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लॉग टर्म सबॉर्डिनेटेड बॉण्डस् एल टी एस बी सीरीज - १ (२०२२-२३)

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Sd/-
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Signature of the publisher

MESSAGE FROM THE PRESIDENT



Dear Members :

Namaskaru,

It is a great feeling to connect with you all once again.

At the outset I thank the Managing Committee for selecting me as the President of your Sabha for another term, I will put in my very best to discharge the responsibility entrusted to me.

The last quarter was a very busy one. We had the Senior Citizen Day Out, the M.R.Pai Memorial Carrom Tournament for the Physically Challenged, the annual Sneha Milan Program to name the major events. Our Mahila Shaka also conducted a host of programs. All these are reported in detail elsewhere in this edition.

This year all our Awardees at the Sneha Milan program were from outside Mumbai. While Raghunandan maam travelled from Manguluru, Shefali Vaidya came over from Pune and Archana Pai from Ujire. The attendance was very encouraging, those present were treated with a humorous Konkani drama "Hun Udka Ghotu".

The Sabha has identified Senior Citizens care (both health and support) is the need of the hour in our community. We are already supporting 32 senior citizens for their domiciliary health care, medical aid, sustenance and grocery kits. The need, we feel, is more. We are planning to carry out a survey to establish the magnitude and areas of support that is required. A detailed plan can then be put in place and executed with a big support of well-wishers, patrons, donors. The Sabha will play the role of an initiator and influencer.

Satish Manel, our Jt. Hon. Secretary and a Managing Committee member for over 3 decades, decided to retire on personal grounds. We thank Satish for his unflinching services to the community through the Sabha. On your behalf, I wish him good health and happiness.

We have a breather this quarter. The summer vacations would start soon and most of us would have our own travel plans either for leisure or for some family events.

The Sabha invites members not only to come up with suggestions but also execute any projects/initiatives that would benefit our samaj. Please appreciate that the Sabha is also a nursery to hone your management, organizational and execution skills, so take a step forward and be a part of an initiative.

We are committed to the task entrusted to us and assure that we will continuously strive to deliver better results.

Solicit your support and cooperation.

Dev baren koro

Laxmikant Prabhu
President

M. R. PAI MEMORIAL CARROM TOURNAMENT FOR PHYSICALLY CHALLENGED HELD ON 8th JANUARY, 2023



Carrom Tournament Inauguration



Carrom Tournament Prize Distribution Function

The tournament was inaugurated by Shri Dinesh Kumar, Sr Branch Manager of Bank of Baroda, Bhaudaji Road Branch, Matunga. About 160 participants from various institutions for the welfare of the physically challenged participated in the tournament. The participants were divided into 5 categories viz. Physically Challenged, Wheel Chair, Mentally Challenged, Hearing Impaired and Women.

The evening prize distribution programme was graced by Smt Gita R Pai (wife of Late Shri M R Pai) and Shri N N Pal, CEO of Redi Port Ltd. The 3 prizes in each 5 Categories. were given by the dignitaries and Smt Amita Kini (President of Sabha's Mahila Shakha).

Breakfast, 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 Challenging initiative taken by the Sabha ended on a happy note bringing a smile on the faces of the Differently abled members of our society in general

The G.S.B. Sabha, Mumbai's Sports Club held its annual M. R Pai Memorial Carrom Tournament for the Physically Challenged on Sunday, 08th January'2023 after a gap of two years due to Covid pandemic. The tournament was sponsored by Redi Port Ltd., Mr Anil Ramchandra Kamat in memory of his father, Late Shri Ramchandra L Kamat and co- sponsored by Bank of Baroda. The tournament was held under the auspices of the Mumbai District Carrom Association in the I. M Pai Hall, Sujir Gopal Nayak Memorial Kreed Mandir at Kings Circle, Mumbai.



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SENIOR CITIZEN PICNIC ON 5th FEBRUARY, 2023



Kali Maata Mandir, Shivaji Park



Open Roof Top Bus Ride

One of the most popular and 'looked forward to' program of the Sabha is our Annual Senior Citizens Picnic. After a gap of two years due to the Covid restrictions, the picnic was held this year on Sunday, 5th February, 2023 and was thoroughly enjoyed by 49 senior citizens and their accompanying non senior participants.

The participants assembled at the starting point, Mancherji Joshi Chowk at the entrance of Dadar Parsi Colony at 11 a.m. A bus had been arranged to take them to Shivaji Park where we visited the Kali Mata Mandir, Shree Udyan Ganesh Mandir and paid our respects at the Bal Thackeray Memorial. From here, the participants were taken by bus to the I.M.Pai Hall of our Kreedha Mandir. Antakshari was played enthusiastically by the participants in the bus journey.

At the I.M.Pai Hall, after the games of Forming the Family and Bombing the City, piping hot lunch was served. This was followed by Housie, Passing the Parcel and an Adhyatmik Quiz. After having coffee at 4 p.m., the group was taken on BEST Open Roof Top bus ride. This two and half hour ride took the Bandra Worli Sea Link Route and a beautiful round of South Mumbai with its iconic heritage structures passing along the ride. Snack box was served in the bus. The participants were dropped back at the starting point.

The day was full of smiles, cheer and happiness and everyone wished to meet again during the next year's picnic.

The Sabha is grateful to Smt. Roopa and Shri Vishnu Prabhu for the bus sponsorship. We also remain indebted to a generous sponsor for the catering at I.M.Pai Hall.

LIST OF IMPORTANT DATES IN THE QUARTER APRIL TO JUNE, 2023

Dates	Day	Festival	Dates	Day	Festival
6 th April 2023	Thursday	Hanuman Jayantii	31 st May 2023	Wednesday	Nirjala Ekadashi
9 th April 2023	Sunday	Sankashta Chaturthi	3 rd June 2023	Saturday	Vatpurnima
22 nd April 2023	Saturday	Akshay Tritiya	7 th June 2023	Wednesday	Sankashta Chaturthi
1 st May 2023	Monday	Maharashtra Day	29 th June 2023	Thursday	Devashyani Ashadi Ekadashi
8 th May 2023	Monday	Sankashta Chaturthi			

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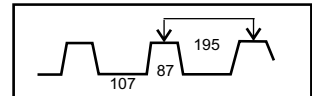
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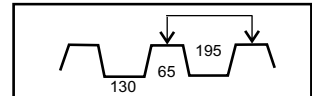
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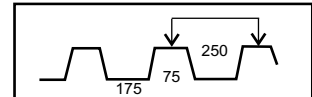
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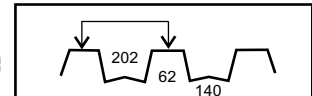
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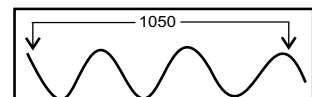
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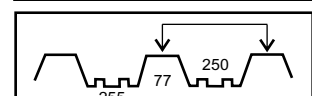
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REPORT ON PROGRAMMES CONDUCTED BY G.S.B. SABHA, MUMBAI IN THE RECENT PAST ADHYATMIK PROGRAMME ON 18th FEBRUARY, 2023



Mahila Shakha Bhajan Group at the start of the Adhyatmik Program

Smt. Sanjivi Bhat, and ably supported by our generous anonymous co-sponsors, this year's Adhyatmik program was held after a gap of 2 years. The program also received additional support from sevadars, namely Smt. Ranjana and Shri Raghuvveer Prabhu, Smt. Rupa and Shri K. R. Bhakta, Smt. Suman and Shri S. D. Shenoy, Smt. Geeta and Shri Dinesh Bhandarkar.

After enjoying soulful and melodious bhajans presented by the Mahila Shakha Bhajan group, led by Smt. Maya Nayak, the audience was treated to a discourse on 'Shaiva Vrata Katha' by our esteemed speaker, Dr. Mrunalini Newalkar. An alumna of Ruia College and visiting professor at Mumbai University for MA in Sanskrit and Vedic Studies, Dr. Newalkar held the audience enthralled with anecdotes and stories from the different Puranas. She narrated certain well known stories of Lord Shiva as well as interpretations thereof. Quoting different shlokas from Puranas, she explained how these verses provide a glimpse of the society of those times.



Sabha President, Shri Laxmikant Prabhu, felicitating Adhyatmik Program Speaker, Dr. Mrunalini Newalkar

An interactive Q&A followed after which a vote of thanks was extended to the Speaker, Founder Sponsor, co-sponsors and Sevadars. Everyone relished the upvaas appropriate dinner. Thus ended a thoroughly enjoyable, fulfilling, and spiritual evening.

Om Namah Shivah!! The annual Adhyatmik program of the GSB Sabha Mumbai was held on Saturday, 18th February 2023, at the I.M. Pai Hall, Sujir Gopal Nayak Memorial Kreedha Mandir, on the auspicious day of Mahashivratri. Founded on an initiative and endowment given by our beloved ex-President, Late



Congratulations !

**Renowned Artist
Vasudeo Kamath**

G.S.B. Sabha, Mumbai Congratulates

Internationally Renowned Artist, Vasudeo Kamath, who has been entrusted upon to prepare model for Ram Lalla's idol .

The decision was taken by the Sri Ram Janmabhoomi Tirath Kshetra Trust during the second day of the Ram Mandir Construction Committee meeting.

Kamath maam was felicitated by G.S.B. Sabha, Mumbai with its K.M.Kamath Memorial G.S.B. Talent Recognition Award in 2019.

A proud moment for the G.S.B. Samaj. We wish him all success.

**Encourage the artist in your child.
Get their talent appreciated by publishing
it in VoG's Art gallery.
Submit your child's drawing to
gsbvog@gmail.com**



83rd ANNUAL GENERAL MEETING OF THE SABHA HELD ON 19th FEBRUARY, 2023

The 83rd Annual General Meeting of G. S. B. Sabha, Mumbai was held on Sunday, 19th February, 2023 in the I. M. Pai Hall, Sujir Gopal Nayak Memorial Kreedha Mandir.

The President, Shri Laxmikant T. Prabhu and Mahila Shakha President, Smt. Amita Kini welcomed members and gave a brief report of the activities conducted by the Sabha and its Mahila Shakha. He thanked all the sponsors and the donors for reposing their faith in the Sabha.

Along with the other items of the agenda, the 87th Annual Report of the Sabha and audited accounts for the Financial Year 2021-22, were adopted.

The newly constituted Managing Committee selected Shri Laxmikant T. Prabhu as President for the forthcoming year.

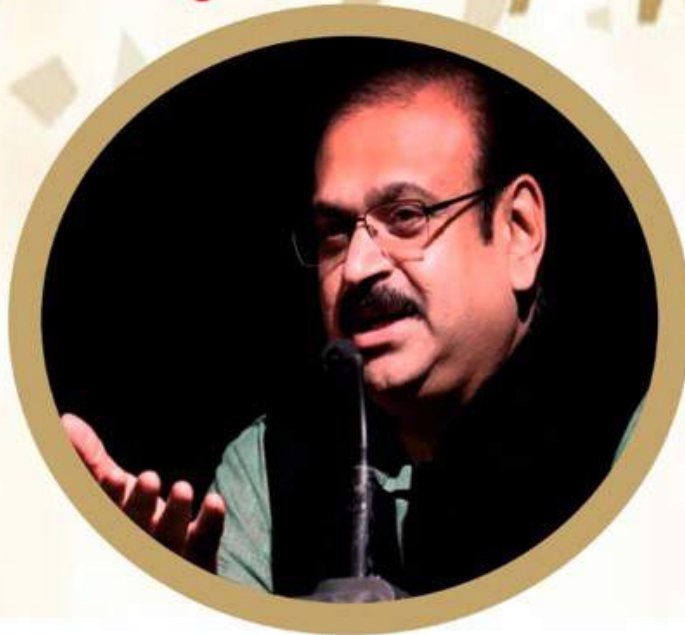
The following members constitute the Managing Committee of the Sabha:

- | | | |
|-----|--------------------------|--------------------|
| 1. | Shri Laxmikant T. Prabhu | President |
| 2. | Shri Bharat S. Kini | Vice President |
| 3. | Smt. Bina N. Shenoy | Vice President |
| 4. | Smt. Prathima P. Pai | Vice President |
| 5. | Smt. Amita A. Kini | Jt. Hon. Secretary |
| 6. | Smt. Prafula P. Rau | Jt. Hon. Secretary |
| 7. | Smt. Anuradha Shenoy | Jt. Hon. Secretary |
| 8. | Smt. Mohini M. Hegde | Jt. Hon. Treasurer |
| 9. | Shri Uday V. Malya | Jt. Hon. Treasurer |
| 10. | Shri Pandurang V. Nayak | Jt. Hon. Treasurer |
| 11. | Smt. Shanteri N. Nayak | Committee Member |
| 12. | Shri Subray D. Shenoy | Committee Member |
| 13. | Shri Satish V. Manel | Committee Member |
| 14. | Smt. Tanushree A. Shenoy | Committee Member |
| 15. | Smt. Chitra S. Kamath | Committee Member |
| 16. | Shri Damodar B. Mallya | Committee Member |
| 17. | Shri Sudhakar Mallya | Committee Member |
| 18. | Ms. Divya Hegde | Committee Member |



Sabha's 83rd AGM

Congratulations !



