

# V



# G

## Voice of G.S.B.



# 15





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## MESSAGE FROM THE PRESIDENT

Dear Members :

Namaskaru,

By the time you get this newsletter, Ganapatibappa would have bid adieu to us with a promise that He will be back next year. The rains played havoc during the 11 day celebration of the bappa. However the undying spirit of the “maximum city” of Mumbai was there to see, the rains could not dampen the enthusiasm and the utsav was celebrated with the usual pomp and splendor.

The 85<sup>th</sup> Foundation day of the Sabha held on 18<sup>th</sup> August was well attended. This year too, our Photography contest during the Ganapati festival using Face Book as the medium was a huge success. The variation this year was a theme every day for clicking Bappa’s pictures. The creativity of the participants was exemplary. The judge had a tough time deciding the daily winners, however the better amongst the best won the prizes.

In the coming quarter, we all will be busy again with two major festivals in Navaratri and Diwali (both festivals symbolizing the victory of good over evil). The Sabha’s calendar of activities and events will also keep you busy and engrossed. Notable amongst these are the Workshop on Career guidance in collaboration with GSB Sarvajanic Ganeshotsava Samiti, Wadala; the Heritage walk; the Durganamaskara pooja; the 10<sup>th</sup> edition of inter-GSB cricket tournament and our Annual Adhyatmik Program. The details are covered elsewhere in this edition.

The Sabha’s initiative to collaborate with sister GSB organizations continues unabated. On 11<sup>th</sup> August, we organized a meeting of Mumbai based GSB organizations with the GSBS Medical Trust to explore new avenues to reach the offerings of the Trust to a larger group of people. “Parichay” - the matrimonial get together of eligible boys and girls of our community, flag ship program of our Mahila Shakha, reaches our community members in Pune in November in association with Samyukta Konkani Sabha, Pune. The Mahila Shakha presented their play “Santa Virasat” at the Golden Jubilee celebrations of GSB Samaj (W. S.), Goregaon at Shree Dahisar Kashi Mutt and at Shree Gokarna Jevottam Mutt at Wadala in the August presence of H H. Shrimat Vidhyadhiraj Swamiji and their Shishya H H Shrimat Vidhyadheesha Swamiji.

We encourage each one of you to utilize our newly renovated Kreedha Mandir. It is now well connected for pedestrians to access it from the Rationing office side, on RA Kidwai Road. The rates are reasonable and concessions available to our community members without any monopoly on catering.

**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.

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

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

Our members have started connecting Ashadi Ekdashi with Sabha's Bhakti Natya Tarang program, which we have been presenting since 2016 around this date. This year, the 4<sup>th</sup> edition of this program, which presents a confluence of bhakti and natya geet, was held on Saturday, 13<sup>th</sup> July, 2019 at its usual venue, Pracharya B. N. Vaidya Sabhagriha of Raja Shivaji Vidyalyaya (King George School), Hindu Colony, Dadar.

The program began at 4 p.m. with natya-geet presented by Nachiket Desai, an award winning singer who is the grandson of the great music director, Late Vasant Desai. Among the songs he presented was "Mazhe Jeevan Gaane" as a tribute to its composer, Pu La Deshpande on his 100<sup>th</sup> birth anniversary. Although Nachiket was to present Natya geet only, the ambience created by the backdrop depicting the varkari sampradaya pilgrimage to the temple town of Pandharpur influenced him to present bhakti-geet too, which was equally appreciated by the audience.

After a short break, there was a brief formal program in which Sabha President, Shri Laxmikant Prabhu thanked the program sponsors, donors and all artists connected with the program. All the artists were felicitated with Tulasi saplings.

The stage was then taken over by the second performer of the day, the veteran singer, Pt. Upendra Bhat, who reminds the listeners of his legendary guru, Pt. Bhimsen Joshi. Pt. Upendra Bhat mentioned that although he had performed on various stages and won numerous awards, it was always more gratifying and more satisfying to perform in front of members of our own community. He presented an amazing repertoire of songs and also gave interesting information connected with each of them. Audience were mesmerized by his performance.

Both the artists performances were impactful. They received excellent support from the accompanying artists, Raghavendra Mallya on pakhavaj, Shridhar Bhat on harmonium, Siddharth Padiyar on tabla and Ravindra Shenoy on additional percussions. Nachiket Desai performance was anchored by Mamatha Nayak. Sabha is grateful to Shri Sudhir Nayak for his creative inputs to the programme.

The program was sponsored by NKGSB Co-operative Bank and co-sponsored by Redi Port Ltd. Venue support was extended by Indian Education Society. The program was also financially supported by the members and well wishers of the Sabha.



Pt Upendra Bhat regaling the audience



Nachiket Desai presented Natya Sangeet and bhav geet too



A view of the audience

# G.S.B.SABHA, MUMBAI CELEBRATES ITS 85<sup>th</sup> FOUNDATION DAY ON 18.08.2019

The GSB Sabha, Mumbai was founded on 26<sup>th</sup> August 1934 with the divine grace and blessings of Parama Pujya Guru Srimad Sukriteendra Tirtha Swamiji of Shree Kashi Math Samsthan, with the vision of being a socio-cultural organization to enhance community well-being. We remain indebted to all those who started the organization and have carried the mantle of the Sabha's Agenda through these years.

The 85<sup>th</sup> Foundation day of the Sabha was celebrated on Sunday, 18<sup>th</sup> August, 2019 at G.S.B. Seva Mandal's Shree Guru Ganesh Prasad, Sion. The Chief Guest for the evening was Dr. Rekha Shenoy, a Full time Faculty at the Atharva Institute of Management Studies (AIMS), Mumbai.

The programme was kicked off with an interactive session by Smt. Pratima Bhandarkar on challenges faced by teenagers and parents with the onset of social media and proliferation of mobiles. Parents and students participated enthusiastically by asking question as well as sharing their personal experiences

After the auspicious beginning by the lighting of the lamp, 70 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. This was the third year in which the accompanying cash awards were replaced by motivational/self-development books, selected considering the age of the awardee receiving the awards. These felicitations were done from the various endowments received by the Sabha over the years for this purpose.

The V. R. Shenoy Memorial Vidyanidhi Merit Awards were awarded to the toppers from Class I to Class IX from the beneficiaries of the Sabha's Vidyanidhi Fund. From its inception, these awards have been sponsored by Sabha Trustee, Shri B. T. Mallya, To encourage and boost the kids who contributed their drawings and articles in the last year to Voice of GSB, the quarterly newsletter of the Sabha, they were felicitated with the GSB Promising Talent Award. Again, these awards have been sponsored by Shri B. T. Mallya since inception.

The Chief Guest Dr. Rekha Shenoy in her address spoke about the importance of KSA (Knowledge Skill & Attitude) in today's employment scenario and also gave some tips on being successful in professional life.

In his address the Sabha President, Shri Laxmikant Prabhu, spoke about the importance of connecting with our culture. He advised the students present there to work for the community and the society at large, right from this age, as it would not only improve the community but also provide an opportunity for the students to develop leadership skills.

Sabha is grateful to G.S.B. Seva Mandal for providing the venue for the program. Mouth watering refreshments were sponsored by Nagesh Rama Nayak's 'Café Mysore'.



Pratima Bhandarkar conducting a session on Parenting



Lighting of Traditional Lamp



Chief Guest, Dr. Rekha Shenoy, with Sabha and Mahila Shakha Presidents on the dais , audience being addressed by Smt. Amita Kini, Jt. Hon. Secretary



All the students who received felicitations

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

### Bhajan Seva

Our Bhajan group offered Bhajan seva at various places as follows

12<sup>th</sup> July 2019 : Ekka Bhajan at Sri Ram Mandir, Wadala Math on the occasion of Ashadi Ekadashi

6<sup>th</sup> August 2019 and 10<sup>th</sup> August 2019 : Sri Walkeshwar Kashi Math during Bhajan saptha

10<sup>th</sup> September 2019 : At Sri Ram Mandir, Wadala Math on the occasion of Ganesh festival

### 2<sup>nd</sup> August, 2019: Shravan Haldi Kumkum Programme

Mahila Shakha organised Sharavan Haldi Kumkum, sponsored by Smt. Purnima Nayak, at Dwarkanath Bhavan Hall, Wadala Math.

The special attraction of this Shravan Haldi Kumkum was Mangala Gauri khel by Kalpataru Sakhi Parivar. Anchoring by Smt. Swati Pendse enhanced the beauty of this performance. She explained that Mangala Gowri celebration is one of the most important for the new brides in Maharashtra. Mangala Gowri Vrata is observed on Shravan Mangalvars, specially by newly married women, in the first five years of their marriage.

The Sakhis adorned in traditional Brahmin Nauvari saree performed khel which involved singing folk-songs while dancing and playing cultural games such as Zhimma, Bhetka, Ghatoda and Fugadi etc. each with different style related to daily household chores like washing clothes, churning of buttermilk etc. Anchor Smt. Pendse said those days there were no other entertainment like modern days and these activities helped the women to keep themselves physically fit.

The audience enjoyed the performance. The programme ended with vote of thanks to the team and all present. Light refreshments were served to the attendees.

### 15<sup>th</sup> August, 2019 and 22<sup>nd</sup> August, 2019 : Presentation of Sant Virasat

Mahila Shakha were invited by Goregaon G.S.B. Samaj (W.S.) to present their musical play on the lives of the great saints of Maharashtra, "Sant Virasat" on 15<sup>th</sup> August, 2019, at Dahisar Sri Kashi Math, in a function organized as part of the Golden Jubilee Celebrations of the Samaj. This play had first been presented by Mahila Shakha as part of the Sneh Milan celebrations of the Sabha. (please see Goregaon Samaj report in News from Other GSB Organizations section).

Mahila Shakha also had the blessed opportunity to perform the same musical play in the august presence of H. H. Shrimad Vidhyadhiraj Tirtha Shripad Vader Swamiji, Mathadipati, and H. H. Shrimad Vidyadheesh Tirtha Shripad Vader Swamiji, Shishya Swami, of Shree Samsthan Gokarna Parthagali Jeevottam Math on 22<sup>nd</sup> September, 2019, at Dwarkanath Bhavan Hall, Wadala Math.



