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Parichay
mein
Parichay



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

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*Parichay
Mein
Parichay*



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Editor :

Maitri Khedekar

Dear Readers,

Editorial Board :

Hemakshi Jethmalani
Nikita Basari
Poonam Verma
Satyen Tawde

Wishing each and everyone warm wishes for the New Year. May this year help us sustain good health and be more adaptable of the changing world, be it the virus variant, the climate, the mindsets or evolving trends and innovations. Every event has its good and the bad and it is up to us to take the best out of it. While countries are fighting for their basic rights, there are individuals who have been working for the betterment of tomorrow.

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Every new year brings in a lot of hopes, aspirations and dreams. It demands a lot of hard work, perseverance, and consistency to achieve the goals. Nriyanjali too believes in hopes, aspirations and dreams. These have been and will always be our reason to exist and exist happily. We continue to support, through our **Social initiatives**, the student community, destitute women, and professionals, primarily focusing on their mental wellbeing and being Self-Reliant.

Published by :

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

Nriyanjali Fest 2021 completes its 35th year. The celebration will continue till we have our Virtual Prize Distribution function. We all would like to thank the unwavering support and cooperation from all parents, teachers and principals, and obviously our dear students. This year we had a few Guest Schools from outside Mumbai, who were invited to participate at Nriyanjali Fest 2021, a new beginning of a new chapter.

Printed at :

ONLINE

Thank you all the volunteers, judges, back office team, well wishers and our supporters for this year - **SBI and Marico - Nihar Naturals** for making this event a great success. Your support reassures us of the objective.

Normalcy is yet to come and may come with new list of responsibilities at the personal, social, economic, and global level. So be responsible, follow the guidelines, update yourselves on environmental and social reforms, and be the able contributor towards the wellbeing of our Mother Earth.

Maitri Khedekar

Parichay Mein Parichay Life Membership (10 Yrs.)

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
July'14 Vol.23 No.3	Basu Sagarika
Oct.'14 Vol .13 No.4	Guha Tushar, Radha / Dharmesh Rana
Jan'15 Vol.24 No.1	Pukale Naresh, Manju, Puloma, Khushvi
April'15 Vol.24 No2	Revathi Sethuraman
Oct'15 Vol.24 No.4	Trivedi Falak
April'16 Vol.25 No,2	Chowdhary Nitasha, Manju
Oct'16 Vol.25 No.4	Geeta Chandrasekaran
Jan'17 Vol.26 No.1	Chirath Harinakshi
April'18 Vol.27 No.2	Yewale Sunanda
July'18 Vol.27 No.3	Jattani Hemakshi
Oct'18 Vol.27 No.4	Singh Bindu
Jan'19 Vol.28 No.1	Sonkusale Neelima / Damle Nivedita
April'19 Vol.28 No.2	Nathwani Bhavika
Jan'20 Vol.29 No.1	Damle Manasi / Sawant Balkrishna / Samjiskar Charushila / Mane Shweta
July'20 Vol.29 No.3	Pingle Samir

PMP Subscription

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

Life Subscription (10 Years) - Rs.1000/- (40 Issues)

Members are requested to please check and renew their Life membership

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 Mrs. Charushila Samjiskar
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Under Central Administration

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PMP - Editor - Mrs. Maitri Khedekar & Editorial Board Members

Human Resource Development (Research,SPDC,In-House Training)

Head : Mrs. Geeta Chandrasekaran

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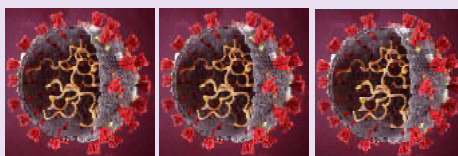
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ACCOLADES

Thank you Anonna Madam,

The Secretarial Programme conducted on 28th October 2021 was very insightful and informative. There was lot to learn from you and Mr. Girish Dalvi. Thank you so much.

Ms. Nazneen Khan

HR - Glenmark Pharmaceuticals Ltd., Mumbai

Hello Anonna Madam,

I attended Warli Painting and Mandala Arts workshops on 11.11.2021. It was very nice. Both Maitri Madam and Sangita Madam conducted the programme very nicely and it was very interactive.

Even the workshops conducted on Public Speaking and Etiquette on 10.11.2021 by you and Dr. Anuradha Chatterjee respectively, were very effective. Thank you for giving us your best faculties always

Ms. Asavari Patankar

HR - Larsen & Toubro Ltd, Powai

Nrityanjali Management Training Team,
Referring to the six online training programmes of Effective Communication for our supervisors, must say that **Nrityanjali Rocks.**

Mr. Adinath Bade

HR Manager USV Pharmaceuticals

Respected Dr. Tushar Guha Sir,

I have received mail regarding my bank details for receiving honorarium for being a judge at Nrityanjali Fest.

Sir, I am honoured for this opportunity to serve Nrityanjali and to work with you and this experience. Please do not pay honorarium to me.

Mr. Sameer Chande

Judge - Nrityanjali Fest 2021
Plant Engineer,

USV Pharmaceuticals, Lote, Chiplun

Dear Team Nrityanjali Fest 2021,

Thank you for your mail. Please use the honorarium amount due for any noble cause taken up by Nrityanjali

Dr. Latha Venkat

Judge - Nrityanjali Fest 2021

Principal Seksaria Sarvodya School, Malad

Thank you Team Nrityanjali,

This is such a pleasant surprise. Overwhelmed by the gesture of receiving honorarium and memento for being a judge at Nrityanjali Fest 2021. Not expected at all. Nrityanjali is a NGO.

Ms. Surashree Das

Judge - Nrityanjali Fest 2021 & Renowned Singer

Team Nrityanjali Fest,

Thank you so much for your acknowledgement and giving me an opportunity to be part of the 35th Nrityanjali Fest in my small way. That itself is gratifying and also thank you so much for the wonderful memento! That was such an excellent idea and gesture!

Mr. Ravi Sitaraman

Judge - Nrityanjali Fest 2021 & Renowned Singer
General Manager -HR, Inventia HealthCare

Dear Anonna,

Nrityanjali has always believed in expressing gratitude for services rendered. Accept my gratitude for gratitude expressed

Mrs. Rekha Vijayakar

Judge - Nrityanjali Fest 2021
Educationist & Sr. Director ADAPT

Thank you Girish Sir,

So much to learn at every OFP Meet. Glad that I could attend the Meet on the 18th December 2021 along with our Vice-Principal at Kapol Vidyanidhi International School, Kandivali.

Thank you

Mrs. Saba Patel

Principal, Anjuman Islam School, Bandra



It is heart breaking for us to share that

Mr. Amit Shetkar

left for the heavenly abode on 11th December 2020

We knew that he was terminally ill and his life would come to an end any time.

But with his zest and spirit for living,
he performed at all Nrityanjali shows with joy and without any complains
- always a helping hand to every artiste
- for make-up, costume, food serving, lights et all.

At the back of our mind, we expected the end over the last 10 years.
But we got to know after almost a year, after he bid good bye to this world.

From Sir.....

I say good bye to my special child, his smiling face flashing.

Life is not certain, none of us are sure

Amit had expressed and I wanted to be by his side to say good bye.

God willed otherwise.....

Did not even get to know of Amit's departure almost for a year

That is fate, that is life.