G.S.B. Sabha, Mumbai Congratulates

Sudhir Nayak, Trustee of Kala Coast : Global Music and Arts Village (GMAV) at Karje, Brahmavara.

Mumbai University (MU) has chosen Kala Coast as part of their collaboration and cultural exchange program.

Students, teachers and members of the staff would be visiting the GMAV and performing there.

Our Best Wishes to Kala Coast



To encourage our young minds to take up writing and unleashing the creativity in them, VOG has started series on articles written by school going children. If your child is a writer, kindly send us his/her article on our email address gsvog@gmail.com and we shall be proud to print it in our publication. Sabha's decision to print will be final.



REPORT ON SNEH MILAN PROGRAMME OF G.S.B. SABHA, MUMBAI

GSB Sabha, Mumbai organized its Sneh Milan programme on Saturday, 11th March, 2023, at Pracharya B N Vaidya Sabhagraha, Dadar, Mumbai. The Chief Guest for the programme was Smt. Anita Pai, former Senior Group President and COO, Yes Bank Ltd.

The programme commenced with a Konkani drama 'Hun Udka Ghotu' was presented by Konkani Triveni Kala Sangam, Mumbai. - This was the 51st show of the drama written by Late Hosad Babuti Nayak and directed by Dr. C. N. Shenoy.

In the formal program which followed the drama, the Sabha President, Shri Laxmikant Prabhu, and Mahila Shakha President, Smt. Amita Kini, welcomed the audience the formal program.

The Dr. B M Acharya GSB Jeewan Gaurav Puraskar, instituted by Dr. B. M. Acharya Memorial Trust, was presented to Shri Raghunandan Kamath, Founder of Natural Ice Creams. The Shri K. M. Kamath Memorial GSB Sharada Sanman Puraskar, instituted by Shri K.M.Kamath and family, was accorded to Smt. Shefali Vaidya, acclaimed writer, political satirist and newspaper columnist from Pune. Smt. Archana Pai, an established woman entrepreneur from Ujire, was the proud recipient of Smt. Vatsala Shenoy Memorial GSB Mahila Udhyamee Puraskar, instituted by his daughter-in-law and son, Smt. Sadhana and Shri Sunil Shenoy, USA

Shri Raghunandan Kamath spoke about his formative years in his home town and the subsequent struggles he went through in setting up his empire. He also stressed up the need to conduct business with upmost integrity and credibility.

Smt. Vaidya dedicated her award to her great grandfather, grandfather and grand uncle. It is under the influence of their teachings and values that made her the person that she is today. Smt. Vaidya requested the audience to inculcate a pride in being a GSB.

The Mahila Udhyamee Puraskar was dedicated to her parents-in law by Smt. Archana Pai, she narrated an interesting story about her matrimonial alliance. She expressed her further plans of going retail with her products, she confided in Shri Raghunandan Kamath being her role model.

The Chief Guest, Smt. Anita Pai addressed on the need to mitigate the challenges to preserve our culture, values and ethos of our community and Konkani, our mother tongue.

The 300+ people who attended were treated with a typical Konkani dinner which also included "kotto and madgane" considering being closer to samsaar padvo. A lucky draw was held with two lucky winners from the audience getting prizes.

The program was sponsored by SMS Financial Services, Redi Port and NKGSB Cooperative Bank Ltd and received venue and donor support too.



Sabha President, Shri Laxmikant Prabhu, welcoming all



Mahila Shakha President, Smt. Amita Kini, delivering her welcome address



Felicitations of Chief Guest, Smt. Anita Pai



GSB Sharada Sanman Puraskar Awardee Smt. Shefali Vaidya



Smt. Shefali Vaidya speaking about her inspirations



GSB Mahila Udyamee Puraskar Awardee, Smt. Archana Pai



Smt. Archana Pai sharing her entrepreneurial experience



GSB Jeewan Gaurav Puraskar Awardee, Shri Raghunandan Kamath



Shri Raghunandan Kamath sharing his life journey



Chief Guest, Smt. Anita Pai, sharing her thoughts



Konkani drama presented by Konkani Triveni Kala Sangam "Hun Udka Ghotu"



16 A view of the audience



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REPORT ON G.S.B. SABHAS'S MAHILA SHAKHA PROGRAMMES HELD IN THE RECENT PAST

29th January 2023: Sankranti Haldi Kumkum



*Honti Saanman to
Smt. Poornima Kini,
the sponsor of Sankranti Haldi Kumkum*

There was an overwhelming response to the Sankranti Haldi Kumkum held by GSB Sabha, Mumbai's Mahila Shakha. Children presented an interesting cultural programme 'Mama Mitram Ganesha' by chanting Ganapati Atharvashirsha, shlokas, and rendering mellifluous bhajans. Special training was provided by Mahila Shakha in helping children learn Ganapati Atharvashirsha.

We thank Smt. Purnima Kini, Mahila Shakha Jt. Hon. Secretary, for her generous gesture in sponsoring the Haldi Kumkum event. Special thanks to Shri Sadanand Pai from USA in supporting the kids' programme. We are grateful

to our Sabha's ex-President and present Trustee, Smt. Sudha G Pai, for sponsoring a cash reward for the participating kids.



*Participants of Mama Mitram Ganesha
with their Parents and Grandparents*

The participants were felicitated with certificate and book. The programme ended with scrumptious refreshments.

4th March 2023, PRAKRUTI – A Nature Trail

Tyger Tyger, burning bright,
In the forests of the night;
What immortal hand or eye,
Could frame thy fearful symmetry?
William Blake

The magnificence of the tiger had the poet spellbound to such an extent that it left him in awe about the great creator. Undoubtedly, the various creations of the Almighty have a similar effect on ordinary mortals like us. But in today's world, we live in a concrete jungle and even the sight of a tiny sparrow or parrot has become a rarity. Hence, taking time to appreciate nature by visiting zoos, gardens, national parks and sanctuaries is essential for the urban-bred to connect with the Almighty's great creations.

To commemorate International Women's Day, GSB Sabha, Mumbai's Mahila Shakha organised a Nature Trail 'PRAKRUTI' for ladies and children at Veermata Jijabai Bhosale Udyan (Byculla Zoo) on Saturday, 4th March 2023. An expert group was engaged to give an educational-cum-guided tour of the premises to enlighten participants about its lesser-known flora, iconic heritage structures apart from interesting facts about its resident animals.

It was a bright and sunny day and there were about 30 participants for the Nature Trail, including senior citizens and toddlers. As the group reached the interiors of the premises, vehicular noise of the city became almost non-existent; the only audible sound was the melodious chirping by a myriad bird.



Boabab tree, A witness for the past 150 years

Break time became a bonding time for participants as their spirit of camaraderie was evident while sharing tasty goodies packed from home - sandwiches, dhoklas, biscuits, fruits, candies and a lot more!

As they say, all good things must come to an end. It was time to say goodbye and all went back home with lasting memories, having learned a lot from this unique trip.

8th March 2023: Mahila Shakha Bhajan group offered the seva of Ekka Bhajan at Shree Balaji Mandir, Kurla on the occasion of Vardhanti and Golden Jubilee year of the temple



The participants of the Nature trail interestingly listening to the guide about the botanical details of the Flora and Fauna

The Byculla Zoo, formerly Victoria Gardens, is the 'only' heritage botanical garden of the city, spanning 52 acres of land. It is the oldest public garden in Mumbai with close to 3000 trees, herbs, and flowering plants across 800+ species and one of these include the African Baobab tree species, estimated to be around 150 years old. The animals at the zoo include tigers, hyenas, deer, leopards, monkeys, hippopotamuses, bears, turtles and many more. There is a separate aviary section for aquatic birds which houses cranes, storks, albinos, crows, etc. The Humboldt penguin enclosure is a special attraction where the migrant birds are kept in dedicated cool chambers that mimic their natural habitat.



Young and old kids ready for the trail

G.S.B. SABHA, MUMBAI'S MAHILA SHAKHA

Future Programmes

Date	Programme	Time	Venue
Sunday 02/04/2023	79th 'PARICHAY' an eligible boys and girls get together with parents. (3 p.m. to 3.30 p.m. registration). Sponsored by Shri Nagnath V. Pai, Mumbai. Co-sponsored by Shri Vilas Narsingh Nayak, Thane.	3 p.m. onwards	1st Floor, Shree Kurla Balaji Mandir, Kurla.
Sunday 16/04/2023	Nature Nurture - A session on Microgreens (Registration fees Rs.200/-, Open for all) Workshop for kids 'Gardening with kids'. Age group - 5 to 15 years, (Registration fees Rs.300/-, Inclusive of all material) For Registration and more details contact Sabha Manager, Shri Suresh Nayak- 98330 84957	3 p.m. To 6 p.m.	I.M.Pai Hall , Kreed Mandir

All are invited for the programme.

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Bhajan classes are held at the Sabha office. Please contact Sabha office for details

P.S: From January 2023 Marriage Information meetings has been resumed at Sabha's office on 4th SATURDAY of every month between 4 p.m. and 6 p.m.

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BOOK REVIEW

THE REMAINS OF THE DAY BY KAZUO ISHIGURO

by Madhuri Pai

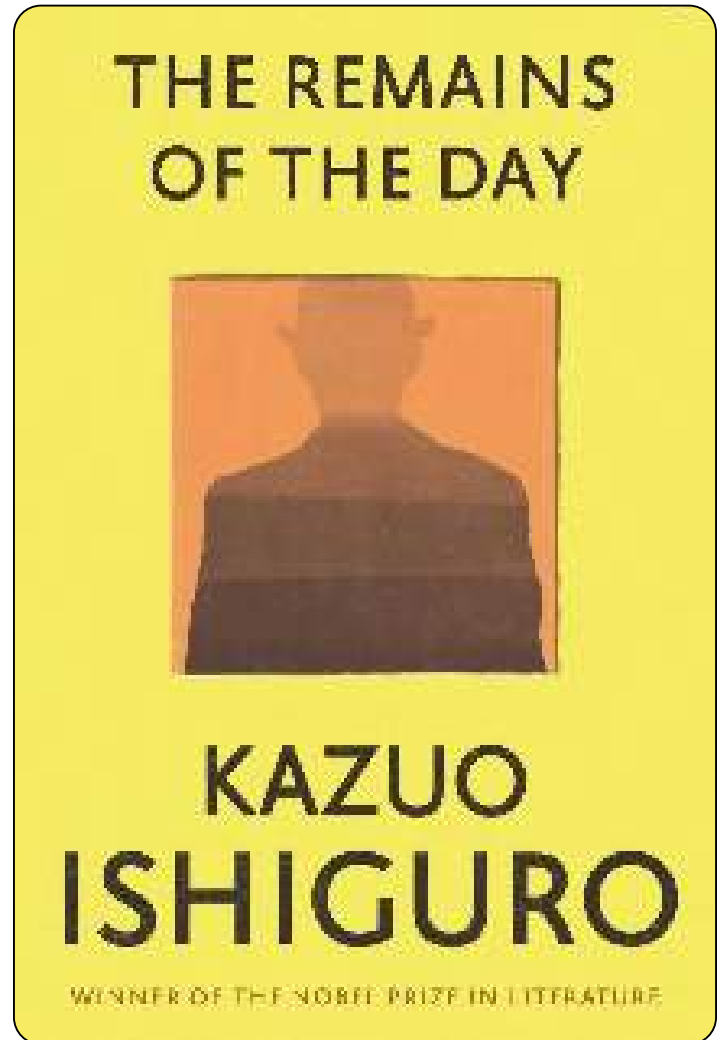


There are some amongst us who have experienced what it feels like to have wanted something badly, something that was within our grasp, but we let it go. Leaving behind a lifetime of regret.

Stevens, the stereotypical English butler, and the narrator of the Booker Prize winning “Remains of the day”, looks back on his life and describes his decades of service to an English nobleman and the price he paid for it. Not immediately apparent as it happened, but painfully evident in retrospect.

The setting of this novel by celebrated Japanese author Kazuo Ishiguro is post World War II England. Stevens is setting out on a rare holiday, a road trip through the heart of England to find Miss Kenton, the one time housekeeper at Darlington Hall, the splendid English manor of which Stevens was Head of Staff. We are told that Miss Kenton left service 20 years back to get married but stayed in touch with Stevens through Christmas cards and the occasional letter. The latest one hints at her marriage falling apart and Stevens presumes that might mean she might be willing to come back to work at Darlington Hall.

As the road trip progresses, we are party to Stevens’ recollections of all that transpired at Darlington Hall between the two wars and how Lord Darlington, well intentioned but naïve, helped to facilitate the rise of Nazi Germany. Influential and charming, Lord Darlington held many behind the scenes summits, meetings and parties at his English manor. Many of these had



the agenda of getting British and other European leaders to go soft on Germany, which was reeling after the losses in World War I. The success of Lord Darlington’s quasi diplomatic endeavours was dependent on the house parties running impeccably well.

