

V O G



Voice of G.S.B.

Sabha Going Digital

The Quarterly Newsletter of G.S.B Sabha, Mumbai

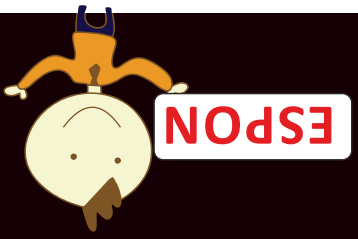
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From the Managing Committee

To Our Dear Member friends :

Shri Gulpur Dattanand Bhat, a great visionary and philanthropist, was one of the greatest well wishers of our Sabha. In his will, he bequeathed to the Sabha, a sum of Rs. 1.50 crores, of which a) Rs. 1.00 crore is to be utilized by the Sabha to provide scholarships to meritorious students belonging to economically backward sections of the Gowd Saraswat Brahman community for pursuit of higher education in any field and b) Rs. 50 lakhs is to be utilized by the Sabha for providing financial assistance towards medical emergencies, hospitalization, or surgery to economically backward members of the Gowd Saraswat Brahman Community residing in and around Mumbai. On completion of legal formalities, the Sabha received this sum in July 2017, making it the single largest donation received till date. The generosity of Dattanand Bhat -maam strengthens our educational assistance and medical aid initiatives and provides us with a new avenue to be of service to our community in terms of financial support for higher education. Shri Gulpur Dattananda Bhat was a source of strength and inspiration to the Sabha and the entire GSB community. His absence will be missed by us.

Our Sabha's Mahila Shakha celebrated its Diamond Jubilee in February, 2017. The overwhelming support received from the Community for these celebrations resulted in the programme generating a surplus of Rs. 5.35 lakhs. The Mahila Shakha has decided to set up an endowment, the interest wherefrom will be utilized to provide assistance to senior citizens for admission to old age homes, in situations where there is a need to get admitted but financial constraints prevent the same. The first beneficiaries of this Fund have been a senior citizen couple who were in dire financial condition after the loss of their only son. Sabha facilitated their admission to Shantikunj Sevashram old age home and this Fund will support their monthly expenses therein. We see this as an emerging need of the Community and appeal to our generous donors and well wishers to support us in strengthening this Fund.

During Ganeshotsav, 2017, the Sabha ran, for the first time, a photography contest on its facebook page, www.facebook.com/gsbsabha.org. Contestants uploaded a photo of the Ganapati idol and a daily winner got a pre-loaded gift card, co-sponsored by NKGSB Co-op. Bank and the Sabha. The contest met an overwhelming response with 233 photos uploaded over 12 days. For the first time, we also covered the session on "Attitude and Motivation" by Shri Sunil Ullal during our 83rd Foundation Day held on 20th August, 2017, **live on facebook**. It's a great step forward in leaving active digital footprints.

In its 84th year, the Sabha remains eternally young and will continue exploring new and unique methods to serve, and be connected with the community. We look forward to your support and encouragement, ideas and suggestions.

Please send your feedback and suggestions for your very own newsletter, Voice of GSB, by dropping in a mail to gsbsabha@gmail.com.

Thank you. Happy Reading !!!!!

Managing Committee of G.S.B. Sabha

In order to be of better service to our members, the Sabha has subscribed to a bulk SMS service and will start sending updates about our activities / programmes by SMS to the members.

We request all our members to contact our Office Manager, Shri Vishwanath Shenoy, on 022-2408 1499 (Mon. to Sat. 2 to 7 p.m.) and update your mobile number in our records. Kindly quote your membership number which you will find on the address label on the back cover of VoG.

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REPORT ON BHAKTI NATYA TARANG PROGRAMME ORGANIZED BY G.S.B. SABHA, MUMBAI

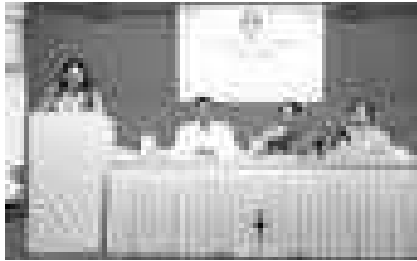
The path to the divine power is through devotion and spirituality; music enables this through its various forms.

The second edition of “Bhakti Natya Tarang”, a flagship program of the GSB Sabha, Mumbai was held on Saturday, 1st July 2017 at the Pracharya B. N. Vaidya Sabhagriha, Dadar, Mumbai.

Shri. Raghunandan Bhat, Bengaluru and Smt. Sonal Shivkumar, Mumbai regaled the 300 plus audience, who turned up braving the inclement weather, with their rendition of abhangs, bhajans and natya sangeet. The concert was very engaging and all artistes on stage explored their creative instincts very well. In fact, although the repertoire selected by Raghunandan was totally new, the audience enjoyed his vibrant yet soulful style of presentation. Sonal’s sharp yet melodious voice cut through the ambience and her discipline in training and rendition could be noticed by each member in the audience. The resident of Karkala, Umesh Gautam Nayak’s chaste and apt Konkani Nirupan also captivated the audience. Dnyaneshwar Sonawane on the Harmonium and Vighnesh Kamath on the Tabla shared an excellent rapport and added colour and texture to the performance with their subtle aesthetic inputs which were greatly appreciated by one and all. Raj Shirodkar constantly maintained the sonorous sound of the Pakhawaj throughout the performance, brilliantly coordinating with Vighnesh and Rajendra Bhat’s Manjira accompaniment which provided an ideal canvas for the artistes to explore their ideas. Saraswat Co-op. Bank was the program sponsor and M/s SMS Financial Services, NKGSB Co-op. Bank and Redi Port were the support sponsors. The program was also financially supported by the members and well-wishers of the Sabha. The program spanned over 3 ½ hours at the end of which the audience gave a standing ovation to the artistes as and carried home sweet memories.



G.S.B. SABHA, MUMBAI CELEBRATES ITS 83rd FOUNDATION DAY



Every year, the Sabha felicitates the youth of the community during its Foundation Day Celebrations. This year too, the 83rd Foundation Day which was celebrated on Sunday, 20th August, 2017, was dedicated to kids and youngsters. The celebrations were held at G.S.B. Seva Mandal’s Shree Guru Ganesh Prasad, Sion.

Dr. Kavita Rege, Principal of Sathaye College was the Chief Guest.

After the auspicious beginning by the lighting of the lamp, 49 meritorious students who had excelled in academic studies from S.S.C. onwards were awarded silver medals and certificates, sponsored by Smt. Jayashree Ramesh Shenoy. In a departure from the past, cash awards were replaced by motivational and self-help books, carefully selected considering the age of the awardee receiving the same. These felicitations were done from the various endowments which have been received by the Sabha over the years for this purpose.

The V. R. Shenoy Memorial Vidyaniidhi Merit Award, sponsored by Shri B. T. Mallya, was awarded to the toppers from Class I to IX from the beneficiaries of the Vidyaniidhi Fund.

The Promising Talent Award, sponsored by Shri B. T. Mallya, was awarded to the kids based on their drawing contributions to Voice of GSB, the quarterly newsletter of the Sabha.

In her speech, the Chief Guest gave advice and guidelines to the youngsters to help them be better citizens and students. She appreciated the concept of giving books to the awardees, which would give a fillip to the habit of book reading.

Smt. Sudha Pai, Trustee of the Sabha, updated the members of an important development in the receipt of Rs. 1.50 crores bequeathed to the Sabha by Late Shri Gulpur Dattanand Bhat, of which endowments would be set up of Rs. 1.00 crore for higher education assistance and Rs. 50 lakhs for medical aid. A photograph of the donor was garlanded.

An interactive session on “Attitude and Motivation” was conducted by Shri Sunil Ullal, Corporate Soft Skills Trainer. This session was streamed on facebook live and was viewed by close to 1000 people.

Datri Registry set up a kiosk to give information on stem cell donation and to collect samples from willing donors.

Refreshments were sponsored by Nagesh Rama Nayak’s ‘Café Mysore’. Sabha remains grateful to G.S.B. Seva Mandal for providing us the venue.





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**2} Astika Samaj,
Matunga { 100 to 400 gts }
Cont Nos : 9029 191919**

**3} Maharashtra Seva Sangh,
Mulund {100 to 600 gts}
Cont Nos : 98215 54959**

All Inclusive Rates Rs 645/- per Head

**Rate Includes : Hall Rent, Decoration Chgs,
FOOD : { 2 X Breakfast , Welcome Drinks , Full GSB Lunch or Dinner , Dessert }**

All Venues Centrally Located , Valet parking ,
competitors charges Rs 800/- per head and above.

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

1. Our Bhajana group offered **Bhajana seva** on auspicious occasions at various places as follows:

04-07-2017 : At Sri Ram Mandir, Wadala Math on the occasion of Ashadi Ekadashi .

28-07-2017 and **01-08-2017** : at Walkeshwar Kashi Math on the occasion of Saptha Bhajan.

01-09-2017 : At Sri Ram Mandir, Wadala Math on the occasion of Ganeshotsav.

2. Mahila Shakha held '**PARICHAY**', its 68th get-together of eligible boys and girls along with their parents, on Saturday, 8th July, 2017, at Sudhindra Nilaya, SLV Temple, G.S.B. Sabha, Vashi, Navi Mumbai. This was the first time, eligible boys and girls meet was organized at a venue other than our own hall at Kreedha Mandir. Around 175 people attended this get-together. There were many new members who enrolled to our Matrimonial Service during this meet. Most of the attendees were from Navi Mumbai and Dombivali. Some attendees came from far-off places such as Chiplun. Many parents who attended the meet were unaware of G.S.B. Sabha's, Mahila Shakha's matrimonial services and get together of eligible boys and girls. They were impressed and thankful for such initiative and service.

Mahila Shakha's President, Smt. Durga Shenoy, welcomed members and gave brief report of activities conducted by Mahila Shakha. She felicitated Smt. Usha and Shri Mohan Shenoi, the sponsors of this event. Shri Mohan Shenoi was very pleased and expressed his gratitude to MS and its matrimonial service because he found alliance for his son during one of our eligible boys and girls meet. Mr. Shenoi also suggested MS to go digital and to make the list of girls and boys available on our website. Our President and Jt. Secretary, Smt. Amita Kini, conducted this event. Jt. Secretary, Smt. Bina Shenoy, and MS committee members, Smt. Seema Pai, Smt. Maya Nayak, Smt. Purnima Kini and Smt. Aarti Pai helped conduct this event.

This get-together event, '**PARICHAY**' was appreciated and well received by the audience. Many attendees requested Mahila Shakha to conduct '**PARICHAY**' more often.



MS President, Smt. Durga Shenoy felicitating the sponsors, Smt. Usha and Shri Mohan Shenoi

3. Mahila Shakha organized **Shravan Haldi Kum Kum** on Wednesday, 9th August, 2017, at Dwarkanath Bhavan Hall, Sri Wadala Math. The programme was sponsored by Smt. Vasudha Shenoy and Smt. Bharati Shenoy.

