



# VOICE OF GSB

THE QUARTERLY NEWSLETTER OF G.S.B. SABHA, MUMBAI

April -June 2017

Volume XI, Issue 1 Price R 3/-\*



**Deeksha Mahotsav of His Holiness Shrimad Vidyadheesh  
Tirth Shripad Vader Swamiji.**

GSB SABHA: 101, Shreenidhi, 76, Bhau Daji Road, Opp. Bank of Baroda, Matunga (C.Rly), Mumbai - 400019. 022-24081499. E-mail : gsbsabha@gmail.com

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## Message From the Managing Committee

To Our Dear Member friends :

As we enter a brand new financial year, 2017-2018, it is time to look back at some of the important aspects, for the Sabha, of the year that was...

The Managing Committee decided in April, 2016, to attempt NEFT transfers of our assistance amounts to beneficiaries of our various charitable initiatives. This would benefit the beneficiary with faster availability of money and also save their time and expense in making a trip to Sabha office only to collect the assistance cheque. We are happy to report that we have done **100 % NEFT** transfers in F Y 2016-2017 of approx. Rs. 13.02 lacs under our Vidyanidhi/ Medical Aid/ Destitute Senior Citizen Welfare/ GSB Senior Citizen Medical Welfare Funds.

In a celebration of Ashad-Ekadashi, the Sabha organized, for the first time, a musical concert called "**Bhakt Natya Tarang**" on 16th July, 2016, in which a confluence of bhajans/abhangs and natya-geet was presented by experienced masteros and budding talents of our community. It was an all GSB stage of performing and accompanying artistes and the audience spontaneously suggested that Sabha should conduct such a program every year.

The relaxation of our educational awards eligibility criteria from being restricted earlier to children of our members only to children of members of sister GSB organizations also and the use of social media to spread the message saw a **record 100 merit students** being felicitated at the 82nd Foundation Day celebrations of the Sabha held on 20th August, 2016.

In March, 2017, the Sabha stepped out of Mumbai for the first time and organized, for the benefit of our members, a "**Ashtavinayaka Yatra**" on March 10-11-12, a report of which is carried in this issue of Voice of GSB. It is befitting that our initiatives outside Mumbai have begun with the blessings of Ganapati-bappa.

Our dedicated and vibrant Mahila Shakha entered into its **Diamond Jubilee year** in 2016-2017. They have been befittingly celebrating the same in several unique ways; starting with a Durga Namaskar pooja during Shraavan Haldi Kumkum; three interesting workshops conducted so far on use of technology, financial matters and parenting for young mothers and a **grand Diamond Jubilee Celebration** was held on 26th February, 2017, again reported in this VoG. These celebrations had a few note-worthy features :a) **felicitations of women of substance** b) an all woman music ensemble "**Swara Vanita**" and c) a program conducted on a grand scale **presented jointly** by the Managing and Mahila Shakha Committees.

Your very own newsletter, **Voice of GSB**, also changed in the last year. In order to truly become the voice of the community, we added "**News from Other GSB Organizations**". We have added regular features such as "**GSB Talents**", "**GSB Legends**" and generally made the newsletter more content rich.

Sabha made its presence on facebook last year. Do visit our Facebook page, [www.facebook.com/gsbsabha.org](http://www.facebook.com/gsbsabha.org).

We will be regularly posting details about our activities on Facebook.

Whereas the above represents the highs of the year, the aspect which causes concern is our inability to attract youth to our programs. The Sabha had to cancel a two day youth workshop, to be conducted in collaboration with Chinmaya Mission, due to low response. This is a matter to ponder about and suggestions from members in this regard are welcome.

We approach the coming year with a spring in our steps and plans to be implemented. We present to our members some of the important things which the Managing Committee plans for 2017-2018 :

- ▲ Launch of a new web-site with facilities of on-line donations and memberships.
- ▲ Renovation of our Kreedha Mandir and addition of sports facilities
- ▲ Carrying the vision of ONE GSB forward wherein all GSB organizations will work in synergy to enhance Community well being. This is the vision we are most passionate about. and members will be updated, through VoG, of the steps taken by us to achieve the objective.

We do look forward to your feedback and suggestions for your very own newsletter, Voice of GSB. Please e-mail them to us at [gsbsabha@gmail.com](mailto:gsbsabha@gmail.com).

Thank you. Happy Reading !!!!!

*Managing Committee of G.S.B. Sabha*

*We are grateful to a well-wisher for financially supporting this issue*

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## REPORT ON M R PAI MEMORIAL CARROM TOURNAMENT FOR PHYSICALLY CHALLENGED

The G.S.B. Sabha, Mumbai, held its annual M. R Pai Memorial Carrom Tournament for the Physically Challenged on Thursday, 26th January, 2017. As in the earlier years, the tournament was sponsored by Bank of Baroda and was held under the auspices of the Mumbai District Carrom Association at the I. M. Pai Hall of GSBS Sports Club.

The tournament was inaugurated by Shri Sunil Srivastava, Dy Gen Manager, Regional Head – Mumbai Metro Central Region, Bank of Baroda. About 200 participants from various institutions for the welfare of the physically & mentally challenged participated in the tournament.

There were 5 Categories viz. Orthopedically Challenged, Wheel Chair, Mentally Challenged & Junior, Hearing Impaired and Women. 3 prizes were given in each category at a prize distribution function held in the evening for which the Chief Guest was Shri Prashant More, Current World Carrom Champion.

Lunch and refreshments were provided to all the participants for the day-long event which was thoroughly enjoyed by all.



Inauguration Chief Guest Shri Sunil Srivastava



Prize distribution by world carrom champion, Prashant More

## GSB SABHA ORGANISES THE 7<sup>TH</sup> V R MEMORIAL INTER GSB CRICKET TOURNAMENT

The 7<sup>th</sup> Edition of V R Memorial Inter GSB Cricket tournament was held on the 25th of December 2016 at the Kreed Mandir Grounds.

A total of 12 teams participated in the tournament with a total of eleven matches being played. The names of the teams were GSB Sabha Mumbai, GSB Seva, Mandal Sion, GSB Sabha, Andheri, GSB Sabha, Dombivili, GSB Sabha, Vasai, GSB Sabha Virar, GSB Sabha, Vashi, GSB Sabha, Kalyan, GSB Sabha, Mira Road, GSB Sabha, Mulund, GSB Sabha, Kurla and GSB Sabha, Khar Danda.

The limited over matches were played by hard tennis balls.

The event was inaugurated by former player of the Indian cricket team and the current batting coach of IPL Delhi Daredevil's team. Mr. Pravin Amre. Mr. Pravin Amre is also known as the Doctor for ailing batsmen. In his inaugural speech, he lauded the efforts of GSB Sabha in conducting such a tournament. He spoke about his debut match in South Africa where he had to face the likes of pace bowler Allan Donald and Fanie de Villers. He advised the youth to achieve their dreams through hard work, as there is no substitute for hard work. He also told them to give importance to academics.

The matches were played with great enthusiasm with around 150 -200 people to witness the same.

The final match lived up to the expectation and had a nail biting finish. It was played between GSB Sabha, Virar and GSB Seva Mandal. GSB Sabha, Virar chased a target of 36 in the final over and won the finals.

The trophies and medals were sponsored by Shri Sunil Shenoy, USA, Son of late Shri V.R. Shenoy.



Pravin Amre speaking during inauguration



Winners : G.S.B. Sabha, Virar



Runner-up : G.S.B. Seva Mandal

## IN MEMORIAM



**Kasaragod Venkatesh Bhat**  
**1917 – 4.9.1968**

My father, though born in a priestly family, was broadminded with a contemporary modern outlook. He was very much interested in the arts – be it dance, music, drama or literature. When he was a bachelor working with Canara Bank in Mangalore in the late 1930s, he learned dancing under the guidance of Shivram Karanth, the famous Yakshagana artist, writer, film maker and thinker. My father encouraged me to learn Bharatanatyam dance and classical music. As a freelance journalist he wrote for Kannada newspapers in Mangalore.

He came to Bombay in 1942 and joined a British private limited company which had its office at Stadium House in Churchgate. In 1957 when the Australians played against India at the Brabourne Stadium, he took us to watch part of the cricket match from the terrace of the building. He also had an excellent command over the English language and was much sought after by many for drafting letters. Even though an undergraduate, he helped us with our school lessons.

His life was a struggle to make both ends meet, ensure his three children good education and at the same time support his aged parents, siblings and our family temple in Kumble. He did not shirk from his responsibility towards his wife and children – there were regular vacations, shopping, eating out and grand feasts during festivals.

My father was well known for his hospitality – it was a house for locals as well as out of town relatives and friends. Generous, kind-hearted, loving and always concerned about the care and welfare of others, both my parents encouraged many of their relatives from South Kanara and Kerala to migrate to Bombay. Their house was always open to all and sundry who considered it an entry point to Bombay in their search for greener pastures. My father supported them with shelter and sustenance at their small home in a Kalina chawl and later at their modest apartment in Ville Parle East disregarding their own comfort and privacy and got them jobs in Bombay. These relatives are now well settled in India and overseas and are ever grateful to my parents.

He was a great foodie and kept my mother on her toes preparing traditional dishes.

My father had a keen sense of humour and kept all Amchigelas regaled with jokes, ditties and funny poems in Konkani and Kannada. Whenever our relatives from native place visited Bombay, they would ask him for a repeat performance.

I am proud of my father – a virtuous man with virtues and principles of honesty, simplicity and above all generous. We, as siblings, have inherited all the good values he stood for and his genial and jovial attitude towards all.

A big salute to a thorough gentleman.

May his noble soul rest in eternal peace.

Written by Pushpa Kini with contributions from Niranjana Bhat and Usha Nayak

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**REPORT OF THE 77th ANNUAL GENERAL MEETING OF GSB SABHA,  
MUMBAI HELD ON 5th MARCH, 2017**

The G. S. B. Sabha, Mumbai, held its 77th Annual General Meeting on Sunday, 5th March, 2017, at the I. M. Pai Hall of its Sujir Gopal Nayak Memorial Kreedha Mandir, Kings Circle.

The President, Shri Uday Malya, welcomed the members and gave a brief report of the activities being conducted by the Sabha. Mahila Shakha President, Smt. Durga Shenoy, detailed out the activities of the Mahila Shakha Committee.

Along with other items of the agenda, the 81st Annual Report of the Sabha and Accounts for the financial year 2015-2016, audited by Sabha's Hon. Auditor, Shri Shrikant Prabhu, were adopted.

