

July - September 2026

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



Tejomayi

Season 1

Igniting Minds, Inspiring Growth



Discover our new podcast series featuring
nine remarkable women, nine inspiring journeys,
and one shared spirit of excellence



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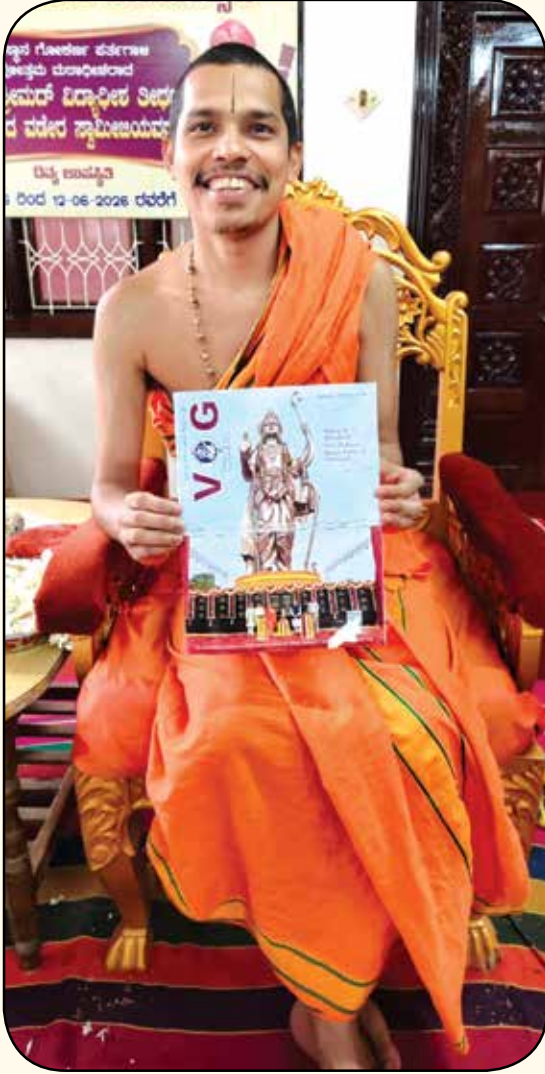
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A BLESSED MOMENT FOR VOICE OF GSB

In a moment of great blessing and encouragement for the *Voice of GSB* initiative, a copy of the magazine was presented to Parampoojya Shreemad Vidyadheesh Teerth Shreepad Vader Swamiji of Shree Samsthan Gokarn Partagali Jeevottam Math during His Holiness' camp at Bhatkal, Karnataka.

The copy was handed over by Advocate Akshata Prabhu, a Tejomayi of GSB Sabha, Mumbai. On this occasion, Swamiji graciously blessed and autographed another copy for Adv. Akshata.

This edition of *Voice of GSB* featured a detailed article authored by Adv. Akshata on the Shārada Panchashatamanotsava of the Samsthan held in November-December 2025, during which Hon'ble Prime Minister Shri Narendra Modi ji unveiled the 77-foot bronze statue of Bhagawan Shri Ram.

We humbly seek the continued blessings of Parampoojya Swamiji in our endeavour to unite the GSB community, preserve our rich Konkani heritage, and promote the timeless values of Dharma, culture, and selfless service.

Team VoG
GSB Sabha, Mumbai
Samaj Hitaya, Samaj Sukhaya



SANKALP

Tejomayi

Season 1

Igniting Minds, Inspiring Growth



On 2nd November 2025, a day that also witnessed India's historic victory in the Women's Cricket World Cup, GSB Sabha, Mumbai, scripted a milestone of its own by launching **Tejomayi - Season 1: Igniting Minds, Inspiring Growth**, a unique video podcast series dedicated to celebrating the achievements of inspiring women from the GSB community.

Recorded at the studio of Veer Savarkar Smarak, Shivaji Park, the initiative brought together nine remarkable women whose journeys reflect courage, perseverance, excellence, and purpose. More than conversations, these were heartfelt stories of determination, resilience, and the quiet strength that inspires others to dream bigger and achieve more.

Conceived as a series of conversations with accomplished women from diverse fields, Tejomayi - Season 1 sought to answer an important question: *What does it truly take to become a Tejomayi?* Through candid conversations, viewers gained insights into the challenges, values, sacrifices, and defining moments that shaped each woman's journey.

The interviews stood out for their depth and authenticity. Every conversation was thoughtfully curated, with questions specially tailored to the interviewee's personal and professional journey. Such was the warmth and engagement of the sessions that many of the participants chose to stay back and watch the interviews of the other participants, making the experience one of shared learning and mutual admiration.

The series featured nine distinguished Tejomayis: **Dr. Veena Kamath Zaveri**, eminent Obstetrician and Gynaecologist; **Smt. Mangala Prabhu**, retired banker and Independent Woman Director; **Smt. Akshata Prabhu**, Advocate; **Smt. Roopa Prabhu**, Lakmé Salon franchise owner;

Ms. Priyanka Kamath, young entrepreneur; **Smt. Revathi Pandit**, Corporate Communications and Public Relations professional; **Dr. Ganga Srinivas Kudva**, ENT Head and Neck Surgeon and accomplished veena artiste; **Smt. Gautami Acharya**, a multi-talented achiever; and **CA Dr. Sapna Malya, Professor with S.P. Jain Institute of Management and Research.**

Scan for Tejomayi – Season 1 playlist



The vision for Tejomayi - Season 1 was brilliantly conceptualised by Shri Laxmikant Prabhu, President of GSB Sabha, Mumbai, and brought to life through the dedicated efforts of the Managing Committee members Smt. Prafulla Shenoy, Smt. Pratima Pai, Smt. Bina Shenoy, Smt. Sai Prabha Kamath, and Shri Uday Malya. Their collective commitment transformed an inspiring idea into a meaningful platform that celebrates and empowers women of the GSB community.

Released in a staggered manner across social media platforms, the Tejomayi - Season 1 podcast series continues to inspire viewers by showcasing real stories of grit, grace, and growth.

**9 Women. 9 Journeys. One Powerful Message.
Be inspired. Be moved. Be ignited.**



Dear Samaj Bandhavas,
Namaskaru.

Concerns over the delayed onset and deficient rainfall continue to occupy national attention. The monsoon remains the lifeline of our country, influencing agriculture, livelihoods, water security, and the overall economic outlook. While recent rainfall has brought some relief to several regions, uncertainties persist, reminding us of the delicate balance between nature and human endeavour. We join millions across the country in hoping and praying for a favourable season ahead.

In this quarter, your Sabha embarked on a landmark initiative with the launch of *Tejomayi - Season 1: Igniting Minds, Inspiring Growth*, a unique video podcast series dedicated to celebrating the achievements of inspiring GSB women. Conceived as a series of candid conversations, the episodes continue to inspire audiences through stories of grit, grace, and growth. Encouraged by the overwhelming response, we are now looking forward to taking *Tejomayi - Season 2* beyond Mumbai and preparing to launch *Tejaswi*, a new podcast series featuring inspiring male leaders from our community. We seek your feedback on the episodes of Season 1 so that we may incorporate your suggestions into Season 2.

The Sabha organised two special programmes to commemorate Purushottam Maas (Adhik Maas), the extra lunar month considered a highly auspicious period for spiritual practices. On 23rd May, Shri Anant Raghav Das delivered a pravachan on *Krishna – Purna Purushottam Bhagavan*. On 31st May, our Mahila Shakha organised *Namami Purushottam – Season 2*, featuring the chanting of the *Vishnu Sahasranamam* and the 15th Chapter of the *Bhagavad Gita*.

Another highlight of the previous quarter was the successful hosting of the 88th Parichay at Dombivli, jointly organised by our Mahila Shakha and GSB Mandal, Dombivli. The enthusiastic participation of

families reaffirmed the importance of such initiatives in strengthening community bonds.

The July-September quarter promises to be an active and enriching period for the Sabha. Beginning with Ashadi Ekadashi, we are delighted to present *Bhakti Natya Tarang* on 18th July, our annual musical celebration dedicated to the divine spirit of Vithu Mauli and offered as our humble tribute to the Sant Virasat. We also look forward to commemorating the 93rd Foundation Day of the Sabha on 16th August, a fitting occasion to pay tribute to the vision, dedication, and sacrifice of our founders. The Mahila Shakha will organise the Shraavan Haldi Kumkum on 14th August. Details of all forthcoming programmes are shared in this issue.

As we step into the festive season of Shraavan, we eagerly await the celebrations of Nag Panchami, Sutta Punnav, Krishna Janmashtami, Choodi Pooja, and Ganesh Chaturthi. The sacred Chaturmas period commences during this quarter, with the revered Mathadipatis of our GSB Maths observing the Chaturmas Vrata. Various religious rituals and spiritual observances will be performed for the peace, prosperity, and well-being of Bharat Varsha. We offer our respectful pranams to our revered Swamijis and pray for their good health and continued blessings upon our community.

The musical play *Dev Ghara Ailo*, put together by Sabha members and performed during our Sneha Milan event in March this year, has received accolades from all quarters. The troupe has now received invitations from GSB organisations in Mumbai and beyond.

Our GSBS Sports Club's cricket team has performed well this season. We have embarked on a mission to encourage greater participation of cricket players from our community. We will communicate separately on this initiative. As a member of the Mumbai Cricket Association, we are proud that ours is one of the very few maidan clubs with turf wickets, a bowling machine, and a powered roller.

Let us come together in faith, fellowship, and celebration, participating wholeheartedly in the many spiritual, cultural, and community activities that lie ahead.

We solicit your support and encouragement for our initiatives as we strive to fulfil our objective of *Samaj Hitaya, Samaj Sukhaya*.

Dev Baren Koro.

Dhanyawadu,

Laxmikant Prabhu

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Voice of G.S.B.

Volume XX, Issue 2, July - September 2026

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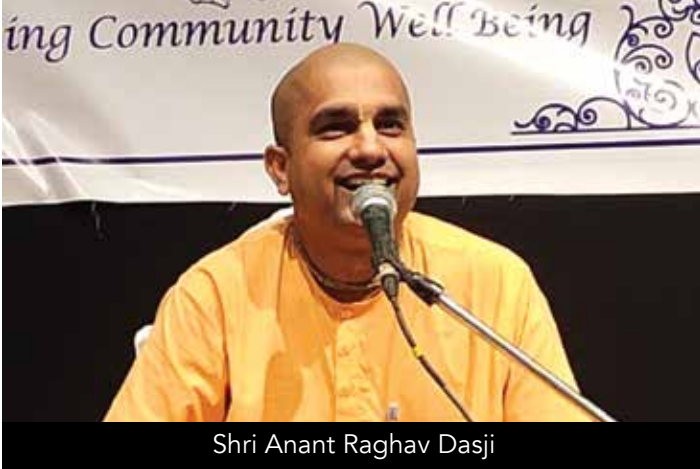
Design and Print: **Uchitha Graphic Printers Pvt. Ltd.**

Total number of pages in this issue of Voice of G.S.B.,
including covers: 72

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REPORT ON G.S.B. SABHA, MUMBAI'S RECENT PROGRAMME

Adhyatmik Programme held on 23rd May 2026



Shri Anant Raghav Dasji

G.S.B. Sabha, Mumbai successfully organised its Adhyatmik Programme on Saturday, 23rd May 2026, at the I.M. Pai Hall, Matunga, during the auspicious Adhik Jyeshtha Maas.

The evening commenced with soulful bhajans rendered by the Mahila Shakha Bhajan Group under the leadership of Smt. Maya Nayak, creating a serene and devotional atmosphere for the gathering.

The highlight of the programme was an enlightening pravachan on the topic "Krishna - Purna Purushottam Bhagwan" by Shri Anant Raghav Dasji (Amit Kini), Resident Monk of Govardhan Eco Village, Palghar District, Maharashtra. Delivered in Konkani, the discourse was deeply appreciated by the audience. With his lucid explanations, engaging style, and expressive narration, Shri Anant Raghav Dasji kept the audience captivated throughout the session. An interactive question-and-answer session followed the discourse, allowing devotees to seek further spiritual insights.

Shri Anant Raghav Dasji was felicitated by Smt. Amita Kini, President of the Mahila Shakha, in recognition of his valuable contribution to the programme.

The programme convenors were Smt. Suchitra Sukhthankar and Ms. Anita Nayak.

The occasion also served as a fitting tribute to Late Smt. Sanjivi Bhat, former President of both the Sabha and its Mahila Shakha, whose vision and generosity led to the establishment of an endowment fund, supported by co-sponsors, to sustain this meaningful initiative.

This year's programme was further enriched by the generous support of several sevedars, who were honoured with Tulsi saplings as a token of gratitude and blessings for their valuable contributions.

The programme concluded with the distribution of bhojana prasada.

The Sabha expresses its heartfelt gratitude to all devotees, members, sponsors, volunteers, and well-wishers whose wholehearted support contributed to the success of the event.



Mahila Shakha Bhajan Group



Audience at the Adhyatmik Programme

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

Our Mahila Shakha Bhajan group offered the following Bhajan sevas:

2nd April: Palki Seva at Wadala Ram Mandir. Bhajan seva during Palki Suttu and Ashtavadana Seva

23rd May: Bhajan seva during Sabha's Adhyatmik programme at Kreedha Mandir

30th May: Participated in Ekka bhajan at Walkeshwar Math on account of Adhika Maasa

7th June: Participated in Ekka bhajan at Dahisar Kashi Math on account of Adhika Maasa

Konnect – Mindful Family Connection through Art and Movement held on 26th April:

The session 'Konnect – Mindful Family Connection through Art and Movement' was conducted by Smt. Deepali Nayak, trauma-informed life coach and founder of Miraclee Stories. The programme brought together children and parents for a meaningful and engaging experience focused on emotional awareness and family bonding.



Smt. Deepali Nayak

The session began with simple breathwork and mantra chanting, helping participants settle down, relax, and become present in the moment. This created a calm and comfortable environment for both children and parents.

One of the key activities involved expressing emotions through drawing. Children were encouraged to freely express their feelings on paper, while parents observed and understood their child's emotional world. This activity opened up a non-verbal channel of communication and helped build deeper understanding.

Participants were then guided through tapping techniques to release difficult emotions stored in the body. This was



Parents and children immersed in group activities

followed by a series of co-regulation games designed to strengthen the emotional connection between parents and children. These activities encouraged trust, cooperation, and a sense of safety within the family.

Additional interactive exercises included colouring sheets, which allowed children to relax and express creatively, and a pen activity that focused on building trust between parent and child while observing body language and non-verbal cues. A sharing moment was also included, where families were encouraged to communicate openly and listen to each other.

The rocking activity stood out as a simple yet powerful exercise, rooted in a natural, primal sense of comfort and security. It helped participants experience calmness, trust, and emotional grounding.

The session concluded with grounding techniques and a gentle closing, leaving participants feeling connected, relaxed, and more aware of themselves and each other.

Overall, the programme was well-received and



Team Mahila Shakha with the Smt. Nayak and participants



Beautifully decorated Krishna idol in observance of Adhik Maasa; mahilas chanting Vishnu Sahasranamam



Committee Member Smt. Jayashri Rao conducting the quiz; participants chant the Bhagavad Gita

appreciated by both parents and children. It successfully created a safe and engaging space for families to slow down, connect, and take away practical tools for better emotional understanding and communication in their daily lives.

Namami Purushottamam – Season 2 held on 31st May 2026: As part of the sacred observance of *Purushottam Maasa*, a month dedicated to Lord Vishnu and considered especially auspicious for spiritual practices, GSB Sabha Mumbai's Mahila Shakha organised Namami Purushottamam – Season 2 on Sunday, 31st May 2026, at the I.M. Pai Hall, Sujir Gopal Nayak Memorial Kreedha Mandir.

The programme commenced with a welcome address by Smt. Jayashri Rao, Mahila Shakha committee member. She read out the *tithi* of the day and explained the significance of the *Shrimad Bhagavad Gita* and its relevance in our daily lives.

This was followed by the collective chanting of the 15th Chapter of the *Bhagavad Gita* and the *Vishnu Sahasranamam* by enthusiastic devotees with great bhakti, filling the hall with an atmosphere of serenity and spiritual upliftment.

Following the chanting session, Smt. Rao conducted an interesting quiz on the *Shrimad Bhagavad Gita*. The devotees present answered the questions sportingly and with great enthusiasm. The activity was enjoyed by all.



Felicitating Prof. S.S. Prabhu

Fancy pens were distributed as tokens of appreciation to those who answered correctly.

