

April 2020

Vol. 29 No.2



Parichay Mein Parichay



Unique thoughts

Nriyjanjali®

Leader in Personality Developments & Emotion Management

*Parichay
Mein
Parichay*



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Dear Readers,

The exponential spread of COVID19 caused by SARCCoV2 virus since its outbreak in Wuhan, China in December 2019, has affected more than 1.7 crore people across the globe. Countries are grappling and combating the spread in their own way, yet being together in this as one.

The year 2020 started with celebrating Nriyjanjali Fest Interschool Competitions 2019 Prize distribution function. This is the time when we soaked in the huge ocean of trust and love showered by our schools, our parents and our students. Heartfelt thanks to each and everyone.

Challenges strengthen our roots and broaden our horizons. Scripting, Directing and Choreographing an entire Annual day of 1000+ students in one month, was no less than a challenge. The stunning accomplishment was a step forward on the ladder of success.

This year too, Kala Ghoda Arts Festival - Dance section was flawlessly managed by Nriyjanjali volunteers team along with Dance Curator Dr. Anonna Guha under the able guidance of our Sir.

Nriyjanjali Diploma exams were held in February for Kathak, Bharatnatyam and Music students. It's that time when the pandemic changed the world. We hope to soon meet our students, handover the results and begin our Annual General Meet performance preparations.

Today, while we still tide over Covid19 impact, it has brought a major change in the way we will look at life hence forth. Technology is going to boom with online schooling or work from home being the new way forward.

The only thing we now need to do as responsible citizens is social distancing and reinventing our life with our dear ones. We also need to follow the guidelines given by the government and enjoy. Hence our magazine's April 2020 issue will also be a digital online copy this time.

Be Safe and Be Healthy.

Maitri Khedekar

Parichay Mein Parichay Life Membership (10 Yrs.)

July'12 Vol. 21 No.3	Patil Tanuja
Oct'12 Vol.21 No.4	Khedekar Anurag, Maitri / Desai Hetal, Paresh, Priyadarshi
Jan'13 Vol.22 No.1	Gangurde Sagar , Minkudale Chandrakant, Tiwari Manish
April'13 Vol.22 No.2	Guha Anonna / Mahajan Miran
July'13 Vol.22 No.3	Vrushali Govear
Jan'14 Vol.23 No.1	Dalvi Girish -Sangita / Kumud Desai
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Oct.'14 Vol .13 No.4	Guha Tushar, Radha / Dharmesh Rana
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Jan'20 Vol.29 No.1	Damle Manasi / Sawant Balkrishna / Samjiskar Charushila / Mane Shweta

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CONTENT

Includes :

*Editorial Letter,
Governing Body,
PMP Membership List*

ACCOLADES 1



FOOT PRINTS... 3

Nrityanjali News

Speak your Thoughts 10

expressed by Mrs. Deepa Desai



Young Entrepreneur 12

*Insight into
Mr. Mohit Kothari's
journey of struggle &
success mantra -*

Interviewed by
Mrs. Neelima Sonkusale

Importance of Arts in Education

by Mrs. Geeta Chandrasekaran **16**

Corporeal PAIN

by Dr. Hemakshi Jattani **18**



**TOGETHER WE CAN
& WE WILL FIGHT COVID19**

Social Distancing
& Building Immunity
will Break the Chain

Rhymes & Verses 20

Food, Khana, Recipes	21
Did U Know	22
Jokes	23
Happy Birthdays	24

ACCOLADES

Dear Dr. Anonna Guha,

The dance performance *Anurati* presented by you and entire Nrityanjali team at the 25th Indian Oil Indian Aviation Conference held in Udaipur was loved by all.

Thank you for the lovely evening

Mr. Raju Advani

Chief Manager Indian Oil Corporation Ltd. Mumbai

•

Dear Dr. Anonna Guha,

Anurati a wonderful dance performance, performed at the 25th Indian Oil Indian Aviation Conference held in Udaipur was appreciated by clients.

Mr. Rupesh Kulkarni

Sr. Vice President - Goldmine Advertising, Mumbai

•

Dear Anonna Guha ji,

I've begun to believe in synchronicity. I was wondering how I could convey our gratitude. Thank you for giving the children a chance to perform at KGAF 2020.

You were incredibly graceful on stage during your duet Kathak performance Guru Arpan. It was a delight to watch you and Girish Dalvi perform.

And my daughter, 11 year old Sanvy says thank you to you for making so many people so happy.

Mrs. Shruti Pohankar Kulkarni

Mother of Kathak student - Miss. Sanvy Kulkarni

Dear Dr. Anonna Guha,

Thanks for the invitation as the Guest of Honour, at the Nrityanjali FEST 2019 prize distribution. I enjoyed the grace and rhythm of the dance.

Hope to be actively involved with Dr. Tushar Guha's vision.

Dr. Bandukwala

Diabetologist - Hiranandani Hospital, Powai

•

Dear Sir,

I am looking for a career counseling for my daughter Ms. Saanvi Bhat, who has appeared for 10th CBSC board exam from Reliance Foundation School.

We attended the session by Mrs. Geeta Chandrasekaran, Faculty member and Counselor of Nrityanjali, which was quite impressive. We would like to take your help to find the right stream for 11th.

We don't mind meeting you over VC /phone due to Covid19. Look forward to hearing from you. Regards,

Mr. Venkatraman Bhat

Parent - Reliance Foundation School, Kopar Khairne

•

Dear Mr. Girish Dalvi,

Thank you for arranging a session on career Guidance for our parents and students of Grade 10 and 12. You have been conducting this session for us for past 3 years.

We missed our dear Dr. Tushar Guha Sir due to his prior commitments. However, I must inform you that the session conducted by your counselor Mrs. Geeta Chandrasekaran went very well. It was informative and lively. Thank you very much.

Mr. Radhakrishnan Mattiyil

Administrator

Reliance Foundation School, Kopar Khairne

ACCOLADES

Dear Girish Dalvi ji,

Meeting you was blissful. Experienced a kind of enlightenment. Heartfelt thanks for sparing your precious time and make me realise my strengths and weaknesses. Will remain indebted for the valuable guidance and insight.

A sincere request with folded hands to take me under your positive, soulful and pure aura and give this little squirrel of Lord Rama to serve you in the noble casue of spreading art and culture. Thank you once again.

Ms. Sarika Bichkar

Anchor & Teacher - K.C. Gandhi School, Kalyan



Dear Shri Girish Dalvi,

It is my honour and matter of pride to have you with us as the Chief Guest for the Arangetram function of my 7 students, held on 22nd February 2020.

