

APRIL 2021
Vol.30 No. 02

Parichay mein Parichay



(REG. NO. E-9247 MUMBAI DT. 21-3-83)

The Institute of Performing Arts, Education, Personality Development & Management Services

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*Parichay
Mein
Parichay*



Volume 30 No.02
Date of Publication :
30th APRIL 2021
Registration No.
54810192

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Published by :

Dr. Anonna Guha
on behalf of
Nrityanjali
Information Services
(NIS)

Printed at :

**Published
this
issue
Online**

Dear Readers,

Seems like yesterday when the whole world got introduced to COVID. Examinations for Std.10 have been cancelled to safe guard our children. Diverse thoughts have been going around sharing mix views, some encouraging to fight the fear by being cautious while some losing hope.

'Prevention is better than Cure' has been read umpteem number of times, but we have not got it ingrained into our system to be cautious and have lacked becoming responsible citizens by not following the norms that will keep us safe and help us continue with what we love; to be connected with those whom we love, and to grow from 'I' to 'We', by being able global citizens.

Nrityanjali believes in 'Love, Care and Share what ever little we have' and being responsible towards self and others is exactly what we need to do to show our love, care. Only then we will be able to share the true joy of life. As an institution, Nrityanjali continues to promote this very thought and urge people to realise it before it is too late. We at Nrityanjali are optimistic and believe in hope, for we know that 'Life is Beautiful'.

We recently enjoyed celebrating **Nrityanjali Fest 2020 - Prize Distribution** function online and thank our Principals, our schools and every stakeholder for their participation. Special '**Life Skills**' summer camp for students have been planned. We still continue to have dialogues with people through various platforms and forums - be it our frontline workers, parents, and student fraternity, in order to share that optimism, well without losing our common sense and being responsible. Vaccinations are provided, there is this last phase that we all need to work towards to bring our life to the normal that we want. So please wear masks, sanitise, and be connected to your loved ones and of course help us help you fight this together.

Maitri Khedekar

Parichay Mein Parichay Life Membership (10 Yrs.)

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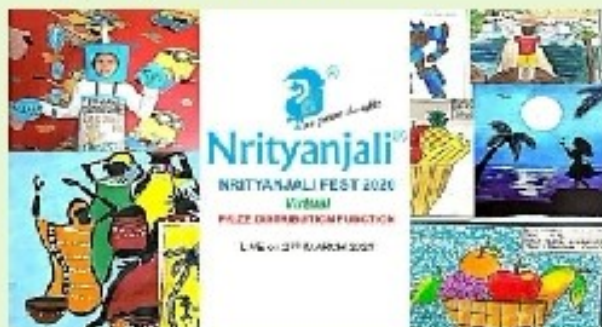
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ACCOLADES

Dr. Tushar Guha
Mumbai

Respected Sir,

We are extremely thankful to you for addressing the participants via webinar on Self Awareness Series Meeting on the Subject: **"Reality & Projection" - the complexity of life and profession** organized by the **Membership & Public Relations Committee of The Chamber of Tax Consultants**, held on Thursday, 8th April, 2021.



Your coverage was exhaustive, intensive and educative and immensely appreciated by all the participants.

We once again thank you for sparing your valuable time for sharing your vast knowledge and experience. Truly appreciate your efforts and look forward to your support for future endeavors of the Chamber.

Thanking you,

CA PREMAL GANDHI
(Co-Chairman)

&

CA NISHITHA PANDYA
(Chairperson - Membership & Public Relations Committee)

•

Dr. Tushar Guha was invited by **Centre for Educational Initiatives & Research Global Trust** (CEIR Global), Sreekariyam, Chennai to motivate the Principals and Teachers from PAN India on 24th April 2021.

The topic was - **Projection & Reality - of Educator's Life and Profession**

Around **378 participants** attended the session.

Sharing some of the expressions from the Chat that reflect the joy and learning from the attendees.

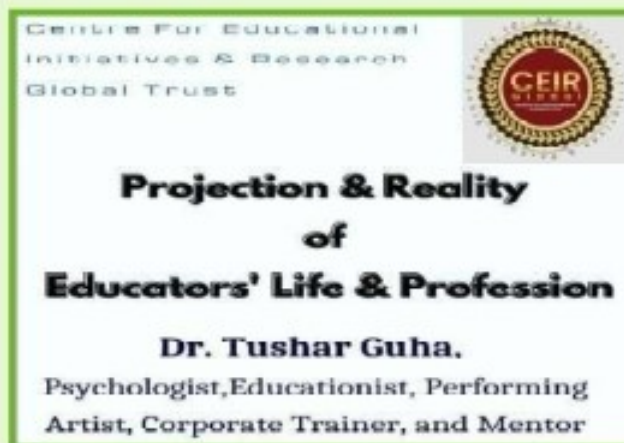
Annapurna H.N : Excellent Sir, equal education opportunities irrespective boards the child study

Vaishnavi Kudtarkar : Inspiring and valuable thoughts sir

Kuntalkanti Mukhopadhyay: Very True Definition and Explanation of Diplomacy, Sir.

Pinky Gupta : Very true Sir. Common Sense and intelligence go hand in hand.

Priti Soota : Loved each and every word shared by you Sir!! Very motivating presentation straight from your heart.



Beatrice Ronald : Thank you Sir. very concrete, usable and applicable learning experience.

Sharmila Mukherjee : Excellent session! Thank you for the insights Sir

Sajeena Siraj : Wonderful session from such a resourceful person.

Jyoti Rajeev : very much informative and interesting, every word caught my mind.

Rohini Waghmare : One of the best sessions, very refreshing and informative.

Jeeva Harish : Feeling very happy to learn from you Dr Guha. Refreshing session . Thank you so much sir.

Sheeja Menon : Thank you Girish Sir and Tushar Sir for your valuable response.

Mala Sasi : Wonderful session. Thank you Sir and thanks CEIR

FOOT PRINTS... *Nrityanjali News*

***Nrityanjali Management Services* conducted the following management training programmes**

- On 4th & 5th February 2021, **Hindusthan Copper Ltd, Taloja** held two days training for their executives at their premises, on **Time Management & Managerial Effectiveness**. Dr. Anonna Guha and Mrs. Harsha Andan conducted the same
 - On 16th March 2021, **Dr. Tushar Guha** conducted two hour session for **RCF Ltd, Chembur**, on **Mentoring with the 3-T's - Trust, Transfer, Transform**
 - On 8th April 2021, **Dr. Tushar Guha** conducted online 90 minutes session on **Reality & Projection - the complexity of life & profession** for **The Chamber of Tax Consultants**
 - On 17th April 2021, **Dr. Anonna Guha** was a Panelist online for **"Girl Up Ahsaas - Prerna"** programme supported by United Nations Foundation.
-

Online Career Guidance

- **Career Guidance Sessions** for Individual students were conducted from January to March 2021 - Courtesy **Nrityanjali**

Online Life Skill Programmes

- On 8th, 9th, 25th & 26th March 2021 the final programmes on Life Skills for **Little Angels School, Sion** were completed online for the academic year 2020-2021 - Courtesy **Nrityanjali**

Online Workshop on Parenting

- On 18th February 2021, **Dr. Tushar Guha** delivered sixty minutes address online on **"Your Child and You - Managing the emotions during Pandemic"** for the parents of **Eminence School, UAE**

Online Workshop for Educators

- On 24th April 2021, Dr. Tushar Guha was invited by **Centre for Educational Initiatives & Research Global Trust (CEIR Global)**, Sreekariyam, Chennai to motivate the Principals and Teachers from PAN India. The topic was - **Projection & Reality - of Educator's Life and Profession**

FOOT PRINTS... *Nrityanjali News*

OPEN FORUM FOR PRINCIPALS (OFP)



- NES Open Forum for Principals initiated a **Survey to understand the post covid situations in educational institutions across India.**

Series of **Web- Chat with Principals pan India** commenced on 6th March 2021 on the issue to ascertain their views. The Web-Chat series will continue till June 2021 which will facilitate to prepare a guideline to all Heads of Educational Institutions

The Web Chats were chaired by the Chairperson of OFP Dr. Tushar Guha and facilitated by the Chief Administrator of OFP Mr. Girish Dalvi.