Next, attendees were treated to an engaging and thought-provoking talk titled "*Vishnu's 10 Steps: The Magical Story of Evolution*" by Prof. S.S. Prabhu, Scientist at the Tata Institute of Fundamental Research, Colaba, Mumbai. Delivering his presentation in both English and Marathi, Prof. Prabhu explored the fascinating parallels between the 10 avatars of Lord Vishnu and the scientific theory of evolution.

Beginning with Matsya, the fish avatar, and progressing through the subsequent incarnations, he demonstrated how the sequence of the Dashavatara mirrors the evolutionary journey of life on Earth. His lucid explanations bridged the worlds of mythology and modern science, captivating the audience and inspiring them to view ancient wisdom through a fresh lens. The session highlighted how India's spiritual heritage continues to offer profound insights that resonate even in the age of scientific discovery.

The programme concluded with a question-and-answer session between the speaker and the audience, reflecting the keen interest generated by the topic. Participants left enriched by both the devotional and intellectual dimensions of the evening.

We are grateful to Smt. Deepika Prabhu and Baby Anantha for sponsoring the refreshments. Served at the end of the programme, they provided an opportunity for informal discussions, bringing the memorable event to a warm and cheerful close.

88th Parichay held on 7th June: Undeterred by the scorching summer sun, parents and their prospective sons and daughters gathered with hope in their hearts and dreams of finding a suitable life partner at the 88th Parichay programme held on 7th June 2026 at GSB Mandal's Sitaram A. Pai Memorial School, Ambika Nagar, Gograswadi, Dombivli. The full-day event was organised by the GSB Sabha Mumbai's Mahila Shakha in collaboration with GSB Mandal, Dombivli.

The Mahila Shakha team comprised President Smt. Amita Kini, Hon. Secretary Smt. Sai Prabha Kamath, Hon. Treasurer Smt. Deepika Prabhu, and committee members Smt. Aarti Pai, Smt. Jyoti Shanbhag and Smt. Prathima Pai.

Profiles of all registered prospective brides and grooms were projected on a screen, allowing each participant to introduce themselves and share their aspirations, preferences, likes, and dislikes.

In her address to the gathering, Mahila Shakha President Smt. Amita Kini noted the importance of not delaying marriage indefinitely while searching for a flawless match. She further stressed that proactive communication between eligible individuals and their families plays a vital role in ensuring a smooth and stress-free matchmaking experience.

An informative session on thalassemia screening before marriage and family planning was conducted by Smt. Sujata Raikar, Founder of SAATH Charitable Trust. The topic generated considerable interest among the audience, who pledged to support her vision of a thalassemia-free India by undergoing the necessary screening tests.

We extend our sincere gratitude to Shri Manohar Pai, President of GSB Mandal, Dombivli, and his committee members for their excellent arrangements, including the venue, projector facilities, and delicious Amchigele cuisine.



Hon. Secretary Smt. Sai Prabha Kamath welcoming the gathering



Participants view the profiles on screen



Team Mahila Shakha at the registration desk

GSB Sabha's Social Outreach



Smt. Sujata Raikar

At the GSB Sabha, Mumbai, Mahila Shaka's 88th Parichay programme held on 7th June at Dombivli, the Sabha invited Smt. Sujata Raikar, a dedicated crusader for Thalassemia awareness and prevention.

Addressing the prospective brides and grooms, she highlighted the challenges faced by individuals and families affected by Thalassemia, and

explained how a simple blood screening test can play a crucial role in preventing the disorder.

Through her organisation SAATH Charitable Trust, she currently supports over 250 children living with Thalassemia who require regular blood transfusions. Her tireless efforts continue to bring hope to countless families.

Salute to her dedication. May her tribe increase.

IMPORTANT

If you care for your family, please read this till end.

THALASSAEMIA MAJOR is a genetic blood disorder in which the child has to do BLOOD TRANSFUSIONS ONCE EVERY 10 to 15 DAYS FOR THEIR ENTIRE LIFE, without which the child will DIE. Blood is the LIFELINE for these patients. They also have to face PAINFUL side effects of frequent blood transfusions. Medicines and tests become their lifelong partners and the hospital their second home. There is NO CURE except a bone marrow transplant. THALASSAEMIA MAJOR is almost non-curable, painful and very expensive.

Friends, if you want to AVOID having a Thalassaemic child in your life, then please know your Thalassaemia status just by doing a SIMPLE BLOOD TEST before getting married.

This blood test for Thalassaemia minor is MORE IMPORTANT THAN MATCHING HOROSCOPES.

Get yourself tested before getting married or before planning your family.

Please forward this information to your groups and save them from this life-threatening, almost non-curable blood disorder.

Please help me in spreading awareness about THALASSAEMIA.

Sujata Raikar, Founder,

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GOWD SARASWAT BRAHMAN SABHA, MUMBAI 93rd FOUNDATION DAY CELEBRATIONS

The President and Members of the Managing Committee request the pleasure of your company, with family and friends, on the occasion of the 93rd Foundation Day Celebrations of the Sabha

Programme details are as follows:

- Date and time** : Sunday, 16th August 2026, 4 p.m. onwards
- Venue** : Third Floor, Shree Vidyadhiraj Sabha Graha,
Gokarn Parthagali Jeevotam Math,
Shree Ram Mandir, Wadala, Mumbai – 400 031.
- Chief Guest** : **Dr. Chitra Kamath, HoD, Department of Chemistry,
K.J. Somaiya College**

The programme schedule is as under

- Formal Programme** : **4 p.m. to 6.30 p.m.**
- Lighting of Lamp
 - Welcome and about the Sabha
 - Introduction of the Chief Guest
 - Honouring Merit Students from Std X onwards. (Details below.)
Silver medals are sponsored by Smt. Jayashree Ramesh Shenoy
 - Felicitation of meritorious Vidyanidhi beneficiaries, from Std I to IX, with the V.R. Shenoy Memorial Vidyanidhi Merit Award,
sponsored by Smt. Sadhana and Shri Sunil Shenoy, USA
 - Felicitation of children, contributing drawings/articles/poems to *Voice of G.S.B.*, with GSB Promising Talent Award,
sponsored by Smt. Suchitra Sukhthankar
 - Speech by the Chief Guest
 - Talk by the Sabha President
 - Vote of Thanks

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

Honouring of merit students

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

- The student should be a resident of Mumbai, Navi Mumbai, Thane/Palghar or Raigad Districts, although the studies may be pursued out of Mumbai.

2. The student himself/herself or one of his/her parents should be a member of this or any other G.S.B. institution based in Mumbai and its suburbs.
3. Only Final Year/Semester exam performance for the Academic Year 2025-2026 will be considered. Also, students who could not apply for the previous Academic Year and whose final year/semester results were declared after 3rd August 2025 will be considered.
4. The following courses of study are eligible:
 - a. SSC, HSC, Graduate Courses, Medical, Engineering, Technology, C.A., I.C.W.A., C.S., Law, M.B.A. Any other post-graduate/ professional examinations conducted on an All-India basis or completed abroad will also be considered.
 - b. In case of SSC/HSC/Graduate students, there is a minimum percentage to qualify for applying as under: SSC/ ICSE/CBSE – 90%, HSC Science – 85%, HSC Arts – 80%, HSC Commerce – 75%, Graduate Courses – 75%. For post-graduate/ professional courses, a final year pass is needed.
5. Certificate of merit will be presented to all awardees. In addition, for students pursuing courses in India, silver medals and felicitations, from the endowments set up for this purpose and announced on the next page, will be awarded based on criteria laid down.

The applicants should fill in the online application form on the given link <https://forms.gle/6Mct3t2vCm1qXZ7j9>. The link can also be accessed from G.S.B. Sabha, Mumbai's website, www.gsbsabhamumbai.org.



The online application forms must be filled on or before Sunday, 2nd August 2026. Applications received late, if any, will be presented with a Certificate of Merit, and the presentation of silver medals/felicitations to late applicants will be at the discretion of the Committee.

All award winners will be informed by e-mail only. The list of award winners will be displayed on our website, www.gsbsabhamumbai.org, by **Wednesday, 5th August 2026**. Applicants may seek any clarifications in this regard by **Friday, 7th August 2026**. The decision taken by the Managing Committee will be final and binding on the applicant.

Presentation of the GSB Promising Talent Award

The GSB Promising Talent Award will be presented to the children who contribute their drawings and articles to *Voice of GSB*, Sabha's quarterly newsletter. Issues released from October-December 2025 to July-September 2026 will be considered for this event. **This year, these awards are sponsored by Smt. Suchitra Sukhthankar.**

Mumbai
29-06-2026

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Smt. Sai Prabha Kamath

Dr. Anita Shenoy
Ms. Anita Nayak
Shri Amit Shanbaug
Shri Premanand Shanbhag
Smt. Prafula Rau

Jt. Programme Convenors

GOWD SARASWAT BRAHMAN SABHA, MUMBAI
EDUCATIONAL MERIT AWARDS TO BE PRESENTED ON 16th AUGUST 2026

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

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

PLEASE NOTE: This is not an advertisement but an urgent and genuine appeal to protect our Go Mata.

ANANTHAKRISHNA GOSHALA, KARKALA - 574104, KARNATAKA

Ananthakrishna Goshala, located at Karkala, was registered in 2019, though four generations of the Puranik family have been rearing cows and performing Go Seva for the past 176 years. The Goshala is managed by Shri Gopinath Narsimha Puranik and Smt. Bhagirathi G. Puranik.

The Goshala presently houses more than 165 cows, calves, and bulls, including old and ailing cows, on an 18-cent plot. As a result, it is facing a severe shortage of space and funds required for the care and maintenance of these animals.

The daily income from the sale of milk is only ₹3,500, whereas the daily expenditure towards feed, fodder, and maintenance is approximately ₹40,000.

The Goshala urgently requires approximately ₹80 lakh to acquire a nearby 2-acre plot of land to provide adequate shelter for the existing cows as well as future additions.

This is a sincere appeal to contribute **Yathashakti** towards this noble cause, as the concessional rate for the land will be available only for a limited period.

Donations made to the Trust are eligible for deduction under Section 80G of the Income Tax Act, 1961, under Unique Registration No. **AAHTA6968LE20217**, as per the Provisional Order issued by the DCIT/CIT dated 23.09.2021.

Please provide your PAN details (via WhatsApp or email at ananthakrishnagoshala@gmail.com) along with your donation.

Bank Details

Name: Ananthakrishna Goshala
Bank: Canara Bank, Karkala
Account No.: 01142010091390
IFSC Code: CNRB0010114

UPI Payments:

PhonePe: 9686140508
Google Pay: 9686140508

For further details, please contact (**Phone/WhatsApp**): 7259850617 or 9686140508.

Additionally, those who wish to perform **Go Pooja** (cow worship) or offer **Go Grasa** (feeding cows) as a remedy for any doshas may do so at this Goshala. Interested devotees are requested to send their Gotra, Rashi, Nakshatra, and Name via WhatsApp.

Offerings (donations) may be transferred to the Goshala account. Devotees are also welcome to visit the Goshala and perform the seva in person.



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

Date	Programme	Time	Venue
Friday, 14/08/2026	Shravan Haldi Kumkum Sponsored by Smt. Amritha Girish Pai <i>(Online Registration details to follow)</i>	4.00 PM to 6.00 PM	Ground Floor Hall, Ram Mandir, Wadala West Mumbai - 31
Saturday, 15/08/2026 & Sunday 23/08/2026	GANPATI BAPPA MORYA Eco-friendly Ganesh Idol Making Workshop (2 sessions) Idol making in the first session; Colouring and Decoration in the second session Workshop Fees: Group A – 15 years and above - Rs 800/- Group B – 5 years to 14 years - Rs 600/- (One adult to accompany the child during the session) Faculty: Shri Aditya Khedekar (Interior Designer and Sculptor) <i>(Online Registration details to follow)</i>	3.00 PM to 6.00 PM	Sabha Office, 101, Shreenidhi CHS, 76 Bhau Daji Road, Matunga, Mumbai - 19

**MEMBERS ARE INVITED TO ATTEND THE ABOVE PROGRAMMES.
ADDITIONAL DETAILS WILL BE COMMUNICATED FROM TIME TO TIME.**

Bhajan classes are held at the Sabha office. Please get in touch with the Sabha office (022 3172 6426) for details.

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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
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Rheumatoid Arthritis: What You Need to Know



• by Dr. Vinayak Pai

“हा कोणत्या प्रकारचा वात आहे? आमच्या मुलांना पण होणार का?”

The worried young mother with arthritic fingers asked me this question in the rheumatology clinic. I explained to her that rheumatoid arthritis (RA), from which she suffers, is not solely a genetically transmitted disease. She listened gravely, even as her infant distracted her.

What Is Rheumatoid Arthritis?

In India, Rheumatoid Arthritis (RA) currently affects an estimated five to seven million people. Let us demystify this disease.

How does it occur? RA is an inflammatory disease in which the body's immune system attacks its own healthy body cells. It is a partially autoimmune condition.

Who is at risk? RA disproportionately affects women, with prevalence rates 2.5 to 3 times higher than in men, particularly among those aged 30 to 50 years, though there are always outliers. Genetic susceptibility, obesity, lifestyle factors such as smoking, and environmental exposures all contribute to its development.

Symptoms and Red Flags

RA symptoms often overlap with those of other conditions. Its early signs are often non-specific, including joint stiffness and fatigue. Even a red eye can be an early indicator of RA.

You should consider evaluation for RA if the following red flags appear:

1. **Pain and stiffness in the same joints on both sides of the body.** RA typically presents with symmetrical joint pain and swelling, especially involving the small joints of the hands and feet, although other joints may also be affected.
2. **Lingering morning stiffness.**
3. **Persistent symptoms.** If you experience persistent joint pain, swelling, or stiffness lasting 6 weeks or more, it is advisable to consult a healthcare provider.

Not every joint pain is RA. Unscrupulous laboratories often sell “joint pain packages” to unsuspecting individuals. If

you have joint pain, discuss your symptoms with a qualified healthcare provider before undergoing extensive testing.

Early Diagnosis: A Boon

RA can affect the blood vessels, skin, eyes, lungs, and heart in addition to the joints. Although RA cannot usually be cured with a one-time treatment, it is highly amenable to therapy and can often be effectively controlled.

Joint damage can occur rapidly without treatment. Clinical studies have shown that remission—the easing or disappearance of symptoms—is more likely when treatment is started early with disease-modifying antirheumatic drugs (DMARDs).

Medication

DMARDs such as methotrexate, hydroxychloroquine, and leflunomide have been used for years to combat RA. Newer therapies, including biologics and JAK inhibitors, as well as procedures such as intra-articular injections, have expanded the treatment armamentarium.

RA treatment is a team effort involving the treating physician or rheumatologist and the patient. Adherence to medication, dietary recommendations, physiotherapy, and an active lifestyle are indispensable components of successful treatment.

Remaining relatively stress-free is also important. Chronic stress can trigger the release of inflammatory hormones that may worsen joint pain, increase fatigue, and contribute to flare-ups. Most importantly, do not stop treatment midway. Doing so can have serious consequences.

The young mother mentioned earlier had started treatment but was lost to follow-up after three months. She returned with her disease in flare, floridly enlarged and painful joints, along with red eyes. We discussed the importance of adherence, and she expressed her anxiety about becoming dependent on medications and her concerns regarding side effects.

Do RA medications have side effects? Yes. The long duration of treatment, concerns about adverse effects, and the tendency to switch to alternative therapies once symptoms improve are all challenges to successful RA management.

Women with RA who are of reproductive age should discuss family planning with their healthcare providers.

Regular Medication: Your Blueprint for Long-Term Joint Health

RA requires regular medication and ongoing monitoring. Current best practice is to treat and achieve certain prespecified targets. Treatment involves shared decision-making while respecting patient autonomy and clearly

communicating the risks and benefits of available treatment options.

The young woman followed up again a month later. Her disease was quiescent, and she remained in remission, at least for now.

A stitch in time saves nine. RA is not an inevitable decree of fate sentencing you to a life of pain. Discuss your concerns openly with your physician. An inflamed joint neglected today should not become a source of deformity and disability tomorrow.

Dr. Vinayak Pai, MBBS, MD (Medicine), is an Assistant Professor at Seth G.S. Medical College and KEM Hospital, Mumbai. He has been actively associated with the Rheumatology Department at KEM Hospital for the past five years and is a Life Member of the Indian Society of Critical Care Medicine (ISCCM). Dr. Pai is committed to advancing patient care, medical education, and community health awareness. He can be contacted for consultations at the GSBS Medical Trust on 77150 26134.