Your charming, loving and compassioante presence added grace to the ocaasion. Your kind gestures, affection and respect to all has won our hearts. From the bottom of my heart, once again extending a big thank you for the valuable time you spent with us.

Guru Srinivas Naidu - Bharatnatyam Artiste

Founder Director - Jayanjali Institution, Ambarnath



Dear Mr. Dalvi,

I thank you for the informative workshop your faculty member Mrs. Geeta Chandrasekaran conducted for my teachers. The presentation allowed teachers to apply the tools shared by Geeta ma'am.

My teachers were only concerned about Ms. Apoorva Shetty as she was having cold. She could ahve taken rest or asked for a mask from us. This is only in public interst. Thank you.

Mrs. Shubha Saxena

Principal - The Scholar High School, Colaba



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Tel: 9987002658, 25967388

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FOOT PRINTS...

Nrityanjali News

Nrityanjali Management Services conducted the following management training programmes

- Mr Girish Dalvi conducted three hours lecture session on **Leadership & Communication** for the executives of **Manba Finance Ltd. Mumbai** on 18th January 2020
- On 21st January Dr. Anonna Guha conducted three hours session on **Indian Heritage & Culture** for the foreign delegates of **RCF Ltd, Chembur** Mumbai. Mrs. Harsha Andan & Mrs. Sreekala Velambath were the co-faculty members.
- On 18th February Dr. Anonna Guha conducted three hours session on **Only for Bliss - Ageing Gracefully** for the retiring officials of **RCF Ltd, Chembur** Mumbai. Mrs. Harsha Andan & Mrs. Sreekala Velambath were the co-faculty members.



- **Interactive sessions and Performance Assessment** for 18 senior most officials of **Viraj Profiles Ltd.** were conducted on 11th March 2020 at Tarapur and 14th March 2020 at Andheri, Mumbai by Nrityanjali Management Services Team consisting of Dr. Anonna Gua, Mr. Girish Dalvi and Mrs. Harsha Andan.
- Dr. Tushar Guha conducted a special motivating and energising session on **Design Thinking - Trust, Team & Success** for the executives of **Delcure Ltd, Mumbai** on 2nd March 2020 as a part of their Annual Meet. Dr. Anonna Guha and Mr. Girish Dalvi were the co-faculty members.

•

HRD

- Special Personality Development Course Level 1 (**SPDC 1**) commenced from 22nd February 2020 with 10 students completing the course.
- Special Personality Development Course Level 1 (**SPDC 1**) will be held from May 2020
- Regular HR Meet was held on 24th February 2020.

FOOT PRINTS...

Nrityanjali News

Nrityanjali Education Services conducted the following programmes

Teachers Training

• On 17th March, Mrs. Geeta Chandrasekaran conducted workshop for teachers of The Scholar high School, Colaba on 'Innovative Teaching Methods, Sensitivity in Classroom and Effective Communication'. She was assisted by Mrs. Apoorva Shetty - Courtesy **Nrityanjali**.

Life Skills

∑ **Life Skill programmes were conducted at :**

1. Little Angel's School - Sion, Vivek Vidyalaya - Goregaon - Courtesy **Nrityanjali**
2. Shishuvan School, Matunga - Courtesy **NiE**
3. Workshop on for students of Cambridge School, Kandivli was conducted by Mrs. Vasanti Anand - Courtesy **Hindustan Times**

Career Guidance

∑ **Career Guidance Counselling were conducted at :**

- Ryan International School, Chembur on 18th January 2020
 St. Joseph School - CBSE, Panvel on 1st February 2020
 Ryan International School, Malad on 8th February 2020
 Ryan International School, Goregaon on 15th February 2020

Workshop on Spoken English

• 12 sessions on **Spoken English** was conducted for students of **Vidya Vikas Mandal Marathi Vidyalaya**, Andheri by **Mrs. Vasnati Anand** and **Ms. Padmini Haldankar**.

The closing function of the programme was held on **7th March 2020**. The students showcased the learnings in the form of Essay Writing, Singing English poems, Role Play and Public Speaking. The programme was organised by Alumni of the school.



FOOT PRINTS...

Nrityanjali News

Social Activities

SARASWATI PUJA

was held on 29th January 2020
at Nrityanjali premises.

The puja was held from 6.30 P.M. followed by Bhog



**Nrityanjali members volunteered to manage
the Dance Section of Kala Ghoda Arts Festival 2020**
on 1st, 4th, 5th & 9th February 2020.

Nrityanjali's Managing Director **Dr. Anonna Guha** is the Dance Curator with **KGAF** with **Mrs. Falak Trivedi** as the Asst.to the Dance Curator.
Other Volunteers are : Mr. Girish Dalvi, Mrs. Maitri Khedekar, Mr. Shashank Dey, Mrs. Geeta Chandrasekaran, Mrs. Nivedita Damle, Mrs. Manasi Damle, Mr. Satyen Tawde, Mrs. Sreekala Velambath, Mrs. Neeta Parekh, Mrs. Bhavika Nathwani, Ms. Swapnali More, Mr. Pravin Doke, Mrs. Sangita Sawant, Mr. Balkrishna Sawant, Mrs. Apoorva Shetty, Mrs. Pranjali Doke, Mr. Dinesh Singh, Mrs. Deeplaxmi Tandel, Ms. Dhanya G and Mr. Sharad Mahadik.

The programmes was anchored by :

Mrs. Falak Trivedi, Mr. Girish Dalvi, Mrs. Harsha Andan,
Mrs. Poonam Arora, Mrs. Neelima Sonkusale and Ms. Rashami Panikulam

FOOT PRINTS...

Nrityanjali News

Social Activities

• **Nrityanjali** completed **Life Skill Programmes** with the following schools : Janta Vidyalaya - Vikhroli, Mount Mary School - Bhandup, SS Vidyalaya - Malad, Keni Vidyalaya - Bhandup, L N High School - Bhandup, Nere High School - Panvel, Vihigar High School - Panvel, Vaze High School - Panvel, Saraswati English School - Bhandup, Saraswati Hindi School - Bhandup. **NOV Ltd** sponsored the programmes.

The 33rd NRITYANJALI FEST 2019 Prize Distribution Function of all the four zones was held on Sunday 12th January 2020 at Ravindra Natya Mandir, Prabhadevi

**Nrityanjali artistes presented
Kathak Dance Trivat by Dr. Anonna Guha and Mr. Girish Dalvi
Football - musical skit
Prakriti Ke Sath, Karlo Man Ki Baat in RAP style**

**The Guests of Honour were
Mr. Amitesh Kumar - Jt. Police Commissioner - State Intelligence and
Dr. S M Bandukwala - renowned Physician and Diabetologist**



FOOT PRINTS...

