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## MESSAGE FROM THE PRESIDENT

Dear Members :

Namaskaru,

The first quarter of this year was a busy one for the Sabha with many programs; the Heritage walk, carrom tournament for the differently abled, picnic for the Senior Citizens, Parichay - a get together of eligible boys and girls, the AGM and finally the Sneha Milan. The response to each one of these was encouraging. Some highlights from the Sneha Milan program were; participation at 350 was a record for the past few years, the much appreciated inhouse musical skit Sant Virasat conceptualized & orchestrated by our Mahila Shaka and the complimentary sumptuous dinner. Delighted to inform you that we already have requests from two GSB sister organization to have performances of Sant Virasat.

The fund raising, for the Kreedha Mandir repairs and renovation, during this event was a success though we still have some way to go. We make an earnest appeal for donations from you, any amount as per your will would be gracefully accepted. All donations of Rs. 50,000/- and above will be engraved on the granite slab and displayed at the venue.

During the monsoons we propose to go indoors and hold inter GBS tournaments for Bridge, Carrom and Chess, an announcement on this would reach you through different social media platforms. We request you to come up with suggestions for connecting the GSB community with different initiative and programs.

On behalf of the Sabha wish our students all the very best for their exams and all "Happy Sansar Padvo".

Look forward to your support and cooperation.

Thanks and regards,

Laxmikant Prabhu  
President

The newly constituted Managing Committee selected Shri Laxmikant T. Prabhu as President for the forthcoming year. The Committee comprises of the following members :

1. Shri Laxmikant T. Prabhu	President
2. Smt. Shanteri N. Nayak	Vice President
3. Shri. Subray D. Shenoy	Vice President
4. Shri Bharat S. Kini	Vice President
5. Smt. Amita A. Kini	Jt. Hon. Secretary
6. Smt. Bina N. Shenoy	Jt. Hon. Secretary
7. Shri. Satish V. Manel	Jt. Hon. Secretary
8. Smt. Mohini M. Hegde	Jt. Hon. Treasurer
9. Shri. Uday V. Malya	Jt. Hon. Treasurer
10. Smt. Prathima P. Pai	Jt. Hon. Treasurer
11. Shri. K. R. Bhakta	
12. Shri. Subashchandra R. Rao	
13. Smt. Tanushree A. Shenoy	
14. Shri. Dinesh M. Bhandarkar	
15. Smt. Shilpa (Chitra) Kamath	
16. Shri. Damodar B. Mallya	
17. Smt. Bharati V. Bhandarkar	
18. Shri. Prakash M. Pai	
19. Shri. Pandurang V. Nayak	Co-opted Member

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## REPORT OF THE 79<sup>TH</sup> ANNUAL GENERAL MEETING OF GSB SABHA, MUMBAI HELD ON 26<sup>TH</sup> JANUARY 2019.



Jt. Hon. Secretary, Satish Manel, addressing members at the 79<sup>th</sup> AGM of G.S.B. Sabha, On dais, Sabha Trustees, B T Mallya, N N Pal and Sudha Pai, Sabha President Laxmikant Prabhu, Mahila Shakha President, Smt. Shanteri Nayak and Jt. Hon. Treasurer, Uday Malya

The 79<sup>th</sup> Annual General Meeting of G. S. B. Sabha, Mumbai was held on Saturday, 26<sup>th</sup> January 2019 in the I. M. Pai Hall, Sujir Gopal Nayak Memorial Kreedha Mandir.

The President, Shri Laxmikant T. Prabhu, welcomed members and gave a brief report of the activities conducted by the Sabha. The President thanked all the Sponsors and the Donors for their faith in the Sabha by their generous donations.

Alongwith the other items of the agenda, the 83<sup>rd</sup> Annual Report of the Sabha and Accounts for the Financial Year 2017-18, audited by the Sabha's Hon. Auditor Shri Srikant B. Prabhu, were adopted.

## PHOTOGRAPH OF FOUNDING MEMBERS OF SABHA



Shri Prakash M. Pai handing over a framed photograph of the founder members of the Sabha (jn 1934) to Shri Laxmikant Prabhu, President. This photograph is also available on our web-site in the History of the Sabha section. In case you can identify any member from this photograph, do inform us by sending a mail to [gsbsabha@gmail.com](mailto:gsbsabha@gmail.com)

### ANNUAL PUJA AT WALKESHWAR KASHI MATH ON 6<sup>TH</sup> JANUARY, 2019

The Annual Puja of G.S.B. Sabha, Mumbai, at Shree Kashi Math Samsthan, Walkeshwar, was held on Sunday, 6<sup>th</sup> January, 2019. Our Mahila Shakha Bhajana group rendered bhajana seva before the puja. Bhat maam prayed for the all round wellness of the Sabha and its members.

### REPORT ON PROGRAMMES/EVENTS CONDUCTED BY G.S.B. SABHA, MUMBAI M R PAI MEMORIAL CARROM TOURNAMENT ON 13<sup>TH</sup> JANUARY, 2019

The G.S.B. Sabha, Mumbai, held its annual M. R Pai Memorial Carrom Tournament for the Physically Challenged on Sunday, 13<sup>th</sup> January 2019. 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. This year the tournament was held in the I. M Pai Hall, Sujir Gopal Nayak Memorial, Kreed Mandir at Kings Circle, Mumbai.

The tournament was inaugurated by Shri Banibratta Datta, Branch Head of Bhaudaji Road Branch of Bank of Baroda. About 100 participants from various institutions for the welfare of the physically challenged participated in the tournament.

There were 5 Categories viz. Physically Challenged, Wheel Chair,



Mentally Challenged, Hearing Impaired and Women. 3 prizes were given in each category at the hands of Smt Poonam Kasare of MDCA at a prize distribution function held in the evening.

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

We take this opportunity to thank Shri Mandar Kasare, Smt Poonam Kasare, Shri Arun Kedar and other members of MDCA for their support and guidance which made this tournament successful.

This is a Challenging initiative taken by the Sabha to bring a smile on the faces of the Physically Challenged members of our society in general.



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**MANDAR KAMALAX SARAF**

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**MAYA KAMALAX SARAF**

# REPORT ON PROGRAMMES/EVENTS CONDUCTED BY G.S.B. SABHA, MUMBAI (Cont'd)

## Heritage walk conducted on 13<sup>th</sup> January, 2019

*A people's relationship to their heritage is the same as the relationship of a child to its mother.*

-John Clarke

It is natural to switch off the alarm and dig oneself deeper into the warmth of a blanket on a cold Sunday morning but a group of around 35 Mumbai enthusiasts did exactly the unexpected to gather outside the main gate of the iconic CST railway station building (formerly V.T. Station) to join a walk around taking in the splendour and some unknown stories from the annals of our own city's history.

The tour started with a little quiz right at the start point, with a candy bar as an appropriate incentive to provide energy for the walk. Although each were quite familiar with the building, the stories that these stone facades revealed created an awe amongst the participants

Hardly anyone knew of Fasi Talao, the hanging pond, a place just outside the bazar gate one of the gates to the Bombay Fort whose walls stood till the later part of 18<sup>th</sup> century, which was a place where criminals would be subjected punishment by the soldiers of the British East India company, it could range from flogging to a public execution by the noose, right at this spot which is now approximately the Kabutur Khana between Nagar Chowk bus depot and GPO. This was much before the iconic structure of VT station was commissioned.

The next pit stop was the selfie point under the statue of Dadabhai Navroji. This was a vantage point from which all got a panoramic view of the heritage street. The stories were narrated based on 3 P's i.e. place, purpose & people. Various heritage walks are organised but this story telling format which included some simple lessons in Gothic and medieval church architecture added the differentiating masala to the event.

The call of Pancham puri, a century old food joint, was ignored by the walkers as they decided to take in the marvels of the GPO building all along looking at the native side of the heritage precinct. Questions ranging from history to conservation were asked and answered, to be awarded with candy bars.

The newly restored Mulji Jetha Fountain on Sahid Bhagat Singh Road was the next stop. This beautifully restored fountain could only be admired on a deserted street on a Sunday morning. The use of polychromatic stones like Kurla stone, Mulund stone, Porbunder stone imparts the vivid colours to all these structures and needs no painting ever.

As we passed the docks, stories of the Bombay castle, the connection of Lovji Nusserwanjee Wadia to the American national anthem Star and Spangled banner was narrated

Zero point became the culmination of the tour. Zero point comprising of the zero sea level which is marked by a zero on

the steps of the Asiatic library and the Zero Milestone (from which distance of Mumbai to any other place is measured) in the foreground of the St Thomas Cathedral the first Anglican Church to be built in Bombay which is celebrating its 300<sup>th</sup> year of existence.

The salient points of Gothic church architecture, which are clearly visible on the outer façade of the church, was pointed out and the participants could then deduce the connection to the other heritage buildings clearly.

As an icing on the cake there was a vintage car show right outside the St Thomas Cathedral, all the participants had a great time clicking memorable pictures with these beauties of the bygone era.

The tour was conducted by Subhas Rao Mallya a history enthusiast, with Sheela S Iyer from the Dept. Of Tourism, with inputs by experts from University of Mumbai, Conservation laboratory CSVSM Museum & Jay He museum MIAL. The tour was highly appreciated by all the participants.



The tour guide of Heritage walk and the Sabha Committee member, Shri Subhaschandra Rao busy explaining about CST



Members who enjoyed heritage walk also had an opportunity to pose themselves with vintage cars.

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**Vasanthi Venkatesh Bhat**  
( 17.12.1927 – 20.5.2014 )

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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**

**GRAND SON-IN-LAW: ADVAIT**

**GREAT GRANDSON: TAKSHEEL**

**GREAT GRANDDAUGHTER: AADHYA**

Email: [nvbhat@iitbombay.org](mailto:nvbhat@iitbombay.org)

# REPORT ON PROGRAMMES/EVENTS CONDUCTED BY G.S.B. SABHA, MUMBAI (Cont'd)

## Senior Citizen's Picnic Arranged on 10<sup>th</sup> February, 2019

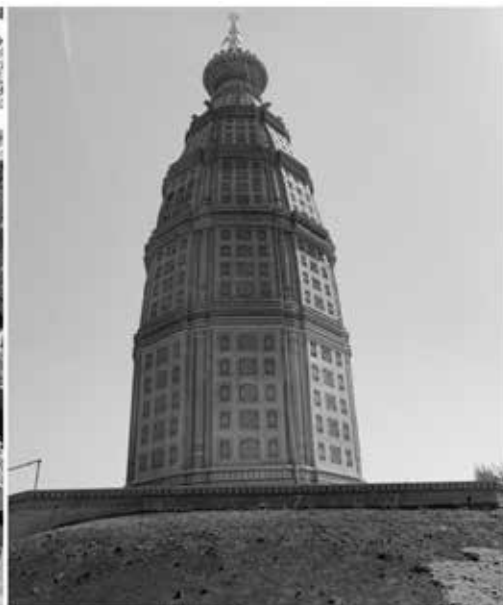
The Sabha's Annual Senior Citizen's Picnic, with accompanying non-senior citizens, was held on 10<sup>th</sup> February 2019, with a trip to Govardhan Ecovillage, Wada. Situated amidst the lush green Sahyadri mountain ranges in Wada district, an approximate two hour drive from Mumbai, the Ecovillage is run by ISKCON and is a peaceful yet modern ashram resort.