Women's Breast Cancer Detection Camp held on 9th March 2026



A Women's Breast Cancer Detection Camp was organised on **9th March 2026** at **G.S.B.S. Medical Trust's HealthRakshak** to commemorate International Women's Day. The camp was sponsored by the **G.S.B. Sabha, Mumbai**.

A total of **24 women** registered for the camp, which commenced at **8.30 a.m.** and concluded at **4.30 p.m.**

Comprehensive health screenings were conducted by a team of specialists. Dental examinations were carried out by **Dr. Kavita E., Dr. Seema Kashyap, and Dr. Pratik Satpute**. Gynaecological examinations were conducted by **Dr. Nutan Pai, Dr. Bhagyashree Jain, and Dr. Mira Naik**. Mammography was performed by the radiology technicians, and the final reports were reviewed and issued by **Dr. Gauri Amonkar and Dr. Ritesh Dalvi**, Consultant Sonologists.

Representing the Sabha, **Smt. Amita Kini, Dr. Anita Shenoy, and Ms. Priyanka Pai** visited the centre. They were taken on a guided tour by the Supervisor, **Ms. Neeta**, who familiarised them with the facilities and medical equipment available at the centre.

On behalf of the Trust, **Smt. Gita R. Pai** expressed her gratitude to the Sabha for sponsoring the camp.

Harmonium maestro Shri Sudhir Nayak is now Adjunct Professor at Somaiya Vidyavihar University

Internationally acclaimed harmonium artist, composer, educator, and curator Shri Sudhir Nayak has been serving as an Adjunct Professor at the Maya Somaiya School of Music and Performing Arts, Somaiya Vidyavihar University, Mumbai, since 2025. In this role, he teaches undergraduate and postgraduate programmes in Performing Arts, attracting students from across India who seek to learn from one of the foremost exponents of Hindustani classical music.

Shri Nayak's appointment reflects his distinguished contributions to music education over several decades. He has conducted workshops, lecture-demonstrations, and academic courses at leading institutions, teaches a Diploma Course in Harmonium designed by him for the University of Mumbai, and serves as a Guru at Bharati Vidyapeeth Deemed University, Pune. His commitment to nurturing the next generation of musicians has earned him widespread respect as both a performer and an educator.

A distinguished disciple of Pandit Tulsidas Borkar and Pandit Jitendra Abhisheki, Sudhir Nayak is celebrated for his exceptional harmonium accompaniment, captivating solo performances, and profound understanding of the Hindustani classical tradition. His artistry has made him one of the most sought-after harmonium maestros of his generation.

In addition to his extensive concert career across India and abroad, Sudhir has composed music for several acclaimed albums and has received numerous prestigious honours in recognition of his artistic excellence. Most recently, he completed a highly successful concert and workshop tour of the United States with young musicians Yogeesh Bhat and Shridhar Bhat, earning widespread appreciation from audiences and students alike.

Beyond performance and teaching, Sudhir Nayak is the visionary behind KALA COAST – Global Music and Arts Village, an initiative based in Coastal Karnataka dedicated to promoting music, arts, education, and cultural exchange. Through concerts, festivals, workshops, educational programmes, and collaborative initiatives across India, KALA COAST continues to create meaningful platforms for artistic excellence, cultural dialogue, and community engagement.





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WHO Study Highlights Alarming Rise In Joint Pain & Arthritis in India

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SUDHINDRA SMRUTI BHAVAN



Anugraha Charitable Trust, Ernakulam, one of the leading NGOs working for the Konkani community in Kerala, has established **SUDHINDRA SMRUTI BHAVAN**, a commemorative building in the birth centenary year of Shrimad Sudhindra Thirtha Swamiji, 20th pontiff of Shri Kashi Math Samsthan, as a token of their gratitude for the guidance and blessings showered on them by the Mahaguru.

This twin complex has 9 Studio Apartments meant for pilgrims and tourists visiting Kochi and 6 nos. of 1BHK flats on long-term lease for senior citizens. Kochi or Gosreepuram, being one of the first and biggest settlements of Gowda Saraswath Brahmins in Kerala, has a special reference in the history of Shree Kashi Math Samsthan, which traces its origin to this sacred place. Apart from that, the holy Vrindavan of Shrimad Sukrtindra Thirtha Swamiji is also at Cochin Thirumala Devaswom (CTD), which is adjacent to this project.

The project is envisaged as a senior citizen-friendly living space. It has all modern amenities and friendly GSB staff. Though in the heart of the city, the surroundings impart a serene aura to the building with sufficient open spaces. Cool breeze from the west coast, sounds of bells and bhajans from the adjacent temple add a spiritual touch to the tranquil atmosphere.

Shrimad Samyamindra Thirtha Swamiji inaugurated the project and blessed it with His Ashirvachan on 28th November 2025.

For more information, contact
Ssbkochi26@gmail.com or +91 9037254903



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The Emotional Apprenticeship We Lost

Remembering the lessons once learned between generations.



• by Ar. Jitendra Nayak

There was a time in India, especially through the 1960s, 70s, and even into the early 80s, when a child was often born already as a Kaka, Mama, Atthe, or Chikkappa. Before they could even fully speak, there were nephews and nieces older than them running around the house.

It sounds amusing today, but socially and psychologically, it created something very profound.

A teenager in those days rarely grew up in emotional isolation.

By the time one reached the age of 18 or 20, life had already offered countless lessons in human behaviour. One had seen babies being born, toddlers crying through the night, children taking their first steps, first words, first falls, first fears. One had carried sleepy children home from weddings, pacified crying toddlers in buses, fed reluctant kids while mothers were busy, and taken younger nieces and nephews to parks with pockets full of chocolates.

Without realising it, an entire generation underwent an emotional apprenticeship. And that apprenticeship shaped society. A young man or woman who regularly handled children could not remain emotionally immature for long. The presence of children around you changes your tone, your patience, your responsibility, even your ego. You learn restraint. You learn care. You learn softness without weakness.

Most importantly, you learn emotional regulation. Pacifying a crying toddler is not merely a "task." It is an exchange of emotional energy. A child does not respond to status, degrees, salaries, or social media intelligence. A child responds to emotional frequency. Calmness. Warmth. Safety. Perhaps one of the greatest signs of emotional depth in a human being is the ability to calm a distressed child. That ability cannot be learned from motivational reels or management books. It comes only through repeated human experience.

In the older Indian joint-family ecosystem, these experiences were naturally woven into life. Different generations coexisted. Grandparents, cousins, uncles, babies, teenagers everyone lived within one emotional ecosystem. By the age of 35, one had already watched several children grow from infancy into adulthood. Those tiny kids you once carried

on your shoulders were now standing eye-to-eye with you, discussing careers and relationships.

That journey automatically matured people emotionally.

Today, things are different.

Many from the post-1990s generation grew up in smaller, isolated family units. Many were single children. Many spent their formative years focused almost entirely on academic competition and career survival. Even those who married often delayed parenthood due to economic pressures, urban lifestyles, or uncertainty about identity and stability.

The result is not "bad people."

It is emotionally underexposed people.

Many individuals in their 30s are still trying to discover emotional grounding because life never gave them enough opportunities to nurture another human being closely. They never experienced long-term caregiving within family structures. They never had toddlers constantly around them. They never developed that natural emotional muscle memory that earlier generations acquired unconsciously.

And when human beings do not emotionally practice caregiving, society itself becomes emotionally fragile.

One can see this everywhere: airports, malls, theatres, restaurants. Parents themselves appear anxious while handling children. A crying toddler creates panic instead of instinctive calm. Young adults fear commitment, fear parenting, fear emotional dependency, and sometimes even fear deep relationships.

This is not entirely their fault. Society changed faster than human emotional evolution could adapt. The modern world optimised efficiency, careers, mobility, and individual freedom but quietly dismantled the everyday emotional laboratories that joint families once provided.

And perhaps that is why anxiety, loneliness, emotional volatility, and even depression feel more widespread today despite unprecedented technological advancement.

Human beings are not raised only by schools and careers.

They are raised by emotional ecosystems. A society where generations interact naturally becomes emotionally balanced. A society where children grow around elders and elders grow around children develops patience, empathy, humour, and resilience almost organically.

The old Indian family system was not perfect. It had its own flaws, pressures, and limitations. But one thing it undeniably produced was emotional exposure. And emotional exposure creates emotional strength. Perhaps in our race toward modernity, we unknowingly outsourced one of the most important human educations of all: the education of the heart.

Ar. Jitendra Nayak is a seasoned educator, practitioner, and thought leader with over 25 years of cross-sector experience spanning architecture, management, and entrepreneurial leadership. He is known for seamlessly integrating design thinking, ethical leadership, and strategic management, effectively bridging professional practice with academic excellence.



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A Tribute to a Great, Blessed Soul – My Father

• by M. Sandhya Kini

I grew up in a family that listened to soulful Kirtans rendered by our father's bapamma, the late Smt. Radha Nee Lakshmi (DOD: 25.5.1969) and hearing Purana stories told by our father's mamamma, late Smt. Kalyanamma (DOD: 13.7.76). Such was our joint family way back in the 1960s in Cochin (now renamed as Kochi)!

BRIEF INTRODUCTION

We belong to the Mangalore Kini family, and my grandfather, the late Shri M. Ganapathi Kini (DOB: 1901; DOD: 24.12.96), lived in Cochin since 1920 after he got a job at the erstwhile Grindlays Bank (later absorbed by Standard Chartered Bank in the year 2000).

Later, my father, the late Shri M. Radhakrishna Kini, also started working in Cochin from December 1944 immediately after passing his SSLC exam, which helped a lot in improving their family's financial condition. He joined as a clerk in Chartered Bank (now Standard Chartered Bank) on 20.7.1951 and retired as an officer on 30.9.88 after serving 37 years in the Bank. After joining the bank, he pursued his studies and passed CAIIB examination conducted by the Indian Institute of Bankers, Bombay.

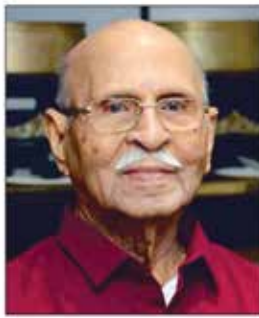
FAMILY HISTORY & ADULTHOOD

My father was the fourth of the six children my grandfather had, and living in a joint family made him a man of great values and strength. I have seen him work hard and help each member of his family—be it his grandparents, parents, his in-laws, or his siblings' families. His adulthood was very fascinating. He used to play all types of sports, was a gymnast, and was fond of bodybuilding exercises. He has a collection of bodybuilding photos in his album.

MARITAL LIFE

My father got married on 20.02.1960 to Smt. Meera Kini, third child of late Shri T. Sanjeev Pai, Udupi. My mother, who worked at Syndicate Bank Ltd., Udupi, left her job after marriage. After about 13 years of married life, my mother was diagnosed with cancer. My father took utmost care of her by giving her the best treatments available then in Cochin, Trivandrum, and in Tata Memorial Hospital, Bombay, because of which she survived for nearly 20 years.

He always used to talk about her pain and sufferings and showed great empathy for her. He used to fondly remember all the relatives who had helped him in saving his wife's life, like by donating their blood / allowing them to stay in their houses for her treatment. My mother finally passed away on 01.12.1993, and my father meticulously used to send donations to the Cancer Institute, Chennai, every year in her memory.



M. Radhakrishna Kini

Birth: 17-07-1928

Death: 22-05-2026

INTRINSIC QUALITIES

As a spiritual person, my father always began and ended his day with prayers. His belief in God throughout life helped him to tide over all his personal problems and kept him strong. He used to love Bhajans and would often sing them.

Our father, being a very systematic and disciplined person, never missed his exercises or walking routine until a few months before his passing. Also, he saw to it that he kept all his medical records and other important records properly filed and neatly numbered.

Above everything else was his unshakeable positive nature. Even as his health began to decline, his optimism never wavered. He chose to shield those around him by constantly reassuring everyone that he was getting better. He was the absolute epitome of patience, a true fighter who met life's toughest challenges with an ironclad discipline and quiet resilience.

MY CLOSE OBSERVATION

I feel my father strongly believed in the philosophy of Vasudhaiva Kutumbakam, i.e. the world is one family. He did not just live for his immediate household; his love, warmth and sense of responsibility extended to everyone around him. In a world that often grows individualistic, a man who views humanity through the lens of a global family becomes a sanctuary for others.

A fighter and strong-willed person to the core, my father had a setback in his health after a mild heart attack in December 2025. Earlier, he had undergone some minor health issues, but each time he bounced back by his sheer grit and willpower. This time also, he was recovering well from the heart attack, but unfortunately, he had a fall in the bathroom in February 2026, which led to a downward spiral that the body simply could not reverse. He is a living testament that while the body may be vulnerable, a determined spirit is incredibly hard to break.

And that's why he was mentally alert till the end. He called all of us-myself and my brother's family, with whom he was living in Chennai, to be around him on that fateful day—22nd May 2026. While we all held his hands, he started chanting "Vittal, Vittal", "Jai Hanuman", and he gracefully left for his heavenly abode.

My father's only wish was that he should spend his last days at home with his near and dear ones. And we feel satisfied that his last wish could be fulfilled by us – his children.

Wishing our dear father eternal Sadgati for peacefully passing away in the sacred Purushottama Masa. He lived with absolute dignity and departed on his own spiritual terms, leaving behind a legacy of pure love and ultimate fulfilment. Will miss you dearly, dear father!

M. Sandhya Kini, D/o late M. Radhakrishna Kini,
Bangalore, was with her father in Chennai when he passed away.

Parabhava Nama Samvatsara Chaturmasa Vrata

Shree Kashi Math Samsthan



Parabhava Nama Samvatsara Chaturmasa Vrata This year's Chaturmas of Shri Kashimathadhipati H.H. Shrimad Samyamindra Tirtha Swamiji is in the holiest of holy places, Kashi (Varanasi); it is the headquarters of the Samsthan, the oldest Math infused with the worship and punya of all the Yatis and transmitting that to all devotees.

H.H. Shrimad Bhuvanendra Tirtha Swamiji, along with the Sishya, H.H. Shri mad Varadendra Tirtha Swamiji, performed Chaturmas in Varanasi in 1882. H.H. Shrimad Sukratindra Tirtha Swamiji performed Chaturmas here in 1917, and H.H. Shrimad Sudhindra Tirtha Swamiji in 1982.

Now, **44 years after Sudhindra Tirtha Swamiji's Chaturmas**, the present Mathadish will be performing **the Parabhava Nama Samvatsara Chaturmas at Varanasi**, in the Moola Matha, in 2026. It is **His Holiness's 25th Chaturmas**, and the first in Varanasi. Swamiji will be reaching the Moola Matha on 23rd July, and the Chaturmas will commence on Monday, **3rd August 2026**.

This is a very rare and auspicious occasion for all to offer worship in this most sacred place and become worthy recipients of the Grace of Shri Hari Guru at the Moola Matha on Brahma Ghat, cradled in the divine lap of Mother Ganga, at the sacred feet of Vyasa Raghupati, Lakshmi Narasimha, Bindu Madhava, and Brahmasha and in the blessed presence of our Dharma Guru.

Shree Samsthan Gokarn Partagali Jeevottam Math



The Chaturmasya of Parabhava Nama Samvatsara will be held at the premises of Shree Samsthan Gokarn Partagali Jeevottam Math, Partagali, from **5th August 2026 to 26th September 2026**.

This year's Chaturmasya holds special importance as it marks the 10th Chaturmasya Vrata of Paramapoojya Shreemad Vidyadheesh Teerth Shreepad Vader Swamiji and the 4th Chaturmasya to be conducted by Paramapoojya Swamiji at the sacred Partagali Kendra Math. Devotees will have the blessed opportunity to participate in sacred rituals, spiritual discourses, bhajans, and other devotional activities conducted under the divine guidance of Poojya Swamiji during this holy period.



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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Contact Number: Dr Krishna Pai - 9870111598

Japan, Twice

Two trips. Four hearts. One country that kept calling us back.



• by Vijayalakshmi Kini

Why Japan? Why Twice?

If someone asks me which country I would recommend visiting at least once in a lifetime, without a blink, I would say Japan. This country will take away a piece of your heart forever and make you wonder whether you have just returned from a different world entirely.

Some trips end the moment you step off the plane at home. Our journey to Japan did not. It stayed with us in conversations at the dinner table, in small habits picked up along the way, in memories that kept surfacing weeks and months after we were back. So much so that within a year, we found ourselves planning it all over again.

