Competition organised exclusively for the lady members of the Sabha.

The programme was graciously sponsored by Smt. Manjiri Pai Nayak, granddaughter of Late Shri I.M. Pai and Director in the family business. Lending grace and musical insight to the competition were the esteemed judges Smt. Chandrika Kamath Dandekar, Vice-President, Axis Bank, and Smt. Gauri Kamath, a seasoned journalist.

The hall presented a colourful and festive sight, filled with Suhasinis elegantly adorned in silk sarees, traditional jewellery, and fresh flowers, truly reflecting the spirit of Sankranti. The proceedings began with a warm welcome by Smt. Aarti Pai, Committee Member, following which Smt. Sai Prabha Kamath, Hon. Secretary, formally commenced the Bhajan Competition.

About 15 participants, all above the age of 40, enthusiastically took part. While registrations had been done in advance, the spontaneous participation of a few members added to the excitement of the event. To ensure fair evaluation, the competition was conducted in two categories: Up to 60 years and Above 60 years.

Musical accompaniment on the harmonium was provided by Smt. Maya Nayak, Hon. Vice-President of Mahila Shakha, and a respected Bhajan Guru. As the bhajans unfolded, the hall soon resonated with soulful melodies and heartfelt devotion, creating an atmosphere imbued with bhakti bhava. The audience and judges alike were visibly absorbed in the rhythmic taal and laya of the devotional renditions.

The official segment of the programme was presided over by MS President Smt. Amita Kini. The sponsor and judges were felicitated with thoughtfully curated gifts, patronised by Smt. Sumana Kini. On this occasion, Smt. Chandrika Kamath



Dandekar delivered a brief yet insightful talk on Music Therapy, sharing her experiences on the vital role of music in healing and emotional well-being. Smt. Gauri Kamath complemented this with engaging anecdotes from her own association with music. A shared passion for music emerged as a common thread between the judges.

The much-awaited results of the Bhajan Competition were then announced. In the Above 60 years category, Smt. Nirmala S. Pai, Smt. Amrita Borkar, and Smt. Kavita Bhandarkar secured the First, Second, and Third prizes respectively.

In the Up to 60 years category, Smt. Mukta Prabhu, Smt. Rekha Shenoy, and Smt. Asha Prabhu won the First, Second, and Third prizes respectively.

Winners received cash prizes sponsored by the Mahila Shakha. The programme concluded with a vote of thanks proposed by Smt. Amritha Girish Pai, Hon. Joint Secretary. After collecting the vortis and enjoying delicious refreshments, the Suhasinis departed with hearts full of devotion and contentment.

87th Parichay held on 14th February: The Mahila Shakha held its 87th Parichay, a get-together for eligible boys and girls along with their parents, on Saturday, 14th February 2026, at the Kreedha Mandir.

There was a good response, with 115 online registrations. A few on-the-spot registrations were also received. The event was attended by eligible boys and girls, mostly accompanied by their parents. This time, the get-together was arranged in four slots:

- Birth year 1977 to 1988 and second marriage
- Birth year 1989 to 1993
- Eligibles residing Abroad
- Birth year 1994 and later

President Smt. Amita Kini gave a brief introduction to Parichay. She highlighted the need and importance of such a gathering, which aims to help find suitable matrimonial alliances within the GSB community. Considering the hectic pace of modern life, many people do not find the time to interact with one another, which affects the prospects of the next generation. Parichay, therefore, serves as a platform for GSB families to meet and explore suitable matches for their wards.

She also offered a word of advice to the youngsters. While assessing compatibility, one must remember that adjustments in marriage are never one-sided and require flexibility from both sides, so that the appropriate age for marriage is not missed.

The programme began with a PowerPoint presentation of the biodata of eligible boys and girls compiled by the Mahila Shakha, based on the Google forms filled out by participants during the registration process. Special seating arrangements were made in the hall for the boys, girls, and their parents.

It was quite moving to hear some parents share their challenging experiences regarding matrimonial alliances, whether for sons or daughters. One parent expressed concern about the shrinking size of the community due to the recent rise in inter-caste marriages. Another parent suggested that "work from home" should also be included under the "working girl" category. After evening tea and biscuits, the participants left the venue with hope in their hearts, looking forward to the day when wedding bells would ring.



Science workshop held on 28th February: A large group of volunteers sporting bright yellow T-shirts that read "*Unapologetically Scientific*" was the sight that first caught the attention of members of the G.S.B. Sabha Mumbai's Mahila Shakha during their coordinated visit to the Tata Institute of Fundamental Research, Colaba, on National Science Day on 28th February 2026. About 50 members from the GSB community participated in the visit.

The programme, attended by participants across various age groups, aimed to introduce them to research in the field of basic sciences and encourage curiosity-driven scientific inquiry. The day's activities included audio-visual presentations, lectures, demonstrations, poster presentations, guided laboratory tours, guided garden tours, and guided art tours.

Participants were introduced to a wide range of concepts, from Black Holes, Quantum Gravity, and Quantum Entanglement to Biomolecules and Catalytic Drugs.

The icing on the cake was the public lecture titled "*Scientific Temper in the Age of Unreason*," delivered by Atish Dabholkar, Director of the Abdus Salam International Centre for Theoretical Physics, Italy.

Mahila Shakha received very positive feedback from the participants. The opportunity for face-to-face interactions with scientists, researchers, and students at TIFR was especially appreciated.



Future Programmes of G.S.B. Sabha Mumbai's Mahila Shakha

Date	Programme	Time	Venue
Sunday 26/04/2026	KONNECT - Mindful Family Connection with Art and Movement, a workshop conducted by Smt. Deepali Nayak, Life Coach Age Group: 5-15 years with one or two parent/s Registration fee for participation: Rs 500 per child <i>(Online Registration details to follow)</i>	3.30 PM to 6.00 PM	I.M. Pai Hall, Sujir Gopal Nayak Memorial, Kreedha Mandir, King's Circle
Sunday 31/05/2026	Namami Purushottamam - Season 2 Chanting of Vishnu Sahasranamam and the 15 th Chapter of the Bhagavad Gita in view of Adhik maas. Age no bar. Children are encouraged to participate. <i>(Online Registration details to follow)</i>	4.00 PM to 6.00 PM	I.M. Pai Hall, Sujir Gopal Nayak Memorial, Kreedha Mandir, King's Circle
Sunday 07/06/2026	88th Parichay <i>(Online Registration details to follow)</i>	9.30 AM onwards	GSB Mandal's Sitaram A.Pai Memorial School, Ambika Nagar, Gograswadi, Dombivli East 421201

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ADDITIONAL DETAILS WILL BE COMMUNICATED FROM TIME TO TIME**

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- Bhajan classes are held at the Sabha office. Please contact the Sabha office (022 3172 6426) for details.
- Marriage Information Services are held at the Sabha office on the 4th Saturday of every month between 4 pm and 6 pm. Interested alliance seekers are requested to call the Sabha office one day in advance and confirm their visit.

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

Hon. Secretary

Mobile: 9821127401

Smt. Amritha Pai

Jt. Hon. Secretary

Mobile: 9322874540

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When Love Speaks Through Actions, Not Words!

A legacy of strength, shared silently through generations



• by Anita Pai

I grew up in a nuclear family where both my parents—Aanu (Father) and Amma (Mother)—were working, so my big brother, Anna, and I had to go to a babysitter. We never liked going there and would often get upset with Amma for sending us. But with a heavy heart, she used to leave us there, as earning was a necessity for both my parents to raise us. On some days, though, Mamoma (Amma's mother) would come to stay with us and take care of us. The unconditional support from Mamoma made Amma's life a little less tough. No one understands a mother better than her own mother. Isn't it?

My father, too, worked tirelessly in shifts while still making time for us. I remember how he used to do night shifts and come home early in the morning to make breakfast and get us ready for school. Meanwhile, Amma had to leave early to reach her office on time. She handled our homework and all other household chores. Aanu, unlike many men of his time, actively participated in household responsibilities, no matter how exhausted he was. This quality was instilled in him by his mother, Bapoma (Father's mother), who toiled in the fields while raising him and his siblings. He made sure that Amma never had to endure the same struggles alone. At a time when men helping with household chores were often looked down upon, my father's actions proved that building an equitable society begins with equally sharing responsibilities.

Looking back now, I understand my Amma's struggles. She was a working woman who balanced her bank job and motherhood simultaneously. It must have been difficult for her to leave us every day and go to work. Yet she always greeted us with an evergreen smile and a warm hug at the end of the day—something words cannot fully capture. She could manage her career along with two children because her mother stood strong behind her, and my father ensured that his wife would not suffer the same fate like his mother did.



Now that I am a married woman and a mother of two, I often reflect on how my parents managed their roles so well and still matched their rhythms in life, even when they were two distinct individuals trying to find themselves. Here I am, still coming to terms with the reality that someone depends on me now. Through their journey, I have realised one truth: no matter how supportive a husband is, the encouragement from another woman elevates your self-esteem in unimaginable ways. For me, it's my Amma—and for her, it was her mother.

Even today, after my marriage, I have my Aanu and Amma standing strong with me and helping me with everything. Not because I cannot do it myself, but because they know I will not ask for it. So, the help I need comes before I can ask for it. Before marriage, words like "Tu jevli ve chelda?" (Did you have your food, my child?) felt overprotective, repetitive, and sometimes even irritating. But today, when I hear the same words from them, they mean the world to me. After leaving your parents' home, you realise how rare such caring words become, and just thinking about it can bring tears to your eyes.

To summarise this part of my journey, I realise that every generation of women carries the strength of the women before them, and every family is shaped by the unseen, selfless sacrifices of its parents. My journey as a daughter, wife, and mother feels lighter and more manageable because of the foundation my parents laid and the values they passed on to me. The balance they created between career, family, and love is now my guiding light. If there's one thing I've learned from them, it is that love is not always loud or spoken—it is present in shared responsibilities, in unasked-for help, and in simple kind words shared every now and then, which make a family stronger and deepen the bond between them.

Anita Pai is an Advocate (LL.B.) with a Bachelor's degree in Accountancy & Finance. She has completed her Visharad in Bharatanatyam. Currently, she nurtures her passion for rangoli art and writing alongside her professional journey.

Supporting our seniors: A step towards holistic geriatric care

• by Dr. Sandhya Kamath

Gerontology and geriatric medicine are interdisciplinary fields focusing on the ageing process. They involve older adults more than 60 years of age with specialised care. Gerontology studies the ageing process, while Geriatric Medicine focuses on preventing, diagnosing, and treating diseases in people over 60 years to improve the quality of life in this group. It has most often a multidisciplinary approach.

Gerontology and geriatric medicine are essential for addressing the healthcare needs of the growing global elderly population, with a strong focus on maintaining functional independence, dignity and leading a proactive life.

In 2021, India had approximately 138 million elderly persons (aged 60+), comprising about 10-12 per cent of the population, with 67 million males and 71 million females. This demographic is growing faster than the general population, with a 36 per cent increase projected over 2011–2021. The population faces high dependency, with roughly 70 per cent relying on others for daily living.

- **Population Growth:** The elderly population is projected to reach 319 million by 2050. The growth rate of the elderly is higher than that of the general population, with an estimated 34 million increase in 2011-21.
- **Dependency:** Around 70 per cent of the elderly depend on others for their day-to-day maintenance, with roughly 85 per cent of men and over 70 per cent of women depending on their children for financial support.

Pediatric (children) and geriatric (older adults) populations require specialised healthcare due to unique developmental, physiological, and pharmacological needs. Both groups often require tailored medication formulations (liquids, orally disintegrating tablets) due to swallowing difficulties, altered drug metabolism, and reliance on caregivers. While paediatrics focuses on development, geriatrics focuses on managing chronic illnesses, multimorbidity (multiple disease processes), and frailty.

Key Aspects of Gerontology and Geriatric Medicine:

- **Gerontology:** Studies the biological, psychological, and social aspects of ageing to understand the ageing process, including biogerontology, social gerontology, and environmental gerontology.

- **Geriatric Medicine (Geriatrics):** A branch of medicine specialising in the health care of elderly people, managing complex, age-related conditions like dementia, frailty syndrome, and palliative care.
- **Core Focus Areas:** Clinical practice covers dementia, frailty, palliative care, geriatric dentistry, cardiology, oncology, brain diseases, psychiatric and psychological counseling and, most important, rehabilitation.
- **5 M's of Geriatric Care:** A patient-centred framework commonly used to guide care:
 - **Mind:** Screening for dementia, delirium, and depression.
 - **Mobility:** Ensuring safe movement, crucial in post-acute care.
 - **Medications:** Managing polypharmacy and reducing inappropriate meds.
 - **Multimorbidity:** Managing multiple chronic conditions.
 - **Matters Most:** Aligning care with patient goals and values.
- **Multidisciplinary Teams:** Geriatricians work with nurses, therapists (physio, occupational, speech), and social workers to manage complex care needs, often in nursing homes or specialised units.

Geriatrics is the medical speciality dedicated exclusively to providing high-quality, patient-centred care for older adults. Older adults have a unique set of issues and concerns that geriatric clinicians are trained to focus upon.

When Should You Consider Geriatric Care?

While geriatricians specialise in caring for older adults, there's no fixed age at which one must transition to geriatric doctors. In fact, some individuals may never opt for geriatric care. A 65-year-old person might need geriatric care due to multiple age-related health issues, whereas an 80-year-old in excellent health might not need such specialised care.

Classifications of Geriatric Care

Types of geriatric care can generally be classified into two main categories: geriatric medicine and geriatric care management. Together, these approaches aim to provide comprehensive healthcare and enhance the quality of life for elderly patients. We have provided an overview of each type:

Geriatric Medicine

Geriatric medicine, also referred to as geriatrics, is a specialised field focused on preventing, diagnosing, and treating diseases and disabilities in older adults. Practitioners in this area, including geriatricians and nurse practitioners, address a wide range of age-related health issues such as dementia, Alzheimer's disease, cancer, heart disease, diabetes, multiple sclerosis, Parkinson's disease, strokes, incontinence, fall-related injuries, and the complexities of managing multiple medications (polypharmacy).

Geriatricians undergo extensive training similar to primary care physicians, with an additional two years of specialised education specifically tailored to the complex health needs of elderly patients. Geriatric nurses, who are registered nurses, also receive additional training and clinical experience in gerontological nursing.

Geriatric Care Management

Geriatric care management involves coordinating and planning care for older adults facing functional limitations or specific medical needs. Geriatric care managers, often health professionals in gerontology, social work, or nursing, have an in-depth knowledge of healthcare services, costs, and accessibility. They help seniors and their families in navigating the complexities of the healthcare system.

Roles of a Geriatric Care Manager

Geriatric care managers are essential in ensuring elderly individuals receive tailored care that meets their unique requirements. Their responsibilities include:

- **Assessing care needs:** Evaluating the need for in-home care and guaranteeing the safety of the living environment.
- **Family consultation:** Advising families on the challenges of elder care and recommending appropriate care solutions.
- **Developing care plans:** Creating personalised care strategies addressing short-term and long-term needs.

- **Coordinating services:** Organising healthcare providers, including medical professionals, mental health services, and therapists.
- **Facilitating medical care:** Arranging appointments and referrals to specialists as needed.
- **Assisting with transitions:** Providing support during moves to new living arrangements if necessary.
- **Daily living assistance:** This involves helping with activities like bathing, dressing, mobility (such as walking or using aids), toileting, eating (including meal preparation and feeding assistance if required), and grooming (such as hair care, shaving, and oral hygiene). This assistance is crucial for preserving independence, enhancing comfort, and fostering overall well-being.
- **Insurance management:** Helping families understand and manage insurance policies related to elder care.
- **Monitoring health:** Continuously assessing the health status of seniors and adjusting care plans accordingly.
- **Family communication:** Keeping relatives informed about health updates and changes in care plans.
- **Social & Psychological Aspects:** Examines elderly care, mental health counseling, loneliness, and environmental factors affecting health.
- **Common Clinical Symptoms in Older Adults:** They are referred to as "geriatric giants"—incontinence of urine/stools, immobility, instability, and intellectual impairment. (Most of the time present in older adults).
- **Emotional support:** Providing ongoing emotional support to seniors and their families.
- **Respite for family caregivers:** Providing temporary relief and respite services to family caregivers when needed.

