

V



G

Voice of G.S.B.



Bhakti Natya Tarang
2019

On 13th July 2019

“Sangam of Abhang and NatyaSangeet”

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MESSAGE FROM THE PRESIDENT

Dear Members :

Namaskaru,

Whilst waiting for the rains to arrive and get a respite from the heat wave, this edition of VoG should come as something refreshing.

I am sure that most of us would have taken a break from the routine activities and enjoyed the vacation. Our community is well connected with families and extended families and utilize vacations to relive the memories of the past. Children look forward to meet their cousins and grand-parents thereby visiting our ancestral house/native place. These values have been imbibed in us through the preaching of our Guru parampara.

The next quarter is an enjoyable one, it is climatically pleasant, religiously engaging (with the months of Ashad and Shravan) and gastronomically satisfying with all special seasonal cuisine. We have added the spiritual dimension to all this with the Bhakti Natya Tarang program on 13th July (details covered elsewhere in this edition).

Some weeks back Uday Malya, Prakash Pai and myself visited the medical center of the GSBS Medical Trust. This was on an invitation extended by Dr. Suhas Prabhu, President of the Board of Trustees. There was a good interaction for a collaborative effort towards an enhanced reach of medical facilities. The meeting was also attended by some of trustees of this institution which was founded by our Sabha in 1973.

The Mahila Shakha's flagship initiative "Parichay" - a matrimonial get to gather of eligible GSB boys and girls is reaching out to far and beyond with the latest session on 9th June at Dombivili. There was a stupendous response.

We are glad to inform you that our Kreedha Mandir is now convenient to access during monsoons. There is a walk way that connects it from the gate at the Rationing office side. This is accessible from the RA Kidwai Road.

Voice of GSB is our connect with you, the look and feel and the content of which is ever evolving. Each page is available for sponsorship under any given mast head for Rs.1,000/- only, a line will be inserted on the bottom of such pages indicating your name.

We are deeply saddened to report the sad demise of Smt. Prema Kuloor who was closely connected with the Sabha having served as President/Vice-President and Secretary of our Mahila Shakha in the past. Please join me in praying for the sadgati of the aatma.

The Sabha is for the welfare and well being of the members of our community. We have to look at new and contemporary initiatives which will enable us keep the members interested in the Sabha's activities, hence invite your suggestions.

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

Solicit your support and cooperation.

Thanks and regards,

Laxmikant Prabhu

President

IMPORTANT UPDATE

CHATURMAS INFORMATION

H. H. Srimad Samyameendra Tirtha Swamiji, Mathadipati of Shree Kashi Math Samsthan, will observe Chaturmas at Kota Shree Muralidhara Krishna Mukhyaprana Temple, Shree Kashi Math, Kota, Udipi Dist.

H. H. Srimad Vidyadhiraj Tirtha Sripad Vader Swamiji, Mathadeesh and H. H. Srimad Vidyadeesha Tirth Sripad Vader Swamiji, Shishya Swami of Shree Samsthan Gokarn Partagali Math, will observe Chaturmas at Shree Jeevotham Math, Acharya Sadan, Chamoli Dist., Badrinath.

H. H. Srimad Shivanand Saraswati Swamiji, Mathadipati of Shree Kavale Math Samsthan, will observe Chaturmas at Shree Kavale Moola Math, Kavale District, Ponda, Goa.

SUTA PUNNAV

This year Sutta Punnava falls on Wednesday, 14th August, 2019.

New Jannuves, blessed by Bhatmaam would be available at our Sabha office from 8 a.m. onwards. Kindly avail yourselves of this sacred service.

INDEX

Table of Contents	Page No.
Message from the President	1
Report on Programmes Conducted by GSB Sabha's Mahila Shakha in the recent past	2
Future Programmes of the Sabha	
a. Bhakti Natya Tarang on 13 th July, 2019	4
b. 85 th Foundation Day Celebrations on 18 th August, 2019	6
c. Mahila Shakha Future Programmes	2
Articles / Poem	
a. You can be your child's emotion coach by Pratima Bhandarkar	8
b. Our Achievers - Dr. Vallish Shenoy and Ms. Sangeetha Kamath	10
c. They make us proud - The G.S.B. Legends Series : Pangal Narayan Nayak by P. Ranganath Nayak	14,15
d. K2S - My First Trek by Dr. Seema Baliga	16,18
e. Pabba's : The Story Behind the success - As narrated to Cmdr. (Retd.) Manel Mahesh Nayak	19,20
f. Shri Ram Mandir, Kinnigoli by K. G. Mallya	23
g. Never Bargain by Veena Shenoy	31
h. Mummas Gal by Girish Pai	24,25
i. Saraswats Surviving the Kerala Floods	26
j. Monsoon Special Recipes by Anuradha Prabhu	31
News from Other GSB Organizations	
a. Sri Sukratindra Vandana - A photo documentary on the life of Srimad Sukratindra Thirtha Swamiji - A project by G.S.B. Samaj(W.S.)	28
b. Hundred Percent Results Once Again at Ram Krishnaa Academy	28
Obituary	
a. Prema-mai - We will miss you by Uday Malya	29
b. Purohit Ratna Vedamoorti Shri Mulki Bhaskar Bhat by K. G. Mallya	30
Important Update - Chaturmas Information	1
Suta Punnava Announcement	1
Sabha's Educational Assistance Disbursement	20
List of Important Dates and GSB Sabha Calendar	32
Kids Zone	Inside Back Cover

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

Our Bhajan group participated in Bhajanseva at various places as follows

- **April 20th 2019** : Saturday monthly bhajan at Walkeshwar.
- **May 17th 2019** : Ekkabhajan at Walkeshwar held on account of Shishya Sweekar Amrit Mahotsav of H. H. Shrimad Sudheendra Teertha Swamiji.
- **June 11th and 12th 2019** : Bhajan rendered on occasion of H. H. Shrimad Samaymeendra Teertha Swamiji's visit to Walkeshwar Shree Kashi Math

June 9th 2019 : It's a proud moment to share that we are soon approaching the Platinum session...i.e the 75th session of our Mahila Shaka's **PARICHAY**- an eligible boys and girls get together. This activity was started in 1993, since then this is one of the popular activities of MahilaShakha.

Mahila Shakha held '**PARICHAY**', its 73rd Get-together of eligible boys and girls along with their parents on Sunday, 9th June 2019, at G.S.B.Mandal's Shri Sitaram A. Pai Memorial School, Dombivili.

Mahila Shakha Vice President, Smt. Maya Nayak felicitated Mr. Gokul R. Kamath, the sponsor of this event. Mr. Kamath himself an eligible bachelor, was pleased and expressed his gratitude and appreciated the sincere efforts of the MS.

175 persons from in and around Dombivili attended this **PARICHAY**. We could register 83 boys and girls for our matrimonial service. The warmth and support given by GSB Mandal Committee members needs to be appreciated. They provided refreshments to all attendees.

Seeing so many from our community, the Dombivili GSB Mandal's Committee members acknowledged the success of our **PARICHAY** program since so many people attending was rare. They were impressed with our MS **PARICHAY** service. They requested us to conduct more such get together for which they assured their help as needed by us.

This get-together event '**PARICHAY**' was appreciated and well received by all the attendees.



MS Vice President felicitating Mr. Gokul Kamath sponsor of PARICHAY



MS Vice President Smt. Maya Nayak addressing the attendees



Attendees listening to the details during PARICHAY

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

Date	Programme	Time	Venue
Friday 02-08-2019	Shravan Haldi Kumkum Sponsored by Smt. Poornima Nayak Special attraction: Mangala Gowri Khel and Nritya program Presented by Kalpataru Sakhi Pariwar	4.00 PM	Dwarakanath Hall, Wadala
Tuesday 06-08-2019 Saturday 10-08-2019	Saptha Bhajan	4.00 PM	Walkeshwar Shri Kashi Math
Friday 04-10-2019	Navratri Haldi Kumkum Sponsored by Smt. Anita P. Shenoy	4.00 PM	I. M. Pai Hall, Kreeda Mandir

All are invited for the programmes.

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

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

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

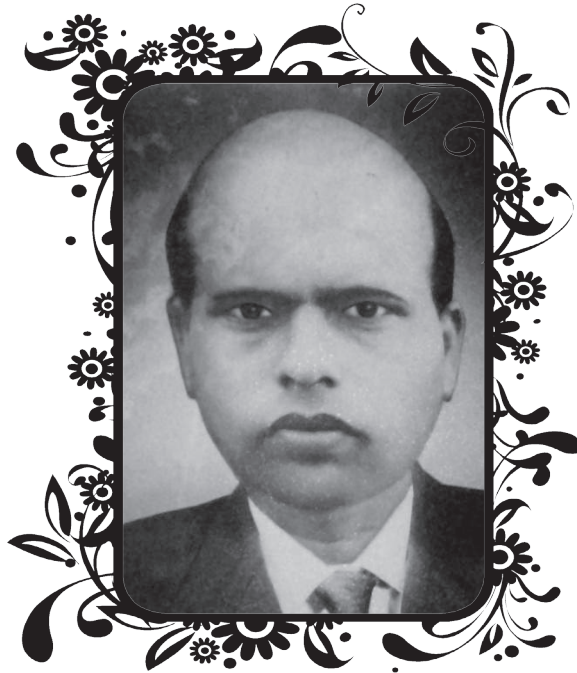
Donations are gratefully accepted

Smt. Shanteri N. Nayak
President
Tel: 98211 83501

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

*To Our LOVING Dad, our heartfelt remembrances on the occasion of his
51st death anniversary.*

May his beautiful and kind soul be blessed with eternal peace.



Kasaragod Venkatesh Bhat
1917 - 4.9.1968

When your golden heart stopped beating, our hearts were broken and we sought solace with the thought that "God only takes the Best". Those whom we love don't go away, they walk beside us everyday.

It's FIFTY ONE years since you have gone away, yet we feel you around us always.

Your life has been a constant inspiration. You are loved beyond words and missed beyond measure.

They say Time is a Great Healer but Time can never diminish the treasured memories of someone as special as you.

Your spirit lives on.

Dear Dad, you are in our hearts forever.

Fondly remembered and deeply missed by your children :

Niranjan, Pushpa and Usha

Email: nvbhat@iitbombay.org



G.S.B.SABHA, MUMBAI

Presents

|| Bhakti Natya Tarang ||

2019

"Sangam of Abhang and NatyaSangeet"



Pt. Upendra Bhat
(Vocal)



Nachiket Desai
(Vocal)



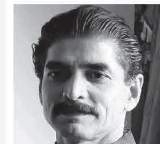
Siddharth Padiyar
(Tabla)



Shridhar Bhat
(Harmonium)



Raghavendra Mallya
(Pakhawaj)



Ravindra Shenoy
(Additional Percussions)



Mamatha Nayak
(Compere)

The Managing Committee presents an evening of bhakti and natya sangeet as an offering to the members of G.S.B. Sabha, Mumbai and also to its patrons and well-wishers.

- Time : 4 p.m. to 7 p.m.
Day and Date : Saturday, 13th July, 2019
Venue : Pracharya B.N.Vaidya Sabhagraha, 2nd Floor (Lift available), Raja Shivaji Vidyalaya (King George School), Hindu Colony, Dadar, Mumbai – 400 014.
Distribution of Passes :
a. This program is for the members of the Sabha.
b. Two complimentary passes will be issued to each member of the Sabha on a "first come" basis.
c. Complimentary passes can be collected from the Sabha's office between 2 and 7 p.m. from Monday, 1st July to Saturday, 6th July 2019. Please confirm the availability of passes with Office Manager, Mr. Vishwanath Shenoy (Tel. No. 2408 1499) before coming to the Sabha's office.
d. Members have to present their photo-identity cards to collect the passes.
e. Passes not collected by the given dates will be issued by the Managing Committee to the well-wishers of the Sabha.
f. Certain passes are set aside for donors/sponsors.

