

January - March 2024

Volume XVII, Issue 4 | Price Rs. 3/-\*

V



G

**Voice of G.S.B.**

**Enhancing Community Well-Being  
89 years and beyond**



For e-VoG, scan QR code  
<https://gsbsabhamumbai.org/vog/>



**NAVATHI CELEBRATIONS**



\*circulated free to patrons and life members of G.S.B. Sabha, Mumbai | [f](https://www.facebook.com/gsbmumbai) | [www.gsbsabhamumbai.org](http://www.gsbsabhamumbai.org)

**ENJOY HIGHER RETURNS ON**  
**Amrit Kaal - II**  
**FIXED DEPOSIT SCHEME**

**TENURE**

**500 Days**

**8.00% p.a.**

**SENIOR CITIZEN**

**7.50% p.a.**

**GENERAL PUBLIC**

**INTEREST PAYOUT**  
**MONTHLY / QUARTERLY**

**NOW YOU CAN BOOK FD**  
**THROUGH OUR**  
**QUICK MOBIL APP / NET BANKING**

**LIMITED PERIOD OFFER**

w.e.f. 01.01.2024

[www.nkgsb-bank.com](http://www.nkgsb-bank.com) | Call us: 022 28602000



**NKGSB Co-operative**  
**Bank Ltd.** (Multi-State Scheduled Bank)

\* T&C apply

# KASSAL VISHAY ABBA !!!.....KHANCHE PANNA RI

## Sabha Adhyaksha Sandeshu

03

## **Ammgele Khabar**

Report on 84<sup>th</sup> Annual General Meeting of GSBSabha held on 10<sup>th</sup> December 2023 04-05

Report on Adhyatmik Programme held on 25<sup>th</sup> November 2023 06

Change of Trustee at GSB Sabha, Mumbai 08

Report on V R Shenoy Inter-GSB Cricket Tournament on 3<sup>rd</sup> December 2022 09

Report on Activities conducted *by Mahila Shakha* 10-18

News from GSBS Medical Trust 52-55

## **Ammgeli Vasari**

Dishes made from Banana Plant *by Anuradha Prabhu* 25

## **Anubhav ani Vichar**

The Importance of Social Interaction *by Nirmala Kamath, Kochi* 30

An Offer (I Hope) You Can't Refuse *by Madhuri Pai* 26-27

Lessons in Bhagavad Gita *by Dr. Gayatri G Shenoy* 46-47

## **Arogyam Dhan Sampada**

From Stardust to Stardust *by Ajita Kini* 32-34

Empowering Communities against Strokes *by Dr Nitin Jagdhane* 35-36

## **Chitrakala Pradarshan**

The Abhijeet Kini Section 55

The Art Gallery Inside Back Cover

## **Karmayogi**

They make us proud, The GSB Legends Series - Shri M. V. Kini *by Sujeet Kini* 48

## **Kavi Sammelan**

Vasanth's Poetry Corner *by Konchadi Vasanth Pai* 44

## KASSAL VISHAY ABBA !!!.....KHANCHE PANNA RI

<b><u>Mukhya Dinaank Yadi</u></b>	<u>31</u>
<b>Pauranik Katha</b>	
<u>A Short version of Sabha Parva Part-I, of the Great Epic Mahabharata by Divakara Shenoy, Kochi</u>	<u>38-41</u>
<u>King Nimi by Tanushree Rao Shenoy</u>	<u>42-43</u>
<b>Samaaja Khabar</b>	
<u>GSB VSisters, Vashi – Diwali Celebration</u>	<u>50</u>
<u>Kartik Poornima at Vashi, Balaji Mandir</u>	<u>51</u>
<u>50<sup>th</sup> AGM of Gowsd Saraswat Sevak Samaj, Mumbai (GSS Samaj)</u>	<u>56</u>
<b>Suchana</b>	
<u>Senior Citizens Day Out</u>	<u>20-21</u>
<u>M. R. Pai Memorial Carrom Tournament for Physically Challenged</u>	<u>22</u>
<u>GSB Sabha Mahila Shakha Future Programmes</u>	<u>24</u>

### **\*Editorial Team for Voice of GSB:**

Tanushree Rao Shenoy, Uday Malya, S.D. Shenoy,  
Damodar Mallya, Amita Kini, Pandurang Nayak.

The views, thoughts, and opinions expressed in the text/articles published in this issue belong solely to the author, and not necessarily to that of the G.S.B. Sabha, the editorial committee of Voice of GSB and its printer, publisher and editor.

## MESSAGE FROM THE PRESIDENT

Dear Samaj bhandhavas,

Namaskaru.

Jai Shree Ram.

The Sabha is celebrating its Navathi this year and to commemorate it we are holding the Arko Bhajan Seva from 8 a.m. to 8 p.m. on Sunday, 7<sup>th</sup> January 2024 at Kreedha Mandir. Bhajans will be offered by bhajani mandalis of some the GSB Sister organisations to the Vitthal – Rakkumai, the Aradhya devatas of the Sabha.



The Sabha, from its inception, has lived up to its motto of “Enhancing Community Well Being”; being a Socio-Cultural organisation the Sabha has strived to explore and deliver initiatives ranging from education to health and arts to sports. In its centenary year in 2034 the Sabha would like to embark upon some project that should in many ways be a landmark project. We will revert on this as we complete the “manthan and chintan” process.

We had our 84<sup>th</sup> AGM on Sunday, 10<sup>th</sup> December 2023. It was a mixed feeling for us as we had Mr. Bantwal Trivikram Mallya maam, Trustee of the Sabha for 12 years, retiring due to personal reasons. Mallya maam provided mentorships to the Managing Committee with his valuable inputs on Finance, Health care and other aspects to keep us relevant in the current times. We will miss him and his subtle ways of guiding and advising us. He has agreed to be available for any advice that we may need in future. On behalf of all our community members we thank him immensely, seek his blessings and wish him a healthy and peaceful life.

We are pleased to welcome Dr. Suhas Prabhu as the Trustee of the Sabha. His appointment was confirmed at the AGM. Dr. Prabhu is no stranger to the Sabha and the GSB community, his family and extended families are closely associated with the Sabha. He is the son of the illustrious late Dr. V R Prabhu, a guiding force to the Sabha and one of the founding members of the GSBS Medical Trust in 1973. Dr. Prabhu is currently the President Trustee of GSBS Medical Trust. He is a senior paediatrician and, among his many achievements, he was appointed the Chairman of the Covid-19 Paediatric Task Force set up by the Government of Maharashtra in May 2021. The Managing Committee is of the opinion that the Sabha will benefit from his appointment to the trusteeship. It is worthwhile mentioning here that the GSBS Medical Trust, an integral part of the Sabha by lineage, completed its 50th year of existence, under the leadership of Dr. Prabhu. The Trust is providing affordable and quality medical services to the people in Mumbai.

The first quarter of 2024 is very busy for the Sabha, commencing with the Arko Bhajan seva, followed by the Carrom Tournament for the physically challenged, Sr. Citizens Picnic, Parichay – a meeting of eligible GSB boys and girls, Sankranti Haldi Kumkum etc. Details are provided in this edition.

As we say good bye to 2023, we usher in 2024 with a hope of good health and happiness all around.

Thank you for your patient reading.

Regards,

Laxmikant Prabhu

## 84<sup>TH</sup> ANNUAL GENERAL MEETING OF THE SABHA HELD ON 10<sup>TH</sup> DECEMBER, 2023

The 84<sup>th</sup> Annual General Meeting of G. S. B. Sabha, Mumbai was held on Sunday, 10<sup>th</sup> December, 2023 in the I. M. Pai Hall, Sujir Gopal Nayak Memorial Kreedha Mandir. 36 members were present.

President, Shri Laxmikant T. Prabhu, welcomed the members and thanked all the sponsors and donors for reposing their faith in the Sabha. He invited the members to the Arko (8 a.m. to 8 p.m.) Bhajan Seva being offered on 7<sup>th</sup> January, 2024, to celebrate the 90<sup>th</sup> year (Navathi) of the Sabha. Mahila Shakha President, Smt. Amita Kini, gave a brief report of the activities conducted by the Sabha's Mahila Shakha.

The 88<sup>th</sup> Annual Report of the Sabha and audited accounts for the Financial Year 2022-23, were adopted. The Jt. Hon. Treasurer, Shri Uday Malya, informed the meeting that after being adversely affected by two Covid impacted years, the Sabha had made a revenue surplus in this year. The trust reposed by the donors in the initiatives of the Sabha for community well-being have enhanced the year end balances of corpus funds to Rs. 471.80 lakhs and non-corpus funds to Rs. 110.15 lakhs. Expenditure on Trust objects amounted to Rs. 47.46 lakhs during the year.

Shri B. T. Mallya, Trustee of the Sabha since 2011, stepped down due to personal reasons. In his place, Dr. Suhas Prabhu was appointed as a Trustee of the Sabha. Dr. Suhas Prabhu is the son of the illustrious Dr. V. R. Prabhu, who was on the Managing Committee of the Sabha for several years and was also one of the founders of the GSBS Medical Trust. Dr. Suhas V. Prabhu is the present President Trustee of GSBS Medical Trust. He is a senior paediatrician and, among his many achievements, he was appointed the Chairman of the Covid-19 Paediatric Task Force set up by the Government of Maharashtra in May 2021.

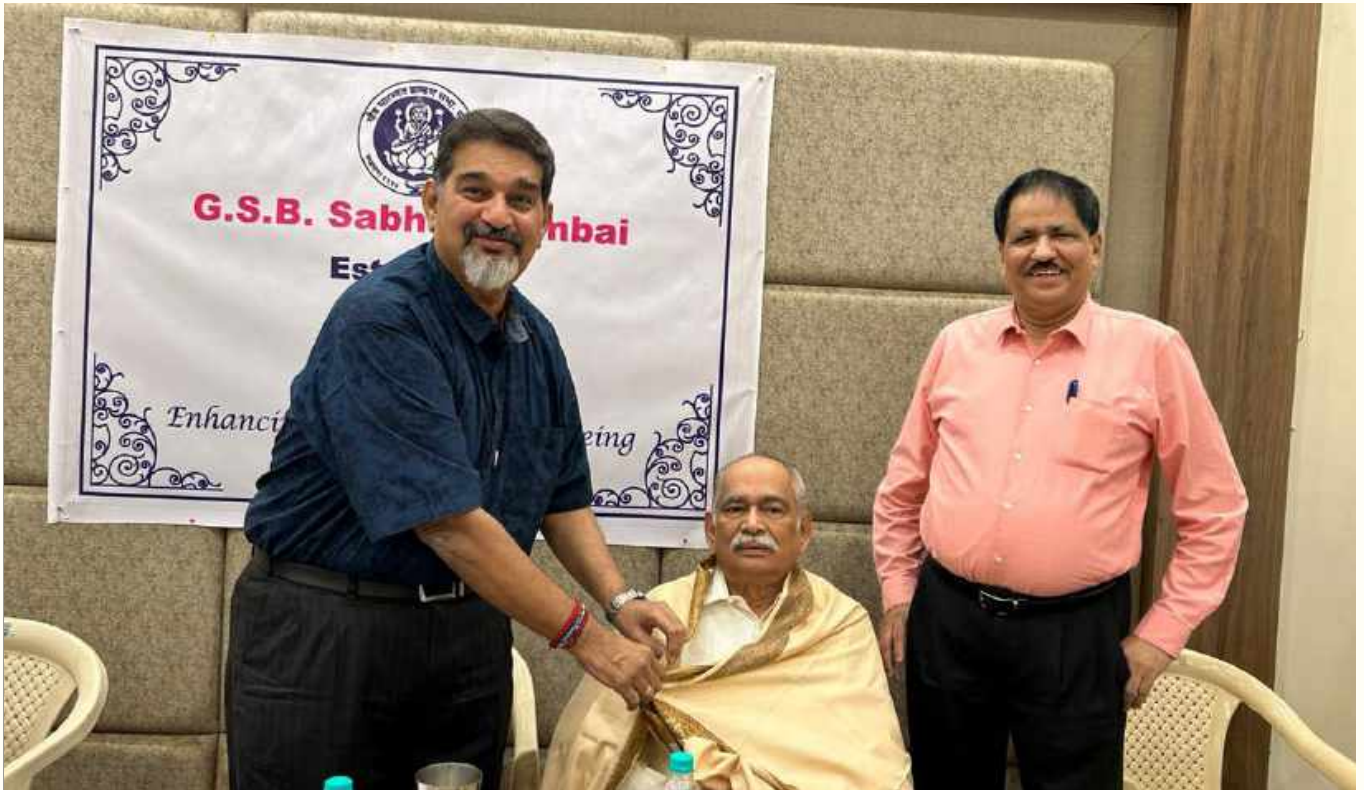
On behalf of the Sabha, the President, Shri Laxmikant Prabhu, felicitated Shri B T Mallya for his invaluable contribution as a Trustee of the Sabha.

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. Anuradha Shenoy     | Jt. Hon. Secretary |
| 7. Shri Damodar B. Mallya   | 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. Smt. Tanushree A. Shenoy | Committee Member   |
| 14. Smt. Chitra S. Kamath    | Committee Member   |
| 15. Shri Sudhakar Mallya     | Committee Member   |
| 16. Ms. Divya Hegde          | Committee Member   |
| 17. Smt. Suchitra Sukhtankar | Committee Member   |
| 18. Dr. Anita Shenoy         | Committee Member   |



*Felicitation of Shri B T Mallya, ex-Trustee by Shri Laxmikant Prabhu, President. Also seen Shri N N Pal, Trustee of the Sabha.*

### **UPDATION OF MEMBERSHIP RECORDS**

We would like to be in touch with our members. Please e-mail us your mobile number and email id to [gbsabha@gmail.com](mailto:gbsabha@gmail.com). While sending the details, please include your membership number or your complete address so that we can locate you correctly in our membership records.

**REPORT ON PROGRAMMES CONDUCTED BY G.S.B. SABHA,  
MUMBAI IN THE RECENT PAST  
ADHYATMIK PROGRAMME ON 25<sup>TH</sup> NOVEMBER, 2023**

The annual Adhyatmik program of the Sabha was held on Saturday, 25<sup>th</sup> November, 2023, at the I. M. Pai Hall, Sujir Gopal Nayak Memorial Kreedha Mandir. Founded on an initiative and endowment given by our beloved ex-President, Late Smt. Sanjivi Bhat, and ably supported by our generous anonymous co-sponsors, this year's Adhyatmik program also received additional support from sevadars, Smt. Rupa and Shri K. R. Bhakta, Smt. Suman and Shri S. D. Shenoy, Smt. and Shri S. P. Shenoy and Smt. Geeta and Shri Dinesh Bhandarkar.

