

V O G



Voice of G.S.B.

NEW YEAR GREETINGS TO ALL





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MESSAGE FROM THE PRESIDENT

Dear Members :

Namaskaru,

It is that time of the year which we all look forward to; a cooler climate, vacation time, different cuisine etc. We have many festivals at different settlements of our community Kartik Poornima at Karkal, Manjeshware Shashti, Pratisha Poornima at Mulky to name a few.

The current quarter was a very busy one for the Sabha with a good number of activities; the 10th Inter-GSB Cricket tournament, Annual Adhyatmik program, the Heritage walk, Durga Namaskara pooja, the matrimonial get-together, the Career Guidance Workshop with GSB Sarvajanik Ganeshotsava Samiti Wadala – a basket covering activities across social - spiritual - religious – sports – history – education segments.

Here I would like to make a mention of two events which were notable. “Parichay” – the matrimonial get together of eligible GSB boys and girls, for the first time, reached another city, Pune. This was very successful with a large number participation of our Samaj Bandhavas residing at Pune. A collaborative effort with the GSB Sarvajanik Ganeshotsava Samiti, Wadala saw a very unique Career Guidance Workshop; unique as in it covered the non-mainstream , non-conventional courses. Faculty members with domain and working knowledge ensured that this initiative was well received.

The next quarter too is crowded with the annual Sneha Milan program, the Carrom Tournament for the physically challenged, the picnic for Senior Citizens, Sankaranti Haldi Kumkum. The details and schedules are covered elsewhere in this edition.

I am proud to inform you that our GSBS Medical Trust inaugurated the newly renovated Unit -1 at Dasturwadi, Dadar East. Some of us were present during the inauguration, it was heartening to see some of the modern medical equipment used there. In November the Medical Trust conducted a day long Cancer Screening Camp for women.

We at the Sabha are continuously look out to start new initiative. We invite 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 also proud to inform you that utilization of the new renovated Kreedha Mandir has shown an upward trend but there is still a scope to improve on this in days to come.

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.

Seasons Greetings and a Happy and Safe 2020.

Thanks and regards,

Laxmikant Prabhu
President

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PROGRAMMES / CONTEST CONDUCTED BY G.S.B. SABHA IN THE QUARTER OCTOBER TO DECEMBER 2019

MAHATMA GANDHI 150TH BIRTH ANNIVERSARY PHOTO CAPTION CONTEST

GSB Sabha conducted a three-day caption contest on its Facebook page to commemorate the 150th Birth Anniversary of Bapu. Select pictures from Gandhi's life were posted at 12am every day on 2nd, 3rd and 4th October and members enthusiastically provided captions for the photographs. These were judged by Dr. Vatsala Ganapathy Pai, Head of Department of Philosophy, Ramnarian Ruia Autonomous College, Mumbai. Incidentally, she was also featured in our previous VOG.

The winners were announced on Facebook the next day and prize vouchers sponsored by NKGSB Bank are being dispatched to the winners. The wonderful comments and responses from the participants showed us that Gandhi, his methods and his teachings are remembered well to this day, several decades after his time.



WINNING ENTRY FOR DAY 1 (2nd October)

Shailaja Kamath # "In a gentle way, you can shake the world"



WINNING ENTRY FOR DAY 2 (3rd October)

Surekha Prabhu # "Pen Is Mightier Than The Sword"



WINNING ENTRY FOR DAY 3 (4th October)

Varsha Shenoy # "It's All About Finding The Calm In Chaos"

Prize Sponsor



ANNUAL ADHYATMIK PROGRAMME HELD ON 23RD NOVEMBER, 2019



Br. Yukta Chaitanya

Every year, since 1992, the Sabha conducts an Adhyatmik Program wherein an expert speaker delivers a talk on a topic related to spirituality. Preference is given to the talk being in a non Konkani language to enable us to invite our friends and non GSB supporters to attend the program. From 1995, Smt. Sanjivi Bhat, ex-President of the Sabha and its Mahila Shakha, began sponsoring the program. In order to ensure the continuity of the program in perpetuity, Smt. Sanjivi Bhat established an endowment, which was supported by generous co-donors, with the stated purpose of utilizing the annual interest

thereon to support the Adhyatmik program.

The program for this year was held on Saturday, 23rd November, 2019 at the I. M. Pai Hall of Sujir Gopal Nayak Memorial Kreedha Mandir. Br. Yukta Chaitanya, Head of Chinmaya Bhakti Zone (Jogeshwari to Bhayander) spoke on the topic "The Secret to a Successful prayer"

The program began at 6 p.m. with bhajans rendered by members of our Mahila Shakha Bhajan Group. Br. Yukta Chaitanya delivered a very impactful and interactive talk on the topic. He said that Prayer is a means for us to connect to the Higher. Everyone prays, but do we know how to pray, what to pray, why to pray, whom are we praying to, etc. More specifically, he spoke about the things that we should never pray for. Questions posed by the audience were answered at the end.

For this year's program, the Sabha received additional support from Shri Laxmikant Prabhu who was the dinner sponsor, Smt. Sudha G. Pai who sponsored sweets and from sevadars, namely Shri R P Prabhu, 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, Smt. Tara Bhat, Smt. Shanteri Nayak and Smt. Meera Shenoy. All supporters who were present were personally blessed by Swamiji.

The programme ended with a delicious bhojan prasad, which was enjoyed by all.



Mahila Shakha Bhajan Group Singing Bhajans at Start of Program



A View of the Audience

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CAREER GUIDANCE WORKSHOP CONDUCTED ON 24TH NOVEMBER 2019

The Sabha, in collaboration with G.S.B. Sarvajanic Ganeshotsav Samiti, Wadala, conducted “Marg Darshan – A Career Guidance Workshop” on Sunday, 24th November, 2019, at the third floor Hall of Gokarna Parthagali Jeevotam Math, Shree Ram Mandir, Wadala. This one day complimentary program was sponsored by Shri Ganesh Shanbhag of SMS Financial Services Pvt Ltd.

After registration and breakfast from 8.30 to 9.30 a.m., Shri Rajan Bhat, Trustee Chairman of GSB Sarvajanic Ganeshotsav Samiti, delivered the welcome address. He said that students are faced with a wide array of bewildering choices and this workshop was an attempt to provide them information of certain career paths which they could choose.

Before the industry specific sessions, Smt. Pratima Bhandarkar, a student counsellor, gave an interactive presentation on “Pointers for choosing a career.” She said that each student is unique with her distinct beliefs, values, attitude and aptitude, knowledge and skills and should choose her career path accordingly. This was the perfect start to the program as it gave the students a good overview of the points they should keep in mind while choosing a career.

After this, the industry specific sessions were taken by experts. Each expert covered a specific industry giving a broad overview of the same, career options available and skills/education needed to follow the career path and also answered questions posed by students and their parents. Sessions covered were :

1. Beauty and Salons by Sneha Shenoy Dedhia, an expert hair stylist.
2. The field of forensic by Sunil Gaitonde, a Chartered Accountant as well as a Commerce and Law Graduate with over 36 years of experience in forensic audits, risk management and internal controls,
3. Hotel Management by Anil Paranjpe, a professional with more than 4 decades of experience in the hotel industry
4. Roles in Software Industry by Amol Pai, Chief Technology Officer at a leading bank.
5. Health Care Management by Chandana Pai, a professional with 14 years of extensive and diversified exposure in strategy, business development, marketing and sales.
6. Automation and Robotics by Prashant Hosangadi, Global Director, Automation and Data Science, with a multi-national.
7. Tourism by Smeeta Gulvady, a highly respected professional within the travel and education fraternity for 30 + years.
8. Patents and IPRs by Ashutosh Kane, an advocate with extensive working experience on the subject.

As lot of information on mainstream careers is abundantly available, the same were not included in the workshop.

At the end of the program, Shri Laxmikant Prabhu, President, GSB Sabha, Mumbai, delivered a Vote of Thanks.

Lunch and refreshments were served. Appreciative feedback was received from the participants.

This was the first collaborative effort of G.S.B. Sabha, Mumbai, with GSB Sarvajanic Ganeshotsav Samiti, Wadala and we plan to do more such activities jointly in the future.

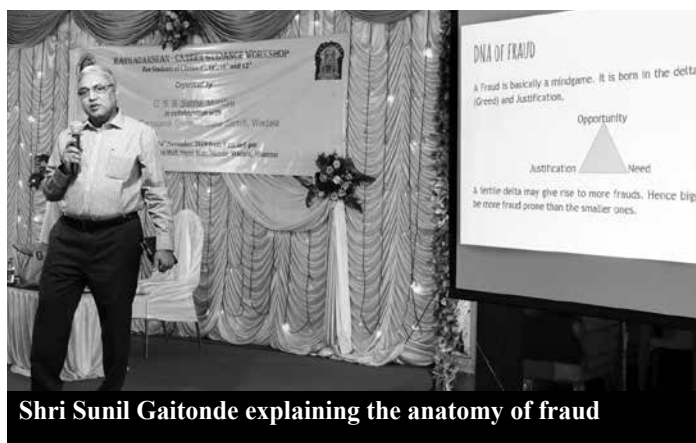
We remain grateful to SMS Financial Services Pvt Ltd. for sponsoring the event, Shree Samsthan Gokarn Parthagali Jeevotam Math, Shri Ram Mandir, Wadala, for providing us the venue and to the faculty for conducting their respective sessions.