The day started early at 6.30 am with two buses – one each along the Western and Eastern Express Highways – carrying 94 participants, mostly senior citizens, from all over Mumbai. With singing and enjoying small snack boxes, everybody was in an upbeat and enthusiastic mood.

Once at the Ecovillage, everyone proceeded to have breakfast and then gathered around in one of the open Yoga halls for a discourse and introductory session conducted by Shri Amit Kini, one of the gurus at the centre - who being a G. S. B. himself, conversed with the gathering in Konkani. This was followed by a tour of the entire campus, starting with the magnificent Madan Mohan Temple, followed by Govardhan Parikrama - a walk around the replica of the Govardhan hill, visits to the water recycling plant, farming and other natural wonders of the ashram. The participants then settled into the comfortable indoor auditorium where Shri Amit Kini held an interactive audio-visual session on "4G" - Ganga, Go-mata, Gita and Govinda - and the significance of these in Hindu philosophy.

By this time, it was afternoon, and everybody headed to the Yoga Shala to have a sumptuous and delicious lunch sitting under the shade of trees. After lunch and returning back to the auditorium, a few casual games and activities were conducted which everybody participated whole-heartedly and enjoyed with zest and vigour. The highlight was the Adhyatmik Quiz, a tradition now followed since several years of the annual picnic. Prizes were distributed by the oldest participant (aged 78 years) with help from the youngest participant (aged 4 years).

After tea, there was a visit to the Go-shala, where the Ecovillage



rears more than a hundred cows of all breeds and ages. The participants could feed and pet the friendly cows and calves while hearing about the amazing capabilities of the benevolent animal from one of the guides. Finally, the group had a long walk back towards the replica of the Yamuna river for the evening Yamuna Aarti - a delightful and peaceful session in the lap of nature. After a long day, it was time to head back to the buses and back home, filled with wonder and joy of the experience and saying goodbyes.

The Annual Senior Citizen's Picnic, which has been running for more than two decades now, is a very popular activity of the Sabha and it is extremely satisfying to offer the same to our senior citizens. Like any Sabha event, it is made possible by lots of effort. But the biggest contribution is from our sponsors and well-wishers for whom we're eternally grateful – Smt. Roopa and Vishnu Prabhu for sponsoring the buses, Smt & Shri V. S. Bhat for the Adhyatmik Quiz, and Smt. Vijayalaxmi Mallya for the prizes. And finally, a thank you to Shri Amit Kini and the team at Govardhan Ecovillage for hosting us with such warmth.



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# REPORT ON PROGRAMMES/EVENTS CONDUCTED BY G.S.B. SABHA, MUMBAI (Cont'd)

## SNEH MILAN ON 30<sup>TH</sup> MARCH, 2019

The Managing Committee and Mahila Shakha Committee of the Sabha jointly presented a Sneh Milan program for our members which was held on 30<sup>th</sup> March 2019, on our Kreedha Mandir grounds. The evening was hosted by Shri Uday Malya.

One of the most respected couple of our community, Dr Suhas Prabhu and his wife Dr. Purnima Prabhu, presided over the function as our esteemed Chief Guests. Both Sabha President, Shri Laxmikant Prabhu, and Mahila Shakha President, Smt. Shanteri Nayak, welcomed the audience. Shri Laxmikant Prabhu felicitated Dr. Suhas Prabhu while Smt. Shanteri Nayak felicitated Dr. Purnima Prabhu.



On the dais, Chief Guests Dr. Suhas and Purnima Prabhu, with Sabha President, Shri Laxmikant Prabhu and Mahila Shakha President, Smt. Shanteri Nayak

Every year GSB Sabha feels privileged to acknowledge and honour GSB Talent through GSB Sabha Talent Recognition Award, of which the founder sponsor is Shri K M Kamath. For the year 2019, the recipient of this award was Shri Vasudeo Kamath. Shri Kamath is an internationally acclaimed artist of India. Born in Karkala, Shri Kamath is an alumnus of the prestigious JJ School of Arts Mumbai and has to his credit many paintings and portraits, the most prominent of which has been of the former President of India Smt. Pratibha Patil. His art has regularly featured in various International Art Magazines and journals. He continues to inspire and guide young artists as he climbs greater heights in his own artistic endeavours. Shri Vasudeo Kamath was felicitated by our Chief Guest with a shawl, shripal and the Award.



Shri Vasudeo Kamath, internationally acclaimed artist, being felicitated with the GSB Talent Recognition Award by the Chief Guest

GSB Sabha has been aware of the growing contribution of women towards India's Economic story. 'Vatsala R Shenoy Memorial GSB Woman Entrepreneur Award' instituted in 2014 is a step in this direction. The founder sponsors of this award are Late Smt. Vatsala Shenoy's daughter-in-law and son, Smt. Sadhana and Shri Sunil Shenoy. For the year 2019, the recipient of this award was Smt. Jyotsana Pai proprietor of Pai Bakery from Belgaum, with entrepreneurial experience in the bakery and confectionary sector. Smt. Pai began her entrepreneurial journey 25 years ago and currently she employs 70 personnel of which 75 percent are women. She is also well known for her social service towards the GSB community in and around Belgaum. Smt. Pai has received various awards and recognition from the state government and various other institutions for her business management skills. Smt. Pai was felicitated by our Chief Guest with shawl, shripal and award.



Smt. Jyotsana Pai being felicitated with the Vatsala Shenoy Memorial GSB Woman Entrepreneur Award by the Chief Guest

The Sabha recently carried out repairs and renovation work at Kreedha Mandir and is raising funds to bridge the deficit on this project. Donations received till date and also during the program were acknowledged. Sabha's Jt. Hon. Secretary, Smt Amita Kini presented her paintings to the Sabha to be sold and proceeds taken for the project. Of these paintings, a magnificent painting of Lord Vithala was auctioned. There was a lot of enthusiasm and active participation by the audience, and the painting was taken by Shri M. V. Kini with his highest bid.



Shri M V Kini being handed over the Lord Vithala painting bid by him in the auction, by the artist Smt. Amita Kini

There were two lucky draws on the entrance passes, a 32 piece dinner set sponsored by Smt. Suman Kini and a mobile phone sponsored by Shri Radhakrishna Kamath. Both the winners received their prizes from our Chief Guest.

The formal program concluded with an 'Address to the Audience' by our Chief Guest Shri Dr. Prabhu followed by a 'Vote of Thanks' by Smt. Prafulla Rao.

The befitting finale was a musical play on the great saints of Maharashtra aptly named 'Sant Virasat' by GSB Sabha's Mahila Shakha. The 'All Women' cast of eighteen members supported by Shri Ravindra Shenoy on table, brought alive story of five saints namely Janaabai, Naamdev, Sakhubai, Chokhamela and Tukaram through their splendid performances. The play was a reproduction of stories of great Saints, in Konkani, by Smt Maya Nayak and Smt. Bina Shenoy.

The function concluded with an authentic GSB menu for dinner. GSB Sabha received a lot of appreciation for the

function and we hope to continue serving our society with many more events like these.



This year talent recognition awardee, Shri Vasudeo Kamath with previous awardees, Shri Ulhas Kamat, Dr. C. N. Shenoy and Shri Sudhir Nayak

Sabha received banner support for this program from NKGSB Co-op Bank, Organica Biotech and Usha Corals. Certain individuals also extended financial support to the program.

## SANT VIRASAT - AN ODE TO THE GREAT LINEAGE OF SAINTS IN MAHARASHTRA

GSB Sabha Mahila Shakha presented a musical play on the great saints of Maharashtra aptly named 'Sant Virasat'. The 'All Women' cast of sixteen brought alive story of five saints namely Janaabai, Naamdev, Sakhubai, Chokhamela and Tukaram through their splendid performances. The five acts were woven together by the 'Haridasini'- Smt Bina Shenoy who guided the audience through the play with her insightful and soulful kirtan and singing. Their acts were ably supported by the Musical team of Smt Maya Nayak (Vocals and Harmonium) and Shri Ravindra Shenoy (Tabla). The play was a reproduction of stories of great Saints, in Konkani, by Smt Maya Nayak and Smt. Bina Shenoy.

The Mahila Shakha artists were quite enthused by the overwhelming appreciation and response received as the audience watched with rapt attention for 90 minutes. The artists sang live on stage lending an authentic and endearing

touch to the entire performance. The songs were chosen from the vast repertoire of abhangs and devotional songs composed by our saints and were rendered effortlessly by the artists led by their music guru Smt. Mayak Nayak supported by Shri Ravindra Shenoy on Tabla and Smt. Bina Shenoy on Manjira.



The Keertankar, Smt. Bina Shenoy, with Ravindra Shenoy on tabla and Smt. Maya Nayak on harmonium

The performing artists are:

**Janaabai :** Jaya Kamat (Janaabai), Namrata Pai (Namdev), Gauri Bhat (Namdev's wife), Geeta Kamath (Wife's friend), Tara Pai (Lord Vithala), Chetana Sardesai (Sant Kabir) and Purnima Kini (Lady on field)

**Chota Namdev :** Ruchita Bhat (Chota Namdev), Deepika Shenoy (Father), Malathi Nayak (Mother), Gautami Acharya (Bhatmam) and Tara Pai (Lord Vithala)



Invocations to Lord Ganesha at start of program



Sant Janabai with Lord Vithala



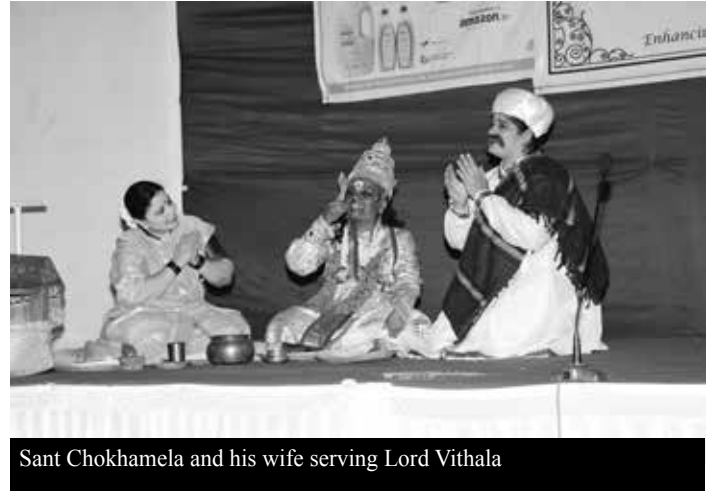
Sant Namdev with his parents



Sant Sakhubai with Lord Krishna

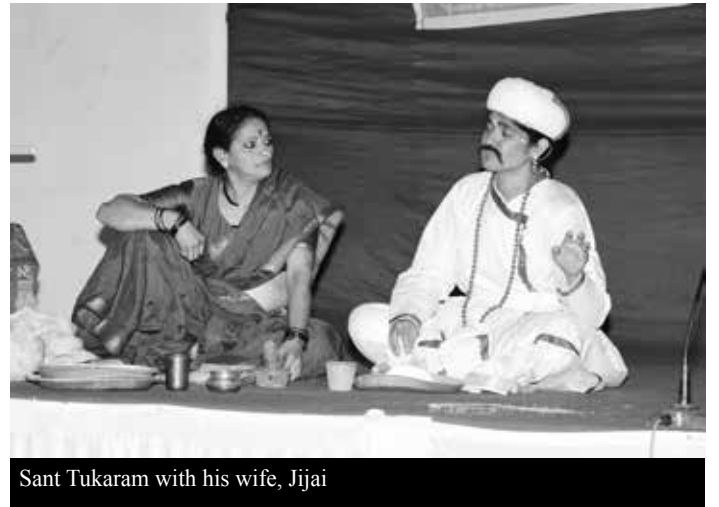
**Sakhubai :** Jaya Kamat (Sakhubai), Gauri Bhat (Mother), Chitra Kamath (Mother in law), Deepika Shenoy (father in law), Chetana Saredesai (Husband), Sulakshana Pai /Lakshmi Nayak (Krishna) and Malathi Nayak (Vaarkari)