Kalpataru Mangala Gauri Sakhis performing Joga at Shravan Haldi Kumkum Celebration



Sponsor of Shravan Haldi Kumkum, Smt. Purnima Nayak, felicitating the compere, Smt. Pendse

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In collaboration with

**G. S. B. SARVAJANIK GANESHOTSAV SAMITI, WADALA**

Announces

**“Marg Darshan”**

Workshop on

**Career Guidance – A Way Forward**

For Students of Classes 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup>

In its effort to support and guide young minds of our Community, we have taken the initiative to invite students in the above categories for a Career Guidance Workshop. As lot of information on mainstream careers is abundantly available, the same is not included in the workshop. The workshop will be addressed by experienced and renowned professionals.

The details are as under :

When	:	Sunday, 24 <sup>th</sup> November, 2019
Where	:	Third floor Hall of Gokarna Parthagali Jeevotam Math, Shree Ram Mandir, Wadala, Mumbai – 400 031.
Workshop Schedule	:	
9 to 9.30 a.m.	:	Assembly at the venue
9.30 to 10.15 a.m.	:	Talks on <ul style="list-style-type: none"><li>• Skills Development</li><li>• Pointers for choosing a Career</li></ul>
10.15 a.m. to 6 p.m.	:	Career Guidance Sessions, <b>with a lunch break</b> , an indicative list of topics is given below : <ul style="list-style-type: none"><li>• The field of Forensic</li><li>• Tourism</li><li>• Automation and Robotics</li><li>• Patents and IPRs</li><li>• Hotel Management/ Hospitality Management</li><li>• Health care Management</li><li>• Fashion Design / Beauty and Wellness</li></ul>

Registration is restricted to 150 students, so register early. For registering, please use the following link <https://forms.gle/9FhpUS6a2yWUh9jb8>. The link can also be accessed from G.S.B. Sabha's web-site, [www.gsbsabhamumbai.org](http://www.gsbsabhamumbai.org). The organizations reserve the right to restrict the number of participants in each class.

Participant can be accompanied by ONLY one family member.

Mumbai 14-09-2019	Shri Laxmikant T. Prabhu President, G.S.B. Sabha, Mumbai 98203 16495	Shri Rajan C. Bhat Trustee Chairman GSB Sarvajanic Ganeshotsav Samiti 98200 42525	Shri Mukund Kamat Trustee Secretary GSB Sarvajanic Ganeshotsav Samiti 93212 44579
	Anil Kamath 98201 99905	Anant Pai 98202 38867	
	Uday Malya 98206 98756	Pramod Pai 93241 17637	
	Bina Shenoy 98205 07690	Madhukar Pai 98210 13789	

Jt. Programme Convenors



IN MEMORIAM  
**51 YEARS LATER**



**SANJIVA PAI**  
( 23.3.1907 - 25.10.1968 )

*“To live in the hearts of those we love is not to die”.*

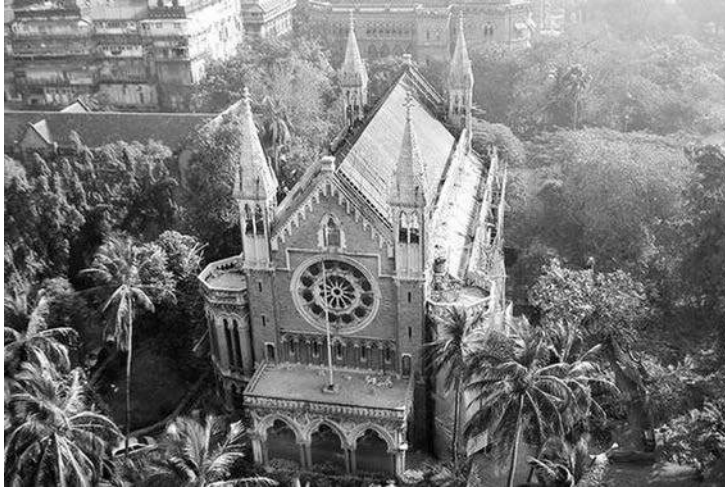
**Fifty one years have gone by since Sanjiva Pai passed away. A self-taught engineer, a prodigy who made invaluable contributions to diverse industries in Mangalore including power generation, cinematography, electromedical and pharma equipment, oil mills, breweries, radio and wireless equipment – an extraordinary man in every sense of the word ! A deep love of science and a desire to help friends were his only motivations, never material gains. He lived a spartan life on his own terms, despite the tough circumstances during his life. His riches were his progressive ideas and liberal social values, many decades ahead of their time.**

**Fond remembrance by his family, friends and admirers.**

## AN UNSURE WEDDING GIFT

### MUMBAI FORT HERITAGE WALK ON SUNDAY, 22<sup>ND</sup> DECEMBER, 2019

*“A person without knowledge of his past or origin is, is like a tree without roots”*



The city of Bombay (now Mumbai) is a story – A story teller’s paradise. And each of these stories is best discovered on foot. So get your sneakers on and let us take you on a walk through 'Bombay'.

These very streets still hide the clues of the stories of the rich and famous to the unknown toiler who walked these streets trying to build a life for them and in the pursuit built this magnificent city.

As you walk you will be able to distinguish the physical and cultural boundaries that divided the city into white town and native town. How Hindus, Muslims, Jews and Parsees collectively transformed just a few loosely connected islands whose only wealth was fish and coconuts to the “Jewel in the crown”.

Tour will start at Flora fountain go around Mumbai university buildings and end at Maharashtra police HQ.

**Participants should be above 12 years of age no upper age limit**

**But all participants must be physically fit to walk 2.5 - 3 km**

**The time for the whole tour would be approx. 3 to 3.5 Hrs.**

**All participants are requested to have light breakfast before joining at the meeting point**

#### **Recommended gear**

**Comfortable sneakers, cap, water bottle, a packet of biscuits, a small packet of Glucose powder if you wish.**

On : Sunday, 22<sup>nd</sup> December, 2019  
At : 7 a.m., walk will start at 7.15 a.m. sharp  
Meeting Point : HSBC India Headquarters Building, Flora Fountain

#### **Limited group size**

**Registration fees Rs 100/- per person, payable on the date of the walk**

**Prior registration for Heritage walk is compulsory**

**For registering, please use the following link <https://forms.gle/BVLA2HJ56Xf4Dvu28>.**

**The link can also be assessed from G.S.B. Sabha’s website [www.gsbabhamumbai.org](http://www.gsbabhamumbai.org).**

**Registration closes on Thursday 19<sup>th</sup> December 2019 (7pm)**

Mumbai  
20-09-2019

Laxmikant T. Prabhu  
President  
98203 16495

Subhas Rao  
Program Convenor  
98192 23316



## ADHYATMIK PROGRAMME IN ENGLISH ON SATURDAY, 23rd NOVEMBER, 2019

Founder Sponsor of this Programme  
**Late Smt. Sanjivi Bhat**, Ex-President of the Sabha  
The Programme has been co-sponsored by generous  
well-wishers of the Sabha

Dinner Sponsor for the Programme :  
**Shri Laxmikant T. Prabhu**

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

Smt. Ranjana & Shri Raghuv eer Prabhu

Smt. Rupa & Shri K. R. Bhakta

Smt. Suman & Shri S. D. Shenoy

Smt. Geeta & Shri Dinesh Bhandarkar

G.S.B. Sabha, Mumbai, is pleased to announce that its Annual Adhyakmik Programme will be held on **Saturday, 23rd November, 2019**, at **I.M.Pai Hall** of **Sujir Gopal Nayak** Memorial Kreedha Mandir, R. A. Kidwai Road, Matunga, Mumbai 400019.

Prayer is a means for us to connect to the Higher. Everyone prays, but do how to pray, what to pray, why to pray, whom are we praying to, etc.

**Br. Yukta Chaitanya, Head of Chinmaya Bhakti Zone (Jogeshwari to Bhayander)** will speak on the topic **“The Secret to a Successful prayer”**

The programme schedule is as under :

- 6.00 to 6.30 p.m. - Bhajans by Mahila Shakha Members  
6.30 p.m. onwards - a. Welcome  
b. Introduction of Speaker  
c. Address by Br. Yukta Chaitanya  
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  
26.09.2019

Laxmikant T Prabhu  
**President**  
9820316495

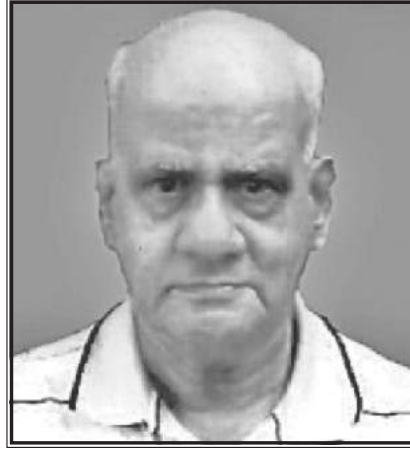
Uday V. Malya  
**Programme Convenor**  
98206 98756

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

**10<sup>TH</sup>** EDITION

OF

**G.S.B. SABHA'S SPORTS CLUB  
V. R. SHENOY MEMORIAL INTER G.S.B. CRICKET TOURNAMENT**



The Sports Club of G.S.B. Sabha, Mumbai, is pleased to announce the 10<sup>th</sup> edition of its “**V. R. Shenoy Memorial Inter G.S.B. Cricket Tournament**”. The tournament will be held on Sunday, 1<sup>st</sup> December, 2019 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 had served in the Managing Committee of the Sabha in several capacities from the 90's till his demise in 2010.

The Sabha is grateful to Smt. Sadhana and Shri Sunil Shenoy, daughter-in-law and son of Late Shri V. R. Shenoy, for the financial support received for this activity.