A Hair styling competition was held. Ladies of our community from across the city witnessed the competition. There were 8 participants and 3 prizes were awarded with a tie for the 1st prize. All participants enthusiastically showed their talent in hairstyling either on themselves or on models.

The judges were Smt Vasudha Prabhu, a well-known beautician for brides of our community and Smt. Vrushali Nayak, a professional beautician.

Smt Vasudha Prabhu, speaking on the occasion, said she admires our Mahila Shakha's activities. She expressed her gratitude for being invited to judge the hairdos.

There was live demonstration on hairstyling and light makeup by Smt. Prabhu. She also shared some tips on self grooming.

All the ladies present appreciated her tips. The event ended with serving of light refreshments.

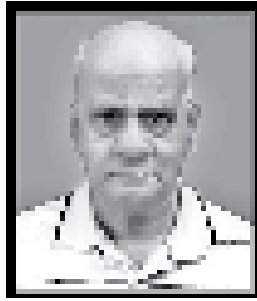


Judges for Hairstyling competition held during Shravan Haldi Kumkum, Smt. Vrushali Nayak and Smt. Vasudha Prabhu



Smt. Lata Joshi, one of the prize winners of hair styling competition, being felicitated by Smt. Vasudha Prabhu

V. R. SHENOY MEMORIAL INTER G.S.B. CRICKET TOURNAMENT



The Sports Club of G.S.B. Sabha, Mumbai, is pleased to announce the 8th edition of its “**V. R. Shenoy Memorial Inter G.S.B. Cricket Tournament**”. The tournament will be held on Monday, 25th December, 2017 at GSB Sabha’s Sports Club Grounds, Entrance next to SNDT Women’s College, R.A. Kidwai Road, King’s Circle, Mumbai – 400 019.

The Sabha conducts this annual tournament in memory of its ex-Vice President, **Shri V. R. Shenoy**, who served as a member in the Sabha’s Managing Committee in several capacities from the 90’s till his demise in 2010.

The Sabha is grateful to Smt. Sadhana and Shri Sunil Shenoy, s/o Late Shri V. R. Shenoy, for the financial support received for this activity.

G.S.B. Organizations are requested to confirm their participation by an e-mail to gsbsabha@gmail.com or contact Sabha’s Sports Convenor, Shri Bharat Kini (93222 51244) for the same. The cricket team should be nominated by a GSB organization. Participation fees Rs. 500/- per team.

Inauguration will be at 9.00 a.m. There will be a prize distribution function in the evening.

Mumbai
13th September, 2017

Shri Bharat Kini
93222 51244
Sports Convenor

G.S.B. Sabha, Mumbai

ADHYATMIK PROGRAMME IN ENGLISH ON SUNDAY, 17th DECEMBER, 2017

Founder Sponsor of this Programme : **Smt. Sanjivi Bhat**, Ex-President of the Sabha

The programme has been co-sponsored by **Generous well-wishers** of the Sabha

This year the programme is also supported by the following Sevadars :

Smt. Ranjana & Shri Raghuvveer Prabhu
Smt. Suman & Shri S. D. Shenoy

Smt. Rupa & Shri K. R. Bhakta
Smt. Geeta & Shri Dinesh Bhandarkar

G.S.B. Sabha, Mumbai, is pleased to announce details of its Annual Adhyakmik Programme. The program will be held on **Sunday, 17th December, 2017**, at **Dwarkanath Bhavan Hall, Shree Ram Mandir, Katrak Road, Wadala (W), Mumbai - 400031.**

Swami Shrimohanandaji from Ramakrishna Math and Mission, Khar, will speak on **Bhakti Yoga**.

The programme schedule is as under :

- 5.30 to 6.00 p.m. - Bhajans
6.00 p.m. onwards - a. Welcome
b. Introduction of Speaker
c. Pravachan by Swamiji on **Bhakti Yoga**
d. Question & Answer Session
e. Prasad Vitarana

Please come with your family and friends to experience the beneficial BLISS of this programme. There is no prior registration. All are cordially invited.

Mumbai
26.09.2017

Uday V. Maly
President
98206 98756

Subhaschandra R. Rao
Programme Convenor
98192 23316

You too can help the Sabha by becoming a Sevdar for this programme

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

Date	Programme	Time	Venue
Friday 6/10/2017 to Sunday 8/10/2017	Devi Mahatme and Geeta Amrit Dhara by Shrimad Bhagavatha Pravachana Samartha Smt. Bhavana Prabhu Please see details below.	6:00 PM to 8:00 PM	Dwarakanath Bhavan Hall, Wadala
Sunday 22/10/2017	'PARICHAY' 69 th get-together of eligible boys and girls with their parents Sponsored by Smt. Rajani & Shri Shashidhar Pai Release of Master List of eligible boys for marriage	3.30 PM	Shre Balaji Mandir, Kurla Ground floor
Sunday 5/11/2017	Bhajan Competition (All age groups)	3.30 PM	K. M. Kamath Hall (Sabha office) 101, Shree Nidhi

All are invited for the programmes.

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

Please contact Sabha's office for details.

Mahila Shakha extends marriage assistance to the needy. We need your assistance to help them better. Donations are gratefully accepted.

Smt. Durga C. Shenoy
President
Tel: 97730 52199

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

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



Pravachan on 'Devi Mahatme' and 'Geeta Amrit Dhara'

By

Shrimad Bhagavatha Pravachana Samartha

SMT. BHAVANA PRABHU

Time : 6 p.m. to 8 p.m.

Date : 6th to 8th October, 2017

(Friday to Sunday)

Venue : Dwarkanath Bhavan, Shree Ram Mandir, Katrak Road, Wadala, Mumbai- 400 031

All are invited for the divine experience of Pravachana

Entry is free. All are Welcome.

The Mahila Shakha solicits voluntary support from sevadars for the above programme.

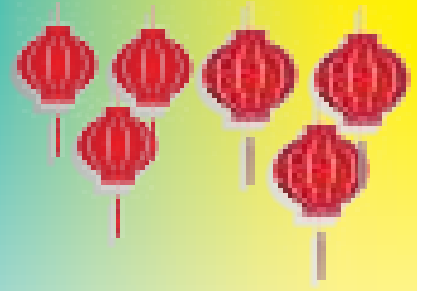
Sevadar Amount is Rs. 1000/- per day

Contact : Amita Kini - 9870062476



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Material will be provided for free .

Only 30 seats on first come basis

Date: Sunday, 15th October 2017

Time: 2 p.m. - 6 p.m.

Age group: 4 to 14 years, Parents welcome

**Venue: K.M.Kamath Hall (Sabha Office), 101, Shree Nidhi,
76,Bhau Daji Road, Opp Bank of Baroda,
Matunga, (C.Rly), Mumbai 400 019**

*Hurry up!!!
Join now !!!*



👉 Workshop is free but registration is a must

👉 Last date for Registration 8th October 2017

For registration contact : Maya Nayak- Mob: 98191 96112



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IN MEMORIAM



Kasaragod Venkatesh Bhat

1917 - 4.9.1968

*An adoring husband, loving father, caring son, brother
We will always love you*

*Nothing on earth can separate you, not time, not space, not even death.
You held our hands and helped us walk alone but you were always there for us*

*Your fond memories will always be there in our hearts and in the hearts of all
those people whose lives you touched.*

*Dear Daddy, we love you so much
How we long for your warm touch*

*We wish we could give you a hug and a kiss
Your care and affection we will forever miss*

*Selflessness, simplicity and a pure heart
Those are the qualities that set you apart
Many sacrifices you have made, that's true
Everything we have today is because of you*

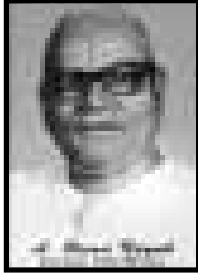
Niranjan, Pushpa and Usha

Email: nvbhat@iitbombay.org

THEY MAKE US PROUD

THE GSB LEGENDS SERIES : A. RAMA. NAYAK

The Man they called Ram mam (Uncle)



02-05-1902 TO 30-03-1981

Childhood

At the tender age of 11 years, A. Rama Nayak lost his father in his village Akkar, near Kateel (D.K), where he was born on 02.05.1902. So he sailed from Mangalore to Mumbai and settled down at Saraswat Colony in Santacruz where he helped a senior lady cook to run a mess for bachelors. Being a bread winner in his family, looking after his mother and sister, he worked hard and learnt the culinary skills of the Saraswats. Ramakrishna Mission was a stone's throw from his workplace and his regular visits to the Ashram brought in him the service motive of the Missionaries. He worked for a couple of restaurants including Gopalashram in Fort, Mumbai. He moved from "Kitchen to Cash Counter" because of his hard work.

Business

In 1942, he established Udipi Shri Krishna Boarding (USKB) in Matunga at the hands of Shri Sane Guruji, serving home cooked appetizing sumptuous meals to a multitude of people from diverse backgrounds and cultures. He set the menu with a lot of thought and experience regarding dietary requirements for a Balanced Diet, seasonality of vegetables etc.

During the Pre-Independence Era, USKB was frequented by patrons who would purchase a monthly coupon at about 2 annas per meal. A feast comprising a "Whole Meal" would be held on the last Sunday of every month at No Extra cost.

To quote Ram mam, "29 days of the month we eat due to your patronage, Today you eat as a token of our gratitude."

Often freedom fighters met and dined in his boarding, so much so that Sane Guruji whom he met got closely associated till 1950.

He was titled "FATHER OF UDIPI HOTELS" by late M. V. Shetty, Gen Secretary, Federation of Hotels and Restaurants Association. He never compromised on quality in business. The best vegetables would be waiting for him at Byculla market. He would personally check all the ingredients in those "ration" days of food shortage in India. The taste of his products were well acknowledged.

Other Activities

He was a multifaceted person, with several interests in life. Education was uppermost in his mind. As a good person, he made friends like Vishwakarma M. D. Lotlikar (Indian Education Society) and B. Raghuram Prabhu (Founder Mangalore Ganesh Beedies) and went on to build the legendary name UDIPI in the restaurant industry in Mumbai.

Being a Nationalist, he only wore Khadi during his lifetime. In his early years, he was active in the freedom movement with the legendary Karnad Sadashiv Rao of Mangalore. On his weekly holiday, he would attend Marathi Natya sangeet programmes at Shivaji Mandir and Ravindra Natya Mandir and be seated in the first row. His love for Kannada "Yakshagana Bayalata", a field drama, often played through the whole night until dawn, was immense and he gave abundant charities to promote this cause of Indian Mythology. Cricket was his passion from 1938. In Late M. R. Pai's (Consumer Activist) words- "... He was the most educated man I have met in my life."