After enjoying soulful and melodious bhajans presented by the Mahila Shakha Bhajan group, led by Smt. Maya Nayak, a guided meditation session was conducted by volunteers of Isha Foundation, a spiritual organisation of global repute. The guided meditation session gave a glimpse into the techniques of Isha Foundation, which is helping people around the globe enhance their inner well-being.

Vote of thanks was extended to Isha Foundation and their volunteers, Founder Sponsor, co-sponsors and Sevadars. The programme ended with prasada vittarana. Thus ended a thoroughly enjoyable, fulfilling, and spiritual evening.



*Felicitating of sevadar, Shri Dinesh Bhandarkar*



*Guided Meditation by Isha Foundation*

**WE WOULD LIKE TO SEE YOUR NAME IN VOICE OF GSB**

Voice of GSB, the quarterly newsletter of G.S.B. Sabha, Mumbai, is your newsletter. It is a platform for you to share your thoughts, experiences and creativity. We welcome your articles/essays and drawings, age no bar. Kindly send your article/essay and drawings to [gsbvog@gmail.com](mailto:gsbvog@gmail.com).

Printing will be subject to discretion of the editorial team.





**मासली**  
SEAFOOD RESTAURANT

Your belief in Maasli  
fuels our motivation to  
excel.

We are grateful for the  
confidence and  
patronage you've shown  
in us.

Rajesh S Nayak

Prasad S Nayak

---

31a Dr Annie Besant Road, Worli Naka, Worli Mumbai 400 018  
Mobile: 8282826121 Phone: 02224906777  
maaslirestaurant@gmail.com | www.instagram.com/maasli

## CHANGE OF TRUSTEE AT G.S.B. SABHA, MUMBAI



Shri Bantwal Trivikram Mallya, who was Sabha's Trustee since 2011, resigned from the Trusteeship for personal reasons. He also was Sabha's Nominated Trustee at the G.S.B.S. Medical Trust since July 2020. On the expiry of his term at the Medical Trust on 30<sup>th</sup> June, 2023, he expressed his desire not to continue in that position.

The Managing Committee benefited greatly from Shri Mallya's guidance and advice. Community welfare always being close to his heart, Shri Mallya inspired us with his paradigm thinking to take up projects and initiatives with great community out-reach. He fostered a collaborative and forward-thinking environment that inspired everyone around him. His emphasis on good governance and optimal investment of Sabha funds was a guiding light for us in our working. He also contributed effectively in the Board of Trustees on the G.S.B.S. Medical Trust and its various sub-committees, of which he was a member.

On behalf of the Sabha, we extend our deepest gratitude to Shri B. T. Mallya and wish him good

health and happiness always. He will continue to inspire us. We bid him farewell with immense gratitude and respect.

At the 84<sup>th</sup> Annual General Meeting of the Sabha held on 10<sup>th</sup> December, 2023, Dr. Suhas Prabhu was appointed as a Trustee in place of Shri Bantwal Trivikram Mallya. Dr. Suhas Prabhu is the son of the illustrious Dr. V. R. Prabhu, who was one of the founding Trustees of the G.S.B.S. Medical Trust and also served on the Managing Committee of the Sabha. Dr. Suhas Prabhu is a respected senior paediatrician. He is the President Trustee of the GSBS Medical Trust and, among his many achievements, was his appointment as the Chairman of the Covid-19 Paediatric Task Force, set up by the Government of Maharashtra in May 2021. The Managing Committee is of the opinion that the Sabha will benefit from his appointment to the trusteeship.



The General Body also decided that Dr. Suhas Prabhu will be Sabha's Nominated Trustee at the G.S.B.S. Medical Trust.



*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 [gsbvog@gmail.com](mailto:gsbvog@gmail.com) and we shall be proud to print it in our publication. Sabha's decision to print will be final.*

## REPORT ON V R SHENOY INTER-GSB CRICKET TOURNAMENT



12<sup>th</sup> edition of V. R. SHENOY Memorial Inter-GSB Cricket Tournament was held on, 3<sup>rd</sup> December, 2023, at GSB Sabha sports ground. Mr. Gaurav Payyade. inaugurated of the tournament. Mr. Gaurav Payyade is owner of Payyade International Group of Hotels and was ex-committee member of Mumbai Cricket Association (MCA).

A total 10 team participated in the tournament, GSB Sabha, Mumbai, GSB mulund, GSB Andheri, GSB Thane, GSB Seva Mandal, GSB Wadala, GSB Mira road, GSB Khar danda, GSB Dahisar and GSB Dombivali; in a daylong event. The event was supported by Mr. Sunil Shenoy, Saraswat bank, NKGSB bank and Mr. Madhusudan Shenoy.

Finals were played between GSB Andheri and GSB Dahisar. As usual, it was difficult to predict who would win till the last ball was bowled. Finally, GSB Andheri won the match.

Evening prize distribution was held by the hands of NKGSB director Mr. Sandeep Prabhu and Mahila Shaka president Mrs. Amita Kini.

Winner- GSB Andheri

Runner up- GSB Dahisar

Man of the series - Aditya Sakardande

Best Batsman -Amog Bhatkal

Best Bowler – Deepesh Shenoy



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

### 22<sup>nd</sup> October 2023: Bhajan Competition and Navratri Haldi Kumkum

On the occasion of Navratri, the Mahila Shakha organised a Bhajan Competition and Kumari Pujan at the Haldi Kumkum function on 22 October 2023, at I M Pai Hall.

The programme commenced with Bhajan competition. Seasoned bhajan singers Shri. Padmanaba Pai and Smt. Suvarna Nayak were the Judges.



*Winners of the Bhajan competition with the judges and sponsors of Navratri Haldi Kumkum*

There were 16 entries under 3 categories. Here are the prize winners' names:

	<b>Group 3: Above 40 years</b>	<b>Group 2: 18 - 40 years</b>	<b>Group 1: Up to 18 years</b>
1 <sup>st</sup> prize	Pratima Pai	Vardika Hegde	Sanvita Pai
2 <sup>nd</sup> prize	Ranjana Kamath	Shailaja Nayak	Shivani Bhagvat
3 <sup>rd</sup> prize	Lata Shenoy	Vaibhavi Pai	Tejashri Bhat

Aarti to the Goddess followed, after which women sevadaars performed Kumari puja of girls aged between 3 and 8 years. Kumari Pujan is a ritual celebrating Navadurgas and girls are considered as the embodiments of goddesses. The little kanyas looked divine after the rituals. They were also presented with gifts galore.



*Cute little Kumarikas as Navdurga for the Navratri Haldi Kumkum*



*Smt. Savitha Nayak and Smt. Dr. Rajani Pai sponsors of Navratri Haldi Kumkum*

The evening ended with snacks and coffee. We are grateful to Dr. Smt. Rajani Pai and Smt. Savitha Nayak for sponsoring the event Navratri Haldi Kumkum.

### **5<sup>th</sup> November 2023: Anand Bazaar – Happiness Unlimited**

After a gap of seven years, shoppers' delight - Anand Bazaar was back with a bang. Held on 5 November 2023, the event, organised by the Mahila Shakha, spread joy and cheer among pre-Diwali shoppers in the city.



*Mahila Shakha President Smt. Amita Kini felicitating CG Smt. Suman Kini during inauguration of Anand Bazaar- Happiness unlimited*



*Free Medical checkup at Anand Bazaar*



*Hustle-bustle at Anand Bazaar*



*Happiness Unlimited.....*

The event was organised to support and empower women entrepreneurs and promote the idea of 'vocal for local'. The event was inaugurated by Smt. Suman Kini in a traditional way by lighting the lamp and breaking the coconut.

The event was revived after a gap of 7 years and it was welcomed with great enthusiasm by people from all walks of life. From art, textiles and fashion to finance, home decor and wellness, there were around 50 stalls offering a wide range of products and services to suit every pocket and every taste.

Needless to say, the star attraction was GSB Konkani vegetarian cuisine where one could savour items such as ambado, khotto, muddo, buns and goli bajjo!

There was also a health check-up conducted by GSBS Medical Trust for visitors free of cost.

### *Feedback*

Anand...Param Anand...Nirmal Anand... This was the feeling I had while visiting the Anand Bazaar, an initiative by the Mahila Shakha of GSB Sabha Mumbai for the enterprising GSB mahilas! I must say this was a "great and much-needed" initiative for women entrepreneurs to come to the forefront and display their skills.

Even as I entered the venue, the Mahila Shakha members were seen greeting and welcoming each and every visitor with lovely smiles!

For any plant, proper nurturing with manure is a must for its growth. Here, a stall was devoted to beautiful potted plants - indoor and outdoor, encouraging environment friendliness.

There were wide-ranging stalls such as arts, crafts, food, décor items, dresses, sarees, etc. The arts and crafts and food stalls were set up in the pandal whereas the textiles, jewellery, etc, were displayed in the main hall. Each stall had a unique concept. On one side, we had handwoven jute bags, handmade wall hangings, key holders, perfumes, scented and colourful candles... and on the other side, we had homemade pickles, pappads, vodis, spice powders like rasam, sambhar, southern snacks and savouries, bakery items, etc. The stall list goes on...

A stall, which I felt was very unique, was the one displaying wooden dolls. We enquired with them about the concept. They explained during COVID days, many families missed their near and dear ones due to travel restrictions. They started making wooden dolls replicating them with the help of their photographs, by painting and colouring as per their features and dresses they wore in the photos.

I found a key holder at one of the stalls - a unique camel key holder! The dresses, sarees and imitation jewellery stalls were great. I bought some trendy, crocheted jhumkas and rings for my daughter.

The strong aroma of filter coffee activated my hunger pangs and taste buds and I was soon relishing on our traditional tasty buns and khotto gulping down with strong kaapi! I even got a few plates of dal vada and biscoot ambado packed for my dinner!

I could see the sparkle in the eyes of Tejaswinis (GSB mahilas who are part of a WhatsApp group run by Mahila Shakha) when they showcased their items with enthusiasm! This is proof enough of the women empowerment! While I left the Anand Bazar after shopping some unique items and much more with my satiated potbelly, my mind was humming a very famous old Hindi film song...

“Aaj se pahle, Aaj se zyaada, Khushi Aaj Tak naheen mili...”

Thank you Mahila Shakha...

Smt. Amritha Pai

XXXXXXXXXXXXXXXXXXXX

9th December 2023: Annual Get-together and Cookery Competition

population of the world. With this as the premise, the speaker for the day - Dr Smt. Vaishali Kamath, Assistant Professor in the Department of Botany at Dr D Y Patil College of Arts, Science and Commerce, Pune, made a case for bringing back traditional but forgotten wild foods into our diet.

“Out of the 30,000 edible species, only 30 odd plants are consumed, leaving thousands of plants underutilised and unutilised. It’s homogenous diet the world over,” said Dr Kamath, who is also a practitioner of ‘flower remedies’ or ‘pushpaushadi’, an alternate form of therapy.



*Some wild vegetables*



*Dr. Vaishali Kamath explaining importance of wild vegetables*



The Annual Get-together held on 9 December 2023 at IM Pai Hall proved to be an enlightening and enriching experience for GSB mahilas.

As per UNESCO’s projection, by the year 2050, it will be a challenge to feed the 9.7 billion

“Wild vegetables or ‘Raan Bhajya’ are cheap and readily available source of important proteins, vitamins, minerals and amino acids (micronutrients). They maintain good health and immunity and helps to combat micronutrient

malnutrition,” she explained in an immersive talk on the topic ‘Raan Bhajya’.

“Even science points out to the need of biodiversity in our diets,” she added. She also listed some wild vegetables such as kardu, kokum, ivy gourd, mayalu or vaali bhajji, spiny gourd or fagel, ambadi, haadjod, etc, apart from displaying a few.

Talking about diet and biodiversity, what could be a better option than sprouted grains and pulses, which are a powerhouse of nutrients? Well, ‘sprouts’ was the theme for this year’s cookery competition. The participants came up with delicious and innovative recipes (given below) which impressed the judge Smt. Amritha Pai, retired senior official at CIDCO, City and Industrial Development Corporation, who has a passion for cooking amchigele food.

The event concluded with coffee and packed snacks.



*Smt. Amritha Pai, Judge for the cookery competition, assisted by MS President Smt. Amita Kini tasting the dishes.*

**Radhakrishna Kamath**

Mob: 98217 63964/ 93200 63964

Res: 022 2445 3379

Email : kamathradhakrishna@rediffmail.com



# **Kamath** **CATERERS**

**We undertake all types of Catering for  
Marriage & Other Function**

**Y/3, Dadar Sai Kirti CHS. Ltd., Anant Patil Road, Dadar (W), Mumbai - 400 028.**





## Cookery Competition – Theme ‘sprouts’

1<sup>st</sup> prize – Smt. Nirmala Pai

### Masur Sprouts Tikki



#### Ingredients:

Whole masur sprouts - 2 cups

Potatoes medium size - 4

Chopped onions - 2 cups

Green chillies - 2 (optional)

Spices - any masala of your choice (garam masala, mixed herbs, peri peri), chopped coriander, chopped pudina, red chilli powder, turmeric powder

Salt - as per taste

#### Method:

Boil masur sprouts for about 2 to 3 whistles. Allow it to cool. Boil potatoes, peel off the skin and mash them after cooling. Mix both the ingredients and add onion, coriander, pudina, red chilli powder, turmeric powder, green chillies and salt. Mix all the ingredients together and make tikkies or cutlets. Shallow fry them and serve with tomato ketchup.

2<sup>nd</sup> prize – Smt. Naina Prabhu

## Sprouted Moong Salad



### Ingredients:

Sprouted moong - One cup

Capsicum – 2 tbsp

Onion – 2 tbsp

Carrot – 2 tbsp

Peanuts – 2 tbsp

Fresh basil – a few leaves

Salt and pepper – as per taste

Salad dressing:

Mustard sauce - 2 tsp

Honey - 2 tsp

Olive oil - 2 tsp

Lemon juice - 2 tsp

Stir it in a glass container

### Method:

Steam sprouted moong for 15 minutes in a steamer. Remove and let it cool down. Add capsicum, onion, peanuts and fresh basil. Toss it. Add salad dressing, stir and serve it.



3<sup>rd</sup> prize – *Smt. Shwetha Prabhu*  
**Moong Ki Katori**



**Ingredients:**

- Sprouted moong - 200 gms
- Tomato - 2
- Onion - 2
- Dabeli masala - 2 tsp
- Red chilly powder - 1 tsp
- Turmeric powder - 1 tsp
- Chat masala powder- 1 tsp
- Roti for katori - 2 to 3
- Sev and pomegranate seeds - for garnishing
- Salt - to taste

**Method:**

In a saucepan, add oil and let it heat. Add chopped onion and sauté until it turns translucent. Add chopped tomato and salt and cook until tomatoes are soft in texture but not mushy. Now add all the masala powders and cook until mixture becomes a fine paste. Add sprouted moong to this and cook well. Cut roti or chapati into a katori (bowl) shape using a small bowl. Place the moong mix in the katori and garnish it with some sev and pomegranate seeds. Enjoy tasty and healthy Moong ki Katori.