G.S.B. Organizations are requested to send the confirmation of their participation by sending an e-mail to [gsbsabha@gmail.com](mailto:gsbsabha@gmail.com) or contacting Sabha's Sports Convenor, Shri Bharat Kini (93222 51244). The cricket team has to be nominated by a GSB organization and only GSB players are allowed. 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  
15<sup>th</sup> September, 2019

Laxmikant T. Prabhu  
98203 16495  
**President**

Shri Bharat Kini  
93222 51244  
**Sports Convenor**

---

  
**Best Wishes  
From  
A Well Wisher**  


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

Date	Programme	Time	Venue
Friday 04-10-2019	Navratri Haldi Kumkum Sponsored by Smt. Anita P.Shenoy Light music by Kum. Sharanya Shenoy	4.00 p.m.	I. M. Pai Hall, Kreeda Mandir Pls.note Members to access the hall from the Rationing office side, on RA Kidwai road.
Sunday 03-11-2019	PARICHAY' - 74 <sup>th</sup> get-together of eligible Boys & Girls with their parents Sponsored by Shri Manjunath Nayak (Pune) This event is Partnered with Samyukta Konkani Sabha, Pune	10.30 a.m. to 1.30 p.m.	Karnataka School 55-57, Dr. Ketkar Rd; Bhonde Colony Erandwane, PUNE
Sunday 17-11-2019	Bhajan Competition	4.00 p.m.	I. M. Pai Hall, Kreeda Mandir
Friday 29-11-2019	Durga Namaskar Details given on pg no. 13	3.30 p.m.	I. M. Pai Hall, Kreeda Mandir
Thursday 05-12-2019	Annual Get to-gether Cookery Competition Cash Prizes sponsored by Smt. Bina Shenoy in memory of her Late Mother, Smt. Kishori T. Prabhu Snacks item using mixed vegetables Snacks with maximum use of mixed vegetables will be given weightage Entry should reach hall by 3.30 p.m. Talk on Cancer awareness	4.00 p.m.	I. M. Pai Hall, Kreeda Mandir
Friday 17-01-2020	Sankranti Haldi Kumkum Sponsored by Smt. Vijaylaxmi Shenoy	4.00 p.m.	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 p.m. - 7:00 p.m.**

Marriage Information meetings are held at Sabha's office on 2<sup>nd</sup> and 4<sup>th</sup> 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

### 74<sup>TH</sup> PARICHAY - ELIGIBLE BOYS AND GIRLS GET - TOGETHER

G.S.B. Sabha, Mumbai's Mahila Shakha is happy to announce the 74th edition of PARICHAY - a get-together of eligible boys and girls of the Community. This time it's at PUNE on 3rd November 2019. From 10.30 a.m to 1.30 p.m. After successful PARICHAY get togethers in and around Mumbai, ie. Vashi, Wadala, Dahisar, and Dombivili, this is the first time we are conducting PARICHAY out of Mumbai. We appreciate & thank Samyukta Konkani Sabha, Pune for their support & co-operation in organising this.

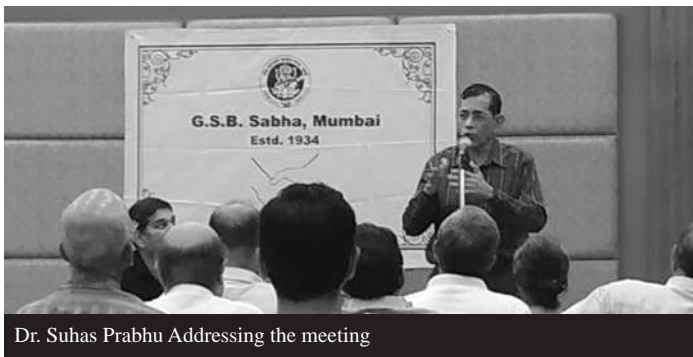
The Samyukta Konkani Sabha (SKS), Pune, representing the GSB community of Pune, is a 36 year old organization which is very actively involved in enhancing the cultural and traditional values of the community. The organization besides being involved towards the cause of the GSB community, is also diligently working towards its long term goal of making the GSB community in Pune a vibrant and responsible community that is recognized, appreciated & respected for its meaningful contributions towards the city of Pune and the Society at large.

Some of the events organized by SKS are:

**Ugadi, Rugupakarma - Sutta Punav, GSB Konkani Food and Fun Carnival, Fortnightly Bhajan Sessions , Fortnightly Trekking to various destinations around Pune, Education program – scholarship, Soirika - Matrimonial activity**

Event venue: Karnataka School, 55-57, Dr Ketkar Rd, Bhonde Colony, Near Nal Stop, Erandwane, Pune – 411038. Contacts: Mumbai: Ms. Amita Kini 9870062476 Pune: Mr. Pramod Prabhu 9860608731, email: gsbsabhapune@gmail.com

## MEETING HELD FOR DISCUSSION ON COLLABORATION IN HEALTH SERVICES



A meeting was held on Sunday, 11<sup>th</sup> August, 2019, at the I. M. Pai Hall of Sujir Gopal Nayak Memorial Kreedha Mandir between members of Mumbai based GSB organizations for discussion on health services with representatives of GSBS Medical Trust.

The meeting was attended by 33 participants, representing the following organizations : Madhavendra Charitable Trust, Dahisar Sri Kashi Math; GSB Samaj Seva Sangh, Vasai; GSB Sabha, Mira Bhayander; GSB Sabha, Malad Kandivali; SBMDH Seva Samiti – Khar Danda; GSB Seva Mandal, Kalwa Kharegaon; GSB Sabha, KCG; GSB Mandal, Thane; GSB Sabha, Mumbai and GSBS Medical Trust.

It was noted that some organizations were not present on the day due to their functions or pre-committed engagements, but they had welcomed the concept and promised whole hearted support.

On the dais were Dr. Suhas Prabhu, Trustee President, of GSBS Medical Trust and Shri Laxmikant Prabhu, President, G.S.B. Sabha, Mumbai, the host organization.

Shri Laxmikant Prabhu welcomed the participants and updated that in a recent meeting with the Medical Trust, the discussion had been on how the Medical Trust could deliver its services to our community on a larger and deeper scale. In order to discuss some of the thoughts arising from that meeting with representatives of all GSB organizations, this meeting had been convened.

Dr. Suhas Prabhu updated the meeting that the Medical Trust serves approx. 250-300 patients a day at its 4 centres at Naigaum, Dadar TT, Dharavi and Mahim. He said that one method to scale up services to the Community is to set up more Centres, esp in the suburbs. But this is not feasible as the doctors associated with the Trust are having proximity to the present Centres.

He, therefore, suggested various options which could serve the purpose, and based on the feedback/suggestions received from participants, the following action points were decided upon :

1. A network of GSB Doctors can be set up across the city and its extended suburbs. This network can collaborate and offer preferred rates of treatment for GSB patients. This network could also collaborate with the Medical Trust. Dr. Prabhu requested the representatives of GSB organizations present to make a list of such doctors in their areas with contact details.

2. Local GSB organizations could set up collection centres for collection of blood samples which require testing. A tie up could be there with a courier network and these samples could be tested at the Medical Trust Centres
3. Tele medicine is now becoming extremely popular and local area doctors could take expert guidance from the Medical Trust using the same.
4. Medical Core Committees could be established with doctors from the Trust and local area doctors for effective collaboration.
5. Medical Trust has Health Check-up packages at nominal rates. GSB organizations can make arrangements to get their members to the centre for the health check-ups and further discounted rates could be worked out for groups. Some organizations said that they could arrange bus facilities for their members for this purpose.
6. Health Camps for check-ups or Wellness should be organized by local area doctors as they are available for further consultations to the patients. Medical Trust can facilitate the conduct of the Camp and also provide specialist services for the Camps, if needed.
7. Medical Trust will mail copies of their brochures giving information about their facilities to all organizations. They will also keep the organizations updated whenever any camps are being conducted at the Trust.
8. Job opportunities can come up at the Medical Trust centres for administrative/technical positions. Suitable candidates could be suggested for the same by GSB organizations.
9. Diabetes Plus is a new initiative to be launched by Medical Trust wherein patients will have benefit of daily consultation via a technical platform.
10. Medical Trust also has an Arogya Nidhi for extending benefit to patients having limited economic means.

The meeting ended with thanking the representatives of GSBS Medical Trust and those of other organizations who participated.

The next meeting will be held after local area doctors are enrolled for the GSB Doctor Network which is planned to be created.



G.S.B.Sabha, Mumbai, Mahila Shakha  
**INVITES**  
for

**DURGA NAMASKAR POOJA**



**Friday, 29<sup>th</sup> November 2019, 3.30 p.m. onwards**

**Venue: I. M. Pai Hall, Sujir Gopal Nayak Memorial Kreedha Mandir**

Programme Details:

4.00 p.m.	Durga Namaskar Pooja starts
4.30 to 5.30 p.m.	Bhajan by GSBS MS Bhajan group
6.00 p.m	Durga Namaskar and Aarti
6.30 p.m	Haldi Kumkum and Prasad Vitharane

Note: Couples desirous of participating in puja can do so by paying Rs 10,000/- (only 5 couples)  
"Kumkumarchana sevash" can be personally performed and need to be booked at the office/venue by paying Rs. 250/- only

***Sponsorship and Donations are appreciated***

Account Payee Cheque may be drawn in favour of "GSB Sabha Mumbai's Mahila Shakha"  
or NEFT Transfer also accepted.

For details please contact our Sabha office between 4 and 7 pm

***Dinner will be served after the Pooja and HaldiKumkum***

P.S: Ladies / Couples participating in Durganamaskar and Kumkumarchane should abstain eating Kharkatte, lasoon and piyav.

Mumbai  
September 22, 2019

Smt Shanteri Nayak  
President  
Mob: 98211 83501

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

## THE AUROVILLIAN EXPERIENCE

When a friend first put forth the idea of visiting Auroville I knew I had to go on this trip because, knowing her, this would be so much more than just a holiday. We were a group of 8 women – mostly related to each other and some new friends. My friend, having visited Auroville earlier was keen to share her experience with us. Even though I had visited Auroville for a couple of hours during my Pondicherry visit some years ago, I was keen to see it with a different perspective and understand this whole concept of a “universal town”, home to people of many countries.