By Satish R Nayak

He was one of the founder Members of JanapriyaYakshgana Kala Mandal & promoted the yakshgana Art in Mumbai by giving sizeable donations & also participated in couple of Yakshgana dramas by performing the roles of Ravana, etc.

He was also a staunch supporter of "Konkani language" & to promote 'Konkani' he started the Bombay Ramayan Kirtan Committee in 1960 & was wearing the caps of Chairman, Secretary & Treasurer. He held Harikatha programme at Now famous Sukritendra Nagar (A. Rama Nayak Hall) by inviting legends like Sant Achut Das, Sant Keshav Das etc.

He was a staunch fan of Shri Sunil Gavaskar, given his love for cricket. One day after the West Indies Tournament in early 1970 he celebrated India's victory by throwing a lavish feast to all the patrons and also named a dish after Gavaskar as "Gavaskar special".

He was also one of the members in Construction committee of Shri Ram Mandir, Wadala in year 1965 & never missed a Saturday at the temple with coconut & banana as offering till he passed away in 1981. During Pran Pratishtha of Ram Mandir due to some problem in one of the Lord's statue the program was postponed & thousands of people had to go back as the "Pran Pratishtha" was cancelled. So Ram Mam requested Swamiji and went ahead with cooking for the entire crowd as he thought of the inconvenience caused to the people.

He was also an ardent devotee of Shri Shirdi Sai Baba and he used to visit Shirdi atleast once in 2 months and seek His blessings and all good deeds would begin on Thursday which was most sacred for him. He was so pious & religious that he started his day by offering his prayers, by performing sandhya vandan, visit the local temple & on Saturdays visit Wadala Shri Ram Mandir.

Shri K. Hanumanth Bhat (Diamond Merchant) said that he remembered his father, who was a temple priest in Panemangalore, said that Ram Mam never used to disappoint anybody who had come to seek financial help for marriage in their family.

He also engaged himself in a lot of social work and played an active part in the Freedom Struggle. A Rama Nayak is still remembered fondly for having lived his life to the fullest in the role of a family man, businessman, social worker, philanthropist and a humble devotee of God.

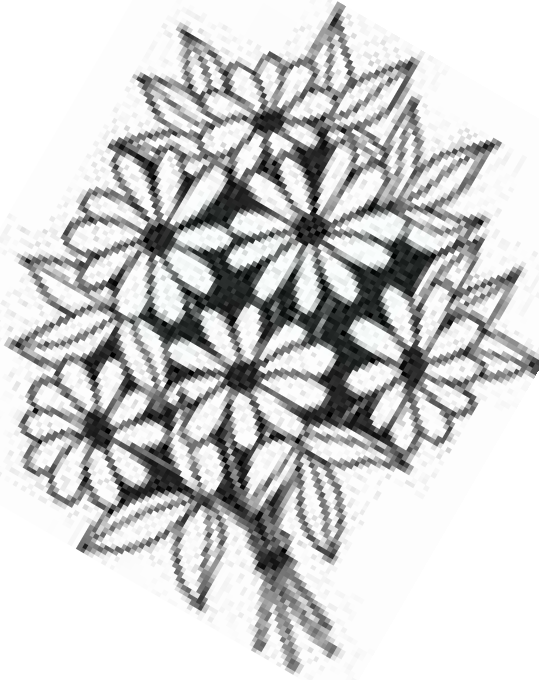
Even at the age of 79 he used to attend his business regularly till Sunday evening of 29th March 1981. He breathed his last on Monday 30th March 1981. The huge crowds of mourners at his funeral was a testimony to his popularity among young and old and people from all castes, creed and communities.

Family

His wife, Sitabai, whom he married on 20th January, 1933 bore him 3 daughters (Meera, Vijaya, Revati) and 4 sons (Nagesh, Dr. Harish, Satish and Saiprakash). Dr. Harish Rama Nayak (43 years) died tragically in a car accident on 12th December 1994 along with his wife Kamakshi (40 years) and only child Chaya (13 years). His Eldest son Shri Nagesh too died on 07.12.2009 due to cardiac arrest.

The Udipi Legacy started by Shri A Rama Nayak is still being carried on by his sons at Café Mysore, Kings Circle, Udipi Shri Krishna Boarding, 1st floor, Opp. Matunga Rly Stn. and Udipi Air-Conditioned Restaurant, Kings Circle.

With Best Compliments from:



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MUSICAL INSTRUMENTS OF INDIA SERIES: 2- THE INDIAN FLUTE or “BANSURI”

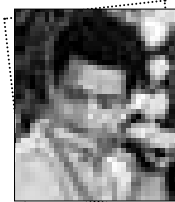
It gives me immense pleasure to have this conversation with you about an instrument which has impacted my life immensely, the Bansuri, or the Indian bamboo flute. A soulful instrument, an instrument synonymous with Lord Krishna. An instrument that is present in all forms of our music, be it devotional, folk or classical music. An instrument that has delighted and continues to enchant listeners throughout the land. What secrets does it hold? How did it come about to become an instrument loved by everyone? Let me try and delve into this instrument with you and throw some light on its interesting history and its unique characteristics.

The flute is one of the simplest man-made musical instruments and is one of the oldest known, with discoveries across the planet dating back to 35-40 thousand years ago! Naturally, flutes have existed in different cultures and regions of the world for centuries, in different shapes, sizes and materials, and formed an important part of its musical heritage with their unique sounds. In Greek mythology, for example, the Pan flute is associated with Pan, the God of the shepherds, wild forests and mountains. The Japanese Shakuhachi or the Chinese Dizi and Scottish flutes are again instruments that have been an important part of their respective cultures for many centuries and this is a very small list.

Flutes have traditionally been folk instruments, with their usage seen primarily to complement the folk culture of a region. This is evident even in India, where the flute is often associated with cowherds playing melodious folk tunes leisurely while out in the field or mountains (a luxury many of us only dream about in the present day and age!) It forms a part of many folk music styles throughout the length and breadth of our country, be it Pahadi in the North, Raas-Garba in Gujarat or Bhatiyali in the East. You cannot miss hearing the flute in any of the ‘melas’ or festivals, or even in your neighborhood where the occasional flute seller does his rounds and entices you with the lilting strains of the bansuri. It is all around us. I’m sure each of us at some point of time or the other has had the desire to play this simple looking instrument. It easily brings out the child in us!! :).

In India, flutes are traditionally made from bamboo, and hence the name ‘bans-sur-i’. Here’s an interesting piece of trivia. Do you know where the bamboo used for making the ‘bansuri’ grows?! Interestingly, the bamboo used for making the bansuri in North India grows in the jungles of Assam and West Bengal. Imagine most of the bamboo for making flutes comes from the North East! The bamboo used for making Carnatic flutes (Venu) comes from the jungles of Tamil Nadu and Kerala! Not any bamboo will do!! The length and diameter, apart from the thickness of the bamboo play a critical role in determining the pitch and tone of the flute.

A bansuri is unique in many ways. Let us examine its construction and its sound production mechanism. A typical Indian flute or bansuri is made of bamboo and has seven to eight holes along its length. At one of the ends is a single hole, which is the blowing hole. We blow air into this hole to produce



by Flutist Sudhir Bhakta

sound. The rest of the holes (which are some distance away from the blowing hole) are the fingering holes, which we open or close to produce different notes (like sa, re, ga, ma, pa...). The flute works on the principle of resonance of an air column which is open at both ends, the blowing hole at one end and the fingering hole at the other end in our case. Most of us have studied this in physics in school or college. By opening and closing the fingering holes we vary the length of the air column, which in turn creates sounds of different frequencies which correspond to different notes of the octave (sargam). The shorter the length, the higher the frequency/pitch of sound and vice-versa. A typical flute has a range of about two octaves or roughly 14-15 notes. Flat (komal) notes are obtained by opening the fingering holes partially. By blowing hard we produce the notes of the higher octave and by blowing softly, the lower octave notes are sounded. As you can see, a lot depends on breath control and handling of the instrument. There are no tuning pegs in a flute. The pitch of a note is controlled purely by breath and fingering. This is what makes mastering this seemingly simple and easy instrument an arduous and daunting task. It calls for years of practice, under the guidance of an able guru, to achieve the melodiousness inherent in this instrument. And therein lies the secret of its melody and its ability to evoke a state of soulfulness in listeners. Be the flute, as the saints of our land have said.

Now, let us look at the usage of the flute in Indian history, past to present. The flute has been mentioned as an instrument of music in most of our ancient texts, and more or less its form and principle has not changed significantly over its entire history. However, for the longest period of time, the bansuri has been relegated to play the role of an instrument pertaining to folk music. Flutes were smaller in size and were played at high pitch (Remember, small air column=higher frequency) to complement folk songs or to carry a shrill sound for higher distances or for lack of adequate amplification! Recall the sound of flute in songs like “Hasta hua noorani chehra” or “Zara holley holley chalo” and you will see what I mean.

With the evolution of Indian Classical Music (referred to Hindustani Classical Music here for context), several instruments like Sitar, Sarod, Veena, Surbahar etc came to the fore as solo instruments, as an alternative to the predominantly Vocal music. These instruments could recreate the aesthetics of classical music and thus were accepted and appreciated by the listeners at large. The credit of introducing the bansuri as a solo musical instrument in Hindustani Classical Music goes to a pioneering musician, Pannalal Ghosh (1911 to 1960). He introduced bigger flutes in his performances, which produced softer and more sonorous sound which was closer in nature to Vocal music and also developed innovative playing

techniques so that the aesthetics of Indian Classical Music could be recreated on the bansuri. Imagine, all this came about only in the 20th Century!! As an instrument of Indian Classical Music, the Bansuri is a relatively new entrant. Panna Babu devoted his entire life to develop and popularize the art of playing Indian Classical music on the Bansuri, and we are forever indebted to him for this significant contribution to our music culture. Another musician that deserves mention and is credited with making the bansuri a household name across India and internationally, is Hariprasad Chaurasia. Cutting across folk, film, Indian Classical and fusion music, Hariji's name is synonymous with bansuri and his contribution to making the flute a popular instrument across the masses cannot be understated. I am sure everyone likes to hear the 'Hero' tune, or the tune in 'Silsila' or 'Chandni' and the countless songs/ movies and classical/folk albums that he has played the flute for. 'Call of the Valley' a collaboration of Hariji with Shivkumar Sharma (santoor) and Brij Bhushan Kabra (guitar) was a pathbreaking effort to popularize instrumental music on flute and santoor in India and is popular to this day. Not only with their own musicianship, both the legends, Panna Babu and Hari ji, have also groomed numerous students of music who have propagated their legacy through the generations and kept the tradition of bansuri alive and growing. It would not be out of place to mention a few stalwarts of the earlier generation whose popularity and contribution to the art deserves specific mention e.g. Devendra Murdeshwar, Venkatesh Godkhindi, Vijay Raghav Rao, Raghunath Seth, Bholanath Prasanna. Similar stalwarts exist even in the Carnatic tradition of music, e.g. T R Mahalingam, N Ramani and Shashank Subramanyam etc.