**Chokhamela :** Gautami Acharya (Chokhamela), Jayashri Rao (Bhatmam), Geeta Kamath (Soyra) and Purnima Kini.



Sant Chokhamela and his wife serving Lord Vithala

**Tukaram :** Pratima Pai (Tukaram), Chitra Kamath (Tukaram's wife), Jayashri Rao (Bhatmam)



Sant Tukaram with his wife, Jijai

**Creative insights and help :** Dr CN Shenoy, Sound: Shri Chandrakant, Makeup: Shri Pradeep Pednekar, Hair: Smt Gautami Acharya, Ladies Costume: Mangala and Madhura, Background Music: Smt Pratima Pai, Backstage: Smt Prafulla Rao & Smt Tanushree Shenoy.

The heartening response and the exhilarating experience have enthused the performing group to welcome more invitations to stage this play at other GSB events as requests have started pouring in.

GSB Sabha is proud and gladdened by the initiative of our Mahila Shakha and wishes to see more of such performances in the future.

## REPORTS ON PROGRAMMES CONDUCTED BY G.S.B. SABHA'S MAHILA SHAKHA

**January 6<sup>th</sup> 2019** - Bhajans were rendered by our Mahila Shakha Bhajan group at Walkeshwar.

**January 22<sup>nd</sup> 2019** - Bhajans rendered at Walkeshwar in front of Swamiji's deity

**February 9<sup>th</sup> 2019** - Monthly Bhajan at Walkeshwar

**February 11<sup>th</sup> 2019** - Performed Bhajan seva at Shri Wadala Math on the occasion of visit of H H Shrimad Vidhyadhiraj Teerth Shripad Vader Swamiji of Shree Samsthan Gokarn Parthagali Jeevatham Math with their Patta Shishya H H Shrimad Vidyadheesh Teerth Swamiji.

**February 24<sup>th</sup> 2019** - Bhajans rendered at Walkeshwar in front of Swamiji's deity

**January 5<sup>th</sup> & 6<sup>th</sup> 2019** - Mahila Shakha organized Pravachan on Jan 5<sup>th</sup> & 6<sup>th</sup> 2019 by Smt Bhavana Prabhu on Ajamila and Bhakth Sudama at I. M. Pai hall, Sujir Nayak Kreedha Mandir. People attended in large numbers.

Programme started with lighting of lamp by Bhavanamai, Shri Laxmikant Prabhu, Sabha's President, Shri Uday Mallya, Smt. Durga Shenoy - Immediate Past President of Mahila Shakha and Smt. Shanteri Nayak - Mahila Shakha President. Bhavanamai was felicitated by Smt. Shanteri Nayak, the Mahila Shakha President.

On the first day Bhavanamai spoke on Ajamila. The Pravachan concluded with Aarti and bhojanprasad.



Smt. Bhavana Prabhu, Pravachan guru, lighting the traditional lamp



MS President, Smt. Shanteri Nayak, felicitating Pravachan guru, Smt. Bhavana Prabhu

On the Second day, the programme started by paying homage to Sri Krishna Bhatmam. Bhavanamai spoke on Bhakta Sudama. It was a divine experience to all, mesmerizing the audience toward bhakti and spirituality.

Smt. Bhavana Prabhu has been bestowed with the title 'Shrimad Bhagavat Pravachana Samartha' by H. H. Shrimad Sudhindra Thirth Swamiji.

Mahila Shakha acknowledges sevedars support which helped successfully manage this programme. Prasadam from Café Mysore to sevedars was sponsored by Smt. Shanteri Nayak, our MS President. The pravachan ended with typical GSB cuisine from Kamath Caterers on both days which was sponsored by Smt. Bina Shenoy. The programme was a grand success.

**January 17<sup>th</sup> 2019** - Mahila Shakha organized Sankranti Haldi Kumkum on 17<sup>th</sup> January 2019 at I. M. Pai Hall, Sujir Nayak Kreedha Mandir. The programme was sponsored by Smt Aparna Anil Kamath. There was an elocution Competition on "Smart phone - A curse or boon". The judges, Smt. Rajani Pai and Smt. Rajani Kamath, adjudged 3<sup>rd</sup> prize to Smt. Chitra Kamath, 2<sup>nd</sup> prize to Smt. Mamata Rao and first prize to Smt. Amita Kini.

Both the judges spoke about the significance of Sankranti festival. They appreciated the efforts behind arranging programmes and elocution with such interesting and educative topics. Smt. Shanteri Nayak, President MS welcomed the members and felicitated the judges and the sponsor.



The judges, sponsor and the winners of the elocution competition held during MS Sankranti Haldi Kumkum

The programme ended with distribution of Haldi Kumkum, vote of thanks to the members, the sponsor and the judges followed by refreshments.

**February 24<sup>th</sup> 2019** - Mahila Shakha held 'PARICHAY', its 72<sup>nd</sup> Get-together of eligible boys and girls along with their parents on Sunday, 24<sup>th</sup> February, 2019, at I.M.Pai Hall, Kreedha Mandir. Around 175 people attended this get-together. There were many new members who enrolled in to our Matrimonial Service during this meet. There were attendees from Navi Mumbai, Dombivali, Pune, Chiplun. There were many Parents who attended for the first time this get together of eligible boys and girls. They were impressed and thankful for such initiative and service.

Mahila Shakha's President, Smt. Shanteri Nayak, welcomed members and gave brief report on Matrimonial services and 'PARICHAY'. She felicitated Smt. and Shri Padmanabh Pai, the sponsors of this event. A master list of eligible boys was

also released by Shri. Padmanabh Pai. He expressed his gratitude to MS and its matrimonial service because he could find an alliance for his elder daughter during one of our get together of eligible boys and girls. He appreciated the selfless service of Mahila Shakha for the benefit of our community. This get-together 'PARICHAY' was appreciated and well received by all the attendees.



MS President, Smt. Shanteri Nayak, addressing the members present during 72<sup>nd</sup> PARICHAY - eligible boys and girls meet. Also seen, program sponsor Smt. and Shri Padmanabh Pai



The members attentively listening to the details of eligible boys and girls at PARICHAY

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

Date	Programme	Time	Venue
Sunday 09/06/2019	'PARICHAY' - 73 <sup>rd</sup> get-together of eligible Boys & Girls with their parents Sponsored by by Shri Gokul Raghunath Kamath	3.30 PM	G.S.B.Mandal's, Shri Sitaram A. Pai Memorial School, Ambika Nagar, Gograswadi, Dombivili East

All are invited for the programmes.

**Bhajan Classes are held at Sabha's Office. For particulars, contact office between 4:00 pm - 7:00 pm**

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

Mahila Shakha gives marriage assistance to the needy. We need your assistance to help them better

**Donations are gratefully accepted**

**Smt. Shanteri N. Nayak**  
President

Tel: 98211 83501

**Smt. Bina Shenoy & Smt. Amita Kini**  
Jt. Hon Secretaries

Tel: 98205 07690 / Tel: 98700 62476

## NEWS AND INFORMATION

### BOOK ON PROJECT MANAGEMENT BY PROF. PRADEEP PAI LAUNCHED

Prof Pradeep Pai, launched his 2<sup>nd</sup> book "Project Management" published by Pearson for Management students and practitioners on 25<sup>th</sup> March 2019, at NMIMS University, Vile Parle (West). Shri Raghunandan Kamath, Proprietor Naturals Ice creams (a brand owned by Kamaths Ourtimes Icecreams Pvt Ltd), Dr. Rajan Saxena, Vice Chancellor NMIMS University and Dr. Ramesh Bhat, Provost and Dean, Management Education, NMIMS University did the honours of launching the book. About 60 members participated in this book launch event.



Pradeep Pai Book Launch

About the Book : Project Management is an essential management skill required by all practising managers and therefore every business school conducts this course. The subject is much vast requiring information and knowledge of optimising techniques, financial planning, human aspects,

entrepreneurship, social cost benefit analysis, project monitoring and control and many more. The book "Project Management" authored by Prof Pradeep Pai is the only book which integrates all these diverse topics in a single book. The book also covers in detail the case study of Naturals Icecreams one of the most iconic ice creams brand in India besides covering the entrepreneurial journey of Shri Raghunandan Kamath, a leading GSB.

The book is available on line on the Pearson and Amazon site.

**About the author :** Pradeep Pai has been born and brought up in Dahisar and is an active GSB member in this region. He hails from Mulky in Dakshina Kannada, is married to Sujata Pai, daughter of Dr. K Ramesh Pai from Mangalore. They have a daughter, Priyanka, who is a Company Secretary.



Pradeep Pai

The first book of the author is "Operations Research - Principles and Practice" published by Oxford University Press in 2012.



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## PICKLE

I was making a mental note of all the things that had to be shopped this weekend at my regular store. Along with the regular groceries, fruits and veggies what remained first in the list is a bottle of readymade pickle.

My grandmother was visiting us next week and her meal is incomplete without pickle and curd rice. She insisted on serving the pickle on the left corner of the thali or banana leaf and on asking the reason she would inform that salt and pickle go on the left and the curries on the right for easy mixing with rice. Perhaps left-hand side dishes were to be consumed in less portions was my conclusion.

Pickle has taken a prime space in my childhood memories. As a child, I remember overhearing pickle talks during the evening walks with my grandmother and the other neighbourhood ladies. They would discuss the rates of raw mangoes available in the market during the season. With the base from these talks and by seeing the weather forecasts for the next week, my grandmother and I would go for pickle shopping. She had particular local shops to pick the raw mangoes from and it always amused me the way she hand-picked them. She would smell them often and identify the breed of the mango. Then the bargaining. The next stop would be the grocery shop where the ingredients for the masala was purchased. I loved going there as I was given either a toffee or a juice pack as complimentary by the shopkeeper. The next stop would be to buy the pickle jar, commonly known as bharni. My grandmother insisted on the long ones with threaded lids and a side handle. It would be lunch time by the time we would be back and I remember my mother would neatly stack each of the items bought, away from dust, sun and moisture. The house would smell of raw mangoes and on insisting I would be allowed to eat one sliced with salt and chilli powder.