Mumbai
24.06.2019

Laxmikant Prabhu
President
98203 16495

Amita Kini 98700 62476, Bina Shenoy 98205 07690, Satish Manel 98339 20353

Jt.Hon.Secretaries

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GOWD SARASWAT BRAHMAN SABHA, MUMBAI
85th Foundation Day Celebrations

The President and Members of the Managing Committee request the pleasure of your company, with family and friends, on the occasion of the 85th Foundation Day Celebrations of the Sabha. The program will be held on **Sunday, 18th August, 2019** at **Shree Guru Ganesh Prasad, Bhokailash Nagar, Sion, Mumbai - 400022.**

Chief Guest: Dr. Rekha Shenoy, Ph.D. in Industrial Sociology & Faculty at Atharva Institute of Management Studies

The program schedule is as under :

4 p.m. to 6.30 p.m.

An informative and interesting talk for the students

Formal Program

- a. Lighting of Lamp
- b. Introduction of Chief Guest
- c. Honouring Merit Students from Std X onwards. (Please see details below.)
Silver medals and Certificates are sponsored by Smt. Jayashree Ramesh Shenoy
- d. Felicitating meritorious Vidyanidhi beneficiaries, from Std I to IX, with the V.R.Shenoy Memorial Vidyanidhi Merit Award, **sponsored by Shri B. T. Mallya.**
- e. Felicitating children, contributing drawings/articles/poems to Voice of GSB, with GSB Promising Talent Award, **sponsored by Shri B. T. Mallya.**
- f. Speech by the Chief Guest
- g. Address by the President
- h. Vote of Thanks

6.30 p.m. Light Refreshments Courtesy - Nagesh Rama Nayak's 'Café Mysore'

ANNOUNCEMENT OF EDUCATIONAL AWARDS

Sabha presents educational merit awards to students of GSB community with the following criteria :

1. Student should be a resident of Mumbai, Navi Mumbai, Thane / Palghar Districts, although the studies may be pursued out of Mumbai.
2. The student himself/herself or one of his/her parents should be a member of this or any other G.S.B. institution based in Mumbai and its suburbs.
3. Only Final Year/Semester exam, of which results were announced after 4th August, 2018, performance will be considered
4. The following courses of studies are eligible :
 - a. **SSC, HSC, Graduate Courses, Medical, Engineering, Technology, C.A., I.C.W.A., C.S., Law, M.B.A. and/ or any post graduate/ professional examinations conducted on an All India basis.**

In case of **SSC/HSC/Graduate students, there is a minimum percentage to qualify for applying as under : SSC/ICSE/CBSE - 87 %, HSC Science - 82 %, HSC-Arts 75 %, HSC - Commerce 75 %, Graduate Courses - 70 %.**

For post-graduate/professional courses, a final year pass is needed

b. Commencing this year, post-graduate courses completed abroad will also be considered.

Certificate of merit will be presented to all awardees. In addition, for **students pursuing courses in India**, silver medals and felicitations, from the endowments set up for this purpose and announced on the next page, will be awarded, based on criteria laid down.

The applicants should fill in online application form on the given link: <https://gsbsabhamumbai.org/merit-application-2019>. The link can also be accessed from G.S.B.Sabha's web-site, www.gsbsabhamumbai.org.

The online application forms must be filled on or before Saturday, 3rd August, 2019. Applications received late, if any, will be presented with Certificate of Merit and the presentation of silver medals/felicitations to late applicants will be at the discretion of the Committee.

All award winners will be informed by e-mail only. The list of award winners will be displayed on our web-site, www.gsbsabhamumbai.org, **on Monday, 5th August, 2019.** Applicants may seek any clarifications in this regard by **Wednesday, 7th August, 2019.**

The decision taken by the Managing Committee will be final and binding on the applicant.

Mumbai	Shri Laxmikant T. Prabhu	Smt. Amita Kini	98700 62476
16-06-2019	President	Smt. Bina Shenoy	98205 07690
	98203 16495	Shri. Satish Manel	98339 20353

GOWD SARASWAT BRAMHAN SABHA

EDUCATIONAL MERIT AWARDS TO BE AWARDED ON 18th August, 2019.

Felicitations will be presented to the merit students during the Foundation Day from the following endowments:

1. A. M. KAMATH MEMORIAL AWARDS (4) - Donated by his son, Shri Dinkar Kamat.
2. SRIDHAR BABURAO MAHALE AND SRIDEVI SRIDHAR MAHALE MEMORIAL AWARD – Donated by their children.
3. GOPAL PAI MEMORIAL AWARD – Donated by his wife, Smt. Radhabai Gopal Pai.
4. DR. HARISH R. NAYAK MEMORIAL AWARDS (2) – Donated by his Mother-in-law, Smt. Radhabai Gopal Pai.
5. KAMAKSHI HARISH NAYAK MEMORIAL AWARD – Donated by her mother, Smt. Radhabai Gopal Pai.
6. CHHAYA HARISH NAYAK MEMORIAL AWARD – Donated by her Grand Mother, Smt. Radhabai Gopal Pai.
7. SHRINIVAS MANJUNATH KAMATH AND RADHABAI SHRINIVAS KAMATH MEMORIAL AWARD – Donated by their daughter, Ms. Nalini S. Kamath.
8. DR. B. M. ACHARYA MEMORIAL AWARD – Donated by his wife, Smt. Meera M. Acharya.
9. SMT. SUMATI V. PRABHU AWARD – Donated by her husband, Dr. V. R. Prabhu.
10. KUSUM R. KAMATH MEMORIAL AWARD – Donated by her husband, Shri R. L. Kamath.
11. PRABHAKAR SARVOTTAM KAMATH MEMORIAL AWARD – Donated by his wife, Smt. Poonima Kamath.
12. MOHINI N. RAO MEMORIAL AWARD – Donated by her husband, Shri K. Nagesh Rao.
13. I. M. PAI MEMORIAL AWARD – Donated by Dr. V. R. Prabhu and Smt. Sumati V. Prabhu.
14. BALAKRISHNA G. KAMATH MEMORIAL AWARDS (2) – Donated by his son, Shri Ashesh B. Kamath.
15. BALAKRISHNA G. KAMATH MEMORIAL AWARDS (2) – Donated by his daughter, Dr. Arati B. Kamath.
16. DR.(MRS.) NALINI PANDURANG PAI MEMORIAL AWARD – Donated by her husband, Dr. Pandurang M. Pai.
17. DR. PANDURANG M. PAI MEMORIAL AWARD – Donated by his son, Shri Prashant P. Pai and daughter-in-law, Smt. Vidya P. Pai.
18. SURESH PYE MEMORIAL AWARD – Donated by his wife, Dr. Arati B. Kamath.
19. GULABI R. PAI MEMORIAL AWARD – Donated by her grandchildren, Dr. Anushree & Dr. Ashok G. Pai.
20. KARKALA MEERA & VASUDEVA JOISHY MEMORIAL AWARD – Donated by their daughter, Smt. Sudha G. Pai and son-in-law, Shri K. Govindraya Pai.
21. SMT. VEENA AND SHRI MOODBIDRI NARAYAN PRABHU AWARD – Donated by their son, Shri Arvind N. Prabhu and daughter-in-law, Smt. Divya Arvind Prabhu.
22. SHRI MOODBIDRI NARAYAN PRABHU 'Platinum' AWARD – Donated by his wife, Smt. Veena N. Prabhu.
23. SMT. YAMUNABAI AND SHRI KUMBLA MANJUNATH BHAKTA MEMORIAL AWARD - Donated by their son, Shri K. R. Bhakta and daughter-in-law, Smt. Roopa R. Bhakta.
24. DR. V. M. KINI MEMORIAL AWARD – Donated by his wife, Smt. Sudha V. Kini.
25. SMT. NAILINI BHANDARKAR MEMORIAL AWARD – Donated by her husband, Shri M. Ramkrishna Bhandarkar.
26. SMT. VIMALA KINI MEMORIAL AWARD – Donated by her husband, Shri K. Narasimha Kini.
27. DAYANAND MANJUNATH BALIGA MEMORIAL AWARD – Donated by Smt. S.S. and Shri S.D. Baliga.
28. SMT. SAROJINI HEGDE MEMORIAL AWARD – Donated by her family.
29. SMT. MANORAMA R. RAO MEMORIAL AWARD - donated by her son, Dr. Rajesh R. Rao.
30. LATE KAPU SATYAVIJAY H. SHENOY MEMORIAL AWARD - donated by K. H. Shenoy & Bros. (Haricane)
31. SMT. SANJIVI AND SHRI D. K. SHENOY MEMORIAL AWARD - donated by their son, Shri Subray Damodar Shenoy.
32. SHRI PUNDALIK U. PAI MEMORIAL AWARD - donated by his family.
33. SANOOR RAMRAYA PAI MEMORIAL AWARD – donated by his son, Dayananda Pai and daughter-in-law, Smt. Vidya D. Pai.
34. ROHINI PANDURANG NAYAK MEMORIAL AWARD – donated by her daughter, Smt. Vidya D. Pai and son-in-law, Dayananda Pai.
35. SHRI MADHAV DURGADAS DHUME MEMORIAL AWARD - donated by his son Shri Pankaj M. Dhume and his daughter-in-law Smt. Asha P. Dhume.
36. SHRI SAMEER BHAT MEMORIAL AWARD, donated by his mother, Smt. Vatsala Bhat.
37. SHRI GURPUR SRINIVAS BHAT MEMORIAL AWARD, donated by his wife, Smt. Vatsala Bhat.
38. SHRI K. G. PAI MEMORIAL AWARD, donated by his children, Dr. Ashok G. Pai & Smt. Asha P. Dhume.
39. SHRI NARAYAN ACHUT PAL (KASARGOD) MEMORIAL AWARD - donated by his son Shri N. N. Pal & daughter-in-law, Smt. Padma N. Pal.
40. SMT. RADHIKA MADHAV DHUME MEMORIAL AWARD donated by her son, Shri Pankaj Dhume & daughter-in-law, Smt. Asha P. Dhume.
41. SMT. GULABI RAMARAYA PAI & SMT. ROHINI PANDURANGA NAYAK MEMORIAL AWARD - donated by their Granddaughter, Dr. Reina Pai Bender & Mr. Jason Robert Bender.
42. SMT. MANJESHWAR SULOCHANI NARAYAN KAMATH MEMORIAL AWARD - donated by her daughter, Smt. Durga Shenoy.
43. SHRI MULKI MADHAV KUDVA AND SMT. NALINI M. KUDVA MEMORIAL AWARD donated by Smt. Geeta G. Bhat, Smt. Radha S. Bhat and Smt. Devyani P. Shenoy.
44. SMT. PREMLATA & SHRI GURPUR SUBRAYA PRABHU MEMORIAL AWARD donated by their daughter, Smt. Deepa S. Prabhu.
45. CANARA HIGH SCHOOL ALUMNI AWARD, donated by Alumni of Canara High School.
46. SMT. B. SARASWATI AND SHRI B. VENKATRAMANA PAI MEMORIAL AWARD donated by Shri B. Srinivas Pai.
47. KARKALA KESHAV JOISHY & SMT. SUSHILA K. JOISHY MEMORIAL AWARD donated by Smt. Mukta and Dr. Suresh K. Joishy, California, USA.
48. SMT. MOHINI GOPALKRISHNA KINI MEMORIAL AWARD donated by her children, Smt. Suchitra Kamath, Smt. Urmila Nayak & Shri Siddharth Kini.
49. SHRI V. R. SHENOY MEMORIAL AWARD, donated by his daughter-in-law and son, Smt. Sadhana & Shri Sunil R. Shenoy.
50. SMT. VATSALA R. SHENOY MEMORIAL AWARD, donated by her daughter-in-law and son, Smt. Sadhana & Shri Sunil R. Shenoy.
51. SMT. KRISHNI VAMAN KINI MEMORIAL AWARD - Donated by her grand-daughter, Ms. Karishma Kini.
52. SHRI ANANT (UNCLE) PAI MEMORIAL AWARD, donated by Shri Satish Kini.
53. SMT. LALITA ANANT PAI MEMORIAL AWARD, instituted by G.S.B. Sabha, Mumbai.
54. DR. V. R. PRABHU MEMORIAL AWARD – Donated by his children, Smt. Sushma Shenai, Dr. Suhas V. Prabhu and Shri Jagannath V. Prabhu.
55. SHRI PUTTUR KORAGA KAMATH MEMORIAL AWARD – Donated by his daughter, Smt. Vimala J. Prabhu.
56. SHRI B.R.PRABHU MEMORIAL AWARD – Instituted by G.S.B. Sabha, Mumbai.
57. KUNDAPUR GOPALKRISHNA KAMATH MEMORIAL AWARD – Donated by Smt. Shakuntala Gopalkrishna Kamath and daughters.
58. AWARD INSTITUTED BY SMT. SAVITA AND SHRI S. N. BHAT

YOU CAN BE YOUR CHILDS EMOTION COACH



Being a parent is certainly not child's play! How wonderful it would be for the parent, if in the hospital's delivery room, the baby pops out along with the 'How to Raise Me' manual Or better

still, in this tech-era, a voice-activated system that gives you a programmed step by step response to every parent-child situation!