Mrs. Deepa Desai and Dr. Suresh Nair were the Co-ordinators for the Web Chat series.

The Principals shared their views on two specific questions.

1. the issues, difficulties and problems likely to be faced post covid.
2. the possible solutions to the issues

On 6th March 2021 Participating Schools were :

1. Hosur Public School (CBSE), Tamil Nadu - Principal Dr. V. Bindhu
2. St. Joseph School(SSC), Wadala, Mumbai - Principal Mrs. Sangita Bhattacharya
3. Sree Sarada Vidyalaya (CBSE), Kochi, Kerala - Dr. Deepa Chandran
4. Vivek Vidyalaya (SSC), Goregaon, Mumbai - Dr. Suresh Nair

On behalf of OFP, the Web chat was anchored by former Principal Mrs. Deepa Desai. OFP Trustee and Chief Administrator Mr. Girish Dalvi introduced the guest Principals. Chairperson of OFP Dr. Tushar Guha moderated the chat while Mrs. Revathi Srinivasan Director Principal Singhania Group of Schools summed up the proceedings. Vote of Thanks was offered by Mr. Girish Dalvi.

- **Continuing the NES Open Forum for Principals Web-Chat series, for a Survey to understand the post covid situations in educational institutions across India,** the second round of Web-Chat was held on 20th March 2021

On 20th March 2021 Participating Schools were :

1. Singhania Group of School (ICSE), Mumbai, Gujarat - Mrs. Revathi Srinivasan
 2. MVJ International School (CBSE), Bengaluru - Mrs. Vamshepriya Amar
 3. Ryan International School (CBSE), Chandigarh Mrs. Poonam Sharma
- Dr. Suresh Nair - Principal, Vivek Vidyalaya (SSC), Goregaon, Mumbai was special invitee and Observer.

On behalf of OFP, the Webchat was anchored by former Principal Mrs. Deepa Desai who also summed up the proceedings. OFP Trustee and Chief Administrator Mr. Girish Dalvi introduced the guest Principals. Chairperson of OFP Dr. Tushar Guha moderated the chat. Vote of Thanks was by Mr. Girish Dalvi.

OPEN FORUM FOR PRINCIPALS (OFP)

• The Third round of NES Open Forum for Principals Web-Chat series, for a Survey to understand the post covid situations in educational institutions across India, was held on 10th April 2021

On 10th April 2021 Participating Schools were :

1. Shri Vallabh High School, Sion.Mumbai, Mrs. Sunanda Yewale (SSC),
2. Delhi Public School (CBSE), Jaipur - Mrs. Rita Taneja
3. Bright Day School (SSC), Vadodara, Gujarat - Mr. Bhavik Parekh
4. Navaneeta Public School (SSC), Nellore, Andhra Pradesh - Mr Kadhiresan

On behalf of OFP, the Webchat was anchored by Dr. Suresh Nair - Principal, Vivek Vidyalaya (SSC), Goregaon, Mumbai, who also summed up the proceedings and offered the Vote of Thanks..

OFP Trustee and Chief Administrator Mr. Girish Dalvi introduced the guest Principals. Chairperson of OFP Dr. Tushar Guha moderated the Web Chat

The next Web Chat is scheduled for 1st May 2021.

Faculty Division

- Online Classes In Bharat Natyam Dance, Kathak Dance and Sangeet for Private Students, Students of Special Batch and from Praveshika Purna to Visharad continues.
- Regular Classes In Bharat Natyam Dance, Kathak Dance, Modern Dance and Sangeet are expected to commence from June 2021 after receiving permission from the Government but only with maximum of 10 students (using Mask) per Batch for a duration of 45 minutes.

HRD

- Special Personality Development Course Level 2 (**SPDC 2**) commenced **Online** from 6th February 2021 and ended on 28th February 2021.
- Special Personality Development Course Level 1 (**SPDC 1**) commenced **Online** from 20th March 2021 and will end on 2nd May 2021
- Special Personality Development Course Level 1 (**SPDC 1**) will commence **Online** from 19th June 2021 and will end on 25th July 2021
- **Workshop on Life Skills Online** - 5 Days (Monday to Friday) - 1.5 Hrs - 7 to 9 yrs / 10 to 12 yrs / 13 to 16 yrs will be held in the month of May 2021
The content will cover the following:
 1. Who am I ?
 2. What I want ?
 3. Why I Want ?
 4. Right or Wrong.
 5. How I achieve

FOOT PRINTS... *Nrityanjali News*

Social Activities Division

NRITYANJALI FEST 2020 - Inter School Competitions

Online Prize Distribution Function was held on

Saturday 27th March 2021 at 4.30 P.M. on Zoom

Technical support by: **Mrs. Jyoti Menral**, Founder - Ajanta Vihara, New Delhi

The Event was supported by **Nihar Naturals**, **MARICO Limited**

Principals who attended the event expressed their joy and encouragement to the 33 years of hardwork of Nrityanjali.

They acknowledged the Personality Development of their students through the competitions and the experiences they have gathered through the efficient volunteer team of Nrityanjali.

Mrs. Aditi Banerjee

Mrs. Sangeeta Bhattacharya

Mrs. Rekha Rohira

Mrs. Kuldeep Kaur

Dr. Reshma Hegde

- Principal - Lodha World School, Dombivli

- Principal - St. Joseph High School, Wadala

- Principal - MLRT Gala Pioneer School, Kandivli

- Headmistress - New Horizon Public School, Airoli

- Academic Director & Principal,

Kapol Vidyanidhi International School, Kandivli

Watch the event on Youtube Channel named **Dr.Tusahr Guha's Nrityanjali**.

Link: <https://www.youtube.com/watch?v=R-ggFNfo55U>



With the support of **NOV Pvt. Ltd**, Nrityanjali undertook the following activities during the months of January, February and March 2021:

1. Made 6 Toilets at Indira Gandhi School, Nallasopara
2. Community services of distributing Masks, soap, sanitizer, bag to 1647 households in Mulund, Bhandup and Vikhroli
3. Community services of distributing additional 3000 Masks in Bhandup
4. Building 3 Toilets at Pragati Vidyalaya, Vashi
5. Building 3 Toilets at Anand Vidya Niketan High School, Pune
6. Community services of distributing Masks, soap, sanitizer, bag to 150 households in Kumbharwada, Mundwa, Pune

FOOT PRINTS... *Nrityanjali News*

Social Service Activities

• In keeping with Nrityanjali's commitment of social service, we took another step towards serving the needy and their education.

We received special request from three schools to help pay the **SSC Board Examination Fee** scheduled from March 2021.- for their **137 needy students** - mostly tribal children.

The Schools are :

1. Jan Seva Sangh Sanchit Vihigar High School, Panvel, Raigad Dist (**41 Students**)
2. Vaze High School, Panvel, Raigad Dist (**45 Students**)
3. Nere High School, Panvel, Raigad Dist (**51 Students**)

Nrityanjali's appeal to society received resounding response.. We were flooded with donation offers which we had to be halted, as the requested quota was completed from donation on the basis of First Come, First Serve basis.