## Consolation prize – *Smt. Sheetal Bhat* Green Patalbhaji



### Ingredients:

Sprouted moong and matki – 1 bowl  
Potatoes – 2  
Onions – 2  
Tomato – 1  
Salt – to taste  
For masala:  
Coriander leaves – Half bunch  
Green chillies - 4

Ginger – 1 inch  
Dhania – 1 tsp  
Jeera – ½ tsp  
Clove – 2-3  
Pepper – 5  
Tamarind – marble size  
Haldi powder – ¼ tsp  
Coconut/copra – ½ bowl



### Method:

Grind all masala items smoothly and keep aside.

Cut potatoes, onion and tomato into big chunks and pressure cook (2 whistles) all the ingredients with salt and water. When cooked, add the masala and take a boil.

For seasoning, smash a generous number of garlic along with peel and fry in oil till golden brown. Add to Patalbhaji and cover for a few minutes.

Serve this delicious Green Patalbhaji with pav / shev or any farsan of your choice.

WITH BEST COMPLIMENTS FROM :  
Mrs. Lalita Pundalik Pai

# DELTEK EQUIPMENTS

Founder: B. Pundalik U. Pai

Manufacturers of :

## PLATE BAKING OVENS & POLYCARBONATE FORMING

### DELTEK BAKING OVENS FOR OFFSET PLATES



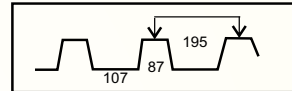
#### FEATURES :

- \* Plate types : For Positive & Negative Pre-Sensitised Plates, Wipe-On plates and Computer-to-Plate (CTP)
- \* Bakes Offset Printing Plates to increase plate life
- \* Memorised Heating Zone
- \* Forced air circulation for uniform heating
- \* Counter closure to avoid heat losses while opening lid
- \* Possibility of cooling after usage
- \* Mounted on castor wheels for mobility

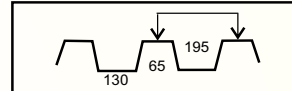
We can manufacture Horizontal and Vertical type Baking Ovens as per specifications

*Forming of all types of Polycarbonate  
Profile Matching to all Prime Metal Profile*

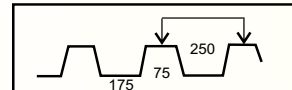
✓ **Ispat**



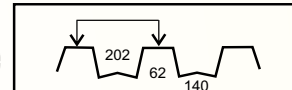
✓ **Lloyddeck**



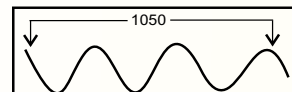
✓ **Century Well**



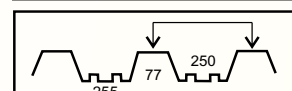
✓ **Tata Bluescope**



✓ **AC Profile**



✓ **Tiger Steel**



✓ **Metacolor**

✓ **Cril-Hispon**

✓ **Finolex**

✓ **Rajmohan**

✓ **Bhushan Steel**

#### Registered Office :

1/209, Himai Niwas,  
R. A. Kidwai Road,  
Wadala (West), MUMBAI 400 031

Telephone : (022) 2414 7362  
Fax : (022) 2413 4747

#### Works :

C-1B/4406/1, Plastic Zone,  
G. I. D. C. Sarigam, Via : Bhilad,  
District : BULSAR- 396 155

Telephone : (0260) 2780060  
Fax : (0260) 2780160

**E-mail ID : deltekeqp@gmail.com**



**G.S.B. Sabha, Mumbai**

## **SENIOR CITIZENS DAY OUT**

**(Accompanying Non-Senior Citizens are also welcome)**

**SUNDAY, 11<sup>th</sup> FEBRUARY, 2024.**

***Bus Sponsor: Smt. Roopa & Shri Vishnu Prabhu***

This year, the Sabha is pleased to provide a unique experience, and that too in the heart of Mumbai, to our Senior Citizens, it's a Day out on **Sunday, February 11, 2024**. We are sure that this will be an enriching experience to the accompanying non senior citizens also.

We have planned a visit to **Maharashtra Nature Park Society, Sion Bandra Link Road, Opp PMGP Colony, Dharavi, Mumbai 400007.**

Maharashtra Nature Park, affectionately known as MNP, is a tranquil oasis amid the bustling city of Mumbai, just minutes away from Sion station. Spanning 40 acres of lush greenery, MNP houses a diverse array of tall trees, medicinal herbs, resident and migratory birds, and elusive reptiles and amphibians, including large pythons and a mysterious crocodile. Originally a dump and backed by the slums of Dharavi, MNP was transformed into a dense man-made forest, complemented by a butterfly park adorned with vibrant flying jewels. Surrounded by the natural ecosystem of the Mithi River's mangrove forests, MNP stands as a testament to urban conservation and biodiversity.

**We specially invite children to join us so that they can have a firsthand experience with Mother Nature.**

### **Our itinerary for the day is**

- 08.00 a.m.** : The meeting point will be at our usual bus starting point, Mancherji Joshi Chowk, Jame Jamshed Road, Entrance of Dadar Parsi Colony, Near Dadar T.T. Khodadad Circle. Depending on the response, we may arrange one more bus from Chembur.
- 08.30 a.m.** : Arrive at Maharashtra Nature Park
- 09.00 a.m.** : Mini Trail – Butterfly Garden and Nakshatra Van
- 09.30 a.m.** : Breakfast
- 10.15 a.m.** : Nature Trail with Scavenger Hunt
- 12.00 noon** : Lunch Break
- 01.00 p.m.** : More activities
- 04.00 p.m.** : Depart from Maharashtra Nature Park; everyone will get dropped back at the bus starting point, so you can happily return home with beautiful memories.

## **BOOK EARLY, LIMITED SEATS ONLY!!!!**

**Last date for registration : 5<sup>th</sup> February, 2024.**

Registration fees are as under:

1. Rs. 550/- for senior citizens (completed 60 years of age on date of the event) and for children till age 18, except Baby in Arms who will not be charged.
2. Rs. 600/- for others.

No seat sharing.

Fees will be refunded only if Sabha cancels the picnic for unavoidable circumstances/statutory advisory.

Booking will be confirmed only on payment. You can pay by cash/cheque by visiting the Sabha office (Tel. No. 2408 1499) from Monday to Saturday 2 to 6 p.m. If you want to do an NEFT transfer, please contact our Office Manager, Shri Suresh Nayak (Mobile No. +91 98330 84957). Please hurry up and book your seat now to experience this unique event.

Mumbai  
11<sup>th</sup> January, 2024

Laxmikant T. Prabhu  
**President**  
98203 16495

Prathima P. Pai 98213 73000  
Amita Kini 98700 62476  
Anuradha Shenoy 98926 72327  
Mohini Hegde 93228 91391  
Pandurang Nayak 97692 82871  
Chitra Kamath 93229 87688\

**Jt. Programme Convenors**



**Maharashtra Nature Park**



**G.S.B.SABHA'S SPORTS CLUB ORGANIZES  
M. R. PAI MEMORIAL CARROM TOURNAMENT  
FOR THE PHYSICALLY CHALLENGED  
(UNDER THE AUSPICES OF THE MUMBAI DISTRICT CARROM ASSOCIATION)**

**TOURNAMENT SPONSOR : BANK OF BARODA**



**Shri M. R. Pai**  
(7.5.1931- 3.7.2003)

The G.S.B. Sabha's Annual M. R. Pai Memorial Carrom Tournament for the Physically Challenged will be held on Sunday, 21st January 2024.

Venue:

I. M. Pai Hall of G S B Sabha's Sports Club, Sujir Gopal Nayak Memorial Kreedha Mandir, Entrance Next to S.N.D.T Women's College, R. A. Kidwai Marg, King Circle, Mumbai 400 019.

The tournament is held under the auspices of the Mumbai District Carrom Association.

Physically challenged players from several institutions such as Paraplegic Foundation, Sharan, Cheshire Home, Bombay Centre for the Deaf, National Society for Equal Opportunities for the Handicapped, Fellowship of the Physically Handicapped etc. participate enthusiastically in the tournament.

The day-long tournament will be inaugurated at 9.30 a.m. A Prize Distribution function will be held in the evening, around 4 p.m.

All are welcome to come, see and encourage the participants.

Mumbai	Shri L. T. Prabhu	Smt. Prathima Pai	98213 73000
25.12.2023	<i>President</i>	Smt. Amita Kini	98700 62476
	Tel.: 9820316495	Smt. Mohini Hegde	93228 91391
		Smt. Suchitra Sukhtankar	98202 59405
		Dr. (Smt.) Anita Shenoy	98204 80709
		<b>Jt. Programme Convenors</b>	



**CANCER IS CURABLE  
WHEN  
DIAGNOSED EARLY**

**WITH BEST WISHES  
FROM**

**TRIUMPH ONCOLOGY CLINIC**

504, OM CHAMBERS KEMPS CORNER, MUMBAI – 400036,

TEL : 022 - 6664 1852

FAX : 022 - 6664 1853

E-MAIL ADD: [triumphoncology@hathway.com](mailto:triumphoncology@hathway.com)



**G.S.B. SABHA, MUMBAI'S MAHILA SHAKHA  
FUTURE PROGRAMMES**

Date	Programme	Time	Venue
Sunday 28/01/2024	<b>Sankranti Haldi Kumkum</b> Sponsored by Smt Sai Prabha Kamath and supported by Smt. Shwetha Balgi "Matru Pitru Devo Bhava" A special programme <i>Pada puja of parents/parent showing gratitude and reverence. Age: 8 years and above/Gender no bar for child/children performing this puja.</i> For participation and more details, contact (9870062476)	3.30 PM Onwards	I M Pai Hall, Sujir Gopal Nayak Memorial, Kreeda Mandir
Sunday 10/03/2024	<b>81<sup>st</sup> "PARICHAY"</b> Eligible boys and girls get-together along with their parents. (Registration is a must). Google form for registration will be circulated later. (Breakfast, lunch and hi-tea will be served)	9.30 AM Onwards	I M Pai Hall, Sujir Gopal Nayak Memorial, Kreeda Mandir

*All are invited for the programmes.*

**COMPOST - A GREEN INITIATIVE OF MAHILA SHAKHA**  
100% natural, Organic Compost, \*\*\*Now available for nominal donation  
at Kreeda Mandir, Matunga\*\*\*

\*Made of dried leaves, flowers, fruits and vegetable waste \*No chemicals \*No pesticides,  
\*Cruelty-free \*Rich in nutrients \*Aids plant growth

For more info and queries, contact Kreeda Mandir Manager Shri. Srinivas 99676 54283

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

Marriage Information meetings has been resumed at Sabha's office on  
4<sup>th</sup> SATURDAY of every month between 4:pm and 6: pm.

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

**Donations are gratefully accepted**

Mahila Shakha has created, an exclusive Whatsapp group for GSB community ladies from  
Mumbai, Navi Mumbai, Thane and Kalyan. "Only GSB Ladies (in and around Mumbai)".  
This WhatsApp group is open to ladies 18 years and above.

**Smt. Amita Kini**  
President  
Mobile: 98700 62476

**Smt. Saiprabha Kamath**  
Jt. Hon.Secretary  
Mobile: 98211 27401

**Smt. Purnima Kini**  
Jt. Hon. Secretary  
Mobile: 93248 25393



# DISHES MADE FROM BANANA PLANT

by Anuradha Prabhu  
anuradhprabhu49@gmail.com

Recipes

## BONDI (BANANA FLOWER) SUKKE

### Ingredients:-

1 medium bondi (banana flower)  
1 cup grated coconut  
1 tsp dry coriander seeds  
3-4 dry red chillies  
1/2 tsp turmeric powder  
Marble sized ball of tamarind  
A small piece jaggery (optional)  
2 tsp oil  
1 tsp mustard seeds  
Salt to taste

### Method:-

- 1) Chop the banana flower coarsely. The chopped banana flower should be around one and half cups. Soak it in water to prevent discoloring.
- 2) Grind coconut alongwith chillies, tamarind and coriander seeds to a coarse consistency.
- 3) Heat oil in a karahi, add mustard, let it splutter, squeeze the water from the chopped banana flower and add in the karahi.
- 4) Add salt and 1/4 cup of water, cover and cook till the water dries up. Add the ground paste and jaggery .
- 5) Stir fry on medium flame till the mixture is dry. Serve hot with rice and dal/rasam.



### Ingredients:-

3/4 cup chopped gabbo  
1/4 cup grated coconut  
1-2 medium green chillies  
1 cup thick curd  
1/2 tsp mustard  
A pinch of asafoetida powder  
A few curry leaves  
1 tsp oil  
Salt to taste

### Method:-

- 1) Grind together coconut and green chillies to a smooth paste.
- 2) Cook the chopped gabbo in very little water.
- 3) It should be cooked for 4-5 minutes so that it does not become mushy. Add salt and the ground paste and cook for a minute or two, keep aside to cool.
- 4) Take the curds in a bowl, beat lightly to get a smooth consistency, add to the cooked gabbo. Mix.
- 5) Heat oil in a karahi, add the mustard seeds, let it splutter, add the curry leaves and asafoetida, stir and pour over the pachadi.
- 6) Serve as a side dish.



## HARVE KELYA KODDEL

### Ingredients:-

2 raw bananas  
1 cup grated coconut  
3-4 dry red chillies  
A marble sized tamarind  
8-10 garlic cloves  
Salt to taste  
2 tsp oil

### Method:-

- 1) Peel the raw bananas and cut into roundels of half inch. Add 1/4 cup of water and cook for 6-8 minutes or as required assuring that it does not become very soft.
- 2) Grind together grated coconut alongwith dry red chillies and tamarind to a smooth paste by adding little water.
- 3) Pour the paste into the cooked banana, add water to form a medium thick gravy.
- 4) Add salt and bring it to a boil. Heat oil in a karahi, slightly crush the garlic cloves and add to the oil. As the garlic cloves turn light brown pour it over the gravy. Cover. Serve hot with rice.



## AN OFFER (I HOPE) YOU CAN'T REFUSE

by Madhuri Pai (a GSB based in London, a reader most prolific)



What is the offer? We will come to it shortly.

First, a small series of questions

- Do you agree that the surest sign you value something is that you give it your time?
- Do you value reading?
- Do you give it enough time?

If you are like most people, I speak with then you do value reading (of course, you do!). But you just don't get enough time to read.

Do you get enough time to spend on Whatsapp/ other social media? The answer is probably "yes".

So, what really is going on?

We know how valuable reading for pleasure is. Global research and all the experts are crystal clear – reading for the joy of it makes us happier, more thoughtful, more empathetic and generally better adjusted socially and emotionally. Not to mention, the huge amount of knowledge and awareness it builds in us. Most of us understand this instinctively and hence when you ask someone if they value reading, it is the rare person who will say "no".