Had a little talk with Amit's brother and the curtain is down

Good Bye Amit..... Love Amit.....



Mr.N.P. Mathur aged 84 years
- husband of our very senior
member Mrs Manju Mathur and
father of Pallavi Mathur Pawar and
Palash Mathur
left for the heavenly abode on
2nd November 2021
- Our deep condolence.

Mr Rahul Trivedi
- Father of our 19 year old member
Ms. Juhi Tivedi left
for the heavenly abode
on 28th October 2021
- Our deep condolence.

FOOT PRINTS...

Nrityanjali News upto 31st December 2021

Nrityanjali Management Services conducted the following management training programmes

- Two batches of **Online Training *Pathway to Success (Mentoring)*** by Mr. Girish Dalvi for Graduate Engineering Trainees of **Schneider Electric (Formerly Larsen & Toubro Ltd)** on 26th & 27th October 2021
- **Secretarial Programme (Behavioural & Technical)** was conducted **physically** by Dr. Anonna Guha and Mr. Girish Dalvi on 28th October 2021 for **Glenmark Pharmaceuticals Ltd** in Mumbai. Mrs. Harsha Andan was the Co-Faculty.
- On 11th November 2021, Dr. Anonna Guha conducted **physical** training programme on **Achievement Orientation** for the officers of **KFL Industries in Mumbai**. Mrs. Kavita Gambani was the Co-Faculty.
- **Retirement Programme - Ageing Gracefully** was conducted **physically** by Dr. Anonna Guha and Mrs. Harsha Andan on 24th November 2021 for **RCF Ltd** in Chembur, Mumbai. Ms. Nikita Basari assisted.
- **Online** 2 hours Training on ***Mentoring*** for the senior personnel (60 participants) of **Larsen & Toubro Ltd** and **Schneider Electric** on 2nd December 2021 by Mr. Girish Dalvi
- **Online** programmes on **Effective Communication** of 2 hours duration each for six batches, were conducted for the supervisors of **USV Pharmaceuticals Ltd.** on 3rd, 7th and 10th December 2021 (2 Batches per day). Dr. Anonna Guha conducted the training and Mrs. Geeta Chandrasekaran was the Co-Faculty.

Nrityanjali Education Services conducted the following programmes :

Online Life Skill Programmes in Schools

- Little Angel school, Sion from Std 3rd to Std.10th were held in November 2021
- Courtesy **Nrityanjali**
- **Career Guidance Sessions** for Individual students continued
- Courtesy **Nrityanjali**
- **Online Career Guidance Sessions** for 90 students of Little Angel School, Sion were held in December 2021 - Courtesy **Nrityanjali**

FOOT PRINTS...

Nrityanjali News upto 31st December 2021

Nrityanjali Education Services conducted the following programmes :

NES - Open Forum for Principals - India held small physical meetings across Mumbai, Thane and Raigad Districts till the month of January 2022, keeping in mind, the covid situation to discuss **the Issues and Plausible Solutions of Schools - Post Covid**, based on the Survey conducted by OFP from March to July 2021 across schools PAN India.



The OFP Meet is being partnered with Times of India - NiE

- The inaugural physical meet of principals was held on 25th November 2021. **Dr. Chandrakanta Pathak - Principal, HVB Global Academy, Marine Lines, Mumbai** hosted the Meet. All covid protocol were maintained and 12 schools participated.



- **The Second physical Meet** was held on 18th December 2021. Chairperson **Mrs. Alka Vora** and Director- Principal **Dr. Reshma Hegde** of **Kapol Vidyanidhi International School, Kandivali**, hosted the Meet. 10 schools participated. **Dr. Tushar Guha** officially announced and welcomed **Mrs. Alka Vora** as the **Patron of OFP**.



FOOT PRINTS...

Nrityanjali News upto 31st December 2021

Human Resource Development

- The physical class of - the 16 days, Special Personality Development Course Level 1 (**SPDC 1**) will commence from 20th February 2022.
- Two days online conference was organised by IRDI Studio and Yashaswini Foundation, presented by Centre for Individual Resource Development International on 18th and 19th October 2021. On 18th October 2021 **Dr. Tushar Guha** addressed the delegates on **Mental Health & Wellness** and **Mrs. Rekha Vijayakar** - our Director - Socio & Education, addressed the delegates on **Collaborative Teaching and Learning**.
- Dr. Tushar Guha addressed Principals online on the situation of schools, post Covid at the invitation of **CIRDI - Centre for Individual Research and Development International** on 7th December 2021.

•

Nrityanjali Cultural Activities:

On 18th November 2021

Dr. Anonna Guha conducted online Kathak Dance Workshop for NCPA, Mumbai, **Vistaar Lecture series**

•



SARASWATI PUJA

celebrating Basant Panchami,

will be held on

5th February 2022

Puja and Aarti

will be at 11.00 A.M.

Packed Bhog

will be served

at 12.30 PM.

FOOT PRINTS...

Nrityanjali News upto 31st December 2021

Social Service Activities

In keeping with Nrityanjali's motto,
our service to all sections of society continued during the lockdown period.

1. Nrityanjali continued to distribute Masks, Sanitizers, Soaps Rice, Wheat, Dal, Oil
2. Nrityanjali created employment for women through Nrityanjali Mahila Udyog Yojana by helping out through Catering Service
3. Nrityanjali collected funds and paid Board Exam Fee of students from remote areas.

From December 2021 our ***honorary Service to Rehab Centres*** began.

Our dedicated faculty members physically began to visit Centres for the Destitute Women and Jails and conducted Motivational programmes.

Mrs. Sangita Sawant, Mrs. Sreekala Velambath, Mrs. Bhavika Nathwani and conducted four programmes in December 2021.

The **National Centre of Performing Arts, Mumbai** joined hands with **Nrityanjali** and commenced its **Socio-Cultural Activities Project** of conducting **Dance Training** to students from less privileged schools. The programme will continue online from December 2021 to March 2022 at Milind Vidyalaya, Bhandup and Vaje School, Panvel.

With the kind help and donation from 9 Donors, Nrityanjali forwarded the **SSC Board Examination Fee** of students from Vaje School, Panvel. Principal Shri Mali Sir expressed his deepest gratitude to the Donors. Nrityanjali expresses our gratitude and salutes the Donors:

1. **Mrs. Shalu Sharma** from Tokyo
2. **Capt. Deepak Guha** from Chembur
3. **Mr. Ashit Thakkar** from Mulund
4. **Mrs. Swadhina Patnaik** - Hindusthan Copper, Taloja
5. **Dr. Poonam Verma** from Vikhroli
6. **Mrs. Supriya Pradhan** from Mulund
7. **Mrs. Shweta Singh** from Kandivali
8. **Mr. Alok Shrivastava** - Indial Oil Corporation, Bandra
9. **Mrs. Kirti Shukla** from Kanjur Marg

Workshops for Children under the aegis of **Larsen & Toubro Ltd and Larsen & Toubro Infotech** were conducted by Nrityanjali Faculty Members on 10th & 11th Nov 2021

- Two sessions on **Public Speaking** by Dr. Anonna Guha
- Two sessions on **Etiquette & Grooming** by Dr. Anuradha Chatterjee
- Two sessions on **Warli Painting** by Mrs. Maitri Khedekar, Mrs. Sangita Sawant
- Two sessions on **Mandala Art** by Mrs. Maitri Khedekar, Mrs. Sangita Sawant

FOOT PRINTS...

