



Vygaadi 2022

Saraswath

V

A

N

I





Avyukt Kamath



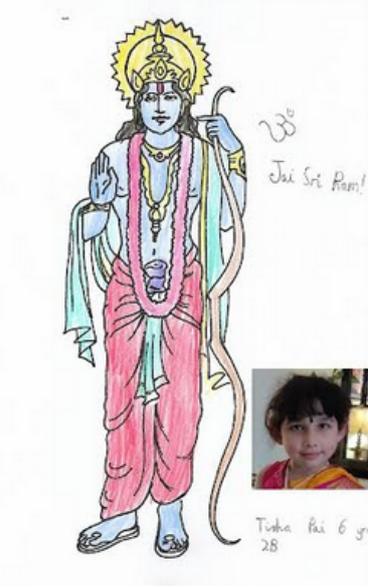
Darsh Shenoy  
6 years



Avyukt Kamath  
4 years



AGASTHYA SHENOY



Om  
Jai Sri Ram!

Tusha Rai 6 yrs  
28



S h L o r a f 6 9



Kriti Iyer  
7 years



# Contents

MEET THE EXECUTIVE COMMITTEE	3
2021 RECAP	5
ANNOUNCEMENTS	6
MY FOND INDIAN MEMORIES	7
STARTING MEDICAL SCHOOL	8
BEING AN IT WEBMASTER	9
HOW TO: SHINE	11
HOW TO: RUN AN INSTAGRAM FOOD ACCOUNT	13
HOW TO: DONATE HAIR	14
WHO MOVED MY CHEESE?	15
BALGOKULAM	16



MEET THE



# EXECUTIVE COMMITTEE



**Mr. Sadananda Nayak**  
**Chairman**



**Mr. Sunil Prabhu**  
**Vice Chairman**



**Mr. Girish Kamath**  
**Secretary**



**Mr. Girish Kamath**  
**IT Webmaster**



**Mr. Sudeep Shenoy**  
**Membership Secretary**



**Mrs. Dharma Shenoy**  
**Joint Secretary**



**Miss. Vaaruni Nayak**  
**Vani Editor**



**Mrs. Vinaya Shenoy**  
**Vani Co-Editor**



**Mrs. Gauri Shanbhag**  
**Treasurer**



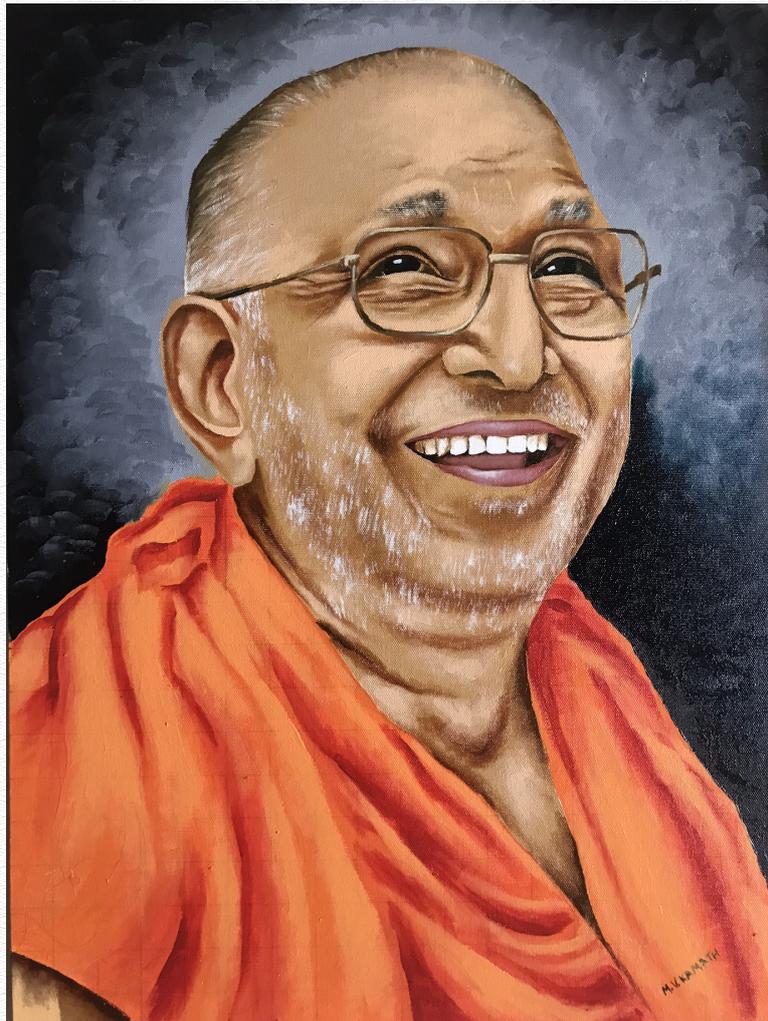
**Miss. Sneha Mallya**  
**Youth Coordinator**