**The following members constitute the Managing Committee for the forthcoming year :**

|     |                       |                    |     |                             |
|-----|-----------------------|--------------------|-----|-----------------------------|
| 1.  | Shri Uday V. Malya    | President          | 11. | Shri Subhaschandra R. Rao   |
| 2.  | Smt. Shanteri Nayak   | Vice President     | 12. | Shri Anil J Acharya         |
| 3.  | Shri Laxmikant Prabhu | Vice President     | 13. | Shri K R Bhakta             |
| 4.  | Shri S D Shenoy       | Vice President     | 14. | Smt. Tanushree Rao-Shenoy   |
| 5.  | Shri Bharat Kini      | Jt. Hon. Secretary | 15. | Shri Amit R. Shanbaug       |
| 6.  | Smt. Amita A. Kini    | Jt. Hon. Secretary | 16. | Shri Dinesh M. Bhandarkar   |
| 7.  | Smt. Bina Shenoy      | Jt. Hon. Secretary | 17. | Smt. Shilpa (Chitra) Kamath |
| 8.  | Smt. Mohini Hegde     | Jt. Hon. Treasurer | 18. | Smt. Bharati Bhandarkar     |
| 9.  | Smt. Jyoti Mallya     | Jt. Hon. Treasurer | 19. | Shri Damodar Mallya         |
| 10. | Shri S C Pai          | Jt. Hon. Treasurer | 20. | Shri Raghuram Kamath        |



  
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We thank all our Members & GSB Sabha Dahisar-Borivli for their rousing Support  
Get to know our History, Culture, Famous people, Events, Young Achievers et al.

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| <b>Our Mission 3 C's to acts as</b>       | <b>Our Future Vision</b>  |
|---|---|
| Connect to our roots                      | <b>Saffron Pages</b> – Put your Business Info here                                      |
| Common Platform for all GSB Institutions. | <b>Matrimonial Page</b> – A place for Marriage Alliances                                |
| Single source of Community information    | <b>Job Portal</b> – Post Resumes & Career Opportunities                                 |
|   | <b>Online Seva Booking</b> for poojas, sevas, donations etc across Sabhas / Institution |

Want to advertise, Have a Community Event, Communicate Your Art, Achievements, A story, Recipe, etc. write to [admin@simplygsb.com](mailto:admin@simplygsb.com) or contact:

**Subhash D.Kamath (9322401863) / Nagraj D. Nayak (9892343448)**

[www.SimplyGSB.com](http://www.SimplyGSB.com)

**IN MEMORIAM  
ON YOUR THIRD DEATH ANNIVERSARY**



**VASANTHI VENKATESH BHAT ( 17.12.1927 – 20.5.2014 )**

WITH FOND & EVERLASTING MEMORIES OF OUR LOVING AND KINDHEARTED MOTHER

IT'S THREE YEARS SINCE YOU HAVE GONE AWAY

BUT WE FEEL YOUR PRESENCE EVERYDAY

CAN NEVER FORGET THAT LOVELY SMILE

AND YOUR LOVING AND TENDER CARE

WE MISS YOU AND THINK OF YOU ALWAYS.

YOU WILL LIVE IN OUR HEARTS FOREVER.

CHILDREN: NIRANJAN, PUSHPA AND USHA

SONS-IN-LAW: SURENDRA & SURESH

DAUGHTER-IN-LAW: NAMRATA

GRAND CHILDREN: MAHESH, ASHWIN, SATYA & VINEET

GRAND DAUGHTER-IN-LAW: SAYALI

GREAT GRANDSON: TAKSHEEL

GREAT GRANDDAUGHTER: AADHYA

E-MAIL: [nvbhat@iitbombay.org](mailto:nvbhat@iitbombay.org)

## REPORTS ON G.S.B. SABHA'S MAHILA SHAKHA PROGRAMMES HELD IN THE RECENT PAST

**Jan. 4<sup>th</sup> 2017** Mahila Shakha Bhajan group rendered bhajans on Prathama Punyathithi Aaradhana and Vrindavana Prathishta of H.H. Shrimad Sudhindra Thirth Swamiji observed at Haridwar from 30th December 2016 to 6th January 2017.

**Jan. 16<sup>th</sup> 2017** Mahila Shakha held their Sankranti Haldi kumkum, sponsored by Smt. Sharada Manoranjan Pai at the I.M.Pai Hall of Kreedha Mandir. An elocution competition was held on the subject **“Significance of rituals in modern times”**. The judges were Smt. Archana Pai and Smt. Soumya Nayak. I, II, & III rd prizes were given to the participants of the competition.



*MS President, Smt. Durga Shenoy, felicitating program sponsor, Smt. Sharada M. Pai*

**Feb. 19<sup>th</sup> 2017** In continuation of the series of workshops conducted by the Mahila Shakha to celebrate its Diamond Jubilee Year, 2016-2017, “Matruchhaya”, a workshop on parenting, exclusively for young mothers of children aged upto 10 years was conducted at K.M.Kamath Hall, Sabha Office by Br. Yukta Chaitanya, Acharya, Chinmaya Mission. The attendees were explained that parenting is a big responsibility, a big project in hand because the parent is giving a product for the community, society or country at large. Easy and useful tips were given on becoming a successful parent. The mothers who attended said they felt lucky to have attended this workshop and the tips will definitely help them in bringing up their children as good citizens of the future. The attendees showed their interest in attending more such workshops.



*Br. Yukt Chaitanya conducting the Matruchhaya Workshop*

**Feb. 26<sup>th</sup> 2017** Diamond Jubilee Celebrations were held. Report and photos given on Page No.7

### G.S.B. SABHA'S MAHILA SHAKHA FUTURE PROGRAMME

| Date                  | Programme  | Time    | Venue                             |
|-----------------------|--|---------|-----------------------------------|
| SATURDAY<br>29/4/2017 | 67th get-together of eligible Boys & Girls with their parents<br>Sponsored by Smt. Vinita and Shri Vijay Shanbhag<br>Release of Supplementary List of eligible boys for marriage<br>All are invited for the programme. | 3.30 PM | I. M. Pai Hall,<br>Kreedha Mandir |

Bhajan and Bhagvad Gita Chanting classes are held at the Sabha office on every Tuesday. Please contact Sabha office for details

Marriage Information meetings are held at Sabha's office on 2nd and 4th Saturday of every month between 4:00 pm and 6:00 pm.

Mahila Shakha gives marriage assistance to the needy. We need your assistance to help them better Donations are gratefully accepted

**Smt Durga C. Shenoy**  
President  
Tel: 2789 9113

**Smt.Bina Shenoy & Smt.Amita Kini**  
Jt. Hon Secretaries  
Tel: 98205 07690 / 98700 62476



## GSB SABHA'S MAHILA SHAKHA'S GRAND DIAMOND JUBILEE CELEBRATION- A REPORT

G.S.B. Sabha Mumbai's Mahila Shakha celebrated its Diamond Jubilee on 26th February 2017 at B. N. Vaidya Sabhagriha, Dadar, Mumbai. The Chief Guest on the occasion was Smt. Uma Suresh Prabhu. The function witnessed the felicitation of **Women of Substance** for their contribution in their respective field of expertise: Ms. Anupama Shenoy former Dy. Sup. of Police, Karnataka, Smt. Veena Adige, Author and Journalist, Smt. Gita Ranga Pai, Social Worker, Dr. (Smt) Pragna Pai, Health Care and Smt. Bhavana Prabhu, Spiritual Guide.

GSB Sabha also felicitated Shri Sudhir Nayak a noted Harmonium player of International repute with **"GSB Talent Recognition Award"** at the hands of Music Maestro, Padmashri Pandit Tulsidasji Borkar, of whom Shri Sudhir Nayak is a disciple. The founder sponsor of this award is Shri K. M. Kamath.

GSB Sabha also felicitated Dr. (Smt.) Shobha Kamath, Chief Executive, ROOTS EHS Advisory – Vadodara, with **"Vatsala Shenoy Memorial GSB Woman Entrepreneur Award"** for her Entrepreneurship and recognize her contribution and dedication. The founder sponsor of this award are Smt. Sadhana and Shri Sunil Shenoy, USA.

All the ex-Presidents of Mahila Shakha were also felicitated.

A Medley of folk dances of India was performed by Sandhya Kamath's Nupur Dance Academy. A humorous adaption of the play **"Bhashe Gondolu"** was enacted by V Sisters – Vashi. An all Women Ensemble **"Swara Vanita"** was presented by Anjali Shanbhogue on Saxophone, Shruthi Kamath on Sitar, Srilatha Prabhu on Tabla and Brahmi Shenoy on the Violin, this programme was compered by Bharati Nayak. A Programme Souvenir was released at the hands of the Chief Guest.

The lead sponsor of the Diamond Jubilee program were Smt. Sadhana and Shri Sunil Shenoy, USA. The program was also financially supported by other sponsors, advertisers and donors.



Sandhya Kamath's 'Nupur' Dance Academy presented Folk Dances of India



V Sisters presented a humorous skit "Bhashe Gondolu"



Souvenir released by the Chief Guest.



Chief Guest, Smt. Uma Suresh Prabhu, addressing the audience



Shri Sudhir Nayak being honoured with 'GSB Talent Recognition Award' by his Guruji, Music Mastero Padmashri Pandit Tulsidasji Borkar



Smt Shobha Kamath being honoured with Smt Vatsala Shenoy Memorial GSB Woman Entrepreneur Award.



Past President Smt Prema Kuloor felicitated by the Mahila Shakha President Smt. Durga Shenoy and Sabha President Shri Uday Malya



An all Woman Ensemble "Swara Vanita" enthralling the audience.

### Message from Chief Guest, Smt. Uma Suresh Prabhu

I must thank you and the Mahila Shakha team for inviting me for the diamond jubilee celebration of the Mahila Shakha. It was indeed a great honour to be present at the event and partake in the joy of the landmark celebrations.

I thoroughly enjoyed my interaction with the office bearers of the shakha. Felicitating women of substance for their glorious achievements was the highlight of the function.

60 years is a significant milestone in the life of an institute. It definitely calls for celebrations for the past achievements and laurels. It is also an opportunity to have a closer look at the institute's programs and performance; to benchmark that with the best practices in other similar institutions, incorporate those into its own functioning and take a leap forward!

I have no doubt that the the Shakha will scale greater heights in years to come and make an even greater contribution to the cause it is championing, to the community and to the nation.

All the best!

## GSB SABHA'S SENIOR CITIZENS PICNIC, 2017

The senior citizens picnic, with accompanying non-senior citizens, for 2017 was on Sunday, 22nd January, 2017, to Yusuf Meherally Centre, Karnala. This Centre is promoting rural development, Adivasi Seva, Health care, Education, Rural Employment, Organic Farming, Relief and Rehabilitation of poor and deserving etc.

Three buses, with about 120 participants, mostly senior citizens with accompanying non senior citizens, left from Mumbai early morning for the picnic. We were joined at the venue by 25 senior residents from the nearby Shantikunj Sevashram old age home.