Among contemporary classical musicians, the following are very popular among the listeners: Keshav Ginde, Ronu Majumdar, Rupak Kulkarni, Rakesh Chaurasia, Pravin Godkhindi, Nityanand Haldipur, Sunilkant Gupta, Rajendra Prasanna, Rishabh Prasanna, Suchismita and Debopriya Chatterjee, Vivek Sonar, Amar Oak etc to name a few. Most of them are students of illustrious masters mentioned earlier. With most musicians also experimenting with various non-traditional forms of music like ensembles, fusion, symphonies, world music etc the canvas is bigger and the world is the stage for this wonderful instrument and its practitioners.

You will be happy to know that the culture and tradition of Bansuri continues to be strong and popular to this day, and its future looks even brighter. Within our community, flautists like Raghavendra Baliga, Ranjith Nayak (Mumbai), Sanjeeth Nayak (Bangalore), Sudarshan Nayak (Bangalore) are talents to watch out for. Newer musicians, including child prodigies like S Akash and Suleiman are emerging on the stage. With the Internet, YouTube and reality shows on TV exposing an ever growing pool of talented musicians and artists, there is no looking back! I hope you enjoyed this conversation about the ubiquitous Bansuri, and are now reaching out for one of your own. :)

(This is part of a continuing series on Indian musical instruments)

From passion to career: In conversation with Sudhir Bhakta

- 1. How and when did your inclination towards music start?**
Playing the flute occurred during my graduation days, being inspired by artists, music festivals and college fests that I attended. When I was a child, my mother enrolled me for Bharatnatyam lessons, which gave me a sense of appreciation for music and dance.
- 2. Why did you choose the flute as the instrument?**
Initially, I thought it was an easy instrument to play and whenever I heard the flute, it sounded very soulful to my ears. Later of course, as I went deeper into the art, I realized the intricacies of making music on the flute, the focus and hard work that it entails.
- 3. How did you start learning the flute?**
I first learnt on a flute borrowed from one of my friends, to see if I could manage to play it at all. Once I thought that I could play it somewhat and really liked it, I started my search for a Guru. After my initial training in Hindustani Classical Music for a couple of years from Anant Patwardhan, I continued learning from Sunilkant Gupta starting about 15 years back and am still receiving advanced training from him.
- 4. How and when did you decide to make music your career?**
I was working in the Information Technology field as a Consultant with a leading multinational firm. Meanwhile, my passion for music only increased as I got more deeply into it and at some point in time I had to make a choice about the path that I wanted to follow. Eventually, I followed my heart... 😊
- 5. Do you regret the decision?**
Absolutely not. Music gives me an immense sense of fulfillment and peace, and fuels introspection and the creative process within me. It gives me the ability to express myself beyond words, and an ability to touch people's hearts and participate in their joy. Also, I believe that music can be a viable profession, and the avenues to perform and promote music are growing by the day. Like all other vocations, success in music is determined by passion, hard work and a desire to excel, of course, under the guidance of the right Guru.
- 6. Do you think that music can be an effective medium to educate people and achieve global peace?**
Music has the ability to bring people together across language, culture, nationality etc and it can be a powerful unifying force. Music has historically served as a medium to drive political and social changes, from the music of the saints, to the pop culture of recent times.
- 7. What is your vision for yourself?**
I see music as a means to change myself and my environment. I am open to exploring and experimenting with different genres of music and musicians. Music gives me an ability to keep my mind open to newer ideas. My vision is to make this world a better place to live in, and music is my medium to make it happen.

(Interviewed by Sudhir Nayak)

AUTISM AWARENESS



Priya Nayak Gole
(M. ASLP, Mumbai)
Audiologist and speech -
Language Pathologist

Child 'A' when looked at, appeared to be like any other 4-year old. He loved toy cars-wheels to be precise. He kept repeating everything that people spoke to him including questions. He used his father's smart phone and tab with such ease that everyone thought he was a geek! His parents felt that the only drawback was that he did not like talking to his peers. Even his school teachers had been giving a similar feedback. Finally

on insistence of their family doctor they took him to a developmental pediatrician who diagnosed him to be in the Autistic Spectrum.

In spite of the tremendous insurgence of technology/media, the awareness of this complex childhood disorder is dismal. Autism is characterized by social interaction difficulties, communication challenges and a tendency to engage in repetitive behaviors. This is a spectrum disorder where challenges can vary from mild to severe. In some cases there may be associated medical and/or genetic conditions too.

Autism if identified early in life can lead to early intervention and improved performance by the child across all areas. Many a times due to poor awareness or laid back attitudes (like "don't worry he is being a kid" or "his father spoke late so he will too" or "he is a genius" or "both of you are busy with jobs, so he is behaving like that") the crucial development period is missed and by the time the child is intervened it is late to maximize his/her potentials.

Watch out for the following red flags in your baby / child.

- Lack of proper eye contact
- Lack of joyful expressions
- Lack of response to name call
- Lack of using gestures like pointing, reaching, waving etc.
- No Babbling by 12 months.
- No words by 16 months
- No meaningful 2-word phrases by 24 months
- Any loss of speech, babbling or social skills at any age
- Poor voice tone (i.e. robotic kind of speech, void of expressions, poor rhythm)
- Repetitive movements with objects
- Repetitive movements or posturing of body, arms, hands or fingers.

Treatment in initial days involves,

- Medication for any associated, medical conditions like seizures.
- Dietary modifications if needed
- Intensive occupational therapy
- Intensive Speech-Language therapy
- Regular follow-ups with concerned professionals

Listen to the Roar in my Silence

Looking at a waterfall you exclaim 'Wow',
So easily you read makes me wonder 'How'?

You ride and dance, spot and glance,
I just wish if I will ever get a chance..

Running through the playground you wave at your folks,
'How do my folks look?' my frustration it stokes...

I want to run but legs say 'No'

I want to be invited but back alone I go,
Without hands can someone climb a tree,

Things I missed in this life, In the next will I get it for free,
Should I feel sad and sit and whine,
Or to stand up straight you don't need a back but just a spine...

Towards a fulfilling life this body is a medium,

To write something beautiful, matter is just an idiom,

That which is given to me does it define me,

May be, that which this given eventually achieves actually
refines me...

True I can't run so I slowly observe,

True I can't see or hear so I deeply feel,

Yes I am different and but dare not call me abnormal,
Not allowed to mix in and so I save my individuality and
perspective...

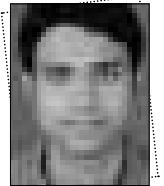
Some little things in life to me are truly precious,

Look beyond my disability which to me is truly gracious,

Be not fooled by my silence at your world,

Be not ignorant of the storm I carry within,

Be enlightened of the things I could do instead of those I cannot,
Then you might be lucky enough to Listen to the Roar in my
Silence...



A Poem by Girish Pai

BOOK ON SRI MADHVACHARYA BY DR. (SMT.) MITA MOHAN SHENOY

The Sabha has received a copy of the book "Sri Anandathirtha Alias Sri Madhvacharya's Contribution to Philosophical Thought And Cluture" written by Dr. (Smt.) Mita Mohan Shenoy and published by Srimad Bhagavata Prakashana Trust, Bangalore.

In her book, Dr. Mita Shenoy has dealt with the life and works of Sri Madhvacharya and analysed in detail its impact on philosophy and culture. A brief summary of the contents of his thirty eight works is given. This should certainly be of great use to casual readers of books on philosophy to get to know the Tattvavada of Sri Madhvacharya. It should also be of help to scholars and serious readers in appreciating the finer points of his philosophy.

We congratulate Dr. Mita Shenoy for writing such a comprehensive, scholarly and useful book on the life and works of Sri Madhvacharya.

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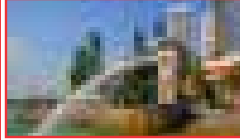
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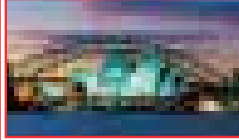
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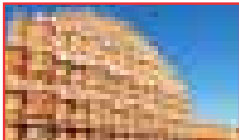
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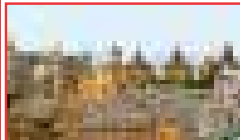
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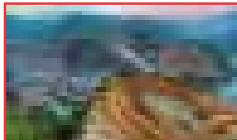
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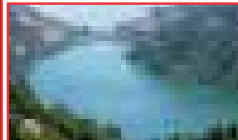
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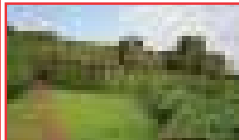
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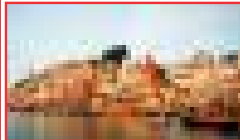
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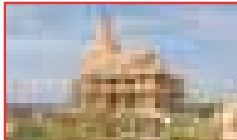
KASHI - GAYA - PRAYAG YATRA 9DAYS



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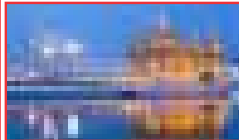
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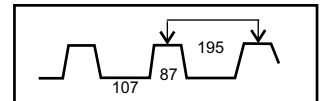
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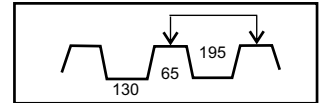
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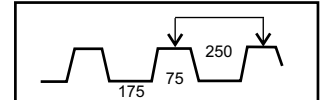
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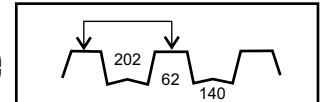
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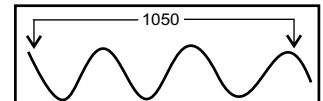
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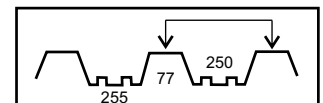
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E-mail ID : deltekeqp@gmail.com

CHATURMAS OF SHRI GOKARN MATH SWAMIJIS' IN HEAD QUARTERS AT PARTAGALI MATH, GOA

The Historical Chaturmas by Shri Guru and Shri Shishya Swamiji commenced on Friday the 14th July, 2017 in the Head Quarters of the Math at Partagali and came to a glorious end after 55 days on Wednesday the 6th Sept 2017 with very good participation and attendance of the followers and well-wishers of the Math, from Kerala (Kayamkulam and Kanhagad), Dakshina Kannada (Mangalore), Udupi District (Udupi Proper) and Brahmavar and Kundapura and places from Uttara Kannada, Mumbai, Bangalore, Hubli, Dharwar, Belgaum etc.