The very next day the aromas from our kitchen would automatically get the evening walking ladies gang into our house. There were a few of my grandmother's age and would help in making the masalas. The younger ones would cut the mangoes with my mother. We were asked to sit far away with folded hands. The grannies discussed about all the possibilities of pickle making, teaching the younger ladies art of grinding masalas with grindstone and not mixers. In an hour's time the masalas and cutting would be over with loads of stories, giggles and learning. Then the marination process of the cut mangoes with masala in the brand-new jars which would be kept for sun-drying. After the layering the whole mixture was tossed, and my grandmother would do the authentic seasoning with oil. The other ladies always said there was some magic in my grandmother's way of doing it. The lids of the jars were then tied with white muslin cloth with a mango embroidery patch at one corner of the cloth. Probably to identify the pickle inside. The jars would then go in the corner of the store room where nobody could reach.



By ASHA NAYAK

Three days of opening, tossing and tying and I would wait patiently to taste it. Meanwhile few cut mangoes would be marinated in salt, known as karmbi and served on every meal. Once the pickle was done my grandmother would wisely make portions to all the neighbourhood women, family and friends who were all her pickle fans. She would personally go visit them and give the handmade pickle.

Today, when I decide to buy readymade pickle from the store, I realise pickle is more than a side dish, it's a culture. I neatly struck out pickle from the store list. And decided to go shop for some raw mangoes!!

### INNER VOYAGE TOWARDS TRUE HAPPINESS.



by DINESH BHANDARKAR

*It is said that Happiness is a State of Mind.*

*Search within and you shall find.*

*But it is Human nature to look for happiness outside us  
due to our external orientation.*

*Practice Meditation to improve Interiorisation.*

*Remain always in the meditative state and  
in complete osmosis with the Guide.*

*This will dilute your pride and teach you to take all adversities in your stride.*

*This will also regulate and steady your mind under all conditions.*

*Controlling its complexities (such as likes, dislikes, desires etc)  
caused by our reactions.*

*Like the bird that balances itself on the two wings to fly.*

*Balance your materialistic life by giving spirituality a try.*

*Constant practice with utmost faith and humility  
will bring you closer to Divinity.*

*Reaching a stage where only He prevails obscuring your Identity.*

*You shall then realise His absolute Glory and His grace flowing till eternity.*

*This is nothing but total Bliss and true State of Happiness.*

*Leading to all round Wellness, Culminating into Godliness*

## INVITATION TO A STRANGER

This incident happened some seven to eight years back. My husband who is a banker was posted at Ahmedabad. I used to regularly shuttle between Mumbai to Ahmedabad, by train. Although there are many trains plying between Mumbai and Ahmedabad my favorite train was the non-stop Duranto express which used to leave Mumbai Central around 11 pm and reach Ahmedabad in the morning around six o'clock.

Being a working lady this train suited my timings because I used to catch the train after completion of my day's work in the office. Secondly once I showed my ticket to the TC I used to go to sleep and get up only in the morning at Ahmedabad, where my husband used to come to receive me.

This incident happened during one of my such trips. It was the month of January. The train arrived at Ahmedabad station. Almost all the passengers alighted and while I was alighting I saw a young lady who was sleeping on the upper berth did not get up. As a fellow passenger I thought it was my duty to wake her up and hence woke her up. The girl got up with a startle as she was sleeping soundly. I told her that Ahmedabad station has arrived. She immediately collected her luggage and thanked me for waking her up.

Since there were none in the train, I waited till she collected all her luggage and asked her where she was going. She told me that she has to go to some college for admission. She was asking me about the address. Meanwhile both of us got down from the train and my husband was waiting for me on the platform. Since I was not knowing the college address, I asked my husband to guide her, who told her to take an auto rickshaw. When I asked her that, since the admission process will start at around 10 in the morning what she is going to do reaching the college so early in the morning, she told me that she will wait near the gate. I smiled at her and we were ready to move from there. However, my conscience did not agree to leave a young girl, that too in wee hours of the day (it was a cold morning of the month of January and it was pitch dark outside) alone. I gathered



By VEENA SHENOY

courage and asked her whether she is willing to come to my house and freshen up. My husband was a bit uneasy, as I was inviting a complete stranger to the house. The girl immediately agreed and came with us to our house.

After reaching home we had tea and light snacks. She freshened up. In Ahmedabad, we had a regular rickshaw driver who used to ferry us to station, office, theatres etc. I called him and told him to drop the girl at the college and confirm to me. I also asked her to inform me on reaching her destination. She thanked me profusely and left.

In the evening she called me and told me that her admission process was complete and she was leaving for Mumbai. She thanked me again.

After some time, I received a message from her saying that daily she says her prayers but that day she must have prayed more and hence she met me.

Many a times we read about incidents where people are cheated/looted by strangers. There is so much negativity around, that people do not like to help a stranger or accept a helping hand from a stranger.

When I was narrating this incident to my colleagues, one of my friend's interrupted me and asked me whether I invited the stranger to my house. When I said yes, she told me that I have a penchant for inviting trouble and how could I invite a stranger home. I told them that at that moment I could not think of anything except the safety of a young girl and hence did not mind inviting a stranger home.

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A Well Wisher**



## THE CALL OF THE KUMBH



You know you are at the largest gathering on planet earth when you are welcomed by the chiming of bells, the perfume of incense, the fragrance of flowers, the chanting of Vedic hymns, the throbbing of drums and tents filled with Naga sadhus. The Kumbh Mela is

a complete blend of religious and cultural activities – discussions, devotional singing, mass feeding of holy men and devotees at the Holy gathering of Kumbh on the Pavitra bhoomi of Prayagraj .

The account of Kumbh goes that the Devas had lost their strength by the curse of Durvasa muni and to regain it, the approached Lord Bramha and Lord Shiva who directed all the devas to Lord Vishnu. He instructed them to churn the ocean of milk Ksheera Sagara for Amritha. This required them to make a temporary agreement with the Asuras, to work together with a promise of sharing the wealth equally thereafter. However, when the Kumbh (Pot) containing the amrita appeared, a battle began. For twelve days and twelve nights ( equal to 12 Human years) the Gods and Demons fought in the sky for the pot of Amritha. It is believed that during the battle, Lord Vishnu flew away with the Kumbh of elixir spilling drops of Amritha at 4 places : Prayagraj, Haridwar, Ujjain and Nashik.

Once you are at the Kumbh mela you can experience that it is a pure enchantment of the soul. The essence of the Kumbh mela is for all the devotees to bathe at the sangam on the days of the Shahi Snan. It is believed that it washes away all the sins and the cycle of rebirth and death ends as the soul becomes one with the Almighty. Kumbh Mela symbolizes divinity and knowledge. In mythology, the ‘Kumbh’ or pot of amrut/necter was churned from the ocean and meant for distribution. Likewise the necter of knowledge and spirituality must be churned from within us and shared with humanity. In keeping with this philosophy, the holy occasion is aptly named Kumbh Mela. Kumbh is enthralling as it is witness to the largest human gathering in history for a similar cause on a



By **ADITYA GANESH PRABHU**

single day irrespective of any worldly barriers of caste, creed, color and religion.

I happened to be at the Kumbh Mela on one of the days of the Shahi Snan which fell on the full moon day of Maghi Purnima which is associated with the day when Gandharva travelled from the heavens to Sangam. Devotees bathe at the Pavithra Sangam with the belief that they will be guided to heaven in their humanly form. Being one among the 120 Lakh devotees chanting “Har Har Mahadev” and “Ganga Maiya Ki Jai” I was completely immersed in the holiness of the sangam when suddenly I was showered with rose and marigold petals falling from the sky courtesy the government of Uttar Pradesh which made sure that the devotees at the sangam are every now and then showered with rose and marigold petals through helicopters.

During my 3 days in Prayagraj and On my interaction with the locals I would say that this Kumbh Mela was way better organized than the previous ones. The success of the Namami Gange project can be experienced through the clean and pristine waters of Ganga at the sangam. The cleaning barges make sure that any waste and solids floating in the Ganges are removed through their mechanized screening rakes. The Success of the Swacch Bharat abhyan can be seen through the numerous swacchagrahis deployed at prayagraj who toil night and day to keep the place clean. The local authorities were not far behind in their meticulous planning with vehicular movement at prayagraj stopped for the days of the Shahi snan so that traffic is well regulated. The State ran free for all buses from all points of arrival to prayagraj to the Sangam. Local cycle rickshaws and electric rickshaws were made to ply giving immense happiness to the locals by providing them a constant source of income. Information desks, Signages, Maps and brochures made wandering through the Kumbh Mela a smooth affair. Every devotee could immerse himself in divinity when you know that rest all was taken care of by the authorities.

This experience is so rich that I urge everyone to experience this atleast once in his lifetime. And once you are at the Kumbh mela let your Faith take over your soul so that you can bask in the divinity that the Holy city of Prayagraj has to offer. Well !! the next Kumbh Mela is just round the corner in 2022 at Haridwar.

# PLATINUM JUBILEE OF H. H. SHRIMAT SUDHINDRA TIRTH SWAMIJI ASHRAM SWEELAR

Our Most Revered Guru Maharaj, H.H.Shrimat Sudhindra Tirth Swamiji (1926 to 2016) was given Sanyas Deeksha by H. H. Shrimat Sukrateendra Tirth Swamiji 19<sup>th</sup> Pontiff of Shri Kashi Math, in 1944 and this great event will complete 75 years this year. So Shri Swamiji's Ashram Sweelkar will be commemorated as Platinum Jubilee and the celebrations are going to take place from 2<sup>nd</sup> June to 6<sup>th</sup> June, 2019 in Shri Vyasashram, Haridwar.

A special Yatra Train named 'Amrutha Mahotsava Yatra 2019' from Mangalore to Haridwar is arranged by Shri Sukrateendra Swamy Seva Pratishtan, Car Street Mangalore as per the banners put up in quite a few temples. The departure of this special train from Mangalore is at 9 P.M. on 1<sup>st</sup> June and from Haridwar the return journey will be on 7<sup>th</sup> June, 2019. As a part of religious programme there will be an Ekah Bhajana starting in the early morning of 3<sup>rd</sup> June and concluding on 4<sup>th</sup> June, 2019. It is expected that quite a few 'Bhajana Mandalis' from all over the country will participate.

Shri Swamiji was given 'Deeksha' by his illustrious preceptor H.H.Shrimat Sukrateendra Tirth Swamiji, the 19<sup>th</sup> Preceptor in the lineage of Shri Kashi Math Samsthan. The 'Deeksha' was given on Wednesday the 24<sup>th</sup> May, 1944 in Mulki on the banks of the River Shambhavi about 40 KMs North of Mangalore in the holy precincts of Shri Venkataramana Temple dedicated to Lord Shri Venkataramana, Lord Shri Narasimha and the procession deity, Lord Shri Bindu Madhava.

Shrimat Sudhindra Tirth Swamiji our Spiritual Master had attained Mukti (at around 1.10 AM on 17.1.2016) in Haridwar and as desired by Shri Swamiji there is a Vrindavan of Shri Swamiji in the precincts of Shri Vyasashram. Shri Swamiji lived up to be ninety years, which is deemed to be the full span of life. More than this Shri Swamiji was of the firm opinion that the followers of the Math are the real assets of the Samsthan, the imaginary kingdom on which His Holiness was presiding and their all round progress and welfare was his main concern and that Shri Swamiji was duty-bound to guide and lead them in all respects at all times. With this spirit His Holiness was guiding the followers to be on the track of 'Dharma' throughout his life.