Nrityanjali News upto 31st December 2021

Social Service Activities

Nrityanjali Fest 2021 - Inter School Competitions commenced from 20th November 2021. The competitions details are as follows :

Central Zone - (Sion to Titwala / Badlapur and Chembur / Mankhurd)
20th, 21st 28th November and 5th December 2021

Navi Mumbai Zone - Vashi to New Panvel
27th, 28th November, 4th,5th and 12th December 2021

Western Zone - Mahim to Virar on the Western Railway
28th November, 5th, 11th,12th and 18th December 2021

South Mumbai Zone - Colaba, Mazgaon, Worli to Matunga / Matunga Road, King Circle
28th November, 5th,12th,18th and 19th December 2021

6056 students from 98 schools participated. The Prize Distribution function is being held online on 26th January 2022

Salute to Team Nrityanjali Fest 2021 Members :

Dr. Anonna Guha
Mrs. Nivedita Damle
Mrs. Manasi Damle
Mrs. Sangita Kamble
Ms. Nitasha Chawdhary
Ms. Nikita Basari
Ms. Vinaya Keny
Ms. Sachi Prasad
Ms. Sejal Parab
Ms. Arnika Sakpal
Ms. Sanah Parab
Ms. Dhanya Uttumathadil
Ms. Juhi Trivedi
Ms. Sanika Gaikwad
Ms. Swananda Bharadkar

Mr. Girish Dalvi
Mrs. Maitri Khedekar
Mrs. Sangita Sawant
Mrs. Geeta Chandrasekaran
Mrs. Neeta Parekh
Mr. Dinesh Singh
Mr. Satyen Tawde
Mr. Parameshwar
Mr. Mahadevan
Ms. Sahara
Mr. Shashank Dey
Ms. Shrishti Dey
Mr. Balkrishna Sawant
Mr. Baban Kokate
Mr. Ranjan Gothankar



Fancy Dress participant

FOOT PRINTS...

Nrityanjali News upto 31st December 2021

Social Service Activities

Our Gratitude to the Judges

the Eminent Judges for Nrityanjali Fest 2021 Inter School Competitions were :

Drawing

Mrs. Maitri Khedekar

Speech Recitation / Story Telling

English,Hindi, Marathi

Dr. Vaishali Gode

Dr. Latha Venkat

Mrs. Rekha Vijayakar

Mrs. Shulagna Bannerjee

Ms. Shubhadra Shenoy

Mrs. Revathi Sethuraman

Mrs. Vasanti Anand

Mrs. Nivedita Damle

Ms. Manisha Singh

Mrs. Charushila Samjiskar

Mrs. Chandra Wilson

Ms. Maitri Khedekar

Ms. Pratiksha Mohite

Mr. Sameer Chande

Mr. Gopal Mishra

Mr. Ganesh Patil

Ms. Gauri Keny

Mrs. Poonam Arora

Ms. Aarti Kapadia

Mrs. Sreekala Velambath

Ms. Priya Kareer

Mrs. Sonia Pareek

Mrs. Namrata Kulkarni

Mrs. Shivangi Shetye

Mrs. Juliet Marquis

Mrs. Kirti Shukla

Mrs. Bhavana Gandhi

Mr. Raghavendra Kulkarni

Fancy Dress

Mrs. Maitri Khedekar

Dance Bharat Natyan

Ms. Sangita Sawant

Mrs. Manasi Damle

Ms. Snigdha Sinha

Ms. Priyanjali Rao

Dance Kathak

Mrs. Rekha Vijayakar

Mrs. Arpana Rao

Mrs. Sangita Sawant

Ms. Leena Malakar

Dance Western Solo

Ms. Padmini Haldankar

Ms. Enaakshi Kotwal

Mr. Ashit Thakkar

Mr. Sagar Damle

Hand Writing

English,Hindi, Marathi

Mrs. Maitri Khedekar

General Knowledge

Mrs. Maitri Khedekar

Mono Act

Dr. Anuradha Chatterjee

Mrs. Revathi Sethuraman

Mrs. Chhaya Ravani

Vocal

Hindusthani / Carnatic

Mrs. Shoma Sinha

Mr. Ravi Sitaraman

Mrs. Geeta Chandrasekaran

Mrs. Aruna Suresh

Mrs. Uma Mahesh

Vocal Light Solo

Ms. Surashree Das

Mrs. Uma Mahesh

Mrs. Sanjukta Guhathakurta

Mrs. Charushila Samjiskar

Mrs. Geeta Chandrasekaran

Mrs. Manju Chawdhary

Essay

English,Hindi, Marathi

Mrs. Maitri Khedekar

Speech Elocution

English,Hindi, Marathi

Mrs. Revathi Sethuraman

Ms. Amita Prabhakar

Mrs. Charushila Samjiskar

Mr. Manish Chandy

Ms. Sonika Malhotra

Drawing participant



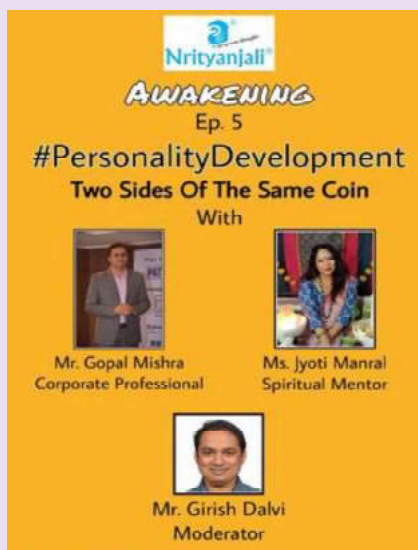
FOOT PRINTS...

Nrityanjali News upto 31st December 2021

Nrityanjali Information Services

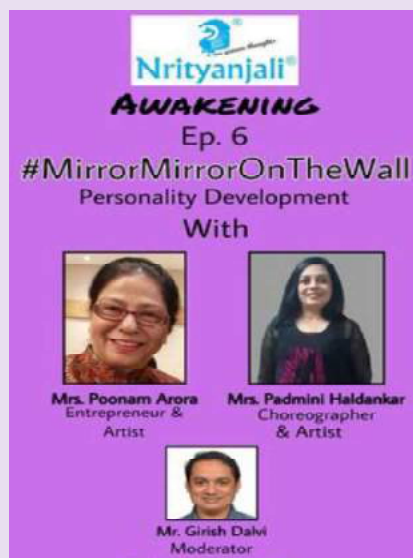
Awakening 5

Every Coin has Two Sides - a Discussion, was held on 30th October 2021 on **Instagram**, as a part of the **Awakening Series**. Mr. Girish Dalvi anchored the programme and Mrs. Jyoti Manral- Head - Spiritual Healer and Mr. Gopal Mishra - Sr. Manager Hindustan Petroleum Corporation Ltd enlightened the audience with their interpretation of the proverb.



Awakening 6

Mirror Mirror on the Wall - a Discussion, was held on 29th November 2021 on **Instagram**, as a part of the **Awakening Series**. Mr. Girish Dalvi anchored the programme and Mrs. Poonam Arora - a Terracota Entrepreneur and Ms. Padmini Haldankar - reputed choreographer contributed to a very healthy and interesting exchange of thoughts.