Nrityanjali and the three schools are indebted to all the Donors including those whose Donations we could not accept as the required quota was full. Our gratitude to all of them. Pranam to our Donors :

- | | |
|-------------------------|-------------------------------------|
| 1. Mrs. Smita Shetty | 2. Mrs. Mildred Sawant |
| 3. Mr. Shashikant Pawar | 4. Mr. Shashikant Pawar and Friends |
| 5. Mrs. Nanda Kulkarni | 6. Mr. Umesh Ghai |
| 7. Mrs. Shivani Khanna | 8. Mr. Debashish Basu |
| 9. Ms. Shalu Sharma | 10. Mr. Nilesh Nikaljay |
| 11. Mrs. Kirti Shukla | 12. Mr. Gopal Mishra |
| 13. Mr. Mahendra Kumar | 14. Mr. Ajay Joshi |
| 15. Mrs Yasmin Hingora | 16. Mrs. Vilobha Kukde |



SARASWATI PUJA

was held on

Tuesday,

16th February 2021

at 11.00 A.M.

followed by Packed Bhog.

61 members participated
in phases.

FOOT PRINTS... *Nrityanjali News*

Social Service Activities

Nrityanjali is grateful to **Mrs. Bhumika Dogra Mukherjee** our member, now in Kolkata, for presenting Special Christmas Sweets Hampers to our **Lady Cooks** of **Nrityanjali Mahila Udyog Yajona**

•

Nrityanjali acknowledges the gesture of **Mrs. Bhavika Nathwani** our member for donating **basic life kits** to the women inmates of jails. The venture was carried out in collaboration with **Prayas Foundation**

•

Nrityanjali Mahila Udyog Yajona continues its services offering Special Hampers during each Festival -

- | | |
|------------------------|---|
| Diwali | - Karanji, Chakli, Chivda, Rawa Laddu, Besan Laddu, |
| Christmas | - Cakes, Chocolates, Kalkal, Cookies |
| Makar Sankrant | - Til Laddu, Sev Laddu, Kucho Nimki, Masala Puri, Sevai Kheer (Kite & Phirki - Decor) |
| Basant Panchami | - Khichadi, Sabji, Tomato Chutney, Payes |
| Holi | - Poran Poli, Gujiya, Kucho Nimki, Thandai |

***Our regular items of variety of Juices and Meals are in great demand
We are overwhelmed with the response.***

•



Sampada Sakpal
the vibrant, popular and leading artiste of
Nrityanjali,
also an executive in Banking Industry, married
Prashant Talekar
on 18th March 2021 - Congratulations

FOOT PRINTS... *Nrityanjali News*

Nrityanjali Cultural Activities:

- **Kala Ghoda Arts Festival 2021** was held online from 6th to 14th February 2021. **Dr. Anonna Guha** anchored the online shows.
- On 21st February 2021, **Shanmukhananda Sabha** premiered on **YouTube** the production **Manini** which was staged in March 2011 on the occasion of International Women's Day. **Manini** was a confluence of Bharat natyam, Mohiniattam, Odissi and Kathak dance style enumerating the different facets of womanhood. **Dr. Anonna Guha** along with her Kathak students performed **Meera**
- Kathak Recital by **Dr. Anonna Guha** was released on YouTube Jayanti Mala's Kala Kriti Kendra to celebrate the **100th Birth Anniversary of Kathak Legend Guru Sitara Devi** on 20th, 22nd, 24th February 2021
- On 25th February 2021, **Takshashila Nrityakala Mandir** in collaboration with **meetkalakar** presented **Nritya Parichaya** and featured **Guru Dr. Tushar Guha** and his choreographed dance performance **Geet Ramayan** in Facebook
- **Dr. Tushar Guha** was the **Guest of Honour** at the online Website Launching Function of Dr. Madhura Phadke's **Ardent Education Cunsultancy** on 21st April 2021
- **Geet Ramayan** by **Nrityanjali Artistes** was premiered on YouTube on the occasion of **Ram Navami** on 21st April 2021.



LIFE SKILLS

5 days Virtual workshops is based on the 32 years of intense work of renowned Psychologist, Corporate Trainer, and Educator **Dr. Tushar Guha** (Founder, Chairman - Nrityanjali Group)

| AGE GROUP | BATCH 1 | BATCH 2 |
|-------------|------------------|-------------|
| 7 - 9 years | 9:30 - 11 AM | 2 - 3:30 PM |
| 10-12 years | 10 - 11:30 AM | 4 - 5:30 PM |
| 13-18 years | 11:15 - 12:45 PM | 2 - 3:30 PM |

A virtual programme to help your child

- Know about Self and Realise their potential
- Learn Effective Communication skills
- Be prepared to Achieve in Life
- Rejoice and Refresh their New Normal
- Identify Dreams and Set Goals



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Commencing from
31st May 2021



For Enquiry Call us on 97024 87589 Or Email us @ nrityanjalinrityanjali@gmail.com Web: www.nrityanjali.com

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.

In this Issue, we feature the thoughts of **Mr. Babji Chowdhary** and brief expression of **Mrs. Chhaya Salian**.



Mr. Babji Chowdhary
-retired Manager
from Century Rayon.
He has been an
integral part of
Cenray Youth Club
(in Century Rayon)
later christened as
NRITYANJALI

MY FOND MEMORIES

Memory in childhood is qualitative & quantitative different from memories formed and retrieved late in the adult years and old age. The person who has left a deep imprint on the young minds of the children of Ms Century Rayon Colony, from way back in the sixties and seventies was Dr. Tushar Guha, one of the younger sons of Shri S K Guha, who worked as the Chief Executive in the Organization.

M/s Century Rayon, a B K Birla group of companies, situated on the banks of river Ulhas at Shahad, 60 KM away from Mumbai, is a textile company, manufacturing Viscose filament yarn, along with other allied chemicals. It had its own colony outside the precincts of the factory.

Let me go down memory lane, way back in the early sixties, Dr. Tushar Guha found that the colony children were engaged in different activities at different locations. He came up with a idea of bringing all the children together at one place and channelize the potential of each one towards constructive activities. This led to the formation of **Children's Club**. With the passage of time, the energies of young and adolescents were diverted to competitive spirits. Houses were formed, namely Red,

Blue, Yellow and Green; houses. Inter houses competitions in various sports events (Cricket, football, Kho Kho, Kabbadi, Dhapshi, throw ball, Athletics, etc), Cultural and Arts activities like Dramatics, Dancing, Fashion shows, Singing, Elocution, Debates, Drawing/ Painting competitions, formed a regular feature of the Club's activities...The Annual cultural Programme would provide a platform for young children to showcase their talent. Dr. Tushar Guha would personally train and improvise each and everyone to come up to their full potential. New Year Eve celebration would be the highlight every year, which each & everyone would be looking forward to.

With the passage of time the children and adolescents were turning into teenagers & youths.. This led to rechristening the **Children's Club to Cenray Youth Club**. Club Membership increased manifold. Dr Guha then made many portfolios and assigned the senior members as Incharges of each of the portfolios like Chairman - Sports, Cultural, finance, Library, Liaisoning, Publicity, so on and so forth. I too grew - captain of Green House to Secretary.

We, as incharges of such portfolios learned from Shri Guha practically all the **Basic functions of Management** since a very young age. We had an **experiential learning** of Planning, Organizing, staffing, Directing, Evaluation, & coordinating: which no school of Management inculcates.

On retirement of his Dad, Tushar Guha shifted to Mini land, Bhandup. Urged by his mission to motivate, inspire, incorporate personality development in others, he moulded and christened the

organisation as Nrityanjali with the blessings of Smt. Sarla Birla and Shri Basant Kumar Birla.



I am sure each and every one of us, who were the members of **Cenray Youth Club**, would unanimously agree that we had a wonderful and fruitful childhood and youthful days at Century Rayon Colony, due to the self development, excitement, competitive spirit we grew up in. All this has been possible because of one person i.e. Dr. Tushar Guha, whom we will always be indebted to, for providing us the platform for channelizing our energies and directing our potential in a constructive direction.

To sum up we shall always remain in awe, admiration, love and respect for the man, who was a Leader, guide, philosopher, mentor, and a friend to all of us from the time when he was only 15 years of age. He is an institution in himself, named **Dr. TUSHAR GUHA**.

APPEAL

PMP Subscription

One Year- Rs.200/- (4 Issues)

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- Rs.1000/- (40 Issues)

Members are requested to encourage their friends and colleagues to subscribe for the Membership.