But our attention is taken up by the little smart devices in our hands. Social media and its never-ending flow of messages has us captivated. Unable to put our phones down, we move from one Whatsapp forward to another. Some nuggets from Whatsapp University may indeed be worth reading but that is a very small proportion of all that we see. It is simply not worth the amount of time we spend on it.

The sad truth? As our devices get smarter, we are getting dumber. We have the attention span of a fruit fly and seem to need our phones to keep us calm. When in fact, because we don't have the time to think carefully about issues that matter – our underlying anxiety goes up.

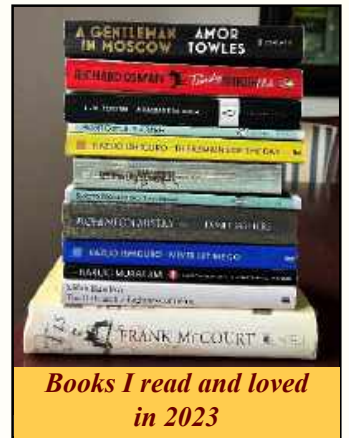
So, what can we do? The answer is not complicated. Put your money (time) where your mouth is! If you honestly feel reading is important, make the time for it.

I have struggled with these challenges too but in 2023, I managed to read a fair bit (in the picture above are my top reads of the year). So here are tips that I have tried that have worked for me, I hope that they do for you, too.

**Tip 1:** Pick a book you have been meaning to read. If there isn't such a book – think of topics that interest you and select a book.

**Tip 2:** No book is a "bad book", if you want to read it – just go for it. Want to start small? Pick a good magazine or newspaper, something that has substantial and intellectually robust writing. (Page 3 of TOI does not qualify, Bollywood gossip and articles about gory murders don't qualify. But the editorial page does)

**Tip 3:** Decide the time of day you want to read and stick with it. One hour before bed? One hour after kids leave for school? Whatever works.



**Tip 4:** When you read, keep your smart phone out of arms reach. In a separate room. (Keep the ringer loud, you will still be able to hear it if someone calls)

**Tip 5:** DO NOT break the rule of Tip 4 😊. The phone MUST be in a separate room, if not – you are setting yourself up for failure

**Tip 6:** If you try a book and don't like it – drop it. There are no awards for persisting with a book you don't enjoy. Pick something else up!

**Tip 7:** Try and create or join a community of readers. It is almost always lovely to discuss what you've read.

And HERE is where my offer comes in. I am from the world of books and literature. It's my work and my passion and my hobby, all rolled

into one. I have been part of or running book clubs for adults and children for a couple of decades now.

And if you like, I can help us GSB members create our own little book club too. If you want to receive recommendations on what to read, and then meet once in 2 months (virtually) to discuss what you've read in a session moderated by me – then get in touch! Mail me on [mpai9872@gmail.com](mailto:mpai9872@gmail.com) telling me why you want to be a part of the book club.

No charges involved, not to worry. Having fabulous discussions with some of our members and supporting their journey to becoming joyful readers is my reward.

Lastly, not everyone might like the idea of a book club and that is absolutely fine. But do please try to bring the magic of reading good books back into your life. I promise you; it will be worth it.

*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.*

## !!!AN IDEAL HALL FOR SMALL GATHERINGS!!!



The renovated air-conditioned I.M.Pai Hall of Sujir Gopal Nayak Memorial Kreedha Mandir, King's Circle, Mumbai is an ideal hall for limited gatherings.

Hall capacity 150 people. Attractive Discounts for GSB's.  
For booking enquiries, please send an email to [gbsabha@gmail.com](mailto:gbsabha@gmail.com)

January - July 2024

# Divine Yatras



08  
DAYS

14 March 2024

## Prayag-Kashi-Gaya-Ayodhya

Prayag Triveni Sangam,  
Ayodhya, Kashi, Sarnath,  
Gaya & Bodh Gaya

\* Including 3rd AC Train Fare

Rs. 32,900/- +5% GST



10  
DAYS

12 March 2024

## Kashi - Gaya - Chitrakoot

Naimisharanya, Kashi, Chitrakoot,  
Prayag, Kashi, Gaya & Ayodhya

\* Including 3rd Ac Train Fare

Rs. 43,000/- +5% GST



05  
DAYS

03 Feb. 2024

## Puri-Konark-Bhuvaneshwar

Puri, Konark  
& Bhuvaneshwar

\* Including Air Fare

Rs. 37,650/- +5% GST



08  
DAYS

Jan, Feb, Mar

## Puri - Gangasagar- Kolkata

Puri, Konark, Bhubhaneshwar,  
Kolkata & Gangasagar.

\* Including Air Fare & Kolkata- Puri 3rd AC Train Fare

Rs. 59,700/- +5% GST



08  
DAYS

10 Feb. 2024

## Dwarka-Somnath-Ahmedabad

Dwarka, Somnath, Junagadh,  
Porbandar, Gir Forest, Patan, Modhera,  
Girnar Temple & Ahmedabad.

\* Including 3rd Ac Train Fare

Rs. 34,000/- +5% GST



05  
DAYS

24 Feb. 2024

## Brij Darshan

Agra, Mathura, Vrindavan, Gokul,  
Nandgoan, Barsana & Govardhan

\* Including 3rd Ac Train Fare

Rs. 28,000/- +5% GST



10  
DAYS

17 Feb. 2024

## South India Temple

Chennai, Kanchipuram, Pondicherry,  
Chidambaram, Kumbakonam, Trichy,  
Tanjavur, Madurai, Rameshwaram,  
Kanyakumari & Trivandrum

\* Including Mum - Chennai & Trivandrum - Mum Air Fare

Rs. 57,900/- +5% GST



12  
DAYS

02 June | 16 June | 28 June 2024

## Chardham Yatra

Haridwar, Rishikesh, Yamunotri,  
Gangotri, Kedarnath & Badrinath.

\* Including Air Fare

Rs. 79,500/- +5% GST



05  
DAYS

10 Feb. | 19 March 2024

## Mahakal Darshan

Indore, Maheshwar,  
Omkareshwar, Ujjain  
& Mahakaleshwar

\* Including 3rd Ac Train Fare

Rs. 25,000/- +5% GST

 **Amrita  
Travels**  
One-Stop Holiday Packages



+91 022 - 4890 5775



+91 70215 85060  
+91 98693 64288



enquiry@amritatravels.in  
www.amritatravels.in

March - June 2024

# LEISURE TOURS

## Kashmir Tulip Special



07 DAYS

Srinagar, Pahalgam, Gulmarg & Sonamarg / Doodhpathri

29 Mar. | 24 Apr.

\* Excluding Air Fare

Rs. 39,900/- +5% GST

## Off Beat Kashmir



07 DAYS

Srinagar, Yusmarg, Kokernag, Aru Valley, Sinthan Top & Pehalgam

03 & 24 Apr. | 01 & 17 May

\* Excluding Air Fare

Rs. 39,900/- +5% GST

## Kashmir with Leh Ladakh



10 DAYS

Srinagar, Pahalgam, Gulmarg, Sonamarg, Kargil, Leh, Nubra, Valley, Turtuk & Pangong Lake

27 May | 02 June

\* Excluding Air Fare

Rs. 59,700/- +5% GST

## Nainital Kausani Corbett



09 DAYS

Nainital, Bhimtal, Sat-tal, Naukuchiatal, Ranikhet, Kausani, Baijnath Temple & Corbett National Park.

21 Apr. | 01, 10, 17 & 27 May

\* Excluding Air Fare

Rs. 39,900/- +5% GST

## Kinnaur Spiti Valley



11 DAYS

Narkanda, Sangla, Kalpa, Nako, Tabo, Kaza, Kunzum Pass, Pin Valley, Chandratol & Manali

09 June | 23 June

\* Including Air Fare (Mum-Chandigarh-Mum)

Rs. 74,650/- +5% GST

## Mysore - Ooty - Kodaikanal



08 DAYS

Mysore, Vrindavan Garden, Ooty, Coonoor & Kodaikanal.

05 May | 14 May

\* Including Air Fare

Rs. 59,700/- +5% GST

## Bhutan with Darjeeling



10 DAYS

Phuentsholing, Thimphu, Paro, Punakha, Phobjikha & Darjeeling

23 Mar. | 23 Apr. | 23 May

\* Excluding Air Fare

Rs. 64,650/- +5% GST + 5%TCS

## Nepal Special



08 DAYS

Kathmandu, Pokhara, Dhulikel, Chitwan, Bhaktapur & Manokamna

29 Mar. | 21 & 28 Apr. | 10 May

\* Including Air Fare

Rs. 66,900/- +5% GST

## Srilanka Tour



08 DAYS

Colombo, Pinnawala, Dambulla, Trincomalee, Sigriya, Kandy, Nuwara Eliya & Galle

07 Feb. | 07 Mar. | 07Apr. | 07 May

\* Including Return Air Fare

Rs. 99,300/- +5% GST + 5%TCS

Serene Andamans

Assam - Meghalaya - Arunachal Pradesh

Himachal Pradesh

Sikkim - Darjeeling - Gangtok

Royal Rajasthan

Kerala Tour

Madhya Pradesh

 **Amrita Travels**  
One-Stop Holiday Packages



+91 022 - 4890 5775



+91 70215 85060  
+91 98693 64288



enquiry@amritatravels.in  
www.amritatravels.in

## THE IMPORTANCE OF SOCIAL INTERACTION

by *Nirmala Kamath, Kochi*



The ubiquitous forwards preaching and advising moral behaviour and social interaction have become a daily feature on social media. I often ponder whether they have the desired impact on the readers.

Everyone today seems to be obsessed with living in one's cloistered world, hardly caring to interact with others. Classic example is the case of apartment neighbours. Despite living in such close proximity, most refrain from any contact whatsoever. A smile or a hello doesn't take much; yet, that too is hardly forthcoming. We have an intercom connecting all apartments in our building. Yet, no one is interested in picking it up and making contact. I tried to keep in touch with a few, but to no avail. I stopped, lest they brand me a social nuisance.

Observing the glaring absence of social interaction in the present times, made me dwell here on this topic. One of the most important aspects of being a human being is interacting with others. Social interaction is the process of reciprocal influence exercised by individuals over one another during social encounters. Usually, it refers to face to face encounters in which people are physically present with one another. Positive social interactions include common courtesies such as greeting each other, encouraging each other to talk about themselves, generously offering compliments and support, practising good manners and social norms, asking open-ended questions and being willing to listen.

Our social lives are the bedrock of our health and emotional well-being. We are better together than we are alone. Maintaining a healthy social life is linked to better memory, cognitive function and even physical health. Increased social engagements are beneficial to a point. Over the

course of eight studies, published in two papers that examine the physical and emotional impacts of social interaction, Olga Stavrova and her co-authors found people get the most benefit from as little as one social event a month....and I have found it so true in my personal experience.

Interaction with other people is critical at any and every stage of life. It is especially important for young children and the elderly. Early social interaction is particularly beneficial for child development and the right environment can help children develop strong language skills, creativity, empathy, communication and confidence. The more they are with people, the more they learn. Everything that we learn is by absorbing others. When we are amongst people, we learn to play, talk, make friendships with others and widen our knowledge.

Evidence shows that positive social connections at work -supportive interactions, a sense of belonging and effective teamwork - improve worker well-being and can protect against harmful effects of workplace stress.

The art of interacting with others helps us to be friendly with others and empathise with them. Social interaction includes how we interact with others to act and how to react. In our daily lives, we meet many people. If we know how to handle our social relationships, we are definitely successful in our lives. Friends are like our souls. They have the capacity to understand us and are ready to help us in every situation.

The following of social courtesies by me stood me in good stead during a recent personal emergency, when I was overwhelmed by the outpouring of enquiries, support and help that poured in from all quarters. Surprisingly, even from apartment mates, who would otherwise not care to be friendly!



One of the most important benefits of socialization is better mental health. It can lighten your mood and make you feel happier. Social interaction is good for one's brain health, thus lowering the risk of dementia. It also provides a sense of safety, belonging and security by allowing you to confide in others and let them confide in you.

The hallmark of social interaction is the ROSETO EFFECT, a phenomenon by which a close-knit community experiences a reduced rate of heart disease. The high quality of interpersonal relationships was the reason the close-knit Italian-American community of Roseto, a pretty but modest village nestled in Pennsylvania, lived long and happy lives. From Roseto, we learn about the importance of social connection to our health and well-being.

Having said that, it is never too late to build a social life.

Make sure to have three to five close friends to call on when you are in need. Research has shown that individuals who have at least three to

five close friends, experience the lowest levels of anxiety, loneliness, depression and a range of other adverse health outcomes.

Get one to three hours of social interaction per day. It can include a wide variety of activities: chit chat with your barista, a phone call to a friend or even a conversation over dinner. Studies have shown that talking to neighbours can build a sense of community, making friends at work can reduce job stress and create a sense of safety and provide a meaningful source of connection. Different relationships provide different types of support. .

Reach out to old friends and don't be afraid to make new ones.

Keeping and maintaining relationships can be hard, especially in today's fast paced world. Nonetheless, it is the elixir to soothe the lonely and troubled mind and the buoy to stay afloat during any adversity.

Like someone rightly said

“In the buffet of life, friends are the dessert”

*Nirmala Kamath, a resident of Kochi, is multilingual, connoisseur of food and different cuisines. She is an avid international traveller and a voracious reader.*

### LIST OF IMPORTANT DATES IN THE QUARTER JANUARY-MARCH, 2024

Dates	Day	Festival
15 <sup>th</sup> January 2024	Monday	Makar Sankranti
26 <sup>th</sup> January 2024	Friday	Republic Day
29 <sup>th</sup> January 2024	Monday	Sankashta Chaturthi
13 <sup>th</sup> February 2024	Tuesday	Shree Ganesh Jayanti
28 <sup>th</sup> February 2024	Wednesday	Sankashta Chaturthi
8 <sup>th</sup> March 2024	Friday	Maha Shivratri
24 <sup>th</sup> March 2024	Sunday	Holi Poornima
25 <sup>th</sup> March 2024	Monday	Holi Dhoolivandana
28 <sup>th</sup> March 2024	Thursday	Sankashta Chaturthi
9 <sup>th</sup> April 2024	Tuesday	Gudi Paadva

## FROM STARDUST TO STARDUST

by Ajita Kini



We all came from stardust, and it is to stardust that we strive to return. That is how I reconcile my understanding of what our śāstra say, and what physics is continually discovering. In modern times, science 'discovered' that matter is made up of molecules and molecules differ from each other. Years later, came the discovery that molecules are made of atoms; atoms differ from each other and the Periodic Table was constructed. Then came quantum physics and the discovery that atoms were made of neutrons, electrons, and protons and across chemical elements, all neutrons, electrons, and protons were identical!