We are a family of four: my husband, myself, and our two children, who were 14 and 6 years old during our first visit. We travelled to Japan twice, in April 2024 and April 2025. Same season, entirely different experiences. The first time, everything was new. Every sign, every metro ride, every meal felt like a discovery. The second time, we arrived with familiarity, and that only made us appreciate the finer details more deeply. This travelogue resonates well with families like ours.

Section 1: Getting There and Getting Around

Flying from India to Japan

Most Indian travellers fly into Tokyo (Narita or Haneda airports) or Osaka (Kansai International Airport). Direct flights are available from major Indian hubs like Delhi, Bangalore and Mumbai, with a flight time of roughly eight to nine hours. Airlines such as Air India, Japan Airlines, and ANA operate these routes, though connecting flights via Singapore, Bangkok, or Kuala Lumpur are often more affordable.

Getting Around Within Cities

For travel between cities, the Japan Rail Pass (JR Pass) is non-negotiable. This single pass gives you unlimited travel on most Shinkansen bullet train lines and regular JR trains

across the country. The Shinkansen from Osaka to Tokyo takes just two and a half hours. Mount Fuji appears on the right side of the train, as a perfect white cone above the clouds, if the weather is clear and you are watching. The Shinkansen is not merely transport. It is an event. The trains arrive and depart with clockwork precision. Seats are spacious and immaculately clean.

Japan's city metro systems, particularly in Tokyo and Osaka, can appear overwhelming on first encounter. Colour-coded lines, multiple operators, but within a day or two, it becomes second nature. An IC card such as Suica or Pasma in Tokyo, or ICOCA in Osaka, works across almost all train lines and can be topped up at any station machine or the nearest 7-Eleven.

Taxis are clean and reliable but noticeably expensive. Walking is, frankly, the best way to experience Japan. Our average step count was nearly 20,000 steps a day, yet it somehow felt effortless, thanks to the clean air, peaceful streets, spotless public toilets, and a general sense of safety.

Section 2: The Cities

Tokyo: Vast, Layered, and Endlessly Alive

Tokyo on arrival is a reorientation. Tokyo is vast, layered, and magnificent in its complexity. We checked into our accommodation and immediately walked to Senso-ji Temple, Tokyo's oldest and still its most alive. Incense smoke, orange lanterns, school children on field trips, tourists in rented kimonos. It absorbs everything and remains serene. Each day in Tokyo demanded walking. Metro stations, temple stairs, shopping streets. Japan made sure we earned every meal.

For families, Tokyo Disneyland and DisneySea deserve special mention. One thing we quickly realised when we entered both parks: there was no way to just do a few rides. Every ride felt like a full experience. The Enchanted Tale of Beauty and the Beast was easily one of the most magical; Splash Mountain delivered a perfect mix of fun and thrill. Disney in Japan is also a cultural spectacle in itself. When the parade began, music filled the air, colourful floats rolled past, characters waved and danced, and both children and adults sat with snacks in hand, eyes wide, completely absorbed.

Osaka: The Soul of Street Food and Easy Living

If Tokyo is Japan's brain, Osaka is its heart. Warm, noisy, delicious, and deeply proud of its food culture. The city moves at a slightly slower pace, the people are famously

friendlier, even by Japan's already very warm standards, and the food is, without exaggeration, some of the best in the world.

The Dotonbori canal area is a must for any first-time visitor. Neon lights reflecting in the water, the smell of takoyaki and yakitori filling the air, street-side vendors calling out specials. For families, this is exactly the kind of chaotic, colourful evening that children remember forever.

Kyoto: Where History Breathes

Kyoto is what many imagine when they think of Japan: ancient temples, moss-covered gardens, geisha districts, and forests of bamboo. It did not disappoint. We walked through Fushimi Inari's seemingly endless torii gates at dawn, before the crowds arrived, the orange-red pillars stretching up the mountain like a corridor to another era. Arashiyama's bamboo grove is another world entirely. Light filters through towering green stalks, the soft creak of the bamboo in the wind, an almost meditative silence that the children fell into without being asked.

Hiroshima and Miyajima: History, Reflection, and Beauty

Visiting Hiroshima is an experience that stays with you emotionally and personally long after you leave. Walking through the Peace Memorial Park, standing in front of the Atomic Bomb Dome, and watching the testimony videos at the museum are difficult to put into words. It gives you a moment to pause, to reflect, and to deeply appreciate the value of peace, kindness, and humanity.

A short ferry ride from Hiroshima brings you to Miyajima, a scenic island famous for its giant red torii gate that appears to float at high tide. Deer roam freely on the island, and the mountain behind offers hiking trails with sweeping views. A perfect day trip and a beautiful contrast to the weight of Hiroshima.

Nara: Where the Deer Bow for Crackers

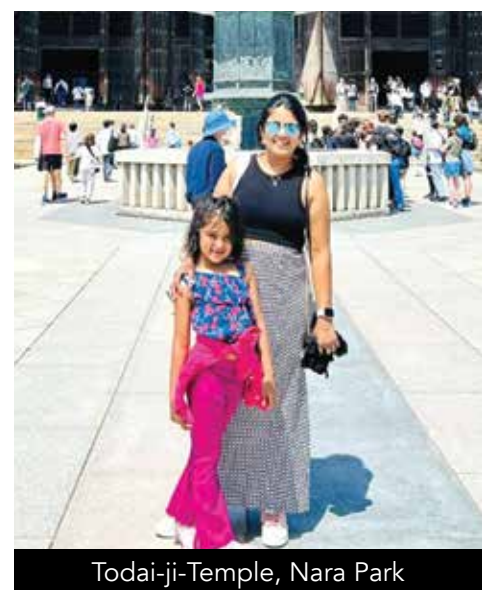
Nara is home to Todai-ji Temple, which holds the record for the world's largest wooden building. The moment you step inside, the smell of aged wood wraps around you. Inside the hall sits a colossal bronze Buddha statue that makes even adults feel small. The temple sits within Nara Park, famous for its hundreds of free-roaming shika deer. Deer crackers are sold throughout the park, and the deer, having long since learned to associate visitors with food, will follow you, nudge you, and yes, bow to you in exchange.

Sapporo and Otaru: A Different Japan

Our second trip took us beyond the classic Golden Route, beginning in Sapporo, Hokkaido, a part of Japan that felt completely different from everything we had seen before. Wide open spaces instead of dense cities. Cool weather and a relaxed pace. Visits to Odori Park, the TV Tower, and the Sapporo Beer Museum offered a glimpse into a more European-influenced side of Japanese urban life. A day trip to Otaru added extraordinary charm, with its historic canal, glass-blowing workshops, nostalgic music box shops, and a seafood market that was difficult to leave.

Okinawa: Tropical Japan

From Hokkaido's cool air to Okinawa's tropical warmth, it felt like entering an entirely different country. In Naha (capital city of Okinawa prefecture), we explored lively streets and Ryukyuan cultural landmarks. The highlight was the Churaumi Aquarium, one of the largest in the world, where a whale shark glides through water the colour of the deep ocean. Scenic coastal drives to Manzamo offered dramatic cliffs and turquoise water stretching to the horizon. The most memorable part of our entire second trip was the Zamami Islands, a short ferry from Naha. Crystal-clear water, quiet beaches, cycling around the island, and snorkelling in waters so clear you could count the fish.



Section 3: Food

Ramen: A Bowl of Pure Comfort

If Japan amazed us with its places, it completely won us over with its food. After long days of walking, stepping into a small ramen shop felt like the perfect reward every single time. Warm broth, perfectly cooked noodles, a soft-boiled egg with a yolk the colour of sunset, and flavours that evolved with every sip. Ramen comes in several regional varieties: the rich, pork-based tonkotsu of Fukuoka; the soy-seasoned shoyu of Tokyo; the miso-based bowls of Sapporo. The two primary noodle types are udon, thick wheat-flour noodles with a satisfying chew, and soba, made from buckwheat, which can be served either hot or chilled.

Sushi: The Conveyor Belt Way

For families travelling with young children, kaiten-zushi, conveyor belt sushi, is the ideal introduction. Low pressure, visually exciting, and genuinely fun. You simply watch the plates go by and pick what appeals. Children who might hesitate at unfamiliar food find themselves reaching for plate after plate. Tamago, salmon, and prawn are almost always immediate favourites.

Yakitori and Japanese Curry

Yakitori, skewered chicken grilled over charcoal with a caramelised savoury glaze, is the kind of food that needs no translation. Standing at a small yakitori stall, watching the cook tend to skewers in the smoky heat, is one of those quintessentially Japanese street-food moments that stays with you. Somewhere during our first trip, Japanese curry quietly became one of our favourite comfort meals. And

one restaurant kept drawing us back again and again: CoCo Ichibanya, which we came to call simply the curry house. The fun begins before you eat. You build your own plate, choosing the curry base, spice level, rice portion, and toppings such as crispy katsu, egg, cheese, and vegetables.



Okinawa Churaumi Aquarium

Desserts. Every Single Day.

What made desserts in Japan truly special wasn't just the taste. It's the experience surrounding them with endless variety. Cheesecakes, custard puddings, chocolate desserts, cream-filled pastries—each packaged neatly, each inviting in its own way. Japanese bakeries have a way of making desserts look like pieces of art. Light sponge cakes layered with fresh cream, delicate fruit toppings, and elegant presentation made every visit to a bakery feel special. Almost too beautiful to eat, and attention to detail that we rarely saw elsewhere.

Convenience Store Culture: 7-Eleven as a Nightly Ritual

No guide to eating in Japan is complete without a serious discussion of convenience stores. 7-Eleven, FamilyMart, and Lawson are not what you expect from the name. They are clean, beautifully stocked, and serve freshly prepared food that would be the envy of many full-service restaurants elsewhere in the world.

Onigiri in a dozen varieties. Freshly made sandwiches. Hot oden, a simmered stew of tofu, fish cake, and vegetables, from a pot behind the counter. And desserts: strawberry shortcake, mochi ice cream, cream puffs, and seasonal matcha everything. For our six-year-old, the nightly convenience store visit became the highlight of every day, a small and dependable joy that cost almost nothing and meant absolutely everything.

What Japan Really Gives You

Looking back across two trips and thousands of photographs, it is not just the temples, bullet trains, or famous sights that we remember most. It is the thousands of steps walked together. The metros figured out as a team. The children's excitement over new flavours of ice cream. The evening in Kyoto where we sat on a park bench and did absolutely nothing for twenty minutes, watching lanterns reflected in a still pond, perfectly content.

Japan gave us incredible sights. But more importantly, it gave us family moments we will never forget.

We owe much of this to my husband, who plans every detail of our trips with each family member in mind: what the six-year-old can sustain, what will hold the teenager's attention, what will give the two of us something to talk about long after we are home. Japan rewarded all of that planning generously.

Pack comfortable shoes. Open your mind to new experiences. Stop at 7-Eleven every evening. And let Japan do the rest.

Japan will meet you where you are and hand you something extraordinary in return.

Vijayalakshmi Kini is a Bengaluru girl at heart, juggling a career in technology and the delightful chaos of parenting. An avid traveller, she believes every journey offers a fresh perspective and a chance to rediscover life's simple joys.



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Lessons in Bhagavad Gita



• by Dr. Gayatri G. Shenoy

नाहं प्रकाशः सर्वस्य योगमायासमावृतः ।

मूढोऽयं नाभिजानाति लोको मामजमव्ययम् ॥७-२५॥

*nāhaṁ prakāśaḥ sarvasya yogamāyāsamāvṛtaḥ
mūḍhoyaṁ nābhijānāti loko mām ajam avyayam 7.25*

na = not; ahaṁ = I; prakāśaḥ = stand revealed; sarvasya = to everyone; yoga-māya = My superior delusory power; samāvṛtaḥ = veiled by; mūḍhaḥ = the deluded; ayam = this; na = not; abhijānāti = do recognize; lokaḥ = world; mām = Me; ajam = unborn; avyayam = immutable; 7.25

Veiled by My superior delusory power, I do not stand enlightened to everyone; this deluded world does not recognise Me, the unborn and immutable. 7.25

The answer to the 'foolishness' of people in not using their brains adequately in recognising the subtle identity of the Lord is given.

yogamāyā-samāvṛtaḥ: Being veiled, hidden by My superior delusory potency *nāhaṁ prakāśaḥ sarvasya* I do not stand revealed to all. Only My true devotees can understand Me as the Absolute Truth, the Supreme Lord of all that be. All have to see through My delusory powers, My *yogamāyā*, who keeps Me hidden from My true identity. *Māyā* is *prakṛti* with her three modes of goodness, passion, and ignorance, which attracts and deludes the human mind towards matter identification. *māyā* is mā not yā this; *māyā* displays that which is not. She shows the false in place of the true. The *āvaraṇa* and *vikshepa* shakti, the covering and false projecting powers borne of *tamo* and *rajo* *guṇā-s* the modes of ignorance and passion, put everyone in a delusion. Some other object is projected totally contrary to the real object.

"Yogamāyāsamāvṛtaḥ yogaḥ guṇānām yukitāḥ ghaṭanaṁ saiva māyā yogamāyā, athavā bhagavataḥ cittaśamādhāna yogaḥ; tatkr̥tā māyā yogamāyā... Being veiled by yogamāyā, yogaḥ (as in yogamāyā) is the coming together of the modes of nature; that indeed is delusion māyā called yogamāyā, contrarily, resting of the mind exclusively in the Lord is yoga, a delusive derivative of this is yogamāyā (it prevents the mind recognising Me) (S-Bh7.25)" as explained by the great *Śaṅkarācārya*.

Śrīdhara Swāmi's description is similar "...yogo yuktiḥ madīyaḥ ko'pyacintyaprajñā-vilāsaḥ sa eva māyā, aghaṭamānaghaṭanācāturyaṁ anayā sañcchannaḥ ataeva

matsvarūpajñāne mūḍhaḥ sannayaṁ lokaḥ ajamavyayaṁ ca mām na jānāti. Yoga is this bringing together of some kind of play of My inconceivable wisdom, that itself is *māyā*, by the dexterity in projecting the impossible from the possible, enveloped completely by this distress, the bewildered are ignorant of My innate nature, this world also does not know Me as the unoriginated and immutable (SS-Bh7.25)".

The great magician that the Lord is, He mesmerises all with His magic play so much so that none are aware of this hypnosis. The magician is never fooled by his own magic. It is the spectators who are fooled, being in total ignorance of the tricks. Hence ignorance or *avidyā* alone is the cause of being subject to this hypnosis. *avidyā* forms the very substance of *māyā*, the moment *avidyā* is replaced by *vidyā*, *māyā* disappears.

Ayam lokaḥ in this world primarily consisting of *prakṛti* with her three *guṇā-s* of *māyā*, the ones subject to their play, the *mūḍhaḥ* the deluded, the ones who are subject to non-cognition of the truth, steeped in *avidyā* ignorance *na abhijānāti* do not recognise *mām* Me. I condescend just like one amongst them, but am in reality *ajam*, the unborn, *avyayam*, immutable, not subject to any loss or change, forever eternally situated in My glory, the Lord of *māyā* too and never subject to her; on the contrary, she being My power is under My control.

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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CONGRATULATIONS!



Suramani Mahalaxmi Shenoy has been conferred the prestigious **Ustad Bismillah Khan Yuva Puraskar (2024–25) in Hindustani Classical Vocal Music** by the Sangeet Natak Akademi, India's National Academy for Music, Dance and Drama, under the Government of India.

A distinguished disciple of Padma Bhushan Pandit Vishwa Mohan Bhatt, she has brought immense pride to the entire GSB community by becoming the first member of the community to receive this prestigious honour.

Heartiest congratulations to her on this remarkable achievement. Wishing her continued success and many more accolades in the years to come.



GSB Sabha, Mumbai, is proud to share that our Vice-President, **Smt. CA Prathima Pai**, has completed her **Sangeet Visharad in Hindustani Vocal Music** from the prestigious Akhil Bharatiya Gandharva Mahavidyalaya Mandal.

A Chartered Accountant by profession and a devoted patron of our culture, Smt. Prathima Pai's achievement reflects the GSB ethos of balancing vyavahar and sanskar. She is the wife of noted Head and Neck Onco Surgeon, Dr.

Prathamesh Pai.

We congratulate her on this musical milestone and pray that her sur-sadhana continues to inspire the next generation in our samaj.



Shri Sudeep S. Kamath, son of Shri Sudarshan Kamath and Smt. Sai Prabha Kamath, Mumbai, has achieved the outstanding achievement of securing **47th Rank at the All-India level in the CA Final Examination**, January 2026. May this remarkable accomplishment be the foundation for many more milestones.