Every contribution helps us continue with our selfless work

Mrs. Chaya Salian - a home maker and yoga expert, visited Nrityanjali as a parent, then joined as a member of Nrityanjali, completed post graduate diploma in personality development and trained in Kathak dance. Now she is a Kathak dance teacher in Nrityanjali.



मेरे लिए नृत्यांजली मॉ सरस्वती का मंदिर है। नृत्यांजली से जुड़ने के बाद, मुझे अपने बारे में जानने का मौका मिला। तब तक मैं खुद से अंजान थी। मैं सिर्फ अपने परिवार और औरों के बारे में ही फिक्र किया करती थी। नृत्यांजली से जुड़ने के बाद मुझे पता चला कि मैं कितनी और क्यों महत्वपूर्ण हूँ, खुद के लिए। तुषार गुहा सर ने मुझे परिवार के साथ-साथ खुद को भी जानने की और महत्व देने की कला सिखाई। नृत्यांजली में मैं दिल खोलकर हँसी भी हूँ और दिल खोलकर रोई भी हूँ, जो मैं हर किसी के साथ नहीं कर सकती थी। हम हँसी तो कहीं भी सकते हैं पर रोने के लिए एक विश्वास के कंधे की जरूरत होती है और वह मुझे पिता समान गुहा सर से मिला है।



नृत्यांजली एक ऐसी जगह है, अगर आप में कोई इच्छा है कुछ बनने की तो नृत्यांजली आपको रास्ता दिखाएगी। कठिनाइयों तो हर मंजिल पर आती है, उन कठिनाइयों से लड़ने की कला, आपको नृत्यांजली सिखाएगी। अगर आप सच्चे और ईमानदार इंसान हो तो नृत्यांजली आपका सच्चा साथी बनेगा।

Young Entrepreneur

We continue our Column - Young Entrepreneurs
Mrs. Apoorva Shetty - Senior Member and Life Skill Faculty of
Nrityanjali chats with
Mrs. Priya Narvekar - the entrepreneur



It was wonderful experience to interact with **Mrs. Priya Narvekar** and know about her professional journey. She came across as a very cheerful and optimistic person who has made her own mark through her hard work and perseverance.

Apoorva Shetty (AS): Hello Madam, Could you tell me about yourself, your childhood and growing up years?

Mrs. Priya Narvekar (PN): Hello Apoorva, My maiden name is Shilpa Pingle. My childhood was spent in Miniland, Bhandup. Childhood was great. My parents gave me the freedom to pursue my interests. I pursued dancing – I hold 'Madhyama Pratham' in Kathak. I was also pursuing other forms of dance and dramatics through Nrityanjali. I was quite active in the Sunday classes

AS: How did this journey into teaching and classes begin?

PN: I started assisting a lady but being a college student and other activities, I couldn't continue. But, she had seen my passion for teaching and suggested that I take private tuition for one of her students. After marriage and after my daughter started going to playgroup, I thought I can start again with something. I started with both Kathak classes and tuitions. However, I wasn't a Visharad in Kathak, so I eventually stopped it and went ahead with my passion for teaching subjects.

AS: How was "Priya Tutorials" born and now well known in the Borivali suburb?

PN: As my students grew in number, I rented out a one bhk apartment. Steadily, we progressed and had many batches running. But soon, residential people complained about the disturbances that was caused. Eventually, I rented a shop where we formally established our tutorials. And we have been running it

successfully for the last 12 years catering to all school and junior college levels, as well as competitive medical and engineering entrance exams.

AS: Wow, that's an inspiring journey. From housewife to an entrepreneur. What were the challenges that you faced?

PN: Luckily in this entrepreneurial journey, I didn't face a lot of challenges. God has been kind. Initially, the students who approached me were solely through word of mouth. But once, I started my tutorials, I had to market my skills. My brother Samir, helped me and my father

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supported me financially. He has been my biggest support throughout. Majority of my teachers have been there with me since the beginning. And surprisingly, I didn't go out searching for any. By God's grace, each of them approached me themselves.



AS: *You have been an integral part of Nrityanjali for many years.*

How do you think those years have contributed in your entrepreneurial journey?

PN: Nrityanjali has given me a lot and I don't have enough words to thank. I still remember the things that I learnt – facial expressions, exercises, presentation skills, stage presence etc. and these have unknowingly enhanced my personality both personally and professionally. One of the most important things that I have learnt is to do anything with love & a pure heart. Each and everything at Nrityanjali was so well planned and organized, that I learnt skills like time management, proper delegation of work, being systematic etc. Looking at Tushar Uncle's energy and enthusiasm even at this age, I realized how important physical fitness is irrespective of age. And all these learning have greatly contributed in my journey.

AS: *Any fond memories or experiences with Nrityanjali that you cherish?*

PN: Once Tushar Uncle had told me, "Shilpa, you are very beautiful not just because of the physical appearance, but because you have a beautiful heart." These words had touched me so deeply and try to stay true to it.

AS: *You have so fondly mentioned about your parents and brother. Tell us more about them.*

PN: My parents have always been my biggest support. My mother used to always say that we need to be happy and contented in life regardless of our circumstances. She was an important and active member of Nrityanjali.

My father was a simple, self-made man with humble beginnings. He gave us a foundation of good values and principles. My brother and I share a very close bond though we have an age-gap of six years.

AS: *Has pandemic in any way affected your professional career?*

PN: Initially I had to cancel the lectures. But by Mid - April, we had started with online lectures. Many parents had lost their jobs and we had to waive the fees. Still, those who were financially sound, paid the complete fees due to which I could continue paying my teachers. During this period, I was pretty cautious of the expenses. Also, the shift to online classes was a bit difficult because we were not very well-versed with the technology. The situation is much better now.

AS: *What do you think were the qualities that have helped you achieve success?*

PN: I feel there were three qualities which I would attribute my success to:-

1.Passion – I have done my job with full sincerity-

2.Relationship with Colleagues and Students – I have always maintained a close bond with all my teachers and students. The environment in my tutorials is such that any student is free enough to approach me anytime. I completely trust my teachers' abilities and have never interfered in their work. But at the same time, I believe in taking feedback from my students. We teachers help each other and share our knowledge amongst us which has helped us in our own personal growth.

3.Finance – I made sure all my teachers are paid their dues on time. And I have avoided any unnecessary personal expenses.

AS: *In the next 5-10 years, where do you see "Priya Tutorials"? What are your future goals?*

PN: I would definitely like to extend my reach so I can guide students for national and international entrance exams. Thanks to technology, today we are not limited by distance. I would also like to branch out into other streams like English Speaking Courses for professionals, Public Speaking skills etc. I'm soon launching a Sanskrit Class I also have a dream to start my own YouTube channel, wherein I can guide students with tips and tricks for preparing for any examination.

AS: *Our best wishes are with you. What advice would you like to give if any one wants to take up teaching and tutorials as a career ?*

PN: Must have a passion for teaching. Secondly, today you don't even need students

initially. Like there is an app called – "Teachmint" where in you can record and upload your lectures so that students all over can benefit from it. And it is completely free of cost.

AS: *Any parting words for our readers ?*

PN: I feel that every individual needs to be financially independent irrespective of their age or family background. I also feel till the day you're alive, you need to keep your mind active. Hence, we need to engage in some kind of work, hobby, activity or something. I just hope I continue to teach till the last day of my life.

AS: *Thank you so much Madam for the wonderful talk. I thoroughly enjoyed it and learnt so much from you.*

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Successful Professionals.....



Mrs. Geeta Chandrasekaran Madam has been a successful Principal, presently a Corporate Trainer and is the Head - HR of Nrityanjali Group

We publish her interactions with successful professionals to find out the ingredients that spell success.

A successful person is one who finds the purpose and creates a life that can fulfil the purpose. Who knows or seeks to find the balance between fuelling that purpose to **make** it happen. ...