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.
- 167 Nrityanjali students will appear at the online **Akhil Bharatiya Gandharva Examinations**. Written Examination and practicals to be held in February 2022 (In regular times the examinations are held in November - December). In the year 2020, **Nrityanjali Bhandup Centre**, could not hold the examinations due to Covid 19.

NRITYANJALI FEST

- a Legacy of 35 years

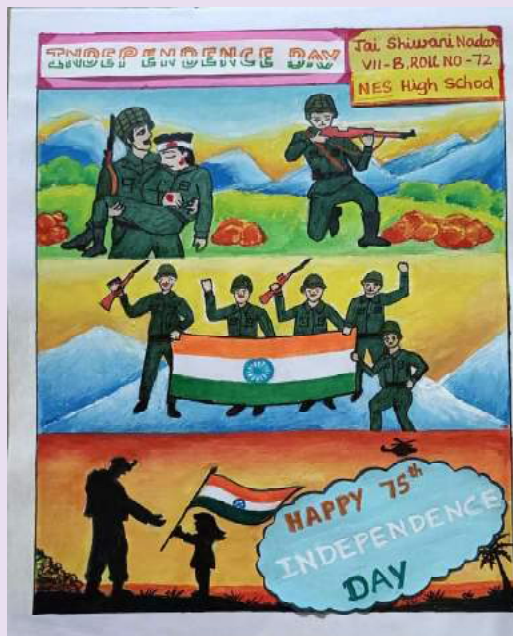
Nrityanjali Fest Inter-School Competitions completed its 35 years in 2021. But the journey began in 1987 celebrating Silver jubilee (25 years) of the institution's journey. The participation then was a little more than 400 students from around 20 schools. Today, it has reached to over 2 lakh students, from over 750 schools, spread across Mumbai, Navi Mumbai, and Thane district.

This year is also special, for Nrityanjali Fest also celebrates with India the Azadi Ka Amrit Mahotsav and to make it special we had participation of students from schools in Delhi, Ahmedabad, Tamil Nadu, Kerala, Madhya Pradesh, Uttar Pradesh and Rajasthan.

Since the time Nrityanjali Fest has started, it has gone through a lot of changes, with some additions and subtractions, reflecting the enthusiasm and participation of all our stakeholders in the form of suggestions of events, rules and regulations, strategies, only as an effort to make it more better. This betterment is for the students to feel encouraged, appreciated, and acknowledged for their efforts.

Since the time Covid 19 has affected all our lives, Nrityanjali Fest has gone online empowering our young members to take the front seat and help the seniors drive the events successfully. Though we miss all the fun, excitement, thrill, the ups and downs of the offline Fest, conducting it on a virtual platform was no less fun. It was equally an opportunity for seniors to learn new skills, be more tech-friendly and for juniors to be the teachers and feel more useful in terms of reliability and being responsible.

Nrityanjali Fest has been and always is an excellent source of learning skill-sets that



are essential for any professional at every level. The skill-sets include soft skills, planning, detailing, crisis management, and overall skills of project management. It is also about team effort that leads to the success. Right from our back office staff, to our volunteers and our judges, all have equally contributed in its smooth execution.

All this could be only achieved under the able guidance of our Founder Dr. Tushar Guha. His vision, his belief and his selfless motive to serve the society, gave the necessary motivation and encouragement to all. The most important aspect is an opportunity to engage the youngsters into something meaningful and rewarding, an opportunity to introduce student community to experts from diverse backgrounds and for us to stay connected to all our well-wishers, and supporters, acknowledging their achievements and contribution to the society.

We would like to share some heartfelt experiences both by our judges and volunteers, as we consider this as a turning point in the history of Nrityanjali Fest Inter-School Competitions.

Our Volunteers expressions

It was a great experience volunteering for this year's online fest. all the participants had put in great efforts and the parents too showed us great support. it was fun experience overall.

By Ms. Juhi Trivedi

I have been associated with Nrityanjali for 5 years now. And I have been volunteering for the annual fest since then. I have always learnt new things and tried to improve myself every year. Nrityanjali has always adapted the new trends and hence it went online. Since 2 years, the fest has been conducted online. But the enthusiasm and excitement has been the same. It has always been an amazing feeling to volunteer, be it online or offline

By Mr. Satyen Tawde

I am glad that I have been a part of Nrityanjali fest this year and that too online was amazing experience . This was my very first volunteering experience . Seeing kids performing with passion, excitement and Joyfully in different ways was so great .and also got an opportunity to learn many things . Thank you so much for giving me this opportunity . Had a great time ! Thank you.

By Mr. Mahadevan

Whenever Nrityanjali Fest season begins it always reminds me of my school days when I was a participant in many events and now at this stage volunteering for various Nrityanjali events in itself brings me a lot of pleasure . Volunteering for virtual fest was a quite different experience this time and and very smoothly executed . Hats off to all Sir & Ma'am for their overall execution which helped us to be more confident in front screen . Glad to be part of this virtual fest , many more to go ! Thank you.

By Parmeswaran



Bharatnatyam
Event in
Progress

Nrityanjali Interschool Competitions is one event, I always await and look forward for . Being a part of it as a Volunteer is a work of high responsibility yet very exciting. Feel Very happy and proud , how well organized and planned virtual competitions are being conducted from last 2 years under the able supervision and guidance of Tushar Sir, Anonna Madam and Girish Sir.

I as a volunteer have enjoyed every bit of it. Happy to see the enthusiasm and happiness on the faces of the participant kids and their parents. Hats off to the efforts and pain taken by the parents to make their kids perform well.

Happy to see all students follow all the instructions and rules properly and Cooperation from each and every parent was highly appreciable and commendable. With the good wishes and cooperation of everyone, everything went very smooth and well.

Looking forward eagerly for the next Fest. Three Cheers to our Nrityanjali Team! Hip Hip Hurray!

by Mrs. Manasi Damle



I've done volunteering for Nriyjanjali Fest last year. It was my first time but back then I was low on confidence. Each time everyone helped me...Anonna Ma'am.. Nikita Ma'am..Satyen Sir and because of that this year I was much more confident. Everyone was so helpful.It was totally unique experience for me because I never did something like this before..it was out of my comfort zone but Dr.Tushar Guha Sir and Dr.Anonna Ma'am gave me

this opportunity and believed in me. Hoping to learn new things from each member of Nriyjanjali.Blessed to be a part of this.Thank you so much.

By Ms. Sejal Parab



My experience being a volunteer in the second year of virtual Fest was good. Year after year it feels awesome seeing the new talent coming up. Children were highly energetic and enthusiastic. Our Honourable Judge supporting and motivating the children with appreciation was remarkable.

Whole event was a unique experience. Received good cooperation from my co volunteer. Thank you Tushar Sir for giving me this opportunity.

by Mr. Sagar Damle

It was a very nice experience to be a part of online Nriyjanjali Fest. I got to learn a little of people management from the Fest and the seniors. After the Fest ,tallying the judge and the volunteer sheet also showed how everything needs to be cross checked with detail. Overall it was a fun and good learning experience. Thank you.