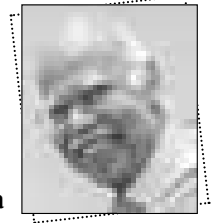
The day-long programme of religious rituals and duties included 'Mrattika Visarjan', Deva Darshan, Deva Pooja, Seemollangan etc. In the evening, there was a Mahasabha in the Sabha Mantap, "Shri Jeevotham Sabha Mantap", which was specially erected for this programme. As soon as Shri Swamijis arrived at the venue and took their seats, the programme started with 'Veda Ghosh' by the Vaidiks. Then there was a 'padya pooja' by the Chairman of the Chaturmas Committee. Shri Shishya Swamiji blessed the audience befitting the occasion.

H. H. Shri Guru Swamiji in benedictory blessings exhorted that in the present day society Members of our Samaj should work hard to get the grace of God and engage themselves in spiritual matters which will bring peace of mind. 'Satsang', 'Sadachar' and concentrating our mind on the devotional method of reaching the feet of Hari - the Almighty God, should be the key-word. 'Vidwan Sarvatra Poojyate'- which means that a learned person is always respected every where. There is one more saying, 'Travel and See the places and read and study the Volumes ('Koshas'). These will develop our minds. Remembering God's sacred name and chanting, "Narayana, Narayana!", regularly, will drive away our worries and difficulties in life..."

"Our Samaj is known for good conduct and character and so we must always strive hard to keep up the tradition, good thoughts, behavior, conduct and lead others by example. By following the path shown by our teachers and elders we must respect, worship and serve our Kula Devatas, Kula Gurus and Parents with all sincerity and devotion..."

Apart from the religious and spiritual matters, during the Chaturmas, the Math had carried out the following welfare activities:

1. Free Medical Check-up
2. Free Eye-test and free supply of spectacles where needed.
3. Blood Donation
4. Under the Math's Jeevotham Saathi-Matrimonial Bureau--enrollment of suitable would-be brides and bridegrooms took place (The response was over whelming)



by K G Mallya

- For Anna Santarpana Seva during the Chaturmas, quite a few people donated in kind.
- Donations were given to the Math to grant Scholarships to the deserving students.

Two dramas, "Kaikeyi" and "Shri Krishna Parijat" were staged.

On the First day of Chaturmas i.e. 14th July, 2017 Shri Swamiji also released a booklet giving a report with select photographs covering the Shishya Sweekar Ceremony in Partagali in February, 2017 compiled and edited by Shri K. G. Mallya and published by Shri N. N. Pal, Former General Manager, Corporation Bank and presently the Vice-President of Math Committee, Wadala Math, Mumbai. Shri Swamiji was pleased to bless both of them. Later the book-let was distributed free to all

On the concluding day Shri Swamiji heartily blessed all the people who had sought the blessings. After 'Bhojana Prasad', people took leave happily, carrying the sweet memories of the Historical Chaturmas.

G.S.B. SABHA. MUMBAI DISBURSEMENT OF EDUCATIONAL ASSISTANCE TO SCHOOL AND COLLEGE STUDENTS

G.S.B. Sabha, Mumbai, disbursed educational assistance from its Vidyanidhi Fund for the academic year, 2017-2018 as under :

Type	No.	Amount
School Students from Std I to Std X at Rs. 1,500/- each	133	Rs. 1,99,500/-
College Students from Std XI to Graduation at Rs. 2,000/- each	85	Rs. 1,70,000/-

Disbursements to post-graduate and professional students will be done in October.

The Sabha is grateful to the donors of its Vidyanidhi Fund who make it possible for us to disburse assistance and support education to the students of our Community.

INVENTIVE, PATH BREAKING, EMERGING PROFESSION



PRABHA KINI

I have loved cooking and trying out new recipes and above all, serving these dishes to people. Although I had done smaller catering orders and meals on request over the years, I have been regularly hosting meals for diners through this platform called Authenticook, for over a year and a half now. It's a very different experience, not just for me, but also for the people who register on the site and come over for the meal at our place. Since the theme is to promote authentic Indian regional

cuisines, I am promoting Mangalorean and especially GSB delicacies on it, vegetarian as well as non vegetarian.

Since many people are not aware of Mangalorean and GSB cuisines, other than the ones you get served in some restaurants, I and my family take immense pleasure in explaining our GSB history and food specialities to the diners. What I have seen is preparations such as Mangalore buns, fish phanna-upkari, prawns hinga udda, happla kismoori, valval, batate song are the most popular among all our menus. People also enjoy the goli-baje I make and appos as well. The registered diners comprise travellers exploring the city, expats who want to learn about India's food culture, celebrities from the film and literary world, etc.

Owing to this exposure to Mangalorean food, people have started requesting for orders for these popular items, which I keep taking now. I also have participated in a couple of pop-up

events across the city, one being at Hypercity, Malad, where the response was over-whelming. More than the sales aspect, it was the satisfaction that many more are aware of our GSB food culture.

During these meals and events, it is not just me, but my entire family pitches in and does their bit, right from getting the raw materials, to hosting, serving, conversing and all other logistics. I am happy today and my passion has led to a small little venture, which we have named "Prabhalicious" and I am looking forward to nurturing it in the days to come.

OUR ACHIEVER - PRIYANKA PRABHU

Priyanka Prabhu, daughter of Smt. Sujata and Shri Suresh Prabhu of Jogeshwari, Mumbai, completed her Doctorate in the field of Pharmaceutics from Institute of Chemical Technology, Matunga (formerly UDCT) in February, 2017. She was bestowed with the "ICT Golden Jubilee Innovative Ph.D (Tech.) Thesis" award for her thesis titled "Development of Novel Antimalarial Nanocarriers". She also bagged the "Ambuja Cement Best Ph.D (Tech.) Thesis" award for her above doctoral thesis.

Currently she is working as Assistant Professor in Shobhaben Pratapbhai Patel School of Pharmacy and Technology Management, SVKM's NMIMS, Vile Parle.

Dr. Priyanka is married to Dr. Anant Gokarn, MD (Medicine), DM (Medical Oncology) of Ghatkopar, Mumbai.



Priyanka Prabhu

Radhakrishna Kamath

Mob: 98217 63964/ 93200 63964

Res: 022 2445 3379

Email : kamathradhakrishna@rediffmail.com



Kamath

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

WINTER RECIPES

Gojju and Chutney

LOSUNE GOJJU

In the cold winter, garlic boosts your immunity against cold and cough. This Gojju is an excellent accompaniment with peji.

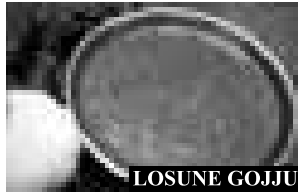
Ingredients

- 15-20 peeled garlic cloves
- 8-10 dry red bedgi chillies
- A marble sized ball of tamarind
- Salt to taste
- 1 tsp oil

Method

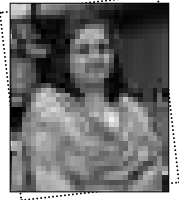
- 1) In a karahi heat oil and roast the garlic cloves till light brown.
- 2) Add the chillies and roast for a few minutes. Let it cool.
- 3) Grind together the above ingredients along with tamarind and salt coarsely (you can also crush with the help of pestle)
- 4) Remove and add a little water to get Gojju consistency Serve during meals.

PS:- This Gojju can be refrigerated for a couple of days. The amount of chillies can be adjusted according to ones taste.



LOSUNE GOJJU

by Smt. Anuradha Prabhu
anuradhprabhu49@gmail.com



- 2) Add 1/4 cup of water, mix well.
- 3) In a karahi heat ghee, add the mustard seeds, when they splutter add the broken red chilli bits and temper the lemon mixture. Serve.

AWALYA CHUTNEY

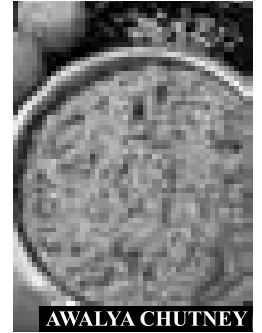
Amlas are also considered as super food with various benefits.

Ingredients

- 5-6 Awala
- 1/4 cup grated coconut
- 4-5 dry red bedgi chillies
- 1 tsp cumin seeds
- 1/2 tsp asafoetida powder
- 1/2 tsp oil
- Salt to taste

Method

- 1) Chop the awala into small bits. Heat oil in a karahi add the asafoetida, stir for a few seconds.
- 2) Add the cumin seeds fry till it changes color, add the awala bits and fry till they change colour.
- 3) Add the red chillies and stir for a few minutes. Let it cool.
- 4) Grind the above ingredients along with grated coconut to a coarse paste.
- 5) Remove and add salt to taste, add a little water if required to get a semi dry chutney. Mix well and serve.



AWALYA CHUTNEY

LIMBIYA GOJJU

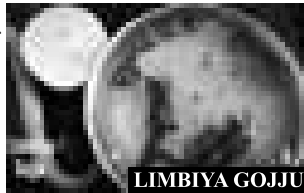
In winter months lemons are available in plenty. Lemons are a good source of vitamin C.

Ingredients

- 1/2 cup fresh lemon juice
- 1-2 green chillies
- 1/2 tsp mustard seeds
- 2-3 dry red chillies
- 1/2 tsp ghee
- Salt to taste

Method

- 1) In a bowl of fresh lemon juice add salt, crush the green chillies and add.



LIMBIYA GOJJU

A Tribute to Shri Vijay Ajgaonkar by his son, Prasad Ajgaonkar



Shri Vijay Ajgaonkar

Date of Birth - 4th August, 1941
Date of Demise - 28th July, 2017

Born in a Middle Class Family on 4th of August 1941, from childhood, my father showed a remarkable devotional fervour and was inclined in doing service for the divine. To add to this, his family lineage boasted of a rich tradition wherein singing of Abhangas and Bhajans was nearly a daily affair. The family owed its allegiance to the feet of Lord Dattatreya who was the Family's Aradhya Daivat (Family God), this tradition was continued by my father.

Then came the turning point in my fathers life when he was absorbed in the Guru fold of Sri Swami Ramdas and Mother Krishnabai, whom he used to fondly call Papa and Mataji. This was his true calling which made him realise his oneness with the divine. He realised the importance of Nama-smaran (regular chanting of God's name) and till his last breath, he never for a second deviated from this. From then on, he spent most of his time in singing Gods leelas through Bhajans and Abhangas, thereby uplifting the downtrodden and making them aware of their true path.

His singing also won him various accolades. He was the recipient of the prestigious Title "Sangeet Sudhakar" by the Divine Life Society, Rishikesh. He has composed various Abhangas based on Dyaneshwari and the immensely popular The Geet Dattayan- singing the Glory of Sri Dattatreya.

In day to day life too he was always involved in solving some or other problems of people, courtesy his acquired proficiency in Astrology. His predictions have been true to the letter T and for this service he never charged a penny as he believed in a simple principle that whatever we get should be used only for the service of society without expecting any gains.

The Last we could learn from him was complete surrender to the Almighty is the ultimate path for Salvation i.e. Moksha.