Shri Rajan Bhat giving the welcome address



Smt. Pratima Bhandarkar conducting her session on Tips to choosing a career.



Shri Sunil Gaitonde explaining the anatomy of fraud



Ms. Smeeta Gulvady speaking on Careers in Tourism



Ms. Sneha Shenoy Dedhia spoke on Beauty and Salons



Shri Anil Paranjpe speaking on Hotel Management



Ms. Chandana Pai speaking on career paths available in Health Care Management



Shri Amol Pai speaking on Roles in Software Industry



Shri Asutosh Kane speaking on Patents and IPRs



Applications of Automation and Robotics explained by Prashant Hosangadi



Shri Laxmikant Prabhu delivering the Vote of Thanks

10TH EDITION OF V.R.SHENOY MEMORIAL INTER GSB CRICKET TOURNAMENT ON
1ST DECEMBER, 2019

The 10th Edition of Sabha's V. R. Shenoy Memorial Inter G.S.B Cricket Tournament was held on Sunday, 1st December, 2019, at our Kreedha Mandir grounds. This tournament is held every year in memory of Late Shri V R Shenoy, who served in our Managing Committee for several years and in several capacities till his demise in 2010.



Chief Guest, Shri Sanjay Patil, inaugurating the tournament

The tournament was inaugurated by Shri Sanjay Patil, who is on the selection panel of Mumbai Ranji Team. Guests of honour were Shri Arvind Sawant, ex MCA Committee member and Shri Kedar Godbole, ex-player in Mumbai and West Zone junior teams. A lamp was lit in memory of Shri V R Shenoy. Shri Sanjay Patil said that tennis ball is first step of any cricket and he often goes to watch such tournaments in search of talent.

There were a total of 12 boy's teams representing 1) GSB Sabha, Andheri 2) GSB Seva Mandal, Sion 3) GSB Sabha, Kalyan 4) GSB Sabha, Dombivili 5) GSB Sabha, Mira Bhayander, 6) GSB Sabha, Walkeshwar 7) GSB Sabha, Mulund 8) GSB Sabha, Kurla 9) GSB Sabha, Khar Danda 10) GSB Sabha, Dahisar Borivali 11) GSB Sabha, Vasai and the host team 12) GSB Sabha, Mumbai. There were three ladies



The winning Seva Mandal Girls team

team participating 1) GSB Seva Mandal, Sion 2) GSB Seva Mandal, Dombivili and 3) GSB Sabha, Dahisar Borivali.

All the matches were played with true sportsman spirit. The ladies final was played between the teams from Dahisar-Borivali and Seva Mandal and Seva Mandal emerged winners. In the ladies category, Anika Nadkarni was the Best Batsman and Vinayshree Prabhu was the Best Bowler, both players represented GSB Seva Mandal.

The men's final was a high voltage game played between GSB Sabha, Dahisar Borivali and GSB Seva Mandal, Sion. The match was a 'nail biter' till the last ball and was won by GSB Sabha, Dahisar Borivali. Kaustup Kamath was the Best Batsman and Naresh was the Best Bowler, both players were from the winning team.

Prize distribution was by the hands of Shri K. Madhusudan Shenoy, General Manager (Marketing), Kaira Can Company Ltd, a regular supporter of the Sabha.



The winning Dahisar Borivali boys team with the Chief Guest

The prime sponsor for the tournament was Shri Sunil Shenoy, USA, son of late Shri V. R. Shenoy. Financial Support for the tournament was extended by NKGSB Co-op. Bank, Saraswat Co-op. Bank, Shri Prashant Puranik and Shri Madhusudan Shenoy.

**Best Wishes
From
A Well Wisher**

G.S.B. SABHA'S MAHILA SHAKHA PROGRAMMES HELD IN THE RECENT QUARTER OCTOBER TO DECEMBER 2019

BHAJAN SEVA

Our Bhajan group offered Bhajan seva at various places as follows

- 1st October 2019 : Bhajan at Sri Balaji Mandir, Vashi on the occasion of Navratri festival.
16th November 2019 : 3rd Saturday Bhajan at Sri Walkeshwar Kashi Math
23rd November 2019 : Bhajan at Kreedha Mandir on the occasion of Sabha's Annual Adhyatmik Programme
29th November 2019 : Bhajan at Kreedha Mandir on the occasion of Durga Namaskar

8th December 2019 : Ekka Bhajan at Kurla Balaji Mandir, Kurla on the occasion of Gita Jayanti.

74TH ELIGIBLE BOYS AND GIRLS MEET - PARICHAY

G. S. B. Sabha, Mumbai's Mahila Shakha held 'PARICHAY', its 74th Get-together of eligible boys and girls with their parents, on 3rd November, 2019 at Karnataka School, 55-57, Dr. Ketkar Road, Bhonde Colony, Erandwane, Pune.

Samyukta Konkani Sabha, Pune supported us in conducting this programme. After successful PARICHAY get-togethers in and around Mumbai, this was the first PARICHAY outside Mumbai for the benefit of our community in Pune.

This PARICHAY was a huge success. There were 60 registrations of eligible boys and girls residing in and around Pune. There were many who attended to know about the get-together. People from Goa, Chiplun, Belgaum also attended this programme.

We appreciate the support and co-operation of Samyukta Konkani Sabha, Pune and their volunteers in successfully organising this programme.

This programme was sponsored by Shri Manjunath Nayak of Pune, grandson of Late Shri S. P. Tonse, who was instrumental in starting matrimonial service of our Sabha.

With the resounding success of "PARICHAY" outside Mumbai the Mahila Shakha plans to have more out-station get-togethers PARICHAY in future.

BHAJAN COMPETITION

Bhajan Competition was held on Sunday, 17th November 2019 at I. M. Pai Hall, Kreedha Mandir.

There were 20 participants of various age groups. The time limit to sing was 3 minutes.

There were three categories:

1st Age group: From 5 to 15 yrs:

The winners in this group are as follows: 1st prize – Shobita Shenoy, 2nd prize Smruti Nayak, 3rd prize Harshada Pai

2nd age group :16-55 years:

The winners in this group are as follows: 1st prize – Sulakshana Pai, 2nd prize Prathibha Prabhu, 3rd prize Swati Shenoy

3rd age group: 56 years and above:

The winners in this group are as follows: 1st prize – Jaya Kamat, 2nd prize Lata Shenoy, 3rd prize Sheela Nayak.

The participants were accompanied by Smt. Maya Nayak on harmonium and Smt. Pratibha Prabhu on taal. The judges for the event were Smt. Rekha Shenoy and Smt. Vaishali Shenoy. The programme was followed by evening tea and snacks. The event was a huge success.

DURGA NAMASKAR POOJA

Durga Namaskar Pooja was organized by Mahila Shakha on Friday the 29th November 2019 at I.M.Pai Hall, Sujir Gopal Nayak Memorial Kreedha Mandir. In this Pooja, Durga Devi was invoked with a big lamp. This Pooja helps in removing obstacles and is performed on Ashtami, Navami, Poonima or Friday. The Pooja was conducted by pair of couples, Smt. Anita Hegde and Shri Prakash Hegde, Smt. Amita Kini and Shri Ajay Kini, under the auspices of Shri Veda Vyas Bhat of Thane. Bhajans by Mahila Shakha added to Divinity of the occasion. Kumkumarchane and 108 Namaskars were offered by the ladies. Bhatmaam prayed to the Devi to bless Sabha, its Committee members and their families, as well as the members present and their families. Mahila Shakha is grateful to the sponsors, and special thanks to Mahila Shakha President Smt. Shanteri Nayak for sponsoring ladoos to the sponsors. The program ended with Bhojan Prasad.

ANNUAL GET-TOGETHER AND COOKERY COMPETITION.

Mahila Shakha organized a talk on Cancer awareness and a Cookery Competition on Thursday, 5th December, 2019 at I. M. Pai Hall, Kreedha Mandir on the occasion of their "Get-Together" programme. Shri B T Mallya, Trustee of our Sabha has donated towards Cancer awareness and detection in memory of his wife Late Smt. Pratima Mallya. Dr. Shravan Shetty of Asian Cancer Institute gave a very informative talk on Cancer awareness. He explained various types of Cancers through his presentation and stated that in case of early detection of the disease it can be cured easily. Shri B. T. Mallya graced the occasion and emphasised on everyone to get themselves examined in order to avoid the risk. Even though the treatment is expensive, there are many schemes of

Government and Insurance companies to cover this. At the end, Dr. Shetty welcomed the questions and doubts on the topic and answered them. The talk was an initiative of Asian Cancer Institute.