By Ms. Sachi Prasad

The moment you enter Nriyjanjali you open a gateway to learning something new everyday. And it has been the same for me ever since I did too. Being a part of a fest which has been conducted for the past 35 years and counting itself is a privilege. Volunteering for Nriyjanjali Fest has always been pleasant. I met esteemed people, I got this amazing opportunity to work on my communication skills, and as for the past 2 years the fest has been conducted online due to Covid-19, it also helped me get better at working my devices. Being stuck in a global pandemic which forces you to stay locked in your home can be quite depressing, but because of Nriyjanjali Fest I once again after so long started digging into my wardrobe, picking out outfits to wear while volunteering, putting on makeup, all these things brought me so much happiness. Made me feel so alive!

Getting to see amazing talent portrayed by the youngsters really made me feel quite proud and made me want to go back to my school days....

One cannot learn without making mistakes and that's absolutely alright. And ofcourse I made some as well, but the best part is that I always get corrected in such a harmonious manner that before I know it I'm moving towards my next goal with a new lesson. We always have our seniors to fall back on when in need.

I always have such a profound experience in all Nriyjanjali activities, that I only I hope I can continue being a part of them forever. Thank you

By Ms. Nikita Basari

This is what our esteemed Judges had to express

My Memoir as a Judge

As has been rightly said, "Where words fail, music speaks." The right string of music can touch the deepest core of the heart and stir a soul. Having said so, receiving this remarkable opportunity from Nrityanjali to judge a singing competition, had been an enriching experience for me.

My association with Nrityanjali started a year back when I was in charge of taking care of the Nrityanjali Fest on behalf of my school and a year later, I got the opportunity to judge in one of the competitions held by Nrityanjali.

The singing competition (Light Solo) that I had adjudged was well conceptualized and organized and all the participants had put up marvellous performances making the competition a great success.

A piece of advice to all the participants, if you desire to improve your skill, consistency is the key. Consistency of practicing your music on a regular basis, train your vocal cords by practicing Alankaars. These alankaars will hone your vocal skills and benefit you while singing different genres of songs.

I would like to extend my special thanks and gratitude to Ms. Anonna Guha and Mr. Girish Dalvi for guiding me and walking me through the protocols of the competition.

My whole -hearted thanks for the entire team of Nrityanjali for this brilliant initiative of reinstating and promoting our enriching Indian culture among today's youth, which is the need of the hour.

By Ms. Surashree Das

Elocution is a speech competition where students are allotted with a topic to talk about.

I enjoyed the speech competition and was impressed by the preparation done by the students and the Parents supporting their children. Efforts were 100%.....

Volunteers monitored the class room very well. Different classrooms for each event was managed very well. I was also overwhelmed to get a certificate for each competition, that was very thoughtful of the think-tank of our institution.

By Mrs. Charushila Samjiskar

Fest that was conducted online was well organised. I was/ am extremely happy to be part of the fest as a judge.

Volunteers were excellent in conducting it methodically. Well planned not a second was wasted. Ever smiling and all of them had a wonderful way of speaking to the participants, parents and to the judge.

Participants were dedicated and it showed their enthusiasm while they were performing. Thanks to the parents who encouraged to participate. This is one platform which will give them confidence and pave the path for success.

With all the inputs, Nrityanjali Fest was organised beautifully. More power and strength to Nrityanjali. Wishes for more and more students to participate in the coming year.

Bravo , no words can express my joy . Thank you all.

By Mrs. Revathi Sethuraman

It certainly was pleasure to witness the youngsters dance a traditional Indian Classical dance. All the participants were confident and poised. Each one was displaying their best skill.

Just a note of caution, the training to these young enthusiasts should be perfect. Kathak, as all classical styles, has distinctive mudras and pattern of presentation. We as trainers should not deprive these children of authenticity of the art. Children get moulded as we mould them.

Elocution/ recitation Competition was also held.... I sincerely thank Nrityanjali for giving me this opportunity to witness this event as a judge. The youngsters of today always amaze me. They have potential talent and ability to perform with confidence. All the participants performed with passion. Some of the participants presented with emotions in right place. Their age and performance did not match, performance superceded their age. I, as a judge, enjoyed the event.

By Mrs. Rekha Vijaykar

This year was the 35 th Nrityanjali Fest . I always look forward to be part of the event. This year I was the judge for Vocal (CA, HS and LS). It was conducted well by the volunteers and was a pleasant experience seeing and hearing the children as they were so comfortable and confident while presenting in the virtual medium. Their spirits were high and they enjoyed performing , exhibiting their talent.

I only felt , perhaps they could have practised a little more and they should be guided to differentiate between classical and light music. Well, there is always room for enhancing one's potential. Thank you

by Mrs. Geeta Chandrasekaran

Judging Nrityanjali fest has always been very interesting for me every year and I always look forward to it. This year also the fest was online. Anonna ma'am, Girish sir and Sanah coordinated with me and made it simpler. I enjoyed every minute of the competition. I will always be grateful and cherish these beautiful moments spent with Nrityanjali. Thank you so much

By Mrs. Sreekala Babu

My first time at Nrityanjali was as a participant in 2009. Getting a prize there was an impetus to carry on. Who knew that down the line, I would get the most wonderful opportunity to judge for Nrityanjali itself.

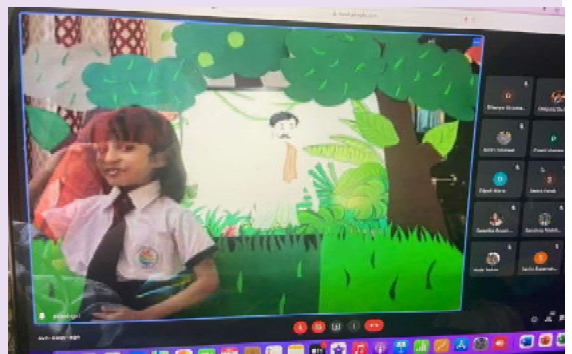
Conducting a competition online is not easy for the organisers and for the participants. The entire competition was conducted smoothly, it was well planned and scheduled. Nrityanjali respected the time of the judges and the participants. The quality as always was top notch, with strict rules to perform pure classical.

The participants were excellent, their hardwork visible. Despite having space and technical constraints, each participant portrayed their best.

A feedback to participants would be to test their audios prior to the competition. Have a friend or relative join a mock zoom call and give the participant feedback on the audio levels so that on the day of the competition, the participant is not stressed and worried.

Wishing Nrityanjali the very best to continue the good work in promoting the Indian classical art forms.

By Ms. Priyanjali Rao



I was a judge for elocution competition. Must say that I am very impressed by the way it was organised. The entire event flowed so effortlessly online. Excellent coordination between the volunteers. Special thanks to Satyen Who made the judging process so delightful. The participants had prepared very well and the efforts of the parents were so obvious. Would like to thank Nriyjanjali for such an opportunity. Wishing you all the best for future events.

By **Mrs. Vasanti Anand**



It was an honour for me to be invited as a judge in the Story telling and Recitation competitions in Marathi and Hindi in the Nityanjali Fest 2021.

Actually it was my first experience in judging the contest, but instead of nervousness I felt very happy to attend the same.

I know it is very difficult for kids to perform in front of a crowd but the children were so fluent and colourful. It was a joy for me to watch them. Considering their age, the kids performed very well.

That morning, time passed, way too fast. Each of the participants were judged on various criteria: how they present the story, the fluidity of storyline, words, speech and many more aspects.