After breakfast, the volunteers of Yusuf Meherally Centre explained us the concept and vision of the Centre and the activities that were carried out therein. They took the participants on a conducted tour of the centre. People appreciated the rustic environment and a chance to spend their day in surroundings so different from the city.

The fun activities included an Introduction Game, Musical Chairs and a Spiritual Quiz. The highlight was a Mr. GSB Idol and Ms. GSB Idol contest open only to senior citizens.

It was indeed a delight to watch the Senior citizens let their hair down and participate with zest and vigour.

Post tea and hot snacks we returned to Mumbai, rejuvenated and with wonderful memories. On the way back, we visited the beautiful Balaji Temple at Nerul.

We are extremely grateful to Smt Roopa and Vishnu Prabhu for sponsoring the buses and to Shri V. S, Bhat for conducting the Spiritual Quiz.

The Annual Senior Citizens Picnic is a much looked forward to activity of the Sabha and we feel privileged that we can offer a day of fun to our senior citizens.





**Smt. Mukta and Shri Srinivas Padmanabh Kamath**

## **GREETINGS ON COMPLETION OF**

### ***60 Years of Wedding (Diamond Jubilee)***

**SHRI SRINIVAS PADMANABH KAMATH (30 Aug 1933)**

**FOUNDER MEMBER ,G.S.B. SEVA MANDAL (1951)**

**& TOGETHERNESS WITH  
SMT. MUKTA SRINIVAS KAMATH**

**WE PRAY TO GOD TO GIVE THEM  
MANY MORE YEARS OF LOVE AND HAPPINESS,  
TO CHERISH THE FOND MEMORIES  
OF THE YEARS SPENT IN TOGETHERNESS.**

**From :**

**SONS: GURUDATH KAMATH,  
DAUGHTER IN LAW : GAYATRI (SANDHYA)  
SRISHTI (GRAND DAUGHTER)**

**VINAYAK KAMATH,  
SMITA (VAISHNAVI)  
VARUN (GRAND SON)**

**MOB: 9820925175**

## SABHA STEPS OUT OF MUMBAI FOR THE FIRST TIME ASHTAVINAYAK YATRA – A MEMORABLE EXPERIENCE

by S D Shenoy

In a first of its kind, the GSB Sabha Mumbai had organised a three- day eight Ganesha temple tour or the Ashtavinayak yatra in conjunction with Amrita travels. A total of 35 people had registered for the trip. The youngest member in the trip was 11 years old while the oldest member was 77 years.

The following temples were covered in this trip –

### DAY 1 :

**Varadvinayaka:** This temple was built by Peshwa Sardar Ramji Mahadev Biwalkar in 1725 AD at Mahad, near Khopoli at Raigad district. The idol of this temple Varada Vinayak is a swayambu (self-originated) and was found in the adjoining lake in 1690 AD. The idol of the lord is in sitting position facing east. The dome of the temple is 25 feet high with golden pinnacle. A samoohik aarti was performed. In fact Samoohik Aartis were performed at all the eight Ashtavinayaka Temples.

**Ballaleshwar:** The next temple in the journey was the Ballaleshwar temple at Pali in the Raigad district. On the way, there is another temple- Dhundi Vinayak. It is suggested that you take the blessings here first before you go take darshan of Shree Ballaleshwar. At Ballaleshwar, the idol is sitting on a stone throne, faces east, against the backdrop of Silver which displays Riddhi and Siddhi. The idol's eyes and navel are diamond studded.

**Mahaganapati:** Peshwa Madhavrao had constructed the Garbhagriha, the sanctum to house this swayambhoo statue. Shiva is believed to have worshipped Ganesha before fighting the demon Tripurasura here. According to legends, the temple was built by Shiva where he worshipped Ganesha, and the town he set up was called Manipur which is now known as Ranjangaon. The Idol is in a crossed legged sitting position with broad forehead and the trunk turned towards the left.

### DAY 2 :

**Chintamani:** The temple situated at Theur in Pune district faces north. The temple hall is made of wood and there is a small fountain in it. The courtyard of the temple is quite big and paved. The eyes of the Lord are diamond studded. The Chintamani Temple was also a spiritual place for the Peshwa rulers, especially Madhavrao I (1745–1772) who renovated and made additions to the temple structure.

**Siddhivinayak:** This temple at Siddhatek, is on top of a hillock facing north. Sanctum of the temple was built by Maharani Ahilyabai Holkar, the queen of Malwa in the late 18th century. The idol encompassed in a brass frame is facing north with its trunk turned right. Among all the Astavinayaka idols, only this idol has its trunk turned right. The temple also has a Nagarkhana.

**Mayureshwar:** The main temple faces north and resembles a small fortress. The temple complex comprises of a dome surrounded by a high enclosure decked with four pillars. A huge Nandi bull sculpture is positioned facing the Lord, at the temple gates. This is considered unusual as a Nandi is normally positioned in front of the sanctorum in Shiva temples. Diamonds are embedded in its eyes and navel. There is a Nagaraj Hood on the lord's crown. The trip then moved to the Khandoba Temple at Jejuri for a quick stopover.

### DAY 3 :

**Vighneshwar Vinayak:** This temple is situated on the banks of river Kukadi. Vighneshwara temple is the only temple, among all Ashtavinayaka Temples, with golden dome and pinnacle. Vighneshwara idol faces east and its trunk turned towards the left. The idol has two emerald studded eyes and diamond on his forehead and the navel. Chimaji Appa, brother and military commander of the Peshwa Baji Rao I, renovated the temple and covered the Shikhara (temple spire) with gold after seizing the Vasai Fort from the Portuguese.

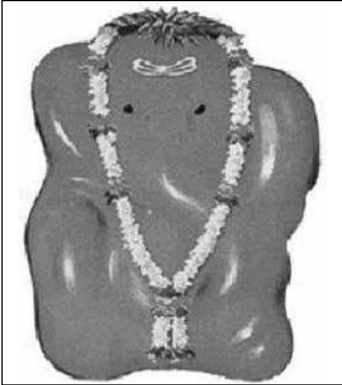
**Girijatmaj:** This temple is located at Lenyadri on the North-west bank of river Kukadi. It is the only place, among all Ashtavinayaka places, that is situated on a mountain and in the vicinity of Buddhist caves. There are over 300 steps leading to the temple. This idol is a little different from the rest of the Ashtavinayak idols as it appears to be not very well designed or carved like the other idols. The temple is constructed such that during the day it is always lit up by the sun-rays. The temple is carved out of a single stone hill, which has 307 steps. The temple features a wide hall with no supporting pillars. The temple hall is 53 feet long, 51 feet wide and 7 feet in height.

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One question that you may have is “Was it hectic?” Please appreciate that we covered over 1000 Kilometres in three days and the days started early and ended late. Yet I am sure everybody enjoyed and there are no complaints.

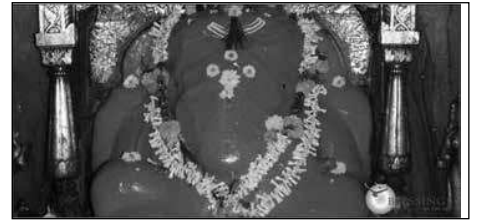
All in all it is a thumbs-up for the yatra and we have no hesitation in recommending it to others in future. It was truly value for the money.



*Shree Varadvinayaka*



*Shree Ballaleshwar*



*Shree Mahaganpati*



*Shree Chintamani*



*Shree Siddhivinayaka*



*Shree Mayureshwar*



*Shree Vigneshwar Vinayak*



*Shree Girijatmaj*



*G.S.B. Sabha Ashtavinayak Yatra Group*

## SUKRTINDRA ORIENTAL RESEARCH INSTITUTE

by -Dr.V.Nithyanantha Bhat  
Hon. Director

This Centre of Learning was established in 1971 by H. H. Shrimad Sudhindra Tirtha Swamiji, 20th Mathadhipati of Shri Kashi Math samsthan, Varanasi, who attained Mahasamadhi at Haridwar on 16<sup>th</sup> January, 2016. The activities of the Institute cover a vast area in the field of Indology and all other oriental branches of study and learning. Founded in the revered memory of H. H. Shrimad Sukrtindra Tirtha Swamiji, the 19th Mathadhipati of Shri Kashi Math Samsthan, this Institute is an invaluable gift to Kerala State on behalf of the Gowda Saraswat Brahmin community. H. H. Shrimad Samyamindra Tirtha Swamiji, the present Mathadhipati of Shri Kashi Math Samsthan, is now the Chief Patron of the Institute.



The University of Kerala and Mahatma Gandhi University have recognised the Institute as a Research Centre for Sanskrit. The Institute has a vast Reference Library occupying all of its first floor as well as a unique Manuscript (Palm-leaf) Repository.

Deeply interested in the promotion of the life of the community in various directions, H. H. Shrimad Sudhindra Tirtha Swamiji had inspired the disciples to start several institutions. Sukrtindra Oriental Research Institute is one of the most prominent among them founded at Kochi. Swamiji wanted the Institute to provide facilities for study and research in Sanskrit and other Indological subjects. He insisted that the facilities should be available for each and every one who has thirst for knowledge without any discrimination of caste or creed. In 1985 the Institute was shifted from Kochi to Ernakulam on a land offered to Swamiji by a well-known family of Dr S. N. Padiar who was an ardent disciple of Swamiji. Swamiji not only inspired the disciples and offered prayers to Lord Vedavyasa for the progress of the Institute, but also offered financial support too whenever there was need. Swamiji even made arrangements for the Institute to receive a steady income so that it can run smoothly. In short, Swamiji not only sowed the seed of the Institute but also nourished it properly. Swamiji always cared to congratulate those who put in efforts for the progress of the Institute and bless them with good fortune of enabling them “to bring up the Institute to a great position in the whole of Bharat.”

Thanks to our Dharma Guru's prayers and blessings, the Institute has now, in Swamiji's own words, “an existence.” It has earned a name of which the whole of G.S.B. community can be proud. It is now housed in a three storeyed building situated at Kuthapady, Ernakulam, having calm and peaceful surroundings suitable for a Centre of learning. The Institute possesses a valuable Reference Library containing about 15,000 books of Indological importance, and a precious collection of Palm-leaf manuscripts.



Sree Sukrtindra Conference Hall is another prized possession of the Institute which has already witnessed several Seminars. The Conference Hall contains a beautiful Photo Gallery where photos of Srimad Sukrtindra Tirtha Swamiji and Srimad Sudhindra Tirtha Swamiji are displayed.

The Institute has been recognized by the University of Kerala and Mahatma Gandhi University, Kottayam, as a Research Centre in Sanskrit. The Journal of Sukrtindra Oriental Research Institute has become popular among academicians. The Institute has published 60 books of Indological importance.