And the one person who could make that happen in style was the Head Butler, Stevens. He and his large household staff, of which, Miss Kenton was a key member. While she was spontaneous and expressive, he was the archetype of the English man of service. Expressing emotion or getting involved with a member of staff was anathema to

his sense of “dignity”. And while he had feelings for Miss Kenton, his misplaced sense of duty was so strong that he would, for instance, prioritise finding the best bottle of Port in the mansion cellar, for his Lordship, over consoling Miss Kenton who was upset over a personal loss.

Miss Kenton tires of getting Stevens to admit his feelings for her and gives up hope of a future with him. Unwillingly, but out of a sense of desperation, she marries the first man that asks her and leaves service at Darlington Hall.

As World War II progresses and it becomes apparent that anyone that supported the Nazi cause had done the world a great dis-service, Stevens is forced to question the value of his lifetime of service. True, he had discharged his duties better than any butler could have dreamt of, and he had served his master well. But his master had made a huge mistake and was disgraced at the end of his life.

In his narration, Stevens is still loyal to Lord Darlington, but an overwhelming feeling of a wasted life is difficult to ignore. The passage of time has also now made it clear that Miss Kenton had feelings for him and had he reciprocated in the slightest, life could have taken an entirely different turn.

Miss Kenton had been the most special person in his life but his inability to express his emotions at the right time had led to her moving away. And in the evening of his life, and hers, he seeks her. Will it be too late? Is there still time to make something out of a relationship life that had been hijacked by poor judgement, clouded by a misplaced sense of duty and left dry because of suppressed emotion?

The book’s quiet climax is set in an English tea room and what the reader learns is almost certain to lead to a self examination – at the end, when all is said and done, what is a life well lived?

Madhuri Pai, a GSB based in London, is a prolific reader. She lives in London and is the co-founder of Turning Pages, a social entrepreneurship that works on building strong reading habits in under privileged children. She is an IIM Bangalore alumnus and loves good Aamchi food and great books.

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OBITUARY



Savitha Nayak (Jayashree N Mallya)

20-10-1957 - 02-02-2023

With profound and deepest sadness, the family and friends of Savitha H Nayak bid farewell to her on Friday February 3, 2023 evening. She was a valuable and important member of Vsisters, WE club, Lions, Kannada Sangh and many others. Active till her last days, although she was a bit weak this year, she attended several programs including Maghi Ganpathy puja at the Balaji Mandir, Vsisters - Haldi Kumkum and many other activities recently. However, she succumbed to a massive heart attack at her residence. Her husband Haridas was with her when she left for her heavenly abode.

Her children, Anuradha from the US, Sharada and Ragvendra from Dubai, sister Nalini and niece Pinky from Bangalore, brother Manohar from Mangalore and many others joined her husband in grief.

Savitha H Nayak was residing in CBD Belapur and earlier in Vashi for the last forty years and had a lot of friends and acquaintances. Friendly and caring, she was known for her social work. She donned many hats in Lions and WE club. And attended meetings and conferences all over India.

There was not a single dry eye as her mortal remains were taken for cremation.

Prayer Meetings were held by the WE club 302A (of which she was the founder) and Vsisters on February 9, on February 11 and Kannada Sangh on February 19. Preeti bhojan was organised on February 14 where other family members, friends and relatives joined in grief.

-Dr Veena Adige

ALL ABOUT STRESS TEST MACHINE

by Dr. Kunal Praful Sinkar



Stress Test also referred as an Exercise Stress Test or Treadmill Test (TMT).

A stress test is used to determine how well a person's heart responds during times when it's working its hardest. During the test, the person would be asked to exercise, typically on a treadmill and is hooked up to an electrocardiogram (ECG) machine. This allows the doctor to monitor the heart rate of the person under stress condition.



Why do an exercise stress test?

An exercise stress test is primarily used to help the doctor to determine if the heart receives enough oxygen and proper blood flow when it needs it most, such as when a person is exercising.

It can be ordered for people who have been experiencing chest pains or other symptoms of coronary heart disease (also called coronary artery disease).

An exercise stress test may also be used to help determine a person's level of health, especially when they are starting a new exercise program. This allows the doctor to determine what level of exercise the person can safely handle.

If the person is a smoker over 40 years old, or if they have other risk factors for heart disease, they should talk to the doctor to see if an exercise stress test is right for them.

The risks of an exercise stress test

Stress tests are generally considered safe, especially since they're done in a controlled environment under the supervision of a trained medical professional.

However, there are some rare risks, such as:

- chest pain
- collapsing
- fainting
- heart attack
- irregular heartbeat

However, risk of experiencing these reactions during the test is low since the doctor will screen the person for problems beforehand. People who are at higher risk of these complications are those with advanced coronary heart disease and are rarely asked to do the stress test.

How to prepare for an exercise stress test

Prior to test, doctor will perform a physical exam and ask about complete medical history. At this point, doctor counsels about all symptoms, especially any chest pains or shortness of breath.

Person should also tell doctor about any conditions or symptoms that may make exercising difficult, such as stiff joints from arthritis.

Finally, doctor also counsels if person has diabetes, because exercise affects blood sugar. If person does have diabetes, The doctor may want to monitor blood glucose levels during the exercise test as well.

The doctor will give complete instructions about how to prepare.

Food and medications

The doctor may instruct to avoid eating or drinking caffeinated beverages for 3 hours before the test and the person taking the test should also avoid smoking.

the person should only stop taking medications before the test if the doctor advises the same.

Clothing and personal items

On the day of the test, the person should dress in loose, comfortable clothing. Something that is light and breathable is best and wear comfortable shoes, such as sneakers.

How an exercise stress test is performed

the person starts off by walking slowly on a treadmill. The speed and grade of the treadmill will be increased as the test continues.

If the person experience any difficulties — especially, chest pain, weakness, or fatigue — the doctor may stop the test in between.

When the doctor is satisfied with the results, the person would be able to stop exercising. The person heart rate and breathing would be continued to be monitored for a short while afterward.

Before a stress test

The person should report any chest pains or other complications on the day of the test.

Before the person begins exercising, he would be hooked up to the ECG machine. Several sticky pads would be attached to his body.

The doctor or nurse would check heart rate and breathing before start of the test and the doctor may also ask person to breathe into a tube to test the strength of his lungs.

After a stress test

After the test, the person would be given water and asked to rest. If blood pressure rises during the test, attending nurse may continue to monitor blood pressure.

A few days after the test, the doctor will review the results with you. The test could reveal irregular heart rhythms or other symptoms that indicate coronary artery disease, such as blocked arteries.

Following up after an exercise stress test

If the doctor determines the person has coronary artery disease or other heart problems, the doctor may begin treatments.

HIGHLIGHT:

An exercise stress test is used to determine how well the heart responds during times when it's working its hardest. It can be ordered for people who have been experiencing chest pains or other symptoms of coronary heart disease. Stress test could reveal irregular heart rhythms or other symptoms that indicate coronary artery disease, such as blocked arteries.

Dr. Kunal Praful Sinkar

Consulting Interventional Cardiologist BBS, DNB (Medicine), M.N.A.M.S., DNB (Cardiology) Fellowship in Structural Heart Interventional (Italy)



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HAPPY MOTHER'S DAY- A TRIBUTE TO AMMA

by *Amritha Girish Pai*

Decades ago, during my early childhood days, in my maternal home in Kerala, I used to ask my Mirror-

“Mirror Mirror on the wall

Who's the fairest of all?

Mirror used to answer “ None other than your mother dear”

Yes, my Amma was very fair. It made me partly happy and partly sad. Happy because I adored my Amma and sad because I was not named!

Rules and Rules:

Coming from a very conservative background my mother had certain stiff “Do's” and “Don'ts”. Like early morning at 5.30 am when the “Vande Mataram” starts playing on the Radio, we were expected to get up and complete our morning chores. If late even by a second, she would start shouting, which would have us on our feet! Similarly in the evening we had to be home by 6.30 pm, wash our hands and legs and sit for the Rama Nama japa. Even if we were late from school and had short playing time with our friends, time had to be strictly followed! By 8.00 pm we had our dinner and by 8.30 pm we were to go to bed. Though she discouraged late sittings for study, during exam times there was a relaxation in rules.

Our Age-old buddy- The Murphy Radio:

Those days” Murphy Radio” was our sole entertainment quotient. Starting from Vande Mataram and moving on to bhajans, news, discussions, filmy songs et el. The radio was our entertainer throughout the day (No TV then). Apart from the routine programs, the special dish served by Radio at times were the “Nataka” (plays in Malayalam). These were usually played

at night and were my mother's favorite. This was the most convenient time for her after completing all the household chores and ending the kitchen saga!

While the Natakas were played, we were to keep our mouths shut. If any sound was heard, merely her stare would be sufficient for us to be quiet! I still recollect how we all would sit near the Radio and keenly listen to the dialogues. The Radio artists could make you visualize and evoke emotions in you with their solid heavy dialogues that time! A few of the artists were our favorites. In case of thriller plays, lest we miss the suspense, even nature's call was controlled successfully by everyone!

Age old Rakda Ranneni and her companions:

Those days the food was prepared on “rakda ranneni” (on firewood stove). To bear the high heat the vessels used were of “Pittal”, “Tambe” and “Khadeekule”. While Pittal is brass with a special coating inside the vessel, Khadeekule is of stone. There was the “lokhanda podgo” (iron pan) in which upkari were made and specially used for frying items like happol (pappad), vodi, rontis (poori), rontos (rice puris), etc. The taste of the curries cooked in these traditional vessels were incomparable with today's modern cooking! Our Soi bhajilli Gasshi and tiksaani hummaan was specifically made in the Khadeekule. For sweet dishes there was “Urvali”. Kelya halvo, Panchagaday, Goddache and Duddha payasu were all made in this. The very thought of these dishes makes my mouth drool! I still remember quarterly visit by the person who would renew the coating within



the Tambe vessels and we would all watch the process in awe. That day all tambe vessels would shower and looking stunningly bright!

It was an art, that my mother mastered, in adjusting the heat for various vessels by moving the burning logs slightly inside the ranneni, top, bottom depending on their purpose as to whether kept for cooking food, deep frying fritters/papads, boiling water et el. But the unbearable heat made her irritable sometimes! Not to say that the kitchen always looked like a dark canvas with the walls decorated with the soot! At the end of each day the washing of these soot decorated vessels with the “gobbor” (the Ash which is the best dish wash powder those days) was a tedious job. Her hands often had cuts and the cuticles blackened. But there was no option!

Age old Kopporo- (Present Spa bath):

In our bathroom there was a huge “Kopporo” full of hot water placed on firewood. Once a week we were to compulsorily take oil bath. I remember smearing our full body and hair with oil and sitting in the bathroom for an hour. The only entertainment was watching the red embers dancing and flying in the air! The skin used to become very soft and eyes red. But the freshness I would feel after taking this bath could beat any so called ‘Spa bath’ of today! If mobiles were there, I bet I would have sat for hours watching You tube, Netflix in peace inside the bathroom! Much later Geysers overpowered the good old Kopporo!

Banishing the villains- Soot and Gobbor:

Then came the Revolution of Compressed Gas! One day when I came back from school, the scene of my mother showing me the Green colored Gas stove with sparkle of joy in her eyes is still vivid in my mind! It was a moment of victory for her...victory from the chains of villains- Soot and Gobbor! I too felt very happy for her!

That auspicious day our kitchen took a whitewash bath and welcomed the “elegant and beautiful Gas stove bride” with haldi and kumkum! The knob on the gas cylinder was moved to the “ON” position and my Amma with her lovely hands lit the matchstick and “Lo...behold...the gas stove let out “flames of joy”. The first tea prepared on the gas stove tasted heavenly! Retirement was announced for the Pittale Tambe vessels and Khadeekule; while magnificent Steel vessels were newly recruited! To anyone and everyone who came visiting, my mother could not stop showering praises on our new bride!

Age old Roggodo and his companions:

Quarterly sessions of making the ‘daily-needed’ masalas mainly Sambar powder, Rasam powder, Tambelye puddi and Puttu powder was indeed an occasion in our kitchen. That morning Amma would keep all the raw materials ready like soaking rice and drying it for Puttu, frying the ingredients for sambar, Tambelye puddi and rasam. Those days Mixie (mixer) was unheard of. We had to rely on our “Roggodo” (the grinder) which had a dual role to play in making the idli/dosa batter and for pounding the masalas. The only difference was, for batter the stone used was Hardy - “short and stout” whereas for pounding masalas it was Laurel- tall and thin”. Basically, we called Laurel “Kandon” (the pounder). My Amma was thin and frail and didn’t have the strength to pound. Hence for this process a lady used to come and do it for her. Her name was Karti. While Karti pounded continuously in the Roggodo with full vengeance powdering all raw materials, a sound like “hiss...hiss...” would be heard with every pound. Her dark skin used to gleam with sweat and occasionally she used to lift her head and smile at me. Her sparkingly white teeth could beat any model in the toothpaste advertisement! In fact, such occasions were gossiping sessions

and I used to enjoy sitting, watching and listening to them! By afternoon the masalas would be ready and stored in airtight containers. Karti would be offered lunch, much needed after such a rigorous exercise. The lunch comprised of rice, dalitoy, upkari, tiksaani hummaan, happol and payasu. Amma specially made payasu as a token of gratitude for her “our masala-maker”! Karti loved Amma’s cooking. She made big balls of rice and gently touched them with the accompaniments and used to throw them into her mouth with such precision that it never missed. I used to watch in awe this “food bowling” and tried imitating the action once...but alas! my face was covered with rice and got a good scolding from Amma!