Mahila Shakha organized a cookery competition, the subject being, "Any Mixed Vegetable Snack". Smt. Bharati Gurav

and Smt. Amita Makkad were the judges. They spoke on Nutrition and appreciated our efforts to organize the same. First prize was bagged by Nayana Prabhu, Second prize went to Sweta Prabhu and the Third prize winner was Snehal Prabhu. All the three prize winners shared their recipes with the audience. At the end, Coffee and Snacks were served to all.

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

Date	Programme	Time	Venue
Friday 17/01/2020	Sankranti Haldi Kumkum Sponsored by Smt. Vijaylaxmi Shenoy. Workshop on Food adulteration and Safety	4:00 PM	I. M. Pai Hall, Kreedha Mandir
Sunday 16/02/2020	'PARICHAY' - 75th get-together of eligible Boys & Girls with their parents Sponsored by Smt Jayashri Mohan Rao	10.00 AM to 5.30 PM	I. M. Pai Hall, Kreedha Mandir
Sunday 19/04/2020	'EK GAVANTU ASHILO..... A story telling workshop in Konkani by Dr. Rajani Pai. (Writer & Poetess)	3.30 PM to 5.30 PM	I. M. Pai Hall, Kreedha Mandir

All are invited for the programmes.

Bhajan Classes are held at Sabha's Office. For particulars, contact office between 5:00 pm - 6:30 pm

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

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

Donations are gratefully accepted

Smt. Shanteri N. Nayak
President
Tel: 9821183501

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

Mahila Shakha gets a new President- Smt. Prafulla Rao



GSB Sabha Mumbai's Mahila Shakha welcomes its new President Smt. Prafulla Rao. We wish her great success and look forward to her leadership in taking the Mahila Shakha to greater heights.

We also thank Smt Shanteri Nayak, for all the guidance, support and new initiatives introduced in the Mahila Shakha during her tenure. We look forward to her mentoring the team in the years to come.



Photo Gallery

Glimpses from Recently held Mahila Shakha Programmes



Parents and the eligibles at Pune PARICHAY



MS team and KSS team of Pune during 74th PARICHAY at PUNE



Lighting of the Auspicious lamp before begining of Durga Namaskar Puja



Offering of Bhajans by MS Bhajan group during Durga Namaskar



The Yajmans of Durga Namaskar offering Prarthane to Goddess Durga before the start of the Puja Vidhi



The women performing Kumkumarchane during Durga Namaskar



The winners and Judges of Bhajan Competition



Dignitaries on the dais during MS Annual Get together

ON TRAILS OF THE BOMBAY BUILDERS – A HERITAGE WALK CONDUCTED BY GSB SABHA MUMBAI ON 22ND DECEMBER 2019

“Whatever good things we build ends up building us.”

Jim Rohm (Motivational speaker and writer)

Day by day as we grow, the city that we live in grow around us; we shape each other, sometimes knowingly sometimes unknowingly. This has been happening for generations, every Goud Saraswath Brahmin would have heard of their forefathers migration to this city, our elders never fail to remind us of the sacrifices and the glorious past of the city. A time when the streets were less crowded and things purchased in a few annas. As the famous author John Ruskin put it

“We require from buildings two kinds of goodness: first, they doing their practical duty well: then that they be graceful and pleasing in doing it.”

The questions that always intrigued local historians were, why did Bombay (now Mumbai) land up like what it is today, what prevented it from being another Chiplun or Ratnagiri?

The answer maybe right in our face but still elusive like the mythical mermaid (after all you cannot separate Mumbai from its sea).



Thus, a group of early morning inquisitive enthusiasts commenced on the tour to dwell deep into the layers, into the visual story of part of the heritage precinct, starting from the newly conserved Flora Fountain to the Bhikha Behram Parsi Well, through the heritage precinct to the Wellington Fountain.

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

Hardly anyone knew of the “Maratha ditch” (nothing political here) which could have passed below the present Hutama Chowk (poetic justice in stone, as the ditch was created to keep the Marathas away from the seat of power).

All the participants appreciated the importance of heritage conservation, looking at the efforts carried out on Flora fountain and Ismailia Building (Zara store).

Architecture and culture can hardly be separated which was evident at Bhikha Behram Parsi Well, although a small



community it’s the Parsis, Jews and Khojas, who contributed a lot to this precinct and there statues stand as an reminder for all future generations.

As the participants walked along what may have been the line of the west wall of the fort, they appreciated the views and the stories of the vast Esplanade greens on one side and the Imperial buildings on the other.

The stories were narrated based on 3 P’s i.e. place, purpose & people. This story telling format which included some simple lessons in Gothic and medieval architecture, customs and rituals of various communities and the urge of the administrators of the Raj to design “optima civitate” added an unique masala to the event.

No story of Bombay is complete without its maritime history, in fact it’s the name of the city was the English corruption of the Portuguese word “boa baía” meaning good bay.

All the participants were awe struck, as we passed various structures and its connection with the then rich and famous, many whose richness was closely connected to the sea.

One of the purposes of such heritage tours is to create awareness of the intrinsic value of conservation of our heritage and the effects of apathy. This was visually realised when the participants saw Esplanade Mansion (formerly Watson Hotel) the oldest cast iron frame building in western part of India, and now matter of debate between the two extremes of thought leading either to its conservation and demolition.

As W H Auden the English American poet, spelled it so lucidly - **“Thousands have lived without love, but not one without water”**

Keeping the element of water as the start and never-ending theme, the tour concluded at the Wellington fountain.

The tour was highly appreciated by all the participants.

The tour was conducted by Subhas Rao Mallya a history enthusiast and student at university campus Kalina, with Sheela S Iyer from the Dept. of Tourism, with inputs by experts from University of Mumbai, Conservation laboratory CSVSM museum. & inputs from Dr Kurush Dalal, Dr Prachi Moghe, Dr Suraj Pandit from University of Mumbai and Dr Anand Kanitkar Deccan College Pune.

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

“EK GAVANTU ASHILO.....”

A story telling workshop in Konkani for children



English is a universal language and has a wider reach in terms of communication. On the other hand, learning our mother tongue is equally important and necessary. With this in mind, we welcome the kids for a fun filled interactive and interesting story telling workshop in Konkani

Admission free

*Workshop will be conducted by
Dr.Rajani Pai,
Writer and Poetess*

Date : Sunday 19th April 2020

Age group: 5 to 13 years.

Time : 3.30pm to 5.30pm

Accompanied parents allowed as observers.

*Venue: I.M.Pai Hall,
Sujir Gopal Nayak Memorial Kreedha Mandir,
Entrance next to SNTD Women's College,
R.A.Kidwai Road, King's Circle,
Mumbai-400 019*

**Please get your notebook & pencil box. Light refreshment will be provided*

Registration is a must.

Registration open till 16th April 2020

To register please call at Sabha office (Mon-Sat.,4-7 p.m).

For more details contact: 9870062476

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SENIOR CITIZENS' PICNIC

A visit to Keshav Srushti, Uttan, Bhayander

(Accompanying Non-Senior Citizens are also welcome)

Bus Sponsor : Smt. Roopa & Shri Vishnu Prabhu

The venue of this year's picnic is Keshav Srushti located at Uttan, Gorai Road, Bhayander (W). Keshav Srushti is a vibrant and breathing tribute to Dr. Keshav Baliram Hegdegar, the founder of the Rashtriya Swayamsevak Sangh. To fulfil the vision of Dr. Hegdegar, that of a self-reliant, proud and strong Bharat, Keshav Srushti is being developed as a hub of social service projects covering diverse aspects of integrated development. You can find more details about this place at <http://www.keshavsrushti.com>

The Sabha is pleased to announce a one day outing to this place on **Sunday, February 9, 2020.**

One Bus will start from our usual bus starting point, Mancherji Joshi Chowk, Jame Jamshed Road, Entrance of Dadar Parsi Colony, Near Dadar T.T. Khodadad Circle. One more bus will be organized based on response. Start point for the second bus and en-route pick-up points for the buses in Western and Central Suburbs will be informed later.

Reporting time for the bus is 6.45 a.m. The bus will leave at 7 a.m. sharp. Arrangements for breakfast, lunch and evening refreshments have been made. There will be a one hour Keshav Srushti Tour which will give information on various activities/projects undertaken there. There will be fun activities as well.

A maximum of two buses will be organized, so we request all members to register for the picnic at the earliest. Last date for registration : **5th February, 2020.**

Registration fees are Rs. 500/- for senior citizens (completed 60 years of age on date of picnic) and Rs. 550/- for non senior citizens. No seat sharing. Only Baby in arms will not be charged, else full ticket rates apply for all.

Please send the following registration form duly filled in at the office of the Sabha, along with the registration fee in cash/cheque (non refundable). Registration forms are also available at Sabha office. If you want to do an NEFT transfer, please contact our Office Manager, Shri V K Shenoy, Monday to Saturday 2 to 7 p.m. on 2408 1499.