Nrityanjali News

Social Activities

Judith Flex Helle and Luminario Ballet, from USA conducted Ballet workshop on **7th February 2020** at Nrityanjali premises, Bhandup.

The workshop was supported by the **US Consulate.**

The workshop was conducted for 20 artistes and members of Nrityanjali.



In association with NCPA, Kotak and Larsen & Toubro Ltd., Nrityanjali has been training students of Dharamvir Sambhaji Vidyalaya, Vikhroli and Green Lawns School, Powai in Indian Classical Dance Kathak and Folk Dances of India.

On 13th March 2020 students of Dharamvir Sambhaji Vidyalaya show cased their learnings at Tata Theatre, Nariman point, Mumbai and presented Kathak Dance, Lezim Dance from Maharashtra and Mela from Rajasthan.

The students of Green Lawns School, Powai were trained in Lezim and Pawra from Maharashtra, Garba from Gujarat, Folk Dance from Bengal and Bhangda Dance from Punjab.

The Team of Teachers from Nrityanjali were Dr. Anonna Guha, Mr. Girish Dalvi, Mrs. Sangita Sawant, Mr. Balkrishna Sawant, Mrs. Chaya Salian, Mrs. Vaishali Mandalia and Mrs. Sangita Kamble



FOOT PRINTS...

Nrityanjali News

Programme Division

- Nrityanjali artistes performed Musical Skit - FOOTBALL & DULHAN on 4th February 2020 at the **Kala Ghoda Arts Festival 2020** at Cross Maidan, Mumbai
- On 9th February 2020 at the **Kala Ghoda Arts Festival 2020** at Cross Maidan, Mumbai Dr. Anonna Guha & Mr. Girish Dalvi staged Guru Arpan - Kathak Dance recital.
- **Nrityanjali** choreographed and directed the annual programme of **Datta Meghe Global Academy, Airoli** which was staged at Maha Kavi Kalidas Natya Mandir, Mulund on 5th & 6th of February 2020. The theme, script and music was conceptualised by **Mr. Girish Dalvi** with able assistance from Mrs. Sangita Sawant and Mrs. Maitri Khedekar. The entire team of trainers included Mrs. Sreekala Velambath, Ms. Sejal Gadi, Mrs. Vaishali Mandalia, Mrs. Bhavika Nathwani, Ms. Pradnya Malvi, Ms. Ankita Narkar, Ms. Neha Balmiki and Mr. Parameshwar.
- On 19th February 2020, **Nrityanjali** was invited to perform at the **Indian Oil International Aviation Conference in Udaipur**. The Team of Dr. Anonna Guha, Mr. Girish Dalvi, Mrs. Sangita Sawant, Mr. Satyen Tawde, Ms. Sejal Gadi performed **Anurati** - Kathak, Bharat Natyam, Rajasthani folk dance and Koli dance, Western and Bollywood Creative dances. Mrs. Harsha Andan anchored the show.



- On 20th February 2020, the **Innvocation** was presented by **Nrityanjali** artistes for the **Indian Oil International Aviation Conference in Udaipur**.

Faculty Division

- **The Nrityanjali Diploma Examination was conducted for the students in the month of February 2020:**
 Music, Modern Dance - on 18th February 2020,
 Bhara Natyam - on 17th, 19th and 23rd February 2020, and
 Kathak - 19th, 20th and 21st February 2020,

FOOT PRINTS...

Nrityanjali News

Individual News

Dr. Anonna Guha was the Guest of Honour at the Kathak Yatra organised by **Guru Smt.Ranjana Phadke** at P C Sexena Auditorium, IIT, Powai on 26th January 2020

On 22nd February 2020, **Mr. Girish Dalvi** was the Chief Guest at the Arangetram function for their students organised by **Jayanjali Institute, Ambarnath**. The function was held at the Auditorium of K C Gandhi School, Kalyan

WEDDING BELLS

On 26th January 2020
our senior artiste
Satyashil Jadhav married
Madhuri - Congratulations



On 14th February 2020
our artiste
Deepika Rane married
Aniket Parab - Congratulations



Mr. Girish Dalvi was the Chief Guest at the Annual Cultural Programme of Pre-Primary and Primary students of **Ryan International School, Kharghar** on 1st February 2020

Dr. Anonna Guha
and **Mr. Girish Dalvi**
were the Chief Guests at
the Annual Cultural
Programme of Pre-
Primary students of
Euro School, Airoli
held in Kalidas Natya
Mandir, Mulund on 12th
March 2020



Pre-Primary students and Director, Principal - Mrs. Sudeshna Chatterjee

Speak Your Thoughts...

At Nrityanjali, We Groom Thoughts.

The Pages of **Speak Your Thoughts** are for **All Nrityanjali-ites** - thoughts that are positive, encouraging, controversial, different, constructive.

Mrs. Deepa Desai shares her thoughts as alumni of SPDC, retraces her journey as an active committee member of Open Forum for Principals (OFP) and learnings from SPDC I and SPDC II.

Mrs. Deepa Desai Speaks...

'Nrityanjali' is a word that brings a lot of warmth to my heart! But that's not the first thing that I associate with it. I think of the face of a person, a person with a twinkle in his eyes and a passion in his voice and actions. I am referring to none other than Dr. Tushar Guha, the Founder Chairman of Nrityanjali.

My association with Nrityanjali goes way back to the year 2005. Call it fate or sheer luck, a workshop for teachers culminated into a strong bond with Nrityanjali, a bond that has become stronger with every passing day. The workshop for the teachers was conducted through NIE and the resource person was a visiting faculty of Nrityanjali. The interaction with her led from one topic to the other and finally to the various services offered by Nrityanjali, one of which was **Special Personality Development Course (SPDC)**.

I had heard so much about Dr. Tushar Guha from her that I decided I would find out more details about the course and try and fix an appointment with Dr. Tushar Guha, hence got in touch with them. I was told that admission to the course was only possible after a successful interview with Dr. Tushar Guha. I had not decided at all whether I would go ahead with joining the course but felt there was no harm in going for the interview. The day of the interview was a turning point in my life. It was the day that I met Dr Tushar Guha for the first time. By the end of the interview I had made up my mind that I was going to

join the course provided I was selected, which I was.