A successful person is internally resourced and dynamic in nature and **Dr.(Mrs.) Vaishali Gode** is one of them. Dr.(Mrs.) Vaishali Gode is an energetic, goal oriented, aspirational and a dynamic personality. She Heads the R&D Nourishment Advanced technology and Measurement Science. A specialist in Personal Care Products, Skin Care And Hair Care in Marico Ltd., she has 22 years of professional experience in the field of developing products and technologies for skin and hair care. A brief conversation with her led to an interesting interview of her successful career path so far.



Geeta Chandrasekaran (GC): Your journey to what you are today?

Dr. Vaishali Gode (VG): My father was a gazetted officer in the railways and my mother was a school principal - very open minded and liberal in their thinking.. Both my parents had a great influence on me. I went to Holy Cross Girls Convent School (Kalyan) and was good in academics, sports and dramatics. Typical to those days, as a good student I chose science stream. I think I get my passion for work from my father. My parents have always supported me completely, even now.

GC: What inspired you to become a scientist?

VG: I had a friend in Primary school whose mother was a scientist, that fascinated me. I think that was the first trigger. Then my college teachers inspired me.

GC: Any challenges during PhD studies?

VG: I did a part of my Ph. D work in BARC. Travelling from Kalyan to Ghatkopar and then to BARC. When I started working whilst doing

my Ph.D, I used to go to college after work, and work till 9.00pm. Then travel back to Kalyan and get to office at 8.00 the next morning. This went on for almost 2.5 years till I finished my Ph.D. I used to teach in coaching classes during my graduation till the early days of my Ph.D. I had to take lectures even on week ends. This experience of doing multiple things helped me and I could multitask very easily.

GC: What was your feel when you received your Doctorate degree?

VG: It was a sense of relief and happiness. My parents were really happy and proud of my achievement and my happiness came from seeing them be happy.

GC: What has been your most important, surprising, scientific finding?

VG: Whilst I was with Johnson and Johnson I had the privilege to work on one of the topmost skin care problems globally which is Acne. This technology was launched in 4 brands globally and it remains one of my earliest and most cherished finding. Post that I worked on the

benefits of coconut oil for Marico for the brand Parachute. As a scientifically evaluated coconut oil I was simply amazed to unfold the benefits of this oil. It's a miracle oil and with the research which team Marico did, we have moved coconut oil from a commodity to a scientifically proven molecule.

GC: *Why is your area of scientific discovery important (or relevant) for the ordinary citizen of this country?*

VG: Every person in the world suffers from acne at some point in their lives. In severe cases it significantly impacts the quality of life. I worked on a combination of actives that was a cosmetic product however, it significantly reduces the severity of acne within 24 hrs. This technology was affordable and could be used daily without any side effects. Similarly coconut oil can actually be used for various skin conditions very effectively.

GC: *What is your favourite aspect of your research?*

VG: Making a difference to life and providing solutions to everyday problems

GC: *Please share a turning point or proudest moment in your work as a scientist?*

VG: The acne technology that I developed was awarded the Johnson's medal. It is a highest recognition that a scientist can get in J&J and is given across the J&J group of companies. This means that my technology was pitched against innovations on hip joints, contact lenses and also heart valves. To win against such stiff competition was really an honour - a very proud moment.

The other was getting to present at the centenary year conference of the Dept of Dermatology, KEM hospital. - I was the only non - medico. Besides that there are several other success stories.

GC: *What are the required skills and qualification for a research scientist ?*

VG: The top three are, curious mind, patience and ability to absorb failures. Science does not happen overnight. We need to invest a lot in our pursuit of science. Most of the times our experiments will fail and we need to have patience. In India we will find a lot of grass root innovation happening in remote areas done by very ordinary people. They solve everyday problems with their experience and creativity. All of them are scientists.

GC: *Tell me, what you like to do when you aren't working on research?*

VG: I am an avid reader. I read almost anything. My entire family is into sports and I love playing badminton. It's a huge stress buster for me.

GC: *What is your leadership style?*

VG: I believe I am a facilitative leader. I like taking people along. I give my team space to be independent and take charge of things.

GC: *Which has been more valuable in your career, education or experience?*

VG: Experience. Because experience teaches us more than what education does. I was not a product formulator by education. I was able to perform and excel inspite of stiff resistance purely based on my experience. I spent more time with consumers, with patients looking at them, understanding their problems. I got into the thick of things and learnt from the lab boys, doctors or other professionals. It is then up to us to pick up skills and gain experience. More diverse our experience is, better is our chance of success.

GC: *What is your greatest career strength?*

VG: My ability to challenge status quo and to think a little differently. I believe in simple solutions and not making things too complicated.

GC: *What would you do differently if you could go back in time? What are you passionate about?*

VG: I would have started experimenting earlier in life. Unlike today, projects and freelancing was not a part of curriculum. There was no internet

and therefore experiments were only restricted to the labs. Today we have access to everything.

GC: *Any memories of a difficult work situation and how you overcame it?*

VG: When I moved on to the present company, I was introduced to those who would report to me. One amongst them asked me, why he was supposed to report to me. What was it that he would get in terms of knowledge, skills etc from me. It took me by surprise but then I realised that people need to see how we add value to them. Just getting a designation will not mean anything. They might report to us on paper but they will never accept us as a leader unless they see value. I always make sure I up skill myself from time to time so that I can keep adding value to my team.

GC: *How do you manage your work life balance ?*

VG: It is difficult but have managed so far thanks to the support I have received from my husband, Dr. Avinash Gode who is also a Ph.D in Phytochemistry, children and most importantly my parents. We learn to organise our day better with experience. Both my children are so involved in all types of extracurricular activities and therefore I also had to manage their sports coaching, music class, drawing class etc. I think one mantra that I followed was ask for help - my parents, friends or mothers of other kids in the class I asked shamelessly when ever I needed help. I have learnt to say no to things where I don't add value or things or me. My son was the captain of the Maharashtra cricket team for the intercollegiate tournaments in 2019. My daughter is also extremely talented and a very good sportswoman. She has played baseball at the national level, she plays football and has also played cricket upto the state level.

GC: *How do you deal with procrastination, burnout ?*

VG: Actually I am a workaholic. Since I enjoy my work I don't feel the burn out. But I do focus on up skilling and reflecting. Once in a while I look at my priorities and the non negotiables for me. I then modify my activities and reorganise my activities accordingly. I also invest more time in planning my schedule.

GC: Your association with Nrityanjali and the learning you cherish.

VG: I learnt about Nrityanjali around 2010-12 when we were looking to Partner with some one for a professional initiative. I was quite impressed with the way Nrityanjali operated and as we engaged professionally I got to learn more about Sir and how Nrityanjali was born. I also learnt about SPDC program and my husband joined the SPDC 1 program. When I heard about the course in volumes, was something phenomenal, I too completed SPDC1. Then did SPDC 2 together with my husband and very recently did SPDC 3 which is an achievement in itself. During the course, I got to learn so much from team Nrityanjali. The first lesson " you are no one to judge fellow human beings" is so impactful. It helped me relook at the way I was looking at people. And when I started implementing it, made a huge difference to the way I was managing my relationships. Second was perfection and preparation. Sir's attention to detail, organisation,



planning is so flawless that I sometimes wonder if he is even human. But then when we really put that kind of rigour in our work, the difference is for all to experience.

I also observed the way the team Nrityanjali operates and the way Sir leads the team. The engagement level and the amount of positivity that is around there is divine. I remember when I first registered for SPDC1 I happened to mention it to Mr. Aditya Save who was my colleague at work then. I knew he worked with Nrityanjali and hence asked him about attending the course. He told me, "I don't know if you will learn anything else but I am sure you will learn to be happy." And this was so true. Today if I am absolutely in a mess, I just drop by and spend some time at Nrityanjali with Sir and Anonna Ma'am and Girish Sir and all the worries vanish like magic. I like to believe that I just transfer all my problems to Sir and he solves it for me.