**Mr. Adi Rao**  
**Youth Coordinator**

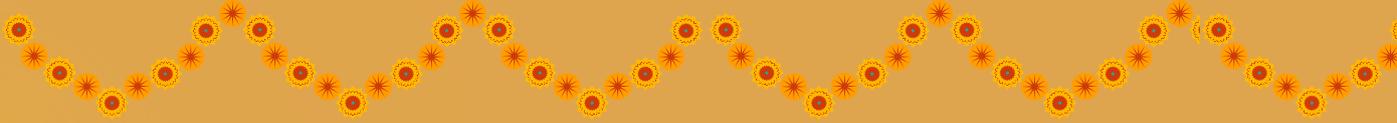


**Mrs. Aarti Nayak**  
**Committee Member**



**Oil Painting of H H Sudheendra Theertha Swamiji**

By Mr. Vijayendra Kamath



2

When I think about 2021, I feel it went by faster than 2020. Could it be because we all got acclimatised to the concept of work from home, online school, online birthday parties and our own monthly Panchadik zoom sessions which made up for all the missed face to face events?

0

The first Panchadik session of the year was on Young-Stars: Avani Shanbhag spoke about her love for Bharatnatyam; Aarya Shenoy about her journey in the ballet world; and Tejas Kamath gave us an insight into his rowing competition, regime and nutrition. In Feb, we all reconvened online once again for a very interesting panchadik – History of GSS UK. The founding members shared some fascinating stories about how the world was when they first met in the UK. Reminiscing those beautiful memories did a bring a tear of appreciation to most eyes – what a journey our beautiful Sabha has seen. The wonderful evening came to a fitting close with Dharma’s Konkani quiz – I will always be baffled in awe of how she comes up with such unique questions! February also saw us all learning and burning some calories with the first Zoom dance workshop by Avani Shanbhag.

2

1

With the weather changing its course in March, our Panchadik sessions meandered to a new avenue entirely: We had our very own Gauri Shanbhag sharing her perceptive on the Gita for practical living. Our purpose in life drives us living a life with a purpose is much more meaningful than meandering through life without a purpose. It was liked by one and all and we hope to see more of such talks from Gauri Akka. Our next Panchadik session saw young GSB member Apeksha Mallya speak all about her innovative fund raising for charities,

inspiring many of our GSS members to fund raise and help India during the dire need for oxygen tanks, masks, gloves and medicines during the second wave of the pandemic.

Then, with the summer Sun, came our GSS committee elections in June – with heartwarming gratitude for their invaluable contributions to the Sabha, we bid adieu to our wonderful outgoing committee and were given a most motivating welcome into our new roles. Given the high precedent set by our previous committee, it was a daunting but exciting task to hold the first, much-awaited Panchadik session as the new and August marked our first. After the initial introductions from the new team, we had a very mesmerising performance by Sanjeeth Nayak and Praveen Pai gave us an inspirational talk about developing a positive frame of mind (if you happened to miss it, catch it on our Facebook page! Find the links dated 10th August 2021). The summer ended with our first Shravana Sambhrama, wherein many of our lovely gruhinis shared their Choodi Pooja pictures, which made lovely fodder for all the gossip in our September Panchadik session!