## SAGE OF SHAMBHAVI:

Going by the spiritual attainments Shri Swamiji was often described as a living sage of our times by the name "Sage of Shambhavi" because he had the ceremonial dip in the River Shambhavi of Mulki before receiving the 'Sanyas Deeksha' from his Guru and the long journey as a 'yati' had started from there and going by several unique achievements that had taken Shri Swamiji to glorious heights, one will definitely feel that no one could achieve them in the ordinary course of life unless blessed and encouraged by the preceptor and God.



By K. G. MALLYA

## TRANSFORMATION AS MUNI:

In 1940's a strange thing happened in Ernakulam, Kerala. H.H.Shrimat Sukrateendra Tirth Swamiji, 19<sup>th</sup> Preceptor of Shri Kashi Math was in search of a suitable 'Brahmachari' who could become his successor to head Shri Kashi Math Samsthan. Somehow Shri Swamiji could not get a suitable candidate among the disciples of Shri Kashi Math from Mumbai to Trivendrum in the South. At that time somebody suggested the name of a student studying in Intermediate Science. His name was Shri Sadashiva Shenoy (Born 31.3.1926), son of Shri Ramdas Shenoy one of the Trustees of Shri Tirumala Devaswom, Ernakulam. At that time, Shri Swamiji was camping in Shri Venkataramana Temple, Mulki and sent one Shri Subba Bhat as an emissary to Ernakulam to talk to the parents of Shri Sadashiva Shenoy and obtain their consent. The emissary visited Ernakulam and obtained the permission of Shri Ramdas Shenoy. Thereafter he met Shri Sadashiva Shenoy in the temple in the evening and asked whether he would be happy to become a Swami. When Shri Sadashiva Shenoy did not answer promptly, the emissary said he had already secured the consent of his father! For that Shri Sadashiva Shenoy answered with a smile, "When my father has already consented, what is the need to ask me?"... .. (Shri Sadashiva Shenoy had lost his mother when he was barely five years old).

When Shri Sadashiva Shenoy returned home, everyone was staring at him silently as though he was a stranger, without uttering a single word! He went straight to his father and asked, "Father, what is meant by Swami? So far I have not seen one nor do I know what are the duties involved. As you have already given the consent I have readily agreed though I do not know what it is!"

Father said, "Son, we have a wonderful Guru in Shrimat Sukrateendra Tirth Swamiji who is a second God to us. You will learn everything from him. God will not let us down! Have faith both in Guru and God!" Thus the 18 years old English speaking Science Student was initiated into Sanyasa Deeksha on 24<sup>th</sup> May, 1944 in Mulki at the lotus feet of Lord Shri Venkataramana and Lord Shri Narasimha by Shrimat Sukrateendra Tirth Swamiji and conferred on him with a lovely name—His Holiness Shrimat Sudhindra Tirth Swamiji and thus he become the 20<sup>th</sup> pontiff of Shri Samsthan Kashi Math

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that was established way back in 1540 AD in the pilgrimage centre Kashi on the banks of River Ganga also known as Bhagirati.

### **TOTAL TRANSFORMATION:**

Shrimat Sukrateendra Tirth Swamiji arranged for the study of scriptures in Sanskrit for the disciple and though the topics and subjects were totally different from the ones learnt so far in the school and the college. With full devotion he mastered everything and in 1949 when Shri Guru Swamiji attained 'mukti', Shishya Shrimat Sudhindra Tirth did not shirk the responsibility. He took the departed Guru's wooden sandals and placed them reverentially on the 'peetha' of the deities of the daily worship giving a suitable place to them and remembered the Guru Swamiji with a strong belief till the end. Every day His Holiness prayed to the Guru with devotion to guide as he did not know the exact duties of Swami when he was initiated into Sanyas Deeksha. This was the starting point of the life of Shrimat Sudhindra Tirth Swamiji who had lived up to 90 years of age to give a new meaning to the word, "Swami" as his life was totally dedicated to the welfare of the Samaj!

### **MASTER BUILDER OF TEMPLES:**

Shri Swamiji was given 'Deeksha' way back in 1944 and ascended the 'Gurupeetha' in the year 1949 and served God and the Spiritual World and blessed the huge 'Shishya Varga'-- the followers, for more than seven decades with dedication and distinction. His Holiness has erected big and artistically beautiful and magnificent temples in memory of Shri Vyasa, both in Haridwar in 1988 and Kaalapi, the very birth place of Shri Vyasa which is a tiny and obscure hamlet on the banks of the River Yamuna near Kanpur, in 2001 AD. Maharshi Bhagawan Vedavyasa, the deity of daily worship in Shri Kashi Math is the author of Mahabharat, the biggest epic the mankind has ever seen, has more than One Lakh Verses. A Branch of the Math was also established in Badarikashram in the year 2004 on the Himalayas, the very work place of Shri Vedavyasa. Earlier to this, in the year 2003 Shri Panduranga Vittal Mandir was established in Dahisar North Mumbai. Lord Panduranga Vittal is the presiding deity of Maharashtra State besides the 'Ishta deva' of a large section of GSBs. In Nasik, Maharashtra, in the Panchavati area of Ramayana fame, a temple was built way back in 1994 dedicated to Lord Rama and it is called Shri Ramanjaneya Temple. Incidentally Shri Vyasa Raghupati (Shri Vedavyasa and Shri Rama) both together, are the deities of daily worship in Shri Kashi Math, along with Lord Shri Narasimha.

### **PROTECTION OF ANCIENT VALUES WITH MODERN OUTLOOK:**

In Shri Swamiji's divine personality, we could notice a rare blend of ancient faith with the modern outlook resulting in many welfare activities in the history of the Math, that deserve

full-throated appreciation. "Wherever you reside, identify yourself as a part of the community around you and sincerely serve the locality in which you live." This message from the revered Swamiji has been imbibed literally and faithfully by the disciples. This could be one of the reasons for the success of Gowda Saraswats wherever they are living. On more than one occasion Shri Swamiji vehemently condemned the dowry system. His Holiness went to the extent of declaring that it is against the injunctions of our religious tenets. He appealed to the would-be-mothers-in-law to show kindness, leniency and generosity in accepting suitable brides without demanding anything in the form of cash or kind.

Shri Swamiji had also felt that the ceremonies like 'upanayanams' and weddings should be simple and educative and the occasions should be made use to explain to the younger generation of their duties and responsibilities. Instead of merry-making and display of wealth-silk and gold, Shri Swamiji had suggested that the Vedic rituals in these ceremonies should not be hurriedly rushed through to provide more time for taking photographs and video and also dinners and banquets...

But did the followers accept the advice of Shri Swamiji? The answer is both, "Yes!" and "No!" As concluded by Shri Swamiji "We live in an imperfect society and we want everything to be perfect! However, we have a great consolation that we are doing our duties!"

### **SUCCESSOR SUITABLY TRAINED:**

It is very heartening to note that Shri Swamiji had properly trained Shishyashri Shrimat Samyameendra Tirth. He was born on 12.9.1982 and the 'poorvashram' name is Shri Umesh Mallya. At the time of Deeksha he was a 2<sup>nd</sup> year B.Com student and was initiated into sanyas on the banks of River Ganga in Haridwar on 20<sup>th</sup> June, 2002. As stated already Shrimat Sudhindra Tirth Swamiji's 'vrindavan' is in Shri Vyasashram Haridwar and Shrimat Samyameendra Tirth Swamiji ascended Guru Peetha on 28<sup>th</sup> January, 2016 in Haridwar itself in a grand 'peetharohana' ceremony with followers from all over the country attending. It is quite heartening to note that Shrimat Samyameendra Tirth Swamiji is sincerely following the footprints of Shri Guru Swamiji and has also ably guided the Samaj in every respect.

We pray to the Lord Almighty to shower on the Young Pontiff His choicest blessings for his long journey as a saint, sage and seer in service of God and the mankind following the footprints of his immortal Guru who had fitted very well into the famous saying of Sant Kabir reading as,

"Even if the waters of the seven oceans turn to be ink, the Earth as paper and the Trees on it as Pens, the Guru's Great Qualities still remain inadequately described!"

And then the ancient Sanskrit saying declaring, "Guru is greater than God because he opens the doorway to the Almighty and shows us the very existence of the Lord Almighty!"

# THEY MAKE US PROUD

## THE G.S.B. LEGENDS SERIES : PARKAL RANGANATH SHENOY



Whenever I think of the erstwhile small hamlet of South Canara and the tremendous transformation that it has gone through over the years, to what it has now become a globally known hub of education and technology in the country, 3 names that inevitably come to my mind are Mr. Srinivas Mallya, Mr. Ranganath Shenoy and Mr. T. A. Pai... all of whom have been the Members of the Parliament from Udupi. Besides

being impeccable leaders in their own right, they have also been great visionaries, whose remarkable contribution in the growth of Udupi can never be overlooked.

I would like to write about my father, Parkal Ranganath Shenoy. Born on 22<sup>nd</sup> November 1927, during the holy month of Karthika in Udupi as an eldest child to Late Shri Parkal Ramaraya Shenoy and Late Smt. Seetha bai, Mr. Ranganath Shenoy did his early education from Ananteshwar and Board High

School, Udupi and graduation from St. Aloysius College, Mangalore. He completed his PG in Maths from Christian College, Madras and later pursued Law in Belgaum & Mumbai.

After graduating from law college, he started practicing as an Advocate in Udupi. As a lawyer, he became popular within a short span of time. With utmost sincerity and proficiency in his work, he carved out a niche for himself in the legal profession and became a well known face in & around Udupi. He served as Hon. Professor in Udupi Law College and taught Constitutional Law. He was a member in the Academy of Gen Education, Manipal. Around this time blissfully married to Sathyabhama R Shenoy, Mr Shenoy found a perfect partner in her who shouldered her responsibilities hand in hand with her husband assisting both in his legal and later in his political



By P. RAMARAYA SHENOY

career. The couple were blessed with 5 children, 3 daughters-namely Bharati Shenoy, Meera Shenvi, Athriyi Shenoy & 2 sons-namely Ramaraya Shenoy and Lakshman Shenoy. Mr Shenoy being the eldest, along with his own, lived in a joint family with his mother & younger siblings and their families. His well knit joint family was not just comprised of several members but also welcomed a number of visitors and guests on any given day. Mr Shenoy's generosity & magnanimity was

well known. He was already an acclaimed lawyer, appraised by everyone- the rich & the poor.

Sensing the reputation and recognition of Mr Shenoy, Mr. K. K Pai, the former Chairman of Syndicate Bank and his close associate, introduced him in to politics and insisted that he contest in the municipal elections from Congress Party specially from the

Tenkapet-Central ward of Udupi, as this area was a strong hold of the then Jana Sangh. Though Mr. Shenoy's father was reluctant initially, he gave in eventually. Mr Shenoy proved his mettle and won the race with a huge margin. He was the obvious pick for the post of Vice Chairman to begin with & very soon he became the Chairman of Udupi Town Municipality.