Mumbai
January 3, 2020

Subhas Rao 98192 23316
Mohini Hegde 93228 91391
Pandurang Nayak 97692 82871
Jt. Programme Convenors

REGISTRATION FORM

To
G.S.B.Sabha,
101, Shreenidhi,
76, Bhau Daji Road,
Matunga, Mumbai 400019

I/We would like to participate in the Picnic for Senior Citizens. Registration fees are paid as under.

_____ @Rs.500/- per person Rs. _____

(No. of Senior Citizens)

_____ @Rs.550/- per person Rs. _____

(No. of accompanying non senior citizens)

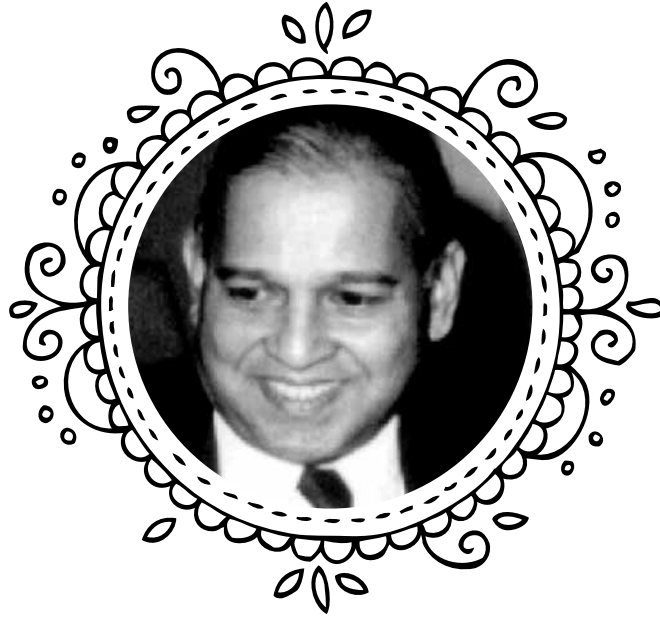
Name : _____ Date of Birth _____

Address _____

Tel.No. : _____

(Please give accurate phone number where we can contact you)

Signature



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The G.S.B.Sabha's Annual M.R.Pai Memorial Tournament for the Physically Challenged will be held on

Sunday, 19th January, 2020.

Venue: GSB Sabha Sports Club
Sujir Gopal Nayak Memorial Kreedha Mandir
Entrance Next to SNTD Womens College,
R.A.Kidwai Road,
King's Circle
Mumbai – 400019.

As in the past, BANK OF BARODA will be sponsoring the tournament this year also. The tournament is held under the auspices of the Mumbai District Carrom Association.

Physically challenged players from several institutions such as Cheshire Homes, Paraplegic Foundation, Vocational Rehabilitation Centre for the Handicapped, Fellowship of the Physically Handicapped, Apang Maitree, National Society for Equal Opportunities for the Handicapped (NASEOH) and Swami Vivekanand Gyan Pratishtan, Pune etc. participate enthusiastically in the tournament.

The tournament will be inaugurated at 9.30. a.m. A Prize Distribution function will be held in the evening.

You are welcome to join us and encourage the participants and enjoy the tournament.

Mumbai
15th December, 2019

Shri Laxmikant T. Prabhu
President
98203 16495

Shri S D Shenoy **98201 02774**
Shri Bharat Kini **93222 51244**
Shri Dinesh Bhandarkar **98201 02774**
Smt. Mohini Hegde **93228 91391**

Jt. Programme Convenors

**The Managing & Mahila Shakha Committees of
G.S.B. Sabha, Mumbai**

Presents

SNEH MILAN PROGRAMME

On Saturday, 25th January, 2020

Program details are:

- Venue** : Sujir Gopal Nayak Memorial Kreedha Mandir Grounds,
G.S.B. Sabha's Sports Club
Entrance next to SNDT Womens College,
R.A.Kidwai Road,
Kings Circle,
Mumbai – 400 019
- Day & Date** : Saturday, 25th January, 2020.
- Chief Guest** : **Shri Vivek V. Kamath**
Managing Director & General Manager at Abbott Healthcare Pvt Ltd.
- Program details**
- 5.30 p.m. to 7.00 p.m.** Formal Program
- a. Welcome Address by Sabha President and Mahila Shakha President.
 - b. Introduction of the Chief Guest
 - c. Presentation of GSB Talent Recognition Award to **Pt. Upendra Bhat**, legendary singer of Hindustani Classical Music.
(Founder Sponsor of this award : Shri K.M. Kamath)
 - d. Presentation of Vatsala Shenoy Memorial GSB Woman Entrepreneur Award to **Dr. Krishna U. Pai**, Retired Senior Scientist from Bhabha Atomic Research Centre and Proprietor of Krsna Enterprises, Director at Earthcrop Biofertilizers Pvt. Ltd. and Active Auto Insulation Pvt. Ltd.
(Founder Sponsor of this award : Smt. Sadhana and Shri Sunil Shenoy)
 - e. Speech by Chief Guest
 - f. Vote of Thanks
- 7.15 p.m. to 8.30 p.m.** "**Panchkanya**", a dance drama presentation by GSB Sabha, Mumbai's Mahila Shakha, choreographed by **Sandhya Kamath** of Nupur Dance Academy.
- 8.30 p.m.** Dinner
- Distribution of Passes** :
- a. This program is for the members of the Sabha.
 - b. Two complimentary passes will be issued to each member of the Sabha.
 - c. Complimentary passes can be collected from the Sabha's office between 2 and 7 p.m. from 6th January, 2020, on a "first come" basis. Please confirm the availability of passes with Office Manager, Mr. Vishwanath Shenoy (Tel. No. 2408 1499) before coming to the Sabha's office.

Mumbai **Laxmikant T. Prabhu**
25.12.2019 **President**
 98203 16495

Shanteri N. Nayak
MS Committee President
98211 83501

Maya S. Nayak **98191 96112**
Satish V. Manel **98339 20353**
Amita A. Kini **98700 62476**
Damodar B. Mallya **98205 06190**

Jt. Programme Convenors

GLIMPSES OF RAMA RAJYA, LORD RAMA'S KINGDOM & IDEAL RULE

The historic judgment by Supreme Court, on Saturday the 9th Nov., 2019, restoring the Birth Place of Lord Rama in Ayodhya to Hindus will remain as a part of the glorious history of our country. The Court, in its judgment, directed the Central Government to constitute a trust and within 3 months a plan of the proposed Temple of Lord Rama has to be got ready. Then land admeasuring 5 acres has to be allotted Muslims to build a masjid in a prominent locality.

Lord Rama's contribution to the civilization of India in the concept of Rama Rajya--the most ideal rule, is beyond description in words. In fact, our father of the Nation, Mahatma Gandhi was propagating to bring about "Rama Rajya" in the Free India. What actually is Rama Rajya? Here an attempt is made to describe Rama Rajya as narrated by Muddana, a famous Kannada writer of yester-years in his great work, Shri Rama Ashwamedha in Hale-Kannada (Old Kannada).I had rendered it in English and published in the year 2004. Here goes the relevant portion of that great work:

"To the south of the golden mountain Meru, looking glorious like the crest-jewel of the woman called the Earth, is the City of Ayodhya from where the kings of the Surya Dynasty were ruling. The greatest among them was King Dasharatha who was born like the Moon to the sea, Mars to the Earth and the Sun to the Sky. Possessed of spotless "Varnashrama Dharma" and the stainless might of his arms after ruling over the Earth for good many years following the path ordained by the Vedas, he closed his eyes on the Earth immortalizing his fame. Like 'Chaturupaya' four strategies, 'Sama'- convincing, 'Daana' - giving gifts, 'Bheda' by differentiating, and 'Danda'- threatening and punishing, four fold way of living - Dharma - duties, 'Artha'-wealth, 'Kama'-desires and 'Moksha'- reaching the ultimate goal of life were born as human beings, to him were born four sons, Rama, Lakshmana, Bharata and Shatrughna. The eldest son, Rama became the king and ruled for more than 1000 years and his rule came to be known as Rama Rajya famed for the ideal rule to be remembered at all times by all generations.

In patience, Rama was like the Earth, in wisdom Brahaspati, in splendour Surendra, in sacrifice Kubera, in valour Bhairava and in



By K. G. MALLYA

wealth the ocean. He had the brilliance of the sun, calmness of the moon, courage of the lion, strength of the elephant, power of the thunder and the tranquility of the sea. With these qualities, the Son of Dasharatha was ruling.