The parents also seemed excited to see their kids performance. Kids were well prepared and also very confident.

Such Competitions are very helpful to kids to overcome stage fright. We have to motivate them and Nriyjanjali gives the platform for the same. I am glad I was a part of this mega event.

Thank you Nriyjanjali, especially Tushar Sir and Anonna Madam for giving me such a wonderful opportunity.

By **Mr. Sameer Chande**

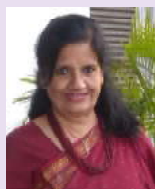


Life Skills

Parichay mein Parichay is the quarterly house magazine of Nrityanjali published in the month of January, April, July, and October. January is the time when we also celebrate the prize distribution function of Nrityanjali Fest where this very magazine reaches out to schools in large numbers.

As an institution that works in the field of education, a lot of initiatives are planned for schools. One of them is conducting LIFE SKILLS workshop for students from Kindergarten to Std.12. The well designed programme has been running in schools since 2003. The topics are identified keeping in mind the need of the specific standards and their academic and holistic requirements. The treatment and the content of these sessions are an off-shoot of the 32 years of research on Personality Development by our Founder and Mentor Dr. Tushar Guha which is our pioneering work and has been our differentiator as an institution.

In this issue we are sharing a few of those pointers with our readers. These are shared by our faculty team who conduct these sessions in Schools for over 15 years and who have prepared for these sessions through the SPDC course and subsequent grooming by our HR.



Self Reliance and Discipline (Std.3)

by Mrs. Revathi Sethuraman

The famous story of Thirsty Crow teaches us the best lesson in Self Reliance and Discipline. Self Reliance is the ability to undertake responsibility and complete any goal set which cannot be achieved without discipline.

Discipline is the set of rules and regulations to complete a task. Helping children to understand the need and importance of self reliance will automatically ensure discipline. Self reliance increases with self confidence thus helps in better decision making. The rising of the Sun or the flying of birds in beautiful formations in the evening are the lessons in discipline and that nature is always independent.

The benefits of being self reliant are -

1. Discipline develops
2. Time management is better
3. Higher self confidence
4. More productivity
5. Goal is achieved

There is pride in doing one's own work. Self

pride will lead to family pride, pride of society, school/college and nation.

One needs both internal and external sources to be disciplined. A kite can fly high in the sky not only because it is disciplined (controlled) by the thread that supports it. Discipline is required in every phase of and for everyone.

Excessive discipline might drive a person to experience a feeling of lack of control which might require expert help. Too much self reliance (independence) also may result in disconnection with others. Discipline and self reliance go hand in hand. Practising in moderation can help enjoy life's freedom and be productive.



Communication Skills (Std. 7)

by Mrs. Charushila Samjiskar

Communication is a two way process. We either speak to one individual or a group. The objective is to transfer information that we wish to convey. The skill is about helping others understand our communication.

There are broadly two types of Communication - Verbal and Non-Verbal.

1. Verbal Communication is about speaking and listening. Speaking should be well balanced with right emotions, transferring the right meaning.

2. Non-Verbal Communication, is popularly called Body Language, but is equally about expressions and gestures. One should equally observe the non-verbal gestures of the individual or group listening and infer meaning to tweak one's communication.

As a communicator one should be a great listener to gauge the capacity and respond accordingly. Without knowing the purpose behind the communication, every communication futile.

Some key areas to improve communication

1. Listening
2. Clarity and Conciseness -Think about what you want to say before you say it. This will help you to avoid talking excessively or confusing your audience.
3. Self - Confidence
4. Diction
5. Being Open-minded.
6. Respect

Even when you disagree, it is important to understand and respect other's point of view. Try stick to one language and build on to your language and vocabulary by reading.

Most importantly, every communication is need based and is influenced by right realisation of the Human equation and emotions involved.



Etiquette & Grooming (Std. 8) by Dr. Anuradha Chatterjee

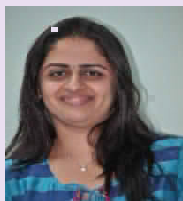
Many people correlate etiquette to an underlying set of rules for various

occasions, formal events, or everyday life. However, etiquettes encompass how we conduct ourselves (inter and intrapersonal). The earlier we adopt etiquettes in our life the better we manoeuvre towards leading a successful life. We believe etiquettes is not just about holding a knife and fork or shaking hands, it is, in fact, our thoughts, and so it is important to groom thoughts.

If on a personal level you are in a habit of shouting and getting things done, you will never win over others because you will lose your cool, hindering from having a clear vision. Thus, keeping calm and treating everyone as equals is part of good etiquette while losing temper and shouting is bad etiquette. These subtleties which form an integral part of etiquette come only through grooming of mind.

Etiquette and grooming are about being Humane, Courteous, Empathetic, and Observant. We cultivate these by inculcating Pride – in self, family, culture and traditions, and most important pride in our country. Today, to be global citizens, the important criterion is to have a deep understanding of our roots. World Citizen is amalgamation and in-depth understanding of culture and society across the world.

Once the inner self is taken care of, the forks and knives appear. The table etiquettes, the meeting etiquettes, toilet etiquette, the online etiquette, and now that the entire world is under the pandemic situation there is also pandemic and post-pandemic etiquette in place. Etiquette and grooming is an ever-evolving area, more like a constant work in progress on ourselves once we have learned the basics. It is a tool that aides us to excel in our endeavours.



Memory Management (Std. 6)

by Dr. Poonam Verma

Having a good memory or being able to remember what we learn is one key skill that every student needs to excel in academics. While training students on memory management we try to provide them with certain handy tips and tricks which will help them retain better whatever they study and learn. One good way to remember things is making Acronyms/abbreviations.

We all know the famous VIBGYOR, with which we not only remember the seven colours but also the exact sequence in which they appear in the rainbow. Another good way to remember is grouping – when we group similar sounding ideas and lessons, it eases in remembering them. Association is another popular tool for memory. So, we could remember a long paragraph in history by associating it to a place of our liking or by weaving a story out of it to remember the sequence. We remember those things easily, that we are interested in.

One tool to remember long answers with ease, is remembering one key word from every sentence and then make a song or poem out of it - then the sequence automatically follows with the key words. If any concept is difficult to describe, we must try to visualize the same with the help of a diagram, graph, bar chart, etc.

Other things that help every student have an improved memory is – healthy eating, regularity in study habits, periodic revisions, and recitations, writing the difficult lessons repeatedly and developing keep interest and good observations while trying to memorize elaborate write-ups. Memory management is nothing but just the simple training of the mind to recall any knowledge or information from the memory of the human brain when it is needed the most.



Goal Setting (Std. 9)

by Mrs. Geeta Chandrasekaran

When the dream is made into reality, it is a GOAL. Goal setting is the time targeted objective. We need to have purpose in life and that purpose has to be purposeful.

A goal is an Aim, Objective, Purpose, Target, Aspiration and Intention. A goal has target of what is to be achieved, needs focus to define the pathway towards the goal. Hence, knowing self, attitude, aptitude, and interest will help us work towards our personal and professional goals.

Knowing self is essential because according to psychology, no two people are alike and can be alike. Each has their own approach to life and perspective of looking towards life and people which help them decide their actions.