As a Chairman, he gave a phenomenal growth to Udupi. He brought in a number of welfare measures such as Swachha drinking water project, construction of Ajjarkadu water tank, construction of tar roads & various parks all over the town, holding of free eye-camps, along with many others. He fought against the evil practices of manual scavenging and strived to build for them, a Harijan Colony. Right from the conception to the inauguration of a much needed Govt. Hospital and a





Municipal High School in Udupi, all happened during his tenure, which one cannot lose sight of ! I have little doubt to say that under his chairmanship, Udupi made a remarkable progress and the transformation he brought in is worthy of mention.

Cashing in on his statesmanship, proficiency and growing popularity, in 1971, he became the unanimous choice as the Lok Sabha candidate from Udupi, from the Congress party, cherry-picked by the PM of India, Mrs Indira Gandhi herself. He won that election by a record margin (till date, percentage wise) against a very strong opponent, Ex MP & ICS officer Late Sri Lobo Prabhu. As Sri Lobo Prabhu was already very popular in Parliament, it gave natural mileage to Mr Shenoy, in Parliament.

In those days there was no MP fund or social media existed, where in one could crowd source or crowd fund, like these days. However Mr Shenoy rose to the occasion against all odds and succeeded in helping the people in distress, by effectively taking it up with the concerned ministers in the Parliament. It was his persistent efforts that helped LIC employees get their long outstanding bonus. He successfully managed to accomplish each & every task initiated by his predecessor, Mr. Mallya. Completion of the Mangalore port, Kudure Mukh Iron Ore Project, National Highway passing by Udupi,

to name a few. He was instrumental in getting govt-aid to the NIT Suratkal, the then KREC. He was very much vocal and vehemently pursued for the Konkan Railway Project in Parliament.

When my sister, Smt. Bharati Shenoy, penned his biography "Ranga Darshan" a few years back, we tried to procure all his speeches made in Parliament. However getting those papers was an uphill task. Finally when Mr. Ashok Kini, the then Comptroller, obliged to help us, to our surprise, it was a huge heap of papers!. Many such major questions and replies posed by him, bear a testimony to his commitment towards his constituency & how well he lived up to it.

Once he became an MP, he never discriminated anyone on the basis of party, caste or religion. He worked and served for the people of his constituency on an equal footing. He was a down to earth person, who wouldn't even mind affixing his valuable signature, when asked, even while walking on the road. He was a man of simplicity par excellence. One could see him in a simple dhoti and a khadi shirt, when the Parliament was not in session. Mr Shenoy had been an epitome of sincerity, eminence and distinction.. a combination rarely found in the politicians of present times.

#### **FORM IV**

**(See Rule 8)**

Statement about ownership and other particulars relating to Voice of GSB to be published in the first issue every year after the last day of February

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I, Laxmikant T. Prabhu, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Sd/-

Date :16<sup>th</sup> March, 2019

Laxmikant T. Prabhu  
Signature of the publisher

## NEWS FROM OTHER ORGANIZATIONS

### AISCO CONDUCTS ALL INDIA SARASWAT SAMMELAN 2019 “SARASWATS & BEYOND”

Recently a ‘Sammelan’ of our community was organised at a large scale on 19<sup>th</sup> and 20<sup>th</sup> January 2019 at IES Raja Shivaji Raja Vidya Sankul (previously, King George High School), Dadar in Mumbai by **ALL INDIA SARASWAT CULTURAL ORGANISATION (AISCO)**. As campaigning gathered momentum, it was heartening to see Saraswats from various states like Maharashtra, Karnataka, Goa, Madhya Pradesh, Gujarat, Rajasthan, Telangana, Andhra Pradesh, Karnataka, West Bengal, Kerala, Jammu-Kashmir, joining this triennial event spontaneously and wholeheartedly.

On the first day 19<sup>th</sup> January, the Pontiffs HH Shrimad Sadyajot Shankarashram Swamiji of Shree Chitrapur Math, HH Shrimad Shivanand Saraswati Swamiji of Shree Kavale Math and HH Shrimad Samyamindra Tirtha Swamiji of Shree Kashi Math, inaugurated the Sammelan by lighting the lamp. Dr. Ajit Gunjekar, the President of AISCO, welcomed the delegates. After the Padyapujan and Ashirvachana, **Souvenir- ‘Saraswatey’**, especially published for this Sammelan, was released by Swamijis. Through their speeches, they advised the delegates to work ceaselessly towards unity of Saraswats and to stand by humanity in distress at large. Shri. K. N. Prabhu and Smt. Shailaja Ganguly were the moderators for this session.

**The second Segment of this day** had brain storming sessions by the scholars from various fields. Mr. Subhash Saraf, AISCO Vice President, briefed up about the purpose of this Sammelan. Moderating the session, Maj. (Retd) Paresh Joshi, CIO of AISCO, discussed the History of Saraswats with Shri Sheopuri and Dr. Kashinath Pandit who made the audience aware of the gravity of situation of Kashmiri Pandits. Shri Kishore Masurkar, AISCO Vice President, discussed business entrepreneurship and its future with Shri. Shrinivas Dempo, businessman from Goa, who gave substantive insight into the futuristic business. Mr. Kaul from Pune envisioned various aspects in business entrepreneurship. Maj. (retd) Paresh Joshi also interviewed Maj. Gen. G. D. Bakshi the dynamic personage and the driving force of our country, in the session: ‘Saraswats in Defence’. The dynamic speech delivered by **Maj. Gen. Bakshi** was



Swamijis inaugurating the Sammelan.



Shri Laxmikant Prabhu being felicitated by Dr. Ajit Gunjekar, Shri Subhash Saraf and Shri Kishore Masurkar

informative, motivating and spirited.

Later, some known Personalities were felicitated for their contribution and achievements in various fields. Shri. Sunil Ullal handled session of felicitation. The famous iconic artist singer Smt. Suman Kalyanpur was felicitated for her humongous contribution to the Music field. The audience was regaled by her musical splendour as she rendered some melodious songs. Also Ms. Mangala Khadilkar, the known name as a moderator/anchor in Cultural field was felicitated.

Shri. Ulhas Kamat, the enterprising owner of Jyoti Laboratories, kept the audience spellbound by his extremely inspirational

speech on **women empowerment**, their strength, capabilities and noteworthy contribution to the society.

**Environment:** It’s preservation and awareness being the subject of concern and need of the hour, was discussed by the moderator Dr. Nandini Deshmukh with the experts on the panel Dr. Pundur, Shri. Dinesh Pissurlenkar and Shri Hem Dholakia.

**‘Contribution of Saraswats in Banking industry’** was the next agenda on the panel. The Moderator Shri. Laxmikant Prabhu, Director of NKGSB Bank, encapsulated this session very effectively with the doyens of Cooperative banking, Chairman of Saraswat Bank Shri Gautam Thakur, Vice Chairman of NKGSB bank Shri Sunil Gaitonde and SVC Bank Vice Chairman Shri Uday Gurkar. The discussion was insightful, very precise and concise. Incidentally, **the Sammelan was financially powered by the sponsorship of Saraswat Bank as well, supported by NKGSB & SVC banks and other companies like Ritwik Foundation, Zydus and many more.**

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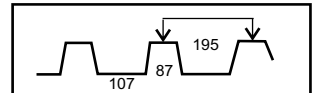
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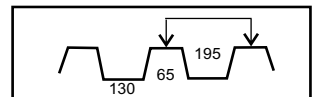
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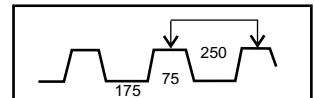
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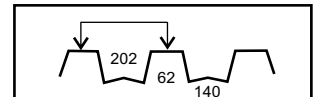
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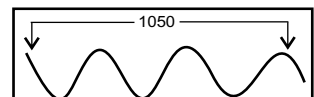
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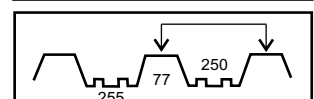
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On 20<sup>th</sup> January, information of Saraswat Sansthan all over India and abroad was showcased, sharing in-depth detail data so that our own people become aware of its efforts, objectives and projects. Shri Redkar & Dr. C. N. Shenoy Co-ordinated the session. Many eminent Saraswat personalities were awarded the memento as a mark of respect.

Mr. Sequeira from DNA research institute in his speech, appealed to the audience to get their DNA test done at the stall put up at the venue to assist the **DNA research study of Saraswat population on the basis of DNA.**

The youthful spirit dwelt in the 'Sports' segment where our young, spirited moderator Mohit Bhende conducted an engrossing panel discussion with the Saraswats from sports field. Former Cricketer Shri Milind Rege, the athlete Ms. Vandana Shanbhag and hockey player Shri Dinesh Nayak narrated some interesting experiences and gave some tips to the sportsmen.

Without the **cultural** activities, life would be drab. We had the pleasure of having the known Marathi **Stage and Cinema artists** like Shri. Dilip Prabhavalkar, Ms. Varsha Usgaonkar and Smt. Usha Nadkarni. Shri. Prabhavalkar kept the audience in splits by his razor sharp wit. Whereas Ms. Usgaonkar enthralled her fans by sharing memories and singing Goan songs which are close to everyone's heart. Ms. Nadkarni too, shared some anecdotes. Moderator Smita Gavankar made the moments engaging.

The speaker Maguirish Pai Raikar emphasised on the importance of involvement of youth in **agriculture**. He recommended to earn income sources through agriculture.

"Be guided by your dream and mission to strive for community and human development at large. Do your work with passion and commitment for community and beyond." These encouraging words came from none other than the Statesman with impeccable integrity **Shri. Suresh Prabhu** the Minister for Commerce & Industry and Civil Aviation. He spoke about community growth in totality.

The noble profession of **Medical and health care** was very much on the agenda as it plays pivotal role in our lives.



Shri T V Mohandas Pai speaking at the Sammellan



Hon. Minister, Shri Suresh Prabhu at the Sammellan

Neuro surgeon Dr. Ander as well Dr. Bellare and Dr. Sandhya Kamat had a discussion on medical career with Dr. Prakash Mavinkurve. He brought out the best concise conversation from them. Child specialist Dr. Suhas Prabhu explained the advantages / disadvantages of antibiotics in children.

Moderator Dr. Arundhati Chavan discussed educational issues with **Saraswats in Education field**. Dr. Razdhan and Principal of Sathe College Smt. Kavita Rege explained how the parents can contribute to the overall development of children and that, it is important for parents and students to respect teachers for their contribution to the society.

**Shri. Mohandas Pai** the Philanthropist, stressed the need to step out of our work and give back to the society as much as we can, as we take up so much from it.

The **valedictory session** was handled by Shri. Nagesh Pinge, Director of NKGSB Bank. On the panel were Shri Sampat Saraswat, Smt. Nirmala Samant, Shri Jairaj Salgaokar, Dr. Gunjekar, Shri Kishore Masurkar.

Two centenarians, Smt. Manorama Shashital, 104 and Dr. Sadanand Haskote, 102, were honoured as the senior most members of our community.