The land under his sway, though not Kailasa, the abode of Parvati, the presiding deity of "Good Fortune", was the home of Good Fortune. Though it was not Vaikuntha, the home of Lakshmi the Goddess of Wealth, wealth was abundant and though it was not Satyaloka where Saraswati, the Goddess of Wisdom resided, here all were wise. Everyone was enjoying the life to the fullest extent but none going out of the way. If at all there was one, it was only the serpent that crawled out of its track! Here all had longevity and their life was spotless. If at all there was anybody with a stain, it was the Moon that had a few stains. There were no wrong doers to be punished. But everywhere, there were noble and virtuous people deserving to be honoured and respected. In addition to this, abortion could be possible only in respect of uninteresting works of literature by half-literate poets. Low work was only by a weaver who had woven a low-priced cloth. The declining friendship was between oil in the legged lamp and burning wick. Nobody in the kingdom was crooked and the name, "Durmati" was quoted only in the context of 'Samvatsara', one in the cycle of sixty years! Why speak round about? If at all one had to see immoral character, it was the bumble bee that was a drink addict sucking honey and also a debauchee, flying from one 'suragi' flower to another that too not openly but in the remote forest! ...There was peace and prosperity everywhere. So not only during the day but even at night people were not closing the doors of their houses and they were kept open with oil lamps burning and throwing light, without the fear of theft, robbery or looting!"...

Radhakrishna Kamath

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A KONKANI IN A BLAZING TOWER

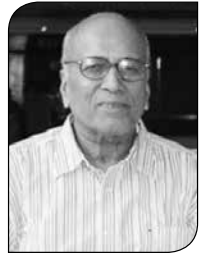
June 6: Thirty-six years ago, I would have been charred to death in a serious fire accident in Delhi, but 'escaped by the skin of my teeth' as the saying goes. This experience was recounted by me in an article published by a magazine called KONKAN IN DELHI edited and published by Mr. Maxwell Pereira, IPS, who later became Commissioner of Police, Delhi. Unfortunately the press cuttings and pictures of the fire which I had preserved have faded over the course of time and unfit for publishing here.

On that fateful day of 6th June 1983 when the Highrise building GOPALA TOWERS in the concrete jungle that is Rajendra Place, New Delhi, went into flames among the eighty odd unfortunate souls who were trapped atop the terrace was a Konkani. I would like to share with readers the nerve-racking experiences of those agonising 6 hours with Death breathing down my collar.

At about 11.30 a.m. we were having a meeting in our Director's room on the 8th floor (which housed IDPL Marketing Division) when a peon came running into the room saying "Saheb, the building is on fire. Please get down immediately." From the 8th floor we could see neither any fire nor smoke and we took it lightly. However, we asked our women employees to leave the office and go down to safety. We took another ten minutes to close our rooms, switch off the air conditioners and open the windows. By the time we tried to get down the stairs (elevator had been disabled as per safety requirements) we found dense clouds of smoke rising. Besides, the stairs were cluttered up with empty coca cola crates, blocking the way. People from the lower floors were rushing up to the terrace as the fire and smoke had engulfed the lower floors. We all tried to go to the terrace, but the smoke was making it difficult for us to breathe and we had to keep moistened handkerchiefs to our nose to smother the fumes and somehow reached the terrace.

It took half an hour for the first fire tenders to arrive and for the next half hour practically nothing was done either to put out the fire or rescue the trapped people. Water jet from the snorkels could not reach beyond the 6th floor in this 13 storeyed building. Around this time, the news had spread all over Delhi and Rajiv Gandhi who was then the Congress Secretary and Jag Mohan the Governor of Delhi had reached the spot and were supervising the fire fighting and rescue operations.

At about 12.30 pm the firemen tried to connect our terrace with that of the adjoining building with nylon rope ladders as a bridge, but hardly 4 persons could be rescued before the ropes got burnt and the ladder had to be withdrawn. We were on tenterhooks as to when succour would come. At about 1.30 p.m. the Fire Officer (who was the only casualty in this tragic episode) came up and told us that the stairs had been cleared and we could move down. About 100 people went down through the staircase, but when our turn came, we were caught in the clouds of smoke billowing out of 9th and 10th floors making it impossible to breathe even through wet cloth. Perhaps the posh false ceilings and interior decoration material used in these floors occupied by Sriram Fibres made an ideal grist for the fire. I tried to scamper back to the terrace alive and heaved a sigh of relief.



By: Konchadi Vasanth Pai

Around this time, a couple of helicopters came hovering over us but could not land on the terrace or even come down to within ten feet for fear of their fuel tanks catching fire. One of the copters did lower a rope with a fibreglass chair tied to it and could pull out three people from the crowd who were lucky to be the first to be rescued. Needless to say, one of them was the son-in-law of the Governor who had come to Gopala towers to attend a business meeting. By now the fire was raging fiercely on the 12th and 13th floors and we felt as if we were virtually in a blast furnace. A few of the persons including a pregnant lady fainted due to the dehydration and fright. There was no water to revive them. We had to drink the hot and dirty water from the cooling tower of the air conditioning plant full of carbon particles and mud to slake out thirst. Even this water was like nectar to us.

Looking down, we could see thousands of curious onlookers, dignitaries, fire service people, but none of them could do anything to save us. The flames burst out on the terrace and the wooden frame of the cooling tower itself caught fire. We climbed on to the brick structure covering the water tank. The flames were rising still higher and almost licking our feet. We could not see in the dense dark smoke nor breathe freely. Three fire service officers who were with us told us that the end was near. I remembered my Maker and the family back home on vacation in Mangalore who were blissfully unaware of what was happening to me on the mass funeral pyre that was the terrace.

People started chanting "Jai Mata di" as God indeed was the last hope. After ten minutes of suspense and the closest of encounters with death, the flames started subsiding. Providence had indeed come to our rescue. Nevertheless, the terrace was still smouldering, and it was unsafe to climb down from the water tank. After about half an hour at about 3.30 pm the firemen put up a ladder on the rear side of the building connecting it with Pragati Towers. One by one, with a leash around our chests, holding on to the nylon ropes on both sides serving as a banister, we ventured out to cross rung by rung with 160 feet of void separating us from terra firma vertically. We dared not look down. We only looked forward to the safety of Pragati Towers. By 6 pm all of us had crossed over. We grabbed glasses of cool drinking water and nimbu pani from the hands of the social workers and volunteers who were waiting for us. Six and half hours of a harrowing experience had ended. But the memory of it will remain through our lives. As soon as I reached home, I went to the nearest temple to thank God for saving my life and talked to my wife at Mangalore, who was badly shaken by the images she saw on Doordarshan.

One thing which struck all of us through this ordeal was the utter helplessness of the firefighting squad either to contain the fire or to hasten the rescue operations. They had only one ladder which they used for evacuation purposes. The hydraulic ladder could not even reach the ninth-floor level. The helicopters could have been summoned immediately the fire broke out and people were seen rushing up to the terrace at 11.30 a.m. instead of the copters reaching at 1.30 pm when the gust of air from their rotors were only fuelling the fire further.



An interesting observation by me during this episode was the behaviour of three Japanese who were also trapped with us on the terrace. They showed tremendous equanimity. They never lost their cool, took snaps of the helicopters as they arrived and advised us how to avoid the flames. They declined to be rescued first and were among the last to "catwalk" across the rope ladder to safety. There is much we can learn from them. The Japanese as a race must have overcome the fear of death, accident and tragedies long back after Hiroshima and Nagasaki and the perennial earthquakes they experience every year.



Photos of the burnt tower and after its restoration

BREAST CANCER – A SILENT MENACE IN THE SOCIETY

The term CANCER generally instils fear and panic for most people and their families. As a Cancer Surgeon, I would like to dispel any such notions about cancer and hopefully educate the readers about Cancer so that this menace can be tackled in a better way.

This article will focus on Breast Cancer. Breast Cancer is a simple yet complex form of cancer where many women ignore the signs of it due to shame or plain ignorance. If detected early, breast cancer can be easily cured and the patient can be assured of a long and good life. However, most women are detected late due to the reasons mentioned above and then have all the problems associated with the disease.

The main causes of breast cancer are usually genetic, where if another family member has the disease (such as mother or sister), the person in question is at a greater risk. Tobacco consumption and alcohol consumption have been suggested to be risk factors, but are not very strongly associated. Women who have achieved menarche early (before 12 years age), have had menopause late (after around 45 years of age), women who have had children after 30 years of age, those who have not borne children or those who have not breastfed are at greater risk for the disease. All women who fall in the above categories should be extra vigilant towards the disease.

Most cancer associations recommend that every woman above the age of 40 should get herself regularly checked for breast cancer by a proper qualified doctor who is experienced in detecting the same. Those women who have a history of breast or any other cancer in the family should get regular checkups

after the age of 18 only. An interval of 3 years between each check-up is considered a bare minimum, although most international protocols advise annual checkups after the age of 40. During the check up, the woman is also taught about breast cancer and how she can self examine herself at home.

Basic signs that all women should look for are any change in shape of the breast, any asymmetry seen, the presence of a lump or an abnormal discharge. Any of these signs should ring alarm bells and the woman should immediately go see a doctor. Remember, breast cancer can affect any woman of any age, so it is always better to be vigilant. Having regular checkups even in an apparently healthy woman is a small price to pay compared to the late detection of the disease and the associated physical, mental and financial trauma it can cause.