This article serves to inform that the Health Centres of GSBS Medical Trust are in the process of developing comprehensive geriatric services for those in need.

Dr. Sandhya Kamath, MD (Bom), FICA, FACP (Hon) USA, is Trustee of GSBS Medical Trust and has earlier held the position of Dean & Professor of Medicine, KEM Hospital & Seth GS Medical College as well as Dean & Professor of Medicine, Lokmanya Tilak Municipal Medical College & General Hospital, Sion.



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Contact Number: Dr Krishna Pai - 9870111598

Kashi meets Kushavati

Goa's first "Ganga-style" grand river arati



• by Narayan Nadkarni

On 25th March 2026, a historic spiritual chapter unfolded on the banks of the Kushavati River in Jambavli. In a magnificent first for Goa, the state witnessed a grand "Ganga-style" Ghat Aarti, bringing the ancient Vedic splendour of Kashi and Haridwar to the heart of South Goa. This landmark event marks a transformative shift towards spiritual and heritage tourism, inviting the world to discover Goa's deep-rooted sacred traditions.

Divine inspiration and visionary leadership

The transformation of the Kushavati riverfront was driven by the visionary efforts of the Shree Ramnath Damodar Devasthan Committee, led by President Dukle and his dedicated team. The seeds of this project were sown when the committee members attended the soul-stirring evening rituals in Varanasi. Inspired to bring that divine energy to Goa, and with the prior blessings of Dambab, they worked tirelessly to turn this spiritual dream into a reality.

The Expertise of Kashi on the Kushavati river bank

To ensure absolute Vedic authenticity, the committee invited 11 specialised Pujaris from the Ganga Ghats to lead the arati ceremony. These experts brought their profound knowledge and mastery of traditional rituals to the Kushavati. Every aspect of the traditional procedure—from the synchronised movements and the rhythmic blowing of conch shells to the precise handling of the heavy, multi-tiered brass lamps—was executed with the same precision and sanctity found on the banks of the Ganges.

Innovation meets tradition

A highlight of the event was the unique floating platform engineered to sit directly upon the river's flow. This provided a majestic stage for the 11 priests, allowing the light of the lamps to reflect beautifully off the water. For the hundreds of seekers and spectators who travelled from across Goa,

the specialised seating on the banks created an immersive experience, making them feel as though they were gathered at a sacred North Indian Ghat.

A new era for spiritual tourism

This grand Kushavati arati successfully blended local faith with pan-Indian spiritual grandeur. By leveraging the healing reputation of the Kushavati River, the Devasthan Committee has created a new spiritual hub that looks beyond Goa's famous beaches. As this ceremony becomes a regular feature, it will undoubtedly cement Jambavli's place as a premier destination for those seeking the "spiritual soul" of India.



Narayan Nadkarni is a Goan resident and a profound scholar of heritage, environment, and culture. Along with preserving the Saraswat lineage and spiritual traditions, he has made significant contributions to the Goan social fabric. As a journalist and nature enthusiast, he actively works towards preserving the region's historical heritage and environment. Upholding social responsibility and protecting Goan identity is the core focus of his work.

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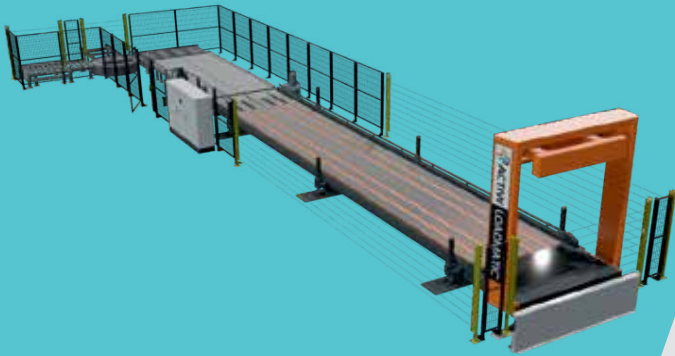
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SNEH MILAN PROGRAMME HELD ON 29TH MARCH 2026

The Managing and Mahila Shakha Committees of G.S.B. Sabha, Mumbai, jointly presented a Community Get-together 'Sneh Milan' programme on Sunday, 29th March 2026, at the Pracharya B.N. Vaidya Sabhagriha in Raja Shivaji Vidyalaya, Dadar, Mumbai. Shri Shashikant Shanbhag, Founder Director, Galaxy Surfactants, was the Chief Guest.

The cultural programme was a mesmerising all-women G.S.B. Sabha production of the Konkani fictional musical drama 'Dev Ghara Ailo', showcasing the life of Sant Tukaram Maharaj and his wife Avali. Smt. Bina Shenoy's concept and direction brought this 60-minute musical masterpiece to life, with Smt. Prathima Pai, Smt. Gautami Acharya, Smt. Jaya Kamat and Smt. Radha Vikram Bhat delivering captivating performances. Soulful bhajans and impressive stage presence left the audience spellbound.

The cast was supported by Malu Gaonkar (Paypeti), Ashok Shinde (Tabla), Ritikesh Dalvi (Pakhawaj) and Ravindra Shenoy (Percussions).

Music support and coordination was by Pt. Sudhir Nayak, on the sound console was Ms. Gahna Acharya, lights by Shri Damodar Mallya and background score mixing by Shri Ajay Ginde.

The play explores Tukaram's life through Avali's lens, blending humour, philosophy, and devotion. Set in their humble home, it showcases Avali's wit and warmth as she navigates grief and faith. A highlight is Avali's playful banter with Vithoba and Rakhumai, who appear as travellers. The dialogue sparkles with humour, revealing profound reflections on devotion and daily life. The play's emotional core lies in Avali's loneliness after Tukaram's passing and her quiet strength. It closes with a tender monologue, suggesting devotion is found in everyday resilience and love.

Following a brief intermission, the Mahila Shakha President, Smt. Amita Kini, welcomed the audience and updated them on the Mahila Shakha programmes and initiatives. Shri Uday Malya and Smt. Bina Shenoy anchored the event.

Awards were presented as follows:

- The K.M. Kamath Memorial G.S.B. Sharada Sanman Puraskar (Founder Sponsor: Shri K.M. Kamath family) to Vidhyavachaspati Pt. Naraminha Acharya, Mangaluru, an eminent scholar of Vedic texts, rituals, philosophy, culture, and sacred teachings.
- The Smt. Vatsala Shenoy Memorial G.S.B. Mahila Udhyaamee Puraskar (Founder Sponsor: Smt. Sadhana and Shri Sunil Shenoy, USA) to Dr. Ushaprabha N. Nayak, Mangaluru, for her entrepreneurial spirit in establishing a group of educational institutions of repute.
- The G.S.B. Dhanavantri Puraskar (Founder Sponsor: Smt. Suman and Dr. R.N. Kini) to Dr. Sadanand Vinayak Nadkarni, former Dean of L.T.M. Medical College and an eminent doctor, for his yeoman and selfless services to the medical fraternity.
- The newly instituted G.S.B. Tejaswi Yuva (Founder Sponsor: Family of Late Dr. V.R. Prabhu) to Sqn. Leader Reshmi Bhat, Kochi, an accomplished engineer serving in the Indian Air Force.
- The Dr. B.M. Acharya Memorial G.S.B. Jeevan Gaurav Puraskar (Founder Sponsor: Dr. B.M. Acharya Memorial Trust) to Shri Pradeep Pai, Managing Director, Hangyo Ice Creams, Mangaluru, for his outstanding contributions in setting up a fully integrated ice-cream business, a brand at a national level and his contributions to various industry and non-government organisations.

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

Shri Pradeep Pai said that the G.S.B. Sabha's nine decades of dedicated work towards the upliftment of the samaj is truly praiseworthy. He dedicated this award to 1200 Hangyo employees, family and his wife, Deepa Pai. He mentioned that Vishwa Konkani Kendra has been helping thousands of students to meet their professional ambitions. He said with great pride that Sqn. Leader Reshmi Bhat was one of the beneficiaries. He asked Samaj Bandhavas present to give one portion of their earnings to the charitable initiatives of the Sabha and concluded by saying that the Sabha President Laxmikant Prabhu and team helping Samaj people is exemplary.

"Today, we do not discriminate between boys and girls in education. Today's girls are waiting for the country to be smart leaders, so we should welcome this change with an open mind. We should have a mentality that changes with the times. Amidst the wave of technology like artificial intelligence, only when the inner strength of a person and the foundation of education are strong can a society become a true superpower," said Dr. Ushaprabha Nayak in her award acceptance speech.

Accepting the award, Sqn. Leader expressed, "As a child, my parents taught me the value of money and the importance of hard work through their own life experiences. I come from a humble background, but my goal was clear. I wanted to be a role model for society, not just work for money or power. Dreams and determination will lead you to success".

Pt. Narasimha Acharya appreciated the great work done by Sabha towards the preservation of our community culture with events like weekly bhajan seva, Durga Namaskar pooja, Haldi Kumkum, etc. He expressed concerns about the youth not being able to speak our mother tongue, Konkani, and requested the Sabha to address this challenge. He blessed the Sabha as it marches towards its centenary.

Dr. Nadkarni narrated his firsthand experience while working as the Dean, initiatives like the Golden Hour project of helping the accidents victims. The turnaround time is set for the patient being treated. He appreciated the activities of the Sabha and conveyed his best wishes.

The Chief Guest, Shri Shashikant Shanbhag, congratulated the awardees and applauded the work done by the Sabha. "A well-organised event with a dedicated team of highly qualified persons," he said. He went on to add that Sabha should work with a mindset that resources are unlimited for the right project. A defined approach will help garner support for the Sabha's initiatives. He expressed his intent to support the Sabha to meet its objectives of "Enhancing community well-being".

Sabha President, Shri Laxmikant Prabhu, thanked the awardees for accepting Sabha's invitation and being present to receive the felicitation. He spoke about the various initiatives of the Sabha and requested people to contribute in tana-mana-dhana towards the same. He also said that the Sabha has already received interest from well-wishers to stage the play 'Dev Ghara Ailo' in Bhatkal, Shirali, Mangaluru, and a few locations in and around Mumbai.

Over 400 attendees enjoyed a traditional Konkani dinner followed by a generous helping of Hangyo ice cream sponsored by Shri. Pradeep Pai.

The programme was sponsored by Platinum Sponsor M. Prakash Hegde, Gold Sponsor SMS Financial Services, Silver Sponsor Tazo Natural Home Cleaners, and Support Sponsors NKGSB Co-op. Bank and the M.V. Kini family. Venue support was received from the Indian Education Society. We are privileged to have our sponsors support us generously, which motivates us to continue our mission of "Enhancing Community Well-being" for 92 years.



Shri Shashikant Shanbhag



Dr. Sadanand Nadkarni



Pt. M. Narasimha Acharya



Shri Pradeep G. Pai



Dr. Ushaprabha N. Nayak



Sqn. Leader Reshmi Bhat



Shri Laxmikant Prabhu



Smt. Amita Kini



Smt. Sushma Shenai, daughter of Dr. V.R. Prabhu, being honoured on behalf of the award sponsor Dr. V.R. Prabhu family



Programme sponsor Shri Ganesh Shanbhag being felicitated



Programme sponsor Ms. Priyanka Kamath being felicitated



Shri Sarvottam Nayak being honoured on behalf of his son Pt. Sudhir Nayak, who gave music support for 'Dev Ghara Ailo'



Shri Ravi Gadiyar being honoured on behalf of Indian Education Society

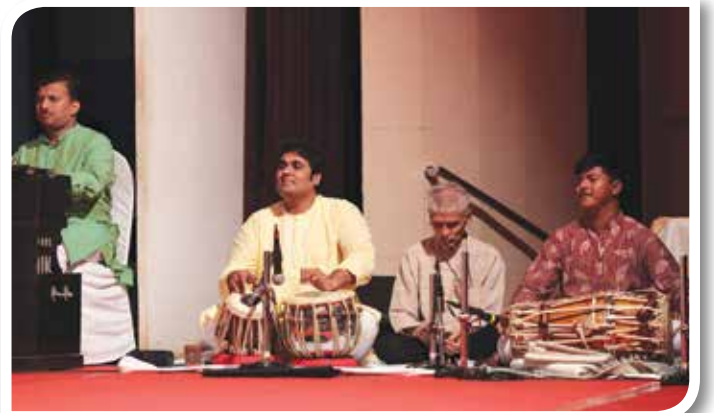


GSB Dhanvantri Puraskar sponsor Smt. Suman Kini being felicitated



Managing and Mahila Shakha Committee members with the award winners

**Konkani fictional musical drama 'Dev Ghara Ailo',
presented by Mahilas of G.S.B. Sabha, Mumbai**





Presenting the profiles of our awardees — distinguished individuals whose achievements bring pride to the community. Their journeys remind us that true success is shaped by passion, perseverance and an unwavering pursuit of excellence.



Shri Shashikant Shanbhag
Founder Director, Galaxy Surfactants Ltd
Chief Guest, Sneh Milan 2026

Shri Shashikant Shanbhag was born and raised in Mumbai, though his family roots lie in Karnataka and Goa. He completed his SSC from Lokmanya Vidya Mandir, Matunga, in 1970 and graduated with a B.Com from R.A. Podar College, Matunga, in 1974. He went on to qualify as a Cost Accountant in 1976 and a Chartered Accountant in 1977.

After working with Colgate-Palmolive from 1978 to 1980, he co-founded a speciality chemicals business serving the Home and Personal Care industry. The venture began with a close group of professionals: a fellow Chartered and Cost Accountant, two Chemical Engineers from UDCT (now ICT), and an M.Pharm graduate from Mumbai University, many of whom had been classmates at different stages of their academic journey.

Their company, Galaxy Surfactants Ltd., has since grown into a globally recognised organisation in the speciality chemicals sector, with manufacturing facilities in India, Egypt, and the USA, and a new plant being set up in Mexico. The company today serves customers in more than 80 countries.

In 2015, Shri Shanbhag stepped back from day-to-day operations to pursue personal interests such as reading, travel, music, and watching cricket, while also extending financial support to causes close to his heart.

He resides in Navi Mumbai with his wife, Vandana. Their daughter lives in Toronto with her family, and their son lives in New York with his family.

Born in 1966 in Bhatkal to Smt. Veena and Late Shri Ganapati H. Pai, Shri Pradeep G. Pai, is a first-generation entrepreneur whose vision and determination have shaped one of India's respected regional ice cream brands. He is married to Smt. Deepa Pai of Mumbai, and their son, Sankeern Pai, an MBA from TAPMI, Manipal, has joined Hangyo Ice Creams Pvt. Ltd., contributing to its next phase of growth.

Shri Pai began his entrepreneurial journey in 1989 as Co-Promoter of Srikrishna Milks Pvt. Ltd., entering the dairy sector at a time when cooperatives largely dominated milk procurement and processing in Karnataka. His bold step into private enterprise laid the foundation for future expansion.

In 2003, he founded Hangyo Ice Creams Pvt. Ltd., establishing the first manufacturing unit at Brahmar, Karnataka, followed by a second state-of-the-art facility at Kirwatti, Yellapur Taluk,

in 2012. Today, Hangyo operates two modern plants with a production capacity of 1,25,000 litres per day and ISO 22000:2005-certified food safety systems.

The company has grown to an annual turnover exceeding ₹300 crore, with a presence across seven states, supported by 40,000+ retailers, 450+ channel partners, and a workforce of over 1,200 employees.

Shri Pai has received several honours, including the Udyog Bharati Award, WCRC's 50 Fastest Growing Brands recognition, multiple national dairy industry awards, and the FICCI Outstanding Contribution Award. Deeply committed to community service, he has long been associated with educational and social institutions and currently serves as President of the Vishwa Saraswath Federation. His leadership reflects a blend of entrepreneurial vision, professional management, and commitment to community development.