November saw our annual Diwali celebrations – all the excitement and all the fun, connected from our very living rooms through screens. Our plethora of talented members showcased entertaining Diwali performances and the evening would have been incomplete without a very informative quiz from Dharma Shenoy! Just as 2021 passed with some beautiful memories and a ton of fun, hopefully 2022 will bring with it many new opportunities to create the same and embrace our new normal.

*A throwback to the past year from Team Vani,  
written by **Vinaya Shenoy***

# Announcements



Congratulations to **Mr. Mizar Jairamdas Pai** on graduating from the University of Reading in MSc - Construction Cost Management with a distinction on December 10th 2021 from all our members!

If you wish to share any news/milestones, please email [vanieditor@gssuk.org](mailto:vanieditor@gssuk.org)



Congratulations to **Dr. Jayavanth Kini** on covering a sum total of 1400 kms (875 miles) running 12 marathons, 15 half marathons and 39 runs of 10K each this year, following his first marathon in 2019 and ultra-marathon in 2020.



Ganesh, Mayrah and **Priya Pai** would like to introduce their bundle of joy Master Mihir Prabhu, born 14th April 2021. Many congratulations!





It had been 3 whole years since I had been to India. I was so excited once my parents told me that we were going to India! I was really looking forward to it. Finally, the day had come. Everything was ready and packed. I said "B'bye house!" and we set off. We took an Underground train to London Heathrow Airport. Around 2 o'clock we boarded a British airways flight and it took us 10 hours to get there. I mostly played games and 10 hours later we arrived at Bengaluru. There was a different smell there unlike how it was in London. Then, we boarded another flight to Mangalore and we were greeted by one of 2 grandparents, Mamama and Ajja. It was very hot there! Once we got there, I saw Simba (Mamama and Ajja's cat). He was really friendly and while I was there I met both my Maamus. (Mummy's brothers). I also had the ice creams from the famous ice cream shop Ideal Ice creams. I went to the beach, built sandcastles and collected seashells. Later, we went to my other 2 grandparents Bapama and Ajja (My dad's parents). We went to the beach and I did kite flying! We also went shopping and got lots of Tinkle Digests, clothes, bindis and nailpolish. This has been the best holiday so far! I wonder what we will do next year?

# my fond indian memories

A wonderful recount of **Tisha Pai's** (age 6) visit to India and meeting her family.

# Starting Medical School

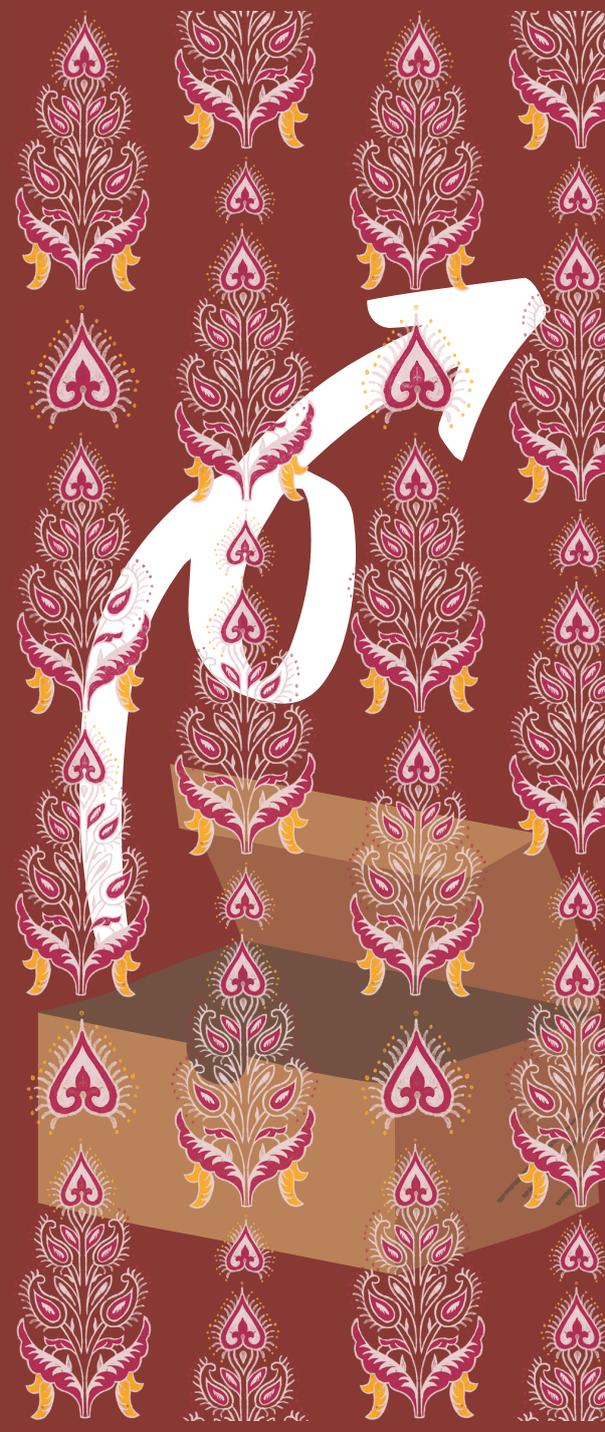
A reflective recount  
by **Tejas Kamath**