Of course all the achievements of the Institute were possible not because of our merit but because of Swamiji's Grace! A lot of work remains to be done to elevate the Institute to the status of a “Centre of Excellence” as always desired by our Swamiji. It is the duty of the disciples to put in all efforts in order to fulfill Swamiji's desire. Realising our Swamiji's unfulfilled wishes would be the highest tribute we can pay to Swamiji who attained Jeevanmukti on 16th January 2016.



You may contact us at Sukrtindra Oriental Research Institute, Kuthapady, Thammanam P O, KOCHI – 682032, Kerala State, India

Email: [sukrtindra@gmail.com](mailto:sukrtindra@gmail.com)

DEO BARE KARO...

(Community Magazine)

GSB MITRA



Editor in Chief  
**MAHESH J.  
KAMATH**



जी.एस.बी. मित्र, सारस्वत सेवा संघ व  
अंकिता फाऊंडेशनच्या वतीने विविध  
सामाजिक उपक्रमांचे आयोजन



Activities at Adivasi Pada of Thane District



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श्री शनि बदलापूर विकास चॅरिटेबल ट्रस्ट द्वारा  
बदलापूर पश्चिम रमेशवाडी येथे

श्री शनि देवस्थानचे निर्माण

मुर्ती प्राण प्रतिष्ठापना लवकरच होणार...

मंदिरासाठी जागा व बांधकाम साहित्य देणगीदार

कु. महेश जगन्नाथ कामत

संपादक : बदलापूर विकास (मराठी दैनिक)

अधिस्विकृतीधारक पत्रकार : महाराष्ट्र शासन (माहिती व जनसम्पर्क विभाग)

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विश्वस्त : सारस्वत सेवा संघ बदलापूर



नीलांजन कमभावं वविपुत्रं यमाग्रजं ।  
छायामार्ताड्वंभूतं नमामि शनैश्चवं ॥

## YOUR NUTRITION IN THE SUMMER

by Anjali Dange

Founder & Chief Nutrition Consultant  
at Starlite Nutrition & Wellness Centre, Vizag



Summer is just around the corner. It's the season of "Bibbo", jackfruit, Jamoons, Kokum & of course the king of fruits, the mango. Though spending long hours in the hot kitchen can be a tedious task, as "foodie amchigeles" nothing can stop us from enjoying the variety of fruits & vegetables that the season brings with it. And rightly so because every seasonal food has the required nutrition to help our body cope with the temperature changes. At a time when bouts of indigestion, frequent skin infections due to the scorching heat & sweat & episodes of dizziness due to dehydration are common, focusing on good nutrition becomes key to getting through the summer.

### Important points to remember:

- 1. Hydration:** This is the time to bring out your mud pots (if you don't use them all through the year). While refrigerated water does lead to frequent episodes of cold & throats infections, "gulgulo" is a much better option to choose to keep your water naturally cool. Apart from ensuring you increase your daily water intake, consume watermelon, tender coconut water ("tondabeli" will be a good filler during tea time), panak (with bel fruit) and kokum juice in between your meals.
- 2. Sodium – Potassium balance:** Due to excessive sweating, our body loses a lot of minerals, especially sodium. While drinking water & tender coconut water can improve sodium intake, maintaining the right electrolyte balance will reduce bouts of urinary tract infections & indigestion. Having buttermilk with your meals (with a flavoring of salt, hing, coriander & ginger) can restore some of the sodium lost. Apart from liquids, eating whole fruits such as jackfruit, mangoes & pineapple (rich in potassium) can help maintain the electrolyte balance.
- 3. Fibre:** Keeping your meals light (reduce quantities by 25% in each meal). At the same time, to ensure good digestion improve your fiber intake through use of raw cucumber & kohlrabi (navil Kosu). Cooked jack fruit seeds or use of the seed powder in curries can also do the trick.
- 4. Magnesium:** During summer skin infections are very common. Therefore it is of utmost importance to maintain the integrity of your skin cells. Focus on improving your magnesium intake through use of tender cashew nuts(bibbo) & kokum.
- 5. Concentrate on essential fats:** Though we crave for fried snacks most often, summer is the time to reduce deep fried food & spices. Aim to fulfil the essential fat you need in your meal plan with nuts such as almonds & walnuts (about 10 everyday). Prefer to grill fish or chicken rather than deep frying it.
- 6. Exercise:** If you are a fitness enthusiast, ensure you plan your outdoor activities only in the early hours of the morning, before the harsh sunshine or in the evenings, post sunset. Most of the fruits and vegetables that come in this season do have a high content of starch. To enjoy these seasonal treats, ensure you do some form of physical activity to burn the extra calories & maintain your weight during the entire season.

So let's say Hello to the Summer, knowing fully well that we can maintain good health & enjoy what the season has to offer us.

**Radhakrishna Kamath**

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2. What is Jantar Mantar ?
3. Bihu Festival is celebrated in which state ?
4. In which city is Charminar situated ?
5. Where is Sun temple located ?
6. In which Indian city is Tower of Silence located ?
7. In which Indian state is Sanchi stupa located ?
8. In which month Lohri is celebrated ?
9. Which is the last month of Hindu calendar ?
10. Which state is known as India's spice garden ?
11. Which North East state celebrates Lasoong festival ?
12. Hawa Mahal is in which city ?



***Please turn to Page 31 for Answers***

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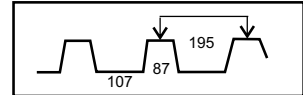
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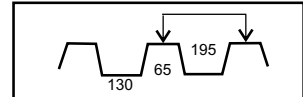
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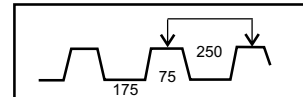
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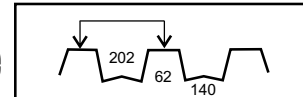
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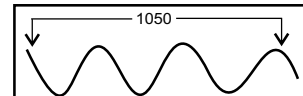
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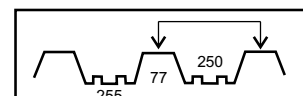
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## DEEKSHA MAHOTSAV AT SHRI GOKARN PARTAGALI JEEVOTHAM MATH AT GOA

by K G Mallya

The historic Shishya Sweekar Samarambha of the Gokarn Partagali Jeevatham Math took place in Partagali at Goa. More than 10,000 devotees from all across the country came to witness the auspicious occasion and the two day celebration on 8<sup>th</sup> and 9<sup>th</sup> of February, 2017.

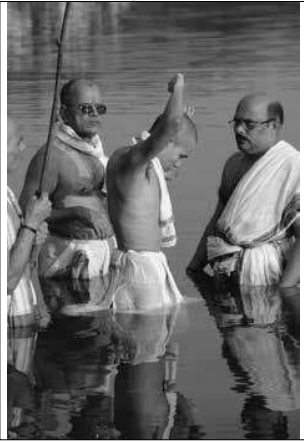
His Holiness, Shrimad Vidyadhiraj Tirth Swamiji Guru Swamiji formally announced the title of the Shishya Swamiji as His Holiness Shrimad Vidyadheesh Tirth Shripad Vader Swamiji. He is the 24th Swamiji in the pontifical lineage of Guru Parampara.



GURU PADA POOJA BY SHISHYA

The Shishya Swamiji before 'deeksha' was known as Uday Bhat Sharma. The second child of Smt. Padmavati and Vedamurthi Shri Laxmi Narayan Bhat, his holiness comes from Belgaum in Karnataka. Born on 16th Oct, 1995, he was in the second year of mechanical engineering degree program when selected to guide the community.

The first day witnessed several religious programs related to Sanyas Deeksha, while two mahasabhas were organised the following day.



SHIKA VISARJAN

Addressing the public on the second day, His Holiness Shrimad Vidyadheesh Tirth Shripad Vader Swamiji mentioned that he was formally introduced to Guru Swamiji almost three years ago on the 30th of May, 2014.

"The formal Guru-Shishya relation has completed 985 days and during these 985 days, I have beheld more than 985 divine qualities in the great guru. Shri Swamiji literally follows, the popular Sanskrit saying, '*Paropakaraya Idam Shariram*' which imparts that the body is meant only for helping others. I have realised that Shri Swamiji strives hard to help everyone around," he said.

The younger Swamiji explained that His Holiness, the guru Swamiji has a total control on his mind. "Fix a goal and concentrate your efforts to to it. Having full faith in God is another working principal of Shri Swamiji," he added.

Appreciating the value of time, his Holiness mentioned that the Guru is very particular about punctuality. "His Holiness never tolerates delay in any work for whatever reason," he said.

While concluding, Shri Shishya Swamiji declared that he would strive hard to continue with the age-old tradition of Shri Gokarn Math at all times.

The Guru Swamiji on the occasion mentioned that the day, the deeksha Samarambh was organised was auspicious on many counts.

"Today is Thursday, month is Magha, Nakshtra is Pushya and there is Amruta Yoga! On this very solid foundation we have given 'Deeksha' so that the great 'edifice' will stay strong and firm at all times," he explained.



PRANAVA MANTROPADESHA  
TO SHISHYA BY GURU

Shri Guru Swamiji then acknowledged the contribution of three Saraswat Guru Peethas, Shri Kashi Math, Shri Kaivalya Math and Shri Gokarn Math in continuing with the age-old tradition and values of the Saraswat Community.

He informed that since long, His Holiness has been ailing from an incurable back-pain and even a visit to America to seek the best medical treatment did not help. He explained that it was indeed due to God's grace and strong will power that has helped him to lead the duties of a spiritual leader in guiding the community.

During the discourse Shri Swamiji also recalled the contributions of the Late Shri V R Kamath of Shantikunj Sevashram Panvel and Shri Dempo Family of Goa for their contribution to the community.

## AMCHI SUMMER COOLERS

### AMBULI SHERBET

In the summer months raw green mangoes are available in plenty, apart from pickles and chutneys they can be used to make sherbet which is healthy as it prevents sun stroke.



#### Ingredients

- 1-2 medium raw green mangoes
- 1 cup sugar
- 7-8 cardamoms

#### Method:-

- Wash the whole green raw mangoes and cook in a little water till soft. You can also pressure cook it.
- Remove the skin of the mangoes, discard the seed and mash the pulp.
- Blend together the pulp alongwith sugar and powdered cardamom to a smooth consistency.
- Store in a airtight glass bottle and refrigerate.
- When serving add 1/4 th of the syrup in a glass, add 3/4 water and some ice and serve this refreshing drink.

### PAANAK

Paanak is generally served in our religious gatherings. Its a jaggery based drink flavoured with dry ginger and pepper. This drink acts as a coolant in the scorching heat and also aids digestion.