Shri Pradeep G. Pai
Founder & Managing Director,
Hangyo Ice Creams Pvt. Ltd.
awarded with

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



Vidyāvachaspati Paṇḍit M. Narasimha Acharya
awarded with
**K.M. Kamath Memorial
G.S.B. Sharada Sanman Puraskar
(Founder Sponsor: K.M. Kamath family)**

Paṇḍit M. Narasimha Acharya, honoured with the title Vidyāvachaspati, belongs to the distinguished Acharya family of Mangalore, also known as the Varga Acharya lineage. For centuries, this family has been renowned for its scholarship in Āgama Śāstra, temple ritual traditions, and the preparation of authoritative Pañcāngas. The lineage also holds the hereditary responsibility of serving as the Tantri and Acharya of the historic Sri Venkataramana Temple, a sacred duty Paṇḍit Narasimha Acharya continues with devotion.

He received his early traditional education at Balakāśram, Basrur, and later studied at Srinivasa Nigamagama Pāthasālā, building a strong foundation in Vedic and Āgamic learning. Pursuing his interest in traditional sciences, he completed higher studies in Jyotiṣa at Banaras Hindu University.

Paṇḍit Acharya has played an important role in numerous religious ceremonies associated with

the Kashi Math Samsthan, including the milestone celebrations of puja Sudhindra Tirtha Swamiji from Ṣaṣṭyabdapūrti to the Janma Śātāmāna Mahotsava. He has also participated in several Parihāra rituals, Punarpratiṣṭhā ceremonies, and other major Āgamic rites.

Actively involved in temple Jirmoddhāra and consecration works across coastal Karnataka, he also rendered significant service in the renovation and Piṇḍikotsava of his Kuladevatā, Mahalasa Narayani at Mardol.

He is the proprietor and managing editor of the Mangalore Pandit Panchangam, continuing his family's long tradition of preparing accurate almanacs. In recognition of his scholarship and service to dharma, he was conferred the honorary title Vidyāvachaspati (Honorary Doctorate) by Deen Dayal Upadhyay University.



Dr. Ushaprabha N. Nayak

Co-Founder and Vice-Chairperson,
Expert Group of Institutions, Mangaluru
awarded with

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

Dr. Ushaprabha N. Nayak is widely respected for her leadership in education and her inspiring personal journey. Born into a modest middle-class family to Shri Manjunath Kamath of Ganesh Beedi Works and Smt. Premalatha Kamath, a school clerk, she grew up as the third of four daughters. Her parents believed strongly in education, a value that shaped her life.

At the age of 11, she earned a B-grade from All India Radio and began presenting drama and cultural programmes, developing the confidence and communication skills that later defined her public presence.

She married engineer Shri Narendra Nayak at 18 and soon became a mother. Balancing family responsibilities with determination, she resumed her studies and completed her B.Sc. with distinction.

Together with her husband, she began teaching at Expert Coaching Classes, which gradually grew into a major educational initiative.

In 2007, the couple established a Pre-University College, and in 2014, the Expert Group of Institutions expanded into a 55-acre residential campus serving nearly 4,000 students.

A lifelong learner, Dr. Nayak pursued an MBA at Mangalore University at the age of 40, graduating as a Gold Medallist. She later earned her PhD from NITK Surathkal and completed an Executive Leadership programme at Harvard University in 2025.

Beyond education, she is also a well-known television anchor and an active supporter of cultural and social initiatives.

Dr. Sadanand Vinayak Nadkarni, born on 3rd May 1932 in Girgaum, Mumbai, rose from humble beginnings to become one of India's respected pioneers in surgery and trauma care. Educated initially in a Marathi Municipal School, he later pursued his medical studies in Pune, earning his MBBS and MS in General Surgery from B.J. Medical College and Sassoon Hospital.

In the early years of his career, he served as Associate Professor of Surgery at Wenlock Hospital, Mangaluru, and later at Goa Medical College, where he headed Ribander Hospital. In August 1973, he joined Sion Hospital and L.T.M. Medical College, Mumbai, where he became the first Head of the Department of Surgery and established the institution's first postgraduate teaching programme.

Dr. Nadkarni was a pioneer of trauma

care in India. In 1974, he established a dedicated Trauma Centre at Sion Hospital and introduced one of the country's earliest ambulance services equipped with basic life-saving facilities. He also initiated specialised surgical departments, including paediatric surgery, plastic surgery, endoscopy, and burns care.

As Dean of L.T.M. Medical College, he strengthened medical education and hospital infrastructure, founding several super-speciality departments and academic facilities. He also developed the Dr. S.V. Nadkarni Coma Scale, used for many years in the assessment of head injury patients.

In recognition of his lasting contributions, the modern surgical seminar hall at L.T.M. Medical College was named in his honour in 2023.



Dr. Sadanand Nadkarni

Former Dean, L.T.M. Medical College, Sion, Mumbai
awarded with

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



Squadron Leader Reshmi Bhat

*Indian Air Force
awarded with*

**Dr. V.R. Prabhu Memorial
G.S.B. Tejaswi Yuva Puraskar
(Founder Sponsor: Dr. V.R. Prabhu family)**

Squadron Leader Reshmi Bhat, a proud member of the GSB community, hails from a humble and culturally rooted family in Kochi, Kerala. She is the only child of Shri Gopinatha Bhat and Smt. Sobha G. Bhat. Her father served at the Cochin Thirumala Devaswom Temple, where he prepared *naivedya* for Gosreepuresha and carried the deity during *palki* rituals, while her mother supported the family through a small homemade papad business. Though her parents had limited formal education, they instilled in her strong values and a deep commitment to learning.

Reshmi studied at Cochin Thirumala Devaswom High School, Mattancherry, where she excelled academically, securing full A+ grades in her Class 10 examinations. Encouraged by scholarships and community support, she pursued Electronics and Communication

Engineering at Adi Shankaracharya Institute of Engineering and Technology, Kalady.

She began her career with Tata Consultancy Services in Bengaluru, working in the aerospace domain. Driven by a strong sense of patriotism, she prepared for the rigorous Services Selection Board process and joined the Indian Air Force. After extensive training at the Air Force Academy, Hyderabad, and the Air Force Technical College, Jalahalli, she was commissioned as a Technical Officer in the Aeronautical Engineering (Electrical) branch.

Today, Squadron Leader Reshmi Bhat serves the nation with dedication and distinction. In recognition of her exemplary service, she was awarded the Chief of Air Staff Commendation on Republic Day 2026.



1. Shri K. M. Kamath Memorial GSB Sharada Sanman Puraskar

On a suggestion and initial donation made by Shri K. M. Kamath, the Sabha instituted the **G.S.B. Talent Recognition Award** to honour personalities from our Community who have excelled in fields of arts, fine arts and literature. The first felicitations were made during Gudi Padva Sneh Milan 2006. The award was renamed as **Shri K. M. Kamath Memorial G.S.B. Sharada Sanman Puraskar** in 2023.

Details of awardees :

Year	Recipient of the award	Talent in the field of
2006	Shri Vijay Ajgaonkar	Bhajans
	Shri K G Kamath (Gopimam)	Bhajans, Theatre
2007	Shri Ulhas Kamat (Konkani Triveni Kala Sangam)	Theatre
2008	Smt. Manorama Rao	Bhajans
	Shri K. Ramachandra Mallya (Bhajane Mallo)	Bhajans
2009	Shri Anant (Unlce) Pai (Amar Chitra Katha fame)	Literature
2010	Shri Kiran Kamath	Music
2011	Shri K. G. Saraf	Theatre
2012	Dr. Chandrashekhar N. Shenoy	Theatre
2013	Shri A.G.Kamath	Theatre
	Shri Madhav V. Kamath	Yakshagana
2014	Ms. Mahalakshmi Shenoy	Music
2015	Shri Kochi Anant Bhat	Literature
2016	Shri Ramdas Kamat	Music, Theatre
2017	Shri Sudhir Nayak	Music and Fine arts
2018	Vishwanath Ram Kantak	Painter
2019	Shri Vasudeo Kamath	Painter
2020	Pt. Upendra Bhat	Music
2022	Shri Vinayak Prabhu	Music
2022	Shri Subhash Kamat	Music
2023	Ms. Shefali Vaidya	Political Satire Writer
2024	Shri Puttur Narasimha Nayak	Music
2025	Shri Devdas Nayak	Films
2026	Pandit M. Narasimha Acharya	Vedic text and rituals, philosophy and culture

2. Smt. Vatsala R. Shenoy Memorial G.S.B. Mahila Udhyaamee Puraskar

To celebrate and recognise the role played by women in the economic growth of the nation, the Sabha instituted the G.S.B. Woman Entrepreneur Award in 2014, in memory of Smt. Vatsala Shenoy, to felicitate woman entrepreneurs from our Community. Smt. Vatsala Shenoy was Sabha's Vice President and our Mahila Shakha President for several years. The founder sponsor of this award are her daughter-in-law and son, Smt. Sadhana and Shri Sunil Shenoy who reside in USA. The first felicitations were made during the Foundation Day Celebrations in 2015. The award was renamed as **Smt. Vatsala Shenoy Memorial G.S.B. Mahila Udhyaamee Puraskar** in 2023.

Details of awardees :

Year	Recipient of the award	Field
2015	Smt. Vilasini and Smt. Bharati Bhandarkar	Publication
2016	Smt. Sandhya Pai	Media and Publication
2017	Smt. Shobha Kamath	Environment
2018	Smt. Roopa Prabhu	Beauty and Fashion
2019	Smt. Jyotsana Pai	Bakery and Confectionary
2020	Dr. Krishna Umesh Pai	Industrialist
2022	Smt. Vijaya Vivek Kamath	Software Entrepreneur
2022	Smt. Komal Prabhu	Hospitality Industrialist
2023	Smt. Archana Pai	Manufacturing and Packaging
2024	Smt. Latha Kini	Paint Manufacturing
2025	Smt. Preeti Shenoy	Eco-conscious Bags Manufacturing
2026	Dr. Ushaprabha Nayak	Educational Institutions

3. Dr. B. M. Acharya Memorial G.S.B. Jeevan Gaurav Puraskar

This award was announced as the Dr. B. M. Acharya Memorial G.S.B. Lifetime Achievement Award during the Sneh Milan program of 2020. The award intends to felicitate and recognize significant contributions made over the whole of their career by individuals from our Community. The award is sponsored by Dr. B. M. Acharya Memorial Trust. The first felicitations were made during the Sneh Milan programme in 2022. The award was renamed as **Dr. B. M. Acharya Memorial G.S.B. Jeevan Gaurav Puraskar** in 2023.

Details of awardees :

Year	Recipient of the award	Field
2022	Shri Kundapur Vaman Kamath	Banker of National and International fame. Positions held earlier include Chairman of Infosys, Non-Executive Chairman of Infosys Chief of the New Development Bank of BRICS countries.
2022	Lt. Col. Ashok Kini H (Retd)	Recipient of Sena Medal and Vishist Seva Medal. Meritorious service in the Indian Army and Comptroller at Presidents household.
2023	Shri Raghunandan Kamath	Founder of "Naturals" Ice cream brand
2024	Shri K Ullas Kamath	Former Managing Director, Jyothy Labs and founder of UK & Co, mentoring family businesses
2025	Shri Shrinivas V. Dempo	Chairman of the Dempo Group of Companies and active contributor to various industry, sports and non-government organizations.
2026	Shri Pradeep Pai	Managing Director, Hangyo Ice Creams (P) Ltd



4. G.S.B. Dhanavantri Puraskar

This award, the G.S.B. Dhanavantri Puraskar, was instituted in 2025 to felicitate a doctor from our Community for outstanding contributions and achievements in the field of medicine and medical research. The award is sponsored by Smt. Suman and Dr. R. N. Kini and the first felicitation was done in the Sneh Milan programme of 2025.

Details of awardees :

Year	Recipient of the award	Field
2025	Dr. Ramakant Deshpande	Onco-care
2026	Dr. Sadanand Nadkarni	Former Dean, L.T.M. Medical College, Sion, Mumbai

5. Dr. V. R. Prabhu Memorial G.S.B. Tejaswi Yuva Puraskar

This award, the Dr. V. R. Prabhu Memorial G.S.B. Tejaswi Yuva Puraskar, has been instituted in 2026 and is the latest addition to the illustrious list of awards presented by the Sabha. The intention is to felicitate a young achiever from our Community for excellence and achievement in the fields of Science and Technology (including biosciences and research). The award is sponsored by family members of Dr. V. R. Prabhu and the first felicitation will be done in this Sneh Milan programme.

Details of awardee :

Year	Recipient of the award	Field
2026	Sqn. Leader Reshmi Bhat	Indian Air Force

SHRADDHANJALI – Appuraya Sarvotham Bhatt



• by Satish Bhatt

My father, Shri Appuraya Sarvotham Bhatt, (1.12.1925-17.01.2026), was born in Tellicherry. He had four elder brothers and one elder and two younger sisters. After matriculation, he left his native town and found employment in Bangalore, Pimpri, Pune and eventually, Bombay where he settled permanently. He joined Air India Ltd. in 1946 and Indian Airlines after nationalisation in 1953. He graduated whilst in service and obtained a degree in Management and a Diploma in Labour Law. He rose from the post of clerk to Dy Mgr Personnel Services. He was posted in Delhi and Madras too in the course of his employment.

Three of his brothers followed him to Bombay and found work there. His younger sisters were married and settled in Bombay.

My father married my mother, Chandrakala Pai, in 1956 and renamed her Meerabai. They had two sons followed by a daughter in 1957, 1961 and 1967- Sadashiv, Satish (myself) and Samhita.

My father had a reputation for his good conduct, upright demeanor and helpful nature. It was said of him that if he could help someone within the rules, he would definitely do so. After retirement

from Indian Airlines, Sarvotham Bhatt continued his career in HR with Datamatics Ltd till the age of 74+.

He played cricket in his youth and was an avid movie goer. Later he developed hobbies like collection of coins, stamps and first day covers. He began drawing to entertain his grandson and a new talent was discovered. If he liked a picture of a scene, a photograph or even a still life, he would easily copy it and add colour. His copies of Mario Miranda’s art adorn my brother’s dining room.

Generally cheerful, he believed in keeping himself occupied and was a source of inspiration to those who knew him.

My father spoke many languages but meeting someone to converse with in Malayalam gave him great joy. He possessed a great memory and loved to share his experiences with people he knew, right till the end.

Satish Bhatt, son of Appuraya Sarvotham Bhatt, retired from Air India after having served for 37 years in Commercial and In-flight Service departments. Voice of GSB was fortunate to regularly carry the drawings of Sarvotham Bhatt maam in its Art Gallery page.





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Mummy, Neeta Wagle's Journey: An Epitome of Struggle and Selfless Love

As the parents held this tiny girl on 16th July 1951, they named her 'Shanta', after her great-grandmother, as her grandfather often dreamt that his mother would be reborn as this newly born child. And that is how Shanta was welcomed into a large family in a small, one-room house in Soman Building Chawl, Girgaon. Being chubby, she was nicknamed "Baby". From grandparents to parents to relatives, and nieces, she remained a "Baby" for all even when she crossed 70, which would sometimes annoy and embarrass her. Schooling at Ram Mohan Marathi medium, Girgaon, Baby was quite a passionate fish eater, having it for every single meal, including with morning tea. Fish on Mondays wouldn't be cooked, being Mangesh's Day & Baby would starve than eat anything else. One Monday, when her grandfather returned home after closing his bookshop to find her crying, he sent their house help, Gopal, to get fish from the market. Thereafter, strict instructions were given that no matter what day it was, fish should be cooked for her, and she shouldn't stay hungry.

While Baby and her younger brother, Mahesh, would be pulled along to Girgaon theatres to watch movies by their mother, Usha, and elder sister, Shobha, these toddlers were not interested in watching movies, and would force Gopal to give them falooda kulfi post the movie, costing 10 paise back then in mid-1950's. Later, she became an ardent movie buff, crazy about Dev Anand and Rajesh Khanna. Always keen on fashion, she idolised actress Sadhana and often imitated her hairstyle.