Subsequently the mixie and mixer- grinder combo gained the limelight in the batter and masala-making at every home! At one switch of the button, magic twirled in these jars and the final product came out smoothly. But I admit that the taste the Laurel and Hardy combo gave could reach nowhere near these high fashioned mixies!

Homegrown Vegetables and Fruits:

Amma was very fond of her vegetable garden. A variety of plantain named “Thaenpoovan” (thaen means honey), tumbe, Birbi karbala (Bimbool), meerya saange (green chillies), Karba patti (curry leaves), ambya rooku, ponsa rooku (jackfruit), papaya, kaju (cashew apple), avanasu (pineapple), mashinga sange (drum sticks), soornu (arum), kanangu (all tubers), etc were grown by her. In fact, there was no need to go to the vegetable market to purchase fruits and vegetables. There were a wide variety of flowers for daily pujas. The most common was the Hibiscus red and white, button roses red and white, normal roses red and pink, parijat, moggore, etc etc. She used to ensure that her garden was watered daily and maintained in a proper manner. There always used to be dishes like karmbala tiksaani

humman, kelya sassam, kananga upkari... It was a happy occasion when the banana plantain had the “kelya ghaday”. Then onwards till it was ready to cut the ghaday, the said banana plantain was given all the care and attention as if she is a “Pregnant lady”! No wonder the term “Keli villi” was used in olden days. Once the kelya ghaday is cut, then for a week we had all dishes related to kela like kelya upkari, bondi upkari, gabbya sukke etc etc. Many a times I used to get bored with the same vegetables being cooked and refused to eat. She would get angry and say that a time will come when you will miss this and then you will crave for it. I realize it now that she was right!

An ardent CAT lover:

Amma was very much fond of cats irrespective of color and breed. Our first cat since I remember was “Bundo”, a grey tabbie. He was a stray kitten and we took good care of him. Bundo was a very serious and strictly disciplined cat. Soon, we had his progenies too.

Amma was ferociously caring about them. Milk was available for them 24*7, and that too at times with Ovaltine and Bournvita. Meticulously she used to prepare their food based on their preferences. Hot milk for Dolly, fresh bread for Popeye, steaming idlis for Motu, chapatis for Jumbu, dosa for Dinguru, fried Kappa chips for Senori, cold rice for Manjeri and so on... Apart from these family members we had outside members for whom she used to offer milk, chapatis, Arrowroot biscuits, Rusk etc. Hartal (Bandh) was quite common then and you will not get any items including essentials. Hence previous day itself she used to make necessary arrangements for their needs to such an extent that we all had to have black tea just for the simple reason that the milk was safeguarded for the “elite kitty members!” In our own home the partition had taken place- the “Haves” and we

poor “Have nots”. Even my father who drinks milk tea was not spared!

Being pure vegetarians, we were dumb stuck when one day she went to the extent of going to the fish market, bought fish for this elite class and fed them with her own hands! We all were about to faint when she stored some fish in our refrigerator for one elite member who came late that day! No wonder that her eternal love for the elites were seen in the physical anatomy. They were growing like inflated balloons while we were like flat tyres! Even during her last days in hospital, her concern was about not able to feed the stray cats! Such was her love and devotion to Cats!

The Outing Saga:

Being a middle-class family, the once in a way outing to city for shopping and watching movie was quite a “vishesh” for us. That day my Amma would open her Pandora’s box where her special “buns” (ambado) and a dozen pins were stored. Meticulously she would pin up her hair and tighten the ambado, each clip effortlessly pushed within the hair with her frail hands! Once the hairdo is done, she would apply her favorite “Cuticura” powder and finally the big “kumkumecho teelo”.

After watching movie and necessary shopping within the limited budget, the next most awaited was having food in a restaurant. There was only one restaurant where we were taken always during such outings - The Bharat Hotel in Broadway, Ernakulam. We were given only two choices - either Neyroast (ghee sada dosa) or Masala dosa. With these limited choices, we

relished our masala dosas successfully, to be gulped down with a strong coffee! After all it was the only opportunity we got, once in a blue moon to relish restaurant food! All the More, it was that ONE special day when Amma got freedom from cooking in the evening!

Women Empowerment:

She never insisted to me and my sister that we should learn cooking. Though she could not complete her intermediate (HSC of today), she was of staunch opinion that girls should focus on studies and take up jobs. At the age of 21 years when my same aged cousins / classmates became dutiful housewives, I was doing my Post graduation (MTech). She was of belief that education is the powerful weapon which will empower women! Cooking and other household chores one could learn even at a later stage! This was totally contrary to the prevailing belief and practice at that time! True to her belief, we sisters (my sister - a Post Doctoral) owe our educational achievements and our careers entirely to her. I feel very proud to say that my mother envisioned of Women Empowerment then!

Yesterday I asked my mirror in Mumbai

“Mirror Mirror on the wall

Who’s the fairest of all? “

The Mirror was silent. There was mist piling up on the mirror. Lest only did I realize that my eyes were brimmed with tears! I can’t not think of her without letting out a sigh! Though she has become a memory, she still lives within me! Prayers and Salutations to you my dearest Amma!!!

Amritha Girish Pai is an M.Tech in Town & Country Planning, and has been a Senior Town Planner at CIDCO Ltd., Govt. Of Maharashtra. She has been involved in designing the Navi Mumbai International Airport (NMI), NAINA, and Navi Mumbai during her three decades of service.

She’s an avid reader with a passion for singing, and writing. She has been actively associated with various activities for GSB Sabha Navi Mumbai, and GSS Samaj Mumbai.



KOSUMBARI ANI KISMOORI

by Anuradha Prabhu
anuradhprabhu49@gmail.com

Recipes

BEETROOT KOSUMBARI

Ingredients:-

2 medium sized beetroot
1 medium onion chopped
2 green chillies chopped
1/2 tsp split udad dal
1 tsp mustard seeds
4-5 curry leaves
1 tsp oil
1 tbsp grated coconut
Salt to taste

Method:-

- 1) Peel the beetroot and grate it.
- 2) Heat oil in a karahi, add the udad dal, as it changes colour add the mustard seeds, stir for a minute, add the curry leaves and chopped onions.
- 3) Fry the onions till they change colour, add the chopped green chillies, salt and stir for few seconds.
- 4) Add the grated beetroot and mix well, cook for 2-3 minutes, remove from heat, sprinkle grated coconut on top, mix and serve.



SURNA KISMOORI

Ingredients:-

250 gms Surnu (yam)
1 large onion
3/4 cup grated coconut
3-4 dry red chillies
Marble sized ball of tamarind
1 tsp dry coriander seeds
Oil for frying
Salt to taste



Method:-

- 1) Remove the skin of the yam, chop into bite sized square pieces. Wash and keep aside to drain the water completely.
- 2) Grind together grated coconut along with dry red chillies, tamarind and coriander seeds to a coarse mixture without adding any water. Add salt and keep aside.
- 3) Heat oil in a karahi and fry the yam in small batches till they turn brown and crisp.
- 4) Mix the fried yam with prepared coconut mixture and serve along with rice and dal/curry.

BEANS KOSUMBARI

Ingredients:-

250gms beans
1 medium onion chopped
1/2 cup grated coconut
1-2 green chillies
1 lemon
Chopped coriander for garnish

Method:-

- 1) De-string the beans and chop into small pieces. Chop the chillies and add to the beans.
- 2) Add 1/2 cup of water and lightly steam the beans till tender. Drain water if any. Add salt, mix and keep aside.
- 3) Mix together chopped onions, grated coconut and coriander.
- 4) While serving add the onion coconut mixture over the beans, squeeze some lemon juice and mix well. Serve.



VODI KISMOORI

Ingredients:-

15-20 vodies (onion/garlic)
1 medium onion chopped
1/2 cup grated coconut
1-2 green chillies chopped
Chopped coriander for garnish
Oil for frying



Method:-

- 1) Fry the vodies in hot oil till crisp. Keep aside to cool. Once cool crush the vodies to a coarse powder.
- 2) Mix chopped onions, coconut, green chillies and chopped coriander.
- 3) Mix the vodies with onion coconut mixture and serve immediately.
- 4) No salt has been added as vodies contain enough salt.

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MAHESH KINI – A GSB BHUSHAN – A PROUD MOMENT FOR AMCHIGELES

by Ajay S. Kini



It was my privilege to be a member of Team KINI that crewed Mahesh Kini in his rookie attempt participation in Solo category of Race Across India's 1st edition of Kashmir to Kanyakumari ultra-cycling race.

This is India's first and longest ultra-cycling event that covered 3,651 kms across 12 states and 25 cities. It is also Asia's longest ultra-cycling race, as on date and is recognised by WUCA (World Ultra Cycling Association) and a qualifier for RAAM (Race across America)

The race started at Bakshi Stadium, Srinagar on 1st March 2023 and was to be completed in a maximum of 12 days for the Solo, under 50 years age category.

Mahesh stood in 2nd position in this race by finishing in 8 days, 19 hours and 59 minutes.

Mahesh was a resident of Bengaluru till he shifted to Mumbai 10 years ago for professional reasons. His academics and initial professional career were in Bengaluru.

Mahesh has a Diploma in Automobile Engineering, a Masters in Automobile Business Administration and a Diploma in Yoga Education and Teacher's Training. He is a certified Internal Auditor and

also certified Manager by TUV SUD & Mercedes Benz, India respectively.

He started his career in automobile sector working in car dealers and eventually grew up to be an entrepreneur running his own workshop handling multi-brand automobiles in Bangalore.

Presently, he is working as Vice-President - IT, Projects & Quality with ALD Automotive, Mumbai, a French MNC and globally the largest corporate vehicle leasing company.

The high points of this gruelling race are:

1. At the starting point, Srinagar the temperature was 3°C during night and 12-15°C daytime. It started getting warmer as we travelled through Punjab, Haryana and Madhya Pradesh. At Nagpur it was 34°C and started spiking sharply as we cycled across Telangana, Andhra Pradesh and then in to Tamil Nadu where it touched 37°C at times till we reached Kanyakumari. The finish-line of this race was at the point where NH44, India's longest national highway, ends.
2. One of India's longest under Lower Himalayas Mountain tunnel at Banihal, Kashmir (8.45 kms length) and longest incline, Patnitop was enroute and was considered as one of the tough points of the race.
3. Due to landslides and road blockages the Race Organisers allowed all racers a set-off for 61 kms where they were allowed to check-in at a specially set-up check-point at the 91 kms point of the race and then set-in again at



the 149 kms check point. During this set-off distance, racers were allowed to travel in their follow-up vehicles and this travel time was set-off in their final race timing clocked.

4. In Kashmir, Punjab and parts of Haryana the terrain was inclined upwards. Thereafter, NH44 was smooth and level with minor inclines or downward descents. The roads were generally good with a few bad patches in MP, Karnataka and Andhra but these were less than 20% of the total route.
5. The route of the race was made available by the Organisers online. Technology used enabled route navigation through a mobile app installed on 2 mobiles of all teams. Each racer was required to have the tracking app installed mobile on them while the other was the spare one for interchanging for charging either mobile. A separate tracking device box was also fitted in each of the follow-up vehicles as a maker- checker tracker. This enabled the Race headquarters (Nagpur) to track each racer continuously throughout the route. Also, the racer, respective team and general public could track each racer and their exact position at any given time. This tracking app was helpful, especially for family members and well-wishers of each racer, to keep tabs on their racer 24x7.
6. Each participant who completed within the stipulated time limit was given a certificate of completion and a commemorative plaque. The top 3 winning positions were also given a medal acknowledging their finishing position. It is a proud moment that Mahesh won the medal for 2nd position.
7. The Organisers repeatedly emphasised Safety as the prime objective of the race. The Race rule book and route map with terrain gradient was circulated before the race started to each contestant. Each racer was compulsorily required to have a follow-up vehicle behind within 15 to 50 feet distance

to keep an eye on the racer since the race was through normal traffic conditions on the national highway.