On September 18th 2021, I travelled up north to Nottingham in a fully loaded car with all my belongings as I headed off to university to start my 5 year long MBBS medical degree. I remember being really excited to move in, meet my new flatmates and live the dream uni life. Fast forward 3 months, I have now completed my first term at medical school and it's safe to say that it has been the best 3 months of my life! I have met so many people, made some great friends and lots of memories that I will cherish forever.

Admittedly, the first 2 weeks were a bit tough. Moving to a new city independently and being away from home did make me feel very homesick and miss my family - despite the distraction of fresher's week parties. However, as the weeks went on, I began to settle in more and started to really love living at uni.

Being at medical school, despite the arduous amount of work, has personally been really fun. The experience is totally different to being at school which, even after a term, I am still getting used to. For starters no one tells you to work or what to do in general which is great but requires self-discipline to actually do work and not go out all the time or sit and watch Netflix. In addition, sitting in a lecture hall with over 320 medical students (who are all highly talented and competitive) is a very different experience compared to a small class of 20 while at school.

People often ask me if the current Covid-19 pandemic has put me off being a doctor and if anything, it's done the complete opposite. Knowing that after all these years of studying, being able to use this knowledge one day to save even one life is humbling and reminds me how privileged I am to be in medical school.



# How to **RUN AN**



My family and I are all big foodies and we have always taken pictures of our food but never did anything with it other than share with friends. It was only when I started at university in September 2019 that my flatmates said that the pictures which I took were good and suggested that I start up an Instagram account to share them publicly.

Initially I just posted pictures of food with captions and tagged the restaurant. Once covid hit in March 2020 I started to post my own food that we made at home due to hospitality being shut. It was at this point I started to see how small businesses were suffering and so as lockdown restrictions began to ease, and restaurants began to open again I decided to try and help these businesses by giving reviews.



After doing a few reviews of places a few small businesses around the area I live in got in touch with me asking if I would do a review for them in exchange for sampling their products. I thought this was a great idea and after doing a few I began to get more small businesses getting in touch and then takeaways and restaurants as well. I like to be honest when I write so that people know what they're expecting when they order from that business or go to a certain restaurant. I feel that people like my account as I like to be more personal and give my own recommendations of the dishes, I enjoyed so that people know what is good to order when going.



To boost my account, I also did a couple of giveaways. This is when you collaborate with a business and offer their products as a prize to people who enter. The rules are simple: tag people in the post, follow my account as well as the business I am collaborating with and share on your story. This helps the small business I am collaborating with to get more business as more people find out about them! It naturally also gets more people to find me and therefore boosts my account.

If you are interested in opening your own food account feel free to get in touch with me for any advice via email – [amallya1803@gmail.com](mailto:amallya1803@gmail.com).