But alas, that's not the case...and thank heavens for that! If it were a reality, then we would be raising a fleet of robots, complying to instructions, unable to think for themselves, just doing so much and no more, with no individuality or uniqueness and more worryingly, devoid of feelings and emotions.

As parents we grow and learn with our child, creating our own path. The emphasis is on making the right choices that work for our child. The best way to negotiate this journey called parenthood, is to handle uncertainty in an emotionally intelligent manner. The constant changes of the modern world have seen a considerable increase in the challenges faced by parents. Childhood is evolving and so is parenthood. Parents are growing far more sensitive to the risks that children face, both physical and psychological. Anxiety has become the hallmark of contemporary parenting. The anxiety is then transferred on to the child who is lost in the absence of an internal locus of control.

It's not all bleak; we can still save this generation by directly influencing components such as emotional self-awareness, assertiveness, empathy, interpersonal relationships, flexibility, impulse control and self-regard.

One way to do so is by becoming our child's Emotion Coach:

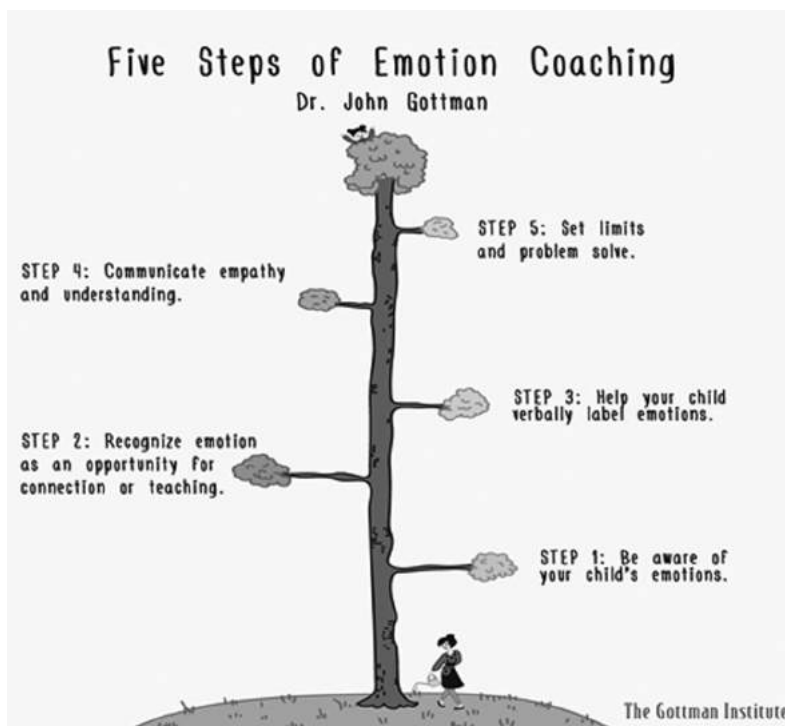
- Teach our child to correctly identify and label their feelings. Let's start by doing that ourselves! This will include variations of sad, glad and happy, such as frustration, excitement and identifying the real origin of these feelings. Help him/her find words to label the emotion.
- Help our child to perceive others' feelings and respond to them appropriately. For example, frustration means something is hard to accomplish. The appropriate response to each feeling will be unique.
- Help our child build, respect and value relationships.
- Teach our child constructive and creative problem-solving skills. While solving problems:



By Pratima Bhandarkar

- 1) Find the goal of the behaviour – What did you want?
- 2) Help the child verbalise actions taken towards the goal - What did you do to get it?
- 3) Assess effectiveness – How did that work?
- 4) Examine full range of behavioural options;
- 5) Choose the most effective option.

Children who can manage their emotions often experience more positive feedback from others and are more successful in everyday life. As parents, we can help our children learn to express feelings through instructing, modelling and guiding them in applying the skills of emotional management. Helping children with their feelings can help them feel better and reduce behaviour problems.....thereby scripting our own individual Parenting Manual, unique to us and our children.



[Pratima has done her MA in Social Work from TISS and has 24 years of post qualification experience in the field of children and families, 15 of which has been in London with the local government Child Protection Services. She presently heads the Counselling Centre of an Educational Institution in Powai].

IN MEMORIAM
ON YOUR TWENTY-NINTH DEATH ANNIVERSARY



Susheela Vasudev Nayak
(15.3.1913 - 13.6.1990)

Sujir Vasudev Nayak
(1.4.1904 – 10.6.1990)

*As I Walk Down Memory Lane,
I Remember The Many Sacrifices,
That Were Made By You To Bring Us Up The Right Way.
You Taught Us The Virtues And Values Of Life.
We Cherish All The Special Memories.
We Respect And Fondly Remember You Always.*

DAUGHTER: NAMRATA NIRANJAN BHAT (NEE PRATIMA NAYAK)

SON-IN-LAW: NIRANJAN VENKATESH BHAT

GRAND CHILDREN: VINEET & ASHWIN BHAT

**SONS AND DAUGHTERS, DAUGHTERS-IN-LAW,
GRANDCHILDREN AND GREAT-GRANDCHILDREN OF
SMT. AND SHRI SUJIR VASUDEV NAYAK**

Email: nvbhat@iitbombay.org

OUR ACHIEVERS

FELICITATION TO DR.VALLISH SHENOY, MBBS GRADUATE FROM MANGALORE

We have pleasure in informing all our friends and well wishers that Dr.Vallish Shenoy, s/o Shri Vishnu Shenoy, Retired Canara Bank Officer and Mother Mamatha Shenoy, Mangaluru, with roots in Kinnigoli has performed a rare feat of bagging 16 (Sixteen) Gold Medals for 16 Ranks from Rajiv Gandhi University of Health Sciences (RGUHS) Bengaluru.

Dr. Vallish Shenoy had graduated from A.J.Institute of Medical Sciences & Research Centre, Mangaluru and had bagged his MBBS after 4 years of study, on 9th March 2019.

Now a word about Rajiv Gandhi University of Health Sciences (RGUHS) Karnataka: It is the premier Health Science University in India that encompasses all the existing health science colleges which were formerly affiliated to conventional universities in Karnataka with the aim and purpose of ensuring proper and systematic instruction, teaching, training and research in modern and Indian system of medicine. RGUHS had the vision to bring about uniformity in the standards of teaching and also to have a common curriculum for various courses offered in different colleges across the State of Karnataka.

Incidentally Dr. Vallish Shenoy is the second medical doctor to receive these many awards as four years ago a brilliant young doctor had bagged the awards and accolades and had created a history which is now repeated by our young Doctor Vallish Shenoy who deserves all our Congratulations and Best Wishes. We also convey our best wishes to his eldest sister, Dr.Vishakha Shenoy (MBBS & MD) and parents who had encouraged their Vallish to tread on the track of success and nothing but success! (Inputs by parents and well wishers)



SANGEETHA KAMATH - A RISING STAR

23 year old Sangeetha Kamath is the daughter of Chandrakanth Kamath and Pushpalatha Kamath from Hyderabad.

Sangeetha has always been interested in drama right from her schooling days. She would take active part in the school plays and skits whenever there was an opportunity. She was awarded the 'Student of the year' in her last year of high school for excellence in academics and extra curriculars throughout her schooling. After completing her pre degree college, she joined the course for computer engineering and while pursuing her engineering, she started getting assignments for modeling and acting. She has been a part of many ramp shows And Ad commercial shoots for Manepally jewellers, Kalanjali and multiple other brands. Her hoardings have also been put in parts of the city for Krishna jewellers and Times of India. Eventually she was offered a role in a Telugu TV serial, in her debut serial Geethanjali (Zee Telugu) to play the negative lead role. Following this, her second TV serial Rama Seetha (Zee Telugu) came up. She was awarded a memento for her performance in the serial. This was followed by her next serial Karthikadeepam (ongoing serial on Star Maa) in which she played the second lead in the serial and so far it has completed about 450 plus episodes. This serial got her a lot of recognition and fame among the Telugu audience since the serial has got the highest ratings so far in the history of Telugu serials. For her achievements in the Telugu serial industry, she was awarded the South TV Ugadi Puraskar award in 2019. Recently she has accepted another project Kanchanamala on ETV channel.



She appeared in the National ad for Hero passion pro bike 2015

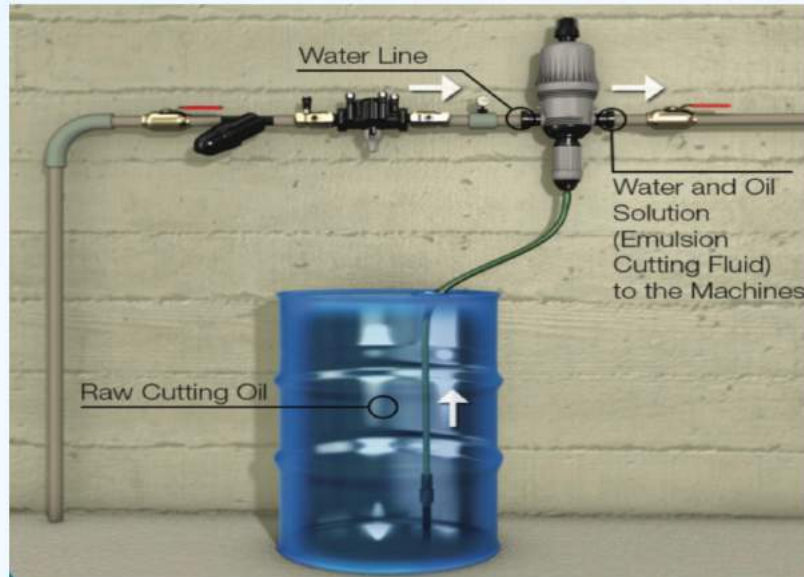
She has also done multiple ads for jewelry brands and regularly into photo shoots for the famous South Indian saree brand 'Kalanjali'

Apart from her profession, she loves to travel and explore new places and their culture, likes to read books on personality development and philosophy.

She also intends to become an entrepreneur in the future.

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JOB OPENING FOR FIELD SERVICE ENGINEER

Inmar Engineering Services Pvt. Ltd., are focused on providing sales and engineering services related to state of the art Non Destructive Testing (NDT) Systems supplied by our overseas Principals to leading companies in India. These include testing equipment used for production line testing of tube and pipe, bar and rod, parts and other customized applications.

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(Desirable) – NDT Level 1 or 2 in EC / UT / MFL / MPI

Work Experience : (Upto 5 years) :

Hands on experience in servicing and trouble shooting in computerized machinery having large automated mechanical components. Experience in operation or maintenance of large online/ offline NDT systems would be an advantage.