Dr. Shailesh Ramdas Shenoy was awarded the prestigious **Fellow of Sports Dentistry (IASD)** recognised by the European Association for Sports Dentistry. The honour was conferred at a function organised by the Indian Dental Association in Mumbai. A proud moment as he becomes the first

person from South Kanara District to secure this. Wishing him continued success!



IGP & Joint Director, CBI, New Delhi, **Shri Ashwin A. Shenvi** (son of Smt. Asha & Prof. A. K. Shenvi) was **felicited by Justice Surya Kant** on 20th April 2026 at New Delhi for his distinguished and meritorious service.

Wishing you continued excellence and greater achievements ahead.



Dr. Kirti Pai, daughter of Shri Ganesh Rao and Smt. Vinatha G. Rao, secured **All India Rank 1 in the prestigious DM Pediatric Endocrinology Entrance Examination**, one of India's most competitive superspecialty examinations. Dr. Kirti Pai has also secured the only DM Pediatric Endocrinology seat at AIIMS, New Delhi, a remarkable achievement that reflects exceptional dedication, academic excellence, and perseverance. Wishing her continued success and many more laurels in the years ahead.



Blessed Legacy

PM Modi Honours Late RSS Karyakarta Gujjadi Narasimha Nayak



In a heartfelt gesture that bridges seva, swadeshi enterprise, and sanskar, Pradhan Mantri Shri Narendra Modi ji met the six Gujjadi Swarna brothers of Udupi in Bengaluru in May 2026 and blessed the centenary book commemorating their father, Late Shri Gujjadi Narasimha Nayak (1926–2009), a lifelong RSS karyakarta and founder of Gujjadi Swarna Jewellers, Udupi.

A Life Rooted in Sangh Sanskar

Born in 1926 in coastal Karnataka, Gujjadi Narasimha Nayak's life was a testimony to the RSS ideal of "Vyaktitva Nirman se Rashtra Nirman". As a young swayamsevak in the 1940s, he immersed himself in shakha work across undivided Dakshina Kannada, when nationalist activity carried personal risk.

Senior karyakartas recall how Nayakji cycled from village to village, organising shakhas, distributing Organiser and Vikrama, and ensuring that young men were drawn not just to physical training but to cultural confidence. During the 1948 ban on RSS, he sheltered underground karyakartas and kept the flame of daily shakha alive in Udupi's temple courtyards.

His contribution went beyond sangathan. A goldsmith by craft, he believed swavalamban was the backbone of a strong Hindu society. In 1952, with meagre capital but unwavering shraddha, he founded Gujjadi Swarna Jewellers. The shop became more than a business — it was a karyalaya in spirit. Artisans were treated as family, customers were given shuddhata in gold and in vyavahar, and a portion of earnings quietly funded shakha work, Ekal Vidyalayas, and seva projects in rural Udupi.

Samskara to Entrepreneurship to Seva

Nayakji's six sons — the Gujjadi Swarna brothers — grew up attending shakha before opening the store each morning. That discipline shows. Today, Gujjadi Swarna Jewellers is a household name in Udupi, known for traditional temple jewellery and ethical practices. But the family never let

vaibhav dilute values. The brothers continue to host RSS baithaks, sponsor Bala Gokulam activities, and support Gaushalas and rural health camps, carrying forward their father's dictum: "Vyapar dharma ke liye, dharma vyapar ke liye nahi."

A Blessing from Pradhan Mantriji

The centenary book, *Swarna Sanskar: The Life & Legacy of Gujjadi Narasimha Nayak*, documents this journey with rare photos, letters from Sangh अधिकारियों, and accounts from Udupi's elders. When the six brothers presented it to Shri Narendra Modi, the Prime Minister spent time hearing about their father's work as a karyakarta during Emergency, his role in Ram Janmabhoomi ekatmata yatras, and his lifelong insistence that "the nation is built in the morning shakha and at the artisan's workbench."

Shri Modi blessed the proof book and told the family: "Gujjadi Narasimha Nayak ji jaise karyakartaon ne apna jeevan bina prachar ke rashtra ke liye samarpit kiya. Aisi paramparaon se hi Bharat aaj vishwa guru banne ki ore agrasar hai. Aapka parivar sach mein dhanya hai."

Your Family Is Truly Blessed

For the Gujjadi brothers, the moment was more than a photo-op. It was recognition that their father's quiet sadhana — building men, building enterprise, building dharma — has become part of Bharat's larger story. As one of the brothers said after the meeting: "Our father taught us that gold is tested in fire, and a man in sankat. Modiji's words are ashish for Babuji's atma, and prerna for our next generation."

Late Shri Gujjadi Narasimha Nayak passed away in 2009, but through his sons, his shakha, and his jewellers' scales that never cheated, his work continues. In an age when the word karyakarta is often forgotten, his centenary reminds Udupi — and Bharat — that nations are built by nameless, selfless men who consider seva their only reward.

Jai Hind. Vande Mataram.

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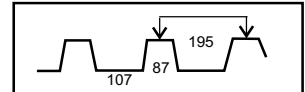
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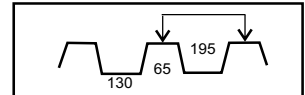
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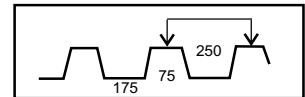
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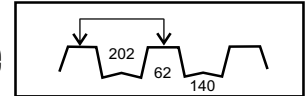
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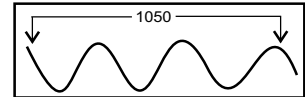
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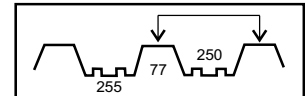
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An Emotion Called GSB

Rooted in tradition, united by values, inspired for generations



• by Harsh Shanbhag

I truly feel that being a Gaud Saraswat Brahmin is an emotion in itself. The story of the GSBs is a beautiful tale of persistence and migration. The historical roots of this community stretch from the beautiful banks of the Saraswati River to the vast shores of the Konkan. The GSB community derives its name from a combination of its ancestral roots near the ancient Saraswati River and their historical settlement in Gauda Desh (modern-day Bengal or Bihar) before migrating to the Konkan region. The migration to the Konkan coastal region, which includes present-day Goa, occurred due to the devastating famine that struck northern India and lasted 12 years.

I personally feel that one thing that should truly be admired about the community spread across the world is its simplicity. Whether it is cuisine, tradition, attire, or culture, simplicity is reflected in every minute aspect of the GSB community. For instance, the mouth-watering, homely, and comforting GSB dishes are diverse, and packed with rich nutrients.

If a person holds a prestigious position and has achieved a lot in life, remaining simple and humble at that stage is quite difficult and rare. However, I have personally seen and experienced that immensely successful people from our community are extremely simple and serve as perfect examples of how to remain grounded in life. Whether it is Ganeshotsav, other community programmes, or scholarships, GSBs are very generous and never miss an opportunity to contribute a part of their wealth towards the welfare of society. This is truly a great learning for me and for the younger generations.

The GSB community has always prioritised education and intellectualism over flashy displays of wealth. One of

the most defining features of GSB culture is the routine pilgrimage to ancestral temples. No matter where a GSB individual settles, be it Mumbai or London, they always visit their family temple, primarily located in Goa or the coastal regions of Karnataka, for the major events of life. This keeps the community connected to its roots and gives individuals a deep sense of gratitude for their culture and traditions.

I clearly and vividly remember my visits to our Kuldevi Temple in Kumta. Every year during my summer holidays, I would be extremely excited about the trip to our village as well as the darshan of our Kuldevi. It was always an exhilarating experience, and nothing ever felt monotonous, even though we visited every year. Each visit felt fresh, memorable, and different from the previous ones.

Coming to one of the most distinct aspects of the community, the GSB cuisine is often referred to as the soul of its culture. The cuisine revolves around ingredients that are locally and easily available. It reflects the culinary traditions of Goa and Karnataka and is characterised by the generous use of coconut, kokum, teppal, as well as delicious seasonal vegetables and fruits. Some unique elements of GSB food preparation include gravy bases made using coconut, chillies, tamarind, and other simple ingredients. A GSB meal always feels incomplete without Sheeth and Dalithoy, which I believe is the true comfort food of the community.

I personally love GSB cuisine, and I am proud to be born into this community. I truly admire the fact that our cuisine uses very minimal ingredients, yet the dishes are incredibly delicious. One thing I would definitely like to mention is that our GSB community never compromises when it comes to food. During any event, people always arrange snacks (Alpopahar) or even full meals. I have rarely observed this spirit of hospitality elsewhere. This beautifully reflects the virtues and moral values of our community.

What makes the GSB culture truly extraordinary is its adaptability. In present times, it is clearly seen that people from the GSB community are excelling in every field, including entrepreneurship, education, business, and many more. The community faced numerous hardships, yet never lost its identity. It stands as a living example that teaches us that a people's true strength does not lie in the land they occupy, but in the traditions and values they carry with them.

Harsh Shanbhag is currently studying in the 12th standard and has a deep interest in writing articles and stories. He also enjoys travelling in his leisure time.



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A visual tribute to the Saraswat ancestors whose lives, traditions, and identity were shaped by the sacred River Saraswati



Artwork by:
Satvika Kamath, 23 years

Artist's Note:
Remembering the Saraswati

Several centuries ago, our ancestors lived on the banks of the sacred River Saraswati in northern India. They followed the Vedic way of life and were renowned for their knowledge of the Vedas. Over time, as the river gradually disappeared underground, they migrated southwards. Yet the memory of the mighty Saraswati remained deeply embedded in their hearts and culture. It is from this river that our community came to be known as the Saraswats.

When my grandfather shared this story with me, I felt inspired to preserve this important part of our heritage through art. I wanted to depict the vital role that the Saraswati played in the lives of our ancestors. The river provided nourishment, sustained life, and inspired learning and spirituality. It is also revered in three of the four Vedas.

In this painting, I have portrayed scenes that I imagine were part of our ancestors' daily lives. The yagna represents their prayers for the well-being of the community and the strengthening of social bonds. The groups of people seated by the river symbolise the sharing of knowledge and traditions from one generation to the next.

Creating this artwork was my way of expressing gratitude to the generations that came before us. If this painting could speak, its message would be simple: honour your ancestors and preserve their legacy through your words and actions.

BEST FRIENDS

We all have best friends,
And our friendship never ends.

Best Friends..... Best Friends.....

Together we are stronger,
Our friendship lasts longer.

Best Friends..... Best Friends.....

We will stay with each other,
And be besties forever.

Best Friends..... Best Friends.....

We will stay best friends,
No matter if the world ends.



By:

Akshara Bhandarkar, 11 years

The Sanatani Culture

We are proud Sanatanis,
Together, if we unite,
We can create wonders;
Our culture shines so bright.

The oldest of all religions,
We are proud to be a part;
United we should stand,
And never, ever fall apart.

No matter which caste
We belong to, it is alright;
Being united is what matters most,
And all else will be right.

Let us join hands together
Our culture's worth to preserve;
For the generations yet to come,
Sanatani heritage they deserve.

By:

Sangita Shenoy, 24 years



Sangita Shenoy is a multilingual writer with a keen interest in literature and creative expression. She enjoys exploring various art forms and aspires to become a teacher who inspires and guides young minds. She is currently pursuing a career in the field of education.

Yashoda's Library: A Teenager's Gift of Knowledge to Society

The greatest service often begins with the simplest thought: helping others learn.



• by Amritha Girish Pai



In a world where access to education is often determined by affordability, Yashoda Asha Dinesh Shenoy is quietly proving that compassion can open more doors than money ever could. At just 18, the first-year Archaeology student from Kochi's Mattancherry area has built a flourishing free community library 'Yashoda's Library' that houses more than 8,500 books and serves over 500 members.

Raised in a close-knit family, Yashoda attributes much of her journey to the unwavering support she has received at home. Her father, Dinesh Shenoy, is an artist renowned for his expertise in monochromatic sepia oil paintings, while her mother manages and curates his gallery and studio. Her grandmother runs a small shop, and her brother is in the final year of his law studies at Government Law College (GLC), Ernakulam. "From a very young age, I always wanted to contribute meaningfully to society," says Yashoda.

The idea for the library took shape when she was just 12 years old. During a visit to a library with her father, she had to pay a late fee for returning a book after the due date. The experience left a lasting impression on her young mind. "I started thinking about people who may not have the means to pay such fees," she recalls. "That was when I realised that knowledge should never become inaccessible because of money."

Encouraged by her father, Yashoda shared her idea on social media. What began as a simple thought soon sparked an overwhelming wave of goodwill. Books started arriving from around the world, and on 26th January 2019, her dream officially became a reality.

Today, her library welcomes readers from every walk of life. Students, homemakers, children, and senior citizens all find a place within its shelves and spaces. "There is no particular age group or category that dominates," she says. "Everyone participates equally."

Running the initiative without external funding has not been without challenges. The library remains entirely self-sustained by the family, often creating financial strain. Yet, their

encouragement has never wavered. "My family has always supported me because they truly believe in the purpose behind this work," Yashoda says.

Recognition and public attention also brought their own pressures. "Initially, I struggled with the limelight and the expectations that came with it," she admits. "But with time, I learned to adapt and move forward with confidence."

For Yashoda, libraries today are far more than silent rooms lined with books. "Modern libraries are dynamic community spaces," she explains. "They are places where people can connect, collaborate, exchange ideas, and express themselves freely."

Perhaps the most inspiring aspect of her initiative is its simplicity. Membership is completely free, and anyone can join by filling out a basic registration form. No barriers. No exclusivity. Just books, learning, and a shared spirit of knowledge.

Beyond her philanthropic work, Yashoda has also distinguished herself in the performing arts. Her portrayal of Draupadi from the Mahabharata during a temple festival earned her widespread appreciation and accolades. Her father's association with the Archaeological Society as a freelancer may also have inspired her decision to pursue a degree in Archaeology at the historic Maharaja's College, Ernakulam.

In a world increasingly driven by competition and self-interest, individuals like Yashoda serve as powerful reminders that empathy and community spirit can still inspire meaningful change.

Amritha Girish Pai is an M.Tech in Town & Country Planning and has been a Senior Town Planner at CIDCO Ltd., Govt. of Maharashtra. She has been involved in designing the Navi Mumbai International Airport (NMIA), NAINA, and Navi Mumbai during her three decades of service. She is an avid reader with a passion for singing and writing. She has been actively involved in various activities for GSB Sabha Navi Mumbai and GSS Samaj Mumbai. She is also the Joint Honorary Secretary of the Sabha's Mahila Shakha.

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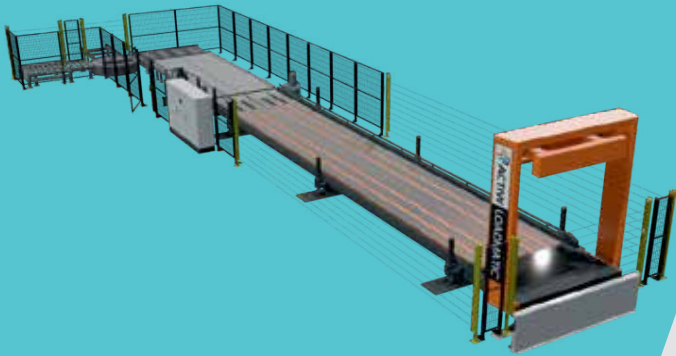
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A SHORT VERSION OF VIRATA PARVA - PART 2 OF THE GREAT EPIC MAHABHARATA



• by Divakara Shenoy

Introduction

Pandavas' life incognito (ajnathavasa) at King Virata's Matsya kingdom was very crucial because if detected by the Kauravas, they would have been forced into another 12-year exile. It was a turning point for them because on completion of the year-long ajnathavasa at Virata, they would complete a 13-year-long exile life in order to reclaim their rightful kingdom and assets confiscated by Duryodhana. Part 1 of the Virata Parva article was published in the last issue; a summarised version is given hereafter.

Summary of Virata Parva - Part 1

Pandavas had completed 12 years of life in exile and were to enter the 13th year to be lived without disclosing their true identity. Sage Damya advised Yudhishtira to live the 13th year of exile life in disguise as servants of the 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, Sahadeva as a cowherd, Tantrpala and Draupadi as a lady's maid, Sairindhri. The sage further advised Yudhishtira to be humble, not to try to excel the King, and always to try to please the King. Damya reminded the Pandavas 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. Pandavas, upon reaching the outskirts of the Virata city, deposited their weapons wrapped in a white cloth, on a Sami tree which was located near a cemetery hidden from the sight of the public.