Auroville lies about 150 kms from Chennai, Tamil Nadu. Inspired by the teachings of Sri Aurobindo, it was set up on 28<sup>th</sup> February 1968 by the Mother, his spiritual companion. Soil from 121 countries and 23 Indian states was mixed in a lotus shaped urn that is now at the center of an amphitheater near the Matri Mandir complex. Auroville, the City of Dawn “*belongs to no one in particular and belongs to humanity as a whole. But to live in Auroville one must be the willing servitor of the divine consciousness*”. It is a “*universal town where men and women of all countries are able to live in peace and progressive harmony, above all creeds, all politics and all nationalities. The purpose of Auroville is to realise human unity.*”

The first impression of Auroville are the colours green and red: green forest and red laterite soil. And to think all this was originally barren land without a tree in sight! Over the last 50 years, a dense man-created forest cover has been created and today Auroville is reaping the benefits of the efforts made by the pioneers. Truly miraculous! Red earth paths winding through the thick greenery. Buildings here sort of merge into the surrounding nature and form a harmonious whole.

We spent about 4 days and nights in Auroville at Center Guest House – a peaceful, verdant, homely place with the most amiable and helpful staff. We reached Auroville in the evening so after checking in into our rooms, we just relaxed, chatted and generally drank in the tranquility of the place. Center Guest House is set amidst of foliage with a huge Banyan tree in the center. I spotted many different birds and one can spend hours just listening to different bird calls. For me personally, this was the most peaceful and restful place. No sounds except the humming insects, chirruping birds and fruit bats squabbling in the trees.



The food was wholesome and nutritious and we were early birds there breakfasting at 7 in the morning on fresh fruit (bananas, watermelon, papaya) tea/coffee, freshly baked brown bread served with locally made peanut butter, mango and guava cinnamon jam. Dinner was



By **Renuka Kamath**

early too starting at 7 in the evening and everyone was tucked up in bed by 8! A far cry from our urban lifestyles.

On day 2, we went to book our slot for meditation in the Matri Mandir, wandered around the shops in the Visitors Centre and then visited Svaram Music Instruments. The Svaram sound garden is an interesting place, especially for children and also adults. Unique musical instruments can be played to experience different acoustics and one can see how sound travels through different media like metal, stone and we had a good



time trying out the different instruments. Our auto driver very sweetly demonstrated to us how each instrument was to be played, showing not only us, but also sundry other visitors who happened to be there. Next door is the famous Ganesh Bakery where you can indulge your sweet tooth with cakes, pies and cookies. Then we headed to the Solar Kitchen for lunch. This is a huge community kitchen that uses solar energy and a diesel boiler for cooking. The food is vegetarian, with most of the vegetables and grains sourced from Auroville and surrounding areas. One of the interesting features here is that the place makes efforts to curb food wastage. After eating, you have to throw whatever is remaining on your plate into a bin. The collective waste is weighed and posted on a public board.

On the morning of day 3, we headed to the Matri Mandir, the spiritual centre of Auroville. It can be visited from outside after obtaining the necessary viewing passes. But if you wish to meditate or concentrate as they call it in Auroville, you need to book your slot more than a day in advance and this has to be done individually, in person at the Visitors Centre.

We were first shown a video in the Visitors Centre on Auroville after which buses took us to the Matri Mandir. After a brief introduction on the place, we walked to the amphitheater and the urn and then we entered the Matri Mandir. We first sat for a couple of minutes near a marble lotus. The sound of water falling on the petals was soothing. After that was quite a climb (steps, a long winding ramp) to the inner chamber just under the dome. A crystal glass globe is at the center of the room. Light falls on it from an opening at the top of the dome and the



globe emits a kind of radiance. We sat there for fifteen minutes in absolute silence. It was energizing and peaceful at the same time. Photography is forbidden here or outside the Matri Manir.

In the afternoon we went to the Pitchandikulam forest - a seventy acre Tropical Dry Evergreen Forest (TDEF) home to many indigenous and medicinal plant species and wildlife like civet cats, porcupines, snakes. A dense green haven for flora and fauna.

We then visited Pebble Garden, an 8 acre forest painstakingly created by Dipika Kondaji and Bernard Leclercq since 1994. This



was previously completely barren and eroded land. Today, it is a lush, green jungle. The soil has been regenerated without any external soil or fertilizers. Apart from the forest, there are traditional vegetable varieties, root crops, flowers and fruit trees. Pebble Garden is seed conservation and sharing initiative. It was wonderful and inspiring to hear Bernard and Dipika speak about their work. It was humbling to

meet such committed souls totally in love with their work. What was amazing was that they do all the work themselves without any outside help. A couple totally in sync with nature and the soil. They are intimately and spiritually connected to the earth and nature.



On day 4 we went to Solitude Farm. Meeting Krishna Mackenzie was a revelation. A Scotsman, he speaks fluent Tamil and developed the farm inspired by Fukuoka's methods. He believes that using all bio-resources like leaves and weeds increases the fertility of the soil. Krishna is

an advocate of natural farming and permaculture. The farm has a café that solely uses the produce cultivated in the farm. So whatever we ate for lunch was fresh off the land and cooked in the traditional way on wood fire stoves. Needless to say, it was delicious.

So that was our Aurovillian sojourn. A truly enriching experience on many levels: a feast for the spirit and soul and taste buds, new experiences and meeting inspiring people. For shopaholics, the stores in the Visitors Centre offer made-in-Auroville products: candles, pottery, the signature handmade paper lamps and trays with pressed dry flowers, soaps and clothes. We had some amazing food, literally farm to table organic meals. An incident as we were leaving Auroville amply demonstrated to us how the values of Auroville had been imbibed even by the locals. We gave our cabby a Rs 500 note, for an estimated Rs 300 lunch for 2. On our return from lunch, he returned Rs 300 to us, telling us their lunch only cost Rs 100 each! The residents in this little haven are living a rich, simple, creative life, close to nature, in harmony with the surroundings.



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**Day 9**

**Theme: Durvankur Priya Bhanu**  
**Photo Credit Ritika Kini**

**Day 8**

**Theme: Aarti, Dhoop**  
**Photo Credit Ajay Kini**

**Day 10**

**Theme: Ekadantayah Lamodarayah Nayyah**  
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**Day 11**

**Theme: Pudchya Varshi Lavkar Yag**  
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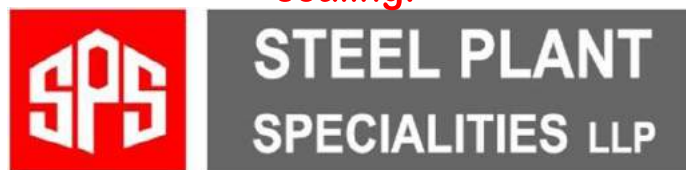
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**Introduction**

A very generous donation of Rs. 50 lacs, made in FY 2013-2014 by philanthropist Shri Gurbur Dattananda Bhat in memory of his late wife, Smt. Shanta Bhat, enabled the Sabha to launch the GSB Senior Citizen Medical Welfare Fund.

The Fund is dedicated to meet the domiciliary medical expenses of economically weaker section of senior citizens of the Community. These senior citizens are prescribed daily medicines for ailments such as asthma, blood pressure, diabetes, heart ailments etc. or advised regular procedures such as dialysis and find it difficult to meet the expenses involved.

This is a unique scheme as other medical assistance schemes provide one-time relief for expenses incurred on surgeries and hospitalization, but there is no scheme providing assistance for medicines/procedures needed on a daily/regular basis.

**Procedure for Selection of Beneficiaries**

The applications made for assistance from this Fund are scrutinized by doing a house visit to the applicant by Sabha Committee members to be ascertain the economic status of the applicant. The medical papers are then sent to our panel doctor, Dr. R. N. Kini, who evaluates the same from a medical view-point and sets a monthly limit to each applicant based on the treatment that they need and the medicines/procedures prescribed for the same.

Presently, we are supporting 35 beneficiaries from this Scheme and the beneficiaries are spread across the city and its extended suburbs from Virar to Parel to Dombivili.

**Details of Benefit Extended**

The beneficiaries submit the bills of their medicines at Sabha office on quarterly basis. The average help extended to a beneficiary ranges from Rs 200 to Rs 10,000 a month.

Due to growing awareness about the Scheme, applications under the same have been steadily increasing. The total benefit disbursed under this Scheme has increased on an annual basis as under :

Financial Year	Amount Disbursed (Rs.)
2013-2014	26,250
2014-2015	1,60,567
2015-2016	3,82,155
2016-2017	3,22,386
2017-2018	4,69,653
2018-2019	6,36,163

**Appeal for Support**

Whereas assistance disbursed under the Scheme is growing every year, due to falling interest rates from Banks, we are in the year 2019-20 facing a crunch in continuing to extend the support.

GSB Sabha, Mumbai, therefore, appeals to its generous members to help us overcome the shortfall. In the past our appeals have met a generous response and we hope the same for this one too.

**This is what you can do :-**

- A) You can make a monthly recurring contribution to the fund , an amount of Rs 500/1000/1500 etc. or
- B) You can support any one of our beneficiary for their medical expense every quarter on actuals.

**This is what we will do :-**

- A) We shall furnish you with details of the beneficiary you will be supporting, viz. their ailments and copies of their bills on a quarterly basis.
- B) We will continue to handle the scrutiny of the bills and disbursement at our end.

For any further details on how to help us kindly feel free to SMS/Whatsapp us with your Name and contact number and we will be glad to get in touch with you.

# KONCHADI SANJIVA PAI - AN ENGINEERING PRODIGY

## MEMORIES OF AN AGE GONE BY

Mangalore in the early years of the last century was a small town with a population of less than sixty thousand. But it was the hub of pioneering activity in every sphere of life, led by a few spirited enterprising persons whether it be in trade and commerce, financial institutions, political or technical fields. One such person who shone in the firmament of those times with technical brilliance was the late Shri Konchadi Sanjiva Pai.