Fresh, bright, graduate engineers, and candidates with higher work experience are also welcome to apply.

Workplace : We are top rated for quality of service by our customers who are leading companies, and we offer a conducive work environment. Selected candidates will be expected to have the aptitude to work independently while being a team member. The jobs involve hands on approach and extensive interaction with our overseas principals and customers in India. The jobs also involve moderate to heavy travel within the country.

The selected candidate will get the opportunity to visit our principals factories in USA and Sweden for training and familiarization in the range of NDT equipment offered by us..

Emoluments: Emoluments offered will be commensurate with industry standard.

How to apply: Applications along with CV, and stating details of emoluments (C2C) drawn / expected may be made by candidates who comply with the above description. Applications to be submitted by e-mail to:

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11-A, 2nd Floor, Laxmi Nivas, Plot No. 3, Sion (West), Mumbai-400022.

Tel: +91 22 2409 6170 / E-Mail: inmarengineering@gmail.com

IN LOVING MEMORY

अव्यक्तादीनि भूतानि व्यक्तमध्यानि भारत ।

अव्यक्तनिधनान्येव तत्र का परिदेवना ॥

Bhagwat Geeta Chapter 2.28

O scion of Bharat, all created beings are unmanifest before birth, manifest in life, and again unmanifest on death. So why grieve?



MRS. LEELAVATHY RAMMOHAN RAO

(10-12-1929 TO 01-06-2019)

नस्ती मात्रुसमा छय नस्ती मात्रुसमा गथि
नस्ती मात्रुसमा त्रानम् नस्ती मात्रुसमा प्रपा

*There is no shade like mother No resort like mother
No security like mother No ever giving fountain of life*

Skand Purana Ch: 6.103-104

**OUR BELOVED MOTHER PASSED AWAY TO
HEAVENLY ABODE ON SATURDAY 1ST JUNE 2019**

**SUBHAS, ANURADHA, CHITRA, MADHUKAR
ADITYA, ABHISHEK, NALIN, NITIN**

THEY MAKE US PROUD

THE G.S.B. LEGENDS SERIES : PANGAL NARAYAN NAYAK

My elder brother Narayan Nayak was born on 27 March 1940, the eldest child of PangalRamanath Nayak and Saraswati Nayak (covered in Voice of GSB September 2018 issue). He died on 27 November 2016, aged 76 years and 8 months.

My parents resided in Karachi, now part of Pakistan, when Narayan was born. My mother had gone home to Udipi, the resident town of her mother and her in-laws, for delivery, so Udipi is his place of birth. During his 76 years and 8 months, he moved the 9000 miles from Udipi to Mission Viejo in California, but by way of Karachi, New Delhi, Bombay, Cambridge, Massachusetts, San Francisco, back to Cambridge, then Mithapur, India, then Belmont, Massachusetts, and Yarmouth, Maine.

He loved taking things apart and then putting them together. When he was about 3, someone gave him a screw-driver. Big mistake! My mother told us he went around the house unscrewing all the lower door hinges!

Later, in the 1950s, I recall, he built a beautiful model mountain village with our uncle Raghuram Nayak, all out of paper and cardboard. I should tell you my uncle, who was then staying with us while preparing for the IAS exam, was laid up because he had broken his foot competing with Narayan and me in the 'hop, step and jump' game!

Narayan also loved making model planes and flying them. He could make them "loop the loop".

His third passion was making radios, which he did with an uncle of ours who had a radio repair business in Tardeo.

But his greatest passion was academic excellence. We were both at St. Xavier's High School in Dhobi Talao in Bombay. He was fiercely competitive, and first place was a constant struggle between him and two friends, Vatsal Appadurai and Vijay Joshi. At the times that mattered – the final graduation examinations at St. Xavier's, Elphinstone College, and VJTI, he came first in the examinations, setting records that were not broken for many years, if ever. I remember particularly that while I struggled to solve all the problems in my assigned geometry textbook, he would solve all of the ones in his textbook in the first couple of months, then find five other textbooks and solve all the problems in those as well.

A colleague of mine at work, Nitin Patel, was one year junior to Narayan in the same academic institutions that Narayan attended. He wrote to me as follows:

"He was an inspiration, almost a legend, for me in my high school and college days as he was to many of my classmates. We marveled at his incredible academic achievements at St. Xavier's High School, Elphinstone College, VJTI and MIT."



By P. Ranganath Nayak

The second part of his life began with his arrival in Cambridge, Massachusetts in September 1961 at MIT, where he earned his PhD in Mechanical Engineering.

His thesis advisor and beloved professor was Nate Cook, who died in 2007. I spoke to his wife Collie about Narayan, and she said to me, "Nate always said Narayan was the smartest student he ever had."

During the next twenty-five years, he taught for a while at MIT, married Polly Danos, moved to Mithapur, India, to work for Tata Chemicals, had two wonderful children named Tara and Sushila, moved back to the USA, and started what was to be his life's work, the company Ventrex. He worked there for around 35 years, including after it was acquired by Hycor.

Ventrex, was a company started with friends from MIT for the purpose of speeding up analysis of blood for people slated for surgeries. They could not think of a name for it, so they named it "Venture X", which later morphed into Ventrex. I remember his pride in having invented a tiny precision device - a plastic stick with many precisely shaped circular fins - for speeding up the chemical reactions between the blood and various chemicals added to it by a factor of 30 or 40, so that tests could be done in an hour instead of a day or two and sent to the hospital without the patient having to wait needlessly.

In January 1986, Narayan married Shobha due to a brilliant game plan executed by her brother Gopal's wife Carol, an eternal matchmaker who loved bringing people together. Carol got hold of Narayan's phone number in Maine (she was in Pittsburgh) and rang him up, with no introductions. She told him that she knew a wonderful woman who was single, and enquired if he would come to Pittsburgh to meet her. He did, and he and Shobha fell for one another.

These were happy years for Narayan, as Shobha had a transformative effect on him. When he tried to compete with her, as he had done with almost everyone around him for most of his life, she would just laugh at him and refuse to engage. He calmed down, then mellowed, and gained his now famous sense of humor and generosity. Most people below the age of perhaps 45 remember him mainly from this part of his life.

Narayan and Shobha loved to visit Hawaii, they did so more than twenty times. They loved the "laid back vibe" and the

spectacular beauty of the place. It's a five hour flight from where they lived in Southern California.

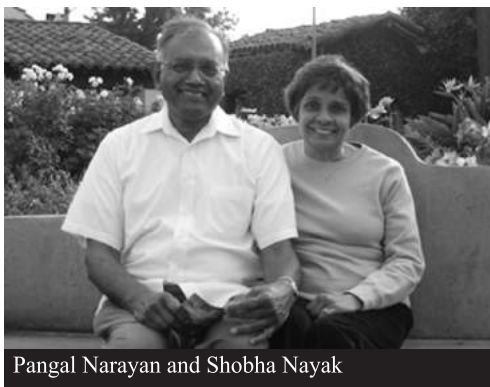
He continued to be technically brilliant, and was called the wizard of Ventrex and then Hycor, who could solve any technical or scientific problem anyone had.

I would like to end with a few quotes about him from nieces, nephews, a cousin, and my children.

His niece (and mine – my sister Maya's daughter) Deepa expressed it this way:

Narayan mam was my beloved uncle. He made me laugh with his silly puns and jokes, he gave me beautiful books that changed my worldview, and he taught me how to play grownup games like Blackjack with Monopoly money. But the very best thing I learnt from him, is how to give and get a big, long, warm, bear-hug. It's how I'll always, always remember him.

Before Narayan and Shobha moved to California in 1993, we used to visit them at their home in Yarmouth, Maine. My daughter Maya remembers these visits in this way:



Pangal Narayan and Shobha Nayak

I have fond memories of Mhanthu's grin, his distinctive voice, his great sense of humor and his wonderful chuckle and laugh. He always hid a candy bar in his house in Maine for me to find when we would arrive on visits, and I adored him for it.

My son Anand remembers those visits:

I remember his smile and the sparkle in his eyes as they would widen. I remember his laugh. I loved our trips to Yarmouth

to visit him, watching movies from his completely indexed and organized Betamax movie library (and laser discs!), and riding dirt bikes with Sunil and Sudhir, who seemed impossibly cool to me. I have fond memories of his wedding to Shobha and remember noticing even at my young age, what a marvelous effect she seemed to have on him. He was, in his quiet way, a solid cornerstone of my childhood.

He departed from this life leaving behind four children who are leading happy, productive, and prosperous lives, eight grandchildren who are growing up beautifully, many relatives and friends who remember him for his sense of humor, his generosity and his brilliance, and a wife who said of him, "You know that he is my best friend."

IN FOND REMEMBRANCE



Srinivas Ramchandra Mallya

(Nov 23, 1923 - June 3, 1987)

**Tariff Commission, Mumbai;
Finance Ministry, New Delhi;
IPCL, Baroda;
ICICI, Mumbai**

Sushila Srinivas Mallya

(Nov 19, 1927 - July 31, 2002)

**GSB Social Worker,
Writer of dramas, fiction
Bhajan singer
Homemaker**

From,

**CHILDREN - Veena Mohandas Shenoy Adige, Yeshwant Srinivas Mallya and Maya Satish Achar
GRANDCHILDREN - Priya, Deepak, Ashwin, Sandeep, Anjali, Aarti and their families.**

K2S - MY FIRST TREK

Trekking has always fascinated me, in the sense of being terrifying rather than awe inspiring. I always maintained that treks are not for the faint hearted, and touching 50 is hardly the age to try out such capers don't you think? My running group decided to go on an impromptu night trek; and I joined in on a whim. As Dr. Seuss said "You're off to great places, today is your day. Your mountain is waiting, so get on your way."

For the uninitiated, this is quite the 'must do' trek, per the trekking junkies. Known popularly as K2S or the Katraj to Sinhagad trek, this is usually done on a full moon night, though other timings have also been followed. Despite having a reasonable level of fitness, most of us were first time trekkers, but we had with us a couple of leaders who had done the K2S a few times before, so we were confident of completing this one uneventfully.

This trek is supposed to test your stamina and endurance at the very least and will help you decide if trekking is your cup of tea. It is a one sided trek, which starts from Katraj Ghat and ends at the foothills of Sinhagad fort, both in Pune. The trek comprises of a whopping 16 intimidating hills with steep slopes and high rises, totaling 18 km.

Off we went, few of us from Mumbai, and few from Pune, and though ideally we should have started the trek by 10 pm, due to certain logistic delays our trek finally commenced at midnight. It was a full moon, a super moon to be precise, so the night was aglow with moonlight. Earlier groups must have already crossed a few hills by then and we were probably the last group for the night. As we were halfway up our first hill, one of the trekkers had a health scare, and another trekker accompanied her back. We were thus short of two trekkers and had lost another hour due to this. We started up anyway, hoping nothing else would deter us thence. There is a red light atop the Sinhagad fort; not a historical landmark, but it does act as a guiding light, and we followed this beacon to ensure we were on the right track, as it's quite easy to get lost en route.



The first hill was quite slick, and we hoped that it would continue thus, but the second hill soon showed us that this was not to be. We had an option of taking the valley route

or the hill route; the valley looked scary and so we chose the uphill route, which obviously was a mistake. There was no route as such, and as we climbed up one step we slid down two steps, and thus it went, till we reached the top.



By Dr. Seema Baliga

Slowly but steadily we trudged on, hill after hill, some less daunting than the others, but each one unique. I appreciated the value of good trekking shoes; my running shoes were treacherous due to lack of grip. I also realized I had a unique talent, and was nicknamed the 'sliding queen', as I decided to sit and slide down some very bad downhill areas, rather than skid due to my shoes. Although we had started counting the hills we crossed, after a few, we rather lost count due to understandable reasons. On top of one of these hills, we had a five minute break, and replenished our sore bodies, with food and water. We didn't have the luxury of a customary nap here, but in a way it was a good decision.