As Baby graduated in science from Wilson College, struggles and test of endurance awaited her middle life. Post graduation, after lots of struggle and several interviews, she got a job at HPCL. Unfortunately, that was temporary and the joy was short-lived as her contract lapsed after 3 months. With her father deceased in 1969, and grandfather a few years later; she had no male support to guide her. With no job, marriage became difficult as she entered her late 20s.

In 1980, the family moved from Girgaon to 4 Bungalows, Andheri West, the then open countryside, facing the lake. Finally, in 1981 she found her match to get married in October 1981, and Shanta Kulkarni became Neeta Wagle. The couple moved to Nensey Colony, Borivali East, and on 04th May 1983, she delivered a son

– me! Little did she know that the days ahead would be the most tragic and stressful period of her life. Getting no time to relax for post-partum recovery, she faced a catastrophe – not one, but two, simultaneously.

Three months after my birth, I fell critically ill due to diarrhoea to the extent that most doctors refused to treat me. Fortunately, Dr. Tibrewalla agreed to treat me and admitted me immediately. Had he not, I wouldn't have survived the night.

At the same time, my father was admitted to Tata Memorial Hospital. When she asked the doctor what was wrong with him, the doctor was surprised and told her his illness. Diagnosed with cancer long ago, and in his last stage of cancer, just three months after her pregnancy, she was juggling between two hospitals, with little support. While I recovered and discharged, my father was living his last days. Finally, in March 1984, he passed away, leaving a ten-and-a-half-month son and an innocent 32-year-old widow.

With no job and savings, and the only asset being the Nensey flat, which she did not want to step into due to bad memories, she was thrust with the responsibility of a toddler. Her mother, Usha, sister Shobha, brother-in-law Dilip, and brother Mahesh stood like a rock, emotionally supporting and guiding her. But that itself cannot take you forward unless you have the will and motive to look forward in life. Baby's only motive now was to live for her son.

A few months later, she received proposals for remarriage, and her family asked if she wants to pursue the same.

She felt it too risky, more so to allow a step-fatherly treatment for me. Her sister and brother-in-law even offered to adopt me. She held on to me, wishing to give me a good life. On sympathetic grounds, she was offered a job in the admin department of Mithibai College, where her husband was employed. After few months of working there, in October 1984, she was interviewed by NKGSB Bank, where she was immediately appointed as a stenographer. For years, she struggled to get a job which delayed her marriage, and here she was asked to join from tomorrow.

Getting a bank job didn't ease her hardship. Joining as a stenographer to report at the Head Office of NKGSB Bank at Girgaon, those were the days when NKGSB had double shifts – 08.00 am to 12.00 pm and 04.00 pm to 07.00 pm. Leaving me with her Aai, she travelled by train from Andheri to Girgaon, four times a day, changing buses and climbing bridges.



As a kid, I didn't make it easier for her, either and kept finding excuses to bunk school. Aai's efforts to send me to school would go in vain as I would throw tantrums, saying, "I will go to school only if Mummy comes, gets me ready and drops me off at school." Mummy would rush home from Girgaon in the afternoon only to ensure I went to school. Her daily routine would be to wake up at 05.30 am, cook while making me sit on the kitchen platform to take my studies, rush to the office at 07.00 am, only to come running back by noon to dress me up for school and return to work, come back home by 08.30 pm and check on my school homework.

She wasn't born with a silver spoon, but even with limited resources, she ensured to send me to a good English-medium school. She ensured that I never felt left out amongst my friends in the society and buy me the best firecrackers and Holi colours so that I could be a part of the group. Not to forget, the secret Santa gift, which would be kept in the socks below my cushion every Christmas Eve.

Although just an average student, she tried her best to ensure I got good grades in my 10th. Disappointingly, I scored average marks, which pained her a lot and worried her about my future. Thanks to her prayers, I got admission for Commerce at Bhavans College, after which there was no looking back in my academics. While I was clueless about my career, she encouraged me to pursue CA. I agreed to pursue CA only after completing B.Com. Topping my college with 81% in my graduation relived her a bit. While topping the college felt on top of the world for me, but Mummy wanted me to become a CA and a CS.

Post graduation, as friends joined call centres to fund their further studies, I too sought her permission for the same. But despite being a single-earning lady with limited resources, she refused permission, urging me to complete my studies. Finally, I enrolled myself for CA. She urged me to pursue CS as well, but I had my limitations and was nowhere as dedicated and hardworking as her. She relentlessly slogged, while I spent each of my summer vacations at my maushi's place in Goa.

Despite 6 days working, she would religiously make Diwali faral – besan laddoo, chakli, shankarpali and chivda all by herself, only because I loved them. And for Holi, puranpoli and kaatachi amti.

Her lifelong dream finally came true on a Saturday in August 2008, when I called her at work to share the news of me clearing CA. She was speechless and elated, thanking God, saying "Dev Pavla". After clearing CA, she encouraged me to pursue CS, but I did not have the appetite, and she reluctantly gave up.

She always dreamt of owning a 2-BHK flat with a separate room for me. After years of hardship, it did come true in March 2011, when she bought a 2-BHK flat in Andheri, Lokhandwala. From a 1 RK flat to a 1 BHK flat to now a 2 BHK flat; she managed that all singlehandedly.

Her 27-year-long association with NKGSB superannuated in 2011. The feeling of retirement from the Bank, where she worked hard, including double shifts for 3/4th of her career was nostalgic. She was always grateful to NKGSB for helping her achieve her goals - rising from ashes to a position revered by many. In her words, "Aksharsha shunyatun ithe parynat aali, NKGSB mule, nahi tar shakya nasta yevda mala".

It was finally time to enjoy her life's second innings and do things that she always wanted to, but could not – that is, to travel. She would always say, "When I retire, I will do nothing but travel across

the world. I could not travel in my childhood or youth, but post-retirement, I will just travel across the world". She did manage to live her dream – travelling extensively, visiting places she saw on TV. Exploring new places excited her like a kid.

Her other dream was to see me get married and she moved heaven and earth to fulfil that dream. However, God had some other plans.

Apart from me, Mummy had the softest corner for her niece Archana and was eager to travel to Goa for her 50th birthday. She insisted me to accompany her to Goa. Despite my tight work deadlines, we travelled in the last week of October 2025 to Goa for five days – our last trip together.

On the evening of 14th November 2025, she telephoned to ask whether she should fry fish for dinner. After dinner, she sat down solving her favourite Marathi newspaper crosswords, and at 10.30 pm, went off to sleep, telling me that we need to visit the bank tomorrow to submit her annual life certificate documents, and on the way pick another favourite of hers, brother Mahesh, along for his life certificate as well.

She had herself organised the documents to be taken to the bank. She woke up at midnight to find me still watching TV, scolded me for staying awake so late and asked me to sleep. Somehow, I decided to sleep in her bedroom, next to her. As I lay down, she realised there were only two bedsheets and asked me if she should get me one. I refused, and we slept, saying goodnight.

On 15th November 2025, at around 05.45 am, she went to the toilet and came back to sleep. Usually, I am a very sound sleeper, but out of nowhere, I suddenly felt an invisible force pulling my head, asking me to wake up at 6 am. Already scared, I shouted 'Mummy' and opened my eyes to see her sleeping next to me on the edge of the bed. Fearing that she might fall down, I asked her to shift in, but she didn't respond. The manner in which I had woken up already gave me goosebumps. I patted her back and head, trying to wake her up. Thinking she was fast asleep, I turned her on her back, and as I looked at her, a completely strange, unheard noise came from her mouth and nose – something beyond words, and I sensed that this was her final breath.

Panicked, me and my neighbours rushed her to Kokilaben Hospital within 5 minutes. The hospital tried to revive her as I sat outside praying for a miracle, but the doctor informed that she was brought in without any pulse or heartbeat. Never in her life did she need to step into a hospital for treatment and Mummy returned from the hospital to the same house that she singlehandedly built, but this time, wrapped in a white cloth in an ambulance. The documents she had kept for submitting to the bank for her life certificate ended up being given to the doctor for her death certificate.

The person who gave birth to me, pulled me out from the clutches of death as a three-month-old, who singlehandedly raised me, and I, barely an arm's distance away, could do nothing to save her - a regret that I will carry lifelong. I am amazed at how many roles she has played in her life. I hope to carry forward her legacy and values. Even if I can manage 10 per cent of that, it will be a tribute to her. She stays with me every single moment, as the words from one of her favourite songs of her favourite actress, Sadhana, "Tu Jahan Jahan Chalega, mera Saaya Saath Hoga".

- Amey Wagle

From Chalk to Chaat

A journey of passion and perseverance



• by Veena Sahana Nagaraja Padiyar

“Teaching changes lives with the right mix of chalk and talk, while cooking enhances the tastes with the right mix of salt and spices”!

For nearly a decade, my professional world revolved around teaching, moulding MBA and M.Com students, preparing lessons, worksheets, and PowerPoint presentations, guiding students, and fostering growth in young minds who wanted to be future dynamic managers.

Teaching is the profession that runs in my genes, passed on from my father, Dr. G.V. Shenoy, the pioneer of MBA education in various colleges in and around Mangalore... while my passion for cooking is inherited from my mother, Smt. Revati V. Shenoy, who always said the kitchen is that lab where everyday practical experiments take place...

Having been in the teaching profession for a decade, I then decided to dedicate myself to my kids, thereby giving a break to my teaching profession and career.

Years rolled on; it's generally said an empty mind is a devil's workshop, and it was during the Covid pandemic, which brought along with it lots of challenges, that December 2020 gave rise to my passion towards baking and to start off my home venture VB Delights (eggless baking). Its tagline, 'Love made edible,' reached out to my family, friends, and well-wishers!



Season 1 : GSB Chef No.1 Contestants for 2025

In the year 2024, Youth of GSB, a diversified and growing portal of GSBs, advertised on its various portals the first-of-its-kind cooking reality show, GSB Chef No.1 Competition, Season One... This prompted my kids to encourage me to participate... I had indeed participated in several online cooking contests, but this kind of offline Chef Competition by Youth of GSB was one of the opportunities not to be missed... Since the auditions and further rounds were to be conducted in Mangaluru, it was another added advantage for me... Hence, I decided to participate!

The first phase was registering online for the audition round to be conducted during August 2024... The audition round was more than a competition; it was a crucible that tested not just our culinary technique but also various aspects.

The auditions were held on 6th August 2024 at TV Raman Pai Hall, Mangaluru. The audition required each contestant to bring pure vegetarian home-cooked food, to bring our own cutlery and other items required for plating... And so I prepared my signature dish, 'Fruit Salad'.

There were more than 20 contestants for the audition... Each dish was unique in its own way!! The audition results were awaited on the audition day, and the winners for the next rounds were surprised through brief house visits. I had lost hope due to a few flaws that I had made during my audition!

The real surprise came in during April 2025, when I received a phone call from the Youth of GSB organisers that I had been selected for the final rounds of the chef competition through the Wild Card Entry, and the final rounds of the contest were going to commence soon. Hence, the culinary journey was going to begin during June 2025...

It was during this phase of my life, on 29th May 2025, that my mother suddenly left all of us unexpectedly for her heavenly abode. This was a big setback for all of us. Grief-stricken, I wasn't mentally prepared to participate in the final rounds, but, giving due respect to my mother, who was an expert home chef and had immense love and passion towards culinary art and cooking, I did participate in the contest. I still recall her motivating words, "Participation is very important; winning or losing is part of any game."

In June 2025, the final rounds of GSB Chef No.1 Competition, Season One commenced... We were a total of eight contestants selected after the auditions, taking part in this grand contest, the first-of-its-kind in GSB Samaj...

The final rounds captured the intense excitement, pressure, and creativity as all participants did our level best, crafting dishes, blending personal stories with culinary skills, showcasing techniques like plating, flavour balance, and innovation under time constraints, proving that cooking is both an art and a science, ultimately leading to a thrilling culmination where taste, presentation, and passion meet for victory or a valuable experience as a takeaway.



Holidays 2026



SINGAPORE, MALAYSIA / THAILAND* 07/11* DAYS



DUBAI 05 DAYS



BHUTAN 08 DAYS



NEPAL WITH MUKTINATH 08 DAYS



BALI 06 DAYS



EGYPT 08 DAYS

Thailand 5 DAYS

Sri Lanka 7 DAYS

Vietnam Cambodia 10 DAYS

Baku 6 DAYS

Maldives 4 DAYS

Europe 14 DAYS

Hong Kong Macau 6 DAYS

China 10 DAYS

Almaty 5 DAYS

Tashkent 5 DAYS

Switzerland 6 DAYS

Mauritius 6 DAYS

TRICHY RAMESHWARAM KANYAKUMARI 05 DAYS

KERALA SPECIAL 7 DAYS

ANDHRA PRADESH SPECIAL 10 DAYS

CHAR DHAM YATRA 19 DAYS*

GUJARAT RAJASTHAN* 12/25/16* DAYS

ASSAM MEGHALAYA ARUNACHAL PRADESH* 13/19 DAYS*

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



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Mystery Box Challenge



Street Food with a Twist



Roots and Recipes

The final rounds comprised of:

1. Roots and Recipes (focused on our traditional/authentic GSB dish)
2. Mystery Box Challenge
3. Street Food with a Twist
4. Watch and Redo the Chief Chef's Recipe
5. The Finale - Festivity Radap/Javan

Round 1 - Roots and Recipes:

It was a non-elimination round, wherein we had to prepare a traditional, authentic GSB dish, the time constraint being one hour.

I channelled a three-generation-passed-on recipe - my grandmother (mamuma) to my mother (amma) and to me - the recipe "Valval/Yogi Ratna," hoping the judges would enjoy its rich heritage taste and flavours... Since Round One was a non-elimination round, we all moved to the next round.

Round 2 - Mystery Box Challenge:

This challenge was revealed just 10 minutes before the start: to create two fusion dishes using the two Aruna masala packets given on the spot by the jury from the mystery box, within a 60-minute time frame. Moreover, along with using the given mystery box masalas by the jury, we were supposed to use only the ingredients that were displayed on the pantry shelf, thereby creating our innovative dish. The jury, a panel of renowned culinary professionals, evaluated our dish based on taste, innovation, creativity, and plating.

This was indeed a tough round, as two of the contestants were supposed to be eliminated. I did my best to make innovative dishes based on the criteria given. As the judges tasted my creations, their comments, tips, and tricks while cooking were a takeaway for me. The tension was still there, fingers crossed, since this was an elimination round. After tasting all the participants' dishes, the results were announced, and my name continued to the next round too! It came as a big relief and joy for me.

Round 3 - Street Food with a Twist:

The Street Food with a Twist round was even more challenging, as we had to prepare two types of innovative chaats – Masala Chaat and another Fruit Chaat. This challenge of "street food with a twist" wanted us to make something different and innovative: traditional street chaats having a fusion of different cuisines, and this really focused on thinking out of the box... trying to prove that even the simplest street food can be innovated with a little imagination! This was another important task, as one of the remaining contestants was supposed to be eliminated.

I somehow managed to make the Spicy Street Chaat using my creativity, but for the Fruit Street Chaat, I completely lost my thoughts and could just manage to prepare the Mixed Fruits Berry-Dry Fruits Salad, which was not an acceptable dish as it didn't match the criteria assigned during Round 3, and hence I was eliminated after this round...

One of the greatest privileges of being a part of this contest was the opportunity to learn from renowned chefs and culinary experts. Their guidance and insights were invaluable, shaping my understanding of flavours, tips, and techniques of cooking, and also the art of final plating. Through this contest, we contestants of various ages and genders got to know each other, and that built up a lifelong friendship amongst us!

Ultimately, a teacher and a chef/home chef share some common characteristics: deep knowledge, skills related to their tools and techniques, and the use of the right ingredients. Both require patience, precision, and a deep desire to connect and nourish... Teaching requires our brains, and cooking requires our hearts... The teaching profession always focuses on shaping minds, while cooking focuses on shaping unforgettable finger-licking meals, turning a simple plate into a celebration... and I have learnt a lot in my life's journey, evolving from educator to plating creator. One big takeaway for me from this beautiful journey is that whether you are a teacher or a home chef, what truly matters is the love you pour into your profession and the passion that really matters at the end of the day! And I have miles to go before I sleep!