Few Points to remember :

1. Be precise with your goal
2. Know your strengths and weaknesses, overcome the weakness and realize the plus points
3. Be confident and self reliant
4. Develop positive attitude and inspire self to do better and best.
5. Do not compare but compete
6. Keep a check on self progress
7. Planning the road map with time management will lead us to achieve the set Goal ('planning' is taught in Std 8)
8. We should not lose hope or give up, because many a times failure is a stepping stone toward success.

Most important - Our family is always there to guide us and support us so be true to them and keep them updated.

Notes from a Banker Friend

Written by **Mrs. Ruma Dey**, Chief General Manager, Kolkata Circle State Bank of India

Mrs. Ruma Dey is known for her dynamism, innovative approach, and for her generous and kind nature.

This article is an attempt to make us aware of the challenges and risks in the day to day digital activities undertaken by us and how taking small cautious steps will enable us to keep our money and our financial transactions safe and protected.



This is the age of Digital technology. Digital technology is surrounding us from all sides WhatsApp, Instagram, FaceBook, Social Media. All activities whether it is shopping, banking, ordering food or ordering medicines, we have adopted or will be adopting online modes and digital options. These options are seamless and swift, but at the same time these options are also faceless, and therein lies the challenge. Earlier we were going to the local grocery store or garment store or medical store to purchase what we want. These stores had a person at the counter who would show us the products available, sell and market their best products and we could speak to them and be assured that we are getting a good product and value for our money. Most of us would buy what we needed based on the assurance given by the Store owner. With Digital channels it is now altogether a different experience, we don't need to go to the shops and can get all our requirements home delivery.

Similarly Banking also has undergone a massive change from the days of the Manual Ledgers to Computerisation and now Digitisation. Beginning with the ATM cards in the Eighties to the various Financial Apps available now, banking and financial services have undergone sea change. But these changes have brought with it one major

challenge - the risk of CYBER CRIME and FINANCIAL FRAUDS.

We keep our house protected by locking the doors and windows when we got out or at night before sleeping and we keep the keys with us in a safe place. Similarly, ATM Card must be kept in a safe place. The key to the ATM card is the password or PIN. Please keep the password / PIN noted in your mind or in a different place. Do not keep the ATM password / PIN noted on the back of the ATM card or in the pouch containing the ATM Card. Do not share your ATM Password / PIN with anyone.

Similarly for your Internet Banking (INB) - your INB Password and your Profile Password are the 2 keys to your account. The Profile Password is similar to the key of your locker where you keep your valuables. Do not share both these passwords with anyone, even with your family members. The Bank sends SMS to you immediately if someone other than yourself tries to log into your account or tries to change any passwords. Always read the SMS which you receive from the Bank very carefully, so that you are alert and can take preventive action if required.



State Bank of India (SBI) has been a great support to Nrityanjali Fest.

SBI has been Sponsor for Nrityanjali Fest 2021.

Do not respond to calls from your Bank or telephone service provider or other service providers who call to warn you that your account will get deactivated, your mobile number will be blocked or such other calls. These calls are meant to create a sense of panic in you and exploit this panic to cheat you. They will ask you to download any App which is designed like a Support App, and do a small transaction of Rs. 10/- only. In most cases, people do this small transaction easily. And that is where the trap is laid. Once you download the App, whatever transactions you do on the mobile can be seen by the fraudster and he gets access to your account. But remember, the Bank sends an OTP for the transactions which they will do or if they attempt to change any password in your account. So DO NOT SHARE any OTP with anyone on the phone. Please know that you can always reach out

to the Bank Branch or Bank HELPLINE to stop your account the moment you feel that your personal data or details have been compromised or you have shared it by accident. Call your bank Branch Manager or the Service Provider Helpline to let them know and protect your account and your money.

Do not get lured by FREE OFFERS. Remember there is NO FREE LUNCH. So If any person or organisation is offering you anything free and asks you to remit a small token money for then BIG FREE GIFT, BEWARE! Do not fall into the trap.

REMEMBER that your Financial Safety & Security is in your OWN Hands. Follow the simple practice of DO NOT SHARE, DO NOT DOWNLOAD unless you are SURE & DO NOT DISCLOSE.

Art of Speech

In 2005 is when for the first time an institution from Ghatkopar got introduced to Nrityanjali. Like every other school and parent, the experience of participating in events set as per international standards and the just results assured this institution to encourage its students to participate and test their potential.

Since then the institution has been regularly participating with huge numbers. **Mrs. Reena Shah the Director & Co-Founder of ART OF SPEECH** who also happens to be a Radio Jockey with 107 Rainbow channel, Anchor, and voice over and dubbing artiste has introduced Nrityanjali Fest Speech events - Recitation, Story-Telling, and Elocution as part of their training syllabus.

Art of speech, AOS as it is referred across

Ghatkopar, has been training students of every age, starting from 4 years old, into Recitation, Public Speaking, Voice culture, and Anchoring for over 3 decades. AOS is a Speech and Drama Academy nurturing kids in all aspects of speech and making kids presentable with their skillful speech and expertise vocalization as, AOS believes that- ***“Speech Differentiates Leaders From Followers”***.



Under the Poetry section, we share a couple of poems that were recited by the AOS students at various Nrityanjali Fest events and won prizes.

Nrityanjali is proud that this association with AOS and their parents will continue to grow stronger and wish the very best to AOS in all its endeavours.

Infinite Beauty From Recycling Waste

It is said that great art is born from the vivid imagination and creativity of the artist. This is proven when we look at art from junk, recycling in art form that proves that nothing can leave the artistic eye and mind untouched.

Glass bottles come more in handy when it comes to artistic projects. We can repurpose old glass bottles into creative and colorful vases or decorative pieces for our home.

Bottle painting is about creating beautiful and unique pieces of art by painting glass or plastic bottles. Fabric paints are used mostly for painting on such bottles. Another way is to paste paper on the bottles and then paint on them. These painting are influenced by ancient art forms from across India. The most popular ones are - Lippan, Madhubani, Warli, Gond, and Patachitra.



Lippan art is from Kutch, Gujarat. Lippan is about geometrical patterns formed using clay decoration in combination with mirrors done on the walls of huts of the villages. The houses in Kutch are a popular tourist attraction for many foreigners. Do try to recreate the beautiful art form with Neon Liners on bottles.

The **Gond** tribal art of Madhya Pradesh are use of pigments - like charcoal, leaves, flowers and soil, that nature provides, to paint the walls and floors of the tribal houses. Gond involves bright and vivid colours along with lot of line work in the paintings. The paintings are abstract with a sense of movement. The paintings are also based on elements of nature.

Mithila of Bihar introduced us to the world famous **Madhubani** paintings. Some of the railway stations in Bihar have a splash of Madhubani paintings across each and every corner. Originally created when Raja Janak asked the people of the region to decorate the walls of the houses to celebrate the marriage of Lord Ram with Sita. In Madhubani paintings natural pigments are used to create brightly coloured geometric artwork. Nowadays artisans use acrylic colours too to paint on multiple substrates.

Warli painting is a tribal art using a set of basic geometrical forms to depict nature and rituals. Rice paste and water are used traditionally to paint ochre colour walls. This can be replicated on a bottle using 3D outliners too.