#### Ingredients

- 1 cup of grated jaggery
- 2 tsp of dried soonthi(dried ginger) powder
- 1 tsp of black pepper powder
- 1/4 cup of lemon juice
- 4-5 cardamom pods

#### Method:-

- Boil together 1 cup of jaggery alongwith 1 cup of water till the jaggery dissolves.
- Cool and add the soonthi powder, black pepper powder and cardamom powder and mix well and keep aside for an hour.
- Add the lemon juice and another cup of water, strain.
- Serve chilled. Paanak can be refrigerated for a day or two and served.

by Anuradha Prabhu  
anuradhprabhu49@gmail.com



### CHIBADA DOODH COLD

Chibad, also known as musk melon is a summer fruit. With its high water content it is an excellent fruit to beat the summer heat. Combine it with cold milk and sugar and you have an amchi version of a milkshake.



#### Ingredients

- 1 medium sized chibad(musk melon)
- 1 cup chilled milk
- 1/2 cup sugar
- 1 tsp cardamom powder.

#### Method:-

- Cut the chibad into half, remove the seeds and scoop out the pulp.
- Blend the pulp alongwith sugar in a mixer to a smooth consistency, add milk and blend together.
- Pour in a glass, sprinkle cardamom powder and serve.

### MOOGA GODD UDAK

Moogu (Whole green gram) is a good source of protein. When combined with jaggery its an excellent health drink for summer.



#### Ingredients

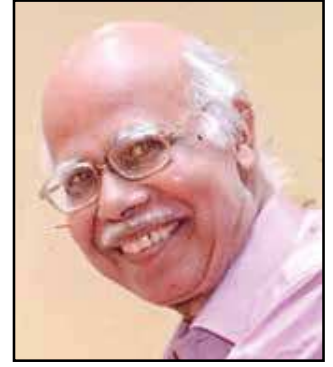
- 1 cup whole green gram
- 3/4 cup grated jaggery
- 6-8 cardamom pods

#### Method:-

- Dry roast the green gram in a karahi till it changes colour. Let it cool.
- Powder the green gram in a mixer, add the jaggery, cardamom seeds and grind to a smooth paste with the help of little water.
- Remove and add 2 cups of water, mix well and strain. Serve chilled.

## VISHWA GSB SAMMELAN IN HEJAMADY

The much awaited Vishwa GSB Sannelan was organised on 25th of December 2016 at Hejamady, Udipi District of Karnataka. What made the event all the more special was the whole hearted support of the community for the country's armed personnel. This year, the organisers, GSB Hitharakshana Vedike decided to mobilise a fund raising activity for the Rashtra Raksha Nidhi with a target of Rs 36.50 lakhs. The idea was to collect Rs 365 or Re 1 per day for the year from around 10000 individual towards this cause. A bike rally was organised from Panjim in Goa to Kerala for this initiative. However the response this drive got was overwhelming. Within a short while, more than Rs 70 lakhs was collected for this noble cause. The organisers then decided to revise the collection target to Rs 1 crore. A generous donor, Shri B Subraya Baliga, Director, GRS Fantasy Park, Mysuru chipped in the balance amount.



*by K.G. Mallya.*

The event began with a collective prayer at the local temple by the office bearers and ladies carrying the traditional 'Poorna Kumbhas' accompanied by music and traditional chende (drums) to the venue. Then traditional Vedic prayers were chanted in the venue. All the office bearers namely Shri R Vivekananda Shenoy Sanchalak, G Satish Hegde President, P Vidyanand Sharma, Organising Secretary, Sanoor Narasimha Kamath, General Secretary and K Vinod Kamath, Treasurer, of GSB Samaj Hitharakshana Vedike welcomed the dignitaries.

His Excellency, the Governor of Nagaland, Shri P B Acharya inaugurated the event by lighting the lamp. In his inaugural address, his Excellency mentioned that his native town was Udipi and that he was from the first batch of 1949 from the MGM College at Udipi.

He explained that each community is like a pillar of the edifice called the society. "If all the pillars are strong then the edifice also will be strong. Although number wise GSB community is small, their contribution in building the society is really great as our people are participating in all the spheres of activities. In every community, there are people who are economically strong and it is the responsibility of those people to see that the community makes progress," he said.

He commended the work done by the 'Vedike' and expressed that our mother tongue Konkani should receive the priority over other languages as it is instrumental in shaping the personality of an individual. His Excellency also pointed out that our young men and women are keen on going to Western Countries whereas our North Eastern states are providing lucrative employment and business opportunities. He appealed to all to consider this aspect.

The cheque of Rs 1 crore was handed over to the chief guest of the event, Shri Manohar Parrikar, who was the then Union Defence minister. On the occasion, he lauded the efforts of the GSB community towards the country's development. "The Gowd Saraswat Brahmins comprise of just 3 per cent of Goa's population, however they are known for providing a clean administration with honesty and Integrity," he informed.

Dr. P Dayanand Pai, chairman and managing director, Century Group and also the chairman of the event organising committee praised the efforts of volunteers and the members for their dedication towards organising an event of such magnitude. He also donated Rs 10 lakhs to set up a fund for to the "Vedika" to start a fund for their future activities. Also another cheque of Rs.5 Lakhs as the donation for this Sannelan and one more cheque for Rs.1 Lakh as the donation to Rashtra Raksha Nidhi were also handed over by him.

In the Valedictory Session Shri M V Kini, Advocate Supreme Court expressed that as a community, our presence is well appreciated and that the time has come for us to demand some privileges as a minority community, as written in the Indian Constitution. A publication, "Saraswath Heritage" in English, edited by Smt.Sumathi Shenoy was released by Shri T.Mohandas Pai, Chairman Manipal Global Education on the occasion.



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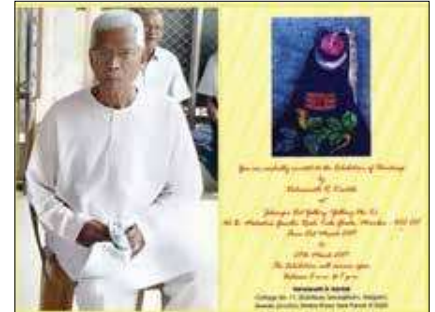
**MAYA KAMALAX SARAF**

## NEWS FROM OTHER GSB INSTITUTIONS

### Exhibition at Jehangir Art Gallery of Shri Shri Vishwanath Katak, a 82 year old resident of Shantikunj Sevashram

Shri Vishwanath Katak is a 82 year old resident of Shantikunj Sevashram (senior citizens home) at Vidyadhiraj Charitable Trust (VCT) suffering from Parkinson's disease.

An 82 year old suffering Parkinson's indulging in Painting is a difficult combination to imagine. Yes... That what makes Shri Katak special. Age coupled with Parkinson's has not been a barrier to him. You should see his paintings to believe what a determined person can achieve. His dream to hold an exhibition has turned into reality and his paintings will be exhibited by the name - Sixth Sense Symbolic Spiritual Suspendings at Jehangir Art Gallery from 21-March to 27-March 2017 in Gallery II.



We are proud of the achievement of our resident at Shantikunj Sevashram of VCT who has set an example as to how one can remain young by engaging creatively at this ebbing age.

### Ram Krishnaa Academy's Annual Day & Founder's Day at VCT, New Panvel

To mark the seventh anniversary of inauguration of the school building of Ram Krishnaa Academy a function - 'ANNUAL SCHOOL DAY & FOUNDER'S DAY' - was held on Sunday, 29th January, 2017 at Ram Krishnaa Academy, school premises at Kewale-Panvel, Navi Mumbai.

Ram Krishnaa Academy(RKA) is a school for rural education which is managed by Vidyadhiraj Charitable Trust (VCT).

Presently around 400 pupils are studying in the school benefiting around 250 rural families. The vision of the Trust is to develop Ram Krishnaa Academy into a full fledged educational center of repute, over a period of time. The Management at RKA have committed themselves to rural education and are continuously improving facilities to provide quality education.

Shri **H. Srikrishnan** - CEO, Jio Payments Bank Ltd. - was the Chief Guest.

Shri **D.M.Sukthankar** (IAS, Retd) - Founder Trustee Chairman of VCT - presided over the function.

Distinguished guests on the dias lauded the untiring efforts and commitment of VCT to impart quality education to the rural masses. They also remembered Late Shri Vaman R. Kamath, the Founder of Ram Krishnaa Academy & Prime Mover of VCT, for his yeoman contribution towards service to humanity.

Shri H. Srikrishnan also gave away awards for the Best Student for each standard.

The awards ceremony was followed by cultural variety entertainment programs by the students where they enthralled an audience of around 1,000 which included parents, distinguished guests and donors.



Please 'Like' VCT's Facebook Page to stay updated about events & activities of VCT:[www.facebook.com/vctrust.org](http://www.facebook.com/vctrust.org)

## BHAJANA

by Shri Nagesh Bhakta

The oft repeated stance by most people in today's context of "busy schedule" is that "meditation" is not for me, I do not have the time etc.

However, when we pause and take time to visit temples on "auspicious" days, there is an unconscious effort to bond with the Lord, take the Lord's blessings. It is in this context that Bhajans play a vital role in awakening our inner self. Two major disciplines are involved: listening and following. By listening deeply with complete self-abandon, we cut out our own ego static and acquire the grace to simply follow, to absorb into our being the rhythm, tune, words, and total feeling of the music so deeply that we can reproduce them exactly. Bhajan singing requires much discipline; the world is blocked out and concentration is at its peak.

Bhajan is a Hindi word derived from the Sanskrit bhaj, meaning "to serve, honor, revere, love, and adore." Generally speaking, prayers, psalms, anthems, rosaries, hymns, and oratorios like the Messiah are all bhajans. Bhajan also refers to a spiritual practice, originating in Vedic times (Sama Veda) in India and now used all over the world, in which names of God are chanted by a lead singer and repeated by the congregation.

A lama newly from Tibet, when asked what was one change that occurred, put his hand out and picked up the clean glass in front of him. Then he took his table napkin and draped it over the glass. "You are like this," he said, holding the covered glass high. "Now you must become like this," and he pulled away the napkin, looking at the sparkling clear glass. "So our task is to reveal our Real Self?" He nodded.

This was an enlightening concept. What exactly must be removed? When brass or silver becomes tarnished, the tarnish has to be removed by repeated rubbing before the object shines forth again in all its glory. In our case, we are told by the masters of the mystical sciences that it is our wrong thinking about who we really are, our wrong habits of thought and action, and our negative feelings that obscure our real identity. A big point made by my spiritual teacher was that our thoughts, our words, and our deeds must all be alike. Someone whose thoughts, words, and deeds are not the same has a fractured spiritual body, and the true divinity of the person's atma-ic nature cannot shine through. Healing and mending our broken spirits is the reconstruction work that happens when bhajans are sung wholeheartedly. When we need to peel a potato, we look for a potato peeler. If we want to chop wood, we search for an axe. To untangle hair, we need a comb. What tool do we have to repair a spiritual body? Obviously, a spiritual tool is needed.

kalerdoshanidherajannastihyekomahangunah  
kirtanadevkrishnasyamuktasangahparamvrajat  
(ShreemadBhagavatam 12.3.51)

This verse from the Shreemad Bhagavatam states that Kaliyug, the present era, is an ocean of faults – people have disturbed minds, unsound health, they live in polluted environment, and face disturbing situations. However, there is one very great virtue in Kaliyug. By lovingly chanting the melodious kirtans of the Lord, one can easily get liberated from material bondage.