Shri Vijay Ajgaonkar performed Bhajana Seva at the Sabha for several decades. He used to conduct the weekly bhajans in Sabha office, with great fervor and devotion, and conducted the same one day prior to his demise. His absence will be missed by the Sabha.

He was felicitated by the Sabha with the GSB Talent Recognition Award in 2006.

AWARENESS ON BLOOD STEM CELL DONATION

In India, Blood donation is extremely popular and hence it is easy to motivate people to donate it. There are many voluntary blood donors in India. However, platelets and blood stem cell donations are relatively unheard terms in India.

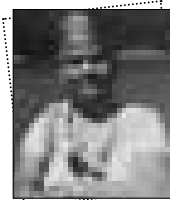
A genetically matched donor could donate blood cells to patients suffering from blood related disorders. In order to be registered as a voluntary stem cell donor, the individual must be between the ages of 18 to 50 and needs to be healthy without any major health issues. The procedure to register as a donor is simple, filling donor registry form and a cheek swab which lasts for less than a minute. With sharing of information on social media such as WhatsApp and Facebook, many relatives and friends are coming forward to register as a voluntary blood stem cell donor. However, to find a perfect match, lakhs of registrations are required which is not forthcoming due to lack of awareness among people.

With change in lifestyle, eating habits and pollution in various forms, the number of patients with blood related disorders are increasing day by day. Hence these patients require blood stem cell donors to give them a new lease of life. However, the ratio of eligible blood cell donors to patients is dismal. The main reason for this being lack of awareness on the part of people. As the required number of voluntary donors is not sufficient, survival chances of patients waiting for bone marrow transplantation is bleak.

Thousands of children and adults die every year for lack of stem cell donors. Stem cell donation is harmless to the donor, and life saving for the recipient. No Indian, in this world's second most populous country should die because of lack of a donor. For every 540 people registered as donors, there is one who matches and can save a life of a fellow human being.

While the patients wait for their match, they undergo chemotherapy. The best case situation is one where, when a patient comes to a registry looking for a match, they are able to find a match immediately from the already registered donors and can facilitate the donation immediately, thereby significantly increasing the patient's chances of survival. But in order to do so, keeping in mind the very low odds of finding a match, there is a need for a much larger registry. This database is a permanent database in the national stem cell registry which could be used for any person in the country and even for international cases suffering from similar diseases.

Spreading of awareness of blood stem cell donor's registration can be made part and parcel of projects given to students pursuing various courses, both academic and non academic. Drives for registrations can be organized at colleges, offices, group meetings, seminars, temples and functions. Drives can also be organized at Thread ceremonies, marriages, naming ceremonies where people from our community meet and celebrate. Let us prove *Manava sevaye Madhava seva* by spreading awareness of blood stem cell donation and also



by Veena Shenoy

coming forward to register as a potential stem cell donor. The chances of finding a match within a community is high and hence a humble request to all fellow GSBs to come forward and register as a voluntary potential stem cell donor.

In the above scenario, the government with the help of NGOs can do a tremendous job by spreading awareness about voluntary blood stem cell donors thus giving hope and life to patients suffering from blood disorders. This can be done by giving wide publicity about blood disorders, possible cures and how a small step on the part of the donor can help save lives. Sports persons and film stars should be roped in to spread awareness among people, especially the younger generation.

My sister's three-year-old grandson was diagnosed with leukemia and the doctors have advised a Bone marrow transplantation. Bone marrow transplantation requires a matching blood stem cell donor and the family was advised to find a matching donor. The family with the help of relatives and friends and Non-Profit Organization, Datri Blood Stem Cell Donors Registry has been organizing drives in various parts of Mumbai, Pune, Mangalore, Karkala to find a matching donor.

For any further information on stem cell donation please contact any one of the following members: -

Nagendra Bhat :- 8850342551

Sandesh Prabhu :- 9920192071

Ganesh Kini :- 9833475726

Ramesh Mallya :- 9820638981.



Shri Ramesh Mallya speaking on blood stem cell donation at the 83rd Foundation Day celebrations of GSB Sabha, Mumbai, where a kiosk for registering donors had been set up.

GSB TALENT TO WATCH

SUDHIR BHAKTA – FLUTIST



Coming from a cultured family, Sudhir Bhakta was encouraged by his parents to take up art from a very young age. He has learnt Bharatanatyam as a child and that gave him a sound appreciation of bhaav, laya and swar at a very young age.

During his graduation course, Sudhir decided to take up playing Bansuri as a hobby. He learnt the basics of the art from Shri Anant Patwardhan in Dadar, Mumbai. Subsequently he has been training under his present Guru, Pandit Sunilkant Gupta in 'Guru Shishya' tradition since more than 15 years to learn Hindustani Classical music on Bansuri. In 2011, Sudhir gave up his career as a Management Consultant to pursue his passion for music. What was once a hobby, transformed into a passion and now his profession.

Over the years Sudhir has performed with his Guru in many of his concerts at prestigious venues like Karnataka Sangh, Dadar Matunga Cultural Centre, Nehru Centre etc and Sudhir has gained valuable experience in this performing art form. Since 2015, Sudhir has started performing independently as a flutist.

He has performed as a solo artist in many private and public concerts including the popular Navratri Utsav organized by GSB Sabha Dahisar Borivali. He has provided flute accompaniment in concerts of Devotional Music/Bhajans with accomplished artists like Dr. Preeti Bhat (Mumbai) and Chetana Acharya (Udupi) and has also offered his seva of music at Shri Kashi Math in Dahisar and Walkeshwar Math on several auspicious occasions. He has performed as a flutist in the music group 'Melodies from GSB', which regularly does shows of popular classic film songs. Recently, Sudhir also played flute in the inaugural song of Shigmotsav (Konkani Lok Kala Utsav) held in Mumbai in March-2017.

In his quest to become an accomplished musician, Sudhir has been keen to learn and apply his knowledge of music across various genres of music.

Sudhir also teaches music on bansuri to his students who come from various academic and professional backgrounds as a means to propagate this beautiful legacy of Indian culture.

Sudhir aspires to be one of the leading musicians of India, an ambassador of Indian culture to the world, and aims to preserve and grow this rich heritage

GSB SABHA, MUMBAI'S CRICKET TEAM IS RUNNERS UP



GSB Sabha, Mumbai's Sports Club Cricket team were the runners up at the Inter GSB Cricket Tournament organised by Shree Bhadrakali Mahalaxmi Durga Honnamma Seva Samiti, Khar Danda, Mumbai, on Sunday, 21st May, 2017.

Our team defeated GSB Sabha, Andheri's team to reach the finals. The finals were played with GSB Seva Mandal, Sion team who won the tournament.

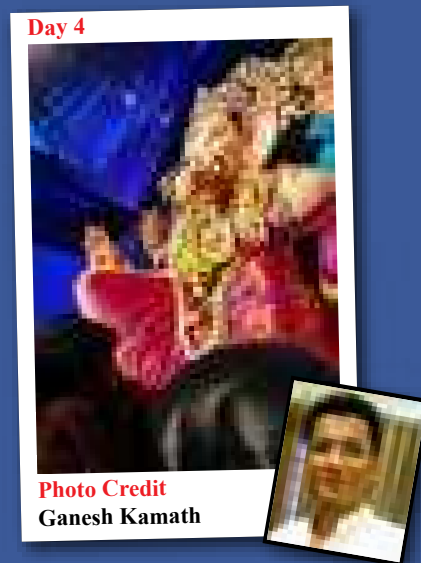
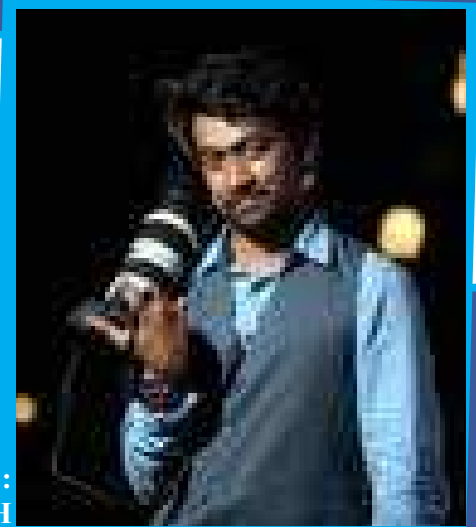
Our Sabha's cricket team regularly participates in Inter GSB cricket tournaments held all over Mumbai. The Sabha also organises its V. R. Shenoy Memorial Inter GSB Cricket tournament on 25th December every year.

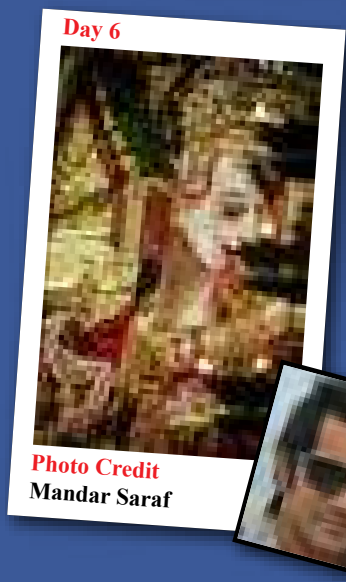
GANESHOTSAV 2017 : PHOTO CONTEST ON FACEBOOK

Prizes Co-Sponsored by NKGSB Co-op Bank & G.S.B. Sabha,
Mumbai.

WINNING PHOTOS OUT OF 233 ENTRIES RECEIVED IN 12 DAYS.