Veena Sahana Nagaraja Padiyar is an Educator, Home Baker, and GSB Chef No.1 Contestant. She is a resident of Mangalore.

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VALVAL – Our winning recipes

Cookery Competition by Mahila Shakha



Smt. Leela Bhaskar Bhat

Ingredients:

Coconut - one medium size
 White gourd - 100 gms
 Pumpkin - 100 gms
 Potato - one medium size
 Corn - ¼ cup
 Soaked cashew - ½ cup
 Green chillies - 4 to 5; cut vertically
 Asafoetida - ½ tsp
 Coconut oil - 2 tsp
 Salt to taste

Method:

Grate fresh coconut and put it in the mixie jar, and run it by pouring one cup of water. Extract two and a half cups of coconut milk from it.

In a pan, put all the above vegetables and kaaju and pour half a cup of water and cook the vegetables for 5 minutes on a low flame. Then pour the coconut milk and boil it for 2 to 3 minutes or till bubbles appear. Add coconut oil and asafoetida and mix gently.



Smt. Parvati M. Kamath

Ingredients:

Gosale - 250 gms
 Tendle - 250 gms
 Magge - 200 gms
 Alsando - 250 gms
 Tamdi duddi - 250 gms
 Batato - 3 medium-sized
 Tarni Mirsanga - 5
 Cashews - 50 gms
 Narla Rosu - 1.5 coconut
 Maida atta for thickness - 2 teaspoons
 Coconut oil for tadka - 4 teaspoons
 Jeera - 2 teaspoons

Method:

Cook all the vegetables in a little water.

When the vegetables are half-cooked, add the cashews soaked in hot water.

Add green chillies and Narla Rosu.

Add 2 teaspoons of Maida.

Boil and cook the vegetables well.

Tadka preparation: Add 4 teaspoons of coconut oil and 2 teaspoons of jeera.

Add the tadka to the mixture. Garnish with vegetables and cashews.

Serve hot with rice or rotis.



Smt. Shweta Suresh Prabhu

Ingredients:

Potato - one big size
 French beans - 1/4 kg
 Pumpkin - small piece
 Cashew nuts - 4-5
 Ivy gourd - 1/4 kg
 Corn kernels - 1/2 bowl
 Carrot - 1
 Ridge gourd - 1/2
 Madras cucumber - small piece
 Curry leaves - a few
 Maida - 1 tsp
 Coconut milk of 1 coconut
 Salt to taste
 Cumin seeds, mustard seeds - 1/2 tsp
 Green chillies - 3
 Coconut oil - 1 tsp

Method:

Chop all the vegetables into bite-size pieces and boil them till they are almost cooked. Now add coconut milk to the boiled vegetables.

Make a maida slurry and add the mixture to adjust the consistency of the curry.

Close the lid and let it simmer for around 5 minutes.

For seasoning, in a small pan, take coconut oil, add curry leaves, jeera and mustard seeds. Pour this into the curry and let it soak up the flavour. Add salt to taste and serve.



• by Anupama U. Bhat
Shadrasa Cooking Channel

GSB Special No-Boil Recipes – Super Healthy, Naturally Cooling & Perfect for Summer

Summer Special Malabar Spinach Thambuli/Thambli

Thambuli is a traditional dish of the Brahmins of South Canara. The name comes from two words - "thampu huli", where thampu means cool and huli means sour. It is a refreshing yet tasty preparation that not only tickles your taste buds but also keeps your tummy cool during the hot summer.

This is a curd-based dish that can be made using onion, ginger, brahmi leaves, palak, drumstick leaves, capsicum, doddapatre, etc.

Serving: 4 people

Ingredients

Vaali leaves – 10–12,
Grated coconut – 2
tbsp, Buttermilk – 1 cup,
Coconut oil – 2 tsp

Peppercorns – 6–8, Cumin
seeds – ½ tsp,
Garlic (optional) – 1 pod,
Salt – As per taste

Mustard seeds – ½ tsp,
Curry leaves – A few

Method

1. Chop the Vaali leaves.
2. Heat 1 tsp oil.
3. Add peppercorns and cumin seeds; roast for a while.
4. Once it starts to splutter, add green chillies and chopped Vaali leaves.
5. Sauté for a while until it changes colour.
6. Allow it to cool completely, then transfer to a mixer jar.
7. Add grated coconut and salt as per taste.
8. You may now add a garlic pod if you prefer.
9. Add a little water and grind into a smooth paste.
10. Transfer it to a bowl.
11. Heat 1 tsp oil in a pan and splutter mustard seeds and curry leaves.
12. Add this tempering (tadka) over the Vaali mixture.
13. Pour in the buttermilk and adjust the consistency by adding water if required.

Fresh, healthy, and cooling Vaali Tambuli is now ready to serve.



Ambuli Chutney / Raw Mango Chutney

Ambuli Chutney, or Raw Mango Chutney, is a simple Indian condiment prepared using a few commonly available ingredients. It is an integral part of Konkani cuisine, especially during the summer season. This chutney pairs well with rice, porridge, dosa, idli, chapati, etc.

Ambuli (raw mango) is rich in Vitamins A and C along with other essential antioxidants that help improve skin and hair health while boosting immunity. The addition of hing aids in proper digestion and helps prevent bloating.

Method

- Raw mango (chopped) – ½ cup (depending on the sourness of the mango)
Grated coconut – 1 cup
Green chillies – as per spice level, Red chilli – as required
Hing (asafoetida) paste – small gooseberry-sized
Black lentil (urad dal) – a pinch (do not add more, as it may alter the flavour of the chutney)
Salt – as per taste
Coconut oil – 2 tsp

1. Heat one teaspoon of oil, add urad dal, hing paste, and green chillies, and roast on low flame until the colour of the green chillies changes.
2. Add the chopped raw mango to this and sauté on low flame until its colour changes slightly.
3. Once the colour of the raw mango changes, switch off the flame and allow it to cool for a while.
4. Grind the roasted ingredients along with grated coconut, red chilli, and salt into a smooth chutney.
5. A delicious, lip-smacking, mouth-watering raw mango chutney is now ready to be served.

Chibda Harshale / Muskmelon Harshale (Rasayana)

Harshale/Rasayana is an authentic GSB dessert and a must-have during the summer season. It is highly nutritious and cooling in nature, and is also a rich source of antioxidants and essential minerals. When combined with poha (beaten rice), it becomes a complete meal. When served chilled, it is one of the most refreshing dishes you can enjoy during summer.

Harshale can be made using bananas or mangoes. Banana Harshale is one of the main dishes prepared during Sri Krishna Janmashtami. Milk can be used instead of coconut milk while making Harshale, but adding coconut milk gives it a pleasant aroma.

Number of Servings: Serving size may vary depending on the size of the muskmelon used, the quantity of grated coconut, and the amount of coconut milk extracted.



Ingredients

1. Muskmelon – 1 medium-sized
2. Grated jaggery – 1 cup
3. Grated coconut – 1 (preferably tender)
4. Cardamom powder – as required
5. Beaten rice – 3-4 tbsp

Method

1. Extract the first (thick) and second (diluted) coconut milk from the grated coconut and combine them.
2. Grate the jaggery and add it to the extracted coconut milk.

3. Take a fully ripened or naturally cracked muskmelon, peel it, and remove the seeds.
4. Break the muskmelon into small chunks by gently pressing it with your hands.
5. Using a ladle or smasher, mash the muskmelon well and add it to the coconut-jaggery mixture (rasayana).
6. Add cardamom powder and mix well.
7. Refrigerate for 1–2 hours, if required (optional).
8. Serve chilled, with beaten rice mixed in or topped, if desired (optional).

Anupama U. Bhat hails from Manjeshwar, the town that shaped her life, memories and cooking. She learnt her craft from her grandmother and mother-in-law, whose traditional wisdom continues to guide her. For 15 years, she has grown organic vegetables on her terrace, earning several awards for her efforts. Her passion for preserving Konkani flavours led her to start the Shadrassa Cooking Channel, where she shares age-old GSB recipes with warmth and dedication.

CONGRATULATIONS!



It gives us immense pride and great pleasure to announce that on Sunday, 29th March at 6.00 p.m., at the prestigious Times Food Awards function, our esteemed GSB Sabha Member, **Shri Satish Ram Nayak**, was honoured with the highly coveted "Little Gems Award" in the VFM Category of HOPE & HOSPITALITY AWARD.

This distinguished recognition was awarded for the legendary and much-loved A. Rama Nayak's Udipi Shri Krishna Boarding, an iconic institution serving generations since 1942.

The award was presented by renowned and celebrated food critic and author Rashmi Uday Singh.

This glorious achievement is a matter of immense honour not only for Shri Satish Rama Nayak and his family, but also for the entire GSB community. A. Rama Nayak's Udipi Shri Krishna Boarding has for decades stood as a shining symbol of quality, tradition, hospitality and authentic cuisine.

Heartiest congratulations on this well-deserved and remarkable honour! We are truly proud of this outstanding achievement.

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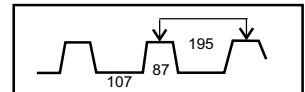
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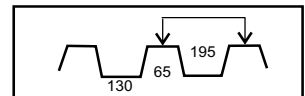
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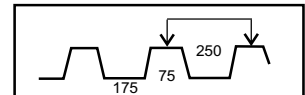
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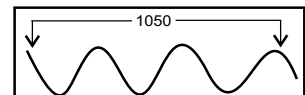
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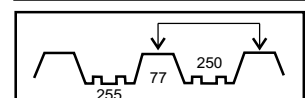
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Parampujya Shrimad Sudhindra Thirtha Swamiji Janmashatamanotsav

Ghar Ghar Bhajan by GSB KCG: Where Every Home Becomes a Temple of Naam



• by Girish Pai



Parampujya Shrimad Sudhindra Thirtha Swamiji was a visionary saint who, much ahead of his times, repeatedly emphasised the importance of Hari Namasmaraan through Vyasopasan and Bhajan within the sanctity of one's home. His insistence on these simple yet profound practices stemmed from a deep understanding that devotion thrives not merely in temples or grand congregations, but in the everyday spiritual atmosphere of family life. In today's fast-paced, consumer-driven world—where participative devotional practices are gradually being replaced by passive listening—Swamiji's guidance assumes even greater relevance.

To commemorate the centenary of Swamiji's birth, G.S.B. Sabha KCG (Kurla–Chembur–Ghatkopar) has admirably taken forward this mantle through the initiative 'Parampujya Shrimad Sudhindra Thirtha Swamiji Janmashatamanotsav – Ghar Ghar Bhajan'. By carrying Vyasopasan and bhajans into the homes of Sabha members, this endeavour has revived an age-old tradition that creates a direct and intimate pathway to Dev Bhakti. It gently reminds us that spiritual depth can be cultivated through collective remembrance, sincerity of voice, and shared devotion.

Each Ghar Ghar Bhajan follows a disciplined and spiritually elevating structure. The gathering begins with approximately 45 minutes of Vyasopasan, setting a contemplative foundation. This seamlessly transitions into bhajans, culminating in Ram Naam and Bhairavi. The session is enriched by heartfelt Swamiji Gun Gaan, after which an elder seeks divine blessings for the well-being of the host family. The hosts, in turn, exemplify gracious seva, ensuring warm hospitality and wholesome sattvic food—leaving behind an impression as enduring as the raagas that continue to echo in the participants' minds.

Such gatherings have a transformative impact on all, especially children. They nurture peace of mind, clarity of speech, and an intuitive understanding of raag, taal, and rhythm. Regular participation builds confidence, removes stage fear, and instills discipline. Over time, children begin to recognise that these formative experiences shape their

REFLECTIONS

Shri Nagesh Bhat, host from Ghatkopar: *It was cathartic for me to see words of bhajan composer Achyuta Das being sung by elders and children alike!*

Smt. Prafulla Shenoy, host from Prabhadevi: *It was so wonderful to host Sabha members and sing beautiful Bhajans in front of the photo of our Pujya Swamiji.*

Shri Ashok Rao, host from Chembur: *We are associated with Lord Venkatramana of Kurla since my father Late Shri MA Rao's time. It is, indeed, a blessing to host bhajan in honour of Paramapujya Swamiji who blessings have been instrumental for all good things in our family.*

abilities in communication, teamwork, leadership, and even personal conduct across diverse spheres of life.

The sustained commitment of G.S.B. Sabha KCG is evident in its regular observance of Hari Naam Smaran every Saturday and Ekadashi, with meticulous attention to musical and spiritual integrity. Many Sabha members have gone on to excel as accomplished vocalists and instrumentalists.

This occasion calls for heartfelt appreciation of the Ghar Ghar Bhajan team led by Shri Vinayak Pai, Shri G.B. Kamath, and Shri Sitaram Shenoy, whose dedicated efforts have brought Swamiji's vision alive—bestowing the blessings of Swamiji and Lord Balaji upon countless homes. Special thanks for the encouragement of Ex-President Shri Ganesh G. Pai and current President Shri Manoj R. Shenoy for their unparalleled support.

Girish Pai is a working committee member of G.S.B. Sabha KCG



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Age : 7 years



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Say NO to Plastic Bags

Small change in habit, big change for the planet



• by Suchitra Sukhthankar

Plastic bags have become an essential and inseparable part of our lives today, as they provide ease and convenience, and are inexpensive. Using plastic bags of various shapes, sizes, and colours is a very common practice; however, it causes tremendous harm to the flora and fauna with which we are blessed on our planet. We fail to see the long-term harmful effects created by their short-term use.

We humans, who are proud of being intelligent beings, need to take care of our environment and must take firm steps to bring an end to the use of plastic bags. We should be responsible towards our planet, Earth.

Plastic pollution is a major environmental challenge of the present time. Manufacturing units consume large amounts of energy daily, leading to air and water pollution. The main component of plastic, polyethylene, is a polymer of ethylene, a derivative of petroleum or natural gas. This makes plastic bags non-biodegradable, meaning their composition cannot be broken down by microorganisms. As they take hundreds of years to decompose, they are a major cause of landfill waste.

Many animals, while hunting for food, forage through dumps and consume these bags, often suffocating after ingestion. Birds and fish fall prey to illnesses when plastic enters air and water bodies. Humans also suffer through the food chain. Chemicals in plastic cause soil pollution, rendering it infertile and hampering agricultural produce. Sewage channels get choked, creating drainage problems.

Studies have shown that single-use plastic bags kill around 100,000 aquatic animals and birds every year. The debris collected from piling plastic is not only an eyesore but also toxic to our environment.

Stopping its use completely, though the best solution, may take years to achieve. However, at both the individual and governmental levels, we can ensure that we gradually move towards eliminating it.



As individuals, we can make conscious efforts to reduce plastic consumption by finding eco-friendly alternatives — the best being cloth or paper bags. This will not only reduce waste but also conserve resources. We can also participate in awareness campaigns to educate others about the negative effects of plastic. Every individual can fight plastic pollution.

As for the government, stricter and more stringent rules should be made and implemented. These should apply not only to users but also to manufacturers. Alternatives to plastic, especially biodegradable products, should be promoted. Companies must be encouraged to develop innovative packaging solutions. Large-scale educational drives at the grassroots level, starting from schools, should be included in the curriculum. The earlier the start, the greater the impact. Proper recycling and reuse systems must also be introduced.

Thus, the menace of plastic bags can be stopped by following the 3 R's - Reduce, Recycle, Reuse.

Suchitra Sukhthankar is a teacher by profession and passionate about reading, painting, and solving crosswords.

A SHORT VERSION OF VIRATA PARVA - PART 1 OF THE GREAT EPIC MAHABHARATA



• by Divakara Shenoy

Introduction

'Virata Parva' is the fourth of the 18 parvas of the epic Mahabharata, which deals with the events that happened in the Pandavas' lives when they lived in disguise, at the royal palace of King Virata of the Matsya Kingdom. Pandavas, with their wife Draupadi, lived incognito as servants of King Virata, hiding their true identity. Yudhishtira disguised as a dice player, Kanka, Bhima as a cook, Vallabha, Arjuna as a dance tutor, Brihannala, Nakula as a horse keeper, Granthika, Sahadeva as a cowherd, Tantripala and Draupadi as a lady's maid, Sairindhri. A summarised version of the last published Aranyaka Parva - Part 5 is given hereafter for the reader's sake and for continuity in reading.