Many years after my school and college physics studies came to an end, I learnt that our śāstra say all matter is triḡuṇātmaka – i.e., comprising of 3 ḡuṇa. Somewhat simplistically, the three ḡuṇa are rajas which corresponds to activity propensity, tamas which is inertia propensity and sattva which is considered equanimity or luminosity propensity. When one thinks about it, they appear to correspond closely to, respectively, the electrons which rotate around the nucleus (activity propensity); the protons that act as a countermeasure to prevent the electrons from flying off their orbits (stability / inertia propensity) and neutrons that form the nucleus of the atom (equanimity propensity).

Just as all three – electrons, protons and neutrons are essential to form matter, and different proportions of them go to make different chemical elements, so also, our śāstra say different proportions of the three ḡuṇa lead to the formation of different matter. In fact, our śāstra go a step further, and say not only all sthūla (gross) matter but also all sūkṣma (subtle)

matter – vis. mind matter, energy systems in the embodiment – is triḡuṇātmaka.

Modern medicine today recognises that the human body, and specifically the brain, is a chemical complex more than a physical – physiological complex. Modern medicine uses pharmaceutical products to “adjust” the chemical complex, while our ancestors understood that the best way to maintain the balance (or adjust the imbalance) in the ḡuṇa is by correct intake. The intake being not only food that is ingested through the mouth, but food for all the senses – the eyes (what is seen), ears (what is heard), nose (what is smelt), tongue (what is eaten), skin (what touches it) as well as the mind (what is thought).

Thus, the role of rituals – daily rituals, event-based rituals, specific date-based rituals etc. If one examines the pūjā vidhi of sanātana dharma, one will notice that “food” for all the senses is addressed – through alankāra (adornment), mantra-stotra, puṣpa (flowers), dhūpa, bhog / naivedya (edible food), ārti - arcana, tilak-nāma on the forehead etc. Today, modern science is slowly discovering the role of sound waves in medical treatment. Our śāstra speak of mantra that can be used to heal specific ailments, as well as “broad spectrum” healing mantra such as the Śrī Viṣṇusahasranāma Stotram, Rāma Rakṣā Stotram, Mahāmṛtyuṃjaya Mantra etc.

Today, there is talk of anti-matter - that when the Big Bang occurred, there was no way for matter to have been formed without the formation of anti-matter, which is like the mirror image of matter. This is beginning to sound suspiciously like what our śāstra refer to, when they tell us this entire world is māyā, mithyā. When pundits try to explain the concept of māyā, they sometimes liken it to a mirror image which is not the real

object, but in a closed system, it is impossible to make out which one is the real object, and which one is the image.

The 3 guṇa also correspond to the 3 forms of energy – rajas corresponding to kinetic energy, tamas corresponding to static energy and sattva corresponding to potential energy. So, way before Einstein, our ṛṣi told us that matter and energy are both built from the same building blocks – hence, by implication, they are interchangeable.

Modern psychology (Maslow) tells us that once our basic needs are satisfied, we all wish to realise our potential. Seeing that potential energy corresponds to sattva guṇa, this amounts to saying that we strive to enhance the sattva component in our beings. This is exactly what our śāstra, including the Bhāgavad Gītā has been telling us – in fact going further to give us the “how” of it through different kinds of yoga that appeal to different human psychologies!

When mantra chanting or mantra japa is done, when the pronunciation and cadence (chanda) is correctly achieved, and there is repetition (as in japa), the cells in the body start resonating to the frequency of the sounds being uttered. In school, when we learnt about sound waves, one of the regular questions in the exam paper used to be “why are soldiers asked to break step when crossing a bridge?” The answer was that otherwise, their marching in step might cause the bridge to resonate to their marching and disintegrate!

The cells in our body (indeed, every atom and all matter) are always vibrating. Most of the time, we are unaware of it. Occasionally, when listening to an enchanting piece of music, or when overcome by the beauty of nature on a remote mountain top (for example), we can sense the vibration in the body and often, at such times, the hair on our arms stands on end. Just

imagine, if every cell in our body starts vibrating in resonance, there is no telling what the result might be. When speaking of different kinds of yoga, there is mention of laya yoga. I imagine laya yoga would be akin to every cell in our body vibrating in resonance and every atom, or subatomic particle in the body vibrating in resonance! Maybe we would just vaporize into nothingness – isn’t it a fascinating thought? What are the chances, that when we chant (ĀUM) with total immersion, all the cells in the body start resonating to the cosmic note, and that makes us merge into the cosmos, or the Absolute? There are incidents that speak of such things – whether of Sati spontaneously combusting her body in protest of her father Dakṣa’s treatment of her husband Śiva, or the body of Śrī Sai Baba of Shirdi transforming into a pile of flowers (to be divided for cremation and burial as the 2 arguing factions of his disciples desired).

Amongst the Hindus, when a person dies, we pray for the departed spirit’s “sadgati”. Sadgati literally translates to good speed. Why do we pray for their sadgati?

Our earth takes 24 hours to rotate on its axis and 365.25 days to revolve around the sun. In contrast, a day on Venus is 243 earth days, while it takes only 225 earth days to revolve around the sun. Imagine a planet that takes 8.64 billion earth years to rotate on its axis. A single day + night on that planet would last 8.64 billion earth years. If there were a being living on that planet, and that being had the ability to watch events on earth, it would be able to watch 8.64 billion years of earth’s changes, in a single “day” of its own!

Consider a fruit fly whose average lifespan is 40-50 days. That means, we human beings, could observe 7 generations of fruit flies in a single year. In a 70–80-year human lifespan, one could observe 500+ generations of a fruit fly. On the

other end of the scale, we have this superhuman being, that lives on a planet which has a day that equals 8.64 billion earth years ....one is no more improbable than the other.

Coming back to sadgati – when a person dies, the prāṇa departs from the body. Now we know that matter cannot be destroyed, it can only be transformed. Prāṇa is very subtle matter. When the prāṇa departs from the body, where is it to go? The Bhāgavad Gītā says

**अन्तकाले च मामेव स्मरन्मुक्त्वा कलेवरम्।  
यः प्रयाति स मद्भावं याति नास्त्यत्र संशयः॥१८.५॥**

Meaning, if we think of Him at the time of death, we will go to Him. In the next Śloka, we're told, whatever be the thought at the time of death, that is what will determine what becomes of us. Our thoughts are subtle (sūkṣma) matter that determine where our prāṇa will go. If the prāṇa is to go beyond the gravitational pull of the earth, i.e., we are to take birth in a loka beyond the earth, then it needs the requisite escape velocity. The strength of the thought determines the extent of escape velocity that is available to the prāṇa.

Our śāstra say there are 6 loka above the earth – bhu, bhuvah, svaha, maha, jana, tapa, satya. Each of these is inhabited by beings, and we can occupy any of these realms after our death, based on our karmaphala rāśi (sañcita karma) and what may be ready for fructification (prārabdha karma) in the lifetimes to come. So, while speed is the colloquial meaning of gati, in this context, it also means transmigration from a lower life form to a higher life form. When we pray for the sadgati of the departed jīva, we are wishing them the escape velocity to reach a higher realm, escaping the gravitational pull of the earth and other lower realms. This is why, “Rest in Peace” is not an appropriate response when one is informed of the death of a Hindu – the more appropriate response would be to wish the departed jīva sadgati – escape velocity to transmigrate to a higher life form, and not rest or stagnate in the current form. And when we speak of merging with the Supreme, it amounts to achieving such an escape velocity, through the force of our karma and thoughts at the time of death, that we achieve mokṣa, by going beyond all these seven realms and losing our individual identity. And that is how, we revert to being stardust!

*Ajita Kini has been a student of Iyengar Yoga since 2007. This is the 13<sup>th</sup> in a series of articles about yoga.  
Thanks to Padma for suggesting the theme of this article*

## **GSB CLASSIFIEDS: LET US BE A PART OF YOUR ANNOUNCEMENTS**

‘Voice of GSB’ Magazine is introducing ‘GSB Classifieds’ for our Samaj Bandhavas.

Currently Voice of GSB reaches 2200 homes directly through our physical copy and reaches many more inboxes and phones/whatsapp chats through our e-Voice of GSB (our digital magazine).

We wish to be your voice and assist you in reaching out to our community across regions - be it announcement of engagement/marriage, anniversary, milestones, achievements, services etc.

**For more information on Classifieds, kindly contact us on [gsbvog@gmail.com](mailto:gsbvog@gmail.com)**

# EMPOWERING COMMUNITIES AGAINST STROKES: INSIGHT ON PREVENTING AND TREATING STROKE

by Dr. Nitin Jagdhane



**Introduction:** World Stroke Day, observed annually on October 29<sup>th</sup>, stands as a solemn reminder of the critical importance of stroke prevention and early intervention. The devastating impact of strokes on individuals and communities can be mitigated through timely awareness, education, and expert intervention. In this comprehensive exploration, we delve into the significance of stroke prevention, recognizing early signs, the special role of physiotherapists and the pivotal role that communities play in preventing this life- disabling / threatening condition.

**Understanding Stroke:** A stroke, often referred to as a “brain attack,” occurs when there is an interruption in the blood supply to the brain, leading to a rapid loss of brain function. Recognizing the signs and symptoms of stroke is not only crucial for prompt action but can be a matter of life and death.

**Know the Signs – BEFAST:** The BEFAST acronym provides a mnemonic device for identifying potential stroke symptoms, emphasizing the urgency of timely response:

- **B (Balance):** Sudden loss of balance or coordination.
- **E (Eyes):** Sudden trouble seeing in one or both eyes.
- **F (Face):** Sudden numbness or weakness in the face, especially on one side.
- **A (Arms):** Sudden numbness or weakness in the arms, especially on one side.
- **S (Speech):** Sudden confusion, trouble speaking, or difficulty understanding speech.

- **T (Time):** If any of these signs are observed, it’s Time to call for Medical Help immediately.



## Prevention is Key:

1. **Healthy Lifestyle Choices:** Adopt and maintain a healthy lifestyle. Regular exercise, a balanced diet, and the avoidance of tobacco and excessive alcohol consumption are pivotal in reducing the risk of stroke.
2. **Regular Health Check-ups:** Scheduled health screenings are instrumental in identifying risk factors such as high blood pressure, high cholesterol, and atrial fibrillation. The timely management of these conditions, can effectively prevent strokes.
3. **Social Awareness Initiatives:** The GSBS Medical Trust Mumbai, actively engages in far-reaching awareness campaigns, seminars, and workshops throughout Mumbai and India. These initiatives serve to educate individuals about the risk factors and preventive measures associated with strokes, fostering a community that is informed and proactive. The GSBS Medical Trust Mumai further extends its impact by working towards making health education accessible to all, especially in underserved communities.

4. **Community Empowerment:** Advocate for basic first aid and CPR training within communities. Equipping individuals with these skills ensures immediate assistance to stroke victims, significantly increasing their chances of survival and reducing the potential for long-term disability.

#### **Early Treatment Saves Lives:**

1. **Act BEFAST:** The importance of swift action when any of the BEFAST signs are observed. Immediate response time is critical in the effective treatment of stroke, minimizing the extent of damage.
2. **Medical Advances:** The Doctors at GSBS Medical Trust remain abreast of the latest advancements in stroke treatment, including the use of clot-busting medications and mechanical thrombectomy procedures. These innovative treatments, when administered promptly, significantly enhance the chances of recovery and reduce the long-term impact of stroke on individuals.

**Physiotherapy is one important modality for good recovery from stroke, stability and ensure good quality of life. GSBS Medical Trust has started a state-of-the-art Rehabilitation Centre at Shitladevi Temple Road, Mahim**

*Dr. Nitin N. Jagdhane, a distinguished neurosurgeon with 14+ years' experience, holds MBBS, MS, and M.Ch. (Neuro-surgery) degrees, along with a coveted Spine fellowship from the UK. Serving as a Professor of Neurosurgery at Dr. D. Y. Patil Medical College and Hospital, Navi Mumbai, and as a Senior Consultant Neurosurgeon at several renowned corporate hospitals, he specializes in endovascular neuro-intervention, spine surgery, and brain tumors. Dr. Jagdhane, recognized among Mumbai's top neurosurgeons, is associated with the GSBS Medical Trust and is celebrated for his compassionate care and exceptional skills, earning numerous awards. Contact: +919270250750, drjagdhane@gmail.com, www.brainspinespecialist.com.*

#### **Take Home Message:**

On World Stroke Day 2023, let us unite to fulfil in the mission to combat strokes. Through widespread awareness, the promotion of healthy lifestyles, and ensuring swift action when BEFAST signs are observed, we can collectively reduce the impact of this condition. Together, under the expert guidance of doctors, communities can be empowered with the knowledge and tools necessary to prevent strokes, ensuring early treatment, ultimately saving lives and improving the quality of life for stroke survivors in Mumbai and beyond. By fostering a culture of health and proactive intervention, we can collectively make strides in the prevention and treatment of strokes, safeguarding the well-being of communities worldwide. The collaborative efforts of Dr Nitin Jagdhane and GSBS Medical Trust Mumbai exemplify a commitment to social awareness and healthcare accessibility, ensuring a healthier and more resilient society for generations to come.

**If you wish to get a physical copy of this newsletter posted to you every quarter, please become a member of G.S.B.Sabha, Mumbai**

**Life Membership : Rs. 501/-**

**Patron Membership : Rs. 1001/-**

*For membership application form, Please contact Sabha Office on 022-2408 1499 (Mon to Sat 2.00 pm to 6.00pm) or download the form from our website : [www.gsbsabhamumbai.org](http://www.gsbsabhamumbai.org)*



J.N. WADIA

Dispensary

Medical Center

IN ASSOCIATION WITH GSBS MEDICAL TRUST



# PhysioCare Centre

## Dependence to Independence



### SERVICES

- ✓ Orthopaedic
- ✓ Sports injuries
- ✓ Neurology
- ✓ Cardio-respiratory Rehab
- ✓ Paediatric
- ✓ Geriatric
- ✓ Vestibular (Balance Control)

Well Qualified  
Physiotherapists  
& State of Art  
Equipment to  
put you back  
into action



**GSBS MEDICAL TRUST**  
BUILDING TRUST THROUGH QUALITY HEALTHCARE

Sitladevi Temple Road, Mahim (West), Mumbai 400 016. Tel: 88288 71981  
Email: jnwmedicalcentre@gmail.com Website: www.gsbsmedicaltrust.org

Scan this QR code  
for our Android app





OM SREE KRISNAYA NAMAH



## A SHORT VERSION OF SABHA PARVA - PART -1 OF THE GREAT EPIC MAHABHARATA

by Divakara Shenoy, Kochi

### Introduction

Mahabharata is considered to be one of the greatest and largest written Hindu Epic of all times. The entire story of Mahabharata is woven with 1,00,000 verses written in Sanskrit language. The Epic spans over 18 sections known as 18 parvas namely Adi Parva, Sabha Parva, Aranya Parva, Virata Parva, Udyog Parva, Bhishma Parva, Drona Parva, Karna Parva, Shalya Parva, Sauptika Parva, Sri Parva, Shanti Parva, Anushasana Parva, Ashvamedhika Parva, Ashrama Vasika Parva, Mausala Parva, Mahaprasthanika Parva and Svargarohana Parva.