Both evenings ended with number of young performers from various States showcasing their talent and indigenous skills through skits, vocals, dances, special choreographed performances etc. Support for the cultural programme was provided by Shri Swapnil Pandit and team.

Well! The phenomenal grand success was possible due to the ceaseless and tireless efforts of the core committee members of AISCO and other volunteers. Also the whole hearted support of the sponsors could make this event possible. AISCO is thankful and grateful to them.

This enriching, memorable Sammellan of the Saraswats calls for many more laurels and accolades. Wishing the best for many such worthwhile Sammelans in future.

## NEWS FROM OTHER ORGANIZATIONS (Cont'd)

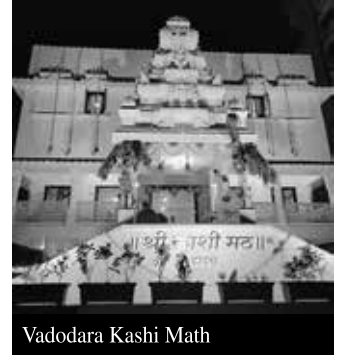
### UDGHATANA OF VADODARA SRI KASHI MATH AND PRATISHTHA OF SRI VENUGOPALAKRISHNA MANDIR AND SRI DWARAKADEESH MANDIR

AT ROAD C2, NEAR OAKWOOD BUILDING, OFF. VASNA BHAYALI ROAD, BHAYALI, VADODARA – 391 410

With the grace of Sri Vyasa Raghupati and blessings of the Guru Parampara of Shree Kashi Math Samsthan, Varanasi, the 39<sup>th</sup> unit of shree Kashi Math Samsthan, Varanasi was inaugurated at Vadodara, an important historical place in Gujarat, on 28<sup>th</sup> February 2019 at the lotus hands of H. H. Shrimad Samyamindra Tirtha Swami, Mathadhipati of Shree kashi Math Samsthan Varanasi.



Swamiji Ashirvachan



Vadodara Kashi Math

It is the first Math unit inaugurated by H. H. Shrimad Samyamindra Tirtha Swami after ascending the Venerable Peetha of Mathadhipati of Shree Kashi Math Samsthan. This unique function was attended by several distinguished guests and dedicated devotees from across India particularly from Baroda, Mumbai, South Kanara, Kerala etc.

As part of Vadodara Math, SRI VENUGOPALAKRISHNA MANDIR and SRI DWARAKADEESH MANDIR was also inaugurated by H.H. Swami on 3<sup>rd</sup> March 2019 in accordance with necessary vedic rituals and customs, usage and traditions. More than 1200 devotees attended this function from all over the country especially from Mumbai and its suburbs, Vadodara, Karnataka, Kerala etc.

This was followed by Aashirvachan by H.H. Swamiji in the evening on the same day. Inaugural functions of both, Math and Mandir were rarest of their kind not only in Vadodara but also in the entire Gujarat

Both the Math and Mandir are situated at Road C2, Near Oakwood Building, Off. Vasna Bhayali Road, Bhayali, Vadodara - 391 410, a calm and serene locality, well connected by good roads and railway and is expected to be a holy place and a tourist attraction in the years to come

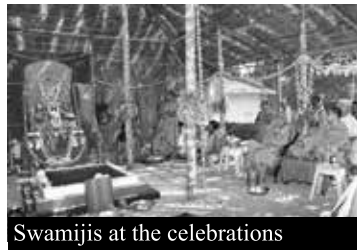
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## 20<sup>TH</sup> ANNIVERSARY CELEBRATIONS OF THE FORMATION OF VIDYADHIRAJ CHARITABLE TRUST, HARIGRAM & KEVALE VILLAGE, PANVEL

Vidyadhiraj Charitable Trust (VCT) - a non-commercial, not for profit charitable organisation was established in 1998, duly registered under the Bombay Public Trust Act, 1950.

Donations to this trust have been accorded exemptions u/s 80-G of the Income Tax Act.

Located at Harigram and Kevale villages on New Panvel-Morba Road, Panvel our objectives are to provide dignified living for senior citizens, education for the rural children and basic medical relief.



Swamijis at the celebrations



Upanayana of Ashwatta Tree

The 20<sup>th</sup> anniversary celebrations of the Trust were held on February 9<sup>th</sup> and 10<sup>th</sup> 2019 with various spiritual events like Rajata Shata Kumbhabhishek, Sudarshan havan, Narasimha havan, Dhanavantri havan, Rama Nama Japa havan etc. in the presence of His Holiness Vidyadhiraj Teerth Vader Swamiji and His Holiness Vidyadheesh Teerth Swamiji of Shree Samsthan Gokarn Partagali Math.

A unique event in the form of Upanayana to 3 "Ashwatta trees" planted by the revered Gurus of our Saraswat Samaj was also held.

We are almost at full occupancy at our 'home for the aged',

With the number of our residents increasing at a faster pace due to the challenges of growth in nuclear families & cultural changes in our society, we are now embarking on a project of an additional building, which will enable us house at least 24 more elders from our society.

Please provide your support to our initiative by visiting our old age home, see for yourselves and experience the "Joy of Giving"

## NEWS FROM OTHER ORGANIZATIONS (Cont'd)

### RKA ANNUAL DAY

Fifteen year old child prodigy Advait Thakur, a computer programmer, Teenage Internet entrepreneur and founder of Apex Infosys India, was one of the Guests of Honour at the glittering Annual day of Ram Krishnaa Academy, Panvel on Sunday. He is the tenth standard student of DAV school in Panvel. Advait shared the dais with Dr Ashok Kalyan Shetty of MGM Hospital, and Captain Yogesh Joshi who is associated with the Kargil war.



Pictures taken during RKA Annual Day

The program began with flower tributes to founder late V R Kamath by the Trustees and staff of the school. And then unfolded the beautiful array of skits and dances put together by the children of RKA. Tiny tots and other students of the school presented a pleasant mixture of Hindi, Marathi and English songs and informative skits. The orchestra of the students was mesmerizing which gave way to the nursery children presenting a lovely item. Ganesh vandana complete with his vahana, the mouse, was prettily depicted. The comperes were small children of standard two and five who spoke confidently and were completely at ease with the mike. Fisher folks dance rubbed shoulders with Goan dance. A skit on the misuse of mobiles was timely and so was the one on saying no to bad practices like throwing waste.

The grand finale was a Vithal song and dance which depicted Lord Vithal's life and time complete with Nivrutti, Dnyandev, Sopan and Muktabai riding a wall with bhajans in the background.

The formal function had the three guests of honour, Dr Shetty, Captain Joshi and prodigy Advait Thakur giving away prizes to students and awards to teachers along with Shri Rajan Bhat, Trustee and Chairman of Vidhyadhiraj Charitable Trust, Shri D M Sukthankar, IAS (Retd), Founder Trustee of the Trust, Shri V V Prabhu and Shri N S Kamath, trustees, Mohan Adige, CEO and Sudheendra Hegde, Chairman (SEF).

### V SISTERS FELICITATES WOMAN ACHIEVERS



Group photograph taken during V Sisters function to felicitate Woman Achievers

TV actor Sunita Pai was felicitated as an achiever by Vsisters at their 8th annual function on Sunday March 10. Ms Sunita is a very good dubbing artist, has been seen in TV serials -as a prospective bride in 'Yeh Hai Mohabatein'(STAR), as a doctor in 'Yeh Rishta Kya kehata hai', as Lavika in 'Vighnaharta Ganesha' on Sony, and many others. She acts in many ads and is a leading dubbing artist. She is the leading voice of KGF.

Others felicitated on the occasion were Aparna Nayak Bhat , an engineer , lecturer, a resource person who has done which very very few ladies have done, performed in yakshagaana. Aparna has given performances in yakshagaana in Manipal and in Wadala, Mumbai.

Preeti Athri, a biochemist, is a beautiful singer and has performed on AIR as a child artiste and sung bhajans in several stage shows. Preeti recently performed on Sangeethosav which aired on Shankara TV.

Dr Prabha Sawant, ex-Professor and Head, Department of Gastroenterology, Lokmanya Tilak Medical College and General Hospital, Sion and a Consultant Gastroenterologist at Sushrusha



By DR VEENA ADIGE

Hospital at Shivaji Park was the Chief Guest on the occasion who felicitated the three achievers and also other prize winners. Dr Prabha gave an interesting talk on day to day digestive system problems faced by people of all ages and their solutions.

Dr Veena Adige was also felicitated by Vsisters Durga Shenoy, Savitha Nayak, Savitha Joshy, Sudha Kamath and others.

The program began with lighting of the lamp and bhajan, followed by Fancy dress competition of children and adults. In the adult category Mughdha Nadkarni and Kala Kamath won the first and second prize while in the children's category Ekta Kamath, Arjun Adige and Shloka Kini bagged the first, second and third prizes. Chief Guest Dr Prabha Sawant and Guest of Honour Amritha Pai were the judges. This was followed by dances by children and Mughdha Nadkarni and Veena Shenoy. Nirmala Pai sang a song while a hilarious skit was performed by Shobha Mallya, Kala kamath and Vasudha Shenoy. A talk by Durga Shenoy and Shantala Bhat was followed by a shloka by Vidya Bhat.

A short quiz was conducted by Sudha Kamath. Savitha Nayak welcomed the guests and also proposed the vote of thanks while Savitha Joshy conducted the grand programme which was attended by nearly 150 people.

## NEWS FROM OTHER ORGANIZATIONS (Cont'd)

### EDUCATIONAL ASSISTANCE DISBURSED BY SADGURU SUDHINDRA EDUCATIONAL CHARITABLE TRUST

Sadguru Sudhindra Educational charitable Trust is the culmination of a great vision for a benign cause of Paramguru Shrimad Sudhindra Tirtha Swami in fulfilment of their long cherished benevolent desire that no student of our community who is academically eligible but economically weak should be incapacitated to pursue higher/technical/professional studies of his choice merely for want of financial support. This Trust was established in 2011 with a view to extending financial resources to various professional courses such as Engineering, Medical, Business Management CA and other higher studies.

A special feature of this Trust is that it endeavours to give financial assistance to cover entire tuition fee, other fees, books technical instruments etc. (forming relevant part of curriculum) and also covers the student for entire period of their respective courses.

Since inception of this benevolent scheme the number of students covered and assistance provided year wise is given below :

Year	No. of students	Amt. disbursed (Rs.Lakhs)
2011-12	15	8.35
2012-13	26	11.14
2013-14	31	13.62
2014-15	42	15.72
2015-16	56	19.01
2016-17	50	21.01
2017-18	50	23.43
2018-19	52	25.30 (approx.)

Function for distribution of Freeship amount for the academic year 2018-19 was held on 17<sup>th</sup> March 2019 at 7 pm @ 2<sup>nd</sup> floor, Dahisar Sri Kashi Math, Dahisar East.

It may be observed from above that the financial support extended has gone on increasing year after year over the last 8 years and keeping this trend in view, it is expected to grow progressively over the years.

### SHRI MANOHAR PARRIKAR, CHIEF MINISTER OF GOA

BY K. G. MALLYA

With profound grief we wish to bring to the notice of our Members, Readers and Well-wishers that Shri Manohar Prabhu Parrikar (63) breathed his last on Sunday the 17<sup>th</sup> March, 2019. For the past one and half years he was fighting bravely the dreadful disease of cancer and with the spirit of service till the end he was attending to the official duties of the Chief Minister, as Goa seemed to be his second heart.