**INSTA  
FOOD  
ACCOUNT**

**An article by Girish Kamath offering a glimpse on what his role as GSS Sabha's IT Webmaster involves with exciting updates on upcoming plans and changes.**

*I am Girish Kamath, IT Webmaster for GSS UK. My key role is to keep our GSS UK WordPress website running, securely and keep it up-to-date with ongoing activities in our Sabha. Apart from the website, I also explore ways to improve our tooling and make best use of technology, to bring the Sabha members closer and provide them an enriching experience.*

*The GSS UK website gives detailed insights into the early formations of Sabha and how the community has evolved over the years. The website is also a place to share details of events, photos, posts on happenings and online Panchadik sessions, participation forms for activities and also apply for memberships.*

*Our website is hosted on IONOS, which is one of the fastest growing and most popular hosting providers, with more than 12 million websites under its*

*umbrella. INONOS also our domain provider, mail forwarder, performs backup for our website and monitors our website for vulnerabilities.*

*One of the biggest challenges in maintaining a website is security. Although Wordpress is the most used content management system, it's also the most vulnerable one. Our website gets hit with a lot of hacking attempts and it's our job to install the appropriate plugins, enable security controls and form a shield and protect it from getting compromised.*

*To keep our website secure, we performed a number of background tasks, some of which are:*

- 1. For secure communication, our website is accessible only via https*
- 2. Limit Login Attempts*
- 3. Daily backup of website data and files*
- 4. 2 factor authentication*
- 5. Keep Wordpress plugins up-to-date*

*This year we celebrated "Virtual Diwali Utsav", for the first time and online collaboration tools were a key part of the event. A number of offline activities for*



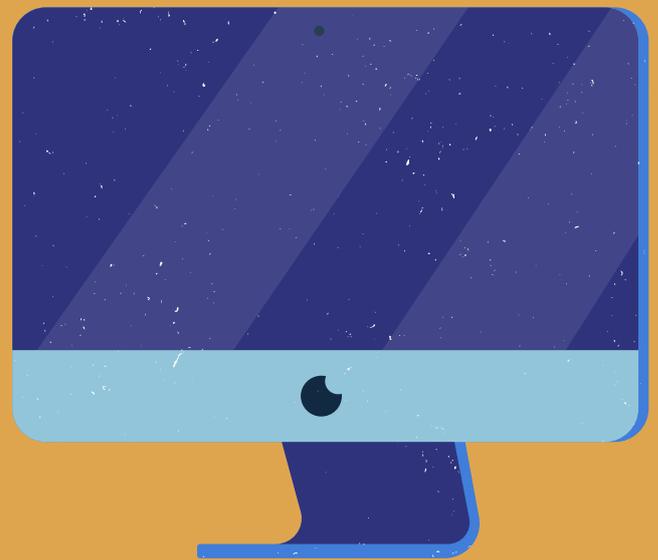
kids and adults were planned - making a Diya, Colorama, Diwali in your Words etc. To enable users to seamlessly submit their entries, we tried a new Wordpress plugin for the first time - Forminator. Forminator is a simple, powerful, yet easy-to-use WordPress form builder plugin, mainly for creating forms, with easy-to-use drag and drop visual builder. All the entries were registered via easy to use forms, to collect participant details and their entries in one place, making sure we don't lose track of any submission. Apart from online forms, we experimented with Mentimeter, a tool to build online presentations, quizzes for the first time. This tool enabled every member to actively take part in the event through their smartphones, making the event inclusive for everyone from the comforts of their home.

Our membership form on the website has got the much needed overhaul. The form is simple, effective and secure, as it does not expose the GSS bank details anymore. Notification emails are sent as soon as the form is submitted, with details on how to make a payment. A notification also reaches the membership secretary in a timely manner, allowing him/her to take the necessary steps to reach out to the new member and make them feel

welcome to our Sabha.

In the coming months, we are working towards digitizing our membership directory, which will centralize the storage of membership data, send notification email for annual members for payments and keep membership details up-to-date via an annual data cleansing process, by reaching out to all our members via email.

A number of other areas that need improvement have been identified and I believe with a focussed and hard working committee at its core and the support of our members, this will happen soon. We will keep the members up-to-date via our communication channels, as and when they happen.



# Webmaster

# How To SHINE

An article by Mamta Baliga on the SHINE approach to make a more memorable introduction.