The first article on Adi Parva (Part-1) was published in the Oct to Dec 2022 issue of Voice of GSB and the second article on Adi Parva (Part-2) was published in the Oct to Dec 2024 issue of Voice of GSB. The Adi Parva section begins with narration of the Mahabharata story by Ugrasravas Sauti to the assembled Rishis at the holy forest called Naimisharanya. The story narration in the Adi Parva extends until the event of Draupadi Swayamvara followed by Sabha Parva. The present article is on Sabha Parva.

### SABHA PARVA

#### Synopsis

The King Drupad, ruler of Panchala Kingdom, organized the ceremony of Swayamvara when his daughter Princess Draupadi attained marriageable age.



Location of Hastinapur, Indraprastha, Magadha

Location of Naimisharanya and Gomati River

The Pancha Pandava brothers, while living incognito in the forest after escaping from the fire engulfed Lashkargah, heard about Draupadi's Swayamvara ceremony. They also arrived at the Swayamvara hall. The Pandavas, out of curiosity, sat there disguised as Brahmanas to watch the ceremony. Princes and Kings from nearby kingdoms were invited to attend the ceremony. Those Princes and Kings who wished



to win Princess Draupadi's hand in marriage had to win the designated challenge arranged by King Drupad. Where all participants failed Arjuna accomplished victory and won Draupadi's hand in marriage. Karna, who also was an unsuccessful suitor in the Swayamvara challenge, identified the winner as Arjuna. Karna passed this news to the royal family of Hastinapura and his intimate friend Duryodhana; who until then assumed the Pandavas dead in the Lakshagraha fire incident. Duryodhana was shocked and upset knowing that the Pandavas were still alive.

### **INVITATION FROM UNCLE DHRITARASHTRA**

The news of Arjuna's marriage with Draupadi, Princess of the Kingdom of Panchal reached Hastinapur. At the advice of senior members of the Royal family, King Dhritarashtra invited the Pandavas and their bride back to Hastinapur. Pandavas on arriving at Hastinapur were honored with a warm welcome. King Dhritarashtra pretended to be the happiest person on discovering that the Pandavas were still alive.

As prompted by his greedy son Duryodhana and cunning Shakuni - his brother-in-law, King Dhritarashtra, to display his largesse towards the Pandavas, subsequently partitioned the kingdom and gave Yudhishtira a large area of barren land to settle in and rule over while reserving the fertile lands for his sons. However, with the help of Lord Krishna and the people of that area the Pandavas transformed the barren land into a paradise called Indraprastha. Yudhishtira, the eldest of the Pandava brothers, was crowned as ruler of the new kingdom of Indraprastha.

### **KINGDOM OF INDRAPRASTHA**

The new kingdom became known as Indraprastha, and also as city of Kuru Kingdom. Historical research indicates its location in the region of present-day New Delhi. The city in ancient times was also known as Khadavaprastha situated on the bank of river Yamuna.

The barren region underwent astonishing changes during the Pandavas reign. Under King Yudhishtira, the kingdom Indraprastha was developed as a beautiful garden city and citizens of Indraprastha praised Yudhishtira for the development and prosperity achieved by the state under his rule. Indraprastha became a city of admiration around the world.

The five brothers loved each other very much and lived happily in Indraprastha. The city was earlier known as Khadavaprastha, the name of a forest region on the banks of rivers Yamuna, where forest was cleared to build the city of Indraprastha.

There was a great architect named Maya Dhanava, an ardent devotee of Lord Krishna. Lord Krishna asked Maya Dhanava, who was credited for building several beautiful mansions & palaces for demons, to build a magnificent Royal court and palace for the Pandavas in Indraprastha, that would excel all on Earth. As advised by the Lord, he constructed an extremely beautiful and magnificent palace and court in Indraprastha. News reached Hastinapur; the ever greedy and jealous Duryodhana wanted to possess Indraprastha. Duryodhana once visited Indraprastha and was surprised to see the beautiful palace. He could not resist his desire to possess such an elegant palace building. He planned to deprive the Pandavas of their wealth, kingdom and properties.

### **NARADA MUNI IN INDRAPRASTHA**

The Pandavas strictly obeyed mother Kunti's advice to share equally whatever they received. Princess Draupadi had become wife of all five Pandavas. Therefore, to comply with mother Kunti's instructions the one thing they had to share was Draupadi and a conflict was possible, though they were very much attached with each other.

During these days, Narada Muni once visited the Pandavas in Indraprastha. He, who is considered

to be the only sage with free access to the abodes of Lord Vishnu, Lord Shiva, Lord Brahma, all other gods and sages was welcomed with great honor by the Royal family of Indraprastha. During the discussion, he told a story to the Pandavas to illustrate an example of two brothers who fought and died as both wanted to marry an extremely beautiful Apsara, who came from Heaven. He narrated a story - many years ago there lived two demons Sunda and Upasunda who, like the Pandavas, shared whatever they got. Since they were brothers and fond of each other, they were sure they would never go against one another.

One day the drunk and intoxicated brothers, out of their senses met an Apsara named Tilottama. Attracted by her beauty, Sunda and Upasunda both desired to marry her. Both started fighting with each other and eventually both died.

With this illustration of the story, Narada advised the Pandavas that they should strictly stick to some condition in the case of each spending time with Draupadi to avoid possible conflict. The Pandavas mutually agreed that when any one of them is spending time with his wife Draupadi, others should not enter their room to affect their privacy and if anyone breached the vow, they would be exiled away from the kingdom for 12 years.

### **ARJUNA BREACHED VOW, SET OFF TO THE FOREST**

One day one of the citizens of Khadavaprastha rushed to the palace and complained to Arjuna that someone abducted his cows and ran away. It was the ruler's duty to protect the citizens and their wealth & properties. Arjuna realized that his weapons were kept in a room in which Yudhisthira was spending time with his wife Draupadi. He also realized that he would be failing in his duty if the citizen was not protected, and the cattle not recovered and given back to the aggrieved person. Although he knew that it would breach their mutual agreement if he

entered the room in which Yudhisthira and wife Draupadi were spending time, he realized that duty came first before anything else. So, he immediately went into the room and took the weapons and rushed after the thieves. Seeing Arjuna, the thieves ran away leaving the stolen cattle halfway. He thus returned the cattle to the owner of the cattle. Arjuna apologized to Yudhisthira for breaching the vow and left the kingdom. Since Arjuna had violated the vow, he accepted the punishment and set off to the forest to live next 12 years in exile.

### **ARJUNA MARRIED PRINCESS OF NAGALOKA**

During his life in exile, one day when Arjuna was taking bath in the river Ganges, a very huge wave carried away Arjuna deep into the river taking him to Nagaloka (world of snakes). When he opened his eyes, he saw a beautiful Naga princess standing in front of him. The woman introduced herself as Ulupi, princess of Nagaloka who expressed her desire to marry a great archer like Arjuna. He explained to her his situation. Ulupi told him that she knew everything. He lived in Nagaloka for a few years marrying Ulupi. A son was born to them who was named Iravan.

### **MARRIAGE WITH CHITRANGADA**

After spending a year with his wife Ulupi, Arjuna left Nagaloka and continued his journey through the forest. During his journey he met great sages including sages Agasthya, Bhrigu and Vasishta. He then arrived at Manipur where he met King Chitravahana's beautiful daughter Chitrangada. He fell in love with her. King Chitravahana accepted Arjuna's proposal to marry Chitrangada because Arjuna was handsome and intelligent. According to the customs of Manipura kingdom the son of the princess would become the King of Manipura. After a year, a son was born to them who was known as Babruvahana.

## **PILGRIMAGE TO RAMESHWARAM & LANKA**

Arjuna stayed in Manipura for a year after his son was born and then left the kingdom to continue his pilgrimage. He proceeded to the South to visit some holy places and saints. He visited many temples and shrines and then arrived in the holy place, Rameswaram. There he visited the temple of Lord Siva which had the Shivalinga installed by Sree Rama many years ago. After offering his prayers and seeking blessings from Lord Shiva, he resumed his journey to visit Sri Lanka and went near the ocean, where he saw the remains of Ram Setu Bridge that was built by monkeys, squirrels and other animals devoted to Lord Rama. A thought occurred to him as to why Rama used monkeys and squirrels to construct the stone bridge.

### **ARJUNA MET HANUMAN**

A thought emerged in Arjuna's mind as to why Rama depended on little monkeys to build a stone bridge to cross the sea to the land of Sri Lanka. Arjuna failed to understand out of anxiety the reason as to why Rama the greatest archer could not have made a bridge of arrows instead of using the monkeys to build a stone bridge. He shared his thoughts with other pilgrims standing near to him. Upon hearing Arjuna's conversation, a little monkey standing there laughed and replied to Arjuna that such bridge of arrows could not have withstood the weight of his ancestors and stalwarts like Sugreeva, Nala, Nila, Angada, and Hanuman or for that matter even himself.

Arjuna laughed at the stupidity of the little monkey. He wanted to convince the little

monkey how strong the bridge could be, if made of arrows, that too if built by a great archer like him. Arjuna took this as a challenge to him made by the little monkey. He shot arrows deep into the sea and made a bridge. He asked the little monkey to go and see how strong the bridge was. As the little monkey ran to and fro, the bridge of arrows collapsed. Arjuna tried again and again to build the bridge and failed. Arjuna now realized that the little monkey was none other than Lord Hanuman and fell on the Lord's feet and apologized for his ignorance and arrogance.

### **JARASANDA**

Jarasandha was the powerful Monarch of the kingdom of Magadha. His father was Brihadratha, the founder of Brihadratha dynasty of Magadha. He became an enemy of Krishna since his son-in-law Kamsa was killed by Krishna and his daughters were widowed. Jarasandha attacked Mathura 17 times with an army of 23 Akshauhinis, but was defeated every time by Krishna.

Lord Krishna stayed in Indraprastha for a few days and then returned to his kingdom Dwaraka. Once Lord Krishna was sitting in his royal court when a man came in to meet the Lord. The man bowed down to the Lord and stood before him with joined palms. With the permission of the Lord the man submitted how the King Jarasandha of Magadha Kingdom had conquered several other Kingdoms and imprisoned those kings. He added that with his victory, Jarasandha thinks that he can harass all those who are Krishna's followers. His atrocities and harassment are beyond what one could tolerate. Krishna decided to diminish Jarasandha's power. (to be continued)

**Shubham**

*Shri Divakara Shenoy (www.shenoydivakar.com) is a Chartered Engineer with more than 30 years of experience. He can be reached at Shenoyd2@gmail.com.*

*A Short Version of Adiparva of the great epic, Mahabharata, was printed in two parts in the Oct. to Dec. 2022 and Oct. to Dec. 2023 issues of Voice of GSB.*

## THE PAURANIK SERIES KING NIMI

(SOURCE: DEVI BHAGVAT PURANA)

by *Tanushree Rao Shenoy*

### BACKGROUND:

King Nimi was a just and much-loved king. His subjects adored him, as he was forever in a quest to better the lives of his citizens. The king decided to perform a big Yagna in order to increase the prosperity of his kingdom and for the betterment of his citizens. As this Yagna was meant to last for thousands of years and was an extremely important and elaborate Yagna, the king was keen to appoint an extremely learned and exceptionally powerful sage as the presiding priest. He approached Rishi Vashishtha who was the foremost amongst the sages.

### THE CONUNDRUM:

King Nimi humbly placed his request before Vashishtha and with folded hands asked him to accept the post of presiding priest of his Yagna. Vashishtha informed the king, as he had already accepted to preside over a Yagna undertaken by King of Devloka, Indra, which would last for five hundred years; he was not in a position to abandon it and commence King Nimi's Yagna immediately. King Nimi, disappointed at the turn of events contemplated, "My Yagna is for the betterment of my people and my kingdom; I am not in a position to postpone it. Had this Yagna been solely for my personal purpose, I would have waited for Vashishtha to finish Indra's Yagna but as a King I cannot ignore my duty towards the betterment of my Kingdom. Alas! My desire to see Vashishta presiding over my Yagna will not come to fruition." While Nimi was under the impression that Vashishtha had refused his offer; Vashishtha had simply understood the situation differently. Unknown to King Nimi, Vashishtha has read the situation otherwise, perceiving it as 'the king is willing to wait for him'. He contemplated "King Nimi has honored me with this position. I cannot turn him away. I will complete Indra's

Yagna and immediately commence on King Nimi's Yagna."

### THE FURY

500 years elapsed. Indra's Yagna had come to an end. Vashishtha was free to undertake other assignments and all he could think of was King Nimi's request. He hurried to meet King Nimi. Unknown to him, King Nimi had taken his hesitation as a refusal. He went ahead with the Yagna with Sage Gautama as the presiding priest. The Yagna was in full swing when sage Vashishtha landed there. Upon seeing this, Sage Vashishtha was initially embarrassed and later furious. He felt King Nimi had deliberately commenced the Yagna without him. Thus insulted, instead of seeking explanations from the king, he cursed King Nimi in fury – "Oh haughty King, you did not even show the courtesy to wait for me or inform me about the commencement of Yagna with someone else as presiding priest. Such a man does not need a body. I curse you King Nimi, may you be 'without a body'." As soon as these words were uttered, King Nimi's spirit left his body. The king could see and hear everything. He saw his lifeless body lying there while his subjects, near and dear ones and all present at the Yagna wept and stood in utter shock over the rapidity of the events. He saw everyone pleading with Vashishtha to undo the turn of events or nullify the curse with folded hands. Although initially stunned and confused, the king swiftly recalled what transpired before the curse through his considerable spiritual prowess. Now terribly angry at the hasty and unjust curse laid on him, the king cursed Vashishtha in return "Oh Rishi, I went ahead with the Yagna as this Yagna was



not for my personal gains but for the wellbeing of my kingdom and it needed to be done at the earliest. Yet, you without understanding, cursed me unjustly. I curse you too. Just as I have lost my body, Oh Rishi! You too shall lose yours.” Subsequently, Vashishtha’s spirit too left his body.