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. During their stay at the King's palace, Sairindhri (Draupadi) stayed in the queen's apartment. Kichaka was the younger brother of the queen Sudheshna. He was the commander and the chief of the Matsya Army. The exquisite and ravishing beauty of

Sairindhri attracted Kichaka, and he wanted to marry her. He expressed his desire to Sairindhri. She told Kichaka that she was already married and was the wife of five powerful warrior brothers. But he could not resist his lust. Day and night, his thoughts haunted him, and he was unable to sleep. Kichaka's troubles became intolerable. Sairindhri was fully aware of the serious consequences if she displeased the ruthless Kichaka. Yudhishtira and Bhima were aware of the trouble from Kichaka. But they remained helpless, fearing their identities would be disclosed in case of a direct fight with Kichaka.

As planned, 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 news fell onto the ears of Duryodhana, who was upset and distressed as his spies failed to track down the whereabouts of the Pandavas. He knew that only Bhima could kill Kichaka, and so the Pandavas could be found at Virata. Duryodhana told Susarman, the King of the Trigarta Kingdom, to attack the country of Matsya.

VIRATA PARVA - PART 2

KING VIRATA WAS DEFEATED BY SUSARMAN

The Pandavas had completed their 13th year of agnatavas by living in disguise, serving the king of Virata. One day, the king was sitting in his court with his ministers, and the Pandavas were also present. At this time, news of the attack and theft of the cattle by Susarman, the king of Trigarta, was brought to the court by a cowherd.

Hearing this news, the king immediately set out with his army for a battle with Susarman and to release the cattle. The army of Virata fled from the battlefield. While the King of Virata marched to fight with Susarman to save his cattle, Duryodhana, along with Bhishma, Dronacharya, Kripacharya and Karna, arrived from the north side to attack and had stolen the king's herds. After a day-long battle, the King of Matsya was defeated and imprisoned by Susarman. The news fell into the ears of Yudhishtira, who ordered Bhima to get the king released. Bhima, with his skill in archery, defeated Susarman and released the King.

The frightened herdsmen ran to the palace of Virata and reported the incident to the Prince Uttara, the son of the King. The prince decided that he alone could fight the Kauravas and release the cattle stolen by them.

PRINCE OF VIRATA TO FIGHT WITH KAURAVAS

Prince Uttara needed a charioteer to drive his chariot to proceed to fight with the Kauravas' army, who had stolen the cattle of Virata. Draupadi told the prince that Brihannala was an expert charioteer, and if he wished, Brihannala could act as his charioteer. The Prince of Virata accepted Brihannala as his charioteer. The prince set out with Brihannala as his charioteer to fight with the Kauravas. Upon arriving at the battlefield, he could see the huge army of Duryodhana led by the great warriors like Bhishma, Drona, Kripacharya, Karna, Ashwatthama and others. Seeing them, the prince trembled with fear. He jumped down from his chariot and ran away.

Brihannala ran after the prince and caught him. He told the prince not to get frightened. Brihannala asked the prince to be his charioteer, and he would fight with the Kauravas. Brihannala (Arjuna) made the prince sit in the chariot and took him to the Sami tree, where the Pandavas had earlier deposited their weapons when they first entered the city of Virata in disguise. Arjuna informed the prince that the weapons of the Pandavas were kept on the Sami tree and asked him to bring down the weapons from the tree. After Arjuna had cleared his doubts, the prince went to bring down the weapons. He was shocked when he saw the divine weapons and the powerful bow Gandiva. On enquiry by him, Arjuna disclosed his identity and that of his brothers Yudhishtira, Bhima, Nakula and Sahadeva. The Prince of Virata, out of respect, bowed before Arjuna and said that he was fortunate to meet the legendary Pandava heroes.

FOUGHT FOR THE MATSYA KING

As ordered by Arjuna, Prince Uttara immediately climbed up the Sami tree, collected the Pandavas' weapons, got them down and handed them over to Arjuna. Making the Prince his charioteer, Arjuna took circumambulation of the Sami tree and set out to the site of battle with all his arms and weapons.

As the agnatavas (incognito life) of the Pandavas was successfully completed by now, it was time for them to disclose their real identity. Approaching the battlefield, Arjuna blew his divine conch with a terrible noise, making the Kauravas' army tremble with fear. Hearing the reverberated sound from the conch, Dronacharya could identify it was none other than Arjuna himself. He addressed Duryodhana, saying their destruction was soon to happen. Duryodhana was disappointed to see his soldiers losing their courage.

Drona asked him to set the cattle herd free and prepare for fighting. Duryodhana replied to Dronacharya that their agnatavas was not completed, and as per the agreement, if Arjuna was identified during the period of agnatavas, all the

Pandavas would have to go for another 12 years into exile. At the same time, he wondered whether their agnatavas was over or not. Only Bhishma was able to confirm this, as there was no calendar in those days like what we have now. Whoever it may be, the one approaching them was a great archer with whom they would have to fight. Karna told Duryodhana that he alone would fight with the person, whoever it may be and kill him.

KARNA FLED FROM THE BATTLEFIELD

Karna told Duryodhana that he alone would face Arjuna. Kripacharya and Ashwatthama did not like the arrogance of both Karna and Duryodhana. Ashwatthama declared that he would not fight with Arjuna because they had come to fight with the king of Virata. Grandsire Bhishma pacified them, saying it was not the time to quarrel among themselves. So, they all should jointly fight with Arjuna. Bhishma clarified to Duryodhana that the Pandavas had completed their incognito life successfully. As a matter of compromise, he placed before Duryodhana the proposal of peace with the Pandavas.

Duryodhana rejected the proposal at once and asked them to make preparations to fight. Bhishma obeyed him and ordered Duryodhana to march to the capital, Hastinapura, with one-fourth of the soldier strength and be out of sight of Arjuna, and another one-fourth of the soldier strength would go with the herds. With the remaining half of the force, they would fight with Arjuna. Having said this, Bhishma first sent Duryodhana and then the cattle and thereafter arranged the troops. Arjuna planned to avoid the noble chariot-warriors, viz. Bhishma, Drona, Kripacharya and decided to fight only with Duryodhana so that he could recover the stolen cattle by defeating him. Arjuna asked his charioteer to drive the chariot towards Duryodhana. On his way towards Duryodhana, Arjuna picked up his bow and showered thousands of arrows on the Kauravas' army. He captured the cattle and marched towards Duryodhana to fight with him. On halfway, Karna attacked him. A severe fight took place, and at the end, Karna fled from the battlefield.

ARJUNA DEFEATED KARNA, DRONA, & BHISHMA

When Arjuna's chariot was moving towards Duryodhana, on the way, he was attacked by Karna to prevent him from reaching Duryodhana. A ferocious fight took place between Arjuna and Karna. Karna could not stand the stream of arrows shot from Arjuna's bow. He fled from the battlefield. Then Kripacharya attacked Arjuna and could not stand before Arjuna. Now Dronacharya came forward, and Arjuna bowed to the Guru and humbly requested him to shoot his arrows first. Drona sent several arrows at Arjuna, who destroyed all those before reaching him. At the end of a long fight between Drona and Arjuna, Guru Drona

escaped from the battlefield severely injured. Now it was Bhishma's turn to attack Arjuna, and after a long battle, Bhishma fell unconscious, and his charioteer drove him to safety off the battlefield. Duryodhana and Dushasana, on seeing the adverse situation, fled from the battlefield.

Victorious Arjuna, with his charioteer, the Prince of Virata, returned to the city of Virata. At the same time, King Virata also arrived back at the royal court. His son explained to his father all that had happened and told him that the Kauravas were defeated by Arjuna, who was in disguise as Brihannala. Thus, the real identities of the Pandavas were disclosed before the King of Virata. The King offered Arjuna his daughter, Uttara Devi, in marriage. However, Arjuna accepted Uttara as the bride for his son Abhimanyu. On Yudhishtira's invitation, Krishna and others attended the marriage of Abhimanyu.

DHRITARASHTRA RETIRES TO LIVE AS A SAINT

The Pandavas had completed the long 13-year exile. In those 13 years, they faced many challenges, hardships and lived in extreme poverty. In all those difficult situations, they were supported by the Sun God, Hanuman, Indra, Yama Dharma and other Devas. Arjuna obtained divine weapons during this period. The Pandavas learned a lot from their exile. Duryodhana had 13 years in his hands to relieve his father from all his duties related to the kingdom. He consolidated his unquestionable authority and power as the King of Hastinapura and Indraprastha. He had cut down all communications about the affairs of the Kingdoms of Hastinapura and Indraprastha from reaching his father. So, Dhritarashtra had to take the help of his brother Vidura to know how his son Duryodhana was handling the matters regarding the affairs of the kingdom. (To be continued)

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.

SADHAKAS



From Karavali Cuisine to the Houses of Parliament

Dr Akshata Shenoy has brought laurels to the GSB community by winning the Most Popular Choice Award under the Promising Professional category at the Indian Influencer Women (IIW) UK Awards. She was felicitated at the prestigious Houses of Parliament, London, in recognition of her professional achievements and community contributions.

A hospitality professional and an entrepreneur, Akshata holds a PhD in Hotel Management (Culinary). Her doctoral research focused on the culinary heritage of Karavali cuisine, documenting and exploring the rich gastronomic traditions of coastal Karnataka. She also holds an MBA and a B.Sc. in Hospitality and Tourism Management.

Akshata has built an impressive career as a chef, having worked with renowned restaurants in both India and the United Kingdom. She has also served as an Assistant Professor and Chef Lecturer in India and currently continues her academic and professional journey in the UK.

Beyond her professional accomplishments, she has pursued diverse passions. She has twice walked the ramp as a plus-size model at the Lakmé Fashion Week, championing body positivity and confidence. An avid traveller and motorcycling enthusiast, she is also a proud Royal Enfield Bullet rider.

After moving to the UK, Akshata founded Food Hunt Manchester, a not-for-profit food community that brings together women and families through shared culinary experiences. The group organises monthly cuisine meet-ups, family breakfasts, and day trips, fostering friendships and cultural exchange. Over the past 27 months, the community has explored 27 different international cuisines across Manchester, all organised voluntarily without any monetary gain.

Akshata's recognition on an international platform is a matter of pride not only for the GSB community but also for India.

Atlas Shrugged



• by Ajita Kini

“You’re lucky to be free of the economic and/or psychological necessity to work so that you can devote so much time to your yoga practice. What about those who do not have this luxury?” This is a question that is often thrown my way, and it gives me pause to thank the destiny that has afforded me this luxury. It made me consider how some level of practice could be achieved for those with professional or other commitments.

The approach would vary between those who are already somewhat immersed in a regular yoga practice and absolute neophytes. For an absolute neophyte, the suggestion would be to join a regular class – a typical Iyengar Yoga class for beginners is at most twice a week, with a gap of 3-4 days between successive sessions. Personally, I find morning classes work best because mornings offer the most control over one’s schedule. It does entail a certain amount of discipline to get up early to attend class and to arrange one’s professional schedule to avoid early-morning meetings or outstation trips on days when a class is scheduled. For those with a five-day work week, if Wednesday and Saturday are the scheduled class days, then the professional adjustment is only required for Wednesday.

The approach for those with at least a couple of years of practice, gained through attending classes, can be more creative and explorative. We will begin at the physical level. Common problem areas for most people are the neck and shoulders, the lower back and the knees.

Problems in the neck and shoulders, usually revealed by a stooping posture and rounded shoulders, manifest as neck pain, headaches, pain in the dorsal (upper) back, and shoulder pain/stiffness. With age, it often also translates into shortness of breath and associated loss of stamina. When the condition becomes long-standing, it finally results

in cardiac and pulmonary issues since all physical issues culminate in physiological problems, and vice versa.

Since the spine has a curved shape, convex at the dorsal and sacral region, and concave in the lumbar region, problems in the dorsal spine result in a compensatory curvature in the lumbar spine to maintain an upright position, and vice versa. Hence, people with issues in the neck and shoulders often develop lumbar problems, and vice versa. Thus, addressing neck-shoulder issues will address incipient or potential lumbo-sacral complications and vice versa. In this article, we will focus on how one can incorporate therapeutic movements to address neck and shoulder issues into daily activities.

To address neck and shoulder problems, the correct movement involves the trapezius moving down towards the waist, while the scapulae move towards each other, creating a valley in the dorsal back and a lift in the sternum. This movement is emphasised in many of the āsana from tādāsana to śīrśāsana. The movement, however, need not be restricted to the yoga session alone. It can be incorporated into daily functioning in multiple ways.

To understand the correct shoulder and trapezius movement, try holding out the right arm level with the shoulder and turning it clockwise. So, if you start with the palm facing the floor, you will turn the arm so the palm faces the front, then the ceiling and finally the back wall (to the extent possible).

Try this a few times, ensuring the movement originates at the shoulder socket, not the wrist, and that the arm is held straight, not bent at the elbow. Then, with the arm in the last position (palm facing the back wall), bring the arm down to the side of the body, elbow held straight. Watch video - <https://youtube.com/shorts/aRpokgp50F8?si=AlhkfBi6JXPoBu8z>

Take your awareness to the right shoulder and trapezius, and compare them to the left. Compare the two sides of the neck. Even if you cannot fully articulate the difference, you will feel some difference between the two sides. Now repeat the movement with the left arm, with one crucial difference – the left arm will rotate anticlockwise. Repeat this movement multiple times with each arm, and then with both arms simultaneously, until some muscle memory develops.

After you have sensitised the trapezius and scapulae to this correct movement, you can try attaining it by simply



shrugging the shoulders up and rotating them backwards (right shoulder clockwise, left anticlockwise). To hold the position, you can clasp your hands behind your back and pull downward to intensify the movement. Once you do this often enough, it becomes easy enough to stand in this way habitually without anyone noticing anything untoward. When sitting in a chair, whether at work or while relaxing, you could clasp your hands behind the backrest of the chair and again pull down to get the same movement. You can walk in this way, and nobody would think you were doing yoga while standing, walking and sitting!



Another way to get this movement, especially when you're seeking pain relief, is to brace your palms against the frame of a door, fingers pointed up or back, and push outward as if you're widening the doorframe. You could combine this with shrugging the shoulders up and back, and then initiating the outward pushing action. As the shoulder tightness releases, you could walk forward slowly and carefully, intensifying the downward and inward movement of the shoulder muscles. Watch video - <https://youtube.com/shorts/Khahu6UKJfQ?si=cC68IFAon7i88fxz>

These are some simple ways to train the neck and shoulder muscles to move correctly throughout the day, achieving pain relief from stiff necks and shoulders outside of yoga practice hours. The longer hours of therapy should translate into quicker relief and better-trained muscles, finally obviating the need for treatment.

In a subsequent article, we will explore how lumbar back pain and knee pain therapy can be effectively integrated into daily activities.

Ajita Kini has been a student of Iyengar Yoga since 2007. This is the 22nd in a series of articles about yoga. Gratitude to Kaviraj Singh for suggesting the topic of this article. For teachers in your area - <https://bksiyengar.com/>

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• by Anupama U. Bhat
Shadrasa Cooking Channel

MONSOON DELICACIES

Gud Gud Alambe Saung (Thunder Mushroom Saung)

Gud Gud Alambe (Thunder Mushroom) is a treasured monsoon delicacy among Amchis, and its arrival each rainy season is eagerly awaited. Its earthy flavour and unique texture make it a favourite ingredient in many traditional Konkani dishes. Most Amchi households make at least one special dish with Gud Gud Alambe during the season to celebrate this rare treat.



Ingredients

Thunder mushrooms (Gud Gud Alambe) – 2 cups
Finely chopped onion – 1
Coarsely chopped onions – 2

Grated coconut – ½ cup
Red chillies – 8–10
Coriander seeds – 2 tsp
Coconut oil – 4–5 tsp

Tamarind – a small lemon-sized piece
Salt – to taste

Method

1. Wash the thunder mushrooms thoroughly to remove any dirt and peel off the outer hard skin.
2. Cook the mushrooms in a little water until tender. You can prepare them in advance and store them in an airtight container in the refrigerator for 1–3 days.
3. Chop one onion finely and the remaining two onions into slightly larger pieces.
4. Heat coconut oil in a kadai and splutter the mustard seeds.
5. Add the finely chopped onion and sauté until it turns golden brown.
6. Meanwhile, grind the grated coconut, tamarind, unroasted coriander seeds, and red chillies (both spicy and colour varieties) into a smooth paste.
7. Add the roasted onion to the grinder and blend it along with the masala.
8. In the same kadai, add the coarsely chopped onions and sauté until they turn translucent.
9. Add the ground masala, dilute it with a little water, and bring it to a boil.
10. Add the cooked thunder mushrooms and mix well.
11. Adjust the salt if required and cook until the mushrooms absorb the flavours of the masala.
12. Once the curry is well-cooked, switch off the flame. Serve hot with rice.