Our social and work context often times necessitates us to make a formal or informal introduction. Most of us copy others and it typically ends up being templated and limited to just stating our Name and who we work for! We usually Identify ourselves with the company we work or the role we implement for them or just our title in this company and this in my experience may not resonate with people who differ from our background and might not enable as a conversation starter. We each are unique and multifaceted surely there is a different approach and if adopted will in my experience lead to deeper understanding and hopefully more valued networks and friendships. Here is an approach that has helped me and stood the test of time! I call it the "SHINE Approach" (may seem contrived to some but I tried to make it a mnemonic).



**S – Smile:** Always smile before you start. This transmits a level of confidence and warmth to your audience and surprisingly they mirror it! (This happens even when you introduce yourself through a impersonal medium such as a telephone as opposed to face-to-face. Try it next time and see how your smile traverses through a telephone and gets mirrored back to you too!).

**H – Handshake:** Offer a Firm Handshake. Better still in todays context (post COVID) a Namaste will do even better but hold your gaze and look them in the eye while you do it!

SHINE

**I – Eye Contact:** Hold the gaze and always look your audience in the Eye. It develops Trust, warmth, reduces barriers and sometimes softens polarized situations too!

**N – Name:** ‘Bond, James Bond! We all like the sound of that iconic introduction! Decide on how you would like people to call you and emphasise that part of your name while offering up your name! Practicing it in front of a mirror helps develop a good ring to it too!

**E – Enthuse:** This is the most important aspect of your introduction and it determines the steer you would like to give to your conversation. You will see this impacts the quality of your conversation and relationship being developed.

- Tell them why you are here on the day and why you love doing what you are doing on the day/at the event. Keep it Short and Focus on asking questions of your audience!
- Ask your audience - What they love doing as opposed what they do?
- Learn to enjoy the Conversation and actively listen with a genuine interest!

Always remember in the end, relationships develop over period of time. It usually evolves in 3 steps

Know (firstly they get to know you / you get to know them)

Like (next they need to like you (you like them) or something you do (or they do)!)!

Trust (Lastly, they could become a valued Friend - takes years but it cannot start without a good introduction!)

Some ideas for those who are tongue tied and have no idea what to talk about are listed below. Small Talk post a good introduction is important to develop a understanding of each other to transition any association from Knowing to Liking and one day hopefully to Trust:

- Ask about Where they Live and their Travel challenges on the day,
- Nature of their work and who they impact most,
- any Interesting Holiday they have undertaken recently,
- Games they are interested in or play,
- Interesting hobby they have developed recently
- Talking about the News – Politics and/or recent news are always a good conversation starters - albeit one needs to avoid strong opinions.

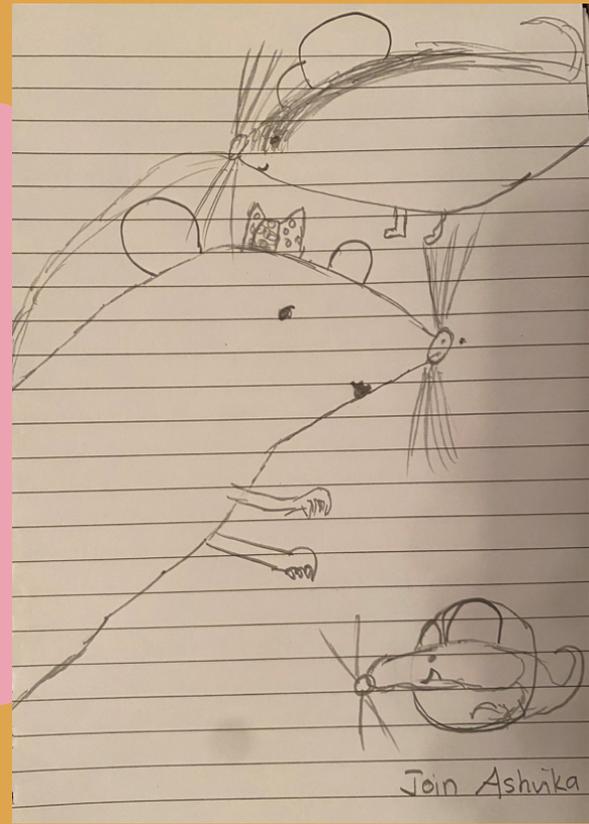
Lastly for us amchigele’s finding out how we are really related to each other is a surefire way to ensure a start of an enduring relationship!! All the Best, Go on and **SHINE!**





# Who Moved My Cheese?

A wonderful tale with a meaningful message by  
**Ashvika Shenoy, age 8**



One day, Jerry and Berry, the mice sneaked into the cheese factory to collect cheese. Jerry and Berry were twins and they lived very close to the cheese factory, so it was easy to get there.