8. Mahesh, thanks to his employer ALD Automotive who sponsored three vehicles, had them at his disposal. As per the race rules, one was used as follow-up vehicle and was continuously behind Mahesh. The 2nd vehicle was used as secondary follow up and also for fetching required things for the racer and crew. The 3rd vehicle was used to ferry the crew members to and from their resting hotel rooms.
9. Mahesh had a crew of 13 from among family and friends. All the crew members were experienced senior level professionals from diverse specialisations with a few being experienced cyclists themselves. At any given point, 5 were on duty while the others rested.

Key take-aways and Learnings from the Race

1. The passion, focus, determination, endurance and stamina of the racer was tested over long duration. In Mahesh's case it was 8.5 days.
2. Discipline, practice, commitment and consistency cannot be substituted. Mahesh put in approximately 3-4 hours of training every day on his home training simulator. On every week-end he did mock rides of 250-300 kms to Surat, Nashik, Lonavala etc. His determination & resilience to training without missing a single day for 14 months prior to the race, is what enabled him to achieve the 2nd position without any major physical, mental or psychological issues.
3. The riding skill over inclines/descents and plain roads, speed and control of the racer was under constant test. Mahesh averaged speed over the span of the race was 24 kms/hr. In Banihal tunnel and on descents he touched an astounding 65 kms/hr. The significant

finding was his 32 kms/hr speed on the entire Patnitop incline.

4. The equipment, cycle, personal tracking devices and cycle accessories were also tested under varying conditions. The equipment upkeep on a daily basis was critical. Mahesh had a bicycle technician as a part of his crew who ensured his equipment was in top condition, especially the 2 bicycles he had carried with him. Other than a spoke coming off a wheel and couple of wheel changes there were no equipment issues for Mahesh.
5. Cycling for 18 -20 hours per day on an average and covering 400+ kms every day to finish in nearly 8.5 days requires 8000+ calories per day with around 10 litres of hydration supplemented with carbohydrates and proteins. Hence, nutrition and hydration were critical with appropriate food intake every 20-25 minutes and around 650 ml of supplemented hydration every hour.
6. Massage, physiotherapy, ice-pack and water spray were the essentials that kept Mahesh going, even in humid conditions at 35+ temperature in the 2nd half of the race.
7. While Mahesh was a champion ultra-cyclist his crew was devoted to him. Team KINI actually nurtured him with love, encouragement, push and restraint as required and most important nutrition, hydration, massage and resting arrangement on a regular, consistent and timely basis. One of the many challenges was to get boiled potatoes, boiled eggs, phulkas/chappatis, brown bread and ice blocks each morning in remote places of Haryana, Madhya Pradesh, Telangana, Andhra and Karnataka. I have gained a firm belief that a champion ultra-cyclist can complete a race. But to WIN a race the champion needs a dedicated, loving, sharing, self-less and consistently super-efficient crew with street smartness to get the

smallest and simplest of things on a timely basis in remote places from strangers. Of course, the villagers of India are good natured and helpful was the another find that confirms India is truly a great country to be proud of!

8. Route planning, halts for the night, meal stop-overs and crew management through role and responsibilities allocation and their resting and rotation are an important factor of success in such races. This was very well planned and impeccably implemented.
9. Mahesh and his Team KINI and also most of us have never travelled India through 12 states and 25 cities in a span of 8 days. We are proud to have done this yatra across our great country.

To conclude:

1. Mahesh's passion, grit and process-based approach to his training, diet and fitness schedule is his biggest strength.
2. His stamina, grit, endurance and physical fitness was proven as top-class through this gruelling, challenging in every aspect and long duration test in Race Across India's Kashmir to Kanyakumari ultra-cycling race.
3. Team KINI, his crew, proved that behind every winning ultra-cyclist there needs to be a loving, caring, dedicated and consistently effective crew whose sole objective should be to encourage their racer to a high podium finish.
4. Ultra-cycling as a competitive sport gained a lot from this race. The coming years will inspire many to take up bicycling and quite a few to take up this exciting, yet challenging and demanding, ultra-cycling racing.
5. By winning a podium finish in this RAI's K2K race Mahesh has qualified to participate in the prestigious Race Across America which is a tough race of around 5400



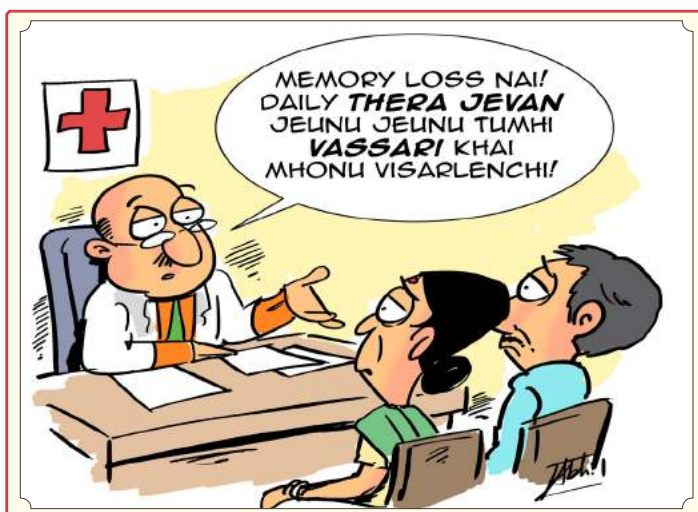
kms race across America's west to east coast in 12 days. RAAm covers 11 time zones and spans from sub-zero temperature to 45°C in the Arizona desert.

- For me personally, it was a privilege to be invited by Mahesh to be a part of his crew. I learnt a lot, saw what goes on behind a simple sounding cycling event (from the physical strain and pain to terrain changes and weather conditions to importance of

nutrition/hydration/sleep to procuring simple things in remote parts at odd hours to experiencing our great country across 12 states in 8 days.) Of course, the discipline, the practice, the physical fitness and team-work and planning by crew members was a revelation. I shall cherish this experience forever. Thank you to Mahesh, Team KINI, the RAIN K2K organisers, our Sponsors and crowd-funders without whose support and contribution we would not have achieved this. Last, but not the least, our families and well-wishers for their love, encouragement, support and contribution in many different ways.

Being the 1st GSB ultra-cycling racer and also the 1st GSB to win the 2nd position of India and Asia's longest ultra-cycling race, Mahesh has made every GSB feel proud. Many GSB youngsters will be inspired to take up this satisfying but tough and physically, mentally and skills-wise extremely challenging sport. Team Kini would be eager to share their experiences to help other GSBs to take up this sport.

Ajay S Kini is Principal Consultant, A. KINI & Co; a Management Consulting Firm, based in Mumbai and helps organisations across the globe enhance their strategies, planning, processes, implementation that enables optimise achievements. email: ajaykini@akini.com.



Abhijeet Kini, founder of Abhijeet Kini Studios, is a Mumbai based illustrator; animator and independent comics publisher, known for his comic series "Angry Maushi" and "Fanboys".

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THE PAURANIK SERIES
CHILD DEVOTEE: 2) PRAHALAD
(SOURCE- SRIMAD BHAGAVATAM)

by Tanushree Rao Shenoy

THE LINEAGE:

Diti was the daughter of Daksha and sister of Sati who in turn was the wife of Mahadev. Diti along with thirteen other daughters of Daksha were given in marriage to Rishi Kashyapa, the illustrious sage.

One evening, during the auspicious time of dusk, Diti overcome with immense love, approached Rishi Kashyapa. The rishi was fully aware of her intentions as well as the significance of the time and he tried in vain to reason with her but finally gave in. After sometime, Diti's power of reasoning and wisdom returned she repented having disrespected Lord Mahadev who is said to rule the dusk. She pleaded with her husband for mercy and to show a way out. Rishi Kashyapa replied "You have sinned, disobeyed me and insulted Lord Mahadeva due to your earthly desires. The consequences will not be good. You shall be a mother of two sons who will be wicked and will cause havoc in the three worlds." Diti implored her husband for a boon "Let my sons be killed by the Supreme Lord himself and not due to any curse. Let them achieve Mukti at the Lord's feet." Kashyapa understood her repentance was heartfelt and assured her that her boons would be granted. He also assured her that although her sons will be wicked, her grandson will be a big devotee of the Lord and he will be remembered in the world for as long as Bhagwan Narayana is remembered. Her twin sons, Hiranyaksha and Hiranyakashipu were none other than the gatekeepers of Vaikuntha, Jaya-Vijaya, cursed to be born in the world of men.

HIRANYAKASHIPU'S BOON:

Hiranyaksha was killed by Bhagwan Narayana assuming the form of a boar. This angered Hiranyakashipu and his hatred towards Narayana increased manifold and he commanded his soldiers to 'Make Narayana Homeless' i.e. uproot any and every place where Narayana is said to live. Narayana, the supreme being, is Dharma and thus began a reign of terror. On orders of their king, the asuras began to harass everything Dharmic and pious. Hiranyakashipu wasn't satisfied as he knew his enemy was very powerful and he desired invincibility too. He desired to be the Lord of three worlds. He performed terrible Tapas and compelled Brahma to grant him a boon. "I want you to grant me immortality" said Hiranyakashipu. "I myself am not immortal so this boon I cannot bestow on you" replied Brahma. "Then grant me a boon wherein none of your creations, living or non-living things will be the cause of my death. No weapons should cause my death. Neither should I die inside the house nor outside. Neither should I die in the day nor during the night; not in the sky nor on earth. Neither should a Man kill me nor any Animal. I should rule this universe and my wealth should be immense. Please grant me this." Brahma granted him the boon.

Hiranyakashipu was invincible since that day. He conquered the three worlds and all Devas became subservient to him as he occupied Indra's throne. His tyranny increased manifold as his



anger towards Narayana whom he still couldn't touch.

PRAHALAD THE PIOUS ONE:

When Hiranyakashipu was engrossed in tapas in faraway mountain, the Devas attacked his kingdom and looted it. Prahalad's mother was pregnant with him. Indra wanted to kill the unborn son of the Asura but Sage Narada interjected and stopped it. Narada then took her to his hermitage. Keeping the unborn child in mind, Narada taught his mother Bhakti Yoga towards Narayana. Although his mother did not grasp it, the unborn child took to Bhakti Yoga very well and thus was born as a child devotee of Narayana.

Prahalad was endowed with all noble qualities of Devas. He was an embodiment of good conduct, piousness, virtuousness and had a control over his senses; none of which were asuric qualities. The sons of Guru Shukracharya were his teachers since he turned five. Once Hiranyakashipu decided to check on Prahalad's education and took him on his lap "my dearest young one, tell me what have you learnt till now? Tell me what is the best thing in the world?" Prahalad replied "Forgetting 'I and mine' and taking refuge in the feet of Bhagwan Narayana is the best thing in the world." The answer was unexpected and it enraged the king. He warned the teachers to keep the five year old away from all things-Narayana and his bhaktas, home tutor him and keep him under surveillance at all times. Yet Prahalad's bhakti towards Narayana only grew surprising all. This infuriated Hiranyakashipu and he ordered death for his five-year-old. Many methods were used. Prahalad was subjected to torment of sharp weapons but they proved ineffectual. Wild animals were let loose on him but they either turned docile or ineffectual. He was thrown from the mountains but he survived without a scratch. Poison did not harm him nor did fire. During all

this, Prahalad was unmoved with Narayana's name on his lips.

THE FINAL TEST:

Hiranyakashipu was exasperated with all the failed attempts at killing Prahalad so he decided to kill him. He called for Prahalad and questioned him "Are you repenting your actions? Have you forgotten to respect and honour your father? I have run out of love and patience for you as you side with my enemy, so I will kill you today." Prahalad replied, "Father, you think I am a bad son and I disrespect you but it isn't so. I only want to help you. You think of Narayana as an enemy but is all-pervading and immensely powerful. You are no match for him. Please get rid of this hatred and conquer your senses; direct them at the feet of Narayana." Hearing these words an enraged Hiranyakashipu asked "oh so if he is so powerful where is he right now?" "everywhere" replied Prahalad. "Is he here? Is he in this Pillar? I am going to kill you now, if your Narayana is here let him come out of this pillar and save you" screamed Hiranyakashipu.

A terrible noise was heard. The pillar split and came out a terrible form - a half Lion half -Man (waist upwards Lion and downwards Man). As Hiranyakashipu rushed towards the terrible one with weapons, Narasimha held him tight and dragged him towards the door of the hall and placed him on his lap. It was dusk. Hiranyakashipu remembered every word of his boon and he realized his end was near – Neither man nor animal, neither inside nor outside the house, neither in the sky nor on ground, neither day or night, neither living nor non-living creation of Brahma. Narasimha tore the king's entrails out with his nails and teeth (not with weapons shall I die) and placed them around his neck. It was a dreadful sight yet Narasimha's anger had not abated. His terrible form scared the Devas,

Brahma and even Lakshmi. Prahalad remained unperturbed, approached Bhagwan Narasimha sang his praises and washed his feet with tears. Narasimha was pleased and his anger vanished. He wanted to grant Prahalad a boon but Prahalad resisted the temptation and only asked for Narasimha to reside in his heart and thoughts forever with no place for any worldly desires.