### Benefits:

Devotional singing, known as bhajans or kirtan, can help to quiet the mind so that the heart can open to the divine, allowing us to taste the blissful reality that is our true nature. It is a participatory spiritual practice in which everyone is encouraged to sing and express their inner joy. Devotion, not musical ability, is the most important aspect of kirtan. To gain concentration in this age of materialism, bhajan is easier than meditation. By loud singing, other distracting sounds will be overcome and concentration will be achieved. Bhajan, concentration and meditation, this is the progression. Bhajan is important for the devotee because it is intimate and free in expression. Bhajan preserves India's rich legacy of devotion, wisdom and mysticism from saints like Meerabai, Tulsidas, Kabir, Surdas, Thyagaraja, Purandaradasa, Tukaram, Namdev, and many, many others.

Many Spiritual leaders and gurus in recent times have stressed the importance of bhajans and as such this is an integral part of many traditions.

Sankirtans or musical gatherings are an effective form of yoga or spiritual discipline, necessitating intense concentration, absorption in the seed thought and sound. Because man himself is an expression of the Creative Word, sound exercises on him a potent and immediate effect. –ParamahansaYogananda

Bhajana is regularly conducted at Shree BalajiMandir, Kurla on Saturdays, Ekadashi days and Vishesh days of Mandir by Gurukrupa Bhajana Mandali and on Fridays by MahilaVibhag of GSB Sabha (Regd.) K.C.G. Devotees are invited to attend and seek Grace of Lord Balaji.

*(This article is extracted from blog contributed by Shri Nagesh Bhakta. Shri Nagesh Bhakta writes blogs for GSB Sabha (Regd.) K.C.G., Kurla(W), Mumbai 400070)*

## **THEY MAKE US PROUD** **THE GSB LEGENDS SERIES : DR. V. R. PRABHU**



by Jagannath V. Prabhu

A poem titled “Abou Ben Adhem” by Leigh Hunt comes to mind to best describe late Dr. V. R. Prabhu. The poem is about a wise man who wakes up one night to see an angel writing in a “book of gold” the names of those who “love the Lord”. When Abou hears he is not on the list, he says to the angel, “I pray thee, then, Write me as one that loves his fellow men.” The following night the angel returns and shows him the names “whom love of God had blessed”. “And lo! Ben Adhem’s name led all the rest.”

Dr. Venkatesh Rama Prabhu (or “Appumaam” as he was known) was an eminent physician, humanitarian and social worker. He born on 17th July 1921 in the then small village of Moodbidri in South Kanara district. His parents were not well-to-do but a thirst for knowledge led young Venkatesh to trudge several miles to school every day. Helping out in his father’s tea shop in the daytime and reading at night by the light of a turned down lamp (turned down to save on the cost of oil), he did well enough at his studies to encourage him to take up higher education. As there was no good high school in the district at that time, he came to Bombay and completed his matriculation from Robert Money High School. He finished two more years of education at Khalsa College after which he thought of taking up a job as he could not afford to study further. However his cousin Shri I. M. Pai and Dr A.V. Baliga, both doyens of GSB community at that time, encouraged him to pursue a medical career. He got a scholarship from the Ammebal Subbarao Pai Memorial Fund and with financial help from Shri I. M. Pai he joined Seth G.S. Medical College and completed his MBBS with distinction. Later he worked at Bai Jerbai Wadia and Arthur Road Hospitals and completed his post graduate Diploma in Child Health, being one of the first persons from Bombay to do so.

Again a shortage of funds led him to seek a job in the railways, but with help from Shri I. M. Pai and a loan from one of Mr Pai’s friends, Dr Prabhu rented a dispensary at Elphinstone Road in Mumbai and started general practice. In the years that followed, he built up a private practice of enviable proportion by sheer hard work and dedication. As soon as he had saved enough money, he offered to return the loan to his benefactor, but when the gentleman declined, Dr Prabhu promptly donated the amount to the Ammebal Subbarao Memorial Fund.

Dr Prabhu started his married life in 1944. He and his wife Sumati settled down in Wadala. Both husband and wife shared the same values of benevolence and largesse. In the 1950s and 1960s, many youngsters from our community migrated to Mumbai from South Kanara to seek greener pastures or for higher studies. At that time, there were few homes in Mumbai that such youngsters could go to for support in a new city. Appumaam and Sumatiakka always welcomed such guests and gave them a home till they were able to be on their own, and helped them to get admission to courses or find employment. Even after they moved out, these youngsters knew they would be welcome to drop in for Sumatiakka’s delicious meals and Appumaam’s medical treatment and advice.

Once established in life, his attention was drawn towards his less fortunate brethren. Realizing the value of education and the need for scholarships, he generously donated a major chunk of his earnings to several scholarships for needy children. In addition, he helped dozens of his distant relatives and members of GSB community with timely funds for marriage assistance, school fees, educational assistance, etc. Being very devout, he also donated large sums of money to various religious institutions and temples in Mumbai, Goa and in his native South Kanara district. In fact anybody who approached him with a genuine cause never back went empty handed.

Dr. Prabhu was a man of simple living and high thinking. His sartorial appearance was always modest and he did not believe in any ostentatious displays. Every occasion for a celebration in the family, be it a wedding or a “brahmopadesh” ceremony or a birthday or even a grandchild’s matriculation, was an occasion to donate some more money to some worthy charity. Such countless acts of open-heartedness remain unknown even to his immediate family members.

Dr. Prabhu’s profession was more philanthropy than general practice. Patients would come without hesitation in the middle of the night to his home for emergency treatment. In case any patient required hospitalization, he would himself drive the patient and admit him or her and then return home. He had empaneled several families from the weaker sections of society who received completely free treatment at his dispensary for years on end. Often he would end up giving money to the

impoverished patient's family for further treatment or children's school fees or marriage. Not satisfied with this, he wanted to reach out to the society at large. Coming together with a few of his like-minded friends, he found fruition of a long cherished dream by starting free immunization services under the aegis of a medical service wing of GSB Sabha, Mumbai. The seeds of GSBS Medical Trust thus sown in 1967 took a more formal shape with the establishment of the GSBS Medical Trust in 1973 with Dr. Prabhu as one of the founder Trustees.

The years that followed demanded a lot of his attention and time at the Trust's Medical Centre and he was ever ready to devote his energies to nurture the nascent charitable organization. He spent long and arduous hours at the Centre to set up the systems for its smooth functioning. He continued as a Trustee for many many years thereafter till he reached a ripe old age of 80 years. Even after he retired as a trustee, Dr Prabhu continued to attend the meetings as an invitee and gave sound advice and counsel to the management. He was active till his last working years. The strong foundation and values laid down by him and the initial group of doctors and Trustees, continues to guide the vision and activities of the GSBS Medical Trust today, fifty years after its humble beginning.

Dr. Prabhu not only gave his energies to build up the Trust but also donated sizeable sums of money to its corpus. The Pathology laboratory received a liberal donation from him and is named after his wife Smt. Sumati Prabhu. In 2006, he made a handsome donation for the purchase of an X-Ray machine for installation at the Dharavi Centre of the Trust. He was constantly on the move to meet potential donors from within the community and outside. His sincerity convinced them to open their purse-strings and contribute generously to the Trust.

In recognition of his devotion and professional integrity, Dr. V. R. Prabhu was called upon to attend to His Holiness Shrimad Sudhindra Thirtha Swamiji in case of any indisposition when H. H. Swamiji was camped in Mumbai. He considered this as the greatest honour bestowed on him by Almighty.

Dr. V.R. Prabhu's long innings of selfless service to humanity came to an end on 2nd November 2007. His simple life that was dedicated to his philanthropic medical practice, should inspire many others to take up great deeds in the service of humanity. Surely, his name leads all the rest in "the angel's book of gold".

Dr. V.R. Prabhu was closely associated with G.S.B. Sabha, Mumbai and was the Vice-President of the Sabha from 1976-77 to 1985-86. He contributed financially to the expansion of the Sabha's Kreedha Mandir at King's Circle, and a room there is respectfully named after him. We salute this GSB Legend.

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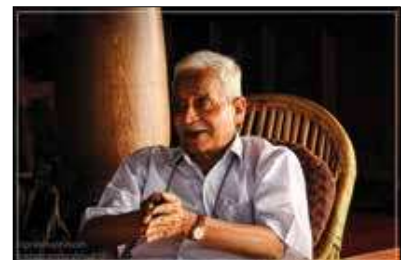
## HERITAGE VILLAGE....THE CULTURAL EMPIRE STILL LIVES ON.....

by Sudhir Nayak



In my many visits to the culturally rich and diverse Coastal belt of Karnataka blessed by nature in all abundance (which also happens to be my native land), I feel really privileged to have witnessed the glory of our ancient cultural legacy come to life, at the Heritage Village in Manipal. I have cherished the images of the magnificence that I have experienced and captured each time, etching them in the deepest layers of my memory and have also seen them manifest in different avatars during some of those pensive movements in life. And then, these reflections inspire you to create, to explore the nuances of artistry in every walk of life. I feel, other passionate students of art like me, have experienced nothing less, if not more, making the visit to this amazing destination, not less than a pilgrimage to Pandharpur for the innumerable Varkaris immersed in their devotion, as seekers of art.

Some people are born to create history. So was the creator of this magic, Vijaynath Shenoy, who passed away on Thursday, 9th March, 2017, after 83 years of a celebrated life that he led, leaving behind him a vast cultural empire. Just passing through and glancing at the majesty that each structure at the Heritage Village carries, one can breathe and sense that each piece of wood or brick laid here is eager to narrate its glorious past. And all this to come from the endeavor of a very humble antique collector that Vijaynathmam was, before he transformed into an internationally acclaimed Heritage Conservationist, is really hard to believe.



On a lighter note, “....you...actually see....” was one expression that Vijaynathmam would use intermittently, between every two lines of the many engaging conversations that I was fortunate to have on different occasions with this maestro. I used to be amused at first, little realizing that he actually made people ‘see’ through his dreams. It was a treat to listen to Vijaynathmam speak passionately about every single piece of art that he had acquired, like a proud father talking about his child. Each word, each line, every expression, coupled with occasional smiles whenever he employed his subtle sense of humour, or at times, tears rolling down his cheeks whenever he mentioned about some heritage property being razed to the ground under the pretext of development, gave an appetite for thought.