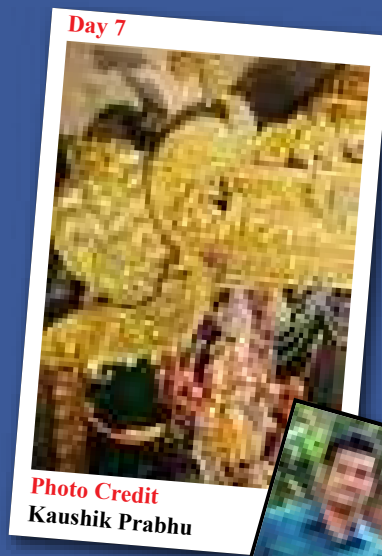
CONTEST JUDGE :
ACE PHOTOGRAPHER, PRABHU PRAKASH





Day 6

Photo Credit
Mandar Saraf



Day 7

Photo Credit
Kaushik Prabhu



Day 8

Photo Credit
Shivanand Prabhu



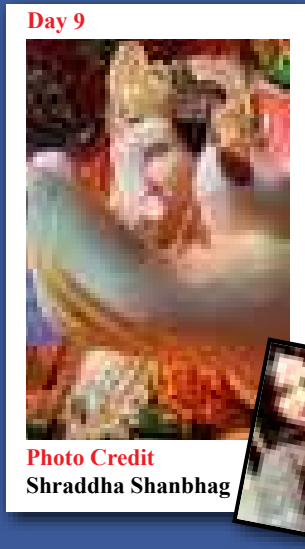
Day 10

Photo Credit
Pranali Pal



Day 11

Photo Credit
Sanket Shanbhag



Day 9

Photo Credit
Shraddha Shanbhag



Day 12

Photo Credit
Sejal Pai



**GSB SABHA, MUMBAI IS ORGANISING
A PHOTOGRAPHY WORKSHOP
(FOR BEGINNERS)**

**BY AWARD WINNING
PHOTOGRAPHER
PRABHU PRAKASH**

TOPICS :

INTRODUCTION TO
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UNDERSTANDING THE CAMERA

BASICS OF PHOTOGRAPHY

DATE : SUNDAY 15TH OCTOBER, 2017

TIME : 4 PM TO 8 PM

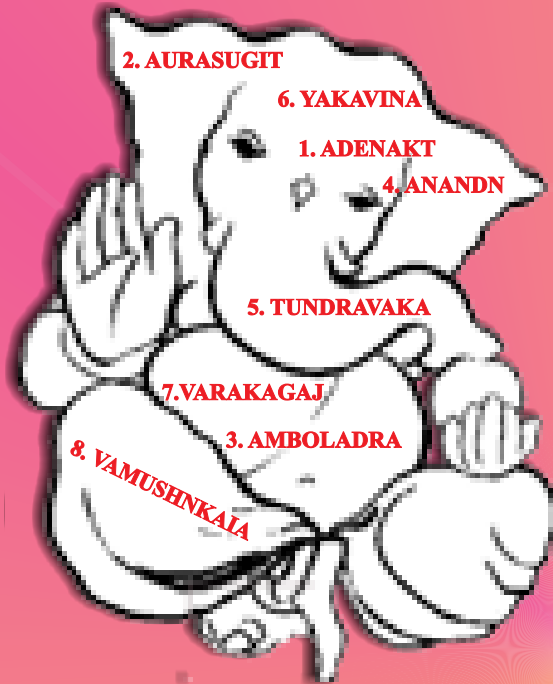
VENUE : MATUNGA GUJARATI SEVA MANDAL,
398. TELANG ROAD, FUL GALI, NEAR MATUNGA POST OFFICE, MUMBAI 400019

AGE GROUP : 18 TO 35 YEARS

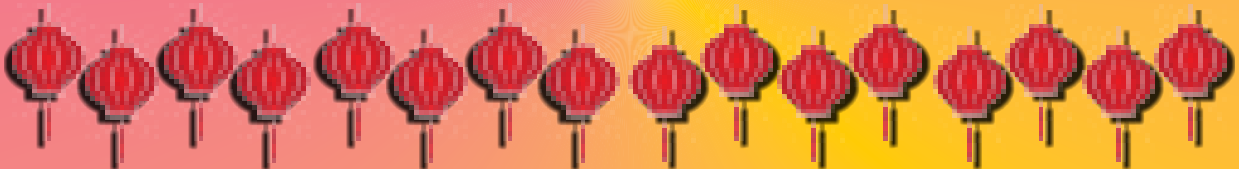
YOUR NON GSB FRIENDS ARE ALSO WELCOME

LIMITED SEATS, FREE ENTRY

Visit Sabha Facebook Page for Registration <https://www.facebook.com/gsbsabha.org/>



Friends, can you correct the spelling of the given names of Lord Ganesha. Letters here are jumbled up. Can you guess the correct word?



MIXED BAG

1. State that celebrates 'Bomma Kolu' the display of dolls during Navaratri?
2. Lord Krishna's kingdom that was drowned in sea?
3. The Rath Yatra at Puri celebrated in honour of which Hindu deity.....?
4. Who laughed at the overweight Lord Ganesha and invited his wrath.....?
5. Name of Lord Indra's white elephant?
6. Who was Prahalad's father?
7. The purpose of Panchtantra stories originally devised?
8. Hindu God with head of lion and body of a human?
9. Sage Vyasa's writer when he was composing Mahabharat ...?
10. The first day of the five day of Diwali festival called?



Please turn to Page No. 29 for answers

NEWS FROM OTHER GSB ORGANISATIONS

INDEPENDENCE DAY CELEBRATIONS AND FREE SCHOLARSHIP DISTRIBUTION AT G.S.B.SABHA (REGD) K.C.G.



The Independence Day celebration at G.S.B. Sabha (Regd.) KCG, commenced with hoisting of the national flag by President, Shri Ganesh B. Kamath. Sabha celebrates the day with distribution of Free Scholarships to needy students from Class KG to Class X every year. Shri Laxmikant Prabhu and his wife Smt. Sandhya Prabhu were the Chief Guests at the function. The President, in his Independence Day speech praised the leaders and the people who were instrumental in the freedom fight and were responsible for getting Independence for our country. He urged the gathered student community to follow the teachings and examples set by our leaders

The Chief Guest, Shri Laxmikant Prabhu, addressing the students, laid stress to the word 'Attitude' and he said that this word should be taken in a positive sense. He felt that only a good attitude is very important to any student to carry him through his life and make him successful. He quoted the examples of Sachin Tendulkar and Vinod Kamble, both having

started the game at same level. Sachin achieved many successful records and made history only because of his dedication and positive attitude towards his game.

The Chief Guests then distributed the Scholarships to the students.

EDUCATIONAL INITIATIVES OF G.S.B. Sabha (Regd.) K.C.G.

G.S.B. Sabha (Regd.) K.C.G. carries out its educational programmes under banner of

Balaji Suvarna Shiksha Abhiyan.

An amount of about Rs. 2 Lacs was distributed to 125 school children on this day. Another tranche of approx. Rs. 5.0 Lacs is provided for distribution to graduation / professional course students later in the year.. Sabha runs two schemes under Balaji Suvarna Shiksha Abhiyan :

Balaji Gnyana Jyoti Scheme

The scheme looks to create a personalised corpus fund in name preferred by a donor. For eg. Shri ABC Memorial Fund. The donor can name this fund in memory of his parents or elders or his own name. A separate account will be maintained by the Sabha of this fund and the status of the fund will appear in the Annual Reports / Annual accounts presented by the Sabha. The sponsor will be provided with details of the students benefiting from their contribution.

Balaji Shiksha Sarathi Scheme

The scheme looks forward to donors to sponsor the educational needs of atleast one child for one year. The sponsor will be provided with details of the student benefiting from his / her contribution.

V SISTERS PRESENTED 'Bhashe Gondolu' in Mangalore

The Konkani drama 'Bhashe Gondolu' created waves when it was staged on 10th September, 2017 at Venkataramana and Mahalasa temple at Konchady, Mangalore during the chaturmasa of His Holiness Kashi Mutt Swamiji. Written by Dr Rohini Prabhu thirty years ago, V Sisters of Navi Mumbai staged it for the fifth time.

'Bhashe Gondolu' showcases the style of talking and the typical words used by people of South Kanara, North Kanara, Goa and Kerala type of Konkani. The North Kanara has Marathi words while the South Kanara has Kannada words and the Goan one has Portugese words. This causes confusion ('gondolu') as each one interprets the words differently.

The drama and the artists were highly praised and honoured.



V Sisters is a six year organisation of GSB women from Navi Mumbai. They encourage GSB women in fulfilling their dreams in many ways. The organization is a democratic one with no committee members, each one being given fully the chance to suggest and organize.

NEWS FROM OTHER GSB ORGANISATIONS

MUSICAL EVENING AT VCT

Vidyadhiraj Charitable Trust (VCT) organised an Orchestra to celebrate Independence Day, 2017 exclusively for the residents of Shantikunj-VCT (Senior Citizens Home) on Tuesday, 15th August at VCT complex, Harigram-Panvel.

It was indeed a wonderful morning of music full of patriotic songs. Shantikunj residents thoroughly enjoyed. Some of the residents came forward and sang beautifully, giving delight & happiness to all.



INDEPENDENCE DAY CELEBRATIONS AT RAM KRISHNAA ACADEMY, VCT COMPLEX AT HARIGRAM - KEWALE, PANVEL (RURAL ENGLISH MEDIUM SCHOOL).

Presently around 450 students are studying in the school benefiting around 300 rural families in the adjoining villages.

Resident of Shantikunj Sevashram of VCT (senior citizens home) hoisted the National Flag.



HEALTH CHECK UP AT VCT

ITM Institute of Health Sciences (IHS) conducted special health awareness camp for residents of Shantikunj-VCT (Senior Citizens Home) on 28th July, 2017 at VCT complex, Harigram-Panvel. Camp was organised for discussing health problems and solutions.

Yoga expert Shri Shrikant Kshirsagar was invited to teach few tips about healthy life.

He emphasised the importance of yoga and gave a demonstration on Pranayam, Kapalbhathi, etc.

Special session was conducted on acupressure therapy for solving various health problems such as acidity, memory loss, diabetes, etc.



ANSWERS FOR KIDS CORNER

JUMBLED NAMES OF LORD GANESHA

1. EKDANTA
2. GAURISUTA
3. LAMBODARA
4. NANDAN
5. VAKRATUNDA
6. VINAYAKA
7. GAJAVAKRA
8. MUSIKVAHANA

MIXED BAG

1. TAMIL NADU
2. DWARKA
3. JAGANNATH
4. MOON
5. AIRAWAT
6. HIRANYA KASHYAP
7. TO EDUCATE THE PRINCES
8. NARSIMHA
9. GANESHA
10. DHANTERAS (DHANATRAYODSHI)

NEWS FROM OTHER GSB ORGANISATIONS : GSBS MEDICAL TRUST

News Report of Healthy Baby Contest :



As in the past during Sarvajanic Wadala Ganeshotsav program, A Healthy Baby Contest was held under the auspices of GSBS Medical Trust on Sunday the 27th of August at Wadala Mutt premises. The Medical Trust takes pride in organizing this contest. This contest was held for two age groups, New born to 1 year, and 1 to 3 years old babies. Each child was examined for its health issues by various doctors, like Nutrition, teeth development, immunization, bone development, the height and weight of the child, growth related issues. Parents were very happy to get consultation with Pediatric doctors. The judges for the competition were, Dr. Pranjal Sathe Kale, Dr. K. C. Patra, Dr. Namita Shenvi.

The program was sponsored by Indoco Remedies, as for the past many years. Their medicines were freely distributed to the children for common illnesses. All participating children enjoyed the gifts for their participation.

The first prize winner in 1st group was Baby Nivan Prakash Nayak

The first prize winner in 2nd group was Master Vihaan R. Rao

Smt. Gita R. Pai welcomed the gathering and introduced the chief guests Mrs. and Mr. Jagannath Prabhu. Mr. Prabhu who was the former Managing Director of Mahindra Sona, fully appreciated the program and said such encouragement and education for the parents is needed these days. All doctors and Parents were thanked for their services and co-operation. Mrs. Vimla Prabhu gave away the prizes.