'**SPDC I**' was not just a course but an exploration of one's innate self, a tool to have a clearer perspective of others and a means to respect another person's view point. During the course, my interaction with the group, which consisted of people from all walks of life, was an enriching one. The morning prayers, the recitation of the sargam or the regular assignments, all added value not only to the course but also enhanced our personality. The course which dealt with communication, public speaking, etiquette and art of dressing according to the occasion and many other aspects of one's personality, equips you to face challenges of your day to day life, irrespective of your job profile. In today's world most of us prefer to showcase only the best of our talents and achievements. When it comes to our weaker moments or difficult times we tend to put on a mask to the world. We normally may not share this with others, at times even with our dear ones. This was one of the things addressed in the course, sharing of our most challenging situation.

All of us who had been total strangers before the course, poured out our hearts despite possible inhibitions and shared those moments, which were a testing period of our strength, bonds of love and above all faith in lord almighty. It helped us grow, become self aware and empathetic to others. As the head of an institution, this course overall was profoundly helpful for me in so many ways, like planning, dealing with parents, students

and teachers. Hence it was natural to enrol myself for SPDC II.

SPDC II was a step further. This course dealt with becoming aware of other people's strengths, their areas of improvement and various approaches towards helping them in understanding themselves. The course helped in understanding inter-personal relations, thus leading to team building. One also becomes more efficient in managing deadlines and schedules. As a result, one becomes more confident and self-reliant. The SPDC II also enables one to carry out counselling which helped me further in my profession, as an educationist.

Both these courses carved my path in being associated as a visiting faculty for conducting workshops and career counselling. Through these workshops I could share my learning, the values, and other skills with students, teachers and parents. This gave immense satisfaction as it helped the stake holders in self-analysis, identifying their strengths, their talents and ways to reach their full potential. It was during the career counselling sessions, that I realised even today there are parents who may be driven to achieve one's own unfulfilled aspirations through their children. Most of the youngsters today are practical, honest, in-tolerant to injustice and are ready to follow the given suggestions, provided you gave them a proper reasoning.

The Open Forum for Principals is an initiative of **Nrityanjali** Education Services, keeping in mind the need for soft skills development and training of the school faculty associated with it. Being a part of OFP was a memorable experience. Interacting with like-minded people, exchange of ideas and trying to find new ways to contribute to educating young minds were some of its highlights. One such highlight was the **National Conference of Education and Social Sensitivity** held at Mumbai's World Trade Centre. Eminent

people shared their views on the subject, in presence of Heads of various Educational institutions. The seminar gave a pathway to the Heads of the institution on dealing with some of the social issues prevalent even today. We realised the immense responsibility on our shoulders and the role played by Educational institutions in educating young minds.

All this would not been possible without Dr Tushar Guha, my teacher-my guru, a fountainhead of knowledge. Every time you meet him, there is always something to learn. His empathy, his ability to be one with any age group, his excellent oratory skills, his organisational skills, his punctuality and his time management skills are an inspiration to us all. Last but not the least, his words, **'If you cannot be beautiful in your own eyes, how can you be beautiful, in the eyes of others'** is a simple way to self-empowerment. Nrityanjali for me is a second home where compassion, care, empathy and strength of character dwell.



Mr. Deepa Desai

M.Sc., B.Ed, PGDME

Headmistress - IES Manik Vidyamandir,
Bandra - ICSE.

She has been a Life Skill trainer and Career Counselor.

Young Entrepreneur



Introduced a New Column - Young Entrepreneur - in this 29th year of PMP from - Volume 29, No.1 Issue

Mrs. Neelima Sonkusale - a Life Skill Trainer, Dancer and faculty of Nrityanjali Group chats with Mr. Mohit Kothari - a Young Entrepreneur

“Where there is a will there is a way” comes true when we go through the journey of a young pampered college going boy to a young entrepreneur- **Mr. Mohit Kothari** Our interviewee Mr. Mohit Kothari is the owner of a jewellery shop Shanti Gold- a young gentleman with a pleasant smile and calm posture.

Neelima Sonkusale (NS): Mr. Mohit Kothari can you tell us more about your business ?

Mohit Kothari (MK): Basically, we have a retail outlet of Gold jewellery here in Bhandup, which is about 40 years old. We sell gold and silver jewellery. My father started this business. He was also very young when he started the business. No one allowed him to do this business, so he went against all odds and started this business. We didn't have any financial back up. My father pursued it with all his hard work and achieved a good position where we are today.

NS: How did you get into family business?

MK: My father expired in March 2016. I was in my first year of Bachelor of Management Studies (BMS) when my father was detected with stomach cancer. The doctors told me that he has go through all the procedures, chemo and all. This took almost a year for his treatment, still he didn't survive. His weight kept on deteriorating. It was a very difficult phase for me because I had a big family but then the elder brothers got separated and sister got married and there was no one to look into my business or handle it properly.

I had to pursue my studies as well as do this with my father. It worked out very well, so I can handle it now, I am in a position where I can do anything that I want to. The customers, the investors, the people around my father know me very well now. So, I have achieved what my father wanted to. I am yet to achieve what I want to. We had and have only one shop so we could not let it go off because that was the only source of bread and butter. But yes, we have sailed through the difficult times and now in a good position.

NS: What was your learning from your father?

M.K.: Being the youngest in the family I was the most pampered child. At the time when my brothers got separated, my father was 55 years old. He felt that I should start knowing the business though he never forced me.

Basically, for a year I did nothing but just sweeping and mopping the floor of the shop. My father had a philosophy that, if we want to become successful, we need to know and do all these basic things, because the amount of money we save on these works can be used for the betterment of our future. I too have applied this philosophy. Till date we have no one in the office except me, to do these extra chores.

NS: So how will you define your journey especially after your 12th standard?

MK: My journey would be nothing short of a roller coaster ride. My first year of B.M.S was more of fun and enjoyment. After the family crisis hit, my parents asked me to join the business, I was never interested to get into the business as I wanted to go abroad and study further. But then my father's health made me take up the business. That *one year which I did nothing but sweep, has taught me a lot. It has taught me patience; it has taught me the value for money.*

As I said earlier, I was the pampered child, I used to get a pocket money of 300/- per day and even after that if demanded anything it used to be on my table. I never did my homework. It was my brothers who did it for me. So, for a person who was always enjoying, suddenly getting into the business and doing nothing, just sitting and observing for hours, it was difficult but a learning phase.

After this one year my father taught me the business - knowing the customers, the investors, the bank details, the dealers, and every other minute detail. I slowly got settled into the business. Infact, when my father gave me the business (after his health issues), he told me that we have so much that even if you don't work now, you can enjoy the entire life. That was his achievement. He never asked me about the profits or losses in the business. It was a realization for me that I must achieve something on my own and for myself.