Born on 23<sup>rd</sup> March 1907 at Bantwal, Sanjiva Pai had his education at the Canara High School, Mangalore. Sanjiva Pai lost his father in the plague epidemic while he was still in high school and the family was reduced to utter penury, as his father had stood surety for a business friend who defaulted and the entire property consisting of several shops and houses in the city market area, were attached by the court. He therefore could not continue his studies beyond matriculation. However, he had an inborn taste and talent in technical and engineering subjects and lapped up knowledge from whatever books he could lay his hands on. He went to Bombay at the age of 20 and worked for a few years with electrical, mechanical and the newly emerging radio engineering firms and gained valuable knowledge and experience.

On his return to Mangalore in the late twenties, he plunged into prolific engineering activities. Before the Mangalore Electric Supply Company started its operations, he set up the first power generator for the Taj Mahal Hindu Hotel at Car Street, founded by Kudpi Vasudeva Shenoy (father of the late Kudpi Shreenivas Shenoy, the doyen of hotel industry in Mangalore). While recovering from an illness at Dr. Adappa's Nursing Home at Attavar, he got interested in the latest electro-medical equipments, which he designed and ordered from Bombay and set up the earliest Ultra-violet and infra-red lamps, diathermy sets etc. and installed the first electro-medical laboratory at Dr. Adappa's.

His interest in wireless transmission made him the first ham operator in western India, south of Bombay. He assembled wireless sets with a few valves and condensers, fitted on a plywood box and started transmitting and receiving messages in the early thirties. He was an authority on radio engineering.

Sanjiva Pai also delved into other fields like food processing, soap industry, bakeries, oil mills, etc. The young entrepreneurs



By **Konchadi Vasanth Pai**

of his time would invariably consult him before setting up their ventures. He spent two years in Virudhunagar in Tamil Nadu setting up large capacity groundnut oil mills for the MSP Nadar group. He was also consultant to the Narasu Group (of Narasu Coffee fame) at Salem and Yercaud. There he met a Jewish chemist, Dr. Kurt Appel, who had fled from Germany and had settled in the cool climes of Yercaud to set up a pharmaceutical unit for the Narasu group. Dr. Appel subsequently relocated to the USA but their friendship continued. Enthused by this experience, Sanjiva Pai set up a small pharmaceutical unit in Mangalore called the Medico-Electrical Laboratories Pr. Ltd with facilities for tablets, liquids, powders and ointments. He was its first Managing Director.

Sanjiva Pai was well versed in cinematography and cinema projection, sound systems, etc. He had close association with Vittaldas Pai of Chitra Talkies and Venkoji of Balaji Talkies, and was often called for trouble shooting in their projection equipment. During the forties, the late Shivarama Karanth was a frequent visitor to Sanjiva Pai's house for technical know-how on producing a 16 mm film on folk arts.

His knowledge of boilers and steam engines was put to use when captains of ships calling at the old Port of Mangalore facing any mechanical problems would send for him to set things right. His interest in paper technology often took him to Bhadravati, where Mr. Murthy, Chief Engineer, was his friend. He helped the Pai family of Mudbidri to set up the Poornima Paper & Strawboard Mills Ltd., at Mudbidri.

Few may recall that there was a fish liver oil factory at Kundapur started by the late Vishwanath Kamath (who later became mayor of Mangalore and whose son is the legendary K V Kamath) in 1942 with technical help from Sanjiva Pai. It was known as the Maritime Products of India, Kundapur. When the new industry of export of canned prawns to USA spawned in the fifties, Sanjiva Pai helped a Cochin Industrialist, Mr



**SANJIVA PAI**



Kurwath Damodaran, to set up deep freeze, processing and canning facilities at Mattancherry.

Sanjiva Pai had an abiding interest in medicinal plants. His maternal grandfather was a renowned Ayurvedic Vaidya, Shri Sarvottam Baliga of Bantwal.

When the West discovered Sarpagandha (Rauwolfia serpentina) roots as a miracle drug for high blood pressure, there were lots of enquiries for export. He mobilised the tribals (gawandas) to collect Sarpagandha roots from the forests of South Kanara to be shipped to Bombay. When export of roots was banned, he developed an ingenious process for alcoholic extraction of the total alkaloids of Sarpagandha, to overcome the ban on export of roots. He had a long standing agreement with Mr. Amrut Mody of Unichem Laboratories, of Bombay for supply of medicinal plants to his firm.

Between 1945 and 1950 Sanjiva Pai operated from his friend Vasudev Rao's Modern Engineering Works, Opposite Govt. College, Hampankatta. Here he trained a large workforce in quality electrical wiring, motor winding repairs of electrical gadgets and radio sets. During this time, he electrified the Ananta Padmanabha temple at Manjeshwar with a captive generator imported from UK. He also undertook the re-electrification of the Venkatramana Temple, Car Street Mangalore, in 1950. The first Neon sign (OM) and the first sodium vapour lamp were fitted on the canopy of the temple.

In 1964, Sanjiva Pai was called by the Goenkas of Calcutta to prepare a project report on manufacture of ultramarine blue with Czech technology. He was to visit Czechoslovakia for this project, but due to a debilitating illness had to give up this project. He continued to work from his bed, in frail health for an industrialist in Goa to set up a brewery there.

Sanjiva Pai was an avid reader. His taste ranged from poetry to philosophy and from biology to science fiction. His bookshelf

carried the Descent of Man by Charles Darwin alongside the Holy Bible and the Rubaiyat of Omar Khayyam by John Fitzgerald. His favourite authors were Anatole France, Mark Twain, Bernard Shaw and Stephen Leacock. At the age of 55 he learnt the Russian language all by himself and translated from the Russian to English the short stories of Munshi Premchand and Krishen Chander (which were translated from Urdu to Russian by Russian translators). These stories, were, in turn, translated into Kannada by Shri Kudpi Vasudev Shenoy and published in the Prabhat.

In his personal life, he was a simple person, totally unassuming and modest. He was a rationalist and freethinker. He insisted on a simple marriage for his daughter in the Centenary Hall of Mission High School, Mangalore, without any fanfare in the presence of a few select friends and the registrar of Marriages. He never owned any property and lived in a small rented house at Mission High School Cross Road.

He underwent vasectomy at the age of thirty (after a daughter and son were born) in an age when no one knew anything about family planning. In many ways, he was far ahead of his times.

In 1968, he was diagnosed as suffering from cancer of the oesophagus. He was rushed to the Tata Memorial Hospital Bombay where he was operated upon. But the doctors held out no hopes of recovery as the cancer had spread to his lungs and other parts of the body. He patiently bore the suffering and faced the prospect of death with stoic resignation. He breathed his last on 25<sup>th</sup> October 1968, at his brother's residence in Bandra, Bombay and was cremated there.

Though few in Mangalore except his contemporaries would remember him today, Sanjiva Pai left a mark on his generation and on Mangalore of the mid -20<sup>th</sup> century, with his multi-faceted personality and technical virtuosity.

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## MY MOTHER

The famous quote goes “No matter how old I am, I always want my mother when I don’t feel good.” I learnt a lot from my mother like cooking, how to be patient in adverse situations, how to be positive and most important how to enjoy each and every moment of life. And that too enjoy life like a small kid enjoys an ice cream or chocolate.

Yes, all these aspects of life I learnt from a lady who was a widowed at a young age. Today my mother is 80 years old and still enthusiastic about life, likes to learn new recipes, likes to enjoy various tours with her children who themselves are ageing and never complains a bit about anything in life. Today I am 56 years old and think that I am growing old. When I had mood swings during menopause and was complaining about various issues connected with menopause, I remembered that even my mother must have undergone all these related health problems and was trying to recollect how many times she complained about this to us. One day I asked her, whether she too had a rough patch of time during menopause, she said of course she had. But when I said she had never told us/me, she laughed and said that we did not had time to listen and hence she never told us. I felt guilty but also consoled myself that I was busy with my job, son's education etc. Now I feel that I have a husband to whom I can complain to, and friends to share my agony/problems (both real and imagined) but my mother had none, and yet was also always cheerful and enthusiastic.

Both my mother and I being enthusiastic tourists, we enjoy our various tours together. After completing each tour when we come back home and do our post tour errands, the most important being washing and ironing clothes, she tells me to keep all her sarees in a proper manner so that they can be used for the next tour. This amazes me, my dear friends. Even at the age of 80 she is so enthusiastic about the next tour. I always say that my mother obliges me by giving her excellent company in our various tours. Fifteen years back when she was 65 years old, she climbed the seven hills of Tirumala Tirupati Devasthanams along with my family and my sister's. Imagine climbing nearly 3500 steps at the age of 65. It is nothing but sheer will power and enthusiasm.

Some three years back, when we visited a temple in our native place, I was not holding her hand (she does not like if I hold her hands) and she stumbled and fell flat right opposite the altar of God. I panicked and thought she must have fractured her legs and was also annoyed as she did not hold my hands. She got up immediately and said that she did “sashtanga namaskar” (prostrating in front of God where all parts of the body touch the ground) to the God. I was speechless. Luckily there was no injury.

Although she has covered the whole of Southern and Northern India, she did not visit the eastern part of India and whenever we discussed about our tour programme, she mentioned that she would like to see the Eastern part of the country. In 2016, as part of our East India tour, we visited Calcutta including Shantinketan and Sunderbans. I was amazed at her energy and enthusiasm. In Sunderbans we stayed overnight in a launch as part of Sunderbans tour/trip of West Bengal Tourism Development Corporation. As part of the trip many a times (at least five to six times) we were shifted to small boats to visit various points in Sunderbans. The shifting from the launch to small boats was a bit tiresome, but not once did my 77 year old mother complain, but on the contrary she said that Sunderbans trip is a challenging one and she enjoyed it thoroughly.