Ganti Bhutthi

Ganti Bhutthi is a cherished Amchi monsoon speciality prepared with tender taro leaves (tera paan) tied into knots, seasonal jackfruit seeds, and a fragrant coconut masala. This comforting traditional dish brings back memories of rainy days and family meals, making it a must-have at least once every monsoon season.



Ingredients

- Taro leaf knots – 3 cups
- Grated coconut – 1 cup
- Jackfruit seeds, crushed – 8-10
- Red spicy chillies – 10-12
- Hog plums (ambado) – 2-3
- Garlic cloves, peeled and crushed – 15-20
- Coconut oil – 3 tsp
- Coriander seeds – 2 tsp
- Salt – to taste

Method

1. Wash the tender taro leaves thoroughly, trim off the stems, wipe them dry, and tie them into small knots.
2. Crush the jackfruit seeds using a mortar and pestle and remove their outer skin.
3. Lightly crush the hog plums. If hog plums are unavailable, you can use tamarind instead.
4. Pressure-cook the taro leaf knots, jackfruit seeds, and hog plums for 1 whistle.
5. Grind the grated coconut, red chillies, and coriander seeds into a slightly coarse masala.
6. Meanwhile, crush the garlic cloves and keep them ready.
7. Once the cooked ingredients are done, add salt and the raw crushed garlic.
8. Add the ground masala and mix well.
9. Add a little water to adjust the consistency, cover, and cook on a low flame for 8-10 minutes.
10. Switch off the flame. Add 4-5 spoons of raw coconut oil, and let the flavours meld for a few minutes.
11. Serve hot with rice and dalitoy.

Anupama U. Bhat hails from Manjeshwar, the temple 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 Shadrasa Cooking Channel, where she shares age-old GSB recipes with warmth and dedication.

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The Evening Rush

From the last bell to sunset-racing on wheels, chasing games, and living every evening like nothing else mattered.



• by Suranjan Pai

There was a certain kind of excitement and impatience that only school days could create. It would start quietly in the morning, tucked somewhere between the first bell and then grow louder with every passing period. By the time the last class began, no one was really listening anymore. Eyes kept drifting toward the clock, bags were half-packed before the teacher even finished speaking, and every second felt unnecessarily long. The final bell wasn't just a sound-it was freedom.

The moment it rang, everything burst into motion. Classrooms emptied in a rush of laughter, shouting and hurried footsteps. But the escape didn't end at the school gate-it only got better. For those of us with bicycles, that short ride to the playground was its own adventure. We jumped onto our cycles, pedalling hard as if the road itself was a racecourse. Bags bounced against our backs, slippers sometimes slipped, and brakes screeched at corners taken too fast. We rode in packs-racing, overtaking, daring each other to go faster, even trying to balance hands-free for a few glorious seconds. The wind rushed past our faces, carrying our laughter down the streets. It wasn't just a ride; it was the bridge between discipline and freedom, where the excitement truly peaked.

And then came the playground.

That ground wasn't just a patch of earth. It was everything. It held territories, rivalries, alliances, and unspoken rules. There were "our spots" and "their spots," and getting there first meant you got to decide the game, the teams, and sometimes even the rules. Latecomers had to adjust,

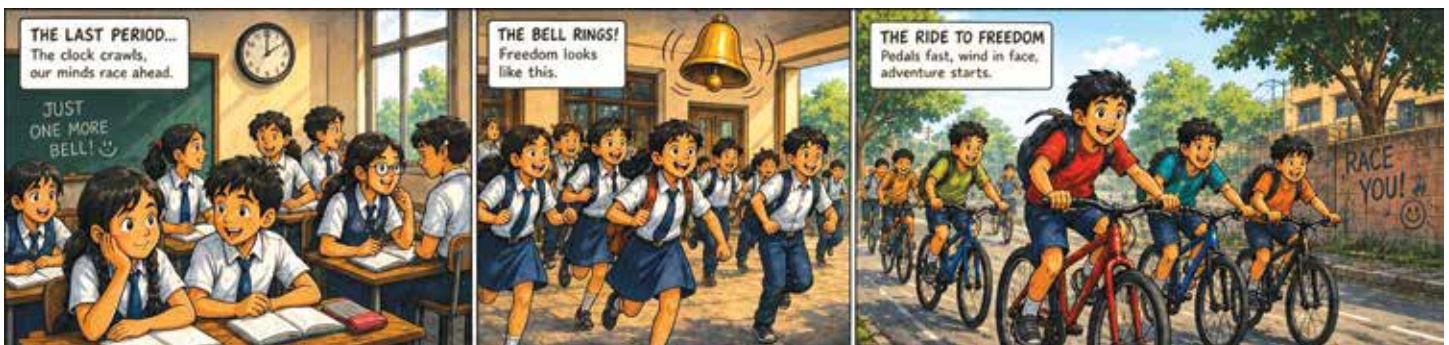
negotiate, or simply accept whatever was left.

Across the ground, different groups claimed their corners, each absorbed in their own game. Cricket and football were always the crowd-pullers-loud, competitive, and full of energy, with constant appeals, arguments, and celebrations echoing across the field. Not far away, smaller groups set up makeshift badminton courts, carefully marking boundaries, while others gathered around volleyball nets, their rhythmic volleys and cheers adding to the soundtrack of the evening. Every part of the ground had its own story, its own intensity, yet somehow it all blended into one shared experience of play.

And then games like Kabaddi and Kho-Kho brought a different kind of flavour and intensity. In Kabaddi, you could always hear that single breathless chant-"kabaddi, kabaddi..."-as someone crossed into enemy territory, trying to outwit an entire group before being dragged back in a cloud of dust. Kho-kho was all about speed and reflexes, with players zig-zagging between teammates, that one sharp turn often deciding victory or defeat, while the rest shouted directions at the top of their voices. And seven tiles-how seriously we took that simple stack of flat stones! One clean hit to scatter them, followed by a frantic scramble to rebuild while dodging the ball being hurled at you-it was chaos, strategy, and excitement all rolled into one.

No one needed warming up. Within minutes, we were running, shouting, arguing, laughing-completely absorbed. Time disappeared. The sun beating down during peak summer didn't matter. Shirts clung to our backs, faces turned red, sweat dripping into our eyes-but stopping never crossed our minds. Someone would always shout, "Just one more round!" and that one more would stretch endlessly.

When the monsoon arrived, it brought a different kind of magic. The ground turned slippery, puddles formed everywhere, and the air smelled of wet earth. We didn't avoid the rain-we ran straight into it. Clothes soaked within minutes, shoes squishing with every step, mud splashing everywhere. Falls were more frequent, but so was the laughter. There was something unbeatable about sliding across the ground, getting completely drenched, and not caring even a little.





The games changed with the seasons, but the spirit didn't. There were arguments-loud, dramatic ones that felt very serious in the moment-but they dissolved just as quickly. Teams reshuffled, scores were forgotten, and friendships carried on without keeping count.

Eventually, the light would begin to fade. Parents' voices would echo from a distance, or someone would suddenly remember they were late. That's when the energy slowly started to wind

down. We'd walk or ride back home, exhausted, clothes dirty or wet, bodies aching-but completely satisfied in a way that's hard to explain now.

No screens were waiting, no notifications to check. Just the quiet contentment of having spent the evening exactly how it was meant to be-outside, with friends, lost in play.

And the best part? We knew we'd do it all over again the next day.

Suranjan Pai writes about the simple pleasures of life, celebrating human connection and everyday experiences beyond screens. He is an alumnus of MIT Manipal and IIM Ahmedabad, and currently lives in Bangalore.

MUKHYA DINAANK YADI

LIST OF IMPORTANT DATES IN THE QUARTER JULY-SEPTEMBER 2026

Dates	Day	Festival
3 rd July 2026	Friday	Sankashta Chaturthi
25 th July 2026	Saturday	Devashyani Ashadi Ekadashi
29 th July 2026	Wednesday	Guru Purnima
2 nd August 2026	Sunday	Sankashta Chaturthi
13 th August 2026	Thursday	Shravan Arambh
15 th August 2026	Saturday	Independence Day
17 th August 2026	Monday	Nag Panchami
26 th August 2026	Wednesday	Sutta Punav (Raghuupkarma)
28 th August 2026	Friday	Raksha Bandhan
4 th September 2026	Friday	Sri Krishna Jayanti (Janmashtami)

Dates	Day	Festival
5 th September 2026	Saturday	Gopal-Kaala - Dahi Handi
14 th September 2026	Monday	Hartalika Trutiya (Vayna Puja)
14 th September 2026	Monday	Ganesh Chaturthi
15 th September 2026	Tuesday	Rishi Panchami
25 th September 2026	Friday	Anant Chaturdashi
27 th September 2026	Sunday	Pitru Paksha Aarambh (Mhaalu)
29 th September 2026	Tuesday	Angarak Sankashta Chaturthi
2 nd October 2026	Friday	Mahatma Gandhi Jayanti
11 th October 2026	Sunday	Navratri Ghatasthapana

SUTTA PUNNAV

This year Sutta Punnav falls on Wednesday, 26th August, 2026.

New Jannuves, blessed by Shri Pandurang Bhat-maam would be available at our Sabha office from 8 a.m. to 11.30 a.m.

Kindly avail yourselves of this sacred service. Sabha Office: 022-3172 6426

A Life Devoted to the Nation: My Father, Commodore K.S. Pai



• by Sachin Pai

The GSB community has historically been known for its merchants, scholars, and professionals. We produced bankers, accountants, lawyers, and doctors. We built businesses, managed finances, and secured comfortable middle-class lives. It was a community that valued education, stability, and professional accomplishment. But when I think of the community's relationship with the armed forces, I think of absence. Very few of us stepped forward to serve in the military. Even fewer chose the Navy, where the demands were perhaps greatest—long deployments, months at sea, separation from family, and the constant proximity to danger. It was not our tradition. It was not our expected path. My father, K.S. Pai, chose differently. In doing so, he became a trailblazer—not just for his family, but for a community that rarely produced military officers. He was the exception. And perhaps more importantly, he lived that exception with such integrity and dedication that it reshaped what it meant to be a son of the GSB community serving the nation.

I remember being told, as a child, that my father was away serving the country. I didn't fully understand it then—how a man could leave his young wife on their wedding day, how he could disappear for weeks into long sea voyages, or why certain conversations stopped abruptly when I asked where he was. But looking back now, I realise that K.S. Pai—my father, a Commodore in the Indian Navy—was living a calling far greater than himself. And in doing so, he shaped not just the defence of our nation, but the values by which his children would live. He was a pioneer in our community, blazing a path that few from our backgrounds had taken before.



A Man of Unwavering Purpose

When he was a young man, K.S. Pai of Moodabidri made a choice that set him apart from many of his contemporaries. He chose to serve in the Indian Navy. It was neither an impulsive decision nor an act of defiance against family expectations. It was a conscious, principled commitment, born of the conviction that service to the nation was not a responsibility to be left to others, but a calling to be embraced with courage and purpose.

As the eldest of a family of 8, he was always steadfast in his belief that he was in charge of his younger siblings. This sense of responsibility did not stop at the family but extended to all he was in contact with. He pursued his engineering degree from REC Calicut with singular focus. While still a student, showing the kind of promise that catches the eye of institutions that matter, he was selected by the Defence forces with a Naval stipend. This wasn't luck; it was merit recognised early. By the time he was commissioned as a Sub-Lieutenant, his path was irrevocably set. Nation first. Everything else was secondary.

But my father was not merely a soldier going through the motions. He was a man of relentless discipline and intellectual hunger. He understood, perhaps instinctively, that a Naval officer had to be more than a tactician; he had to be a strategic thinker, someone who could command respect through knowledge as much as through rank.

Fluent in Russian, he was posted to Moscow in 1968 and again in 1976—rare postings that demanded both strategic importance and absolute trust. These were not routine assignments. During the Cold War, a Naval officer trusted to represent India in the Soviet Union had to be extraordinary. He had to understand not just Naval operations, but geopolitics, diplomacy, and the delicate balance of international relations. My father did all of this while maintaining his fluency in Russian—a skill that speaks to his commitment to mastery in whatever he undertook.

Yet even during his busiest years in dockyard postings, managing operations that could have consumed all his waking hours, he found time to pursue his BBM and MBA degrees. While commanding

Naval vessels and managing critical operations, he was sitting in classrooms, pushing himself further. He didn't do this for promotion—though it surely helped. He did it because he believed that a man's ambition should match the scale of his responsibilities. You cannot lead at the level required of a Naval Officer if your knowledge stops at the technical. You have to understand business, strategy, economics, and the larger systems within which Navies operate.

He taught us, without saying a word, that growth never stops. That ambition is not a luxury for those with free time; it's an obligation for those carrying responsibility. That being the best version of yourself is not an option—it's a duty. These lessons seeped into us through his example far more effectively than any lecture could have.

The Price of Patriotism

I grew up hearing the story of my parents' wedding during the 1971 Indo-Pakistan War. It had the makings of a Bollywood tragedy: a young man in love, a wedding ceremony, the nation in crisis, duty calling. But it was real. My father was called back to duty on the very day of the ceremony—not before the wedding, but during it. He had to leave during the celebrations, leave my mother, a young bride. For 13 days, she didn't know where he was or when he'd return. His mission was top secret. She had to hold the faith that he would come back, and manage the wedding aftermath, the family explanations, the uncertainty—alone.

When he returned after 13 days, there was no grand reunion. War was still unfolding. The country was still in crisis. The separation that had barely begun was not truly over—it was just the first of many.

The missions kept coming. When an emergency was declared by the government, he was deployed again—this time to a missile boat near Karachi. Pakistan. Enemy territory. Again, there were no details, no timeline, no certainty. My mother was left to hold the family and wait.

What he never fully elaborated on until much later was that the INS Khukri, a frigate sailing just ahead of his ship INS Nashak, was struck down by a Pakistani submarine. The frigate was sunk. Men died. The ship my father was serving on—just metres behind—survived.

Over 30 years, he served on INS Mysore, INS Brahmaputra and captained INS Dhunagiri, besides serving in the dockyards of Mumbai, Visakhapatnam, and Hindustan Shipyard. Most of that time, he was away from us. Months at sea. Months in postings far from home. Months where a letter might take weeks to arrive, where phone calls were rare and expensive, where the only constant was absence. My mother held the family together. She managed the finances, made the decisions that needed



making, raised the children, and maintained the home. While he held the line of the nation's defence, she held the line of the family.

In 1987, he participated in Operation Pawan against the LTTE in Sri Lanka. Another deployment. Another mission. Another sacrifice. Another absence. By this time, I was old enough to understand more clearly what his absence meant. It meant my mother was alone. It meant we were a household without its head for months. It meant the privilege we'd enjoyed—his salary, his position—came at the cost of his physical presence. It meant that being a Naval officer's child was not a glamorous thing; it was learning to live with the ghost of your father in the house.

For his meritorious service, he was awarded the Vishishta Seva Medal by the President of India in 1997. It sits in a drawer now—a simple medal, not theatrical, not ostentatious. It's a quiet acknowledgement of a life lived in service. When I look at it, I don't see the honour (though it is honourable). I see the cost. I see the nights he spent wondering if he'd see his children again. I see the faith my mother kept through decades of uncertainty. I see the sacrifice—and I use that word deliberately—that patriotism demanded of him.

A Father's Unspoken Ambition for his Children and Family

What I've come to understand—perhaps too late to tell him directly, though I've tried—is that my father's greatest desire was for his children to accomplish more than he had. Not in medals or rank. Not in the same domain. But in scope of thinking, in breadth of impact, in the freedom to choose our own paths while honouring the values he embedded in us.

He wanted us to serve—but he also wanted us to excel. He tried, persistently, to channel his children toward roles of national significance. The military tradition ran deep in him. He believed, genuinely, that service to the nation was the highest calling. I still remember that he was very keen that I should apply to the NDA after my 12th. One day, before all that, when I was in the 6th standard, we

all drove to Sainik School, Korukonda, around 50 km from Visakhapatnam. As usual, he was gregarious and friendly with everyone around him. He had not “booked the visit”, but when the head of the school, a ranking Army officer, realised that Daddy was a senior Naval officer, he personally showed us around the school. Daddy kept encouraging me to try out all the different physical challenges, which in my childish enthusiasm, I was more than happy to oblige. I did not realise that he was speaking quietly to the head on the side, and later, my mother told me that he was trying to secure a change to the school so I could join the NDA later since that school was famous for that! Fortunately (or unfortunately), because of my chronic short-sightedness, the head advised him that it might be unlikely! Likewise, he was very keen that my sister, who chose Medicine after 12th, should go to AFMC (Armed Forces Medical College) over the mainstream medical colleges that would help her get into lucrative jobs at a later point.