There is a reason this trek is a test of endurance. There is no option but to forge ahead, you cannot give up, you have to go on, you can't go back either, there is no public

transport and no shops on the way, nothing, zilch. There are no shortcuts, and you have to cross each hill if you have to reach your destination. It's only the hills, the mountains and you. The feeling of being among nature, with nothing else is really something worth experiencing. You might think that you have crossed the most difficult hill, but the next one promises to be tougher. Looking back at the hills we crossed was motivation enough to move on. The path that we followed is a path that has been created due to people who have walked here before; there are no roads as such. The night was scary; the moonlight was guiding us, and the wind making eerie sounds right in our ears, almost giving it a haunted setting.

Our leader was very motivating and encouraging, and we finally managed to cover most of the hills. We scaled the penultimate hill in time to see the gorgeous sun rising and spreading its warmth on us, almost congratulating us for reaching here. At this point, we got lost because we decided to take another route, and then realized that we had to climb back up and use the other path to cross around the hill. There was just one last hill remaining now, but due to daylight, was the most daunting of them all. The earlier hills were crossed

**IN MEMORIAM
ON YOUR 13TH DEATH ANNIVERSARY**



MANIK GOPALKRISHNA PRABHU
(28-09-1928 – 10-06-2006)

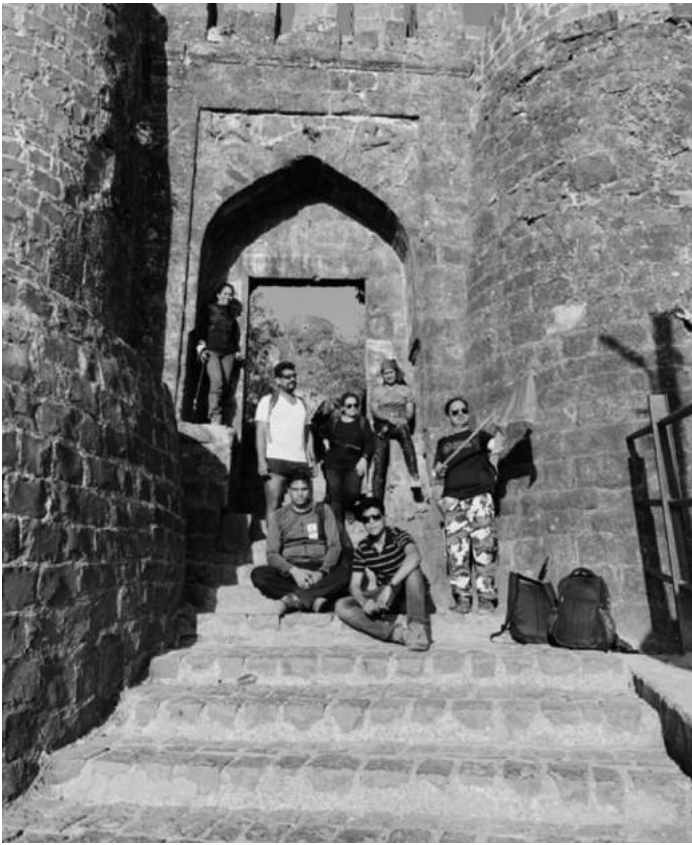
**WITH FOND AND EVERLASTING MEMORIES OF OUR LOVING
AND KINDHEARTED MOTHER**

SON – NARESH GOPALKRISHNA PRABHU

DAUGHTER-IN-LAW – SHAILA

**GRAND DAUGHTERS – RASHMI JNANESH PADIYAR
RUMA PRASHANT SHENOY**

**GREAT GRAND CHILDREN – THOSHANI PADIYAR
MITHIL SHENOY**



by moonlight, so we were less fearful, but this one was the proverbial nail on the head. Due to our earlier misadventure, we had to climb up without any path at all. We were human ghorpads (monitorlizards) clutching to dry sticks, our hearts in our throats, hoping we didn't fall down. But yes, we finally did it, and reached the base of the magnificent Sinhagad fort. "The best view comes after the hardest climb." Surely it was the most glorious view we could have hoped for, and seeing the hills we had crossed we patted ourselves on our backs. That feeling of accomplishment cannot be described in words, so I am not even attempting to do that. We paid our respects to the great King Shivaji, in total awe of how his Mavlas might have climbed these paths effortlessly in those times.

This trek has taught me so much; how it's good to get out of my comfort zone, and challenge myself. It's also taught me that nothing is impossible, if I decide to do something. Most of my inhibitions are in the mind, and once the mind is ready the body can go to great lengths. Sir Edmund Hillary said "It is not the mountain we conquer, but ourselves." How true!

So now that this trek is done, I am itching to go on my next adventure-A successful trip is not saying "well done", rather saying "where next?"

The Author is a surgeon by education, an editor by profession, a travel fanatic and passionate runner.

PLEASE ENROL MEMBERS TO THE SABHA

Are all your family members (above 18 years of age) members of the Sabha ?

Do you know GSB friends who have still not enrolled as members of the Sabha ?

Our membership fees are :

Life Membership Rs. 501/-,

Patronship Rs. 1001/-

Our quarterly newsletter, Voice of GSB, which includes articles, recipes, children's drawings, in addition to updates on Sabha activities, is posted free of cost to all members of the Sabha.

You can download the membership form from the Members Section of our web site www.gsbsabhamumbai.org.

Our membership is our strength, Come, join us, and make us stronger.

Be a part of an organization working since 85 years in the service of the community.

PABBA'S : THE STORY BEHIND THE SUCCESS

By Cmdr. (Retd.) Manel Mahesh Nayak

Shibroor Prabhakar Kamath or Pabbanna, as he is fondly known by the locals of Mangalore, studied at the Canara High School upto Class Eleven, which in those days was SSLC. Being the eldest among 4 siblings, on completing SSLC decided to try making a career in the City of Dreams, Mumbai or Bombay as it was called then. He had an uncle at Kandivali and despite advise from his father to persue College at Mangalore, left for Bombay. Life was arduous as he began working doing odd jobs as a casual hand for a meager remuneration.

One such job included a spell at the company manufacturing Montana table tennis balls. Here is where he picked up the skills of handling machinery and team building, which were to hold him in good stead in the years to come. However, frustration began to set in towards the end of the second year at Bombay and with the sad demise of his father, his mind changed. This was when he decided to return back to Mangalore to carry on the business at his father's small rented shop on Market road. They used to sell A-Z sundry items for the tailoring business as also the seasonal sale of crackers during Divali, Christmas and New Years and so on.

It was at this point, he felt that he should do something to augment his income and thought of selling icecream, in addition to his other businesses. Back then Komal's and Shetty Icecream were the two main icecream mongers, having outlets at Market road. It was not an easy start as despite concerted efforts, he failed to garner the support of either of the two main icecream mongers, probably, because they felt he will add to the competition, being situated at such close proximity.

Not the one to be cowed down by failure, he decided to take the bold step of making and selling his own icecream. In the early Seventies, two icecreams were well known, one was a Falooda type sold out of Chennai and the other was Three layered icecream being sold by Diana at Udupi with the name Gadibidi. Pabbanna came up with a improvised mashed up version of his own and named it Gadbad.

This, he feels was the turning point of his life as from humble beginnings Gadbad caught the fancy of the Mangloreans and especially the KMC students, who used to frequent the shop cum icecream parlor to relish this goody. Soon, Pabbanna was burning the midnight oil to keep up with the demand as he used to prepare the icecream himself. This made him to add the words 'Cream Parlor' to his shop board which was functioning as Ideal Traders till then.

Thereafter, there was no looking back, and as his clientele grew, so also the need to expand and he opened his second outlet at the other end of Market road in 1981. This one too reached maximum capacity and customers soon began complaining of inadequate parking space. This prompted him to open his third modern parlor, 'Pabba's' in 1996.

As Pabbanna's business grew leaps and bounds, so did his family. He was blessed with two daughters 'Rekha' and 'Usha'



Pabbanna With Cmdr. (Retd.) Manel Mahesh Nayak

and the youngest being a son 'Mukund'. As Mukund grew he gradually began inducting him into the business through practical hands on exposure to the workings of the industry. Today, he is at the helm of affairs, confidently and prudently handling a growing empire. Pabbanna, now has associated himself more towards philanthropic endeavors, especially the Old Age home being run under the aegis the Gokarn Mutt.

'Value for Money' has been the core ideology that has been followed by Pabbanna throughout his business career and now also by Mukund. As per Mukund Increasing the value of their product for the customer has been a continuous process and the main focus of their efforts. The one focus has been and continues to be prompt course corrections based on customer feedback. Since the last couple of years the Group has been crowned with several awards, both at the National and International level.

Further expansion is on the Anvil with the acquisition of 21 acres of land near Kinnigoli. Works to setup an indigenous icecream plant capable of handling a mindboggling One Lac Litres Per Day of Milk. It is now only a matter of time before we see Pabba's icecream on the shelves of the Middle East, Europe and US.

Last but not the least, Voice of GSB is indeed proud of Pabbanna's trail blazing success story. It is sure to motivate the youth of today to follow their heart to make their dreams a success through sheer grit and hardwork. Jai Hind.

SABHA STARTS ITS EDUCATIONAL ASSISTANCE DISBURSEMENT PROCESS

One of the flagship community outreach initiatives of the Sabha is the disbursement of educational assistance to the needy students from our Community from school to post-graduate/professional level. This assistance is disbursed from 2 designated Funds of the Sabha.

The disbursements made in F Y 2018-2019 were as under :

Type of Student	No. of students	Amt. per student (Rs.)	Total Amt. disbursed (Rs.)
A) VIDYANIDHI FUND			
School – Std I to X	102	1,500	1,53,000
College – Std XI to Graduate	72	2,000	1,44,000
Post Graduate/Professional	21	5,000	1,05,000
TOTAL VIDYANIDHI FUND DISBURSEMENTS	195		4,02,000
B) HIGHER EDUCATION AID FUND : Principal Donor – Shri Gurbur Dattananda Bha			
Meritorious students pursuing professional education	18	10,000 to 50,000	6,05,000
TOTAL DISBURSEMENTS	203		10,07,000

For the first time in the History of the Sabha, educational assistance disbursements in a financial year have crossed the Rs. 10 lakhs mark.

RECEIPT OF APPLICATION FORMS

The Sabha has started accepting application forms for assistance under its Vidyanidhi Fund. The important dates in this regard are :

FOR APPLICATIONS UNDER VIDYANIDHI FUND

Sr No	Type of Student	Application to be done by	Sabha will disburse by
1	School	31.07.2019	31.08.2019
2	College (upto Graduate)	31.08.2019	30.09.2019
3	Post-graduate/professional	31.10.2019	30.11.2019

Application forms are available at Sabha office and can be collected from Monday to Saturday 4 to 7 p.m. Application forms can also be downloaded from our website www.gsbsabhamumbai.org.

FOR APPLICATIONS UNDER OUR HIGHER EDUCATION AID FUND, the forms will be made available on our web-site www.gsbsabhamumbai.org by 31st July, 2019. The last date for applying under this scheme will be 31st October, 2019.

You will get details about both these Funds, including eligibility criteria, on our web-site www.gsbsabhamumbai.org

APPEAL FOR DONATIONS

Our Community values education. Considering the rising cost of living and education, the Sabha wants to further increase the disbursement amount per beneficiary and this is possible only with your support.

We once again appeal to all our members to donate generously to this Fund and light the lamp of education in a poor family.

Members desirous of contributing are requested to send a cheque at Sabha office at 101, Shreenidhi, 76, Bhaudaji Road, Opp. Bank of Baroda, Matunga (C.R), Mumbai – 400 019

You can also do online transfer. Following are the bank details:

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GSB Sabha, Mumbai, Account no. 05800100014288,
IFSC code: BARB0BHAUDA. In IFSC code it is zero and not O.