By **Veena Shenoy**

After each tour we upload the photographs on the computer and I make it a point to show her all the photos. Once she told me that she did not enjoy seeing the photos on computer and hence I should take out prints. I too understood, since she cannot see the photographs on computer whenever she wants to as she is not computer friendly. I made it a point to take out prints after each trip and soon realised that whenever she is alone or feels bored she takes out the photographs and enjoys going through them.

My mother is well dressed and she is very particular about how she looks in the photographs and ensures that she poses well. Once she dropped a bombshell. She told me that she is wearing the same sarees in two of her trips and I should ensure that while packing, that I don't repeat the same sarees of hers, lest the photographs look similar. Nowadays when we venture on a trip, I ensure that I do not take the same sarees which she had worn during the last tour/trip. She also tells me that we should carry dark colour sarees/dresses so that the photographs come out bright and clear.

Being a very good cook, she prepares variety of dishes for all of us and her grand children say that we are no match to her cooking abilities. When we go to a hotel for dinner or lunch she observes all the food items on the table and prepares the same stuff at home and the grand children appreciate the yummy delicacies and joke that she learns/asks the recipes from the hotel cooks.

She encourages me in pursuing my twin hobbies of reading and writing. Whenever a letter/article written by me is published, my mother is the first person to whom I show the same. She is more than thrilled when I won prizes for my articles. My mother who has studied only till 7<sup>th</sup> standard is not only a good reader (she reads Kannada news-paper) but also takes active interest in day to day happenings /events. She motivates her children and grand children in all their endeavors. Many a times I feel that, had she been educated, she would have minted money by giving motivational talks. Whenever we attempt a promotion test or the grand children appear for any competitive exam, she starts asking from the very next day when the result will be declared. As such whenever I got any promotion or my son who is a doctor has passed any competitive exam, my mother is the first person with whom I shared the good news.

Positive attitude, adaptability, enthusiasm has kept my mother active at the ripe age of 80 years. Many a times she asks questions about technology, economics, politics, competitive examinations, which we find it difficult to answer in the language/terms in which she understands. That is the height of her enthusiasm and willingness to learn even at this age. One fine day she told me that in her next birth she would like to be born as an educated person. But I think even without high education, degrees, my mother who despite facing severe adversities in life, is leading a life with positive attitude and motivates other family members to be positive .

## **DR. VATSALA GANAPATHY PAI** **A FRIEND, PHILOSOPHER AND GUIDE**

Dr. Vatsala Ganapathy Pai has done the G.S.B. Community proud by exceeding in academics and making an exemplary contribution to the field of education. Currently Dr. Vatsala Pai is an Associate Professor, Head Dept. of Philosophy, RamnarainRuia Autonomous College, Mumbai.

By Shri I. Umesh Pai

After completing her B.A. in Philosophy First class, (1<sup>st</sup> Rank), in the University of Mumbai and then completing her Master's in Philosophy securing First class (2<sup>nd</sup> rank), University of Mumbai, She began her career as a lecturer in the year 1983 in the Dept. of Philosophy, Khalsa College, Mumbai.

Dr. Pai always wanted to be a teacher. Her inspiration has been her maternal grandmother, Mrs. Vimala Prabhu, who completed her S.S.C. at the age of 40. Thereafter, she worked as a teacher in the Saraswati School run by G.S.B community in Sion (Mumbai). Her cousin, Mrs. Sashikala Shenoy, was another role model who was a passionate teacher of Mathematics and retired as the Superintendent of the National Kannada School in Wadala, Mumbai.

The subject Philosophy fascinated Dr. Pai from her formative years. She loved the way her mother and grandmother recited the shlokas of the Bhagvad Gita daily. Dr. Pai's mother, Mrs. KusumaG. Pai, constantly encouraged her to make a career in teaching.

Family always came first for her and hence further studies were deferred in order to take good care of her ailing grandmother and later her mother as well. Alongside, she continued teaching and also took the post of Vice Principal (Academics) in the year 2006-2010. In these four years, her abilities as an administrator were appreciated by her colleagues and students as well. Her varied interests and love for films and music helped her in conducting the activities of the Ruia Film Society for three consecutive years.

Thanks to her compassion and love for her students and a strong sense of social responsibility, she took up the position of professor- in – charge of the Self Vision Centre which she continues till date. The Self Vision Centre was opened to cater to the needs of visually challenged students and at present has included all the differently abled students also.

While performing these multifarious duties, Dr. Pai had been yearning to do her doctoral research which had taken a back seat. Before joining Ruia College as a lecturer in 1987 Dr. Pai completed her M. Phil degree in Philosophy from the University of Madras. She wanted to continue with her doctoral study then, however, due to the sudden death of her father Mr. B. H. Ganapathy Pai in the year 1987, she returned back to Mumbai and had to take up the teaching assignment. She continued to ignite interest in Philosophy among the young learners for twenty long years. It was only in 2016 that she was fortunate to receive two years of leave for pursuing her doctoral research



under the 'Faculty Development Program of U. G. C.' at the age of 54. Women teachers are given this facility only till the age of 55. This opportunity helped her to complete her thesis on the 'Hermeneutics of Bhagvad Gita as interpreted by Ramanuja : A Socio - Ethical Study' in May 2019. In this study she has successfully demonstrated the relevance of the Gita through the minute analysis of Ramanuja's fine commentary on the Gita.

Dr. Pai has always believed that Philosophy is a way of life and its study brings out the best in every individual and provides the skills necessary to lead a fulfilled contended life.

In future, she plans to pursue Philosophical Counselling, a new branch of Philosophy, which aims at helping clients in decision making using logical and critical thinking not only in choosing the right career, a suitable partner and facing various challenges that emerge in different stages of life.

Dr. Pai will continue to be an inspiration for the youngsters and the middle aged alike to keep pursuing their interests, hobbies, and continue their academic interests not only for quenching their thirst for knowledge but also ensuring the dawn of wisdom, a sense of fulfilment in life.

Dr. Pai is a striking example which proves that age is never a bar and it is never too late to scale new heights.

# ADOLESCENTS – AN AGE THAT NEEDS ATTENTION

Adolescence is defined as the stage of transition between childhood and adulthood. It is said to be the most difficult stage of human life. The term adolescence comes from the Latin word *adolscere* which means “to grow” or “to grow to maturity”. This stage is also considered as a period of storm and stress – a period of heightened emotional tension resulting from rapid physical changes. This phase lasts about a decade, from the age of 12 or 13 until the late teens to early twenties. Some of the common problems faced by this age group are physical changes, emotional changes and problems, behavioural changes (mood, independence), substance abuse (peer pressure, thrill becomes a habit, low self-esteem, need to be cool), educational challenges (Pressure to do well, distractions), health problems (unhealthy eating habits), psychological problems (50% of adult disorders is said to begin at the age of 14), social problems (Dating, less interaction with family and friends), Sexual Health, Addiction to cyberspace, aggression and violence.

This article is dedicated to understanding the addiction to cyberspace and screen time by adolescents, research and tips for their parents. Reports show that the screen time now a days exceed 7 hours a day on an average and sometimes goes even higher to 10 hours a day. There are a lot of health experts who are urging parents to cut the screen time of their kids. On the other hand, there are some research articles which say that screen time is not really affecting the child’s psychological wellbeing. Thus, the effect of screen time on the overall health of the adolescent depends on what the child is engaging online or the content being watched. While there is no long-term evidence yet to link screen time to an increased risk of health conditions like cardiovascular disease and high cholesterol, there is increasing evidence that is associated with obesity. CBS news mentioned, we tend to believe that our children are at least snacking in front of the screens. They aren’t really paying attention to the signs from the stomach of feeling full. They are sort of tuned out. Research evidence states that the blue light from the screens can hinder their ability to fall asleep, and lack of sleep may contribute to risk of obesity.

Looking at all of the above risks and reasons to find way to help our adolescents here are some tips for parents.

- 1) Be your child’s Media Mentor :** Teach and explain what is beneficial and what may harm them in what way.
- 2) Declare Media Free Zones :** eg. The living room or bedroom will from here on not be used to watch your phone, tv or computer. These will be zones where we will



By Vidhya V. Shenoy

do everything except screen watching.

- 3) Bring out Clear rules for screen time :** younger children 1 to 2 hours and older children 2-3 hours. Depends on the content, for example: Video Games 2 hours is too much, Educational Content 3 hours is also not bad. Clear communication is crucial.
- 4) Clear Policing :** No negotiation, No fights policy. Clear well-established authority and execution of rules is key. Rules should be well thought out rational decisions which should be executed without abuse and least possible harm.
- 5) Rational Consistent Communication :** Children can’t be kept clueless about the reasons for implementations of new rules. Reasons for Eg: preventing addiction, health eyes, avoiding inactive lifestyle. Here consistency matters. Skills must be developed by parents to deal with rebellions. Remember you can’t afford to accept defeat.
- 6) Replace :** if we are taking something away, we need to replace it with something back. For example - buy toys, books, comics, board games, put them in sports, music and dance classes, have a lot of fun time with them, talk to them at least for an hour or 30 minutes. They will catch up when they find it rewarding.

We need to engage in positive parenting which talks about being sensitive to children’s individual needs and addressing the typical challenges that rise in their childhood with empathy and respect.

**About the author :** She is a Post-Graduate in Counseling Psychology and a Dance and Movement Therapeutic Practitioner (TISS, Mumbai). She is the Co-Founder of The Blue Sphere, a firm that works towards individual growth and development through the medium of talk, art, music, drama and movement. She also teaches (part-time) at M.D. College, Parel as an Assistant Professor of Department of B.A. Psychology. Vidhya is trained in classical Dance and Music as well.