I didn’t become a Naval officer. He never directly pressured me toward it, but I could sense the pull—the expectation that I might carry on the tradition. For years, I wondered if I’d disappointed him. Did I seem soft by comparison? Did my career, in the corporate world of banking and finance, seem less noble than his service in uniform?

But as I grew older and he grew older, I realised something different. He was proud. Not of my specific achievements, though he acknowledged those, but of my ambition. I think he recognised that I was applying the values he’d taught me—clarity of purpose, accountability, the willingness to take on problems that others avoided, the understanding that individual success matters less than contribution to something larger—in a different arena.

He was a man of discipline who insisted on family unity despite the separations imposed by his service. He’d return from months at sea—sunburned, tired, carrying the weight of command—and demand that we gather around the table. He’d want to hear what we’d been doing, what we’d learned, what we were struggling with. He’d enforce standards: respect for education, clarity in thinking, the understanding that the difference between desire and duty is everything.

One thing I clearly remember was how impeccably white he would keep his uniform. He was so proud of wearing it every day – the gold stripes on his shoulder, showing his rank, shone with pride. His encouragement and ambition did not stop at his children in his immediate family. When Mummy was working in Syndicate Bank in Visakhapatnam, he made the conscious decision that we would stay in town, away from the Naval Base, which was quite far away, so that Mummy could fulfil her career and not have to give it up. He first bought her a Luna and

then a TVS Champ so she could travel to her workplace independently. Later when he realised that at times the hot exhaust of the moped was sometimes burning her legs, he taught her to drive a scooter, making Mummy the first (and probably only) lady to drive a scooter in Visakhapatnam! He also taught her to drive a car, and she was so confident at it! One of my favourite everlasting memories is of all four of us on a 6,000 km road trip of the Southern states, visiting temples and family. Mummy drove most of the trip at high speeds, whizzing past huge trucks and lorries, with one hand on the wheel, while continuously talking to Daddy and us in the back (as we shivered watching the road ahead). His mark was indelible and inculcated that spirit of independence in all who were lucky to spend extensive time with him.

A Legacy Beyond Uniform

When Commodore K.S. Pai retired after 30 years of active service, he took off his uniform for the last time. There was a ceremony, I’m sure. There were likely accolades and gratitude from those who served under him. There was a pension and the recognition that comes with a life of service. But when he walked away from the Navy, he walked away from the thing that had defined his adult life. The constant, the structure, the hierarchy, the purpose that was handed to him each day—all of it gone.

But the man inside the uniform never changed. He continued to shape lives—in his family, in his community, in the people he mentored and the values he stood by. He didn’t need the Navy to teach others about discipline. He didn’t need a rank to command respect. The values had become intrinsic.

He taught me that a life well-lived isn’t measured by how many people know your name. It’s not measured by the size of your title or the reach of your influence in the conventional sense. It’s measured by how deeply you’ve influenced those around you. By the values you’ve passed on. By the standards you’ve held to even when no one was watching. By the character you’ve modelled.

He wanted his children to go further—to take the foundation he’d built on sacrifice and discipline, and to build something even larger with it. To be ambitious not for ourselves, but for the impact we could have. To understand that serving something beyond ourselves isn’t weakness; it’s the only thing that gives life meaning. A man who lives only for himself lives a small life. A man who lives for something larger—whether it’s his family, his nation, his profession, or his community—lives a full one.

Commodore K.S. Pai left the Navy, but the Navy never quite left him. The discipline, the clarity, the sense of purpose—these were woven into his DNA. And in the best possible way, they never left us either.

My sister and I—we carry him with us. In how we work. In how we lead. In how we think about our responsibilities to something larger than ourselves.

The GSB community produced many successful professionals. But very few like him. Very few who dared to step away from the expected path and build something extraordinary. And perhaps that’s what I want to honour most in writing this—not just the man, but the trailblazer. The one who showed that you could come from a merchant community, a scholarly family, a background of commerce and stability, and still answer the call to serve Bharat Mata at the highest level. You could be a Naval officer.

In Closing

His birthday was on the 4th of March, and as my dear

cousin Prashasti Shanbhag says, “Dear Hod Maam, march forth on the 4th of March”.

Thank you, Dad. For showing us what it means to give everything you have in service of something greater than yourself. For being a trailblazer when it meant standing alone. For teaching us that ambition without service is just vanity, and that a life well-lived is a life committed to something beyond yourself. For carrying the values of the GSB community—learning, integrity, diligence—into a domain where few from our community had ventured. For proving that a man from a merchant family could be a Commodore of the Indian Navy. For being the exception and making it look like it was possible. For all of this, and for so much more that Sarita and I are probably still learning from your example, thank you.

Sachin Pai is the son of Late K. Shivshankar Pai, Commodore in the Indian Navy. Sachin is a senior Management & IT Consultant who works with different banks and large financial institutions. He is based in London, UK, where he lives with his wife, two sons and their dog. His hobbies are playing and watching a number of sports, reading, travelling, puzzles, quizzing, history, cooking, music and movies. He still wears spectacles of power -8 and wishes he could have served in the Indian Army.



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GSB Scholarship League Announces Special Endowment Scholarships for Medical & Paramedical Students under 'GUYLAILA MEMORIAL FUND'

The GSB Scholarship League is delighted to announce the establishment of a **Special Endowment Fund**, generously contributed by **Dr. Mangesh Rajaram Gaitonde and Smt. Laila Mangesh Gaitonde**, esteemed well-wishers and supporters of the League.

This dedicated endowment has been created with the noble objective of supporting **economically deserving students pursuing Medical and Paramedical education**. The proceeds from this fund will exclusively benefit students enrolled in medical, healthcare, and allied health science courses.

Eligible Courses Include:

Medical Degree Programs

- MBBS
- BDS
- BHMS
- BAMS
- BPT

Paramedical & Allied Health Science Courses

- B.Sc. Radiotherapy
- Optometry
- Neuro Electrophysiology
- Accident & Emergency Care
- Dialysis Technology
- Critical Care Technology

- Cardiac Care Technology
- Respiratory Therapy
- Occupational Therapy
- Speech Therapy
- Nursing
- Hospital Administration & Management

And other recognised healthcare and allied medical programs.

Students from **all years of study** pursuing the above courses are encouraged to apply.

Application Process

The **GSB Scholarship League Student Application Form** for the upcoming academic year will be available from **1st August**.

Students facing financial constraints and seeking scholarship assistance may request an application form by emailing: info@gbsbscholarshipleague.org.

Applicants are requested to carefully follow the instructions and guidelines provided by the League while submitting their applications.

Investing in Future Healthcare Professionals

Through this generous endowment, the GSB Scholarship League reaffirms its commitment to empowering talented and deserving students who aspire to serve society through the medical and healthcare professions.

Shri Mangueshi Temple Honoured at India Today Tourism Awards 2026



The historic Shri Mangueshi Temple in Goa was recently awarded the Editor's Choice Award in the Spiritual Destination Category at the India Today Tourism Survey & Awards 2026. This national honour recognises the ancient temple's historical significance, cultural heritage, and timeless spirituality. The award was accepted by dignitaries at a Goa Tourism event.

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

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



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**The benefits are provided after a strict diligence process,
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Contact Sabha Office: 022 2408 1499 / 022 3172 6426 / 98330 84957

GSS Samaj Hosts 52nd Annual Satyanarayana Mahapuja and Haldi-Kumkum



The Gowda Saraswat Sevak Samaj, Mumbai (GSS) organised its 52nd Annual Satyanarayana Mahapuja and Haldi-Kumkum for Suhasinis on Sunday, 26th April 2026, at Balaji Mandir, GSB Sabha KCG, Kurla (West).

The programme commenced with the Sarvalankara Seva to Lord Balaji, which was the highlight of the day's celebrations. More than 100 Samaj Bandhavas participated in the event. Following an elaborate breakfast, devotees assembled in the first-floor hall for the Satyanarayana Mahapuja. The GSS Bhajana Mandali rendered melodious bhajans. To provide relief from the summer heat, refreshing aamras (mango juice) was served during the programme.

The Satyanarayana Mahapuja concluded with the Maha Aarti to Lord Satyanarayana, followed by the distribution of Mahaprasad to all the devotees.

After a sumptuous lunch, the Haldi-Kumkum ceremony was conducted by the lady members of the Samaj. Elegantly dressed Suhasinis participated with great enthusiasm, receiving haldi-kumkum and collecting their vrontis, adding colour and warmth to the celebrations. The programme concluded with high tea and snacks.

GSB Startup Angels Summit Inspires a New Generation of Entrepreneurs

The GSB Startup Angels – Startup and Entrepreneurs Summit, held on Sunday, 14th June 2026, at wrkwrk Triangle, Mangaluru, marked a significant milestone in fostering entrepreneurship within the GSB community. Bringing together aspiring entrepreneurs, seasoned business leaders, mentors, and investors, the summit reflected a shared commitment to nurturing innovation through collaboration, mentorship, and community support.

The programme commenced with a soulful prayer followed by the traditional lighting of the lamp. Smt. Poornima Nayak delivered the welcome address on behalf of Shri Rohith Bhat, acknowledging his longstanding contributions to the coastal region through visionary leadership and community-driven initiatives.

The day's sessions featured an impressive line-up of speakers who shared valuable insights drawn from their entrepreneurial journeys. Shri Ullas Kamath, Founder, UK & Co, set the tone with a thought-provoking address on the importance of entrepreneurship and community-led growth. Joining virtually, Shri Pranav Pai inspired participants with his perspectives on innovation and building for the future. Shri Pradeep Pai, Managing Director, Hangyo Ice Creams, offered candid reflections from his own professional journey, while Shri Ankush Nayak of Experts Learning delivered an informative session packed with practical guidance for aspiring entrepreneurs.



A highlight of the summit was the presentation by Shri R.S. Shanbhag, who explained the vision and roadmap of GSB Startup Angels through the 5W1H framework (the Why, What, When, Who, Where and How), clearly outlining the movement's purpose, vision and plan of action.

Adding authenticity to the discussions, two shortlisted startup founders shared their experiences of engaging with GSB Startup Angels, providing participants with first-hand insights into the opportunities and encouragement offered by the initiative. Shri G.G. Shenoy delivered a heartfelt address on the importance of mentoring and

building meaningful professional networks, leaving a lasting impression on the audience.

The programme concluded with a vote of thanks by Shri Vinayak Kamath, who expressed sincere appreciation to the speakers, organisers, volunteers, and participants for contributing to the success of the summit.

The enthusiastic participation of 136 attendees on a Sunday morning underscored the strong interest within the community for a structured entrepreneurial ecosystem. More than an event, the summit represented the beginning of a larger movement that seeks to empower GSB entrepreneurs through knowledge sharing, mentorship, networking, confidence building, and collective goodwill.

A Life Well Lived

In Loving Memory of Shri N. Trivikram Prabhu (1932-2026)



Shri N. Trivikram Prabhu was born on 26th January 1932 in Kannur, Keralam, into a family distinguished by enterprise, education, and community service. His father, Shri S. Narasimha Prabhu, was an advocate and law graduate from Madras, while his grandfather, Shri Sheshu Prabhu, was a successful rice merchant who imported rice from Rangoon, Burma.

On his maternal side, he belonged to the esteemed Kulai Kini family. His uncles included Kulai Narayan Kini, commissioned by the Maharaja of Mysore to study and formulate a programme of vocational education; Dr. Kulai Raghavendra Kini, one of the earliest MBBS graduates from the Goud Saraswat Brahmin community; and Shri Kulai Padmanabh Kini, the renowned physical education teacher of Canara College.

After completing his schooling in Kannur, he pursued higher education at the prestigious St. Aloysius College, Mangalore, graduating with distinction.

In 1955, he arrived in Mumbai on what was intended to be a brief errand. The city soon became his Karmabhoomi. Through unwavering integrity, hard work, and dedication, he built a distinguished professional career and eventually retired as the Head of the Accounts Department of a reputed multinational construction company.

In 1960, he married Kum. Kesari of the Basrur Bhandarkar family. Their marriage was founded on mutual respect, shared values, and unwavering devotion to family. Her passing in 2005 was a profound personal loss, which he bore with remarkable courage, dignity, and quiet strength.

A deeply spiritual soul, Shri Trivikram Prabhu was an ardent devotee of Kannur Mahamaya Temple. Bhajans occupied a special place in his life, and listening to devotional recordings from the Kannur and other Mandalis in Mumbai formed an integral part of his daily routine. His steadfast faith was a constant source of inspiration, solace, and inner strength.

Above all, he was a devoted family man. He was the binding force that united generations, nurturing relationships with affection, wisdom, patience, and unconditional love. He also ensured that his extended family-including nephews and nieces-maintained a close and enduring connection with the Kannur Mahamaya Temple.

The values of humility, generosity, and Atithi Devo Bhava-wholeheartedly shared and supported by Smt. Kesari-were not merely ideals he admired but principles he practised every day. Their home was always open to family, friends, and visitors, who were welcomed with warmth, kindness, and gracious hospitality.

He is survived by his son, Shri Laxmikant Prabhu, an engineering and HR professional, and his daughter, Smt. Bina Shenoy, a doctoral researcher in Hindu Studies at Mumbai University. Both continue their parents' legacy of service through active involvement in community welfare and as office bearers of the GSB Sabha, Mumbai.

Shri N. Trivikram Prabhu's life was a shining testament to integrity, devotion, humility, and selfless service. He leaves behind not only cherished memories but also an enduring legacy of compassion, faith, and exemplary values that will continue to inspire generations to come.

We pray for Sadgati and Moksha for his noble soul and pray that his memory will forever remain a source of inspiration and blessing to all whose lives he touched.

With Love and Gratitude,
Laxmikant Prabhu & Bina Shenoy

For publishing paid obituary tributes in this section, please email - gsvog@gmail.com



A Lifetime of Excellence

After 37 years of dedicated service to India’s nuclear power programme, **Shri Miyar Raviprasad Kamath** retired from NPCIL as Project Director (LWR-New Projects) and Outstanding Scientist. His distinguished career, marked by exceptional leadership and invaluable contributions to India’s major nuclear power projects, stands as a testament to his commitment to the nation’s progress and energy security. Heartiest congratulations on an extraordinary career and best wishes for a happy, healthy, and fulfilling retirement.

Young Artist explores Human-Wildlife Bond

Fourteen-year-old **Sniggdha P. Naik**, a Class X student, has nurtured a passion for painting since her preschool days and began formal art classes at the age of six. She recently showcased her artistic talent at an art exhibition held at the Lalit Kala Akademi, Chennai, organised by ArtPool in association with the Ajanta School of Art.

Her artwork explored the theme of the unspoken connection between humans and wildlife, reflecting harmony and coexistence. Sniggdha shared that the most challenging aspect of her work was capturing the intricate textures of animal fur and the fine details, including subtle colour variations and highlights, which brought her subject to life.



Young Author Makes Literary Debut with Wildlife Travel Experiences

At just eight years of age, **Saanvi Santharam Shenoy** has achieved a remarkable milestone by publishing her first book, *Behind the Bushes or Bars*.

Based in Coimbatore, Saanvi lives with her parents, Smt. Anvitha and Shri Santharam Shenoy, and is a passionate wildlife enthusiast with a deep love for exploring animals in their natural habitats. Her fascination with the natural world has inspired her debut book, which is a collection of real-life experiences from her wildlife travels.

An avid reader, confident young orator, and creative storyteller, Saanvi brings her observations to life with warmth and emotion, inviting readers to experience the thrill and wonder of the wilderness through her eyes. Her writing reflects a rare sensitivity and curiosity for someone so young, making the book both engaging and inspiring.

Beyond writing, Saanvi enjoys painting and expressing her thoughts through creative pursuits. She draws inspiration from nature, everyday life, and the people around her, blending imagination with keen observation.



Report on Gig Economy

GSB Sabha’s patron and well-wisher **Shri K Ullas Kamath**, Founder, UK & Co., submitted a report on Gig Economy to the Hon’ble Vice-President of India at Dharmasthala, Karnataka.

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