Inference:

It is the strength of our bhakti that matters irrespective of who we are. Also, lineage maybe illustrious (Hiranyakashipu was Rishi Kashyapa's son) yet it is our own Karma which decides our fate.

Tanushree Rao Shenoy is an Equity Research Analyst by profession and an avid reader on Hindu texts and philosophy by interest. She is of firm belief that our ancient stories and texts are the gateway to solutions for all our problems in life.

Child Devotee "Narada" was covered in the Jan to Mar 2023 issue of Voice of GSB.

VASANTH'S POETRY CORNER

by Konchadi Vasanth Pai



Mathematical Wizard

In maths I must confess I was always weak
My cheeks the teacher would often tweak
Didn't understand how two minuses make a plus
But accepted this conclusion without a fuss
When I grew up I had great regard
For that little known mathematical wizard
Who often hides in your gastrointestinal tract
He doesn't know about addition or subtraction
But is a genius when it comes to multiplication
Guessed it? Can anyone in the class reply?

It is Mr. Amoeba -
he just DIVIDES to MULTIPLY !

Konchadi Vasanth Pai (90), has spent over 60 years in the pharmaceutical industry in Govt. and non-Govt. sectors and as consultant after retirement. He has also worked in NGOs such as Sanjivani in Delhi and Childline in Pune. He presently lives with his son in Bengaluru. He is passionate about blogging and social networking.

My Swiss Bank Account

Two thousand accounts, yes, that is what
Lassange has the CD and it is hot
Netas and Udyogpatis and babus too
Out of fear will now rush to the loo
And I can describe them (it is not porn)
They'll be as naked as the day they were born
TV anchors are spilling blood and gore
calling the account holders "Chor"
They have filched the country's wealth
Squirreling it in swiss banks in stealth

Some of them of course will bask in glory
When the headlines blare out their story
Am I envious of the attention they get?
I wanna join their tribe, you bet
Am rushing to Geneva by the next flight
to open an account with the speed of light
Depositing my hard earned pension
(the amount I am ashamed to mention)
So that when Wikileaks releases the list
I can raise my hand and clench my fist
And shout with one-up-manship zest
Lo ! Vasanth Pai's name led the rest

LESSONS IN BHAGAVAD GITA

by Dr. Gayatri G Shenoy

इन्द्ररिस्येन्द्ररिस्यारथे रागद्वेषौ व्यवस्थितौ ॥
तयोरन वशमागच्छेत्तौ ह्यस्य परपिन्थिनौ ॥३-३४॥

*indriyasyendriyasyārthe rāgadveṣau vyavasthitau
tayor na vaśam āgacchhet tau hy asya paripanthinau 3.34*

indriyasya = of the sense-organs; indriyasya-arthe = in their respective sense-objects; rāga = attachment; dveṣau = aversion; vyavasthitau = are well established in; tayoh = their; na = not; vaśam = hold; āgacchhet = (one) should come under; tau = they (are); hi = for indeed; asya = his; paripanthinau = hurdles; 3.34

The sense-organs are well established in attachment or aversion for their respective sense-objects; one should not come under their hold for indeed they are his hurdles. 3.34

Important information is given about the interaction of the senses with their respective objects. Attraction and aversion for them arises instantaneously and naturally. It is this attraction and aversion that gives rise to a cascade of other thoughts and corresponding actions undertaken to materialise the desires they sprout. Thus, anger greed and lust take form and bring the aspirant again to the forbidden path. In view of this, a strict injunction follows that one must not come under their hold; one must not be carried away by this strong pull of attraction or aversion which are undoubtedly like huge hurdles obstructing the path to Realisation. They are like robbers on the highway looting one of all one's possessions. He should be vigilant all the while.

*indriyasya indriyasya-arthe rāga dveṣau
vyavasthitau; indriyasya 'of the senses'.
The senses in the human body are divided according to the scriptures as knowledge*

acquiring senses and the working senses. The *karmendriya-s* working senses are the hand and leg (locomotion and various actions), mouth (speech), organs of evacuation and organs of reproduction. The knowledge acquiring senses called *jñānendriya-s* are five in number, the eye, ear, nose, skin, and tongue; they are so called because they give knowledge of form, sound smell touch and taste to the living being. The eye sees several forms in this world which are its objects, the sense-objects of form. The eye gets naturally attracted to these objects corresponding to form, so too with the other sense organs like the ear etc which are attracted to their own *indriyasya-arthe* sense-objects of sound and so on. *rāga dveṣau* Attraction or aversion is instantaneous depending on whether the mind likes the object or not. Previous experiences of the mind seated in it as *saṅskāra-s* or *vāsanā-s* help it to determine whether to pursue or not the object of desire or hatred. The mind is the seat of attraction and aversion, the objects are mere Matter; they are neither 'good' or 'bad'. It is the mind that makes them so.

tayor na vaśam āgacchhet; One is warned not to come under the hold of the sense objects of attraction and aversion. One is advised to keep this interaction to a minimum and to avoid unnecessarily being engaged in them. Knowing their mode of operation goes a long way in avoiding this trap that they lay for the embodied being. Their mode of operation has been described earlier in detail (vide 2.60-68). The mind which constantly roves over all these desirable and undesirable objects of the senses through the ports of the five knowledge



acquiring senses has to be controlled. Brooding on the sense-object of attraction gives rise to desire, from desires rise plans to attain the object of desire, any obstacles set forth by anything or anyone is met with strong aversion and subsequent anger. Anger gives rise to incapacity to distinguish between right and wrong. Reason disappears and he meets with his own ruin. On the other hand, a yogi having brought the mind and the senses under his subjugation in this game, gives a new occupation to the mind in doing works for the devotional service of the Lord. *karmayoga* is therefore a good and simple practice to overcome with ease the compelling forces of material nature acting upon the mind. This is because *karmayoga* incorporates knowledge of the self, devotion, detachment from sensual cravings, as well as an occupation for the mind in keeping with one's prescribed duties so that it is distracted from the persistent attractions and aversions of the world. Karmayoga therefore follows the nature of the Self refusing to be overcome by the nature of forces of Material Nature or *Prakṛti* (an alien nature).

tau hi *asya paripanthinau*; 'this attraction and aversion that arises is undoubtedly the biggest hurdle' on the path of Self-Realisation for the yogi. Like robbers on the highway, they loot the traveler of all his precious belongings. The implication is to the yogi wholoses all the efforts he has put in his practice when he falls to the trap laid down by material Nature in the form of the play of the senses and the sense-objects bringing about all sorts of duality.

This calls for a strong determined sustained individual initiative in overcoming these obstacles by the path of *karmayoga*, by dovetailing the mind in action, which is of the nature of devotional service to the Lord. All routine prescribed duties of man can take the nature of devotional service when they are done

for the pleasure of the Lord as acts of devotion. Following one's own duty or work selected on the basis of one's aptitude and interest is called performing one's *svadharma*. It is simple to follow and above all diverts the mind from running after sense-objects. It keeps the mind busy. Whereas one who just sits and contemplates on the Self even before his mind is trained, not to pursue the sense-objects, fails in his efforts. To purify such a mind the role played by *karmayoga* is cardinal and to venture into *jñānayoga* at this stage would be akin to courting one's own ruin, for the latter necessitates a high degree of self-control of the mind necessary for contemplation on the Self.

Hence *Śrīpad Rāmanujāchārya* says tau eva *jñānayogāya yatamānaṁ niyamitasarvendriyaṁ svavaśe kṛtvā prasahya svakāryeṣu niyojayataḥ*. Thus, even the aspirant of *jñānayoga* though having controlled his senses comes helplessly under their control and is made to engage in the works connected with this influence of attraction and aversion. *tataḥ ca ayam ātmasvarūpānubhavavimukho vinaṣṭo bhavati*. Thereby he gets ruined having turned his face away from the experience of the nature of the Self. *tayoḥ na vaśam āgacchet* – do not come under their control -- *jñānayogārambheṇa rāgadveṣavaśam āgamyā na vinaśyēt*. So, a novice in *jñānayoga* should not come under the destructive influence of attraction and aversion. *tau rāgadveṣau hi asya durjayau śatrū ātmajñānābhyaśam vārayataḥ* these attractions and aversions are indeed unconquerable foes who invade upon the practice of *jñānayoga*.

Explaining this verse *Śrīpad Śaṅkarāchārya* says "... *tatra ayam puruṣakārasya śāstrārthasya ca viśaya ucyatē*. With regard to this (interaction of the senses bringing about attraction and aversion), the subject of personal endeavor and the purport of the scriptures is introduced. *śāstrārthē pravṛttaḥ pūrvamēva rāgadveṣayōrvaśam*

nāgacchēt. By being involved right from the onset in the teachings of the scriptures one should not come under the sway of the attraction and aversion. *Yā hi puruṣasya prakṛtiḥ sā rāgadvēṣapurāḥsaraiva svakārye puruṣam pravartayati*. Indeed, this Material Nature of the embodied self-compels him to do her work under the force of attraction and aversion. *Tadā svadharmaparityāgaḥ paradharm-ānuṣṭhānam ca bhavati*. Thenceforth, having given up his own nature (of the self), he takes up an alien nature (of Material Nature)(as elaborated further in the next verse). *Yadā punaḥ rāgadvēṣau tatpratipakṣeṇa niyamayati tadā śāstradrṣṭirēva puruṣaḥ bhavati*, if again he counteracts the forces of attraction and aversion then his outlook becomes like that of the scriptures, na prakṛtivaśaḥ. and he does not come under the hold of Material Nature. *Tasmāt tayōḥ rāgadvēṣayōḥ vaśam na āgacchēt*, therefore ‘do not come under the sway of attraction and aversion’, *Yataḥ tau hi asya puruṣasya paripanthinau śrēyōmārgasya vighnakartārau taskarau iva*

pathītyarthaḥ. since they are the hurdles of man on the path of his ultimate good, the meaning is that they are like robbers, obstacles in his path; *tatra rāgadvēṣaprayuktō manyatē śāstrārthamapyanyathā ‘paradharmō’pi dharmatvāt anuṣṭhēya ēva ‘iti, tadasat --* therefore one in close association with attraction and aversion may think contrary to the scriptures and say ‘even an alien nature or law (of Material Nature) can be followed’ this is wrong, so it is said (in the next verse)-- (S-Bh3.34)”.

Thus, in the above commentary *Śrīpad Śaṅkarāchārya* introduces a new meaning to ‘svadharmā’ and ‘paradharmā’ as meaning ‘the nature of *dharma* of one’s true self the *ātma*’ and ‘the nature of *dharma* of *prakṛti* Material Nature’ besides the conventional understanding of *svadharmā* and *paradharmā* as ‘one’s occupation or prescribed duty in keeping with one’s aptitude or liking’ and ‘that occupation which is alien to one’s own habits’. In this context the next verse can be interpreted in two different ways taking both these sets of meanings into account.

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

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

TINGE OF STARDUST

by Shruti Warik



The night steadily ensues
While the stars recline,
A cosmic dust slowly fills up,
Chaos and beauty lie intertwine

Somewhere among the fleck,
Through every collapse and creation,
As the town shrivelled like a speck
A pulse echoes of imagination.

Beneath the surface,
It glisters on my lips,
Lingering on my footprints
It drips slowly from my fingertips,

I sit and think of it all
And the blue June twilight dies
Down in a clanging square,
A street fiddle cries.

Shruti Warik (18) is a Mumbai based undergraduate student. She loves to describe herself as a socio-politically aware author, poet and a blogger. The ever-smiling teen is most likely found to be either playing with dogs or reading a book

YOGA – LEARNING VS PRACTISING

by Ajita Kini



Have you ever noticed that your performance (not just āsana practice but also singing, dancing, cooking, painting, making a presentation etc.) is never the same when you are observed, as it is when you are practising by yourself? To some extent, we become self-conscious and/or start ‘playing to the gallery’. But even when we go past that initial self-consciousness and self-aggrandization, we often find ourselves positively or negatively impacted by the presence of others when we are performing anything.

Many students of yoga ask the teacher – why is it that my āsana come better in class than when I try them on my own? To some extent, it is the expertise of the teacher, who has worked the body up to the capability of “getting” an āsana; reminding the students about all the myriad little adjustments that need to be made from the tips of the toes to the fingertips. Over and above this, the energy of the teacher, and other students in the vicinity, interplays with the energy of the practitioner, and that results in a synergistic effect, a virtuous cycle, enhancing the performance.

The mere realisation that the teacher is watching one, ready to spot and rectify any error, any vulnerability that might result in an injury, drives one to greater effort and risk-taking capacity. Our teachers teach us that once the essential posture of an āsana has been attained, it is important to stay in the āsana, maintaining the

intra body dynamics and breath – mind dynamics of the āsana. When this is done, the inner teacher, the inner Guru takes over.

If the performance of the practitioner is impacted by the presence of the external teacher, can you imagine what would happen when the inner teacher comes into play? The external teacher has limitations of vision and comprehension. To the internal teacher, everything is laid bare – what is being done; how much effort is being put in; whether the mind is in what is going on, or has gone off on a little jaunt of its own; where the breath is touching and where it is not; where the awareness is penetrating and where it is unable to access All is known to the inner Guru and there is no way to hide from it.