But one day, the cheese factory closed down and both were left with no cheese! Jerry wanted to explore and find other places or ways to get cheese. So, Jerry tried to convince Berry to come along with him but Berry refused. So, Jerry left without Berry.

When Jerry reached Eastcote, he found a café called Amore. There, he managed to eat not only cheese, but also pancakes, cupcakes, pies, fruits, desserts and drinks! After few months, Jerry remembered about Berry, so he took some pancakes and went to meet Berry. Berry looked very frail and Jerry felt sad. Jerry asked Berry what had happened to him and Berry replied, "The cheese had all gone and I thought the cheese would come, but it didn't."

"You should come with me," said Jerry. "OK," replied Berry. So off they both went, back to Amore.

The End

Moral: When a path is blocked, try to find a different way to reach your destination.

A reminiscient recount by **Archit Shenoy**, age 10 of his Newbury Shaka experience under lockdown.

Last year, during the lockdown, my sister Ashvika and I attended Balgokulam at Newbury Shakha, which, due to Covid-19 took place on Zoom. Newbury Shakha is a wonderful and welcoming Organisation, which allowed children and adults to grow their social skills and know their knowledge of their Culture.

Every Friday, we would log onto the Zoom website and join the Shakha where we would be welcomed by the hosts. First, the Bhagwa Dwaj ( Saffron flag) would be hoisted and we would stand still to show respect. After the flag was fully hoisted, we would move onto the warm-ups, which would be taken by different children from all year groups. In the warm-ups, we would start with warm-ups which benefited the head, and would make our way down, and would eventually arrive at the toes.

Next, the Surya namaskar would be performed, and different people would chant the 13 mantras. Surya namaskar is a part of yoga, and is a series of stretches which is extremely good for our body. In addition to this, it is a salutation to the Sun. After this was completed, we would play a range of educational and physical games such as Kahoot quizzes, Countdown and a physical game called 'Gandhi Ji, Netha Ji and Swaami Ji'. This would raise the player's general knowledge and speed with calculating.

Next, we would go through a Boudhik session which started with the Gayatri Mantra and involved the host sharing presentations which were based on a variety of subjects, from India's Independence to religious festivals. Immediately after that, we would end by chanting the ending mantra, which was followed by the lowering of the Bhagwa Dwaj (Saffron flag), and again, we stood still as to show respect.

Ashvika and I enjoyed the Shakha thoroughly, as it enabled us to exercise when we were restricted to our homes in the lockdown. Thank you Newbury Shakha!

B  
A  
L  
G  
O  
K  
U  
L  
A  
M

## **Website**

[www.gssuk.com](http://www.gssuk.com)

## **Facebook**

Gowda Saraswath  
Sabha

## **Twitter**

@gsbukorg

## **Email**

[vanieditor@gssuk.org](mailto:vanieditor@gssuk.org)

to advertise with us!

We also welcome  
sponsors who will be  
acknowledged in the  
magazine.

## **DISCLAIMER**

The Saraswath Vani Editorial Committee and G. S. Sabha (UK) do not accept any responsibility for any views expressed by individuals and/or parties in the Saraswath Vani. The Editorial Committee reserves the right to exclude, edit and correct all material received for publication. The Editorial Committee reserves the right to acknowledge or not, all correspondence received. Unless specifically requested, articles will not be returned.

Photographs of named persons are courtesy the respective persons themselves. Copyrights of images used for illustrative purposes rest with Google images, unless duly stated otherwise. Writings, photographs, images and illustrations used may not be reproduced without the written consent of the Editor.

A warm thank you to

EC committee 2021

Our contributors

Our readers



GOWDA SARASWATH SABHA (UK)  
Registered by the Charity Commission of the United  
Kingdom | Reg. No. 299275