I realized how difficult life is and how we need to manage it. No one in the world is going to come and help you if you don't have money and a proper thought process. We must do it on our own.

NS: Don't you miss out on the enjoyment factor in life?

MK: My friends used to always invite me or rather keep saying *ke "tu kya kar raha hai, chal life enjoy kar"* and I tell them that *"mai iss sabse upar aa chuka hu, mujhe kuch farak nahi padta"*. I am a very adventurous person, I love biking, adventure sports and all. And yes, I do take out time for all these activities and be with friends. I feel happy sometimes that whatever I started; *"bhale bad luck se start kiya"* but now I am in a position that I have the liberty to just take an off and enjoy. But I don't do it because my first priority is my office and my family.

NS: Now that you are into the business what are your expansion and plans?

MK: We have a very small shop and I am the only one managing it. We have multiple business in money lending especially to the builders. It's a good source of income in this fluctuating market. *I have the goodwill of 40 years (earned by my father) along with me.* I have plans of expansion, increasing the inventory. I have no plans to open a new branch as of now because I am the only one in the family to look after the business and this business is totally based on trust. Yes, in near future I may look up for some aide within the family but not now.

NS: Do you have any plans to create innovation in designing of jewellery?

MK: See basically we are not into designing. This is the role of the wholesalers, they design, manufacture and give it to us to sell. Retail market is a very small market. We just do the selling of jewellery. The basic art here is to just sit for 10-12 hours with sale or without sale. Some days are very good, some are bad. It's a patience testing job.

NS: How is quality and quantity important for your business?

MK: In the gold market, the quality is now certified by the government. We have got an intimation from the government that from the year 2021, only 18 carat and 22 carat ornaments will be allowed for sale. So quality is there. Yes, I am looking at increasing the quantity and variety so that customers get to choose from the best.

NS: Being a management student, if given a chance would you like to explore any opportunities outside?

MK: If given a chance I would like to invest my money and not go out of this business. The entire market is in a cramped situation. We don't see any opportunities at least for two years. Later, if I get any opportunity, I would like to become an investment partner, but I won't leave my business for that. This is my goodwill; my entire life has been shaped here.

NS: Have you ever thought of taking up a corporate job?

MK: No, never. Being from a business family a 9 to 5 job was never in my mind. If I have money, the resources, manpower, why would go to work under someone. Yes, if my father and brothers would have been there, I would have ventured in a different business like something into metal industry.

NS: When you got in the business, have you faced any issues?

MK: There have been lot of issues when I got into the business. Firstly, the customers demanded that they wanted to have the deals with my father only. As I was very young, they felt that I would not be able to do justice to them. But slowly and steadily I was successful in overcoming their fear and now they feel that I can do a better job than my father. Secondly, I was not allowed to deal with the wholesalers initially because "*bacha*

samajhke koi loot na le". But now I can say that I may not be the best but at least no one can fool me now. We have had cases where the wholesalers have tried to sell artificial jewelry to us. But luckily, we could identify it and were saved from the loses.

NS: Are you foreseeing any problems from the external environment.?

MK: If this gold market keeps on fluctuating at this rate, we really need to look out for an alternate source of income. In a period of two months the rates have moved from 36000/- to 42000/-. It's fluctuating and risky too. A small piece here and there may cause us a huge loss. So, we must be very careful and alert.

NS: What are the precautions you are taking in this fluctuating market?

MK: Our major precaution is on our inventory. First, we used to take an inventory in every 3-4 weeks. But, now because of the fluctuating market there is a stop on the inventory. For e.g. If we purchase today something at 42k and if tomorrow the rates go down, then we are at a loss. So, we must be alert on our inventory purchase.

NS: What's the role of your family in your business?

MK: My family, that's my mother and my wife are a big support to me in my business. Being the only son now, I have lot of social obligations that need to be catered to. At such times my mother or my wife take care of the shop. This is very important for our business, because we are the face of "Shanti Gold". So, our shop is never closed except on Thursday which is our official holiday.

NS: How do you see the competition around?



MK: See we are only 4 gold shops here. The moment our shop is closed, the customers will go to others, bargain and purchase. Then we are at a loss. Unfortunately, my shop remains closed the maximum due to some unavoidable circumstances. Always being present on the shop is the biggest challenge. Now that our shop is getting demolished and we are getting a new shop, I may look to hire someone who can be in the office but again that's a huge risk and a trust issue.

To be honest, as we are just the three of us- Me, my mother and my wife, we really don't have the inventory count. Once I hire a worker, probably this is going to be a huge task. I am yet not mentally prepared for it. May be once my new office comes up in 6-8 months, gradually, I may hire a worker.

NS: With you being the only one looking after the business how do you manage a work life balance?

MK: Actually, there is no balance. I have been married for last two years. My wife is a big emotional support to my mother. But sometimes, yes, there are complains about not having a life like the other young couples do. But she understands the situation. We do go out every 3-4 months. We go abroad

on holidays every year. *"Chalo movie dekh ker aate hain, weekend pe bahar jate hai"* is not possible in our case every time.

NS: What's your biggest stress buster?

MK: The biggest stress buster for me is listening to music and playing video games. I am a totally different person when I am out on a vacation- full of adventure and fun. Family responsibilities do try to hold me sometimes, but I manage my stress very well.

NS: What's your advice to the future generations who are willing to become entrepreneurs?

MK: My father had faced lot of hardships during his initial days. Even if I say that I was pampered, I was never given the liberty to whatever I wished-related to my business. *Be calm and composed and patient! That's my advice. If you have ideas, explore them, discuss them with your family and look around for opportunities for investments.* The most important advice I would like to give is that be ready to face rejection. Rejections make you a stronger and a wise person. If you want to be successful, you must go through a difficult phase-handle pressure.

Importance of Arts in Education

Written by: Mrs. Geeta Chandrasekaran

Mrs. Geeta Chandrasekaran, faculty member, counselor and HR Head of Nriyanjali was a former Principal of a reputed school in Mumbai.

Trained under Dr. Tushar Guha, her belief and promotion of Art in Education through Life Skill workshops and Personality Development programmes in Education field and behavioural training programmes in Corporate and Social sector have time and again strengthened her belief.

This article shares her understanding, references and insight on the importance of Fine Arts in Education.



Art transcends cultural boundaries. Art is always among the highest expression of every culture. The arts are languages that most people speak, cutting through individual differences in culture, educational background and ability. They can bring every subject to life turning abstract into concrete reality. Learning through Arts often results in greater academic achievements.