GC: *Being successful in your career, an achiever, a perfect wife and a wonderful mother, what do you choose to be— a super woman, power woman, women empowered or a complete woman?*

VG: *Actually none of these. I choose to be myself. I think women don't really need these adjectives. The definition of success is different for different people. I have seen the highs and lows of everything in my life and my definition of success has also changed with time. I think rather than being called a super woman or a complete woman I would want to be remembered as good human being.*

GC: *Success mantra for the young generation.*

VG: *No substitute to hard work, give your 100%, Gain experiences and education will follow.*

GC: *How would you describe yourself as "Who am I" in the midst of your career growth?*

VG: *It's a difficult question actually. Without getting into the spiritual or philosophical part of it, I think I am someone who has tried to*



*Dr. Vaishali Gode was inspired to pursue her career under the guidance of **Dr. Usha Mukundan**, Head R & D, Nourishment Nature Care Advanced Tech and measurement science - Marico Limited.*

do things differently, taken the less trodden path and the risks that came along with it. My purpose in life is to add value through values. My values are very dear to me. I have got them from my parents and they are a part of me. I want to add value to everything I do. Its important for me and that is what I strive to be.

GC: *Any more aspirations in your bucket list?*

VG: *Well, I want to continue to pursue science and keep working on new things, but I also want to help young mothers overcome the challenges they face managing work and families, just so that they don't give up their dream. I also want to work with youngsters, teenagers to just listen to them and offer help they need in getting directions, getting that little clarity just listening to them when they feel lonely etc. I also want to teach life skills some day to young students.*

GC: *Thank you so much Vaishali ma'am, it was indeed my pleasure and privilege to have interviewed you. I infer that you believe "Success is the progressive realization of the predetermined worthwhile personal goals. Success is not a one way street but a constant journey." Congratulations for your achievements so far and May God bless you to fulfil your bucket list.*

वडील

Article written by **Ms. Pratiksha Mohite** celebrating the Golden Jubilee year of her father's birthday.

Ms. Pratiksha Mohite from Chiplun is pursuing her doctorate studies through Marathwada University. She was the participant of the first ONLINE batch of SPDC Level 1. Being very grounded and family oriented, Pratiksha's love for learning was obvious through her assignments and involvement in the course.



This article shared by her as a 'Literacy Tendency' exercise of SPDC 1, is an expression of every daughter who loves her father and whose father is a super hero for her.

वडील म्हणजे मुलीच्या आयुष्यातला एक महत्वाचा भाग... तिला लहानपणापासून माहित असलेला सगळ्यात पहिला "Brave Boy"... "SUPERHERO"... तिचे विश्व असणारा तिचा लाडका "बाबा"...

मेरे घर आई एक नन्ही परी म्हणत आपल्या राजकुमारीला जपणारा घराचा राजा... अन् 'चंदा ने पुछा तारों से... तारों ने पुछा हजारों से... सबसे प्यारा कोन है... पापा... मेरे पापा... अस गुणगूणत तो कटूनही येऊ दे... त्याला 'बाबा'... असं म्हणत बिलगणारी त्याची लाडकी लेकर...

किती अतूट नातं असतं ना हे बाप-लेकीचं.. असंच खूप घट्ट नातं आहे माझं आणि माझ्या बाबाचं शुद्धा..

तशा आम्ही चार लेकी, त्यांचा चार कोनांचा एक चौकोन, तसा प्रत्येकीवरच त्यांचा जीव आहे.. पण माझे सूर जरा जास्तच जळतात पप्पांसोबत.. माझ्या आयुष्यात आईसोबत तेवढ्याचं ताकदीने उभा असलेला एक strong pole.. Big supporter म्हणजे माझे पप्पा... लहानपणापासूनच प्रत्येक गोष्टीत पप्पांचा विश्वासाचा हात नेहमीच माझ्या सोबत राहिलाय. प्रत्येक मुलीला वाटतं असतं की आपण आपल्या वडीलांसारखं असावं, अन् कोणी असं म्हटलंच की.. "लेक वडीलांवर गेलेय अगदी." की मग मूठभर मांस जास्तच चढतं अंगावर.

ताईनंतर त्यांची द्वितीय कन्या मी.. प्रतिक्शा.. पण पहिल्यापासून मी मात्र त्यांचा लाडका बंड्याचं होते. पहिल्यापासून त्यांच्या बोलण्यातून, विचारातून खूप काही शिकवलं त्यांनी. कोणतीही गोष्ट करताना आत्मविश्वास सोबत हवा ही गोष्ट कायम मनावर बिंबवली त्यांनी..

आमचं बालपण काही वर्षं लोट्याला USV कॉलनीत आणि तिथून पुढे मग चिपळूण ला गेलं.. पप्पांच्या वेगवेगळ्या गोष्टी ऐकणं, कॉलनीत असताना उन्हाळ्याची सुट्टी लागली की सोनगावच्या जंगलात करवंद काढायला जाणं ही मज्जा वेगळीच असायची. अन् रविवार आला की मार्केटिंग च्या गाडीने जाऊन गार्डन मध्ये खेळायला जाणं ह्या गोष्टी उरलेल्या असायच्या. तसे दिवसभर वेगवेगळ्या शिफ्ट्स, कंपनी मधले ऑडिट्स, ऑफिसचं बिझी शेड्यूल यामुळे इतर दिवशी आमच्यासाठी खरतर फार कमी वेळ असायचे पप्पा. पण जेव्हा घरी असायचे तेव्हा काही ना काही नवीन शिकवणं, वाचनासाठी नवनवीन पुस्तकं आणून देणं, नाहीतर मग त्यांच्या जुन्या आठवणी सांगणं यात दिवस कसा निघून जायचा कळायचं नाही..

मला आठवतयं.. पप्पा ताईचा फार अभ्यास घ्यायचे.. तिला शिकवायचे. वेळप्रसंगी आमच्या पप्पांच्या भाषेत धम्मकलाडू अन् चापटपोळी ही मिळायची तिला. पण माझ्या बाबतीत मात्र थोडा वेगळा बदल केला त्यांनी.. फार कमी वेळा त्यांनी माझ्या अभ्यासाचं पुस्तकं हातात घेतलं त्यांनी, मात्र असं

करण्यामागचा हेतू, नेहमी सांगितला.. ते म्हणायचे, "तू जेवढा स्वतः स्वतःचा अभ्यास करशील, जेवढे स्वतःला समजून घेशील, तेवढं तू develop होतं जाशील. फक्त स्वतःवरचा विश्वास कमी होऊ द्यायचा नाही. कारण ; आत्मविश्वासाने आपण अर्थी लढाई जिंकलेले असतो." त्यांनी माझ्या लहानपणी केलेला हा विचार जेव्हा आता समजतो, जाणवतो, तेव्हा वडील म्हणून असलेली त्यांची दूरदृष्टी मला जास्त भावते. Thank you so much papa.

ताई, मी, वैष्णवी, आर्या.. आम्ही जश्या मोठ्या होत गेलो. शिकत गेलो तश्या त्यांच्या जबाबदाऱ्या ही वाढत गेल्या. पण आयुष्यात असलेलं शिक्षणाचं महत्त्व त्यांनी आम्हाला वेळोवेळी सांगितलं. तुम्ही कोणत्याही क्षेत्रात जा. तुमच्या आवडीचं क्षेत्र निवडा परंतु त्या क्षेत्रात आपल्याला अव्वल राहता आलं पाहिजे हे त्यांच नेहमीच सांगणं असायचं. शिकत असताना त्यांच्यामुळेच मला अवांतर वाचनाची सवयही लागली.

पुस्तक आपल्याला नवनवीन अनुभव देतात. जगायला शिकवतात. त्यामुळे पुस्तक जेवढी वाचनात येतील तेवढी वाचली पाहिजेत हे ठाम मत असतं त्यांचं.