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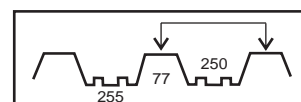
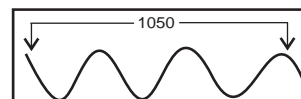
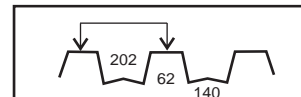
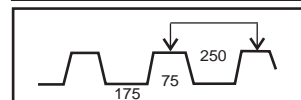
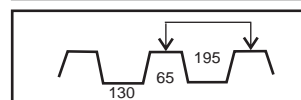
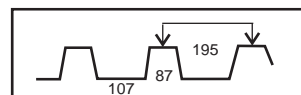
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## NEWS FROM OTHER G.S.B. ORGANIZATIONS

### GOWD SARASWAT BRAHMAN SAMAJ (WESTERN SUBURBS)- GOREGAON CELEBRATES GOLDEN JUBILEE YEAR (2019-2020)

#### Golden Jubilee Celebrations

GSB Samaj Western Suburbs, popularly known as GSB Samaj Goregaon, was formed on the auspicious day of the Yugadi Day in 1970 after invoking blessings from the Lord Venkataramana and the Guruvarya's of the three maths.

This Samaj was the nerve centre for the GSB Community in the entire Western Suburbs right from Bandra to Borivali and this led to choose of Western Suburbs name of the Samaj.

The Samaj has entered the Golden Jubilee Year on the Yugadi day of 2019. As a part of the yearlong celebrations the Samaj resolved to organise number of events during the year and also connects the Samaj with the sister institutions in Mumbai area.

The initiatives taken up are briefly as follows:

- Bhajana Seva by various Mumbai Based Bhajan Mandalies on Saturday/Sunday as per the convenience of the Bhajana Mandalies. Several Bhajan Mandalies have already offered their Seva at the lotus feet of Lord Venkataramana and more are to follow.
- Sukrathindra Vandana – a Documentary on the Life of SrimadSukrathindraThirtha Swamiji released by H H SrimadSamyameendraThirtha Swamiji at Haridwar during the Amrithamahotsava of the Shishya Sweekara of Srimad Sudhindra Thirtha Swamiji
- Golden Jubilee Special Program on 15<sup>th</sup> August 2019
- Remembering all the members who contributed to the Samaj in one way or other during the last 50 years and helped make Samaj what it is today. This was to be in two part as 5 such members were invited and honoured during the special programme on 15<sup>th</sup> August and all the rest are being invited during the Saturday Bhajana Sevas. Remembering the members for their contributions as well as the seva by Bhajana Mandalies have helped us maintain the spirit of celebrations over a longer period.
- Seeking Blessings of the Swamijis during this year by offering Sevas during the Chaturmas.
- Offering a modified Silver Prabhavali for Lord Venkataramana
- Offering a Golden Kirita with Shanka and Chakra to Lord Venkataramana

#### Special Golden Jubilee Special Program on 15<sup>th</sup> August 2019 @ Dahisar Kashi Math

A special program to commemorate the Golden Jubilee was organized in the Madhavendra Sabhagruha of the Dahisar Kashi Math from evening 4pm onwards.

The program began with the screening of the documentary “Sri SukrathundraVandana”. This was followed by High Tea.

The next program was the Bhajana and Indian Classical Music Quiz conducted by the Quiz master Nanda Mohan Shenoy, Hon. Secretary of the Samaj.

There was a written elimination round of 15 Questions which was done by a Team of 2 -3 audiences. The top 8 winners of the elimination round was selected for the finals and four teams were formed in the name of Bhardwaja, Kashyapa, Vasista and Viswamitra.

The finals had four rounds of questions based on Carnatic, Hindustani, Marathi Abhangs and the Taal Round (Buzzer Round). There were audience prizes as well. All finalists were awarded the beautiful Vimana Venkateshwara.

The audience participation was very encouraging and audiences from all age groups enjoyed the Quiz thoroughly.



This was followed by the Sant Virasat Program which had the Mahila Shakha of GSB Sabha Mumbai enacting the lives of Sant Namdeo, Janabhai, Chokha Mela and Tukaram. The performance of each and every member in the program was par excellence and the Bhakti Bhava was so subtly brought out by them and had a deep emotional impact on the audiences.



**Standing Left to Right:** 1. Smt. Jaya Kamat- Santini Janabai 2. Namrata Pai-Sant Namdev 3. Smt. Chitra Kamath- Jijai (Wife of Tukaram) 4. Smt. Bina Shenoy-Kithankar 5. Smt. Maya Nayak- Harmonium 6. Smt. Tara Pai -Vithobha 7. Smt. Sulakshana Pai-Indrayani Devi 8. Smt. Gauri Bhat- Rajai (Namdev's Wife) 9. Smt. Geeta Kamath-Soyra, Rajai Friend 10. Smt Unnati Nayak-Warkari 11. Smt. Poornima Kini -Janabhai Friend 12. Smt Uma Nayak -Gonai. **Sitting Left to Right** 1. Smt. Poonam Kamath- Sant Kabir 2. Manoj Acharya (Tabla) 3. Smt. Radha Bhat -Bhatmam, Pandit Shastri 4. Kum. Ruchita Bhat- Sant Namdev (Young) 5. Ravindra Shenoy (Taal) 6. Smt Dipika Shenoy- Dama Seth 7. Smt. Gauthami Acharya- Sant Chokha Mela 8. Smt Prathima Pai -Sant Tukaram 9. Smt. Jayashree Rao- Bhatmam

This was followed by the felicitation of 5 of the Members of the Samaj as a curtain raiser. The gesture being continued during the weekly Bhajan Sevas.

As the program was conducted on the Independence Day the program concluded with the singing of the National Anthem by all present. This was followed by Bhojan Prasad.

All the audiences carried back home the sweet memories of the 15<sup>th</sup> Aug Program.

#### **YouTube Channel:**

Samaj has a YouTube Channel and all those who could not attend the program on 15<sup>th</sup> August can watch the Quiz Program and the Sant Virasat Program on the YouTube Channel by searching GSB Samaj Goregaon. Each episode is split separately in short clips. The Sant Namdev is already touching 600 views followed by Sant Tukaram 360 views.

## NEWS FROM OTHER G.S.B. ORGANIZATIONS

### CULTURAL PROGRAMS TO BE PRESENTED BY GURU KRUPA KALA RANG (A PROJECT OF DAHISAR SRI KASHI MATH) IN OCT-NOV 2019

Blessed by H. H. Shrimad Samyamindra Thirtha Swamiji, Mathadipati of Shree Kashi Math Samsthan, Varanasi, a Centre for the propagation of performing arts called "Guru Krupa Kala Rang" was started in November 2017 as the 10<sup>th</sup> project of Dahisar Sri Kashi Math.

As part of the co-ordination meetings to be held for Rathotsava 2019, which will be held from November 28 to December 3, 2019, Guru Krupa Kala Rang will present the following programs in October - November 2019 at Sri Vithal Rakhumai Mandir, Dahisar (E).

- |   |
|---|
| <b>1. Saturday, October 19, 2019 6 p.m.</b><br><b>Yakshagana in Konkani</b><br><b>The prasanga will be "Shree Krishna Leela - Kamsa Vadhe"</b>  |
| <b>2. Monday, October 28, 2019, 7 to 9 a.m.</b><br><b>Diwali Prabhaat program - "Krishnam Vande"</b><br><b>A thematic presentation depicting the various aspects of "कृष्ण लीला" through elements of music, dance and theatre, presented by members of our community.</b> |
| <b>3. Sunday, November 10, 2019, 6 p.m.</b><br><b>"A Bouquet of Dance Performances"</b><br><b>by Artistes from the Community</b><br><b>Followed by "चेद्रा घरचो कीणी"</b><br><b>Konkani One Act Play presented by successful artistes of Guru Krupa Kala Rang</b>         |
| <b>4. Sunday, November 24, 2019, 6 p.m.</b><br><b>"गाणं एक, राग अनेक"</b><br><b>A performance by "Melodies from GSB" of Abhangs and Bhajans - with the same song being rendered in different ragas.</b>   |

### GSB SCHOLARSHIP LEAGUE'S ANNUAL GET-TOGETHER PROGRAM

GSB Scholarship League's Annual Get together program of Donors and well wishers-"Pillars of Strength", was held on the 18<sup>th</sup> of August, 2019. This is an extremely pleasant program of supporters of education for the needy students.

Sri M. V. Kini, prominent lawyer from Mumbai, was the Chief Guest for the occasion. President of the League, Sri S. S. Bhat, welcomed the gathering. Sri Anand Shanbhag introduced the Chief Guest.

There were three speakers. Smt. Kamal Manohar Kamath, an efficient business woman, said that the dire need of the poor students prompted her to support the League's mission of educating the needy students.

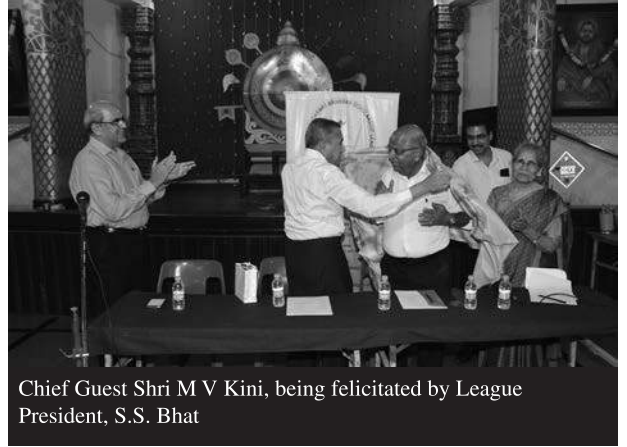
Sri Aparajit Bhandarkar, a well qualified youngster, said that League needs full co-operation from all, as its mission is well executed

Sri. Arun Shenoy, retired Assistant Incometax Commissioner, was full of appreciation for League's activities and said that every persons involvement in this activity will surely make difference in the League's mission.

Chief Guest, Sri. M. V. Kini, recollected his younger days, and expressed how important education is in shaping the future of a person. Hard work is important for a student, but education gives a polish in the career of a person. He was full of praise for League's activities and he expressed his personal support to the League's mission.