The term art education includes music, dance, drama and visual art like painting, sculpting, Rangoli making, doll making, stitching etc. Over the years, the arts have assumed the role of promoter of good citizens, accessory to academic subjects, special programmes for the gifted or extra curricular activity. According to our Founder, Chairman, Dr. Tushar Guha - Music, dance and dramatics have a universal appeal. According to him, Sports is also to be considered as Performing Arts for it also demands, physical, emotional, mental and creative or innovative approach.

Fortunately the arts are alive in many schools and it is found that the students in these schools acquire a positive learning attitude for a life time, celebrate the uniqueness of all, understand similarities and differences,

develop an appreciation, respect and understanding of the physical environment, have fun, laugh, and enjoy learning.

The arts offer especially valuable tools to facilitate learning for those who are primarily visual and kinesthetic, in addition to making it possible for all students to learn more effectively, retain what they have learnt, know how to apply what they have learnt, in a variety of contexts and feel more positive about learning.

Visual Arts

Children today are growing up in a highly visual world surrounded by the images television, videos, advertising displays and other media. Teachers who teach reading, report that children who learn to draw and see through visual alphabet had dramatic increase in letter recognition and reading readiness. Children also showed noticeable difference when they drew the content of science and social studies with respect to learning and retention. The discipline of understanding how to take an idea from its inception through the process of experimentation and refinement and into a final satisfying visual product is itself a worthwhile learning experience.

Music

We are all by nature musical, rhythmical people. We listen to our mother's heartbeat for nine months before we are born and come into the world with our own rhythms of breathing and pulse. We are surrounded by music everyday and enjoying it for relaxation.



In school we have learnt alphabets through singing it. The studies confirm an unmistakable link between music and spatial intelligence. Research too says that the finest start for infants is to sing songs. This helps to elevate their powers of understanding and they register astounding speed in learning math and languages.

Dance

Movement is the key to learning. It is perhaps relevant that physical movement is regulated by the cerebellum, which stores “skill or muscle memory.” This kind of physical memory is noted for being especially long lasting—think for example of learning a complicated dance step and remembering how to do it years later. Using this capacity facilitates remembering what has been studied, and, closely, related learning through rhythmical movement and dance can make abstract ideas understandable. Practical and learning complex rhythmical movement and dance can make abstract ideas understandable.

Dance creates strong, well disciplined bodies that we move with grace and individual style. Preparing to give a dance performance by memorizing the choreography, rehearsing, and collaborating with other dancers exercises and develops critical thinking skills along with persistence and perseverance.

Drama

In a creative drama lesson, students listen to or read a story or poem, or hear a piece of music or see a painting and plan how to interpret it dramatically. They review and if necessary develop a plot, choose characters, create an imaginary setting, the improvise dialogue and action. Clearly this process is a highly collaborative one develops quick witted spontaneous thinking, problem solving, poise and presence concentration and both conceptual and analytical thinking skills.

Both, in dance and drama, use of Mirror is essential. The science behind is to store the right visuals that help us present rightly to

others, build it in conscious level to have a natural flow and ease about presenting self in front of others. According to Dr. Tushar Guha, the Science of Mirror helps in self discovery and breaking of inhibitions. Facing the reality and appreciating self is the key to build our inner strength.

The arts are an essential part of public education. It gives a unique means of expression, capturing their passions and emotions and allowing them to explore new ideas, subject matter and cultures. They bring us joy in every aspect of our lives.

Art Education does help us build Aesthetics, grace and rhythm. Rhythm – the very essence of life is there in everyone. It is only that we need to enhance it to have better understanding and handling of life. Exposure to Art is primarily for everyone to instill the core competencies that one acquires from these art forms. Arts education not only enhances students’ understanding of the world around them, but it also broadens their perspective and traditional academics. It integrates life and learning for all students and are integral in the development of the whole person.



Artistic stroke by our Editor
Mrs. Maitri Khedekar during the
lockdown time.

Corporeal PAIN

- a reason of concern

Contributed by - Dr. Hemakshi Jattani

A four letter word which can upset anything and everything in life by its mere mention is PAIN. One can be suffering from physical pain, emotional pain, spiritual pain, mental pain. For this particular discussion let us restrict to understanding and eradicating Corporeal or Physical PAIN. Physical pain is any pain that is felt in the physical body. Other types of pain are mostly internal feelings due to thought processes.

The pain physiology - Pain is nothing but a physiological response that warns us of danger. Pain is a neurological sensation that is transmitted in the body through the network of nerves, the end point of which is the brain. The sensations that we feel in the body surfaces or body parts which are unpleasant are perceived as pain. This is majorly a function of the sensory system of the body. There are four basic processes involved in the process of feeling of pain, these are: transduction, transmission, perception, modulation.

Transduction of pain - Transduction begins when the nerves respond to harmful stimuli.

Transmission of pain - The transmission process occurs in three stages. The pain sensation is transmitted:

- from the site of pain to the spinal cord;
- from the spinal cord to the brain stem;
- from brain stem to deeper areas of brain.

Perception of pain - once the stimulus reaches the deeper centres of the brain, experience of pain occurs in the form of an activity (eg. moving away from the stimulus causing the pain) or emotional and behavioural components.

Modulation of pain - The modulation of pain involves changing or stopping the transmission of pain impulses in the spinal

Dr. Hemakshi Jattani is an Orthodontist. Member of the Editorial team, Dr. Jattani is an Alumni of SPDC and a faculty member & counselor.

She runs her clinic in Mahim and also continues to pursue her interest in writing.

Dr. Jattani has her blog 'mBracing Smiles'.



cord, whereby the body tries to reduce the pain being felt.

How is pain measured - A dolorimeter is an instrument used to measure pain threshold and pain tolerance. Dolorimetry has been defined as "the measurement of pain sensitivity or pain intensity". Dolorimeters apply steady pressure, heat, or electrical stimulation to some area, or body part and determine what level of heat or pressure or electric current produces a sensation of pain. Sometimes the pressure is applied using a blunt object, or by locally increasing the air pressure on some area of the body, and sometimes by pressing a sharp instrument against the body.

What does pain indicate - Pain indicates that the normal functioning of the body part at discomfort is affected due to certain factors. You can find out certain pain causing factors by yourself and try to start emergency home remedies for it. However for certain unidentifiable factors, it is always advisable to visit the concerned doctor to evaluate your condition and give you relief. Pain also indicates that, the body part in concern is being neglected or is devoid of regular care.