### THE EFFECT:

King Nimi was very happy in his Astral body and realised, the pursuit of Brahman was better without the trappings of a body. He meditated continuously and became very powerful spiritually. In the meantime, although the Yagna continued, his subjects were highly unhappy. They preserved the king’s body by embalming it with oils and scents. Sage Gautama, the presiding priest was in a fix. He spoke to King Nimi (now in the form of a Spirit). “Oh King, you undertook this Yagna for the betterment of your kingdom; yet currently your citizens are weeping without their king.” On completion of the Yagna, the Gods came to receive their share of offerings. All citizens present wept before the Gods asking them to bring their King Nimi back in his body. The Gods then spoke to King Nimi “Oh king! We are pleased with this Yagna. Vashishtha will soon regain his body and we wish to do the same for you.” The king yelled “Oh please NO! I am happy here in the astral plane. Please do not do this, please do not send me back into that body.” The Gods smiled “If this is what you want, so be it. Yet, we cannot disappoint your subjects who completed this Yagna on your behalf and love you so much.” King Nimi agreed and said “I too want to be with them, but in spirit form only. Hence, bless me to be present always in the eyelids of all human beings.” The Gods consented. King Nimi continues to reside in the eyelids from then onwards and the time between the opening and closing of the eyelids is known as Nimisha since.

### A NEW KING:

Yet, the question remained. Who was the king after Nimi as he had no children. A land without a monarch was a disaster in waiting. A gathering of wise people and sages then decided to proceed as per precedent set by the Saptarishis in the case of King Vena. The lifeless body of the king was utilized to knead out the successor. A glowing person emerged – Kushadhwaja, who was anointed the king. Since Kushadhwaja was born without parents, he was also known as Janaka (the man without Progenitor). Since he was born of a dead man, he was also known as Vaideha (son of a man without a body). Kushadhwaja was born from churning of the mind and flesh hence he was also known as Mithi.

In due course of time, this new king would obtain a daughter in an equally exceptional manner who would be known as Vaidehi, Jaanaki, Mithila. She is also known as Sita, wife of Raja Shri Ramchandra 7<sup>th</sup> avatar of Vishnu.

### Inference:

Adverse circumstances can prove to be a boon sometimes. It only takes a positive approach to channelize the situation to our advantage. King Nimi lost his body, but gained immensely in his spiritual pursuits.

It is critical that we wait and analyze each situation from as many angles as we can before jumping to conclusions, which in the first place, may not be reflective of facts or may be an illusion.

Speech, when used wisely, is advantageous; yet the main objective behind speech is communication. Both Vashishtha and King Nimi may have been adept at language and skill of speech; yet, they forgot to communicate, which resulted in disastrous result for both of them.

*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. She can be reached at [tanushreerao@gmail.com](mailto:tanushreerao@gmail.com).*



## VASANTH'S POETRY CORNER

*by Konchadi Vasanth Pai*

### Faint hearted Knight

On a tower atop a hill  
kept there against her will  
Was a Princess so fair  
Incarcerated there  
by a pretender heir

Oft she'd be dreaming  
At nights just screaming  
With no succour in sight  
ruing her accursed plight

As a pale sun rose  
In the crimson sky  
A vision so splendid  
Passed her mind's eye  
A knight in armour  
Astride a white steed  
Was truly the very best  
Apparition indeed

She ran to the window  
Her vision was real  
but her knight in armour  
looked like a pale shadow

With a coat of arms rusted  
His helmet was busted  
His legs were shaky  
His face looked flaky

His visor neither closed  
Nor opened wide  
It wouldn't move  
and squeaked when he tried  
He had blinkered vision  
but at least he could see  
but this knight in armour  
was as rickety as could be

The Princess' cries for help  
were met with a blank stare  
The poor damsel's distress  
Turned to utter despair

Her dreams were sundered  
Her nightmares came true  
Whatever happened  
To knights valiant and true?

*Konchadi Vasanth Pai (91), 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.*

# **INMAR ENGINEERING SERVICES PVT. LTD.**

5, Alankar, 251, Sion (West), Mumbai 400022. India.

Tel: + 91 22 2409 6170 / E-Mail: [inmarengineering@gmail.com](mailto:inmarengineering@gmail.com)

Official Indian Agents Representing:  
**MAGNETIC ANALYSIS CORPORATION**  
Elmsford, NY, USA

State of the Art

Non Destructive Testing Equipment

Eddy Current, Ultrasonic, Phased Array, Magnetic Flux Leakage Testing Systems

**“Test with the Best”**

[www.mac-ndt.com](http://www.mac-ndt.com)

## LESSONS IN BHAGAVAD GITA

by Dr. Gayatri G Shenoy

श्रीभगवानुवाच |  
अनाश्रितः कर्मफलं कार्यं कर्म करोति यः |  
स संन्यासी च योगी च न निरग्निर्न चाक्रियः ||६-१||

*śrībhagavānuvāca uvāca*  
*anāśritaḥ karmaphalaṃ kāryaṃ karma karoti yaḥ*  
*sa saṁnyāsī ca yogī ca na niragnir na cākriyaḥ 6.1*

*śrībhagavān = The Supreme Lord; uvāca = said;*  
*anāśritaḥ = without taking resort to; karmaphalaṃ*  
*= results of actions; kāryaṃ = that ought to be*  
*done (obligatory work); karma = works; karoti = does;*  
*yaḥ = one who; saḥ = he; saṁnyāsī = in the renounced*  
*order of life; ca = and; yogī = karma yogi; ca = and;*  
*na = not; niḥ-agnih = (one who) lights no fire;*  
*na = nor; ca = also; akriyaḥ = does no work; 6.1*

**The Supreme Lord said;**

**One who does works that ought to be done without resorting to the results of actions, he is in the renounced order of life and a yogi and not one who lights no fire and does no work.**

The lord had introduced the basics of *dhyāna yoga* or *aṣṭāṅga yoga* in the last 3 verses of the previous chapter. But before embarking on it in detail in this chapter He wants to set right a few important basic teachings to Arjuna so that he might not lapse again into confusion and misunderstanding. First off, He wants to tell Arjuna that contrary to the common man's belief and for that matter Arjuna's too (he thought of giving up the war and resorting to *saṁnyāsa*) *saṁnyāsa* is not just physically donning of external symbolic paraphernalia and resorting to a life of seclusion from obligatory works, but more of a mental state wherein clinging to fruits of actions is renounced while performing all due obligatory works. The mind is thus brought to a state of complete purification until the intellect starts seeing equipoise, and goes beyond duality now contemplating on the Supreme Being. At the same time, work is not abhorred or avoided but done purely to satisfy the Supreme Being as a mark of dedication to the Lord. In short, to be a *saṁnyāsī*

physical external paraphernalia is not mandatory. Instead, what is mandatory, is the renunciation of dependency or craving for the results of actions, with a mind and an intellect free from desires expectations and so on, which are considered as impurities of the mind. Indeed, very similar is the goal of a *karma yogi* who starts his journey to the Supreme by following the very same path in order to cleanse his mind and reach the state of a purified *saṁnyāsī* who is beyond duality. He is considered as an eternal *saṁnyāsī* who neither hates nor craves, freed from duality he is easily released from bondage (5.3). Hence, the Lord to start with makes Arjuna see the similarity between a *saṁnyāsī* and a *yogi*. A *yogi* to start with, works for self-purification (5.11) but gradually finds himself on the path of a *saṁnyāsī*. Rightly as is said *saṁnyāsa* is hard to attain without *karmayoga* (5.6). Indeed, the two paths are not different (5.4).

It is the Lord's way of saying, the different facets of yoga cannot be put into different watertight compartments. *Karma yoga, jñāna yoga, bhakti yoga* and *dhyāna yoga* (5.5) (4.33) all blend into each other. Although at times one may prevail over the others. If at all one endeavors to find a common denominator amongst them it has got to be *Bhakti* for without an attachment to the Supreme, how can one achieve the Supreme for whom this whole exercise is centered upon.

In the previous chapter the Lord eradicated all confusion which Arjuna was subject to regarding performance and renunciation of works by gradually telling him that both have to be done sequentially, renunciation being a graduation so to speak of, after the practice of performance of works meets with its objective of thoroughly cleansing the inner apparatus of mind so that it no longer clings to or craves for the fruits of actions and goes beyond duality, unaffected by the same, yet at the same time performing actions as a mark of dedication to the





Lord and as sacrifice for the good of the world as a whole. Once the karma yogi is adept at this, he may now be called a *saṁnyāsī* having been able to conquer and go beyond the pairs of opposites. He is now eligible to renounce all actions if so, he wishes (5.13); yet again setting His own example (3.22,23,24,) as also that of others (3.20). The Lord says that even such accomplished seekers continue to work for the welfare of the people and also with the idea that they should set a good example to the commoner lest the latter should subject himself to misconceptions about work (3.25,26.).

*Śripad Adi Sankaracarya explains- anāśritaḥ karmaphalaṁ-- anāśritaḥ* without taking resort to, which means without depending on *karmaphalaṁ* the fruits of one's action or expecting the fruits to fulfill one's desires, *yō hi karmaphalē tṛṣṇāvān saḥ karmaphalamāśritō bhavati, ayaṁ tu tadviparītaḥ, ataḥ anāśritaḥ karmaphalam.*(S-Bh6.1) "One who is full of cravings for the results of his actions he becomes one who resorts to the results of actions, but here instead is the opposite, which means without resorting to the fruits of actions."(S-Bh6.1)

*kāryaṁ karma karoti yaḥ* one who *karoti* does *kāryaṁ* what he is supposed, expected to do according to his station in life, karma his duties, works allotted to him, as a human being or further according to his intrinsic nature and occupation, his dharma, *sa saṁnyāsī ca yogī ca-- saḥ* he is a *saṁnyāsī* a renouncer, an ascetic, *ca* and *yogī a karmayogi, ca* too. The 2 *ca-s* bring in the fact that both a *saṁnyāsī* and a *karmayogi* are very similar so much so that you can call them by any of the 2 names. The idea is to set forth the fact that both follow the same path.

*na niragnir na cākriyaḥ na cākriyaḥ-- na niragniḥ* not one who goes about without lighting the sacrificial fire of works, *na ca akriyaḥ, ca* and *na not akriyaḥ* one who is without any duties or works allotted to him to be done by him; meaning even though he is aiming to be desire-less or is desire-less he still has got to do his duties and not run away from them, sacrifices done for the good of all, duties relevant to one's occupation and station in life have to be done in order to call oneself either a *saṁnyāsī* or a *karmayogi*.

*Śripad Rāmanujāchārya* puts this commentary on this verse beautifully. *Śrībhagavān uvāca* – The Supreme Lord said *karmaphala svargādikam anāśritaḥ* without depending on fruits of works such as heaven and so on *kāryaṁ karmānuṣṭhānamēva kāryaṁ sarvātmanāsmat-suhṛdbhūta-paramapuruṣārādhana-rūpatayā karmaiva mama prayōjanaṁ na tatsādhyam kiñcid iti yaḥ karma karōti*, one who does works, executing duties thinking this is a form of worship of the Supreme Person who is the Self of all, the benefactor of us living beings, this alone is my duty, there is no other motive whatsoever besides Him, *sa saṁnyāsī ca jñānayōganiṣṭhaśca yōgī ca karma-yōganiṣṭhaśca*. (such a person) he is a *saṁnyāsī* in the renounced order, dedicated to communion in knowledge and a yogi too, an aspirant of karmayoga dedicated to communion through work. *ātmāvalōkanarūpayōga-sādhanabhūtōbhaya-niṣṭha ityarthah*. The meaning is he is dedicated to both these paths which is the means to the practice of yoga that reveals the actual vision of the Self. *na niragnicākriyaḥ -- na cōditayajñādikarmasu apravṛttaḥ, kēvalajñānaniṣṭhaḥ*; not he who lights no sacrificial fire and does no work—that is, does not contribute to works that entail sacrifices and so on or is just devoted only to knowledge; *tasya hi jñānaniṣṭhā ēva karmayōganiṣṭhasya tu ubhayam asti iti abhiprāyaḥ*. He is dedicated only to knowledge but the *karmayogi* is dedicated to both (selfless work and as well as knowledge) this being the opinion. *uktalakṣaṇē karmayōgē jñānam api asti, ityāha* – as is suggested in *karmayoga* there is knowledge too, this is being said. (R-Bh6.1)

The bottom line is that true *karmayoga* is not without knowledge and the *saṁnyāsī* though learned and in the path of *jñāna*, incorporates work too, dedicated to the Lord. So ultimately both follow the same path, hence the similarity between the *karmayogi* and the *saṁnyāsī*. Both perform work with the knowledge that they have no attachment or repulsion for the fruits that result from work; therefore do work only for the satisfaction of the Lord and as a dedication to Him.

These are the basic qualifications the Lord wants the aspirant to possess before he embarks in the practice of *dhyāna yoga*.

## GSB LEGENDS - SHRI M. V. KINI

by Sujeet Kini



Lawyer Manipur Vasant Kini known to most people as MV Kini and to the people in the GSB community as M V Kini maam, was born in the small and very picturesque hamlet of Manibail (near Udipi), South Canara in 1942.



*M V Kini with family members*



*M V Kini with Barack Obama*

After starting his career in banking, he embarked on what can only be described as one of the most stellar legal careers in India.

He started the M V Kini law firm in 1978 out of a single office with 4 employees which at the time of his passing away, in June 2023, had grown into a nationally and internationally recognized legal firm with offices in 16 locations throughout the length and breadth of India with more than 150 employees.

M V Kini was on the panel of lawyers representing the Airports Authority of India (AAI) and personally represented AAI in several landmark cases. He was widely recognised as one of the foremost experts in aviation law in the country. M V Kini was also recognised as an expert in prosecuting white collar crimes and led several high-profile prosecutions in fraud cases in banks, both nationalised and private, including against cover-ups of scams in the financial sector in general.

Beyond his obvious and very apparent success as a lawyer M V Kini was at heart a passionate philanthropist and was involved in and donated to a large number of causes especially within the GSB community. He provided monetary help for education; sickness needs and donated money for the education of Adivasi children in Karjat.

He was also the vice president of the GSB Samaja Mumbai south division. He was the joint

coordinator of GSB Seva Mandal Ganeshotsav committee and was a donor to several temples in South India and Mumbai.

He was an avid lover of nature and organic farming and was at his happiest when he was at his Karjat farmhouse and tending to his extensive kitchen garden; afterwards having his household staff cook delectable GSB dishes not just for himself but anyone and everyone who would join him.

Above all M V Kini's major contribution was the sheer scale and size of impact he had on the lives of people whom he mentored and was a friend, philosopher and guide to.

M V Kini's lasting legacy is best described by one of his staff members Mittal Shroff:

"Kini sir was always a mentor to me... I completed my graduation and joined as clerical staff in his firm... he then trained me in bookkeeping and subsequently motivated me to pursue law... even during my law exams, he took time out of his busy day to coach me... He did this not just for me but for other staff in M V Kini and Co.... he was GOD for me... he has provided a roadmap for all of us which we will follow. He changed my life... I have never seen such a wonderful and kind-hearted person in today's world... we miss him, but his memories and preaching's will always remain in our mind and soul..."