Smt. Gita R. Pai, Chairperson of the League, compered the program, and explained more in detail to the audience about League's working. Sri Ganesh Shanbhag, Secretary, proposed a vote of thanks.

Special thanks were given to Sri Vinayak Shanbhag, for sponsoring delicious snacks, Sri Girish Pai for sponsoring natural Ice cream, Smt. & Dr. R. N. Kini for supporting the program and Wadala Mutt authorities for providing all facilities to hold the program.



Chief Guest Shri M V Kini, being felicitated by League President, S.S. Bhat



# BREAKFAST SPECIAL

“Breakfast like a King” is what dieticians suggest. In other words for Amchies it's “Ghatti sakani taniche”. So here are some breakfast recipes to kick-start your day.

## Kulith Randonu served with Hinga Chutney

### Ingredients

- Kulith randonu
- 1 cup Kulith (horsegram)
- 1 cup udad dal
- 2 cups idli rava • Salt to taste



### Method

- 1) Soak kulith and udad dal separately for 4-5 hrs. Drain and grind together adding water as required till fluffy.
- 2) Wash and drain the idli rava and add to the ground mixture, add salt and mix well and let it ferment overnight.
- 3) Grease a round plate or a round container, mix the batter and pour on the plate to desired thickness. Steam in a cooker for at least 20- 25 minutes.
- 4) Remove and cool, cut into desired shapes and serve with chutney.

## Hinga chutney

### Ingredients

- 3/4 cup grated coconut • 3-4 bedgi chillies
- 1 tsp asafetida powder (Hing powder)
- 1 tsp mustard seeds • 1 tbsp oil
- Marble sized ball of tamarind • A few curry leaves
- Salt to taste

### Method

- 1) Heat 1 tsp oil and fry the asafetida till light brown, keep aside.
- 2) Grind together coconut, red chillies, tamarind and asafoetida to a smooth paste, remove and add water to get a chutney consistency. Mix salt.
- 3) Heat the remaining oil, add mustard, when it splutters add the curry leaves, stir and pour over the chutney. Serve.

## Rontos ani Dalitoi

### Rice Puris served with Daat Dalitoi

### Ingredients

#### Rice Puris/Rontos

- 2 cups rice flour • Salt to taste
- Oil for frying

#### For Dalitoi

- 1 cup toor dal • 2-3 green chillies
- A few curry leaves • 1 tbsp ghee/coconut oil
- 1 tsp mustard seeds • 1/4 tsp asafetida
- 2-3 dry red chillies • Salt to taste



by Smt. Anuradha Prabhu  
anuradhaprabhu49@gmail.com



### Method

#### Rontos :-

- 1) Mix together rice flour and salt, add warm water as required and knead into a dough.
- 2) Take a small ball of the dough. On a plastic sheet sprinkle some rice flour, place the ball of dough, keep another plastic sheet and press gently with your fingers to form a puri.
- 3) Remove and fry in hot oil till light golden.
- 4) Repeat the process with remaining dough.

#### Dalitoi :-

- 1) Wash and soak the dal for 1/2 an hour.
- 2) Add 3 cups of water and cook the dal till soft, add the slit green chillies and asafetida and cook till dal is completely soft and can be blended.
- 3) Add salt to taste and water if required to get a thick consistency. Bring to a boil.
- 4) In a karahi heat ghee or coconut oil, add the mustard seeds, as they splutter add the red chilli bits and curry leaves, stir for a minute and pour over the dalitoi.

#### To serve:-

- 1) Break the puri into bits, pour the daat dalitoi over it and serve.

## Mudo ani Dalitoi

### Idli batter cooked in moulds made from kedige leaves and served with dalitoi.

### Ingredients

#### For Mudo:-

- 1 cup urad dal
- 2 cups idli rava
- Salt to taste
- 4-6 mudo moulds



### Method

- 1) Soak urad dal for 3-4 hours. Drain and grind adding a little water till it becomes fluffy.
- 2) Wash and drain the idli rava and add to the ground batter, add salt and mix well. Keep overnight for fermentation.
- 3) Pour the batter in the mudo mould and steam for 10-15 minutes or more if required.
- 4) Remove the mudo from the leaves and serve with dalitoi.

# LAST BUT NOT THE LEAST

## GSB Sabha, Mumbai Calendar October 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		

- 4<sup>th</sup> : Navratri Haldi Kumkum, I. M. Pai Hall, Kreedha Mandir, 4 p.m.  
 12<sup>th</sup> : 2<sup>nd</sup> Saturday, Marriage Information Service, Sabha Office, 4 p.m. to 6 p.m.  
 12<sup>th</sup> : Monthly Satsang, Sabha Office, 6.30 p.m.  
 26<sup>th</sup> : 4<sup>th</sup> Saturday, Marriage Information Service, Sabha Office, 4 p.m. to 6 p.m.

## November 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

- 3<sup>rd</sup> : Parichay – 74<sup>th</sup> Get-together of eligible boys and girls with their parents at Karnataka School, 55-57 Dr. Ketkar Road, Bhonde Colony, Erandwane, Pune, 10.30 a.m. to 1.30 p.m.  
 9<sup>th</sup> : 2<sup>nd</sup> Saturday, Marriage Information Service, Sabha Office, 4 p.m. to 6 p.m.  
 9<sup>th</sup> : Monthly Satsang, Sabha Office, 6.30 p.m.  
 17<sup>th</sup> : Bhajan Competition, I.M.Pai Hall, Kreedha Mandir, 4 p.m.  
 23<sup>rd</sup> : 4<sup>th</sup> Saturday, Marriage Information Service, Sabha Office, 4 p.m. to 6 p.m.  
 23<sup>rd</sup> : Annual Adhyatmik Program, I. M. Pai Hall, Kreedha Mandir, 6 p.m.  
 24<sup>th</sup> : Career Guidance Workshop in collaboration with GSB Sarvajanic Ganeshotsav Samiti, Wadala at Wadala Math, 3<sup>rd</sup> Floor Hall, 9 a.m.

## December 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				

- 1<sup>st</sup> : 10<sup>th</sup> edition of V R Shenoy Memorial Inter GSB Cricket Tournament, Kreedha Mandir Grounds, 9 a.m.  
 5<sup>th</sup> : Mahila Shakha Annual Get-together, I. M. Pai Hall, Kreedha Mandir, 4 p.m.  
 14<sup>th</sup> : 2<sup>nd</sup> Saturday, Marriage Information Service, Sabha Office, 4 to 6 p.m.  
 14<sup>th</sup> : Monthly Satsang, Sabha Office, 6.30 p.m.  
 22<sup>nd</sup> : Mumbai Fort Heritage Walk, Assembly at HSBC India Headquarters Building, Flora Fountain, 7 a.m.  
 28<sup>th</sup> : 4<sup>th</sup> Saturday, Marriage Information Service, Sabha Office, 4 to 6 p.m.

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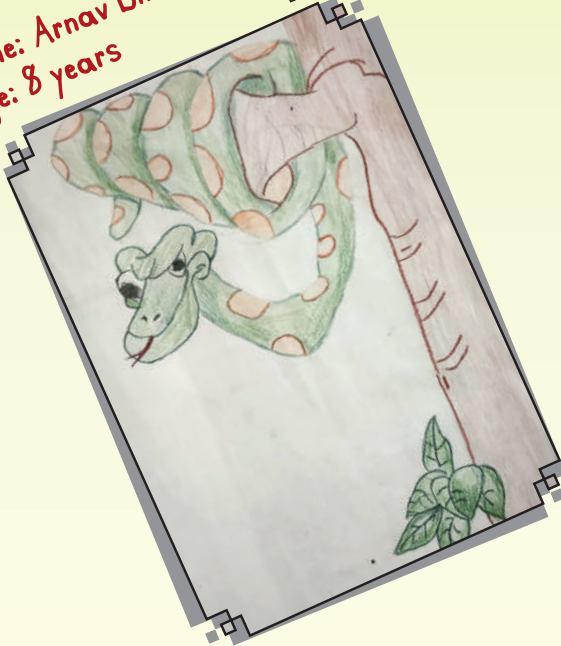
## List of important dates in the quarter October-December, 2019

Dates	Day	Festival
29 <sup>th</sup> September 2019	Sunday	Navratri Ghatasthapana
2 <sup>nd</sup> October 2019	Wednesday	Gandhi Jayanti
8 <sup>th</sup> October 2019	Tuesday	Dussera (Vijaydashmi)
13 <sup>th</sup> October 2019	Sunday	Kojagiri Pournima
17 <sup>th</sup> October 2019	Thursday	Sankashta Chaturthi
25 <sup>th</sup> October 2019	Friday	Dhana Trayodashi (Dhanteras)
27 <sup>th</sup> October 2018	Sunday	Narak Chaturthi
27 <sup>th</sup> October 2019	Sunday	Laxmi Pujan
28 <sup>th</sup> October 2019	Monday	Bali Pratipada, Deepavali Padwa
29 <sup>th</sup> October 2019	Tuesday	Bhau Beej
8 <sup>th</sup> November 2019	Friday	Kartik Prabodhini Ekadashi
9 <sup>th</sup> November 2019	Saturday	Tulsi Vivaha (Lagna)
15 <sup>th</sup> November 2019	Friday	Sankashta Chaturthi
11 <sup>th</sup> December 2019	Wednesday	Sri Datta Jayanti
15 <sup>th</sup> December 2019	Sunday	Sankashta Chaturthi





Name: Arnav Bhatkal  
Age: 8 years



Name: Anagha Nayak  
Age: 10 years



Name: Omkar Shanbhag  
Age: 15 years



Name: Sayli Shanbhag  
Age: 12 years



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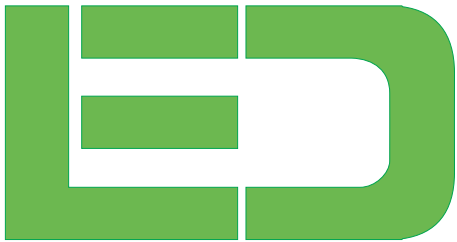
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