I sincerely hope this article reaches out not only to all the female readers but also the male readers such that they encourage all women above 40 years of age to get regular health checkups specific towards breast cancer and that the taboo towards this disease is broken. Please do write in about your doubts and experiences with regards to this disease so more people can be educated about it. I sincerely look forward to your comments.

By: Dr Prasad Kasbekar

Consultant Surgical Oncologist
Mumbai

Drprasadkasbekar@Gmail.com



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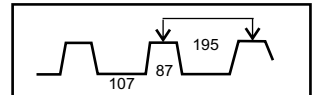
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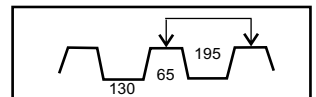
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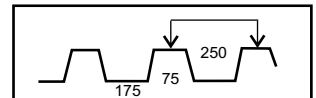
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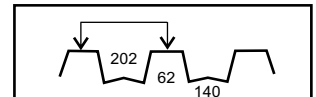
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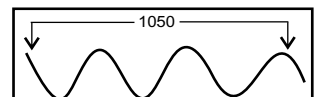
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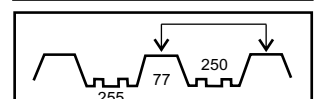
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OBJECTIVE OF PERSONALIZED ENDOWMENTS

G.S.B. Sabha, Mumbai, runs initiatives for GSBs belonging to the economically weaker sections of our society, in the areas of education, health-care and senior citizen welfare.

The framework within which these schemes work is that for each scheme, we have an underlying corpus fund which has been built by the generosity of our donors over the years. The interest which we earn on this corpus, and the non-corpus donations, are utilized to disburse benefits under the scheme.

Donors specify the specific scheme which they wish to support while making corpus/endowment donations. The Sabha mentions the underlying motive of the donor in the receipt issued to the donor and also prints the details in the Annual Report for the year. The donation amount gets merged with the Endowment Fund and is carried forward as a common Fund to the next year.

Many donors have now expressed a desire that they would like to create an endowment to perpetuate the memory of a loved one and would like to add on to the endowment every year. The creation of a personalized endowment leads to a very close personal association of the donor with the endowment and fulfils his/her desire to add to the endowment every year.

Considering the above objectives, the Sabha launched the concept of personalized endowment funds to work under the banner of the main endowment funds listed above.

GUIDELINES FOR OPERATION OF PERSONALIZED ENDOWMENTS

The minimum amount to create a personalized endowment is Rs. 50,000/- (Rupees Fifty Thousand Only). The donor/s can add to the personalized endowment year after year. The minimum amount to be added to an existing endowment is Rs. 10,000/-.

The Sabha will maintain a separate record for each personalized endowment fund and the status of the each personalized endowment fund will appear in the Annual Reports presented by the Sabha.

PERSONALIZED ENDOWMENTS CREATED

Following personalized endowments have already been created by generous donors

Sr No	Name of Donor	In Memory Of	Towards	Balance (Rs.)
1.	Shri Mohan Pai	His Parents, Late Smt. Rama & Shri Hari Panduranga Pai	Vidyanidhi	29,18,071
2.	Shri Dinesh M. Bhandarkar	His Mother, Late Smt. Sarojini M. Bhandarkar	Medical Aid	1,00,000
3.	Sujir Marketing Pvt Ltd	Late Shri Sujir Surendranath Nayak	Medical Aid	1,00,000
4.	Sashas Marketing Pvt Ltd	Late Smt. Ratna Nayak	Medical Aid	1,00,000
5.	G. S. B. Sabha, Mumbai	H. H. Shrimad Sudhindra Tirtha Swamiji	Vidyanidhi	85,500

ESTABLISH A PERSONALIZED ENDOWMENT

If you wish to establish a personalized endowment, kindly feel free to SMS/Whatsapp us with your Name and contact number and we will be glad to get in touch with you.

Laxmikant Prabhu

98203 16495

Bina Shenoy

98205 07690

Uday Malya

98206 98756

NEWS FROM OTHER ORGANIZATIONS

FIRST SARASWAT ENTREPRENEURS RECOGNITION SEMINAR HELD

Saraswat Chamber hosted its very first Saraswat Entrepreneurs Recognition Seminar on 21st December 2019 at the community hall of the pious Shri Ram Mandir Temple at Wadala, Mumbai.

The Chamber celebrated this momentous occasion by hosting 2 Saraswat industry stalwarts - Shri Raghunandan Kamath (of the famed Naturals Ice Cream) and Shri Vithal Kamat (of the multi national brand - Kamat group of hotels).

Core committee member Ms. Shweta Gokarn initiated the proceedings with a welcome and introductory note thanking the over 200 plus audience. On behalf of Saraswat Chamber, Chamber Directors, Dr. Ajit Gunjekar and Shri Kishore Masurkar welcomed the Chief Guests to the dais and presented them with a memento.

The inaugural issue of the chambers quarterly e-newsletter "Saraswat Connect" was unveiled by both the chief guests. They also announced the launch of the chamber website, www.saraswachamber.com.

Shri Prasanna Rege (Chamber Director) and Shri Siddharth Sinkar (Chamber Director) concluded the event with introduction to the objectives and vision of the Chamber and 'Vote of Thanks' to the esteemed guests and their family.



Felicitation of Shri Vithal Kamat by Dr. Ajit Gunjekar



Felicitation of Shri Raghunandan Kamath by Shri Kishore Masurkar

HARIGRAM – VILLAGE OF GOD, THE GOD OF ELDERS

Some time ago, I took a couple of family friends to visit Harigram - the Senior Citizen Retiral Home in Panvel, that was started under the guidance of H.H.Shrimat Vidyadhiraj Tirth Swamiji of Shri Gokarn Patagali Jeevottam Math in November 1998. It was not my first visit there, having been a sporadic visitor since 2012.

This visit though, lifted my spirits in a way that earlier visits had not done. The Home is currently operating at full capacity, housing 75 people in all. The good work being done there, without publicity or aggressive marketing, has obviously borne fruit, since now there is a waiting list of people waiting to occupy rooms or villas there. The villas especially, are in great demand. The Trust activities are efficiently managed by dedicated Committee and Board of Trustees, headed by Chairman, Shri Rajan Bhat.

The Home is situated in a setting reminiscent of an old Mangalorean house, with a large maider and paider (front and back garden). Through slow and steady effort over the past 4-5 years, the grounds are now home to many coconut, banana, mango, breadfruit (jeevi kadgi), jackfruit, amla, bimbool and papaya trees. Often, during pujas and get togethers, the home-grown coconuts and bananas are adequate to meet all in house demand for both cooking and puja requirements! Gardening enthusiasts amongst the residents take great pride in cultivating their own little patch of garden near their villa

There is a Ram Mandir on the premises and some of the residents are meticulous about doing the alankar (decoration) of the idol with flowers, while others use the premises to conduct bhajan sessions. Some of the more competitively inclined residents indulge in raucous, sometimes contentious, carrom board games. This time, a resident's daughter and son-in-law had come to visit her from the States. They spent 4 days as guests in the resident's villa - the daughter said she felt like she had come to her kullaar (mother's house). With typical amchigalle cuisine, made with



By: Ms. Ajita Kini

love and enthusiasm, and served with big smiles by the husband-wife team of Subramaniam and Sumati Hegde, the mealtime there really does feel like a homecoming

On one of my earlier visits, we met a Gujarati couple. Like true Gujaratis who value good meals, they come down once every couple of weeks, just to partake of the lunch there. While the Home is run by GSBs, people of any community are welcome to live there. There is a trial period of 1 month, after which both the residents and the new comers confirm whether the new applicants are to be accepted into the community. Depending on availability of rooms, Harigram also allows people to come and stay for a couple of days or a week at a time, just to experience the place.

Harigram has instituted a scheme of Nitya Seva. For a lump sum, one can sponsor the lunch on any specific day, for 20 years. A good way to commemorate any special day in one's life - an anniversary, a birthday. On one occasion, when we were there - one of the residents was eagerly anticipating lunch service - "today we have a special lunch". Her excitement was contagious, and we all started to look eagerly, to see what special treat we were going to be served.

In case anyone would like to know more about Harigram, they could contact V V Prabhu on +91 93225 19399 or Madhav Kini on +91 91362 03258 or +91 84336 39330.

NEWS FROM GSBS MEDICAL TRUST

INAUGURATION OF OPG MACHINE



Felicitation of Chief Guest, Mr. Vignesh Shahane, by Dr. Suhas Prabhu

It was Medical Trust's good fortune that the Donors, IDBI Federal Insurance CEO Mr. Vignesh Shahane and the Company Secretary, Mr. Rajesh Ajgaonkar could spare some time and be present for the inauguration of the OPG machine on the 23rd October 2019, at the Health Rakshak Centre.