या वाचनाच्या सवयीसोबत त्यांनी मला वेगवेगळ्या स्पर्धांमधे भाग घ्यायला ही प्रोत्साहन दिलं. "तू हे करू शकतोस. बिंथास्त जा. प्रयत्न केलेस की काही अशक्य नाही." या वाक्यातून भक्कम पाठबळ तर मिळायचंच. आणि स्पर्धा जिंकली की "अरे वा... जिंकलस माझ्या बाप्या..." हे कौतुकाचे शब्द देखील असायचे. त्यांच्यामुळे अभ्यासासोबतच वेगवेगळे खेळ, वक्तृत्व अशा स्पर्धांमधे मी भाग घ्यायला लागले. अन् भाषण करां हवं, त्यातले हावभाव, चढउतार या गोष्टींच बाळकडू मला त्यांच्याकडून मिळायचं.

आता जेव्हा मी वेगवेगळ्या विषयांवर लिहिते, बोलते, समोर येऊन बोलण्यासाठी लागणारं धाडस या सर्व गोष्टी मी त्यांना बघून शिकले. आणि कळत नकळतपणे या गुणांची रुजवण माझ्यागवेही झालेली आज जाणवते.

तुम्हाला जेवढे शिकता येईल तेवढे शिकलं पाहिजे अन् त्याचा योग्य ठिकाणी उपयोग ही करता यायला

हवा हे त्यांच नेहमी सांगण असतं. त्यामुळेच शिक्षण आणि पुस्तकं या दोन गोष्टींसाठी त्यांनी कुणाला ही आजतागायत कधी अडवलेलं मला आठवत नाही.

आम्ही मोठे होत असताना वेगवेगळ्या गोष्टींमधून, आजूबाजूच्या परिस्थिती मधून नेहमीच काहीना काही शिकवण देत असतात ते. आयुष्यात चांगले वाईट प्रसंग येत असतात पण त्या प्रसंगांमधून पूढे जाणं सगळं महत्वाचं असतं. माझ्याही आयुष्यात एक वेळ अशी आली की ज्यात मी पुर्णपणे कोलमडून गेले. पण त्या दिवसात माझ्या आईवडीलांची असलेली भक्कम साथ माझ्यासाठी फार मोलाची ठरली. त्या दिवसात आपल्या बंटवारासाठी हळवे झालेले, खचलेले पप्पा पाहिले की फार जिळ्वारी लागायचं. मला बरं करण्यासाठी जरा जमेल तरा प्रयत्न करणारे माझे आईपप्पा मला अजूनही आठवतात.. कारण ते नसते तर माझं अस्तित्व शून्य होतं.... पण अशा सगळ्या परिस्थितीत "वेळ" हे एकमेव उतार असतं. वेळ बदलतो.. अन् ती बदलली सुद्धा.. आणि बदलताना लाखमोलाची शिकवण देऊन गेली.

आज पप्पांना ५० वर्ष पूर्ण होतायत. घरातला एक कर्ता पुरुष म्हणून, आमच्यासाठी वडील म्हणून, आईसाठी तिचे पती म्हणून, आज जी आजोबांसाठी त्यांचा गुलगा म्हणून तर आल्यांसाठी त्यांचा भाऊ म्हणून प्रत्येकवेळी त्यांचं नातं अगदी कसोशीने निभावतात ते... आमच्या सगळ्यांच्याच आयुष्यात ROLE MODEL अरालेले आमचे पप्पा.. ज्यांनी त्यांच्या पित्तांच्या पंखांना बळ देऊन भरारी घ्यायला शिकवली त्या माझ्या वडीलांचा मला नेहमीच अभिमान वाटतो. I feel proud and lucky to be his daughter. कारण माझ्यासाठी ते माझे फक्त वडील नाहीत तर वेळप्रसंगी मित्र ही बनतात. मनात गोंधळ असेल तेव्हा हक्काने ज्यांच्याशी बोलू शकेन असं मैत्रीचं नातं ही ते निभावतात. मला नेहमीच स्ट्रॉंग बनवतात. त्यांच्या बोलण्यातून एक वेगळाच विश्वास मिळतो. आयुष्यात निर्णय घेताना बळ मिळतं. अर्थात या निर्णयात माझी आई ही आम्हा दोघांना तितकीच साथ देते. पण तरी माझ्या आयुष्यात असलेली त्यांची जागा ही ध्रुवतऱ्यासारखी आहे.

पप्पा...तुमचं स्थान आमच्या आयुष्यात असचं अढळ राहो.. अन् तुम्हाला दिर्घायुष्य लाभो हिच सदिच्छा...तुम्हाला ५० व्या वाढदिवसाच्या हार्दिक शुभेच्छा..

Rhymes & Verses



Who is a 'Strong Man'

They say a man is one
who is a protector, a supporter, a huge
appearance.

They say a man is one
who is bread earner, a decision-makers,
a planner.

Someone who is macho, dynamic, yet
needs to be humourous.

They say a strong man is one who is Ideal,
But fail to accept the one who is timid,
yet creative,

Be someone who may not be a Bruc-lee,
but is caring and warm.

Who formed this expectations?

Why are these expectations.

One could be unconventinal,
has faith and seeks help from others,
one who can be dependent, is ready to be
pride of eveyr human.

One who is fresh in many ways,
a blend of tradition and trends,
Her Mr.Right in someways.

He could be physically strong,
yet could be emotionally weak,
He could be me and you,
Yes, he is the one in me and you

He is the one in this world,
Whose existence is real, presence is real,
the trust and love is real
Yes, he is human first.

Written by **Mr.Girish Dalvi**

Mr. Girish Dalvi Trustee of Nrityanjali is also a
performing artiste. He is a corporate trainer and
Chief Admisnitrator of Nrityanjali's Open Forum
for Principals (OFP), India.

Mr. Dalvi enjoys travelling, choreography,
writing short plays, and poetry.

Eyes

Eyes, the window of your soul
like a rainbow, simple yet beautiful
which holds many
colours in it.



You dig deep into them,
And find those secrets.
You look at them,
And find love for the beloved.
You spy at them,
And find the aggression in its beauty.
You observe them,
And find smartness in its elegance.
You peep into them,
And the willingness to discover more.
You notice them,
And find emotions for others and
yourself too.
You glimpse at them,
And find brightness in its grayscale

Written by **Miss. Avni Sonkusale**

Miss Avni Sonkusale daughter of our member
Mrs. Neelima Sonkusale (Faculty & Career
Counselor) student of Grade 9 in Bal Bharati
School, Belapur.

Avni is an Athlete and a national level Swimmer
and has earned accolades for her schools at
various state and national level swimming
competitions

FOOD *Khana* Recipes



WHITE SAUCE CANAPES

Ingredients:

1. Canapés Shell (you get it in any store)
2. Bell peppers - red, yellow, green (1/2 each)
3. Mushrooms (10 pcs)
4. Brocoli (3-4 flowers) and Zucchini (optional)
5. Green onions (2-4) and Garlic - 8-10 cloves
6. Olives (as per requirement)
7. All purpose flour (Maida) - 25 gms
8. Butter - 25 gms and Milk - 250 ml
9. Seasoning - salt, black pepper, oregano, chilli flakes

Procedure:

1. Finely chop vegetables and garlic, except cut mushrooms into cubes.
2. Heat some butter in the pan. Sauté garlic till brown. Now add vegetables and sauté. Do not cook the vegetables completely. Keep them crunchy. Season the vegetables and Keep aside.
3. In another pan, melt butter and add the flour and cook it until the raw smell goes away. This is called *Roux* in culinary terms. Now add the milk and whisk continuously to avoid lumps. The measurements of Butter, Flour and Milk should be in the ratio 1:1:10 respectively. Your white sauce is ready.
4. Now add the sautéed veggies to this and mix well.
5. Take the canapés shell and fill it with the prepared mixture. Top it with with olives and serve.