**Passionate about learning Music.. ?  
Your Destination lies here.....**


## **Music Learner's Hub**


**Plot no. 151 'Matrukrupa'  
Landmark: Shree Krishna Hospital.  
Shri Krishna Nagar Road No. 15, Borivali East,  
Mumbai 400066.**

**Contact numbers: 8407913567/ 8080046271**

**Email: [contactkalacoast@gmail.com](mailto:contactkalacoast@gmail.com)**

 **Training in Vocal Music,  
Harmonium, Tabla and Guitar**

**Classes conducted by  
specialised teachers.** 

 **Separate batches for  
all streams**

**Individual attention  
to students** 

 **Special workshops and interactive  
sessions by experts from  
time to time.**



**Also Available Online Teaching Facilities**

## REPORTS FROM OTHER GSB ORGANISATIONS

### VERY SUCCESSFUL DIWALI DHAMAKA BY GSB VSISTERS

by Dr. Veena Adige



*VSisters-Diwali\_1*



*VSisters-Diwali\_2*

The thirteen-year-old group of GSB Vsisters, Navi Mumbai, celebrated a grand Diwali Dhamaka on Friday, 3rd November 2023. Nearly a hundred members with their families joined in with the Diwali festivities. Homemade delicacies put up by the members, sold like hot cakes. It was an exciting, and interesting get together of rich and colorfully dressed enthusiastic ladies with their families.

The Diwali Dhamaka began with the lighting of the lamp by Chief Guest, Amritha Pai, retd CIDCO official. This was then followed by a Ganesh bhajan by Sheela Kamath, Jayalakshmi Shenoy and Anjani Pai. Vidya Bhat sang Saraswati Vandana while Shantala Bhat rendered Gurupuja bhajan. Little Sumedha Pai beautifully danced while Durga Shenoy, Anjani Pai and Shantala Bhat spoke on the importance of Diwali, the traditions and stories involved with the festival of lights.



Naina Bhat spoke on the importance of WATCH which stands for Word, Appreciation, Thought, Communication and Habit, the five parameters for a happy and successful life. She heads the Mental Health Counselling Services.

Tasty khotto (idlis made in jackfruit leaves), pattoli, a sweet made of jaggery and rice paste, cooked in aromatic turmeric leaves was made by Revati Kamat. Mohini Kamath made biscuit rotis (savory puris), buns and laddoos. Sumedha Shanbhag made pav bhaji and pani puri, Sangeetha Kini offered missal pav and noodles while Anjani Pai served rice noodles (shevayi) and sweets.

A lucky draw of Diwali decorations was won by Vidya Rao and Shantala Bhat and awarded by the Chief Guest Amritha Pai. Housie prizes were Diwali diyas and decorations. The full house prizes were won by Laxmi Kudva, Nirmala Pai and Prabha Prabhu.

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](mailto:gsbvog@gmail.com)

## KARTIK POORNIMA AT VASHI BALAJI MANDIR



Kartik Poornima was celebrated on a grand scale at Laxmi Venkataramana Balaji Mandir, Vashi, on Monday, November 27, 2023. The entire temple was decorated with lovely rangolis and hundreds of lamps. There were myriads of earthen diya, lit around sunset by devotees right from the entrance, on the stairs, in the temple and in front of the beautifully decorated Balaji and His consorts.

The deity was decorated with lovely garlands made of choicest flowers and land. Men and women dressed beautifully in traditional dresses with ornaments and flowers flocked the venue and jostled their way into lighting the traditional earthen diya. Organised by the GSB community, the festival was a grand affair.

Huge multi-tiered lamps were placed near the tulsi plant and in front of the deities. Hundreds of

diya with oil were kept right round the deities, on the outside and inside of the temple and when they were lit, it surpassed even the Diwali lights.

Then followed the grand Viraat darshan of the Lord. Electric lights were switched off and puja with aarti and sparklers was performed, in the glow of hundreds of diya, giving a beautiful darshan of the Deity. Viewing this Viraat darshan is considered very holy and pious.

Bhajans were rendered by the devotees and the whole atmosphere was one of peace and purity.

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

## NEWS FROM GSBS MEDICAL TRUST

by Gita R Pai - Trustee, Secretary - GSBS Medical Trust

### Rehabilitation at J. N. Wadia Medical Centre: GSBS Medical Trust's Golden Jubilee project

GSBS Medical Trust is proud to announce the Golden jubilee project, the Rehabilitation Centre - an extension at the J. N. Wadia medical centre, was inaugurated on the auspicious Dassehra i.e. 24<sup>th</sup> October 2023.

The star guest for the opening ceremony was Kundapur Vaman Kamath, popularly known as K.V. Kamath the well-known Chairman, of Jio Financial Services.

President of the Medical Trust Dr. Suhas Prabhu said this Rehabilitation centre is focused on serving the immobile people, because of stroke, heart attack or sports candidate after injuries, accident victims, children etc. Basic moto of this service is to transform these patients from a dependent to an independent state.

Dr. Vimal Telang, a physiotherapist, the person behind the creation, explained all utility equipment to the group, after the inauguration. It was amazing to see Mr. Kamath listening to all the explanation with rapt attention. Mr. Kamath was happy to do his SEVA in remembrance of his late wife, Rajlaxmi Kamath.

Aages Federal Insurance company executives, Mr. Rajesh Ajgaonkar, Mr. Pavan Vyas and Mr. Arvind Shahi have created a hat trick by supporting the Medical Trust in all its difficult periods and now, also during the Golden jubilee year. However small or big, each person's service is laudable.

In the name of Late Dr. Madhav Acharya, Mrs. Meera Acharya donated a twin chair dental unit to the Centre. With all utility items this J. N. Wadia charitable dispensary has now become a 'high level service oriented' GSBS Medical Centre.

The entire program went off very well. Special thanks to be given to the entire staff of GSBS Medical Trust.

### Health Camp in Kreedamandir with GSB Sabha Mahila Shakha

GSBS Medical Trust was happy to accept the request by GSBS Mahila Shakha to hold a Health camp at Kreedamandir during their Annual Anand Bazar held on Sunday November 6<sup>th</sup> 2023. This camp was a work of pleasure as Medical Trust's Staff is well trained in organizing camps. Other than Random sugar and blood pressure



J N Wadia inauguration



6.11.2023 GSB Sabha Camp

check-up, GSBS Medical Trust had other following doctors to help the patients and answer their queries. On the whole, it was a pleasant camp which was enjoyed by both, the doctors and patients as well.

Orthopedic: Dr. Tushar Sawant

Ophthalmologists: Dr. Yamna Kerur & Dr. Ashok Kerur

Dermatologist: Dr. Vaibhav Barve

Dentist: Dr. Vibhavari Mane & Dr. Aniket Kamat

Dietician: Dr. Monal Velangi

Physician: Dr. Nazreen Desai

### **Diwali Get Together and Celebrations at GSBS Medical Trust**

It is a tradition in GSBS Medical Trust to organize a Diwali get together with all employees of all the Centres. Exchanging festival greetings is a matter of joy for all. A guest for all occasions makes the program a perfect one. Our guests were Dr. Pratap Desai, General Physician at the GSBS Medical Trust, who is a senior most doctor. Dr. Nutan Hegde. Pai and her husband Mr. Amol Pai, an IT expert met the office staff.



*Diwali Get Together Programme*

The highlight of the get together is a surprise gift given to the chosen Best Supervisor of the Centres. Ms. Rena Kanade Supervisor of Unit One., Dasturwadi was the winner of this prize. She was awarded a cash prize of Rs.10,000.

### **Ladies Screening of Breast Cancer Camp, Awareness and Check-Up**

In the series of camps organised by GSBS Medical Trust, one more camp took place on Monday the 27<sup>th</sup> November 2023. As only 24 patients are registered, it was booked in advance. All patients were given appointments well in advance to suit their timings.

The three important check-ups were carried out. Oral check-up was important.

Pap smear was another important check which was done at the camp and the Gynaecologist was patiently answering all queries by the patient. This built confidence among the patients. Mammography check-up was done too. This check-up takes a long time; wherein, the patient's co-operation is very much required.

The final reports is sent to the physician.

The following doctors attended the patients.



*Women Cancer Screening Camp - 27.11.2023*

Gynaecologist:-, Dr. Shonir Pai, Dr. Nutan Hegde, Dr. Gitanjali Belekar, Dr. Mira Naik  
Dentists :- Dr. Pratik Satpute, Dr. Shalini Rupnarayan, Dr. Swati Satpute.  
Sonologist :- Dr. Ritesh Dalvi

### Golden Jubilee celebrations of GSBS Medical Trust



*Music recital by Padmashree Padmaja  
Phenany Joglekar*



*Golden Jubilee Celebration*

GSBS Medical Trust completed 50 years of Golden service to the citizens of Mumbai by providing best health care services at minimum charges.

The Trustees of GSBS Medical Centre, organized a get together of Donors on Sunday the 3<sup>rd</sup> December, 2023 at VOWS Kohinoor Hotel. Thanks to the sponsorship of Mr. Mukund Kamat, the Vice President of the Hotel for the wonderful hospitality, & thanks to the support of Sri Ganesh Shanbhag, a delightful, memorable music recital by Padmashree Padmaja Phenany Joglekar was organized. The audience were enthralled and there was a standing ovation with a thunderous applause.

Dr, Suhas Prabhu, the President of the Trust welcomed the audience and narrated the history of the Medical Trust over the past 50 years, its progress and how the dream of Founder Trustees is being fulfilled.

Three doctors were honoured by the chief guests for completing 25 years of dedicated service to the Medical Trust. Dr. Deepak Govekar - Orthopedic consultant, Dr. Kedar Parulkar - Ophthalmologist and Dr. Sarita Asava - General Physician. Dr. Meenakshi Desai, introduced them and elaborated on their services at the Centre.

Chief guests Smt.Vijaya Kamath and Sri Vivek Kamath were introduced by Smt. Gita R. Pai and were honoured by Dr. Suhas Prabhu. Smt.Vijaya Kamath and IT entrepreneur, Founder Director of TTH Consultants and also the CEO of Sansorise Smart Solutions.is a role model for the younger generation. Sri Vivek Kamath is the



*Lighting the Lamp by Chief guests  
Smt.Vijaya Kamath and Sri Vivek Kamath*



Managing Director of Abbot India and has worldwide experience in pharmaceutical field. Mr. Kamath lauded the services of the Trust and compared the 50 years earlier, health care with the present services.

Sri. Anant Pai, proposed a vote of thanks to all those who had supported the Medical Trust without whose support this Golden Jubilee program would not have been possible to celebrate in such a memorable style.



*GSB Sabha, Mumbai President and GSBSMedical Trust President with esteemed guests*

## *The Abhijeet Kini Section*



Instagram: @abhikini and @kinistudios

Twitter: @abhikini

Facebook: Abhijeet Kini Studios

www.abhijeetkini.com  
www.kinistudios.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".*

## REPORTS FROM OTHER GSB ORGANISATIONS 50<sup>TH</sup> AGM OF GOWDA SARASWAT SEVAK SAMAJ, MUMBAI

by Girish Pai



The Gowda Saraswat Sevak Samaj (GSS Samaj, Mumbai) was established in the year 1974 by GSBs of Kerala origin who came to Mumbai in search of job/livelihood opportunities. The scattered group, across various locations in Mumbai/MMR, meet 3-4 times every year and have a get together. It is also a venue for exchange our “gaonche” vishesh. So far there are ~170 members in this Samaj.

GSS Samaj is now completing 50 years and 2024 will be the Golden Jubilee year. The 50<sup>th</sup> Annual General Body meeting (AGM ) of GSS Samaj was held at the Guru Ganesh Prasad Hall, Sion, Mumbai on Sunday, 29<sup>th</sup> October 2023 from 10.00 am in presence of ~98 members. This was followed by the Ganapati Vandana sung by Ms. Ashwamegha Pai. All the Members stood up in silence for 2 minutes to pay homage to the departed Members of the Samaj during the previous year.



The Joint Secretary Shri Girish Pai read out the minutes of the meeting for the last AGM held and the Activities Report for the FY2022-2023

with the picnic being held at Keshav Shrishti, Uttan and the Pagoda. The President shared the Income & Expenditure A/c and the Balance Sheet for the FY ended 31<sup>st</sup> March 2023. He explained, the Samaj utilises the income from interest on various social activities.

Members of the Samaj raised Rs. 5,00,000 towards funds for the noble cause of renovation of Shri Kashi Math at Walkeshwar, Mumbai.

The upcoming 50th Golden Jubilee celebrations of the Samaj and the draft plan prepared by the sub-committee was placed before the august gathering. Members made suggestions and the Managing Committee took note of the same.

Shri Girish Pai was elevated to the post of Secretary in place of the deceased Shri. Venugopal Shenoy.

Also during this AGM, the newly joined 5 Members were welcomed wholeheartedly. The AGM concluded with ‘Vote of Thanks’ by the President.

AGM was followed by the much-awaited yearly felicitation functions. There were three categories, namely the meritorious students 10<sup>th</sup> standard and above in their respective fields, Members who achieved their Platinum jubilee plus (75 years+) and Couples who celebrated their Golden Anniversary.

This was followed by games enthusiastically participated by all members. Needless to say that in the Tug of War game participation, the Senior Citizens proved that Age is just a number! Moreover these games activated the hunger pangs and all the members relished the lovely Amchigele Jevan that followed. Post the sumptuous Jevan, Housie was played by all members. There was no place for lethargy since the prize money kept all the participants active. The program ended well with light snacks accompanied by hot tea/coffee. All GSS Samaj bandhavas retired for the day with feelings of lovely day spent and smile on their lips!



# Art gallery



This Page is Sponsored by

## M/S. P. M. ENTERPRISES

Export of Sugar Plant Accessories, Machinery and all other engineering items

Address: 15, Kamat Industrial Estate, V. S. Marg, Prabhadevi, Mumbai - 400 025.

M.: 9821383569 | Email : pmentprs@gmail.com | Website : www.pmenterprises.org

### Our Artists for this Quarter



Drawing by : SANMIKA RAO  
Age : 5 years



Drawing by : SIDDHANTA NAYAK  
Age : 12 years



Drawing by : SONALI SURESH NAYAK  
Age : 19 years



Drawing by : KIRTHI KAMATH  
Age : 20 years

**EVERGREEN ENGINEERING CO. PVT. LTD.**  
Quality, Reliability and Performance



**ENSAVE**  
LED FROM THE FRONT



**SHARADA  
ELECTRICALS**



**VICTORY LUMINAIRES**

Hazardous Area Lighting & Switchgear Solutions

Scan QR Code For  
Evergreen Group Catalogue



EVERGREEN ENGINEERING CO. PVT. LTD.

Corporate Office: 35-B, Mahal Industrial Estate, Mahakali Caves Road, Andheri (East), Mumbai 400 093, India.  
Tel: 022-61235151 | Email: [contact@evggroup.com](mailto:contact@evggroup.com) | [victory@evggroup.com](mailto:victory@evggroup.com) | [www.victoryluminaires.com](http://www.victoryluminaires.com)

**BOOK-POST**