Summary of Aranyaka Parva - Part 5

The Pandavas' 12 years of life in exile were nearing the end, during which one Brahman came running to the hermitage in the forest where Yudhishtira was living with his family. The Brahmana complained to King Yudhishtira about the loss of his mortar and his inability to perform the fire sacrifice without the fire kindling mortar. As informed by him, a deer happened to come near the place where he was to perform the fire sacrifice, and it was rubbing against the Arni or fire kindling mortar used by the Brahmana. By chance, the fire kindling mortar 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. Yudhishtira consoled the Brahmana, saying he would chase the deer and recover his mortar. Yudhishtira, along with his brothers, immediately rushed to chase the deer through the forest. But in vain, because the deer ran fast into the dark forest and disappeared. The Pandavas, hopelessly tired and thirsty, could not run further and so sat under a tree. Yudhishtira asked his youngest brother, Nakula, to find out if there was any river or lake nearby. Nakula, upon climbing on top of a tree, could see a lake far away, and he was asked by his eldest brother to go and fetch water from the lake to drink as they were desperately thirsty. Nakula, reaching the lake, was about to take water in his cupped palms to drink, at which time,

suddenly, he could hear a voice of a Yaksha, the owner of the lake, warning him not to take water without correctly answering the questions he would be asked. Nakula very badly needed water to drink to quench his thirst. Therefore, he ignored the warning and drank some water from the lake. Immediately, he fell dead. Since Nakula did not return, Yudhishtira asked his brother Sahadeva to find out what had happened to Nakula. Sahadeva, upon reaching the lake, found his brother Nakula lying dead near the lake. He also fell dead when he tried to drink water from the lake without heeding the Yaksha's warning. Subsequent to this, Arjuna and Bhima followed suit. At last, Yudhishtira himself approached the lake and found all his brothers lying dead. He also, like his brothers, was warned by the same Yaksha. Dharma Raja Yudhishtira readily agreed to answer all questions raised by the Yaksha. Yaksha had asked hundreds of questions, and all were answered correctly by Dharmaraja Yudhishtira. Yaksha was very much pleased and brought all his brothers to life. Yaksha then disclosed his identity as Yama Dharma, Yudhishtira's father.

VIRATA PARVA - PART 1 DAMYA'S ADVICE TO LIVE INCOGNITO IN VIRATA

King Virata was the ruler of the Matsya Kingdom. He had married Queen Sudeshana and was the father of Prince Uttara and Princess Uttara Devi, who was later married to Abhimanyu, son of Arjuna. Pandavas had completed 12 years of life in exile and were to enter their 13th year to be lived without disclosing their true identity.

Yudhishtira and his brothers, as advised by the sage Damya, decided to live the 13th year of exile life in disguise as servants of the King Virata of the Matsya Kingdom. Yudhishtira told the Sage Damya that he would serve the King as a courtier under the name Kanka and also as an adviser to the King in the royal court. Bhima said he would become the royal cook in the name of Vallabha in the royal palace and please his majesty's palate and entertain his majesty in sports as a wrestler. Arjuna in the past had received a curse from the Apsara Urvashi and was to live as a transgender for any one year of his choice. The curse turned blessing to Arjuna now. He said that he would serve the Virata royal ladies as a transgender (hijra) under the name Brihannala and would teach them dance and music to please the royal family. Nakula said that he would join the Virata royal household as an expert on horses under the name Granthika. Sahadeva said he would use his knowledge of cattle breeding and would serve the royal household under the name Tantripala as caretaker of the cattle. Now it was the turn of Draupadi to explain what disguise she would choose. She stated that

she would become a beautician to Sudeshna, the Queen of Virata, assuming her name as Sairindhri. Hearing each one's plan, Sage Damya cautioned them to be very careful not to get identified while living in disguise. He also warned them that the extraordinary beauty of Draupadi may invite troubles from bad elements living in the royal palace of Virata.

PANDAVAS' LIFE IN VIRATA

Sage Damya further advised Pandavas that they should live without inviting displeasure from the Virata King. He advised Yudhishtira to be humble, not to try to excel the King and always try to please the King. Pandavas were reminded by Damya to hide their weapons in a safe place before entering the city of Virata. With this advice, Sage Damya left for Panchala along with the Brahmanas.

Things moved well as planned, and upon reaching the outskirts of the city, they deposited their weapons, wrapped in a white cloth, on a Shami tree, which was located near a cemetery where people generally avoid passing by. Yudhishtira prayed to the goddess Kali, who manifested before the Pandavas and blessed them, saying that they would have full protection from the goddess during the agnatavas and no one would discover their identity. As planned, Pandavas managed to enter the Virata's royal palace and took their respective positions they had planned earlier.

PANDAVAS' LIFE IN DISGUISE

Yudhishtira and his brothers started their life in the agnatavas in the capital of Matsya, serving the King Virata and his family. Yudhishtira became a companion to the King. He also gave company to the King in a dice game. Bhima played his role well and pleased the royal family with his mouth-watering recipes. Arjuna taught music and dance to the ladies of the royal family. Nakula took care of the King's horses. Sahadeva looked after the cattle belonging to the royal household.

After a few months of their stay at the royal palace, a festival took place in the Matsya Kingdom. To participate in the festival, people arrived from all corners of the world. Among them were thousands of powerful wrestlers. One such giant wrestler challenged other wrestlers to fight with him. But no one came forward to fight with him. At this stage, to keep the game going, the King ordered his chief cook, Vallabha (Bhima), to fight with the wrestler. Bhima fought with him and killed him in the fight. King was delighted at the killing of the big wrestler and presented Bhima with a huge amount of money. The Pandavas thus lived in the city of Virata in secrecy, pleasing the King.

KICHAKA, THE COMMANDER OF MATSYA ARMY

During their stay in the King's palace, Sairindhri (Draupadi) stayed in the queen's apartments. Kichaka was the younger

brother of the queen Sudheshna. He was the commander and the chief of the Matsya Army. Kichaka had saved the Kingdom many times from the attack of enemies. In fact, he was the most powerful person in matters of administration of the country. His words were final in all matters. The King Virata had granted full authority and his power to Kichaka in all matters of the country. The citizens of the country considered him equal to the King.

KICHAKA WOONG SAIRANDHRI

The extraordinary beauty of Sairindhri attracted Kichaka, and he wanted to marry her. He expressed his desire to Sairindhri. She was fully aware of the serious consequences if she displeased the ruthless Kichaka. She told Kichaka that she was already married and was the wife of five powerful warrior brothers. But he could not resist his lust. He went to his sister Sudheshna and expressed his desire for Sairindhri.

Whenever Kichaka's troubles became intolerable, Sairindhri complained to the queen and informed her that her husbands would kill those who tried to dishonour her. Sudheshna several times warned about the dire consequences if he did not stop troubling her maid. But Kichaka did not stop his misbehaviour towards Sairindhri. Nevertheless, the queen extremely fond of her brother, at last yielded to his wish. They conspired to entrap Draupadi.

PLAN TO ENTRAP SAIRANDHRI

Kichaka could not resist his desire for Sairindhri. Day and night his thoughts haunted him, unable to sleep. Sudheshna at first tried to divert him, warning that Sairindhri was already a married lady and had five wrestlers as her husbands. But he could not be stopped. At last, Sudheshna did yield to her brother's wish.

During a festival day, Kichaka arranged a feast for his invited guests. Sudheshna asked her maid servant, Sairindhri, to go and bring liquor from Kichaka's apartment. Sairindhri first hesitated as she could imagine the danger. When pressurised by the queen, she had no way but obey the queen. When she entered the apartment, Kichaka caught hold of her right hand and pulled her towards him. Somehow, she escaped from him and ran towards the royal court. Kichaka ran behind her and kicked her. At that time, both Yudhishtira and Bhima were present in the court. But they remained helpless, fearing their identity would be disclosed if they fought with Kichaka.

BHIMA KILLED KICHAKA

After a few days from this unfortunate event, one night, Sairindhri invited Kichaka into her room, telling him that she was willing to marry him. Kichaka agreed to come at the appointed time in the night. As agreed, he came, and after a night-long fight, Bhima killed Kichaka and disappeared into the darkness of the night. The next morning, Duryodhana was informed by his spies that there was some news

of Kichaka being killed by a wrestler of the Gandharva community.

DURYODHANA IS UPSET

Duryodhana was upset and distressed as his spies reported that they failed to track down the whereabouts of the Pandavas. Duryodhana was sitting in the royal court where Dronacharya, Kripacharya, Bhishma, Dhritarashtra, Karna and others were also present. Dronacharya cautioned Duryodhana that the Pandavas were waiting for an opportune time to come back and claim their Kingdom and all that was seized fraudulently from them through the dice game.

Grandsire Bhishma said that the Pandavas would always be protected by their Dharma. He added that they could not have been lost. He indicated signs relevant to the Pandavas' presence wherever they go and stay. Now doubts arose in the mind of Duryodhana, and he said that a strong wrestler like Kichaka could have been killed only by another equally strong wrestler like Bhima or himself. Duryodhana, Bhima

and Kichaka had been trained under the same Guru, and Duryodhana very well knew Kichaka's skill as a wrestler. Most of the signs mentioned by Bhishma matched those reported by his spies about the country of Matsya.

IF KICHAKA WAS KILLED, IT COULD BE ONLY BY BHIMA

Duryodhana said that if Kichaka was killed, it could be possible only by a man none other than Bhima. Karna suggested that the King of Virata should be attacked immediately for permitting the Pandavas to stay in Virata city. Duryodhana ordered his brother Dushasana to prepare the military to march to Virata. Duryodhana told Susarman, the King of the Trigarta Kingdom, to first go with his military and attack the country of Matsya from a specified point and steal the cattle by approaching the cattle sheds. One day later, he would follow with his army and attack from another point. Thus, they would steal all the royal cattle, putting Virata's army in confusion. (To be continued)

My prayers to the Universal Master Lord Krishna.

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

**FORM IV
(See Rule 8)**

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My Experience with Photography

Through my lens: A journey from hobby to heartfelt passion



• by Shobha Kamath

Photography has always been a joyful part of my life. Most of us have certain interests or hobbies that we nurture over time, sometimes even turning them into lifelong passions. For me, that passion is photography.

My love for nature began early, but it truly blossomed after marriage. My husband was deeply interested in wildlife and bird watching, and his enthusiasm rubbed off on me. Soon, I was accompanying him on countless safaris and birding trips, excited to capture the beauty of nature through the lens.

Our first camera was a film camera, which came with its own challenges. Developing film was a long and uncertain process—it required patience and a bit of luck! So when digital cameras became available, we eagerly made the switch. The instant results and ease of use opened up a whole new world for us.

The best part of this journey has been sharing it with my family. Our daughter and later our son-in-law also grew to love these adventures. Weekends and vacations often turned into photography trips—to various corners of Bangalore and beyond. We would set out with our cameras, spotting birds, animals, and breathtaking scenes. Sunrises and sunsets, especially, often tempted us to keep clicking away. Once

home, we would sort through the images, keeping our favourite ones and deleting the rest.

One day, I came across an announcement in the Deccan Chronicle inviting readers to email their photographs for a chance to be featured and win a small cash prize. Curious, I decided to give it a try—encouraged by my family, who were too busy with their work to participate themselves. To my surprise and delight, a few weeks later, my photograph was published along with my name! That recognition gave me immense joy and renewed confidence. Needless to say, I continued submitting my work, and several of my photographs were published in subsequent issues.

A few of my published photographs are shared here.

As my confidence grew, so did my equipment. My daughter and son-in-law later bought a DSLR with a zoom lens, but I soon realised that while such cameras are excellent for professionals, a good phone camera can serve most enthusiasts quite well.

Today, mobile photography has evolved remarkably—many phone cameras produce stunning results, especially for everyday scenes. Of course, DSLRs still shine when it comes to distant wildlife, landscapes, and detailed portraits. But for most purposes, a smartphone camera works beautifully, especially with the convenience of sharing and editing photos on social media.

In conclusion, I would encourage young photography enthusiasts to start with a good phone camera. Once your passion grows deeper, you can explore advanced cameras and specialised photography like birding or wildlife. What matters most is not the equipment—but the joy of capturing the world through your eyes.



Shobha Kamath lives in Bangalore with her husband and a flourishing collection of house plants. She enjoys cooking and divides her time between gardening, bird watching, needlework, art, spiritual pursuits and photography. When she is not behind the camera or tending to her plants, she keeps busy as an active member of her senior community living.

From Code to Chronicles

Software professional Sidharth Sujir weaves history, mythology and suspense into a gripping debut



• by Sai Prabha Kamath

Some journeys move in straight lines. Others quietly gather depth before they turn a corner. Shri Sidharth Sujir's path seems to have done both.

A software professional who began his career in core development and now leads Product Management, Support and Account Management at Excellon Software, Sidharth has spent decades solving structured problems in a fast-moving industry. An alumnus of Fergusson College and Wadia College, both in Computer Science, he has called Pune home since 1990. Outside work, you are likely to find him on a badminton court or experimenting in the kitchen. At the heart of his world is his family—his wife, Shirin Shenoy, and their 10-year-old daughter, Sayurih—whose love for stories quietly shaped a dream.

That dream has taken form in his debut novel, *Avisha and the Kaalkoot Assassins*.

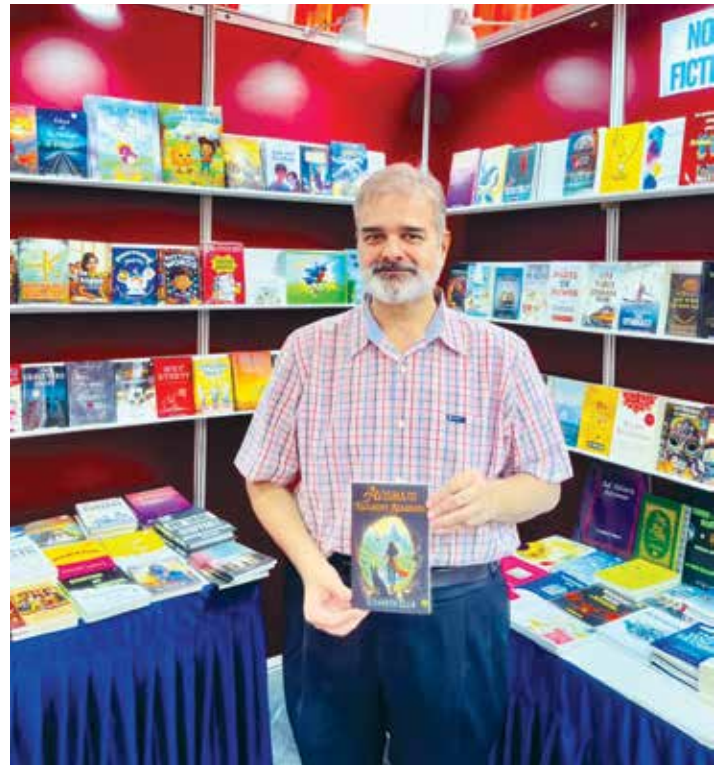
Set against the living, breathing landscape of Pune and Maharashtra, the novel travels back to 700 AD, weaving history, mythology and suspense into a fast-paced narrative. Ancient sites such as the Ellora Caves, Shaniwar Wada and Pataleshwar Caves are not just backdrops but silent witnesses to secrets that stretch across centuries. The result is a gripping story that invites readers to look at familiar monuments with fresh curiosity.

While adults will appreciate its pace and layered storytelling, the book is especially meaningful for young readers above 10. It introduces them to history and mythology not as dry chapters, but as living mysteries waiting to be explored.

In this email interaction, Shri Sidharth Sujir reflects on discipline, imagination, family, and the quiet decision to step beyond a successful career and create something that will outlast deadlines and job titles.

You have spent decades in the world of software, moving from hands-on development to leadership roles. What finally pushed you to switch gears and tell a story rooted in history, mystery and imagination?