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01.07.2019

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SHRI RAMA MANDIR, KINNIGOLI (Dakshina Kannada District, Karnataka)

This is a success story of a small organisation of Gowda Saraswat Brahmins, in a small township called Kinnigoli, in Dakshina Kannada District of Karnataka State, and also on the way to Mangalore Air-Port via Kateel - another pilgrimage centre dedicated to Mother Goddess Durga. Kinnigoli is predominantly a Catholic centre with commercial crops like, ginger, pepper, arecanut and cashew-nuts. And it has 21 Branches of all major banks! For every two shops of grocery and provisions there is one jewellery shop and one textile shop! People tell us that around 12 noon if one pays a visit to this place it looks exactly like a town in the gulf!

Our people had arrived at this place about 175 years ago. In 1930 there were barely 13 families and now there are around 85 families and in that year some enthusiastic young men of less than 30 years of age thought of organizing themselves in an organisation called Gowda Saraswat Brahmins' Association to start a Mandir cum Hall and also to have a crematorium of their own. They thought of co-operative form of organisation, but with the presidential system of administration as in the case of United States of America (Members electing the President). They launched their Association on 7.1.1930 with M/s. N. R. Baliga President, Shrinivas Mallya Vice-President, Devaraya Mallya Secretary and Sarvotham Mallya Treasurer. They had the crematorium in the year 1940, Shri Rama Mandir in 1950 and Multi-purpose Hall in 2004.

Lord Rama with Mother Goddess Sita, Laxman and Hanuman are the deities of this village town even before construction of the Mandir. After the Mandir was started, people installed an idol of Lord Ganesh in addition to Lord Rama. Before the Mandir or the Association came into being, they had a voluntary organization called Shri Rama Bhajana Mandali. Under the banner of the Mandali, every year the devotees were holding 24 days Nagar Samkirtan Bhajan singling glories of the Lord and passing through the Main Road of the township. They were offering 'poojas' to the pictures of Lord Rama, Sita, Laxman and Maruti during this Samkirtan period that used to conclude on the 24th day called 'Bhajana Mangal' when they would be inviting 'Kirtankars' and 'Bhajana mandali's' from nearby villages and towns to sing and offer their 'sevas.'

According to their aspirations the Mandir was constructed and in the year 1950 its doors were opened. However, they could not keep the doors open every day and taking into account their financial limitations they used to keep the Mandir open on every Saturday night for 'singing bhajans' for about 2 hours and for offering poojas to the deities who were with them for over a century. India attained freedom in 1947 and when things were changing, Kinnigoli started progressing and our people also progressed. The photographs were replaced with idols of marble and with the wholehearted support of our people in Kinnigoli and also friends and relatives in Mumbai and other places we had idols made of metals. More than all these, our Guru Maharaj H.H.Shrimat Sudhindra Tirth Swamiji of Shri Kashi



By Shri K. G. Mallya



Math encouraged and blessed us to have every day pooja with 'anna naivedya'. Shri Swamiji was pleased to come down to Kinnigoli not only to install the idols but also inaugurate our 'everyday' pooja. Swamiji was kind enough to pass on to us, a powerful 'saligrama' to be worshipped with deities everyday, praying for the prosperity and progress of ALL! And that is working wonders in Kinnigoli, even now!

During last 89 years the township grew on account of the prosperity in the Gulf and today Kinnigoli is bustling with activities and also the buses coming and going from all parts of the District almost at the rate of two buses, every five minutes. The age-old weekly shandy is still taking place on every Thursday and round the year religious, cultural and literary activities take place in and around Kinnigoli. The Association completed 89 years. To tell the world at large its success story in 2006, it organised Amrit Mahotsav on Sunday the 5th February, 2006 with the active participation of all the families. It was more joyous because in its own humble land unique way, the Association thought of honouring the descendants of the founding fathers and also the past-presidents. Then they also celebrated the Amrit Mahotsav of the Members above 75 years either as couples or individuals.

Our ladies are equally enterprising and innovative taking pride in our heritage and culture. They have formed Mitra Mandali of both young and elderly ladies to preserve our heritage and culture and on every festive occasion they present colourful and meaningful cultural shows. They conduct 'Gita' classes for children every Wednesday and camps, again for children for 3 days during Dasara and Summer vacation. Then, there are everyday 'Bhajana' classes for ladies and also children in the late evening when the Mandir is open. Well, in addition to observing our festivals, the Mandir has its own festivals as follows: a) Pratishtha Vardhanti (the Installation Day) Magha Shukla Panchami, mostly in January every year. b) Reinstallation Day (Punar Pratishtha Day, mostly in April every year) c) Bhajana Mangalotsav on the 24 day of Vijaya Dashami) In addition to Shri Rama Navami, the Birth Day of Lord Shri Rama, on the previous day there is Shri Ramotsav) As to the multi-purpose hall it is well-equipped and rent-wise it is very cheap while compared to others not only in the locality but in the nearby towns and our members have concession also.

MAY LORD RAMACHANDRA BLESS US ALL!

NEVER BARGAIN

We went to Madhya Pradesh in 2015 on a holiday. We went to Mando, popular for the love story of Rani Roopmati. We were visiting the various palaces in Mando. I was taken aback by the poverty of the people living near the palaces and whose only source of livelihood is tourism. I was amused to see boys who were hardly 15 to 16 years old working as guides to the tourists and charging as less as Rs.50/- per visit/group. I have always believed that although tourism industry does not require much investment it can generate decent employment to locals if it is well organized. I also encourage young photographers who will follow you to pose for a photograph and give you instant prints/copies of your photographs. Our group consisting of my husband, my 80 year old mother and me like to take our group photographs and we ask these photographers to take a few clicks and give us instant prints.

At one of the palaces in Mando, I was particularly happy with young Gopal (our guide) who must be hardly 16 years old and who could tell us many stories about Rani Roopmati. The way he was explaining, as if he had watched the whole life of Rani Roopmati. He also took a few photographs with our camera. I was very pleased with his smartness and paid an extra Rs. 50/-. Looking at him I thought, with good training and resources at his disposal Gopal would have been a great tourist guide and would have even beaten the Devanand' character in the famous movie *guide*.

As we were moving to another palace, I casually asked Gopal to tell me a name of his friend who can be our guide in the next palace. He told me his friend Nitin is a good guide. When we went to the next palace, I asked the fruit vendor near the palace if he knew Nitin. He immediately sent his son to call Nitin from his house. And within five minutes, a boy around 17 years old came running to us. He was wiping his hands (he must have just finished his lunch). His eyes were sparkling and he was looking confident. As usual I asked him what were his charges and was expecting that he will also charge Rs. 50/-. However he told me that he will charge Rs.250/-. I felt he was cheating us although Rs. 250/- was a very small amount for us when we spend thousands on our flight tickets and hotel charges.

As usual I bargained and told him I will pay only Rs.150/- and also told him that Gopal in the earlier palace charged us only Rs.50/-. He sternly refused and told me that the earlier palace had only few steps and was also a small palace, and whereas his palace (he referred to that palace as his own) is big and hence his charges are more. I refused to pay and started climbing the steps. My husband was angry with me for bargaining with a small boy and then rejecting his services. My mother was also not pleased. But I was adamant. I thought Nitin will come back agreeing for lesser charges as usually happens at tourist places.

After climbing two to three steps, I casually turned back. What I saw moved me. Nitin was sitting on a wall looking



By Veena Shenoy

dejected and angry. My inner voice told me I was wrong and harsh to a poor small boy. My inner voice won over my ego and I called Nitin and asked him to be our guide. He enthusiastically showed us all nearby palaces telling us the stories about each room of the palace. Generally I like to talk to these young boys who not only have many stories to tell but also teach us many life lessons. Despite living in absolute poverty, they beam with joy telling about the ancient glory of their regions/ areas.

While talking to him I was given to understand that he is the only son of his widowed mother and has just completed his HSC. I asked him why he did not pursue higher studies after 12th standard. He told me that there is no degree college in his village and his mother is too poor to send him to nearby town for higher studies. He also told me he cannot leave his mother all alone at the village. I casually asked him how much he earns a day. He told me during peak seasons he earns about Rs.400/- to Rs.450/ as there is a vast competition during peak seasons with boys coming from nearby villages to work as guides. His family does not have any income when there are no tourists during monsoon.

After completing his job Nitin was too happy to receive an extra hundred rupees from me besides his charges. I told him he will be a good guide. He ran as some other tourists entered the palace.

I can never forget this incident and I remember Nitin every time I see a guide near tourist places. And thenceforth I have also never bargained with a guide whenever I visit a tourist place and paid them whatever they ask for. We as tourists spend money on many luxuries when we visit tourist places / are on tours spending on luxury hotels, joy rides, eating good food. However when it comes to giving to these poor people like local vendors and guides it is not fair to bargain with them.

Whenever I write an article on tourism, I remember Nitin and his sparkling eyes. I hope the government will boost our tourism industry to help out these young tourist guides as there may be many Nitins near various tourist sites. I have always believed that there is plenty of hidden talent in India. However due to lethargy of our successive governments, this young talent cannot be tapped and they remain in recluse.

If we can impart training to these youngsters, make them learn English language, give them mobile phones and help

them set up a small tourist centre near the heritage site, the tourists can take advantage of the guides. Especially if the tourists are foreigners and from non Hindi speaking areas, the guides with knowledge of English will help them. Secondly this will also boost sale of traditional crafts, savouries and other popular items of the area and will automatically help in creating employment for women. It goes without saying that maintaining cleanliness at these heritage sites is of utmost importance. Many heritage sites in India are badly maintained, their history forgotten and are not accessible. The tourism Ministry should identify such sites and work speedily for their maintenance. The locals in the area should be involved in this activity. Secondly there are many sites of tourist interest which are either forgotten/badly maintained and hence lost their glory. The tourism department should tap such places, give wide publicity and thus enthuse the tourists. According to me Hampi ruins in Karnataka (which depicts the glory of Vijayanagar empire) is such a heritage site.

One more lesson I learnt from the above episode is that ordinary citizens of India can help in boosting the tourism industry. This can be done by posting photographs of places of tourist interest on social media like facebook, twitter etc. Whenever we visit some tourist centre, especially some unknown destinations/ tourist places we can make these places popular by posting about these centres on facebook/twitter and discussing about these tourist centres with our friends.

Tourism industry does not require much investment but can generate revenues for the government and employment for youngsters if we/the government systematically encourage/train local people about the various historic places/ places of tourist interest in their area and popularize them with the help of social media.

India with its ancient culture, historical places, heritage sites can be a hot spot for tourism if only the elite and the educated people with a little bit of social awareness can popularize this industry and help out many youngsters.

Nitin's episode made me realize that a small effort on our part can definitely help a poor family with the basic needs of life. As an active tourist, I always maintain a diary and note down all the places I visit along with photographs and discuss about those places when I sit with friends and relatives so that people can plan their tours and encourage tourism. I also offer to chalk out tourist plans for them. With its varied culture, history, natural beauty, geographical diversity, literature, customs, religions India can lead the world tourism and generate employment for millions of youth and also prevent people from migrating from villages to cities in search of livelihood if only we as alert citizens take part in popularizing our tourism industry and help out millions of families/youth.

Let us encourage tourism and help young Nitins and participate in nation building.

MUMMAS GAL

My transition to 2019 was marked by inarguably the most memorable event in any family, 'Girl's Wedding'. On one hand you are extremely ecstatic in the heat of the event and on the other when you eventually realize that she is no longer going to be with you, the withdrawal is terrible. This wicked mix of emotion is probably the most extreme for the mother and I present below a poem from the mother's perspective, reflecting on the past decades and poised enough to continue to be there for her daughter in her new journey. Here it goes...