The inner Guru can only come into play when the senses have withdrawn from external objects. As long as one is in a lesson with the teacher, one has perforce to look and listen and execute as per the instructions given by the teacher. The classes are therefore essential for learning. However, for the inner Guru to become active, solitary practice is essential. Only when one is alone, can one withdraw from all external stimuli and focus solely on what feedback is being received from the body, mind and breath, in response to every action. As Prashantji (S/o Yogāchārya Guruji B K S Iyengar) puts it, at this stage, “doing” stops and “happenings” begin; doing stops and observation and understanding takes over; execution ends and education begins;



and that is when true yoga manifests. True yoga cannot be brought about by will power or determination – it manifests on its own, as and when the conditions are ripe for it to manifest. All we can do is to try and create those conditions – exactly as in meditation!

Common wisdom has always told us to “count to ten” when one is angry. What happens when we count to ten? The rhythm of the breath adjusts from the quick shallow breaths of anger to a more regulated rhythm of counting. Ancient wisdom told us to take the name of the lord – japa or mantra. With this, the regulation of the breath is even more rhythmic and lasts for a longer duration than counting to ten. The slow rhythmic breath gradually calms the body (the flow of adrenaline and chemical – physiological changes triggered by it) as well as the mind.

Just as the presence of the teacher impacts the practice, the mind observing the breath automatically slows down the breath. Heisenberg, a quantum physicist, postulated that in subatomic or quantum physics, the act of measurement always disturbs the object measured. The Uncertainty Principle* applies to all objects, but is only significant at the atomic or subatomic level.

The physical reason behind this uncertainty is that measurement, by its very nature, requires the use of some sort of energy--for example, shining a light on the object to be measured. The stronger the light shone, the more accurate will be the measurement, but also, greater the impact on the electron's (or other subatomic particles') motion; and vice versa. Hence, there is a trade-off: the more precisely we know an object's position at the time of measurement, the less we know about its present whereabouts.

The same principle applies to our breath and our internal realm. The more intently we start

studying what is happening within us, the more our focused attention impacts the way in which that aspect of the body, breath and/or mind responds. So, something that is seen as a negative in quantum physics, is used to advantage in āsana practice – the more intently we focus our awareness and intent on a part of the body that is not responding, the better that part of the body responds. So, in forward extensions (as an example), if the spine refuses to extend forward, we raise the trunk to a level where we're able to defocus from the strain and focus our awareness on that section (vertebrae) of the spine, or that segment of the hamstring that is not responding; and stay in that adjusted (as distinct from compromised) position for a longer duration while directing the attention (mind awareness) and breath to that section of the spine or hamstring. Gradually, the relevant section of the spine or hamstring will bask in the attention and start releasing. At that stage, the adjustment (the lift of the trunk) can be reduced and one will gradually (over time, which may be minutes, days, months or years depending on the degree of stiffness and calcification that has set in) be able to go down to the extent where the stomach rests on the thighs and the face nestles between the shins!

This is a different approach from the instinctive aggressive approach adopted by most of us – to use force and willpower to move the recalcitrant segment of the body. When muscular force is deployed to push an unwilling body, not only do the body parts rebel, there is also a risk of injury. This gentler approach of just identifying and watching what part(s) of the body is (are) not responding, and waiting, patiently!!!, for the response, is certainly slower, but not only are the effects more long lasting, the risks of injury are removed.

A rhythmic breath, where every inbreath is identical to the previous and successive inbreath,

and every out breath is identical to the previous and successive out breath, is one of the main conditions required for yoga to manifest. An āsana is an āsana, a seat for the citta, when one can maintain such rhythmic identical breaths, while in the posture. Thus, the posture creates the environment for the breath to become steady, rhythmic, moving identically in both nostrils. If you stop and watch your breath at any other time, you will notice that either the right nostril or the left nostril is more active. This is nature's mechanism for maintaining the body

temperature, as right nostril breathing heats the body and left nostril breathing cools the body. When the breath moves evenly in both nostrils, it creates the environment for the mind to become inwardly focused and sublime. The environment is thus created for the grace of God to manifest in the form of Yoga, samādhi, enlightenment, freedom from the cycle of birth and death!

*Source: <https://www.scientificamerican.com/article/what-is-the-scientific-pr/>

Ajita Kini has been a student of Iyengar Yoga since 2007. This is the 10th in a series of articles on yoga.

FAMILY VALUES-SUCCESS IN LIFE

by Veena Shenoy

The basic requirements for success in life and the overall well-being of an individual are sown during his/her childhood by family members, especially the parents. To have a sustained successful life, both at the family level and also at a professional level the values taught in a family, especially hard work, humility, simplicity, and sincerity play a crucial role. Many parents invest in mutual funds, property, insurance policies, and gold to secure a comfortable life for their children. However, I have always maintained that teach your children H2 and S2 formula i.e Hard work-Humility (H2), Simplicity- Sincerity (S2) and they will be successful in life. Although school atmosphere/ teachers play an important role in molding the life of children/careers of great people; it is the family values, love, care, and good food in their formative years which is crucial for sustained success in life. The Indian family values, with all its emphasis on traditions, festivals, and family

ties are unbeatable and hence to be preserved and cherished.

A child who is well cared for and has good family values and protection will rarely commit a crime. Children require love, care, good food, and education in their formative years. I do not think any juvenile criminals had all these benefits in their formative years. Criminals are not born but are made by society. Poverty, lack of basic education, and broken families are the breeding grounds for criminal activities and especially juvenile crimes.

To bring about change in society, people should put good values in children during their formative years to make them good citizens of not only the nation but also good human beings who will work for the betterment of the humanity as a whole.



Smt. Veena Shenoy regularly writes for newspapers. Till date, 600 of her articles and letters have been printed in the newspapers

NEWS FROM SISTER ORGANIZATIONS

GSBS SKSP - ACTIONS SPEAK LOUDER THAN WORDS

by Gurudatta Wagh



GSBs Samyukta Konkani Sabha Pune (SKSP) has been consistently working to bring the community together and increase bonding among its members. Established in 1983, the growth of SKSP is due to the selfless contributions of its office bearers, volunteers, and members.

Covid-19 restrictions did cause a lull in the activities. However, post the restrictions SKSP has bounced back and gone hammer and tongs with various activities for the GSB community.

With the advancement in electronic means of communication, tech savvy SKSP members have embraced mobile apps to reach out to GSBs in Pune. As a result, the SKSP WhatsApp contact groups have increased. Concerted efforts by SKSP members are bearing fruit. Here are some glimpses of the activities of SKSP.

Bhajan enthusiasts partake in the bhajani mandal every second and fourth Sunday. The mandal offered bhajans during Vasanthotsava 2022, at Vashi; on Ashadhi Ekadashi, at Pune, and during the bhajan saptah at Pandharpur on 12 March 2023, which was organised as a part of Kashimathadhipati Shrimad Samyamindra Tirtha Swamiji's Pandharpur yatra.

Representatives of SKSP visited the Parthagali Math to participate in the Pratham Punyatithi Mahotsav of His Holiness Vidyadhiraj Teerth Shreepad Vader Swamiji, on 9 July 2022.

In the Ugadi function on 22 March 2023, Satyanarayan pooja, recitation of Vishnu sahastranam, Ram raksha, bhajans, seva, reading of the panchang, arti, was followed by distribution of prasad. Special achievements of students were appreciated. Surmani Mahalaxmi Shenoy was invited to render blissful bhajans. It was a grand programme.



For the eligible boys and girls, a Parichay programme was held at Pune on 5 June 2022, wherein members of the GSB Sabha Mumbai Mahila Shakha lent a helping hand.

For the young and old alike, a gathering was held on 12 June 2022, which involved fun and frolic, quiz, games, and lunch.

SKSP organised the Sarv Pitru Paksha Tarpan vidhi on 25 September 2022.

A Deepawali Diya initiative was taken up by SKSP in association with Naraindas Morbai Budrani Trust (NMBT) Mumbai to support cancer survivors and their affected family members by appealing to contribute to the noble cause by purchasing sets of two hand painted diyas. The initiative attracted proceeds totalling Rs. 35,500, which were handed over to NMBT.

SKSP is keenly promoting books on GSB history and culture. The English translation of the book "Gowda Saraswat Konkana Brahmans" by Sahityakusalan M Seshagiri Prabhu, was made available by SKSP. Sale of the book met with an enthusiastic response.

Blood donation camps were held in different parts of Pune. Each camp met with a bigger response. Blood donors were presented with certificates.

SKSP organised a trip to Kaas Plateau, Satara, which is among the thirty-nine biologically diverse locations of the Western Ghats. Ninety-four enthusiasts participated in the visit to the UNESCO World Heritage Site, on 25 September 2022. Spread over 1,142 hectares, the Kaas Plateau throws a colourful pageantry of flowers during August-September.

A day long trip to temples in the vicinity of Pune, on 8 October 2022, included BAPS Shri Swaminarayan Mandir at Narhe, Ishwar Mandir at Baneshwar, Balaji Mandir at Ketkawale, Dattatray Mandir and Ishwar Mandir at Narayanpur, and ISKCON New Vedic Cultural Centre at Kondhwa.

The most awaited programme of the year, the 5th edition of GSB Konkani Food & Fun Carnival, held on 13 November 2022, met with a fantastic response. SKSP's initiative of promoting home chefs to become entrepreneurs has been a success. GSB delicacies bring together all GSB Home Chefs and Patrons in Pune on a single platform and thereby benefit the GSB community at large. Home Chefs have been able to promote their food offerings and reach out to a large community of Amchigeli Foodies. Patrons are able to order and post their requests for specific Konkani Delicacies. The URL <https://punegsbdelicacies.blogspot.com/> details the offerings of the Chefs and the responses of the patrons.

On 27 November 2023, SKSP Gardening Lovers Group visited octogenarian Sudha Pai Mai to understand good gardening practices. Voice of GSB magazine, October-December 2021 issue, has published a detailed article on Sudha Mai's love for nature. SKSP Gardening Lovers Group shares information on all aspects related to promoting greenery at home and elsewhere.

Attracting GSB youngsters in a big way is the most visible influence of the activities.

Participation by youngsters has multiplied the gamut of outreach of the SKSP. The birth of SKSP GSB Cricketers Group and SKSP GSB Riders Group are the latest additions.

SKSP GSB Cricketers Group organised the inaugural edition of the half pitch, fun filled cricket tournament on 11 December 2022. It is labelled as GSB Premier Cricket League. The Group is organising the tournaments in different parts of Pune, and is garnering bigger numbers with each event.

The SKSP GSB Trekkers Group organised a visit to Sadguru Jangli Maharaj Samadhi and Pataleshwar Caves, both located on the busy Jangli Maharaj Road, on 1 January 2023 and followed it up with a nature walk to the naturally bedecked Taljai hills on 22 January 2023.

The newly formed SKSP GSB Riders Group made their inaugural trip to Morgaon Ganpati on 15 January 2023 to seek the blessings of Shri Mayureshwar Ganpati Bappa before scheduling a bike trip to the Statue of Unity, Gujarat. The young lot are very enthusiastic and outgoing and are planning to ride to Ladakh in July 2023.

SKSP organised a charity show of the Konkani drama "Gaanti", on 5 February 2023. GSB audience applauded the performance with a sizable presence.

The evolution of SKSP into a throbbing organisation is the greatest achievement post Covid-19 restrictions. The wholehearted participation of young GSBs in organising the various events is very satisfying.

United we stand!

SKSP is trying to reach out to its community members. Please give your feedback, suggestions, ideas to Shri. Amit Hegde, WhatsApp 9545536369

Gurudatta Wagh, born in Karwar, residing in Pune, is associated with SKSP activities. Working in a science research institute, his hobbies include reading, writing, and physical fitness.

NEWS FROM SISTER ORGANIZATIONS NEWS FROM GSBS MEDICAL TRUST

TWO MORE CANCER DETECTION CAMPS FOR WOMEN CONDUCTED

A) The 18th Cancer Detection & Awareness Camp for Women above age 40 was conducted by the GSBS Medical Trust on 9th January, 2023. This camp is conducted every alternate month by the Trust for the detection and awareness of breast cancer, cervical cancer and oral cancer.



The women who registered were called by appointment and so, they did not have to wait in line. Each patient had to complete all the 4 stages within 2 hours viz. the dental check-up, gynaecological check-up, Pap smear test and mammography. This camp was sponsored by Mr. Gopal Krishnan in the memory of his near and dear ones.

The following doctors attended to the patients:

Gynaecologists Dr. Shonir Pai, Dr. Swapnil Malkar and Dr. Mira Naik

Dentists Dr. Pratik Satpute, Dr. Vikas Gupta and Dr. Ameya Pai

Patients were educated in this subject. Even the method of self-examination was taught.