Service was his way of life, that too service to the people and the country and he never expected anything in return. Way back in 2002 when he became the Chief Minister of Goa at the age of 47 the Late Shri S.V. Pikale, the President of All India Saraswat Cultural Organisation wrote in his Editorial of Samyukta Saraswat, House Magazine as follows: ..."Simple and straightforward with a lot of exceptionally good leadership qualities of the head and heart he is sure to guide the destiny of the State of Goa for the full term. We pray to both our Guru and God for his higher and glorious heights in time to come." Shri Pikale had also stated in the same Editorial that Shri Parrikar is a young man in a hurry to promote rapid economic growth through sound investment to solve the pressing problem of the educated unemployed. In the same Magazine, Late Shri N.V.Gunjikar, Vice-President of the Association in his write-up, "Manohar" Gomantak" (Manohar is Parrikars' first name) tells among other things, "It is widely acknowledged that Goa has never seen such an efficient administration like that of Manohar Parrikar's. Shri Parrikar



Late. Manohar Parrikar

was cleansing the Govt. Administration by personally attending 500 to 600 letters from the public and replied them on the same day...! Then as a C.M. he is keen on making Gomantak a paradise on the earth to attract tourists for earning Foreign Exchange for the country. He has several plans to attract industry and foreign investment for software and biotechnology in Goa..."

Years later in Hejmady, Udupi District on 25<sup>th</sup> December, 2016 Shri Parrikar was invited as the Chief Guest of Vishwa GSB Sammelan organised by GSB Hitharakshana Vedike and before his address a video clip was shown shown in the large CCTV in which the participants could see the Hon. Prime Minister Shri Narendra Modi admiring Shri Parrikar as one of the 'Navaratnas' gifted by Goa and that he was a person of great courage who could implement 'One Rank One Pension' boldly which was pending for the last four decades!" At that time, Shri Parrikar was the Defence Minister of the Govt. of India headed by the Prime Minister.

All India Saraswat Cultural Organisation, Mumbai did not stop its appreciation by writing and publishing his achievements from time to time. On Sunday the 22<sup>nd</sup> April, 2012, "Saraswat Muni Award", the highest award of the Organisation was presented to him in recognition of his service to the country and its people.

Men of his qualities and capacity rarely walk on the surface of this Earth.

## !!!BOOKINGS OPEN!!!

The newly renovated air-conditioned I. M. Pai Hall of Sujir Gopal Nayak Memorial Kreedha Mandir, King's Circle, Mumbai is now available for booking.

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For bookings contact 022-24096739, Tuesday to Sunday 11 a.m. to 6 p.m.



### 11<sup>TH</sup> MAGHI GANPATI UTSAV AT GSB MANDAL, DOMBIVLI

GSB Mandal Dombivli celebrated the its 11th Maghi Ganpati Ustav on 8<sup>th</sup> February, 2019, at Swayamvar Sabhagruha, Pathari Road, Dombivli East,

Maghi Ganpati is called also as Ganesh Jayanthi in Maharashtra and in some of the shastras it is mentioned as Avatar of Lord Vishnu as he is holding Shanka Chakra Gadha Padma.

The program started with Samuhik Prarthana and Prana Prathishta of Ganpati, followed by Samuhik Ganahoma, Madhyanha pooja, Moods Ganpati Seva and Maha Santhrapana.

In the mean time, Upasana and Bhajan seva were done by Samaj Bandhavas.

In the evening, Ranga pooja, Pushpa pooja and Rathri pooja were performed.

After Ratri pooja, Visarjan Aarthi was done and everyone proceeded for immersion of Ganpati.

From the last 11 years, the Idol is made from special Kundapur clay by sculptors from Mangalore.

In this event, Samaj Bandhavas have taken blessings of Maha Ganpati and taken Prasad, also nearly 500 plus pooja were performed.





# RECIPES - DISHES MADE FROM KUVALE (Ash Gourd)

## Kuvale(Ash Gourd) dishes

Kuvale or Ash Gourd is used in konkani dishes to prepare Pulikoddal and Saasam. This vegetable has lots of water content and it's consumption cools the body in summer. Kuvale is low in calories but high in vitamins and minerals.

This dish is prepared with Kuvale and buttermilk, hence very good to beat the summer heat.

### Ingredients

- 500 gms Kuvale
- 3/4 cup coconut gratings
- 2-3 green chillies
- 1cup buttermilk
- 1/2 tsp bengal gram dal
- 1/2 tsp cumin seeds
- 1 tsp mustard seeds
- 2 dry red chilli bits
- 1/4 tsp fenugreek seeds
- A few curry leaves
- 1/2 tsp asafoetida
- 1tsp oil
- Salt to taste



by Smt. Anuradha Prabhu  
anuradhprabhu49@gmail.com



### Method

- 1) Soak the bengal gram dal in water for an hour. Cut the green chillies and roast in a little oil.
- 2) De skin the ashgourd kuvale , remove the seeds and chop into medium cubes. Cook in water till tender.
- 3) Grind the coconut gratings along with cumin, bengal gram dal and green chillies to a smooth paste.
- 4) Add the ground paste to the cooked ashgourd kuvale pieces, add salt and buttermilk.
- 5) Keep on a slow flame and bring to a boil ( do not over boil or the buttermilk will curdle). Remove and keep aside.
- 6) Heat oil in a karahi add the mustard and fenugreek seeds, let it splutter, add the red chilli bits along with curry leaves and asafoetida. Pour over the gravy.
- 7) Serve hot with rice.

## Kuvalya Pollo

An ideal breakfast dish made from rice and kuvale.

### Ingredients

- 500 gms kuvale
- One and half cup raw rice
- 1/2 cup grated coconut
- 1tsp chopped ginger(optional)
- 1-2 green chillies(optional)
- Oil as per requirement
- Salt to taste



### Method

- 1) Soak the rice for 3-4 hours, drain the water and keep aside.
- 2) De skin the kuvale, remove the seeds and cut into cubes.
- 3) Grind the rice along with grated coconut, ginger, green chillies and kuvale pieces to a smooth paste.
- 4) Remove the paste and add water to form a batter for dosa.
- 5) Add salt and mix and keep overnight to ferment.
- 6) Heat a dosa pan, apply oil, and spread a ladle full of batter to form a dosa. Pour a little oil, cover and let it cook for a few minutes, flip the dosa and let it cook on the other side. Repeat the process with the remaining batter.
- 7) Serve hot with chutney of your choice.

## Kashi halwa

Kashi halwa or kuvalya halwa is a dish to indulge your sweet tooth. Cooked in ghee with a hint of cardamom and garnished with nuts, it's an excellent dessert.

### Ingredients

- 1 kg kuvale
- Sugar as required
- 2 tbsp ghee
- 1/4 cup cashew bits
- 1 tbsp chironji (optional)
- 1 tsp cardamom powder
- A few drops of yellow food colour



### Method

- 1) De skin the kuvale, remove the core and the seeds. Grate the kuvale. Measure the grated kuvale and keep aside.
- 2) Heat a tsp of the ghee in a karahi and fry the cashew bits and chironji till golden, remove and keep aside.
- 3) In the same pan add the grated kuvale and the yellow food colour and cook till all the water from the kuvale evaporates.
- 4) Add sugar (for every 2 cups of grated kuvale add 1 cup of sugar) and let it cook. Keep on stirring till the mixture thickens and forms a lump.
- 5) Add the remaining ghee along with cardamom powder, mix well and garnish with fried nuts and chironji. Serve.

# LAST BUT NOT THE LEAST

## GSB Sabha, Mumbai Calendar

### April 2019

Sun	Mon	Tue	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				

- 6<sup>th</sup> : Monthly Satsang, at I. M. Pai Hall, Kreedha Mandir, 5.30 p.m.  
 13<sup>th</sup> : 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.

### May 2019

Sun	Mon	Tue	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	

- 11<sup>th</sup> : 2<sup>nd</sup> Saturday, Marriage Information Service, Sabha Office, 4 p.m. to 6 p.m.  
 11<sup>th</sup> : Monthly Satsang, I. M. Pai Hall, Kreedha Mandir 5.30 p.m.  
 25<sup>th</sup> : 4<sup>th</sup> Saturday, Marriage Information Service, Sabha Office, 4 p.m. to 6 p.m.

### June 2019

Sun	Mon	Tue	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> : 2<sup>nd</sup> Saturday, Marriage Information Service, Sabha Office, 4 p.m. to 6 p.m.  
 8<sup>th</sup> : Monthly Satsang, I. M. Pai Hall, Kreedha Mandir 5.30 p.m.  
 9<sup>th</sup> : Parichay - 73<sup>rd</sup> Eligible Boys and Girls Get-together, Dombivali, 3.30 p.m.  
 22<sup>nd</sup> : 4<sup>th</sup> Saturday, Marriage Information Service, Sabha Office, 4 p.m. to 6 p.m.

## List of important dates in the quarter

### April - June, 2019

Dates	Day	Festival
6 <sup>th</sup> April 2019	Saturday	Gudi Paadva (Chaitra Navaratri Aarambh)
13 <sup>th</sup> April 2019	Saturday	Shree RamNavami
19 <sup>th</sup> April 2019	Friday	Hanuman Jayantii
22 <sup>nd</sup> April 2019	Monday	Sankastha Chaturthi
1 <sup>ST</sup> May 2019	Wednesday	Maharashtra Day
7 <sup>th</sup> May 2019	Tuesday	Akshay Tritiya
22 <sup>nd</sup> May 2019	Wednesday	Sankastha Chaturthi
13 <sup>th</sup> June 2019	Thursday	Nirjala Ekadashi
16 <sup>th</sup> June 2019	Sunday	Vatpurnima
20 <sup>th</sup> June 2019	Thursday	Sankastha Chaturthi



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

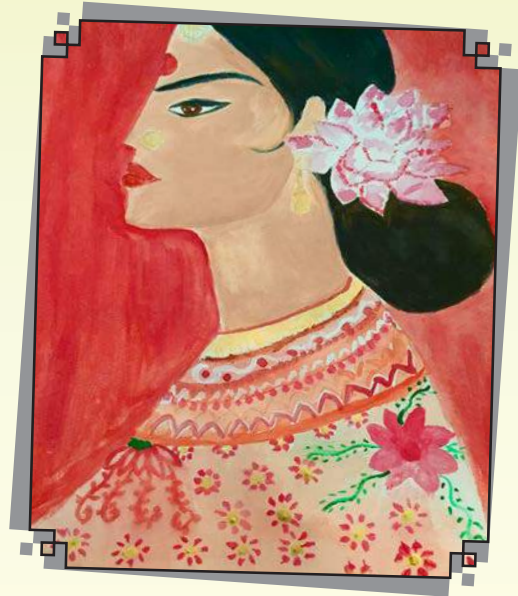
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Name: Sadhika Prabhu  
Age: 12 years



Name: Mridula Bhat  
Age: 16 years



Name: Anuradha Pai  
Age: 13 years



Name: Anagha Nayak  
Age: 9 years



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