Mumma's Gal

***How have you been,
So long that I have seen,
You and your mischiefs reign,
We live by your smile our Queen!***

***Feels like yesterday, when I had you in my arms,
Would have burned down the world if they caused you harm,
Your giggles, your cries, your smiles... all those happy sounds,
Now I sit and reminisce and realize that you're not around!!!***

***I remember, you running round and round as I tried,
To feed you everything good inside and you'd go and hide,
I would then come searching for you and then make you sit beside,
Me and then see, those innocent eyes asking for a ride,
To your bed where we sped and slept side by side,
And if you woke up and cried, Mumma would be your sleeping guide,
You got my time, no matter how much work would coincide,
Can't believe! My little girl! You became a bride!!!***

***As if today, When you went to school in your blue frock,
Your slightest discomfort for Mumma was a rude shock,***



By Girish Pai

***Every time I took you home from daycare my soul would restock,
Then the places we would flock having all the funny talk!!!
Teachers you would mock while the stores we would hop,
Till we got the right top we would shop and didn't stop,
Starting off the block you are reaching for the top,
And a boy sharp as hawk won your heart like a mic drop!!!***

***How have you been,
So long that I have seen,
You and your mischiefs reign,
We live by your smile our queen!!!***

***Feels like just now, I came back from the marriage hall,
My girl so beautiful, Mumma tells these silent walls,
You are my all and till the curtain falls,
I will live by your calls and talk to your dolls,
But you please have a ball...***

***This is so weird that I whine but I'm fine that,
You are happy with your spouse in new house and you're inline at,
The queues of societal success which in hindsight,
Won't matter much because the only excess you need are the smiles
bright!!!***

SARASWATS SURVIVING THE KERALA FLOODS

Kerala, the 'God's Own Country' met with an unprecedented natural calamity due to heavy rains, floods and landslides throwing majority of its inhabitants out of gear. Many families lost their homes and business establishments, putting them in grave misery. The floods have displaced millions and damaged more than 1 lakh houses. **HH SHRIMAD SUDHINDRA THIRTHA SWAMI CHARITABLE TRUST** initiated the relief activities and appealed through social media as soon as heavy rains were forecast. As soon as flood was declared, the Trust procured essential items and commenced relief work. The early procurement of food and essential items ensured the relief work could be carried out even though there arose scarcity of provisions and grocery as road and rail was cut off for almost 10 days.

RELIEF WORK

A team comprising various temples, organisations, GSB Mahasaba Kerala chalked out the action plan for flood relief. The relief commenced with setting up a 24/7 Emergency Help Desk in Kochi to coordinate with 3 districts that were badly affected. The central relief store in Kochi also got activated. Local coordinators in each affected area helped the rescue and relief efforts. The displaced families were provided accommodation in Guest Houses/Marriage Halls etc. The Temples of Saraswats which has good infrastructure rose to the occasion providing food and essential items as desired by the District Administration across various public camps.

In the initial days of emergency, the Trust provided food kits to 750 families that comprised of rice, grocery, household kits for hygiene, and pair of clothing, 'door delivered' to needy by volunteers. Community Kitchen feeding 300 people was operational for for 7 days in couple of areas.

Sree Sudheendra Medical Mission provided a helping hand and made adventurous trip to the flood areas by risky means of transport i.e. by Lorries, Boats etc. with the assistance by Navy to provide Medical aid in isolated relief camps during the peak time of floods. The relief operations were planned with utmost care. Volunteers were given fresh equipments and were briefed about safety during work. Technicians/helpers engaged in relief activities were covered under specific 'insurance for workmen' policy.

REHABILITATION

The Trust got support from GSB Mahasabha – Kerala, who organized volunteers in large numbers in several batches to help clean homes and public places. Around 200 Volunteers joined from various unaffected areas working tirelessly for hundreds of man days helping the affected families set their home right, supported with Social visits by women and elderly volunteers. The Trust engaged technicians with knowledge of electrification/ plumbing/ sanitation etc for free repairs, plumbing and electric, to 100 House Holds. Free Supply of utensils, gas stove, clothes, bed etc. to 200 needy House Holds helped the affected families start their normal living. The affected small businesses/entrepreneurs were supported by means of raw material/equiments/ financial aid etc.

TEAM CIVIL ENGINEERING

The Trust received support of civil engineers among Saraswats who carried out Inspection to ascertain stability of Houses in severely affected areas. The team carried out assessment of damages to houses, recommendation of repairing cost or solution for reconstruction. Houses unfit for occupancy were also identified and Trust provided the families with alternate arrangements. Many houses and compound walls are damaged at varying degree due to surging water, mud and other floating materials.

RECONSTRUCTION OF HOUSES

HHSSTS Charitable Trust intends to construct around 25 houses that are completely damaged. The reconstruction cost for each house of 450 SQ Ft would be ~Rs 9.00 lakhs. Those eligible could avail PMAY subsidy. However, the balance cost of around Rs 5.00 lakhs is needed post availing the PMAY Subsidy. The Trust assisted the affected families to receive government aid etc.

A special mention and thanks to GSB Seva Mandal Mumbai, GSB Temple Association, Mangalore, several GSB Sabhas throughout the country who lent a helping hand by way of providing relief materials/ financial support etc; but for which the relief activity wouldn't have been possible.

All the trust activities including that of the Flood rehabilitation is being carried out with blessings and guidance from his Holiness Shrimad Samyameendra Thirtha Swamiji Matadhipathi of Sri Kashi Math Samsthan, Varanasi.

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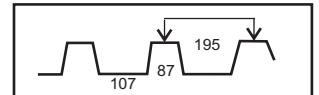
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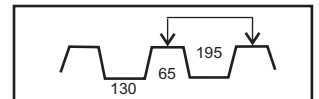
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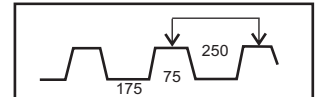
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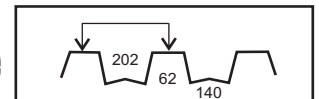
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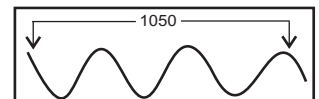
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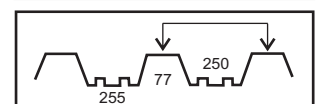
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NEWS FROM OTHER ORGANIZATIONS

SRI SUKRATINDRA VANDANA- A PHOTO DOCUMENTARY ON THE LIFE OF SRIMAD SUKRATHINDRA THIRTHA SWAMIJI



Srimad Sukrathindra Thirtha Swamiji was the 19th Swamiji in the Guru Parampara of Kashi Math. This Samvatsara happens to be Sapthathi Punyathithi (70th) of Srimad Sukrathindra Thirtha Swamiji. This year it is celebrated on 17th July 2019.

S. B Samaj (Western Suburbs) Goregaon Mumbai, which is entering the Golden Jubilee Year, in order to commemorate the Golden Jubilee as well as the Amrithamahotsava of Shishya Sweekar of Srimad Sudhndra Thirtha Swamiji has released a video on youtube on Life of Srimad Sukrathindra Swamiji.

The video was released by Srimad Samyamindra Thirtha Swamiji at Haridwar 3rd June during the Amrithamahotsava celebrations.

This fifty minute video documentary takes one from the Establishing the Kashi Math in 1542 at Kashi.

This video also has various music tracks to make the narration interesting to the audience. The music tracks Title Song, Kashika Sthuthu and Sukrathindra Sthavanam was composed by Srimad Sudhndra Thitha Swamiji in Samskrit and on Ranganatha of Srirangam by Sant Bhadrageeti Achyutdasji. The other tracks include Hare Venkata Shailavalabha by Sripada Raja and Viswanirmitya and Vardendra Sadguruve on Kochi Gosripuresha is not known

This also takes one through the Darshan of Kashi, Tirumala, Sri Ranganathaswamy of Srirangam and Rameshwaram as well as the history of the two nerve centres of GSB i.e Kochi and Mulki.

All these tracks were recorded exclusively for this documentary except Sukrathare Amuche by Shankar Shanbhoghue and Sukrathindra Sthavanma which was already a part of "Sudhndra Rachanamrutham" another initiative of the Samaj. The songs were rendered by upcoming young talents from Mumbai and Kochi.

The photograph collections of Swamiji was from M/S Vanguard Studios Kochi

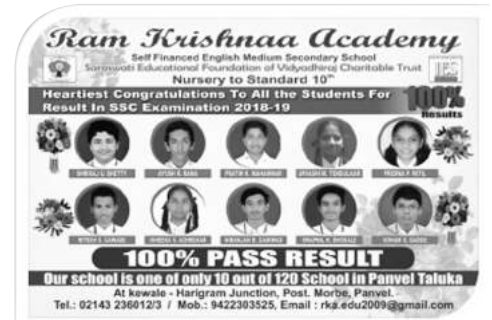
The video was Directed by Nanda Mohan Shenoy, Hon Secretary of GSB Samaj and the music direction was by Mr. G Muralidhar Shenoy Kochi.

The entire contribution was a collaborated efforts of the GSB Contribution from bengalore, Kochi, Udupi and Mumbai.

The individual musical tracks will also be released on the youtube channel of GSB Samaj for the benefit of the devotees.

HUNDRED PERCENT RESULT ONCE AGAIN

Ram Krishnaa Academy, the self financed English medium school at Harigram in rural Panvel, run by Vidhyadhiraj Charitable Trust has once again received a hundred percent result in SSC exams this year. Started with just eight students, the number has now crossed five hundred, it caters to children of seven nearby villages. The first batch that appeared for SSC last year obtained a hundred percent result which has been repeated this year. Only ten schools out of 120 schools in Panvel Taluka have a cent per cent result and we are very proud that Ram Krishnaa Academy is one of them.



PREMA MAI – WE WILL MISS YOU

Charming, Gentle, Kind, Adorable, Beautiful, Graceful.....I run out of adjectives while describing Prema-mai.

Prema-mai left all of us on May 27th, 2019. When I was on the way to her Vaikuntha Samradhana, there were a flood of memories associated with her. The most recent ones were associated with the Sabha monthly satsang of which was an ardent participant till ill-health made it difficult for her. I was always amazed at the depth of her knowledge and the simplicity with which she would explain the topic and make it so interesting to absorb. I can add soft-spoken as one more adjective to associate with her...soft-spoken but impactful. Then, I remembered her felicitation as one of the Mahila Shakha ex-Presidents during their Diamond Jubilee Celebrations in February, 2017. She was frail in health and we were suggesting that we should felicitate her where she was seated, but she was resolute to come up on the stage. As usual, she was very graceful in her demeanor and I could see a sparkle in her eyes when she received the felicitation.

Prema-mai was associated with Sabha's MahilaShakha since 1971. She was the Secretary / Vice President of the Mahila Shakha under the President-ship of Smt. Sanjivi Bhat, whom she considered to be a friend, philosopher and guide. When H H Shrimad Sukrateendra Swamiji wished that GSB ladies should study Bhagvad Gita and chant daily, Shri K G Kamath (Gopimaam) selected her for that role and she conducted Bhagvad Gita classes for the ladies. She was the Mahila Shakha President for 1992-1993. She enjoyed the Mahila Shakha



Smt. Prema Kuloor
09-04-1932 to 27-05-2019



By Uday Malya

bhajan class on Tuesdays and was well versed with a number of bhajans and had a melodious voice. In fact she taught a number of bhajans in the class, which are sung till this date.

Prema-mai was a regular patron of Sabha's annual Senior Citizen picnic for several years. For these picnics, she used to write short skits for us. It used to be lot of fun, with the cast being decided upon during breakfast and Prema-mai explaining the skit to the cast over lunch and the performance immediately thereafter. I used to play the role of her son on several occasions, I treasure those moments.

When I heard she had gone, I felt as sad as I felt when I heard the same for Dev Anand and Shammi Kapoor. Somehow, I feel that a bit of our old world charm is fading away and Prema-mai was an embodiment of the same.

During her Vaikuntha Samradhana, her family members had kept a very beautiful smiling picture of hers in which she looked radiant. It was appropriate as we will always remember her like that.

We miss her dearly and pray for strength to the family members to bear with the loss.