Initially starting his career as a banker with Syndicate Bank, all his antiques and conservation projects were self funded, with unconditional moral and financial support to his passion from his wife Manjula, who worked at the same Bank. Vijaynathmam started shaping his mission by putting together his vast collection of antiques from every nook and corner of the globe in a traditionally designed house named, ‘Hasta Shilpa’ in 1984, rebuilt by using relics of demolished houses from the 1970’s and 80’s, with an intention of residing there. But, such was the inflow of visitors from places far and wide to see these invaluable artifacts, that he finally converted it into a walkthrough museum. Continuing his proclivity, he immaculately restored almost 26 houses, centuries old, from different parts of India and abroad, creating the renowned Heritage Village on a land spread over 7 acres, forming the ‘Hasta Shilpa Heritage Village Trust’ to manage its activities. Supported by public funding, the Finnish and Norwegian Embassies also greatly contributed to it by aiding the project.



Opened to the public in May last year, the Heritage Village houses museums devoted to crafts on one side and objects from the South Indian mercantile trade on the other. You would be enchanted by the large collection of the gold laden Tanjore paintings, while the dazzling beauty of the colourful lifelike paintings by Raja Ravi Verma doesn’t fail to captivate you. Every visitor at the heritage village is humbled by the dignity and elegance that the age-old restored structures lend to the ambience, whether it is the 500 year old ‘Kamal Mahal’, once belonging to a Vassal king of the imperialistic Vijaynagar empire, the 400 year old Bunt Guthu house, the Adilshahi

kingdom of Bijapur, the Bassel mission or the monasteries that once housed followers of Advaita and Veerashaiva faiths. To believe that all these structures were saved from imminent destruction and transplanted to their present site brick by brick, measuring and calculating every inch and stride, though incredible, can be seen through the documentation of the entire process that has been so meticulously maintained by him.

Music was another passion for Vijaynathmam, which led him to establish the Sangeeth Sabha, Udipi which has presented performers and musicians ranging from doyens of Hindustani and Carnatic music like Pandit Ravi Shankar, Pandit Bhimsen Joshi or M. Balamuralikrishna to playback singers like Kishore Kumar. He would always be seated in the last row in the concerts organized by the sabha, or any other event that he was invited to be a part of, refusing to even ascend the platform, as he preferred to shun any publicity coming his way.

Not that his immense contribution to our culture and heritage went unrecognized, but Vijaynathmam certainly deserved much more than the accolades like the Karnataka Rajyotsava Award in 2003 and the South Asia Travel Tourism Exchange (SATTE) award for ‘Rural Crafts Heritage Tourism-2011’ that he was bestowed with.

Vijaynath Shenoy is survived by his wife Manjula and two children, son Srinivas and daughter Anuroopa, their spouses and grandchildren, apart from the huge fans, followers and admirers who have been inspired by his work . This visionary lives on through his contribution to the field of art, architecture and music and his dedicated efforts for preserving our vast cultural heritage, which would be ever remembered in the years to follow, making us raise our heads in pride while saluting our illustrious ancestry.



Photos Credit :  
Prakash Prabhu

### GSBS , Doctor's Meet Program, News report. 2017

GSBS Medical Trust celebrated 'Doctors Meet' program on Saturday the 7th of January 2017. As the Trust has become very big and doctors are very busy to spend time meeting each other this was one of the programs for interaction.

Anentertainment program of old Hindi film hits was given by Smt.Sulochana Devalkar and party which was well appreciated by the audience.

Dr. Swara Palekar started the invocation by Ganesh Vandana.

Dr. Suhas Prabhu, the president of GSBS Medical Trust welcomed all. The Chief Guest, Dr.Ramani, was introduced by Dr.Meenakshi Desai, Trustee; Guest of Honour, Dr. Ramakant Deshpande, by Trustee, Mr. N. N. Pal.

As the centre is growing fast, Committee members have taken responsibility of leading the area in their specialized field. Dr. Rajeev Redkar spoke on organizing the various doctors slot, Dr.Ajit Gunjekar spoke on the publicity part, Mr.S.L.Saraf on Finance area, Mr. Rajan Bhat on starting new projects, and Smt.Gita R.Pai on treating poor patients free of cost under Arogyanidhi scheme.

The highlight of the evening was honoring the 4 Trustees who had dedicated decades of service to the Centre and have now retired. Dr. P. A. Prabhu, was known for discipline and cost consciousness, Dr.Maya D. Kalelkar was expert in administration, Dr. A. V. Rao was dedicated towards Secretarial work and holding camps, Mr. Shrikant Prabhu was dealing with finances at the Centre. All were befittingly honoured by the Chief guests.



Felicitation of Dr. U. V. Hegdekar. Also seen in pic  
Dr. Suhas Prabhu, Dr. P.S. Ramani and  
Dr. Ramakant Deshpande

Another important activity of the evening was to acknowledge the 25 years of service by Consultant Dr. U. V. Hegdekar, Physician and Dr. N. J. Tijoriwalla, immunization doctor who is dealing with toddlers. The services of these doctors, was very much appreciated.

Dr. Ramakant Deshpande, Oncologist at the Asian institute, spoke on the importance of group health insurance Dr. P.S. Ramani consulting neuro surgeon said meeting people is the greatest pleasure and one has to learn all through life and from young and old, which makes life very relaxing.

Mr. Mukund Kamat, was generously thanked for sponsoring this program.

A few lucky prizes were sponsored by Satish Rama Nayak of Rama Nayak's Boarding, and Dr. Vithal V.Kamat of Orchid Ecotel Hotel.

Mr.Anant Pai, Trustee of GSBS Medical Trust, proposed a vote of thanks.

### **Trustee, Smt Gita R.Pai, compered the program.**

The inauguration of Scopes: At Health Rakshak, 05-03-2017

It was yet another step for the bigger success as GSBS Medical Trust inaugurated the New scopes, the gastro scope and Colono scope at its Health Rakshak premises. This most modern diagnostic equipment was donated by Dr. (Smt.) Kumud Mehta in the name of her late parents, Smt.Shridevi Mahale and Sri Baburao Mahale. The Mahale family was very happy to see the new environment of Health Rakshak, a new unit of GSBS Medical Trust.



Inauguration by Dr. Veena Prabhu, sister of  
Dr. Kumud Mehta. Also seen  
Dr. Umakant Mahale and Dr. Suhas Prabhu

Dr.Suhas Prabhu, the Chairperson of the Trust welcomed the guests and gave the history of the earlier donations of Dr. Kumud Mehta and her late husband, Dr.Praveen Mehta. Dr.V.C.Prabhu, the senior most member of Mahale family, expressed the families happiness over the installation of the equipment which has given them the opportunity to perpetuate the memory of the Senior Mahales.

Smt.Gita R.Pai, Trustee, Secretary, proposed a vote of thanks for the donors, invitees and the entire staff for their support.



**SUDHINDRA RACHANAMRUTHAM A MUSICAL TREATISE  
&  
KASHI MATH PRASHNOTAARI  
(INITIATIVES BY G.S.B.SAMAJ (W.S) GOREGAON ,MUMBAI)**

H.H. Srimad Sudhindra Thirtha Swamiji's life and work in the Samsthan has created its own unique position in the history of Samsthan and Swamiji's contributions to the society are innumerable. The literary contribution of Swamiji is an elixir in the contour of Sanskrit literature and fully filled with devotion.

The sahitya facet of Swamiji is not widely known to the followers of the Samsthan. In order to popularize these devotion filled stotras composed by Swamiji, GSB Samaj (W.S) undertook this project of rendering these stotras in Musical form sung by reputed and renowned artists from the GSB Community on the occasion of the Prathama Punyathithi Aaradhana Mahotsava held at Haridwar in January 2017.

The CD was released at the august hands of H.H. Samyamindra Thirtha Swamiji on 1st Jan 2017 at 11.15 pm.

More than 2500 CDs were distributed free of cost to the yatri's who attended the function. In order to make it accessible to all at large the audio can also be downloaded from the Samaj website : [www.gsbsamajws.in/sudhrach](http://www.gsbsamajws.in/sudhrach)



Besides the audio , to attract the modern generation , the you tube videos of each track with the lyrics in three languages Sanskrit , Kannada and Malayalam, were also released. The Lyrics are also made available in three languages on the website. The same is available in the above link. In a short span of 50 days the total views on the same had crossed 5,000, which is no small a feat. The topper of the eight tracks is Guruparampara Sthavanam, the first track sung by none other than Sri.Kuldeep M Pai, the mentor of the little girl Soorya Gayatri. A total of round 2,700 views out of the 5,000 views is primarily due to this track being circulated by him on Youtube.

All the team members who were part of the Rachnamrutham team were felicitated on 26th January 2017 during the Annual Dinner meet of the Samaj.

### **Kashi Math Prashnotarri**

As a precursor to the launch of the musical album, the Samaj also organised a unique 50 Day online quiz series on Kashi Math Parampara in 4 different languages viz. Hindi, English, Kannada and Malayalam .One question was posted per day every morning at 6 am. The contest started on 11th Nov and ended on 30th December on the eve of the Aaradhana celebrations.

A quiz archive was also provided for those people who could not attempt the same. A detailed analysis of the quiz answers as well as results were shared on the website of the samaj.

On an average there were 163 participants daily all across India ,as well as a few international participants. To increase larger participation, more than 30 prizes were announced for initial rounds. 10 prizes were announced for the final round.

The uniqueness of the Quiz was the winners could choose from the list of books as gifts. The winners were declared in four different age brackets viz. Juniors (10 Years to 18 years), Youth (19 to 35 Years), Middle Aged (36 to 60 Years) and Senior Citizens (61 years and above)

The winners of the initial round of Quiz who attended Punyathithi Aaradhana were awarded their gifts at Haridwar. The Mumbai winners of initial round and Final round were awarded the same on 26th January 2017 during the Annual Dinner meeting . All outstation winners prizes were couriered in the First week of February 2017.



## YOUNG ACHIEVER – SHIVANGI PAI



Shivangi Pai, daughter of Smt. Jaya and Shri Devdas Pai, completed her BVSc degree (veterinary doctor) from Bombay Veterinary College, Mumbai which is affiliated to Maharashtra Animal & Fisheries Sciences University, Nagpur. She topped the University which comprises 6 veterinary colleges across Maharashtra and was awarded 8 gold and 1 Silver Medal for being the topper and also coming first in various subjects. The Convocation was held at Nagpur on 9-3-2017. Currently she is doing her Masters in Surgery from BVC, Mumbai.