Trusts's President, Dr.Suhas Prabhu, welcomed the guests and briefed them about the working of the Trust, the work carried out for the general public for the past 46 years, ever since its inception in 1973. Mr. Shahane expressed his pleasure that their donation has been channelized for the right cause and they reiterated their desire to extend their association with this non-profit charitable organization.

After inaugurating the OPG machine, the guests were taken around to have a look of the Centre, specially to the dental department by

Dr. Pravin Acharya and Dr. Meenakshi Desai.

Why is OPG needed by a Dentist?

OPG is a short form for ORTHOPANTOMOGRAM, for a lay person it is a special X- Ray, but for doctors, it is a panoramic view of the upper and lower Jaws. It helps in the correction of dislocated and fractured jaws. It is also used in surgical planning of the jaws. Trusts' Secretary, Smt.Gita R.Pai, proposed a vote of thanks.

CANCER SCREENING CAMP FOR WOMEN

One of the unique programs organized by GSBS Medical Trust was "A Cancer Screening Camp for Women above 40 years of age" held on the 4th November 2019. It was well organized event. four different stations were created to avoid wastage of precious time in queue/waiting: Registering the patient's details, Dental Checkup, Papsmear and Mammography. Under the good care doctors and trained technicians, entire process was completed within 3 hours.

All the patients and their accompanying family members and friends were given a tour of the centre. The patients were surprised and happy to know that various diagnosis including high level ones, could be carried out at one Unit.

This expensive camp could be organised only due to the sponsorship by GOA HINDU ASSOCIATION, who not only supported the event financially, but one of their representatives Shri Shashikant Kochikar, Managing Committee Member was present at the centre, going through all details of the services given by GSBS Medical Trust. He was happy with the entire proceedings.



Dr. Sandhya Kamath, Smt. Gita Pai and Dr. Meenakshi Desai with Chief Guest, Shri Shashikant Kochikar

ANNUAL DIWALI GET TOGETHER AT THE TRUST

The Annual Deepavali get together for all the staff members by the GSBS medical Trustee is a most sought-after program by the employees of the Trust. Hosted by the Centre, it is an informal get together of the Trustees with the employees who lunch together followed by distribution of sweets to all of them.

It has been a tradition to invite a guest couple for the occasion and Mrs. Sandhya. & Mr. Laxmikant Prabhu were invited to grace the occasion this year. The highlight of the day was honouring the Employee of the Year, who was Mrs. Priyanka Dalvi.



Shri Laxmikant Prabhu felicitating Employee of the year. Smt. Priyanka Dalvi. Also seen (L to R), Smt. Sandhya Kamath, Smt. Sandhya Prabhu, Shri Anant Pai and Smt. Gita Pai

DIABETIC PLUS CLINIC OPENED AT TRUST'S MAHIM CENTRE

Yet another unique, and first of its kind, clinic opened at GSBS Medical Trust's Mahim Centre. This clinic is suitably named as Diabetic Plus clinic.

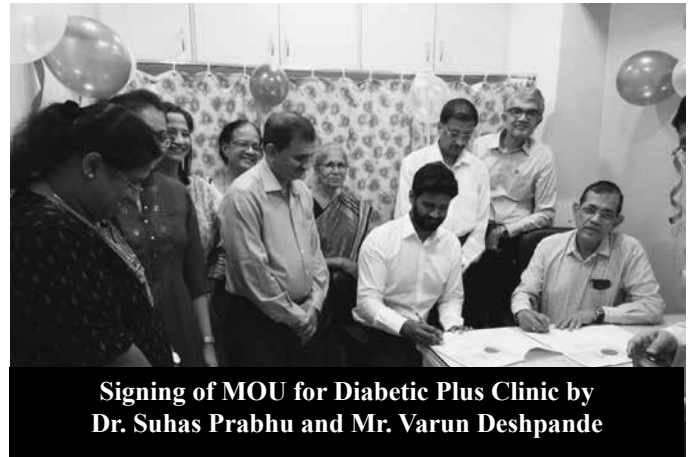
On World Diabetic day, 14th November 2019, the MoU for this program has been signed by Dr.Suhas Prabhu, The President of GSBS Medical Trust and Mr.Varun Deshpande, the Chairman of Hopscotch Ltd.

Speaking on the occasion, Dr.Prabhu said one in every five person is having diabetes in India. It is a lifelong disease. A Patient must live with it. But if well taken care, then the patient can lead a very normal life. On the other hand, if proper care is

not taken by the patient, the eyes, heart and kidneys will get affected by the disease. Reversing the affected part becomes very difficult.

Mr.Varun Deshpande said his full support for the program should lead the program to bigger success.

To treat such patients, GSBS Trust offers the 'medical solution' and Hopscotch provides the 'technical expertise'. This MoU between GSBS Medical Trust and Hopscotch is an ideally suited combination, and the clinic was initiated to give full service to Diabetic patients.



Signing of MOU for Diabetic Plus Clinic by Dr. Suhas Prabhu and Mr. Varun Deshpande

INAUGURATION OF RENOVATED UNIT 1

The much-needed renovation of GSBS Medical Trust's registered Unit 1 was completed and the Inauguration ceremony took place on the 14th December 2019.

President of the Trust Dr. Suhas Prabhu welcomed the audience, Dr.Meenakshi Desai introduced the Chief Guest Mr. M. V. Kini, well known advocate of Supreme court. Dr. Suhas Prabhu honoured the chief guest, Mr. N. N. Pal, who had taken a leadership role in the renovation work. He spoke about a herculean task it was to get the work done as the centre was a running one, but with the cooperation of everybody the work could be completed smoothly.

The Architect and contractors Mr.Ramesh Shenoy, Mr.Pradeep Shenoy and Mr.Vinod were honoured for their services.

Mr. M. V. Kini in his address, lauded the services offered by the GSBS Medical Trust. He pointed out, as a person advances in age, medical services play a very important role and the friendlier the doctor is, better is the cure.

The Triennial report of GSBS Medical Trust was also released by Mr. M. V. Kini.

Smt. Gita R. Pai, proposed a vote of thanks. Special thanks were given to the entire staff of the Medical Centre for making all arrangements for the inauguration.



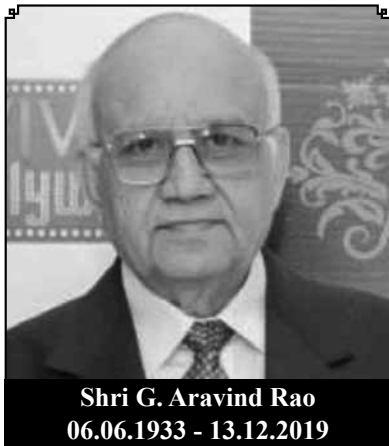
Shri M V Kini inaugurating newly renovated Unit 1



Chief Guest with Trustees and Executive Committee Members of Medical Trust

Obituary & Rememberance

SHRI G. ARAVIND RAO - A LOSS TO THE GSB COMMUNITY



Shri G. Aravind Rao
06.06.1933 - 13.12.2019

There are individuals and there are institutions. One individual, who was an institution by himself, was Shri G. Aravind Rao, whom I fondly called Aravind bhavaji.

Aravind bhavaji, who was 86 years of age, breathed his last on 13th December, 2019. He was a staunch supporter of the entire GSB community. GSB Sabha, Mumbai, of

which I was the President for 13 years and am a Trustee now, has also been a regular beneficiary of his generosity. We will be forever indebted to him for his assistance always in our time of need.

Anytime I asked him for his financial help for Sabha he never said No and was always very happy to willingly donate for the betterment of the community. He was No. 1 in my donors list during my 13 years tenure as President of the Sabha. Not a single programme of the Sabha was without Evergreen banner or advertisement.

Whenever, wherever, we met he used ask me Sudha Pai how are you and how your Sabha is progressing? When I used to update him about Sabha's charitable initiatives, he used to say KEEP IT UP. Those encouraging words are still ringing in my ears.

We are privileged to carry the Evergreen back cover page advertisements in every issue of Voice of GSB and our Annual Reports for so many years. He would also willingly accede to our requests for support to the Sabha programs. We were

privileged to have him as Chief Guest and Guest of Honour on several occasions, and the last occasion which he graced with his presence was the Platinum Jubilee Celebrations of the Sabha held on 4th January, 2009. Recently, due to health issues, he could not be physically present for Sabha programs but he continued supporting us for the same.

We have lost a great community leader. He made a difference in the lives of so many people in the community and left a very positive impact and legacy for years to come. Through the work he did his spirit will live in forever.

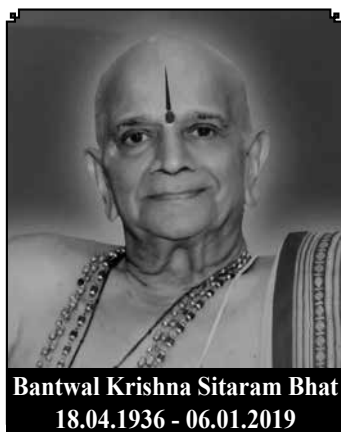
In his wife, he had the perfect life partner who was always very supportive of all the good deeds he did and they made a perfect couple. They were a very humble and down to earth couple in spite of being so very successful in life. I used to fondly call his wife as Rohini akka and him Aravind bhavaji since 1967/68 when Rohiniakkas sister came into our Joishy family as my Vanni.