Dr. Pradeep Acharya, elaborated on the services extended by GSBS Medical Trust, services by all departments, Dental, pathology and physiotherapy available in all the 4 centres. He thanked the volunteers of Wadala Mutt, and GSB Mahila Shakha members for their services.

The program ended with Ganapathi Darshan.

Report by, Smt. Gita R. Pai

Diabetes – A Lifestyle Disease

A person with Diabetes always plays a game with himself blaming genes, stress, doctor's negligence and even destiny as the cause of the suffering with the disease. But the truth is, the person himself is responsible for it & only he can control the progress of the disease. The road to lifestyle diseases begins from our plate! Poor Nutrition is often the root cause of Diabetes.



Ms. Anjali Dange
 Founder & Chief Nutrition Consultant
 at Starlite Nutrition & Wellness Centre,
 Vizag

Let's now look back at the generation of our grandparents. Did they have such chronic diseases at an early age of 30? Ever wondered the reason for it? Perhaps they didn't have processed food, they had nutrient dense meals and kept themselves active, that ensured healthy metabolism. Here are some of our traditional foods & dishes which when included in our meal plans can help control & Prevent Diabetes.

Red rice or Ukde Tandul - has shown to reduce the risk and incidence of this dreaded disease in its consumers. Due to its high magnesium & calcium content, especially in its outer layer, this variety of rice protects from developing insulin resistance and enhances optimum glucose uptake, ensuring your blood sugar levels do not rise.

Kosambari - Remember this traditional salad we were served on every wedding menu? It's a healthy combination of raw vegetables & raw soaked pulses. The ingredients used can vary depending on the type of Kosambari made, but every combination ensures an intake of dietary fibre & protein. Having this salad before your main course can control your blood sugars such that they do not rise after the meal.

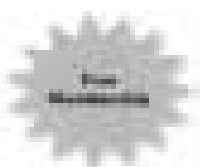
Vegetable chutneys - Whether it is Ridge gourd peel chutney (Ghosale Sheere) or Radish chutney (Moolangi), the use of peels & whole vegetables to make these delicious accompaniments ensures less loss of vitamins & minerals from this food group. These chutneys improve taste of the meal at the same time provide dietary fibre and a means to enhance quality of nutrients.

Fruits - There is a myth in the minds of people who suffer with Diabetes saying they have to completely avoid fruits. All fruits have fruit sugar called fructose in them. But they are also packed with a lot of fibre & essential vitamins. Therefore, if well planned, every person with diabetes can have 2 portions of fruit a day. Prefer to eat your fruit in between meal times (mid morning or mid evening) to distribute the sugar intake. Banana, Mango, custard apple, grapes, pineapple & dates should not be taken often. Instead citrus fruits such as orange, musambi, plums & kiwis are better options. Also papaya, watermelon, apple, guava & jamun are recommended. The rule is don't juice but eat your fruit.

Banana Stem (Baaledandu) - This is a good source of fibre, Vitamin B6 & potassium. For people with diabetes banana stem helps in production of insulin. Recipes range from simple "Palya" to "MaggigeHuli" & Dosa.

Ragi Mudde with Massoupu Saaru - Ragi ball combined with dal with greens (mixture of palak, methi, amaranth) is popularly consumed in Karnataka. Ragi or finger Millet is diabetes friendly due to its high fibre & protein content. Green leafy vegetables when combined in lentils adds bulk to the meal and improve availability of minerals like Iron for the body to absorb. Similarly substituting Rice or Wheat with Millets like Jowar & Bajra can be very beneficial to control blood sugars.

Managing Diabetes through right Nutrition is not hard. It only needs a positive approach. Eat wisely, Exercise regularly & you will keep Diabetes under control for the rest of your life.



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LAST BUT NOT THE LEAST

GSB Sabha, Mumbai Calendar

October 2017

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				

- 6th to 8th : Devi Mahatme and Geeta Amrit Dhara by Smt. Bhavana Prabhu, Dwarkanath Bhavan Hall, Shree Ram Mandir, Wadala
- 14th : 2nd Saturday, Marriage Information Service, Sabha Office, 4 p.m. to 6 p.m.
- 15th : "HastShilp" – One Day Diwali Workshop, Sabha Office, 2 p.m. to 6 p.m.
- 15th : Photography workshop by Prabhu Prakash, Matunga Gujarati Seva Mandal, 4 p.m. to 8 p.m.
- 22nd : "Parichay" 69th Get-together of eligible boys and girls with their parents, Shree Balaji Mandir, Kurla, 3.30 p.m.
- 28th : 4th Saturday, Marriage Information Service, Sabha Office, 4 p.m. to 6 p.m.
- 28th : Monthly Satsang, I. M. Pai Hall, Kreedha Mandir, 5.30 p.m.

November 2017

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		

- 5th : Bhajan Competition, Sabha Office, 3.30 p.m.
- 11th : 2nd Saturday, Marriage Information Service, Sabha Office, 4 p.m. to 6 p.m.
- 18th : Monthly Satsang, I. M. Pai Hall, Kreedha Mandir, 5.30 p.m.
- 25th : 4th Saturday, Marriage Information Service, Sabha Office, 4 p.m. to 6 p.m.

December 2017

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						

- 9th : 2nd Saturday, Marriage Information Service, Sabha Office, 4 to 6 p.m.
- 16th : Monthly Satsang, I. M. Pai Hall, Kreedha Mandir, 5.30 p.m.
- 17th : Annual Adhyatmik Program, Dwarkanath Bhavan, Shree Ram Mandir, Wadala.
- 23rd : 4th Saturday, Marriage Information Service, Sabha Office, 4 to 6 p.m.
- 25th : V. R. Shenoy Memorial Inter GSB Cricket Tournament, Kreedha Mandir Grounds, 9 a.m.

List of important dates in the quarter October-December, 2017

Dates	Day	Festival
2 nd October 2017	Monday	Gandhi Jayanti
5 th October 2017	Thursday	Kojagiri Pournima
8 th October 2017	Sunday	Sankastha Chaturthi
17 th October 2017	Tuesday	Dhana Trayodashi (Dhanteras)
18 th October 2017	Wednesday	Narak Chaturdashi
19 th October 2017	Thursday	Laxmi Pujan
20 th October 2017	Friday	Bali Pratipada, Deepavali Padwa

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

Printed, Published, Edited by Shri Uday V. Malya for G.S.B. Sabha, Mumbai at 101, Shreenidhi, 76, Bhau Daji Road, Opp. Bank of Baroda, Matunga (C.R.), Mumbai 400019. Tel. : 2408 1499. Printed at Shree Ganesh Graphics, A -2/51, Shah & Nahar Indl Estate, S. J. Marg, Lower Parel, Mumbai - 400 013. Tel. : 24979326/27

21 st October 2017	Saturday	Bhau Beej
31 st October 2017	Tuesday	Kartik Prabodhini Ekadashi
1 st November 2017	Wednesday	Tulsi Vivaha (Lagna)
7 th November 2017	Tuesday	Angarak Sankastha Chaturthi
3 rd December 2017	Sunday	Sri Datta Jayanti
6 th December 2017	Wednesday	Sankastha Chaturthi

Announcement of Winners of 5 Questions asked in previous issue, July to September, 2017

The following are the correct answers to the 5 questions which were asked in the July to September 2017 issue of VoG :

1. Dr. Veena Adige received her Ph.D. for which research ?
Ans : Dr. Veena Adige was awarded the degree for her research and book titled 'The Legacy of Baba Amte'.
2. Which is the first most spoken mother tongue in Europe?
Ans : German
3. Which prestigious award did Govt. of Karnataka confer on Sonal Shivkumar ?
Ans : Dr. Mallikarjun Mansur Yuva Puraskar, 2013
4. On what topics will the Pravachan be held by Smt. Bhavana Prabhu?
Ans : Devi Mahatme and Geeta Amrit Dhara
5. By what name is the Harmonium called in recent times?
Ans : Sanvadini

The first 5 all correct answers were received from

Sr No	Name of Member	Date and Time of email
1	Vidhya Pai	03-07-2017, 7.25 p.m.
2	Ramanand Pandurang Bhat	03-07-2017, 10.54 p.m.
3	Geeta Bhandarkar	04-07-2017, 1.04 p.m.
4	Seema Pai	05-07-2017, 3.52 p.m.
5.	Sharada Manoranjan Pai	06-07-2017, 5.24 p.m.

All correct answers were also received from Shri Manoranjan M. Pai, Arpana Baliga, N. S. Kamath, Niranjana Bhat, Chetana Kamath, Madan Shanbhag, Datta Prabhu and K. Damodar S. Pai.

The quiz was also attempted by the following members, but all correct answers were not received :

Prof. Suresh Ramanath Prabhu, Mridula Bhat, Vishwanath Prabhu.



Kirthi Kamath, 15 Years



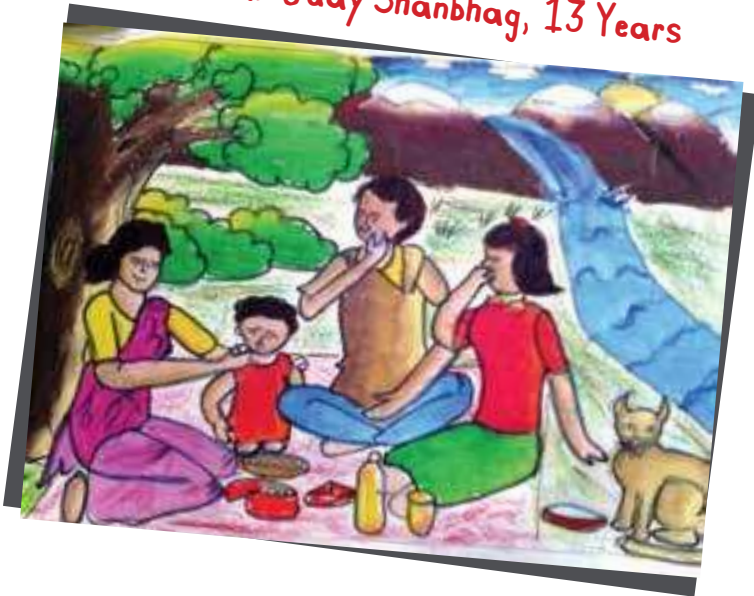
Saachi Kini, 11 Years



Anika Joshi, 9 Years



Omkar Uday Shanbhag, 13 Years



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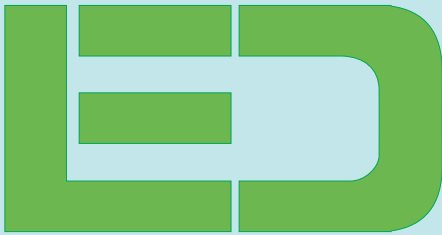
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