There were three main reasons.



First, my entire family—my mother, wife and daughter—are avid readers. I enjoy thinking up stories, and I often wondered what it would feel like to see my own book in their hands.

Second, I wanted to do something different from my daily routine and at least be known to a few people for attempting something new.

Third, stories are an eternal part of life. I love creating stories for my daughter, and the excitement I see in her eyes each time gave me the push to finally begin.

Pune and Maharashtra almost act like living characters in *Avisha and the Kaalkoot Assassins*. How much of the book comes from your own experiences of the city since 1990, and how much required research?

I visited the Ellora Caves about 20 years ago, and even then I was struck by their grandeur. But at that time, I did not fully understand the history behind them. The same was true for Pataleshwar Caves and Shaniwar Wada.

When I began writing, it felt natural to build a story around Pune and Maharashtra's history, blending mythology and imagination. I relied on research, including AI tools and search engines, to understand the historical details of each monument more deeply.

The novel travels back to 700 AD and blends history, mythology and modern storytelling. How did you balance historical accuracy with a fast-paced narrative?

Since this was my first novel, I did not overanalyse the writing process. My goal was simple: I wanted readers to enjoy a gripping story while also absorbing some history of Pune.

Using real, visitable locations adds a sense of wonder. I personally enjoy fast-paced novels, so I chose that style. Some readers prefer a slow build, but I stayed true to what I like reading.

You have written a book that appeals to both adults and children above 10. Was this intentional?

Yes. I primarily wrote it for readers between 10 and 20 years of age, and for seniors above 60. For those between 20 and 60, there are already many choices available from Indian and international authors.

Thankfully, the response has been encouraging across generations.

With a demanding professional life and family responsibilities, how did you find the discipline to write?

Once I decided to write the novel, I committed to it. Almost every night from 9:30 pm to 11 pm, I would sit down to think, write and refine ideas.

It required discipline, but it also became a way to unwind after a stressful day at work.

What next?

I would like to write more novels, and perhaps short books or mini-series for children on lesser-known aspects of Indian history that are not widely taught today.

Our children often learn only selective portions of history. The larger breadth and depth are missing. I hope to publish another novel in 2026.

Sai Prabha Kamath holds a Master's degree in English and a postgraduate diploma in Journalism and Mass Communication. After her stint with a leading financial newspaper and a monthly magazine for senior citizens, she is now a freelance editor. She also serves as the Honorary Secretary of GSB Sabha Mumbai's Mahila Shakha and the Editorial Committee Convenor of the quarterly Voice of GSB.



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Yoga and Yoghurt



• by Ajita Kini

To transform milk into yoghurt (curd), we go through a precise process. We heat the milk to a specific temperature, add a small amount of curd to initiate fermentation, and then wait. After the requisite time has passed, you peep into the bowl, and lo and behold, the curds have set. Any changes in the input variables, however, and the curds will not set properly. If the temperature of the milk is too high or too low; if the starting curd is too little or too much; if the ambient temperature is too high or too low; if you keep peeping into the bowl and disturbing the process (e.g. by dipping a spoon to check if the process has started) – any of these things can cause the curd to either not set or turn out badly.

Our yoga practice is similar. We prepare the body for the practice – adopt a (more) sāt̥vic diet, become less extroverted and more inwardly focused, associate with like-minded people (satsaṅga), start studying the scriptures and attempt to understand some of the underlying philosophy (śāstra saṅga) All akin to heating the milk to the right temperature. Then we add the starting agent – the teacher who gives us the inputs that sets us on the path. After that, it's all about creating the right environment and giving the curd enough time to set, allowing yoga to happen!

Most of the time, when the process starts, we are unaware of what is being set into motion. It is only later, when the yoga starts to fructify (the curd begins to set!), that we realise the chain of serendipitous events that started everything. When setting curd, most people usually get it right. Not so, in the case of yoga fructifying. For many, if not most, the journey begins, but it often ends in abandonment or stalls. This is where the science abandons the practitioner because the practitioner shows him/herself to be not yet ready for the deeper practices of yoga.

Often, when shown an āsana, people question – What are the benefits of this āsana? This is akin to dipping into the bowl of setting curd to see if it is becoming curd. Just let it happen. Do not disturb it. It takes time. Trust in the wisdom of our ancestors who developed this beautifully

scientific art or artistic science. After some time (years) has passed, you will notice the change in yourself. Just as you cannot pinpoint the moment when the milk turned to curd, you cannot pinpoint when the transformation happened. But it started the moment the spoonful of curd was added to the milk, or when you first experienced a yoga session.

Often, after an intense yoga session, the impressions become so deeply embedded in our cellular memory or subconscious that the body starts reliving the movements while sleeping, especially during the early morning hours just before waking up. This is like the last stages of the milk turning into sweet curd (before it further becomes sour curd). This truly illustrates how yoga happens rather than is done by any effort on our part. Of course, this 'happening' would never happen if the 'doing' did not precede it. So, the point is not that no effort or little effort needs to be put in. The point is that after all the effort has been put in, there comes a stage where we need to develop the maturity to know when to allow the effort to take a back seat and allow the impressions to seep in and get internalised.

Indeed, some tangential benefits often do materialise in the short term. There are skeleto-muscular, physiological, and psychological benefits that emanate from the yoga practice. However, when the focus of the practice becomes the reaping of these benefits, then it is akin to using a JCB to pick up a nail. It is like knowing when the curd will start becoming rancid. Continuing to put in physical effort after we have reached the point where it is time to start focusing on the effects of the practice on the inner recesses of the mind and psyche will turn the yoga into an exhibitionist practice and take us away from the path of apavarga, or the quest for mokṣa.

It is like looking after your children or elderly and/or ailing parents. You don't do it because of specific benefits that you receive from looking after them – you look after them because it is the right thing to do. Because you would not be able to look yourself in the eye if you didn't. That they may or may not reciprocate in the past or future is largely inconsequential – some icing on the cake if they do/did.

A word of caution to end with: Curd turns rancid if kept for too long. Similarly, an āsana practice that progresses too far on purely physical lines is likely to surface some not-so-pleasant traits in the practitioner. There have been instances where family members of students have reported that the practitioner has become more impatient, intolerant, and easily angered due to prolonged and intense yoga practices. Hence, it is crucial to ensure that the practice progresses beyond the physical when the time is ripe.

*Ajita Kini has been a student of Iyengar Yoga since 2007. This is the 21st in a series of articles about yoga. For teachers in your area, check-
<https://bksiyengar.com/>*

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Vedamurthy Trivikram Shripad Acharya

(04/03/1971 – 26/03/2026)

With profound sorrow, we announce the passing of Vedamurthy Trivikram Shripad Acharya, a devoted Purohit and Tantri, who left for his heavenly abode on 26th March 2026 following a tragic road accident on his way home after performing his duty at the Balaji Mandir, Kurla.

Born in Nagara, Shimoga district, Karnataka, the late Acharyamaam completed his schooling at Bhuvanendra Balak Ashram, Basrur, and Bhuvanendra High School, Karkala. He earned a degree in Purohit from Srinivas Nigamagama Pathshala, Mangalore, and trained under Jodmath Ved Apray Bhat Maam.


A respected spiritual guide, he served as Purohit and Tantri at Shri Bhadrakali Mahalaxmi Durgahonnama Seva Samiti, Khar Danda (from 1997) and Kurla Balaji Mandir (from 2001), dedicating his life to the service of the community. He advised our Sabha on matters related to spiritual and religious matters.

During the Covid lockdown, he was a great source of support, sharing his knowledge on festivals, panchang, and tithis with GSB Sabha Mumbai's Mahila Shakha through their Aachar Vichaar video series (six episodes). He also performed the first Durga Namaskar during Mahila Shakha's Diamond Jubilee celebrations in August 2017.

He is survived by his wife, Tejaswi Acharya (nee Shaila Pai), son Chi. Aniruddh Acharya and daughter Smt. Laxmi Kadam. The community at large will miss this noble soul.

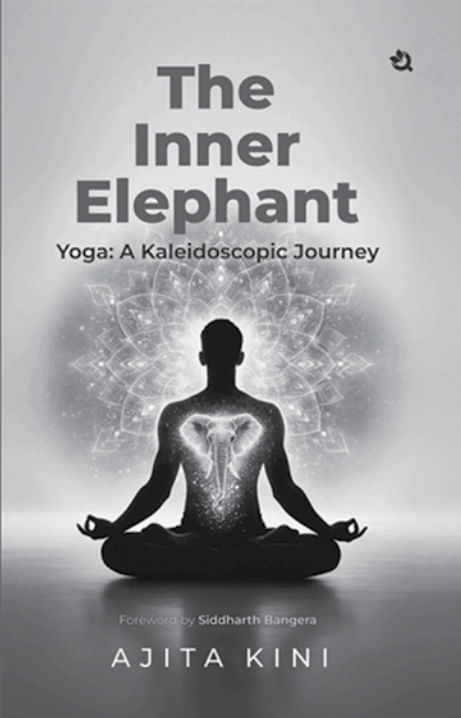
Sadgati and Moksha to the Aatma.
Om Shanti 🙏

Yoga is often first viewed only as physical exercise, but through ongoing practice, it reveals deeper layers, shifting toward self-study and purification. Like blind men only understanding part of an elephant, initial yoga practitioners may not grasp its full scope. Breath work is central to this journey, which awakens the inner Guru and ultimately leads toward self-realisation and liberation. The author, shaped by BKS Iyengar's approach to yoga, wants to share her excitement about exploring spiritual growth through yoga. Practising yoga systematically, with enthusiasm and curiosity, helps us understand the inner workings of our bodies and minds. It enhances our awareness and effortlessly takes us to a place of silence, stillness, and bliss. The book will resonate with those who love lifelong learning, value hands-on experience, and seek to understand the mysteries of existence better. Those interested in spirituality will get a fascinating close-up of the interplay between mind, body, breath and pure consciousness.



AJITA KINI

The author has a strong background in mathematics and management (IIM-Ahmedabad), has practised Iyengar yoga since 2007 and began self-practice in 2009. Her approach to yoga is analytical, shaped by a career in supply chain operations consulting and a natural curiosity about cause and effect. She combines scientific inquiry and personal sensitivity in her yoga practice, drawing on experiences from fields such as physics, engineering, manufacturing, technology, anatomy, and traditional knowledge, and relates these concepts in her writings, which are based solely on personal experience.



The Inner Elephant

Yoga: A Kaleidoscopic Journey

Foreword by Siddharth Bangera

AJITA KINI

ततो ब्रह्मा चिरं ध्यात्वा ज्ञात्वा देवं महेश्वरम् ।
हस्तिरूपेण तिष्ठन्तं मुनिभिर्मानसैः स्तुतम् ॥

Vaman Puran 44:23

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From the Coast to the Mountains

Sharing the soul of GSB cuisine with the world



• by *Revathi Sanzgiri*

Whenever I tried to introduce our food to others—whether abroad or even within India—I realised something deeply meaningful. No matter where we go, we always long for our home-cooked meals.

Our GSB cuisine is truly unique—mild, not overly spicy, and made with very little oil. Yet it involves thoughtful preparation, which often makes it feel difficult to recreate.

For generations, this food has been lovingly prepared in our own kitchens, served on our dining tables, and appreciated within the comfort of our homes. But if we truly want people to love and appreciate our cuisine, we must take it beyond these four walls and share it with the world. This is my Aai's thought. She encouraged me to make only GSB food for my home parties when my non-GSB, non-Indian friends used to come. Mangane, patoli over any fancy dessert.

That is exactly what I set out to do. I began this journey in Muscat, Oman, then in Abu Dhabi, and later in the UK. But the real question arose when I returned to Amegele Goyan... what next?

I then started my food business. I began participating in various fairs and running my GSB food stall.

One of my friends said, "I stay away from India. There, we do not get our GSB masalas." That inspired me, and I started making and selling masalas.

Another friend said, "I don't like to come to Goa because there are limitations. We are Jains, we cannot eat fish, and we prefer pure vegetarian food without onion and garlic."

That is when I started Shivrak by Reva's Recipes.

Shivrak is sattvik food, prepared without onion and garlic—the kind of food we make for Devkarya.

My son Nishad met Jaipreet Chanda at a writers' retreat in Uttarakhand. Jaipreet and her husband, Mr. Vinod, run Araam Retreat, which is located in Himachal Pradesh — a beautiful and scenic place.

She encouraged me to come to Himachal Pradesh and teach her yoga group from Canada. I have previously done some courses for European groups, so I had some experience.

I curated a Satvik menu for their group.

Reva's Special Shivrak Thali

Authentic Goan GSB Heritage Cuisine

(Seasonal • Satvik • No Onion • No Garlic)

A traditional Saraswat festive thali that changes with the seasons, celebrating local crops, backyard produce, and time-honoured household recipes.

Ambat Batat

A tangy coconut-based potato curry, delicately spiced in traditional GSB style.

Raw Banana Bharta

Fire-roasted plantains blended with fresh coconut and green chilli — a rustic, heritage preparation.

Daal Ros

Comforting lentil curry prepared with seasonal drumsticks or jackfruit seeds.

Futti Kodi / Soyechi Kodi

A light coconut-based curry, simple yet soulful.

Xit (Steamed Rice)

The heart of every Saraswat meal.

Kelyache Kapa / Fodi with Potato

Crisp banana slices paired with golden potato fodi.

Bimli Lonche

Traditional sweet-sour bimbli pickle, a backyard treasure of Goa.

Papad

Mangane

Classic Goan moong dal and jaggery dessert.

Tavsachi Koshimbiri

Refreshing Goan cucumber salad with coconut

Raw Mango Chutney

Seasonal, tangy accompaniment bursting with coastal flavours.

Every recipe is a heritage preparation.

Each dish is served with stories — traditions, seasonal wisdom, and memories from Saraswat homes.

Only two of the Canadian nationals were of Indian origin and were born and brought up in Canada. They truly loved our cuisine. Being quite different from their usual food, they found Indian cuisine rich in taste and variety. For them, it was

traditional, flavourful, and satvik.

I then conducted a second workshop which was mainly focused on amboli and chutney. Making amboli in chilly weather can be quite difficult, but our traditional amboli recipe proved to be a winner.

We also prepared soft, delicious idlis using the same batter. A few participants even ended up buying masala boxes and idli stands, which was truly encouraging.

My third workshop was about Parineeta the complete

Revathi Sanzgiri lives in Campal, Goa, and runs a food business.

woman...16 adornments of Indian Bride. I taught them how to wear saree and 16 adornments and their connections with the various Chakras. They loved it so much, they honoured me by calling Professor.

I feel happy and grateful to God, my Aai and Baba, for being my guiding light.

A special thanks to my son Nishad and Jaipreet Chandana for providing the platform, and to my husband Nirmal Sanzgiri for his constant support.

Sweetness Reclaimed

Why Shevyo and Patolyo are the new face of Goan Horeca



• by Narayan Nadkarni

Just as Idli, Sambar, and Dosa are the iconic dishes of Tamil Nadu and Karnataka, or Paratha and Lassi define the North, these staples are the “known” flavours of their lands. They are the commercial ambassadors found in every hotel, deeply synonymous with their respective regions.

When you walk into any standard Horeca (Hotel Restaurant Cafe) in Goa today, the menu is dictated by three things: footfall, cash flow, and time management. To keep a business running, owners lean toward “Quick Service” items that use minimal prep time and offer fast turnover.

In urban centres like Panaji, high-footfall “quick-service” items like Bhaji Pao, Ross Omelette, and Idli-Dosa dominate for easy scaling. In rural villages, the menu narrows to “safe” commercial bets like Mirchi and Sheera. While efficient for cash flow, these staples miss the true soul of Goan culinary identity.

The “Invisible” Kitchen: What Restaurants Forgot

Step away from the commercial centres and into a traditional Goan household—especially a Saraswat home during festivals like Ganesh Chaturthi—and the menu changes completely. These are the “Labour of Love” dishes that the hotel industry has largely abandoned because they don’t fit into a “two-minute” service model.