Mr. Satyen Tawde student of hotel management, is grooming self into dance and dramatics at Nrityanjali. His first guru, his mother, helped his talent to bloom.

His love for Nrityanjali reflects from the creatives he has been creating for Nrityanjali social media. During lockdown period his cookery show on YouTube Channel is active.

NO-VEG YAKHNI PULAO Eid Special

Ingredients:

1. Mutton or chicken - 800 gms
2. Basmati Rice - 2.5 cups
3. Onions - 5 nos, Tomatoes - 4 nos., Souf - 2 tbsp., Mace (Javitri) - 2 pcs., Green chillies - 10/12 nos., Garlic onion - 2, Star anise (chakra phool) - 4 pcs, Green cardamom (choti ilaichi) - 6 pcs., Black cardamom (masala ilaichi) - 4 pcs., Cinnamon (Dalchini) - 2 sticks, Bay leaf - 2, Coriander Seeds - 2 tbsp., Cloves (lavang) - 10/12, Black peppercorn - 10/12,
4. Black pepper powder - as required
5. Ginger garlic paste - 1 tbsp
6. Curd - 1 cup
7. Kewda water - 2 tbsp
8. Saffron strands and Salt as required

Method:

1. In a pressure cooker, add the mutton or chicken (M/C). Then add all the whole spices (garam masalas), 1 rough chopped onion and 2 entire garlics. Add 1.5 cups of water. Add salt. Let it pressure cook for 6 Whistles.
2. Strain the stock and keep aside. Discard the masalas. Do not throw the garlic onion.
3. In a pan, heat oil and fry the sliced onions until golden brown and keep aside. In the same oil, add 2 green cardamom, 1 black cardamom, 1 star anise and sauté. Now add in the M/C and sauté well till colour changes.
4. We now add the ginger garlic paste, green chillies (slit), tomatoes and let it cook. Low the flame and add curd into it. Mix well.
5. Now add in the M/C stock kept aside. Add 1 cup water more. Add the seasoning. Bring to boil. When it starts boiling, add basmati rice (soaked in water for 1 hr). Cook until the rice is well done.
6. Take a iron pan (tawa) and place the pot in which you have prepared Pulao on it.
7. Mix kewda water and saffron in half cup water and pour on the cooked Pulao.
8. Now cover with a damp cloth and a lid. Let it stay on Dum for 15 mins on low flame. Serve hot!

JOKES

Not easy to be a Teacher ??

TEACHER: Our topic for today is Photosynthesis. Class, what is photosynthesis?

STUDENT: Photosynthesis is our topic for today.

TEACHER: John is climbing a tree to pick some mangoes. (Begin the sentence with 'Mangoes')

STUDENT: Mangoes, John is coming to pick you...

TEACHER: What do you call mosquitoes in your language?

STUDENT: We don't call them, they come on their own...

TEACHER: Name the nation, people hate most

STUDENT: Exami-nation...

TEACHER: How can we keep our school clean?

STUDENT: By staying at home...

TEACHER: One day our country will be corruption free. What tense is that?

STUDENT: Future impossible tense...

NOWADAYS TEACHING IS REALLY VERY TOUGH* ??



These 7 things from SHOLAY are a must-do to defeat CORONA:

1. Jo Darr Gaya Samjho Marr Gaya.

Do not panic. Do not be afraid. These are testing times. Face the pandemic bravely. Every cough is not Corona. Do not die of a heart attack even before Corona gets you.

2. Kitne Aadmi The?

Always be aware of how many people are going to be at a certain place. Do not go to crowded places. Do not gather as if you will miss watching something if you do not go out. You will miss nothing. Remember this is CORONA, not KAREENA.

3. Itna Sannata Kyun Hai Bhai?

Do not ask this unless you are living under a rock or are a Left-Liberal. You should support Janta Curfew and should be ready for more of these sannatas in the coming days.

4. Kya Samajhkar Aaye The... Sardar Khush Hoga... Sabashi Dega!

Do not think your going to the office at this time would be applauded (unless of course you work at a hospital). Your boss would not be happy if he comes to know that you have gone to the office especially when you have been told to Work-From-Home. You suck at following orders. SIT AT HOME.

5. Basanti, Inn Kutto Ke Samne Mat Nachna.

Do not go out dancing. Do not even throw dance parties at home. If you must dance... dance alone...but never with or in front of anyone.

6. Yeh Ramgarh Wale Apni Betiyon Ko Kaunsi Chakki Ka Aata Khilate Hain Re?

It is very important to know which chakkis and grocery stores are open in the neighborhood during a lockdown. Do not hoard things but do know where all things will be available when you need them.

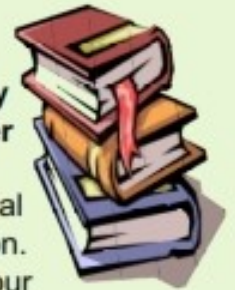
7. Ab Tera Kya Hoga Kaliya!

And if you are still unlucky after all this and get the virus you can only wonder. There's no antidote. If you reach this stage stop following SHOLAY and move on to KAL HO NA HO.



Did you know your body loses up to 8 percent of water on a flight?

Water is our body's mechanical oil—without it, it can't function. You lose about 8 percent of your body water while on a flight. This



is because the humidity in the climate-controlled environment can be as low as 10 to 15 percent.

Babies have around 100 more bones than adults



Babies have about 300 bones at birth, with cartilage between many of them. This extra flexibility helps them pass through the birth canal and also allows for rapid growth. With age, many of the bones fuse, leaving 206 bones that make up an average adult skeleton.

Did you know instrument strings were made from animals?

The strings of string instruments were originally made from the guts of animals like sheep or lambs. Now, instrument makers have transitioned to metal wiring. But before metal, it was common for all string instruments to be made from the guts of the animals geographically available to the makers.

Did you know why we yawn?

The most popular, but likely wrong, theory is that yawning increases levels of oxygen to the brain. A more plausible theory: Yawning cools the brain down. A study conducted on mice found that as mice sucked in air, their jaws stretched—this increases blood flow to the brain. This combination of cooler air intake when yawning mixed with the blood flowing to the brain is thought to eventually cool the brain down.

Did you know viruses are not alive?

Viruses are not living things—they are inanimate and do not have cells. This means that they "cannot turn food into energy, and without a host, they are just inert packets of chemicals," according to *Discover Magazine*.



The longest place name in the world is 85 letters long. Unfortunately, this fact you probably can't repeat to your friends—and that's because it's nearly impossible to pronounce. **Taumatawhakatangi-hangakoauauotamatea-turipukakapikimaunga-horonukupokaiwhenuakitanatahu** is in **New Zealand** and is 85 letters long. And when it comes to other super long place names, it's followed by **Llanfairpwllgwyngyllgogerychwyrndrobwllllantysiliogogogoch** in **Wales**, **Chargoggagoggmanchauggagoggchaubunagungamaugg** in the **United States**, **Tweebuffelsmeteenskootmorsdoodgeskietfontein** in **South Africa**, and **Azpilicuetagaraycosaroyarenberecolarre** in **Spain**.

Happy Birthdays

April

6th Shreekala Babu
 9th Avani Chakrabarty
 17th Aditya Save
 18th Komal Waingankar
 23rd Chhaya Salian
 26th Falak Trivedi
 28th Pranjali Doke



May

1st Ajay Jadhav
 2nd Anirudh Gangawane
 3rd Juhi Trivedi
 11th Deepa Balraj
 12th Amit Shetkar
 19th Neha Balmiki
 27th Balkrishna Sawant
 27th Nikita Basari



June

7th Tanuja Patil
 14th Vaishali Mandalia
 19th Kirti Shukla
 23rd Geeta Chandrasekaran
 29th Shweta Mane



July

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



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You Can Contribute

Articles, Poems - Original or Sourced
 Pictures / Sketches in Black & White only
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