Most common kinds of pains - The most frequent and common aches experienced in the human body are: Headache, Tooth ache, muscle pain, stomach ache, back ache, neck ache amongst a lot of other pains.

Headache - headache can sometimes be a result of sinusitis, migraine, dehydration, eyesight difficulty etc. Correction of the reason

eliminates the headache completely.

Toothache - toothache can be because of cavities, gum problems, wisdom tooth problems etc. Getting appropriate dental treatment helps relieve toothache

Muscle pain - muscle pain can be because of muscles injuries occurring as a result of excessive exercise, incorrect exercise, trauma, inappropriate warm up and cool down exercising. Sore muscles can be a consequence of starting out any kind of workout activity.

Stomach ache - stomach ache can be due to acidity, bloating, food poisoning, indigestion, stomach ulcers, etc.

Back ache and Neck ache - backache and neck ache are majorly because of poor body postures. A long duration of stooping or arched posture leads to cramping in the muscles of the back and neck thereby resulting in discomfort. Improving our body posture while sitting or sleeping can go a long way in avoiding back and neck aches. Taking care while using laptops and mobiles is of utmost importance in our day to day life. Small regular neck exercises which do not require more than 5 minutes per day can be extremely helpful.

How to deal with pain - Finding out these pain creating stimuli is the first step to dealing with any kind of back pain. Going back a day or two in our routine if we can identify what activity made our body to suffer from the ache, there is a likelihood of recovering faster as the cause is known. However in case of unidentifiable cause of the discomfort, one should always let the expert find out the trouble area in the body and treat it, instead of experimenting about it ourselves. There are pain killers available to help relieve severe pain, however they should only be used at the advise of the doctor.

How to enjoy pain - As weird as this sounds, it is indeed a thought to ponder upon whether one can really enjoy through pain. Pain comes in many ways to help us learn to appreciate great things in life. On a lighter note, one should be happy one is having pain, as that reiterates to you that the particular body part that is hurting does exist in your body. Through the pain, learn to experience the feelings and discomfort it brings along. Let it become a memory engraved for life as to how a pain feels, which eventually will make us realize the importance of a healthy body. Any kind of body ache allows you to take a break from your routine, thereby relieving you of the daily stress and forcibly making you take rest which you should be including in your daily routine. Take time to say 'Thank you O! God Almighty for this wonderful gift of life and this miraculous body which supports you through all hardships and promise to take care of it.

In our busy schedules, we tend to forget to cater to our body at optimum levels and often tend to take it for granted. Pain is a sign given by the body that we need to pay more attention to it. Timely care of minor issues can go a long way in saving us from future major illnesses. Our body is like a child who needs attention. Pamper it regularly with good quality lifestyle and you'll see it support you forever. So, let us all pledge to be healthy and fit and not let pain permeate into our lives.



Rhymes & Verses

NATURE

We had forgotten to hear the singing trees,
We had forgotten to enjoy the shining sea,
We had polluted our bright blue sky,
We cared the least of our Nature otherwise.

COVID-19 entered our lives forcing quarantine,
Making us realise, like the Sun, wind, birds, trees and
blue sky, that we should revive,
treat our Mother nature right,
and rebuild what we had destroyed.

We should sing and dance again,
spend time with our dear ones,
Pray and distance ourselves,
to fight the Corona Virus, that has terrified.

Time is right for our Mother Nature to revive,
Cleaning the air, clearing the sky,
being prepared to embrace us and help us survive,
For our loving Mother who
always be there for us,
help us exist even if she is being
destroyed.

Mrs. Yogita Khanna, Head
- Pre Primary
Panbai International School
(IGCSE), Santacruz



लड़नी है लड़ाई

मुँह पे पट्टी सही, पर चुप्पी नहीं साधी
हात में तलवार नहीं, पर लड़नी है लड़ाई ।

एक महामारी है आई, फैली है चारों ओर तबाही
चारों ओर हाहाकारी है छाई
ना अस्त्र बस दूरी है सबसे बनाई।

कठिन घड़ी है सब पर आई,
मिलकर जीतनी है ये लड़ाई

This issue has poems written by SPDC 1
2013 Batchmates on a subject that is a
historical time of this era

STOP and Think!!

When humans were created on this earth
Of resources there was no dearth.
Then grew his wisdom,
And he was no more dumb.
With it grew his greed and zeal
And his needs he couldn't conceal.
He conquered the land and the waters down,
Then looked up at the sky, space and Moon.
Not satisfied he wanted other Planets,
And that was now his target.
But then came the deadly *Corona*,
And asked humans 'Stop karo na'.
Nothing worked, the world stopped,
Mankind in front of the virus flopped.
Now he again looked skyward,
And realised from God's will he had swerved.
But he knew that God, his guard,
Would not let him be scarred.
He will drive us through the troubled
waters,
As we are His sons and daughters.
Of this we are sure,
That He will not close His door.

Mrs. Chandra Wilson

Retd. English Teacher &
Office Superintendent
Model English School, Dombivli



कुछ दिन कैद सही, फिर तो होगी आज़ादी।

अजीब मौका लाई ये बिमारी
ना गए जंग पर, पर फिर भी हम सिपाही।



अपनी सुरक्षा करो, तो होगी
मात्रभूमि की रिहाई,
इतनीसी बात क्या सब के
समझ आई।

Ms. Varshaa Samant

Dy. Manager - Axis Bank

FOOD *Khana* Recipes



ALOO CHAT

Ingredients:

- 2 large potatoes cubed
- 1 tbsp oil
- 1 tbsp garlic
- 1/2 tbsp roasted jeera powder
- salt as needed
- 1/8 tbsp chat masala powder
- 1/4 to 1/2 tbsp coriander leaves chopped
- 2 to 4 tbsp nylon sev
- 2 tbsp pomegranate arils
- 1/2 to 3/4 tsp lemon juice

Method:

1. Peel some potatoes and cut into pieces and soak them into water until used
2. Boil potatoes and cool them completely
3. Add oil to a pan and heat it .Add ginger and green chilli.

Serving:

1. In a plate next to potatoes add red chilli powder, chat masala powder, green chutney, cumin powder,salt , lemon juice.
2. Also add some coriander leaves, sev, pomegranate arils.
3. Serve aloo chat immediately and enjoy your dish.



Contributed by

Mrs. Vaishali Mandalia

- member of Nriyanjali and SPDC alumni, she is actively involved as adminsitator in various cultural and educational programmes conducted ny Nriyanjali.

A simple, yet strong individual, she is an entrepreneur providing catering services.