Narayan Nadkarni is a Goan resident and a profound scholar of heritage, environment, and culture. Along with preserving the Saraswat lineage and spiritual traditions, he has made significant contributions to Goan social fabric. As a journalist and nature enthusiast, he actively works towards preserving the region’s historical heritage and environment. Upholding social responsibility, protecting Goan identity is the core focus of his work. Passionate about reading, painting, and solving crosswords.

Shevyo. (The Original Noodle): Long before instant masala noodles arrived, we had Shevyo. These are hand-pressed rice vermicelli. Unlike the savoury commercial noodles, these are served with a sweet, fragrant coconut milk base, heavily flavoured with elaichi (cardamom).

Patolyo: This is the scent of a Goan monsoon. Rice cakes stuffed with a jaggery-coconut mix (Chun) and steamed in fresh turmeric leaves. The leaves must be sourced fresh, and the steaming must be precise—too much effort for a fast-food counter, yet a staple in every Goan home.

Mangane: Many do not know that it is declared as our “State Dish”. A rich porridge of Chane-dali (Bengal gram), sago, and thick coconut milk. It is a masterpiece of Goan Saraswat cooking, yet it is almost nil in the Horeca sector.

Dangar: These are rustic, gritty coconut-based fritters (often made with prawns or seasonal vegetables) that rely on a fresh-ground masala rather than a commercial batter.

The Shift

Previously home-locked, traditional Goan gems were inaccessible to those without local ties. Some “startups” in Panaji have now bridged this gap, successfully commercialising the “uncommercial” by serving an authentic Goan snacks basket. By using traditional Goan Snacks, they have proved that heritage can be a viable business model.

The Future of Goan Food

It proves diners crave the private village traditions over repetitive commercial staples. As the industry follows, the “invisible” snacks of our grandmothers are finally finding a permanent home on the professional Goan menu.

Lessons in Bhagavad Gita



• by Dr. Gayatri G. Shenoy

कामैस्तैस्तैर्हृतज्ञानाः प्रपद्यन्तेऽन्यदेवताः ।

तं तं नियममास्थाय प्रकृत्या नियताः स्वया ॥७-२०॥

*kāmais tais tair hṛtajñānāḥ prapadyantenyadevatāḥ
taṁ taṁ niyamam āsthāya prakṛtyā niyatāḥ svayā* 7.20

kāmaiḥ = by yearnings; taiḥ taiḥ = this and that; hṛta-jñānāḥ = those deprived of knowledge; prapadyante = takes refuge in; anya-devatāḥ = other deities; taṁ taṁ = various respective; niyamam = rites; āsthāya = by adopting; prakṛtyā = by nature; niyatāḥ = directed; svayāḥ = their own innate; 7.20

Directed by their own innate nature, those deprived of knowledge by various yearnings take refuge in other deities by adopting their respective rites (7.20).

Here is declared the manner in which people are distracted into following a path that ignores the One and Only Lord, the true ultimate benefactor.

The main reason for this distraction is stated. Blinded by *kāmais tais tair* various innumerable and unquenchable cravings for almost everything that gives even an initial momentary pleasure, people with *hṛtajñānāḥ* almost no reasoning or discrimination for the truth of the knowledge of whom to approach and what to ask for, that is worthy and favorable for them in the long run, *prapadyante* desperately resort to *anya-devatāḥ* various deities who seem to be in charge of granting those cravings.

prakṛtyā niyatāḥ svayāḥ propelled by their own innate nature that attracts them towards certain cravings they get attracted to those deities who are in charge of granting those cravings in material life. Each deity is pleased by the performance of certain rites which the deity prefers to be done unto him. Having pleased those deities with *taṁ taṁ niyamam āsthāya* the performance of these rites and rituals done in a prescribed manner, these ignorant people desperately try to satisfy their urges for these desires. This urge to attain the object of their desire makes them blind to all else except the quickest and surest means to obtain them. The Lord derides such ignorant people.

Since the Lord is the very cause of all that is, it follows that all deities also have their origin and dependence on Him. They are his different manifestations designated with certain portfolios. Their source of power, therefore, comes from the Supreme Lord.

This knowledge of the truth is absent in such people.

The *śruti* speaks of the Supreme Lord thus *yaḥ devānām'dhipah yasmin lokā adhisritah* 'One who is the ruler of all deities on whom the universes repose....' (*SvUp* 4.13). The *Muṇḍakopaniṣad* states *tasmāc devā bahudhā samprasūtāḥ*... 'From Him are born gods of various hierarchies...' (*Mu Up* 2.1.7). The *Bṛhadāranyaka upaniṣad* declares 'This is said- sacrifice to this god and sacrifice to that god, the variety of gods, but from Him alone are all these (gods) created, they come from Him, He verily is all those gods.' (*Br Up* 1.4.6). In short, it is well-established that these gods depend on Him for their powers. He is the fountainhead of all energies and powers given to these gods by Him. Ignorant of this truth the people devoid of discrimination of the true from the false, being deprived of this knowledge, in their anxiety to somehow acquire their desires follow all regulations and rites and rituals in order to please these deities.

Further on in the next few verses, the Lord explains to Arjuna the method by which these followers of deities who devote themselves to that particular god suited to their innate nature, attain their wishes.

Extract from 'Śrīmad Bhagavad Gītā - Encyclopedia of the Lord's Teachings to Humanity,' Translation and Notes: Dr Gayatri G Shenoy (bgitaggs12@gmail.com)



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		To facilitate the stay in old age homes for those who need it and can't afford it	36,000	1
2.	GSB Senior Citizen Medical Welfare Fund	Cover domiciliary medical expenses of economically weaker section of senior citizens of the community with daily medical expenses Not covered by any other health scheme	3,51,658	26
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6.	Vidyanidhi Fund	Educational assistance to school students from Std I to X, under-graduate and graduate college students and students pursuing post graduate / professional courses	7,81,000	172
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GSS SAMAJ'S ANNUAL FAMILY PICNIC



What better way to begin February than with togetherness, learning, laughter, and a dash of rural charm? On Sunday, 1st February 2026, the Gowda Saraswat Sevak (GSS) Samaj, Mumbai, organised its much-awaited Annual Family Picnic to Seva Vivek Kendra, Virar East, an inspiring NGO dedicated to the development of tribal communities in Bhaliwali village, Palghar District.

With nearly 50 enthusiastic Samaj Bandhavas participating, the excitement was palpable from the early hours of the morning. Two travellers—one from Central Mumbai led by Shri Girish Pai, President, GSS Samaj, and the other from the Western suburbs led by Shri Vijay Shenoy, Committee Member, GSS Samaj—brought everyone together for the scenic journey to Virar. Though the travel time stretched to about two and a half hours, spirits remained high, and any trace of fatigue disappeared instantly upon arrival.

A grand and delicious breakfast awaited the group, setting the perfect tone for the day. Soon after, members were warmly welcomed in traditional style with a Tilak ceremony. The Seva Kendra team performed Aarti, applied Kumkum, and offered Gud (jaggery), creating a heartfelt and auspicious beginning to the visit.

The day unfolded with a guided tour of the lush agricultural surroundings of the Kendra. Thoughtful arrangements were made by Shri Karthik Pai, Secretary, GSS Samaj. This mainly included a special buggy for senior members, which ensured that everyone could comfortably enjoy the experience. Members learned about organic farming practices, seasonal harvesting cycles, and sustainable cultivation methods. The botanical garden, adorned with bamboo groves and colourful blooms, added to the visual delight.

One of the major highlights was the Miyawaki Garden—a modern, water-efficient afforestation technique that has

become increasingly popular, especially in corporate spaces. It was fascinating to witness how innovation and sustainability beautifully coexist at the Kendra.

The visit to the Bamboo Training Workshop was both inspiring and eye-opening. Tribal women showcased their remarkable craftsmanship, creating a range of products, including bamboo furniture. Their skill, dedication, and entrepreneurial spirit left a lasting impression on all. Adding a creative twist to the day, members enthusiastically participated in an arts and handicrafts session, trying their hand at painting traditional Warli designs on clay pots.

At the Gashala, the Gir cows, known for their high milk yield, drew much attention. Members had the delightful opportunity to feed them, making it a memorable and interactive experience.

After the enriching field visits, a short film presentation provided deeper insights into the Kendra's mission, activities, and impact. Lunch followed, and it was truly a feast to remember. The farm-fresh vegetables, grown right at the Kendra, elevated the taste of the wholesome thali, which everyone thoroughly relished.

Post-lunch relaxation was arranged in a comfortable bungalow on the premises. Laughter soon filled the space as members enthusiastically participated in a fun game titled "Wordle: Find the Right Word," bringing out the competitive and playful spirit across all age groups.

Before concluding the day, many visited the Grameen Mall, which displayed an impressive range of products—fresh vegetables, milk and milk products, homemade papads and pickles, clay cooking pots, bamboo furniture, and more. Knowing that the proceeds directly support the development of tribal communities, our Samaj Bandhavas made generous purchases, combining enjoyment with

meaningful contribution.

As the sun began to set, tea and hot bhajias provided the perfect ending to a fulfilling day. With hearts full, bags packed, and smiles all around, everyone returned home carrying sweet memories of a day that was not just enjoyable—but truly inspiring and impactful.

Annual Annadana Seva at Walkeshwar Sri Kashi Math

Samasthan: The GSS Samaj offered the sacred Annadana Seva on Saturday, 13th December 2025, at the revered Walkeshwar Sri Kashi Math. The occasion was further sanctified by a soulful Bhajan Seva, organised by the Samaj as an integral part of the day's spiritual observances.

Samaj Bandhavas gathered at the Math in the early hours of the morning to pay their heartfelt obeisance at the holy Vrindavans of our Guruvaryas — Shrimad Madhavendra Tirtha Swamiji and Shrimad Varadendra Tirtha Swamiji. The Sankalpa for the Annadana Seva, offered on behalf of the GSS Samaj, was solemnly performed at the Vrindavan of Shrimad Madhavendra Tirtha Swamiji by Shri Girish Pai, President of the Gowda Saraswat Sevak Samaj.

Arrangements for breakfast were graciously made by Walkeshwar Sri Kashi Math in the lower ground floor hall,

where all attendees partook in the prasadam. Following this, the Samaj Bandhavas proceeded to the ground floor, where the Bhajan Seva was conducted before the statue of Shrimad Sudheendra Tirtha Swami Sadguru Maharaj.

The Gowda Saraswat Sevak Samaj Bhajana Mandali rendered a series of soulful and melodious bhajans in reverence of our Parampoojaniya Gurus and Devas, filling the sanctum with profound devotion. The bhajans were beautifully accompanied by Shri Shivanand Shenoy on the harmonium and Shri Prashant on the tabla and pakhawaj, creating an atmosphere that resonated deeply with Bhakti Bhava.

Thereafter, all Samaj Bandhavas assembled once again before the Vrindavans for the Madhyana Aarti, immersing themselves in collective prayer and devotion. Following the Aarti, the Maha Prasad of the Annadana Seva was reverently received by all. The congregation then moved to the lower ground floor to partake in the Samaradhana, which was relished with gratitude and devotion.

The day concluded on a spiritually uplifting note, with the Samaj Bandhavas departing with cherished memories and a deep sense of fulfillment—feeling truly blessed by the divine grace of our Parampoojaniya Guruvaryas.

JAHIRAT

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GSB Vsisters celebrate Annual day



The 16th Annual Day of GSB Vsisters was celebrated on 15th March 2026, on a grand note, with many members arriving in their original wedding sarees. Adorned with traditional jewellery, waistbands, and flowers in their hair, they brought alive the charm of a classic bridal ensemble during a delightful fashion show.

The Chief Guest, Dr. Prashasti Shanbhag, judged the event and declared Swapna Kamath, Savitha Joshy, and Asha Kamath as the winners. A special highlight of the evening was Vidya Harish Kudva, who appeared as a traditional GSB bride and was charmingly escorted on stage by an impromptu 'Mama', Ashok Kini. Adding a touch of humour and warmth, "relatives" joined in, and she garlanded her husband to lively music, recreating a wedding moment.

The programme was compered by Sudha Kamath and Savitha Joshy, and featured a vibrant mix of dances, songs, and skits performed by the Vsisters. Group dances choreographed by Veena Shenoy, along with solo performances and stand-up comedy acts, kept the audience thoroughly engaged.

Prizes won in various competitions held throughout the year were presented by the Chief Guest. On this occasion, Anagha Balakrishnan was awarded an honorarium from an endowment sponsored by Amrita Pai and Sudha Pai, in recognition of her achievements.

PRASHNA MANJARI



Do you know the Konkani word for:

- | | | |
|-----------------|----------------|--------------|
| 1. Cucumber | 10. Jack fruit | 17. Goat |
| 2. Pigeon | Seed | 18. Forest |
| 3. Sparrow | 11. Button | 19. Frog |
| 4. A Cloth Bag | (of a shirt) | 20. Lizard |
| 5. Onion | 12. Hen | 21. Capsicum |
| 6. Sister's Son | 13. Rabbit | 22. Mushroom |
| 7. Ground nut | 14. Tortoise | 23. Knife |
| 8. Knee | 15. Squirrel | 24. Green |
| 9. Elbow | 16. Fox | 25. Owl |

- | | | |
|-------------|-------------|---------------|
| 19. Bebo | 10. Bikkand | 1. Tavse |
| 20. Sokni! | 11. Gubi! | 2. Parvo |
| 21. Donne | 12. Kunkad | 3. Gurbanji! |
| Mirsang | 13. Saoso | 4. Chila |
| 22. Alambe | 14. Kasov | 5. Piaaoo |
| 23. Peskati | 15. Channi | 6. Bhacho |
| 24. Pachhve | 16. Kolho | 7. Nale-kutlo |
| 25. Gugnum | 17. Bokkad | 8. Dimbi! |
| | 18. Raan | 9. Konpor |

Answers :

Gentle Suggestion:

The senior-most members of your family can help you get all answers right!

Submitted by
Kalpana Kamath, Mumbai



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CONGRATULATIONS!



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Shri Amarnath Kamath



Jeevottam Puraskar
Shri Shrinivas Bhat



Jeevottam Puraskar
Shri Anil Pai



Purushottam Puraskar
Vedamurthy Shridhar Bhat

On the auspicious occasion of the 551st Foundation Day of Shree Samsthan Gokarna Partagali Jeevottam Math, Shreemad Vidyadheesh Teerth Shreepad Vader Swami awarded the Vidyadhiraj Puraskar to **Shri Shrinivas Dempo**, Chairman, Dempo Group of Companies, on 20th March at the Math premises in Goa. The Swamiji also presented the Jeevottam Puraskar to **Shri Amarnath Kamath** (Bengaluru), **Shri Shrinivas Bhat** (Mumbai) and **Shri Anil Pai** (Goa), and the Purushottam Puraskar to **Vedamurthy Shridhar Bhat** (Gokarn).

Dr Seema Pai, President of the Indian Society for Clinical Research, had an opportunity to interact with Prime Minister Narendra Modi in the post-budget webinar for 'Biopharma SHAKTI mission' which was announced in the opening remarks of the Union Budget on 2nd February 2026 by Hon. Nirmala Sitaraman. She spoke on the topic 'Building 1000 clinical trial sites in India'. Dr. Seema Pai will be on the committee constituted to further this policy with the Department of Pharmaceuticals for the Government of India. A Big honour for Late K. Shantaram Pai's (Vashi) family and our GSB community.



Shri Giridhar Nayak has been selected as one of three Asia Fellows for the 2026 Wild Stories Tri-Continental Film Lab supported by National Geographic Society. Over the coming year, he will work with a global cohort of filmmakers and attend labs across three continents in Peru, South Africa, and Goa.



Shri Basti Sadashiva Shenoy was honoured with the Shilpashree Award by the Karnataka Shilpa Kala Academy.



Shri Sulakshan Kulkarni has taken over as the Head Coach of the Oman Men's National Team, and his first assignment was the 16th Round of the 2027 ICC Men's Cricket World Cup League 2 Championship in Nepal in March 2026. Shri Kulkarni is a former first-class cricketer and former coach of teams such as Mumbai, Tamil Nadu, Nepal, and Maharashtra.





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