They were like a role model before me, very kind at heart. Whenever he was not available on phone Rohiniakka willingly agreed to put in my message to him. Sometimes even before my appeal reached him Sabha used to receive the cheque from Evergreen.

Our hearts are deeply saddened by his loss and our thoughts and prayers are with his family



By Smt. Sudha G. Pai



Bantwal Krishna Sitaram Bhat
18.04.1936 - 06.01.2019

ONE YEAR SINCE THE PASSING AWAY OF KRISHNA BHAT MAAM

It was on 6th January, 2019, that we lost Krishna Bhat maam, a very senior and respected member of our Community. Krishna Bhat maam used to be always seen in the GSB Seva Mandal Ganeshotsav pandal blessing the devotees and giving Prasad to them. He was an ardent follower of Shri Kashi Math Samsthan and, in spite of his age, he used to actively participate in functions and activities connected with the Math. He used to serve humanity in various ways, one among them being attending the funerals of GSB community members, which he used to call Chaturbhuj Seva.

We will continue to remember him fondly for times to come.

SPICY ACCOMPANIMENTS

We amchigeles are ingenious in making the best use of all our cooking ingredients. This can be observed from the range of dry chutney (pitti), gojju etc. Listed below are a few of them.

Molaga Pitti

This is dry powder made from lentils and spices. When mixed with oil or ghee it makes a great accompaniment with idlies and dosas.

Ingredients

- 1 cup urad dal
- 1 cup chana dal
- 25 dry red chillies
- 1/2 cup sesame seeds
- 1 tsp asafoetida powder
- Salt to taste
- 1 tbsp oil



Method

- 1) Heat a karahi and roast the sesame seeds till they release aroma. Keep aside to cool.
- 2) In the same karahi add oil and fry the urad dal on slow heat till light brown. Keep aside.
- 3) Fry the chana dal on slow heat till light brown. Keep aside.
- 4) Fry the dry red chillies till they turn crisp (take care not to burn them).
- 5) First powder the sesame seeds and keep aside.
- 6) Powder the dry red chillies, add the dals along with asafoetida and make a coarse powder.
- 7) Mix the powdered dals along with the sesame seed powder and salt. Store in an airtight container.

Karbeva Chutney Pitti

Curry leaves are widely used in our cuisine for tempering dishes. They not only impart a great flavour to the dishes but are also packed with lots of health benefits. Surplus curry leaves can be made into chutney pitti that can be had with meals or also with rice gruel (pej).

Ingredients

- 2 cups curry leaves (karbeva)
- 1/2 cup grated coconut
- 1/2 cup chana dal
- 8-10 dry red chillies
- 1 tsp of asafoetida powder
- Marble sized ball of tamarind
- Salt to taste



by Smt. Anuradha Prabhu
anuradhprabhu49@gmail.com



Method

- 1) Dry roast the curry leaves till crisp. Keep aside to cool.
- 2) Dry roast the chana dal till light brown. Keep aside.
- 3) Roast the coconut till brown. Keep aside to cool.
- 4) Roast the dry red chillies till crisp and when cool grind it along with curry leaves, chana dal, coconut, asafoetida, tamarind and salt to a coarse powder.
- 5) Store in an airtight jar and serve as accompaniment with meals or with pej.
- 6) The shelf life of this chutney pitti is up to a month.

Kothambari Palya Gojju

Coriander leaves are used to garnish many dishes. It can also be made into a sweet and spicy gojju to accompany your meals.

Ingredients

- 2 cups of coarsely chopped coriander leaves
- 1/2 cup grated coconut
- 3-4 green chillies
- 1/4 cup jaggery
- Marble sized ball of tamarind
- 1 tsp oil
- 1 tsp mustard seeds
- Salt to taste



Method

- 1) Grind together grated coconut, green chillies, tamarind, jaggery and salt to a smooth paste with the help of little water.
- 2) Add the chopped coriander leaves and blend to a smooth paste. Transfer to a bowl and add water to get a semi thick consistency.
- 3) Heat oil in a small karahi, add mustard seeds, as they splutter pour over the coriander gojju. Mix and serve.

LAST BUT NOT THE LEAST

GSB Sabha, Mumbai Calendar January 2020

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

- 11th** : 2nd Saturday - Marriage Information Service, Sabha Office, 4 p.m. to 6 p.m.
Monthly Satsang at I. M. Pai Hall, Kreedha Mandir, 5.30 p.m.
- 17th** : Sankranti Haldi Kum kum and A workshop on 'Food adulteration and Safety' at I. M. Pai Hall, Kreedha Mandir, 4 p.m.
- 19th** : M. R. Pai Memorial Carrom Tournament for the Physically Challenged, I. M. Pai Hall, Kreedha Mandir, 9.30 a.m.
- 25th** : Sneha Milan Programme of Managing & Mahila Shakha Committees, Kreedha Mandir Grounds, 5.30 p.m.
In view of Sneha Milan Programme there will be no Matrimonial Service on 25th Jan.

February 2020

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

- 8th** : 2nd Saturday - Marriage Information Service, Sabha Office, 4 p.m. to 6 p.m.
Monthly Satsang at I. M. Pai Hall, Kreedha Mandir, 5.30 p.m.
- 9th** : Sr. Citizens Picnic, Keshav Srushti
- 16th** : 'PARICHAY', 75th Eligible boys and Girls meet with their parents At I. M. Pai Hall, Kreedha Mandir, 10 a.m to 5.30 p.m.
- 22nd** : 4th Saturday - Marriage Information Service, Sabha Office, 4 p.m. to 6 p.m.

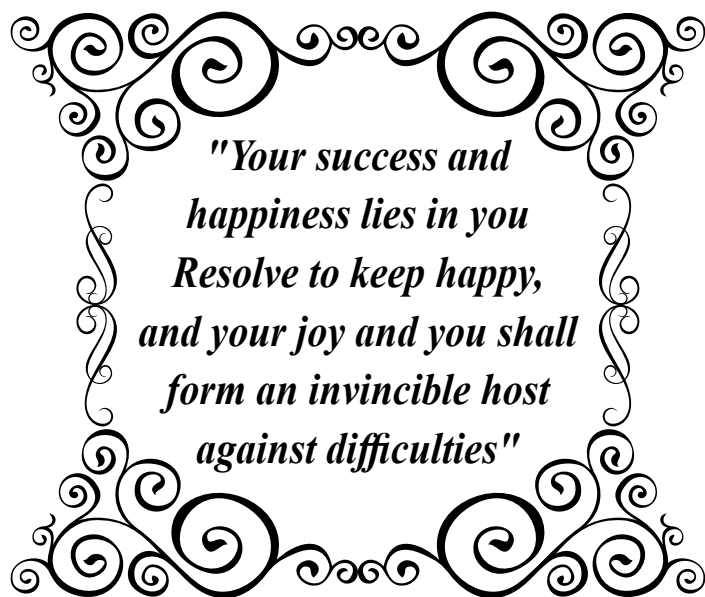
March 2020

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

- 14th** : 2nd Saturday - Marriage Information Service, Sabha Office, 4 to 6 p.m.
Monthly Satsang at I.M.Pai Hall, Kreedha Mandir, 5.30 p.m.
- 28th** : 4th Saturday - Marriage Information Service, Sabha Office, 4 to 6 p.m.

List of important dates in the quarter January - March, 2020

Dates	Day	Festival
13 th January 2020	Monday	Sankastha Chaturthi
15 th January 2020	Wednesday	Makar Sankranti
26 th January 2020	Sunday	Republic Day
28 th January 2020	Tuesday	Shree Ganesh Jayanti
12 th February 2020	Wednesday	Sankastha Chaturthi
21 st February 2020	Friday	Maha Shivratri
9 th March 2020	Monday	Holi Poornima
10 th March 2020	Tuesday	Holi Dhoolivandana
12 th March 2020	Thursday	Sankastha Chaturthi
25 th March 2020	Wednesday	Gudi Paadva (Chaitra Navaratri Aarambh)



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

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Name: Sadhika Prabhu
Age: 12 years



Name: Aditi Prabhu
Age: 12 years



Name: Anagha Nayak
Age: 10 years



Name: Anish Shenoy
Age: 9 years



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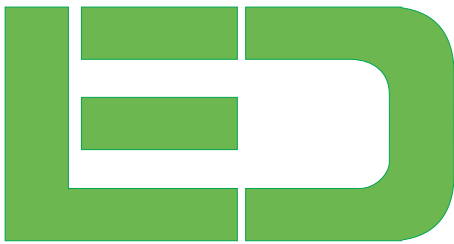
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