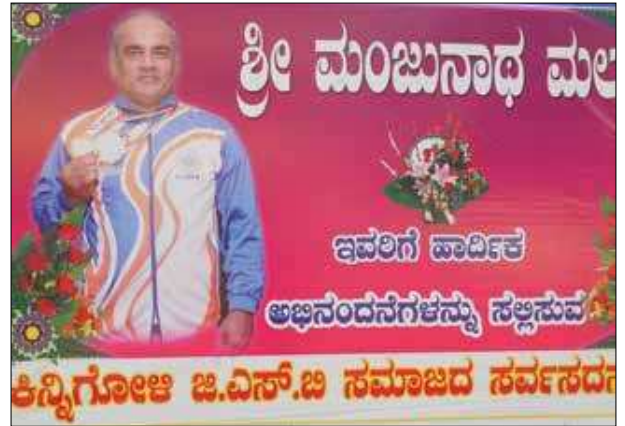


We congratulate her on the success and wish her all the best for the future.

## SHRI MANJUNATH MALLYA--SPORTSMAN TURNED BANKER AND NOW BANKER TURNED WEIGHT-LIFTING CHAMPION

*Reported by K G Mallya*

Shri Manjunath Mallya, hailing from Kinnigoli, a sports-person turned banker is now a banker turned weight lifting champion at the national level after his retirement from the services of the Syndicate Bank. Born on 8th May, 1956 he is a B.Com., LLB., and also a CAIIB. He joined the Syndicate Bank on 26th July, 1978 and was the captain of the Syndicate Bank Recreation Club, Cricket Team Manipal for 10 years being a part of the team for 25 years. After the retirement from the Bank on 31st May 2016, on reaching the super-annuation age, he took to power-lifting and being a sports-man at heart and mind since boyhood nothing prevented him to make rapid progress at lightning speed to participate in State level Power-Lifting championship on 18.11.2016 at Suratkal where he won two gold medals in Masters Category. Not stopping at that, he participated in the National Level Power-lifting Championship held at Coimbatore from 12th to 15th January, 2017 to bring him again two gold medals in the same category.



He was a member of kabaddi team which won the I place at district level and captain of ball badminton team which too won I place at district level as a student of the then Pompeii Junior College team, Talipady, Aikala Post. While in bank service, he was a Manager of Syndicate Bank, Kinnigoli--his native place. Shri Rama Mandir Kinnigoli honoured him during their Pratishtha Vardhanti Day on 1st Feb., 2017. Rotary Club of Kinnigoli also honoured him on 2nd Feb., 2017.

We wish him many more laurels in future also.

Obituary : Bola Bhaskar Narsimha Prabhu

DOB 20th July 1938, born in Mumbai, left for heavenly abode on 13th March, 2017. He is survived by his wife Smt. Bhavana Prabhu, an Adhyatmik preacher of repute, and a son Navin, who is settled in USA.

We offer our condolences and pray for his soul to rest in eternal peace.



### ANSWERS FOR KIDS CORNER

#### Jumbled words

1. Kind 2. Please 3. Respect 4. Excuse 5. Courteous 6. Polite 7. Thanks 8. Sorry 9. Manners

#### Know Our Country

1. Andhra Pradesh 2. Observatory 3. Assam 4. Hyderabad 5. Konark 6. Mumbai  
7. Madhya Pradesh 8. January 9. Phalgun 10. Kerala 11. Sikkim 12. Jaipur

## LAST BUT NOT THE LEAST

List of important dates in the quarter April – June, 2017

| Dates           | Day      | Festival                      |
|-----------------|----------|-------------------------------|
| 4th April 2017  | Tuesday  | Sri Ram Navami                |
| 11th April 2017 | Tuesday  | Hanuman Jayanti               |
| 14th April 2017 | Friday   | Sankashta Chaturdashi         |
| 28th April 2017 | Friday   | Akshay Tritiya                |
| 1st May 2017    | Monday   | Maharashtra Day               |
| 14th May 2017   | Sunday   | Sankashta Chaturdashi         |
| 5th June 2017   | Monday   | Nirjala Ekadashi              |
| 8th June 2017   | Thursday | Vatta Pournima                |
| 13th June 2017  | Tuesday  | Angarak Sankashta Chaturdashi |

### Announcement of Winners of 5 Questions asked in

| April-17 |     |      |     |     |     |     |
|----------|-----|------|-----|-----|-----|-----|
| Sun      | Mon | Tues | Wed | Thu | Fri | Sat |
|          |     |      |     |     |     | 1   |
| 2        | 3   | 4    | 5   | 6   | 7   | 8   |
| 9        | 10  | 11   | 12  | 13  | 14  | 15  |
| 16       | 17  | 18   | 19  | 20  | 21  | 22  |
| 23       | 24  | 25   | 26  | 27  | 28  | 29  |
| 30       |     |      |     |     |     |     |

- 8<sup>th</sup> : Monthly Satsang , I.M.Pai Hall, Kreedha Mandir, 5.30 p.m. 2<sup>nd</sup> Saturday, Marriage Information Service, Sabha Office, 4 p.m. to 6 p.m.
- 22<sup>nd</sup> : 4<sup>th</sup> Saturday, Marriage Information Service, Sabha Office, 4 p.m. to 6 p.m.
- 29<sup>th</sup> : 6<sup>th</sup> Get-together with eligible boys/girls and their parents, I.M.Pai Hall, Kreedha Mandir, 3.30 p.m.

| May-17 |     |      |     |     |     |     |
|--------|-----|------|-----|-----|-----|-----|
| Sun    | Mon | Tues | Wed | Thu | Fri | Sat |
|        | 1   | 2    | 3   | 4   | 5   | 6   |
| 7      | 8   | 9    | 10  | 11  | 12  | 13  |
| 14     | 15  | 16   | 17  | 18  | 19  | 20  |
| 21     | 22  | 23   | 24  | 25  | 26  | 27  |
| 28     | 29  | 30   | 31  |     |     |     |

- 13<sup>th</sup> : Monthly Satsang , Kreedha Mandir, 5.30 p.m. 2<sup>nd</sup> Saturday, Marriage Information Service, Sabha Office, 4 p.m. to 6 p.m.
- 27<sup>th</sup> : 4<sup>th</sup> Saturday, Marriage Information Service, Sabha Office, 4 p.m. to 6 p.m.

| June-17 |     |      |     |     |     |     |
|---------|-----|------|-----|-----|-----|-----|
| Sun     | Mon | Tues | Wed | Thu | Fri | Sat |
|         |     |      |     | 1   | 2   | 3   |
| 4       | 5   | 6    | 7   | 8   | 9   | 10  |
| 11      | 12  | 13   | 14  | 15  | 16  | 17  |
| 18      | 19  | 20   | 21  | 22  | 23  | 24  |
| 25      | 26  | 27   | 28  | 29  | 30  |     |

- 10<sup>th</sup> : Monthly Satsang , Kreedha Mandir, 5.30 p.m. 2<sup>nd</sup> Saturday, Marriage Information Service, Sabha Office, 4 to 6 p.m.
- 24<sup>th</sup> : 4<sup>th</sup> Saturday, Marriage Information Service, Sabha Office, 4 to 6 p.m.

*Articles contributed by various members, published in VoG, do not necessarily reflect the views of G.S.B. Sabha & its editorial team.*

### Announcement of Winners of 5 Questions asked in previous issue, January to March 2017

The following are the correct answers to the 5 questions which were asked in the January to March 2017 issue

- Who started publishing the Kannada daily newspaper, "Navabharath", in 1941 which ran successfully till 1983 ?  
Ans. : Shri V. S. Kudva
- Where did Sabha's Mahila Shakha bhajan group render Ekka bhajans on the occasion of Geeta Jayanti ?  
Ans. : Balaji Mandir, Kurla
- What is the venue of the Senior Citizens Picnic being organized by the Sabha in January, 2017 ?  
Ans. : Yusuf Meherally Centre, Karnala
- When will Sabha's Mahila Shakha hold its grand Diamond Jubilee Celebration Programme ?  
Ans. : Sunday, 26<sup>th</sup> February 2017
- What is the venue of the Youth Camp organized by the Sabha jointly with Chinmaya Mission ?  
Ans. : Kolad

| Sr. No | Name of Member                     | Date and Time of email |
|--------|------------------------------------|------------------------|
| 1      | Prof. Suresh Ramanath Prabhu       | 27-01-2017, 5.27 p.m.  |
| 2      | D. S. Prabhu                       | 28-01-2017, 6.06 a.m.  |
| 3      | Arpana Baliga                      | 28-01-2017, 5.21 p.m.  |
| 4      | Smt. Divya Balgi                   | 29-01-2017, 4.30 p.m.  |
| 5      | Smt. Sharada & Shri Manoranjan Pai | 31-01-2017, 5.02 p.m.  |

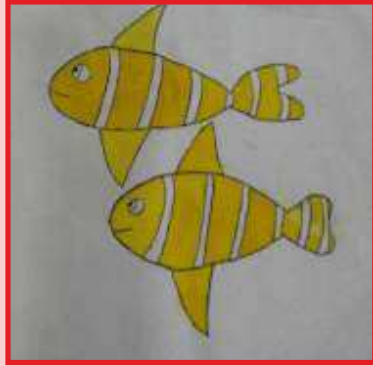
All correct answers were also received from Shri Datta Prabhu, Smt. Nirmala Suresh Pai, Shri Niranjan Bhat and Smt. Seema Pai.

The quiz was also attempted by Mridula Bhat, Smt. Priyalata Prabhu and Shri Ramanand P. Bhat

### 5 Questions of which you will find the answers in this issue-

Here are 5 questions, the answers of which are embedded in the reports/articles/announcements which are made in this issue of VoG. You have to read the pages carefully and get the correct answers. Please send the answers by e-mail to gbsabha@gmail.com. The names of senders of first 5 all correct answers will be featured in next issue of Voice of GSB. Please send your full name and membership number (you will find this on your address label printed next to your name) in the e-mail.

- With what title name is Shishya Swami ji of Gokarna Partagali Jeevatham Math known as ?
- Presently how many pupils are studying at Ram Krishnaa Academy Panvel?
- Which event inaugurated by H.E. Shri P.B. Acharya, Hon. Governor of Nagaland, is covered in this issue of VoG ?
- Where was the Sukrtindra Oriental Research Institute initially established ?
- When was the GSBS Medical Trust set up ?



Atimanyu Telang, 9 years



Omkar Uday Shanbhag 2 years



Aneesha Nayak, 13 years



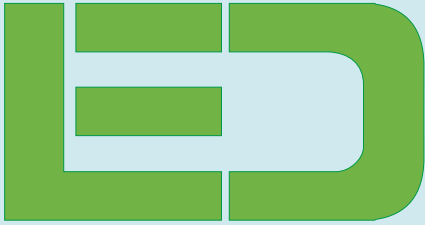
Saachi Kini, 11 years

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