DOODHI MUTHIA

Ingredients For Muthia (6 persons):

- 1/2 kg bottlegourd
- 1/2 kg wheat flour
- 2 tbsp bajra flour
- 2 tbsp gram flour
- Ginger and red chilli paste as required
- Asafetida (hing) 1 pinch
- lemon juice, red chilli powder, coriander leaves, garam masala and sugar (as per requirement)
- 4 tbsp oil, water
- 1/2 tsp baking soda

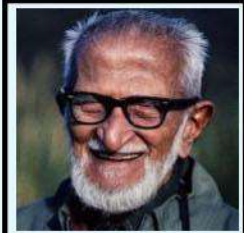
Other Ingredients:

- 2 tsp mustard seeds
- 2 tsp cumin seeds
- 2 tsp curry seeds
- small bowl coriander leaves

Method:

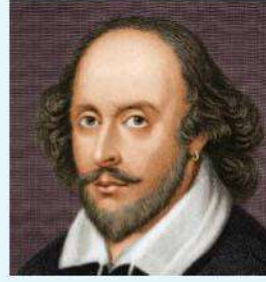
- 1) First grate bottlegourds in a big container
- 2) Add all the ingredients in the container. knead the ingredients and prepare a smooth dough. Make sure that the water is added as per requirement
- 3) Apply oil on your hands and make long rolls of the dough.
- 4) Take Idli stand. Fill water and put stand over it .
- 5) Keep all the muthias on the stand. Cover with a lid and steam for 25-30 minute
- 6) Check if the muthias are properly steamed and cooked .
- 7) Then cut into thick 1-2 inch pieces.
- 8) Heat oil in a pan and add hing, mustard seeds, cumin seeds, sesame and curry leaves into it.
- 9) Once the cumin seeds turn brown add salt, lemon juice, pieces of muthia and coriander leaves to it.
- 10) Mix them well and cook for 5-7 minutes.
- 11) Serve hot in a plate with ketchup or phudina chutney .

Did U Know



12 November 1896
- 20 June 1987
'Birdman of India'

Salim Ali, an Indian ornithologist was among the first to conduct systematic bird surveys across India.



(26 April 1564
– 23 April 1616)
Shakespeare
(English Poet,
Playwright, Actor)
is known as the
Bard of Avon.

Nancy Drew is presumably dead in the 90th anniversary edition of her series.



Barack Obama, the first African - American President of the United States won the Nobel Prize for Peace in 2009.



Amartya Sen, an Indian professor at Harvard University, won the Nobel Prize in Economics in 1998. It was another Indian Nobel laureate, Rabindranath Tagore, who gave Amartya Sen his name.



Marvel Comics was earlier known as Timely Publications.

असा पसरतो कोरोना विषाणू.

कोरोनाची लागण झालेली व्यक्ती निरोगी व्यक्तीच्या समोर खोकल्यास किंवा शिंकल्यास निरोगी व्यक्तीला कोरोनाची लागण होऊ शकते. लागण झालेल्या व्यक्तीच्या लालेच्या माध्यमातून कोरोनाचे विषाणू अनेक वस्तूवर पसरू शकतात. त्या वस्तूंना तुम्ही स्पर्श करून तुमच्या डोळ्याला, कानाला किंवा नाकाला हात लावल्यास तुम्हाला विषाणूची लागण होऊ शकते.

अशी घ्या काळजी

- सातत्याने खोकणाऱ्या तसेच शिंकणाऱ्या व्यक्तीशी 2 ते 5 मीटरचे अंतर ठेवून संवाद साधा
- गर्दीच्या ठिकाणी जाणे टाळा, तसेच गर्दीच्या ठिकाणी गेल्यास मास्कचा वापर करा.
- विविध वस्तूवर कोरोनाचे विषाणू 48 तासांपर्यंत जीवंत राहू शकतात. त्यामुळे सातत्याने तुमचे हात साबणाने स्वच्छ धुवा. कमीत कमी 20 सेकंदांपर्यंत तुमचे हात स्वच्छ करा.
- आजारी व्यक्तीच्या संपर्कात येणे टाळा

JOKES

Father asks his Son: Why aren't you doing well in history?

Son: Because the teacher keeps on asking about things that happened before I was born!



A man and his wife are setting up their new computer. When it comes time to pick the password, he types in "my_brain" but the computer rejects it. His wife says "I told you it was too small."

WHAT DO YOU CALL A PRIEST WHO BECOMES A LAWYER?

ANS. FATHER IN LAW.

Tom walks into his boss's office and tells him, "Sir, I know things are going well here but I have three companies that have contacted me recently. I would like a raise."

His boss agrees and after debating the amount for a while they agree on a 5 percent raise.

When Tom gets up to leave his boss asks him, "What companies contacted you?" Tom smiles and says, "The cable, electric, and water company."



Q: What do you get when you cross a cow with a trampoline?

A: A milkshake!

Q: What's a light-year?

A: The same as a regular year, but with less calories.

Q: Why don't aliens eat clowns?

A: Because they taste funny!

Q: What is an astronaut's favorite key on the keyboard?

A: The space bar!

Q: Why did the cow go to outer space?

A: To visit the milky way.

It's Hard to be a Teacher at Times...

Teacher: Construct a sentence using the word 'Sugar'.

Student: I drank tea this morning.

Teacher: Where is the word Sugar?

Student: It is already in the Tea!!



Teacher: Our topic for today is 'Photosynthesis'

Student 1: What is 'Photosynthesis' teacher?

Student 2: 'Photosynthesis' is our topic for today.

Happy Birthdays



April

- 6th Sreekala Velambath
 9th Avani Chakrabarty
 17th Aditya Save
 18th Romal Waingankar
 23rd Chaya Salian
 26th Falak Trivedi



June

- 7th Tanuja Patil
 14th Vaishali Mandali
 23rd Geeta Chandrasekaran
 29th Shweta Mane



May

- 11th Deepa Balraj
 12th Amit Shethar
 27th Bal Krishna Sawant
 27th Nikita Basari
 30th Juki Trivedi

July

- 2nd Anuradha Chatterjee
 15th Nitasha Chawdhary
 16th Sampada Sakpal
 19th **NRITYANJALI
 FOUNDATION DAY**
 22nd Manasi Damle
 24th Harsha Andan
 26th Sanjukta Guhathakurda
 27th Swapnali More
 31st Vinaya Keny



You Can Contribute

Articles, Poems - Original or Sourced
 Pictures / Sketches in Black & White only
 to the Editorial Board
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