Interested patients were also taken around the centre. We are grateful to all the doctors, staff and the sponsor who made this camp a success.

B) The 19th bi monthly Cancer detection camp for women above the age of 40 was held on the 13th of March. This 8 hour camp can examine only 24 patients as this is a time consuming examination camp. Each patient has to undergo four stages of examination i.e. the dental examination to detect any oral cancer symptoms are present. Dr. Vikas Gupta, Dr. Swati Satpute, Dr. Pratik Satpute and Dr. Ankita Ghule happily did this job.

Second stage of examination is Gynaec and Papsmear was done by Dr. Mira Naik

Mamography which is an important checkup was done by the technicians and later on followed by Dr. Gauri Amonkar



Thanks to N K G S B Bank for sponsoring this event. HealthRakshak, is lucky to receive Mr. Vinay Rao, AGM of the Bank.. Mr. Rao was amazed to see all necessary equipment needed for the full diagnosis of the patients. He was also surprised to know that patients get appointments for their check-up.

Smt.Gita Pai, Trustee, thanked Mr.Vinay Rao for gracing the occasion. The staff of the Healthrakshak were specially thanked for organising the camp meticulously.

FREE MEDICAL CAMP CONDUCTED AT DWARKANATH BHAVAN



Medical Camp at Dwarkanath Bhavan

Over the years, it has been a ritual for the Wadala Mutt committee during their Annual day to invite GSBS Medical Trust to hold a Medical Camp for their members. The doctors in their service to examine the patients and the Medical Trust staff to organise this event take pleasure in participating in the programme.

This year too, on 26th January 2023, the free medical camp was organised by the Trust at Dwarkanath Bhavan Hall (Wadala Mutt / Ram Mandir). The following health check ups were conducted on the patients: Random Blood Sugar, Blood pressure, ECG, Eye Check-up, Dental, Gynaecology. Orthopaedic advice was also given to the patients. General physicians' consultation was the important one.

The following doctors participated in the camp:

Dr. Ashok Kerur, Dr. Yamna Kerur, Dr. Kanchan Nayak, Dr. Vimal Telang, Dr. Seema Mahale, Dr. Shreya Joshi, Dr. Sachin Jain, Dr. Vivek Pai, Dr. Chause Sharifa, Dr. Davinder Tulpule, Dr. Anil kumar Singal, Dr. Gitanjali Belekar, Dr. Shonir Pai, Dr. Pratik Satpute, Dr. Swati Satpute.

On this day, two digital initiatives by GSBS Medical Trust were also launched / announced, namely an Android App that offers information about doctor schedules, tests, medical camps and more, and also an Online Donation interface to enable users to donate online quickly and easily.

FREE MEDICAL CAMP CONDUCTED AT THE DHARAVI CENTRE OF GSBS MEDICAL TRUST



Dharavi-Camp-Pic

GSBS Medical Trust organized one more Medical Camp on 12th February, 2023, which was held at its Dharavi Centre. All three hours there was a steady flow of patients to get the checkup done and also get the opinion from the Doctors of various specialties.

Without taking a Sunday holiday the doctors attended to all patients and answered all their queries

More than 120 patients were examined.

Medical Trust gives the credit to the success of the program to the GOA Hindu Association who generously sponsored this program. GSBS Medical staff is very efficient in conducting these camps. The organisers were also very happy as there were no hitches in the program.

GSBS Medical Trust thanked all the attending doctors and the staff members.

The doctors who attended the Medical camp were:

Dr. Nazreen Desai, - Physician, Dr. Ashok Kerur, Dr. Yamna Kerur, - Ophthalmologist, Dr. Mira Naik, - Gynecologist, Dr. Chause Shareefa, - Dermatologist, Dr. Vibhavari Mane, Dr. Ankita Gupta, Dr. Aniket Kamat - Dentists.

CANCER DETECTION CAMP FOR MEN SUCCESSFULLY CONDUCTED ON 14TH FEBRUARY 2023



Men's Cancer Camp-14.02.2023 -1

As in the past the bi monthly program of Men's Cancer detection Camp was held on 14th February, 2023. The Medical Trust is very happy to extend these services to the community at large, Early detection has high percentage of curing this cancer.

Doctors in attendance were Dr. Jitendra Sakhrani -Urologist, Dr. Ganga Kudwa- ENT Surgeon.

Dr.Sandhya Kamath, Trustee, thanked the entire staff for taking extra care to see that the patients are very comfortable.

MEDICAL CAMP CONDUCTED FOR GIRLS AT BALIKA ASHRAM, DADAR

A Camp was conducted at Balika Ashram, Dadar on 26th February, 2023, at the request of Ashram authorities. It was between 10 a.m. and 1.30 p.m. and went off very well. The ashram inmates 35, in number are girls between the age group of 6 and 12. They are very well taken care of



Balika Ashram Camp Pic

and are well educated about the good hygiene. The doctors who attended to them were :

Pediatrician: - Dr. Savita M

Ophthalmologists: - Dr. Monali Desai, Dr. Kanchan Nayak

Peadodontist: - Dr. Chhavi Korane

Balika Ashram authorities organized the camp with full precision. Children were given files with full description of individual health checkup. This camp was sponsored by Shri Jagannath Prabhu & Smt. Vimla Prabhu which added to the success of the camp.

GSBS Medical Trust expresses its gratitude to Mr.Vijay C Jain, the President of the organization and all his staff members.

GSBS Medical Trust's Staff members are experts in conducting such camps. They did it with special attention as the patients are all girl children.



Physiotherapists at Spine and Knee Care Camp

SUCCESSFUL SPINE & KNEE CARE CAMP IN ASSOCIATION WITH VISSCO

GSBS Medical Trust conducted a first-of-its-kind Spine & Knee Care camp on 19th March, 2023 at its Mahim centre – J. N. Wadia Dispensary.

Though the expected number of registrations was 40 for this camp, 61 registrations were received from which 54 people showed up for the camp. Most participants were above the age of 50.

The doctors present for the camp were **3 orthopaedic surgeons** viz. Dr. Shreya Joshi, Dr. Vinod Vaishnav and Dr. Sachin Jain, **5 physiotherapists** viz. Dr. Vimal Telang, Dr. Pooja Sapte, Dr. Komal Patil, Dr. Vidhi Dave and Dr. Aparna Shanbhag, and **1 dietician** Ms. Suha Warekar.

The camp was conducted in batches of 12 individuals each. It started with creation of case files for these individuals i.e. measuring their weight, height, blood pressure etc.

This was followed by counselling sessions by each of the physiotherapists which included physical demonstrations of appropriate sitting, sleeping postures and exercises.

Next, dietician Suha Warekar presented a session for all batches on the importance of diet, vitamins such as Vitamin K and other nutrients such as Phosphorus, needed for good bone & muscle health.

Orthopaedic surgeon Dr. Sachin Jain presented a detailed session on knee care

A **BMD (Bone Mineral Density)** test was conducted for all patients followed by one-on-one consultation by orthopaedic surgeons. Physical exercises were also suggested by the physiotherapists to individual patients, based on their test report.

The Vissco team conducted a foot analysis for all participants present using their foot scanner

which provided the details about their foot arch type (high, medium, low). The participants were suggested appropriate foot soles by the team.

Overall, the camp received an overwhelming response and thus was a huge success. We are glad that so many persons could benefit from this camp and we hope to conduct more such camps in the future.

INAUGURATION OF STRESS TEST AND X-RAY MACHINE



Inauguration of X Ray Machine by donor, Dr. Gunjkar.



Ribbon cutting - stress test machine for inauguration by Aegeas, Mr. Pavan Vyas

On Gudi Padva, 22-03-2023, it was a double gift from two special donors to the GSBS Medical Trust. Aegeas Federal Insurance through their CSR gifted a Stress test machine and Dr. Ajit Gunjkar donated an X Ray machine.

Dr. Suhas Prabhu, President of the GSBS Medical Trust, welcomed the donors and the audience present at the inaugural event. He gave a brief history of the Trust and also told how fast it is heading towards the Golden Jubilee year. Medical Trust has enjoyed enormous support from this city and now wants to give back to the society by supporting the Medical wants of the poor and needy patients in many ways through its Arogyanidhi scheme. Through its Angarakshak Scheme, the Trust is spreading awareness on tobacco cessation.

As the technology grows faster and the newer more efficient machines are coming in the market, the doctors find it easier to diagnose the ailments, thereby the solutions also are faster. Dr. Rajdeep Agarwal, cardiologist, beautifully explained the need of such and usage of a Stress Test equipment.

Mr. Arvind Shahi, Chief Risk officer of Ageas Federal Insurance, spoke about the company and said how important it is for

them to find the right entity to receive their donations, through its CSR. Sr. Manager Compliance, Mr. Pavan Vyas formally inaugurated the Stress Test machine, on behalf of the company, through lighting the lamp and garlanding the machine.

Well wisher of the Medical Trust and the donor, Dr. Ajit Gunjekar inaugurated the X Ray machine, Smt. Gita R. Pai, thanked all for their presence and the program ended with delicious snacks.

NEWS FROM SISTER ORGANIZATIONS

GSB V-SISTERS ACTIVITIES -VASHI, NAVIMUMBAI

VSISTERS DISCUSS PHILOSOPHY BEHIND SANKRANTI AND KITE FLYING

by Dr Veena Adige

Festivals have an underlying philosophy which we often overlook. The festival of Sankranti is much more than just having haldi kumkums, eating til laddoos and kite flying.

This was discussed by GSB Vsisters, a twelve-year-old group of ladies on January 17, 2023, at a Haldi Kumkum function. Beginning with a lovely bhajan by Jayalakshmi

Shenoy, Anjani Pai and Vidya Bhat, the program gave a chance to Anna, the Swedish daughter in law of Mughdha Nadkarni who was on a visit to India, to learn the traditions, customs and festivals of India. Very sportingly she exhibited a red tikka and offered haldi Kumkum to the forty ladies present on the occasion.



The discussion began with senior member, Tara Bhat, talking about the norm of separating the widows from the sumangalis, especially during festivals. 'I have different views,' she declared, 'The non-sumangalis can attend festivals, and have fun and eat the good food.'

Nayana Bhat, senior educationist, likened the kite to our lives. 'The kite flies against the wind,' she said, 'It goes up and down, just like our lives which have ups and downs. It is OK to fall but you have to rise again. It is karma-every kite flies in the sky based on the choices, efforts and decisions you make which is the same in life.'

Anjani Pai spoke on the importance of sun while Vidya Bhat rendered a song on the sun. On the day of Sankranti, the sun enters the northern hemisphere and this Uttarayan is celebrated with pomp and splendour. People wear black dresses to retain the sun's warmth as this colour absorbs the rays more than any other colour.

'We have a tradition of eating til (sesame seeds) during Sankranti,' said Sheela Kamath, 'Til gives a lot of energy and has plenty of food value.' Jaya Shenoy said that haldi kumkum is held for social reasons. 'Women meet each other and enjoy. Earlier women did not have much chance of stepping out of their houses and this was an opportunity to do so in the name of festivals. Also, the meaning behind giving til laddoos is that the giver prays that the receiver's happiness should be like the sweet jaggery and the sadness should be as small as a til seed,' she continued, 'Kite flying makes a person concentrate on what he is doing.' Mughdha Nadkarni spoke on kite flying.

Durga Shenoy spoke on the date of Sankranti which is not based on tithis like all other festivals. And that it is slowly changing from January 14 to January 15 and after some years will be 16'.

Savitha H Nayak summed up the lively talks by saying that Sankranti is celebrated all over India in different ways-as Pongal in the south, as Lohri in the north. It is a harvest season when vegetables and grains are plenty.

Poornima Shenoy spoke on Vasant Panchami when the colour is a vibrant yellow and it is the festival of Saraswati, the Goddess of Learning and Education. She narrated the story of Brahma and Saraswati having a tiff and as Brahma offers puja and she is not with him, he marries Savitri to conduct the puja. Saraswati is angry and curses Brahma that he will not have any temple in his name. The only exception is at Pushkar where Brahma is worshipped. She sang a beautiful Saraswati bhajan on the occasion.

Vsisters then tried their hands at kite flying and released a lot of balloons in the air with kites tied to them, making the sky colourful and rich. Members like Nandini Kamath and Savitha Shenoy enjoyed homemade kites 'after a long time since our childhood,' they said. Sudha Kamath and Savitha Joshy conducted the proceedings.

Dr Veena Adige is a journalist and author of six books. She is involved in Vsisters, Bharatiya Vidya Bhavan, WE and Zoroastrian College. She is a representative to the United Nations. She is Mohan Adige's wife, mother of two and a grandmother of three children

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Our Artists for this Quarter



Drawing by : Mukund Kamath
Age : 7 Years



Drawing by : Vaishnovi Shanbhag
Age : 13 Years



Drawing by : Anagha Nayak
Age : 14 years



Drawing by : Sonali Suresh Nayak
Age : 18years



Drawing by : Kirthi Kamath
Age : 20 years



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