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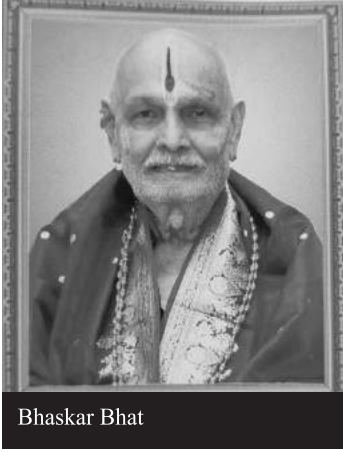
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Bhaskar Bhat

Vedamoorti Shri Mulki Bhaskar Bhat who was the senior most among the Archaks of Shri Mulki Narasimha Venkataramana Temple had left for his heavenly abode on Friday the 26th April, 2019 (Date of Birth 25th Aug., 1930) leaving behind five daughters and three sons and a very large number of friends, relatives, admirers and well-wishers. He had

lost his wife a few years ago. We sincerely pray for his soul and share with the grief of family members, friends and relatives.

Shri Bhaskar Bhat had started his career as a priest at a young age after undergoing training for three years in Shrinivas Nigamagama Pathashala, Mangalore and then two years Sanskrit Course in Shrinivas Pathashala, Mangalore. Besides Mulki Temple, he was actively associating himself with the activities of Shri Kashi Math Samsthan as he was also a "Saha Paathi" (co-student) of the then reigning pontiff H. H. Shrimat Sudhindra Tirth Swamiji for one year in Mulki itself and so during the inauguration of new Math branches or during the renovation and reinstallation ceremonies, he was invariably invited to be one among the prominent priests of the Math. He had successfully managed and supervised One Crore Gayatri Japa Yajna at Haridwar Shri Vyasa Mandir of Shri Kashi Math way back in 1995 from 18th January to 22nd January, 1995. This Mandir was established by Shri Swamiji in the year 1988.

He was associated with Shri Mulki Temple as an Archak for more than 50 years. But his best came when he was the Paryaya Archak of Shri Mulki Temple (In the year 2000-2001). Under his stewardship a rare 'yajna' called Rik Samhita Yajna was performed from 18th to 23rd September, 2001, in the Temple by chanting all the 10,552 mantras of the Rig Veda



By K. G. Mallya

for 6 days with suitable offerings into the sacrificial fire with each mantra. It was not the 'yajna' alone. On 23rd there was a 'Bhajana' programme and added to that there was a collective 'Kumkumarchana Seva' of chanting 1000 sacred names of Shri Mahalakshmi, the Goddess of Wealth, by the participation of married ladies who had come to Mulki Temple not only from the township of Mulki but also from other places. Incidentally 900 house-wives had participated and all of them were given as a gift a printed book containing the 1000 names of Shri Mahalaxmi besides the auspicious articles befitting the house-wives.

He has been honoured at Kateel in the precincts of Shri Durgaparameshwari Temple on the 7th September 2008 along with other learned 'archaks' of different temples and places in recognition of lifetime achievement as a successful Archak and Purohit. The honouring ceremony was a part of 60th Birthday Celebrations of Vedamoorti Shri Laxminarayana Asranna, Archak of Shri Kateel Temple and also as a part of the annual programme in memory of his late father, Gopalakrishna Asranna. He was also honoured by Yugapurusha, a leading Kannada Monthly from Kinnigoli, in recognition of his being a learned vedic scholar.

Above all, he has also received the rare title of "Purohit Ratna" with blessings from H.H. Shrimat Sudhindra Tirth Swamiji of Shri Kashi Math Samsthan in appreciation of life time service as a Purohit and Archak.

Author's Note: I spent a few years of my student days in Mulki residing close to the temple and so Shri Bhat and myself were intimately known to each other.


**Best Wishes
From
A Well Wisher**


MONSOON SPECIAL RECIPES

Come June and you see the south west monsoon arrive. When it pours the foodie in me starts craving for crispy bajjos(fritters) alongside a cup of tea.

The cold and damp weather makes my taste buds crave for hot steaming rice topped with ambat which has been seasoned with lots of fried onions (piyava phana). Also having a spicy sannapolo on the side is my idea of comfort food on a rainy day. Hence presenting a few dishes specially cooked in the monsoon.

by Smt. Anuradha Prabhu
anuradhaprabhu49@gmail.com



Vaali Bajo

Vaali or malabar spinach is available during monsoon, apart from ambat and bendi, tasty bajo(fritters) can be made from its leaves.

Ingredients

- 12-15 Vaali leaves • 3/4 cup besan • 1/4 cup rice flour
- 1 tsp red chilli powder
- 1/4 tsp asafetida
- Salt to taste
- Oil for frying



Method

- 1) Clean the leaves, wash and spread on a cloth to dry.
- 2) Mix the besan, rice flour, chilli powder, asafetida and salt. Add little by little water to form a smooth batter. The batter should be neither very thick nor very watery but the right pouring consistency.
- 3) Heat oil in a karahi, dip each leaf in the batter so it's coated well, and drop in hot oil. Fry the bajo till golden. Serve hot with a cup of hot tea or as a side dish during meals.

Mita Ghallele Salla Ambat

Mita ghallele salla i.e raw jackfruit preserved in brine is a delicacy available in the monsoon. It can be finely chopped and made into upkari or can be made into a delicious ambat.

Ingredients

- 1/2 cup toor dal • 1/2 cup grated coconut
- 1 cup salla
- 5-6 dry red chillies
- A marble sized ball of tamarind
- 1/2 cup chopped onions
- 1tbsp oil
- Salt to taste



Method

- 1) Pressure cook the toor dal, add salt and blend it to a smooth consistency.
- 2) Soak the salla in water for half an hour to remove the excess salt. Drain the water, remove and cut into medium slices.
- 3) Grind the grated coconut along with red chillies and tamarind to a smooth paste.

- 4) Add the ground paste to the dal along with the chopped salla. Bring to a boil.
 - 5) Heat oil in a karahi, add the onions and fry till golden. Pour over the ambat.
- Serve hot with rice.

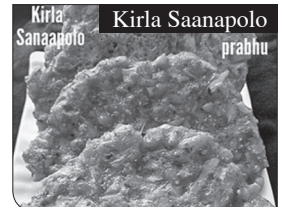
P.S:- Check the quantity of salt while adding to the dal as the saala contains excess salt.

Kirila Saanapolo

Fresh kirilu or tender bamboo shoots are available during monsoons. The tender stalk is finely chopped for making sukke and the hard ones are sliced, salted and preserved for use during the year. For this recipe I've used finely chopped bamboo shoots also called as kirila neeli. This sannapolo is made a little spicy and is served as a side dish with rice and dalitai.

Ingredients

- 1cup rice • 1 cup chopped kirila neeli
- 8-10 dry red chillies
- A marble sized ball of tamarind
- 1/2 tsp of asafetida
- Salt to taste
- Oil as required



Method

- 1) Firstly the freshly chopped kirila neeli has to be soaked in water for 2-3 days and the water has to be changed daily. This helps in removing the smell and bitterness of the kirilu.
- 2) Drain the water from the soaked kirilu and squeeze the excess water and keep the kirilu aside.
- 3) Soak the rice for an hour.
- 4) Grind the rice, red chillies, asafetida and tamarind to a dry paste. Very little water is to be added while grinding.
- 5) Remove the paste, add the chopped kirila neeli. Add salt to taste and mix. Add a little water to get a batter of thick consistency.
- 6) Heat a tava, apply oil and spread a thick pollo(dosa) with your fingers. Pour a little oil and cover and cook on a slow flame. After 5-6 minutes flip the sannapolo and cook on the other side. Remove from heat once it's cooked and light spots appear.
- 7) Repeat the process with remaining batter. Serve hot.

P.S:-The amount of chillies can be adjusted to suit ones taste, but this saanapolo tastes better if it's spicy.

LAST BUT NOT THE LEAST

GSB Sabha, Mumbai Calendar July 2019

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

13th : Bhakti Natya Tarang at Pracharya B. N. Vaidya Sabhagraha, 4 p.m to 7 p.m.

20th : Monthly Satsang , Sabha Office, 6.30 p.m.

27th : 4th Saturday, Marriage Information Service, Sabha Office, 4 p.m. to 6 p.m.

August 2019

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

2nd : Shraavan Haldi Kumkum, Dwarkanath Bhavan Hall, Wadala, 4 p.m to 7 p.m

10th : 2nd Saturday, Marriage Information Service, Sabha Office, 4 p.m. to 6 p.m. Monthly Satsang, Sabha Office, 6.30 p.m.

18th : 85th Foundation Day Celebrations, G.S.B. Seva Mandal's Guru Ganesh Hall, 4 p.m

24th : 4th Saturday, Marriage Information Service, Sabha Office, 4 p.m. to 6 p.m.

September 2019

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

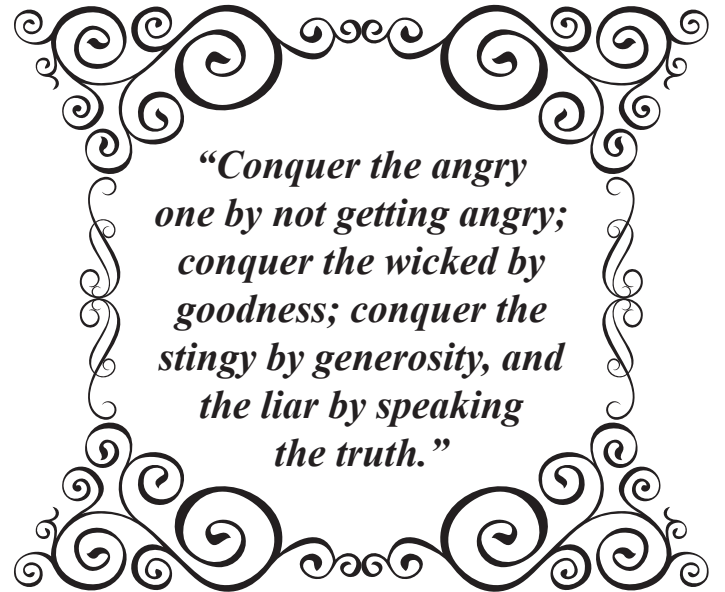
14th : 2nd Saturday, Marriage Information Service, Sabha Office, 4 to 6 p.m. Monthly Satsang, Sabha Office, 6.30 p.m.

28th : 4th Saturday, Marriage Information Service, Sabha Office, 4 to 6 p.m.

List of important dates in the quarter

July - September, 2019

Dates	Day	Festival
12 th July 2019	Friday	Devashyani Ashadi Ekadashi
16 th July 2019	Tuesday	Guru Purnima
20 th July 2019	Saturday	Sankasth Chaturthi
1 st August 2019	Thursday	Shraavan Arambh,
5 th August 2019	Monday	Nag Panchami
14 th August 2019	Wednesday	Sutta Punav
15 th August 2019	Thursday	Raksha Bandhan 73 rd Independence Day
19 th August 2019	Monday	Sankastha Chaturthi
23 rd August 2019	Friday	Sri Krishna Jayanti (Janmashthami)
24 th August 2019	Saturday	Gopal-Kaala - Dahi Handi
1 st September 2019	Sunday	Hartalika Trutiya (Vaiyna Puja)
2 nd September 2019	Monday	Ganesh Chaturthi
3 rd September 2019	Tuesday	Rishi Panchami
12 th September 2019	Thursday	Anant Chaturdashi
14 th September 2019	Saturday	Pitru Paksha Aarambh (Mhaalu)
17 th September 2019	Tuesday	Angarak Sankastha Chaturthi
29 th September 2019	Sunday	Navratri Ghatasthapana
2 nd October 2019	Wednesday	Gandhi Jayanti
8 th October 2019	Tuesday	Dussera (Vijaydashmi)



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

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Name: Sadhika Prabhu
Age: 12 years



Name: Aditi V Prabhu
Age: 12 years



Name: Padma Shenvi
Age: 7 years



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