Patachitra, traditional art of Odisha reflects the Folk tales and mythology painted in intricate details on the scrolls. Mostly inspired by Jaganatha and Indian Gods, Artisans use natural pigments to paint scrolls, walls, and sometimes even palm leaves. Lately many artists have started Patachitra painting on bottles too.

There are many such art forms in India, if you know and you wish to enlighten our readers, please share it along with photograph of your own creativity at nrityanjali@nrityanjali.org.in



LEARN - UNLEARN - RELEARN

The article is written by **Dr. (Mrs.) Hemakshi Jattani** is an Orthodontist. Member of the Editorial team, she is an Alumni of SPDC 1 & 2, a faculty member and counselor with Nriyjanjali.

Dr. Jattani runs her clinic in Mahim and continues to nurture her passion for writing through her blog '*mBracing Smiles*'



Too much of learn, learn, learn. Probably one the most uninteresting word from time immemorial, and thrice in the title!!! Should we go ahead and read, maybe let's skip. Or maybe there's a twist!!! Read on to find out.....

Since we are born, we've been only learning. At the basics, learning to sit, learning to crawl, learning to stand, learning to walk, learning to talk, and once we've mastered those, the next bout of learning becomes unending and exponential. Most of us get the basics right. However, at the advanced stages, how to learn and more importantly how right is what we're learning is a tricky fix. Let's simplify it. What we learn from our surroundings and people can be either an

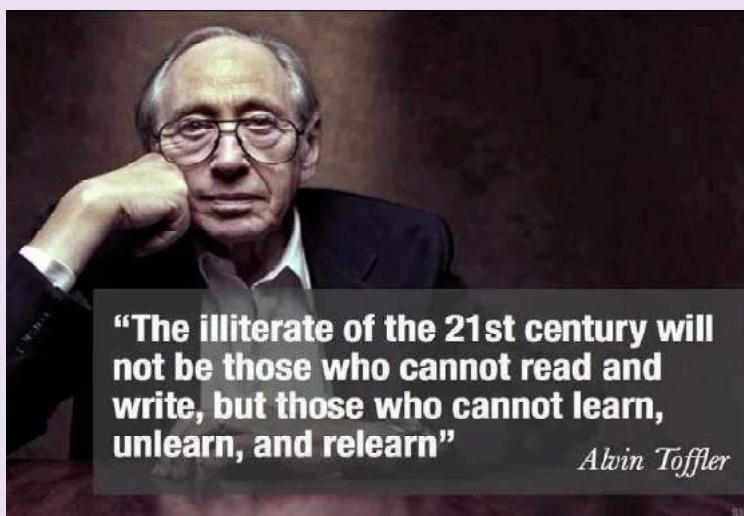
- (i) entirely distorted version or
- (ii) the most authentic version or
- (iii) any shade of grey in between these extremes.

How close are we to the actual truth determines whether or not we've learnt things

right. So in essence we need to reevaluate whatever we have learnt all along these. When we are young, we barely have any choice of choosing whom to learn from, which is one of the reasons why authenticity becomes questionable. However, when we grow older and have more understanding of things, it becomes simpler to gauge the authentic sources for the particular piece of information that we're seeking. We then explore the plethora of things around us to finally decide what to believe in. Well, that's us being constructively critical in allowing only the right and the best knowledge to seep inside us.

There may have been times in our life where even after thorough searching, we couldn't get the right person to tell us the appropriate right from wrong. But today when we are exposed to more sources, more people, and experience life at our own levels, we stand a high chance of coming across someone who can help us RElearn the right pattern. To be able to effectively RElearn it is of utmost necessity to UNlearn first. UNlearning is nothing to be shy about, it is nothing to feel ashamed about, but it is definitely something to be proud of because it is our attempt to upgrade to the best version of ourselves.

UNlearning is (if I may be straight forward) mandatory to progress. We all know the past is a great teacher. This past helps us know exactly whether what is it that we know and is right and what is it that we know and is flawed. Going back (essentially UNlearning), editing the file in our brain which



"The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn"

Alvin Toffler

has the error, feeding in the correct information, and saving it back as a new file will not only clear out our present concepts, it'll also make sure that future versions are also saved in the right file.

UNlearning can be as simple as correcting the way we dress, the way we speak or it can be as complex as discarding a long engrained harmful habit and replacing it with a healthier one. As from my previous blogs, you'd know when I refer to health, it encompasses not only physical health but also, emotional, social, and financial health. The scope of what we wish to UNlearn is based on what we seek to be better at. Be it communication, be it grooming, be it financial transactions, be it skill enhancement at work, be it handling temperaments of people, be it balancing relations, be it better our physical health, there is a colossal scope to edit and save the flawed files of our brain.

One example of UNlearning and RElearning we can absolutely correlate is sports. We all know that players, coaches, and countries have strategies to play against a particular team or player. They do not use the same play pattern for everyone. So let's say, if there is a new team on the opposing side that has some new pattern players, the existing team players will have to UNlearn their old traditional tricks and methods of playing and RElearn new tricks to outperform the new rival team to be able to emerge as the better performing side in the sport. This same principle of having to better yourself can be implemented in any field in which you feel out-performing yourself is the need of the hour.

UNlearning helps us free up space on the hard disks of our brain so that there is space to store the new incoming files of RElearning. Decluttering the trash is of paramount importance as we don't have the option of extending the memory of our hard disks. We can optimize what we store and what we prioritise. Thus, it is only imperative that we make sure the files with errors don't hang

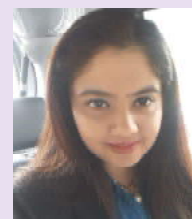
our system into an unresponsive piece of junk, instead a clean fast performing operative system should be in place with all the files with the right information.

Every action that we do can be counter questioned over the possibility to do it in a better, faster, and shorter way. That is precisely how we can know where RElearning can be put into practice for an easier life.

From where we stand in life, there are always two ways to go, the path that treads for the better, or the lanes that lead into the darkness. The choice depends on how much we are ready to put ourselves to the test by the situations. Are we ready to push ourselves to RElearn and grow, or are we not willing to Learn and fall into the same trap of misery again and again. As extreme as this statement may have sounded, it is the truth. Polishing the past experiences with newer manoeuvres will make us shine and sparkle in life always. So let's keep Learning, UNlearning, and RElearning.

11 Most important laws for women and children

Contributed by
Lawyer **Mrs. Varsha Samant**



1. The Constitution of India;
2. Protection of Women from Domestic Violence Act, 2005;
3. The Immoral Traffic (Prevention) Act, 1956;
4. The Dowry Prohibition Act, 1961;
5. The Indecent Representation of Women (Prohibition) Act, 1986;
6. The Sexual Harassment of Women at Workplace (PREVENTION, PROHIBITION & REDRESSAL) Act, 2013;
7. The Indian Penal Code, 1860;
8. Children Pledging of Labour Act, 1933;
9. The Immoral Traffic (Prevention) Act, 1987;
10. Prohibition of Child Marriage Act, 2006;
11. Protection of Children from Sexual Offences Act, 2012

OMICRON

*The article written by **Dr. Poonam Verma**, member of the editorial team, creates basic awareness of the virus for the general public. It also adds to the General Knowledge of every aspiring professional and to those who have interest in the medical field.*

Dr. Poonam Verma, BDS, is currently working with a European Pharma Company (ELC Group) as an Exec. Medical Writer and is an SPDC 1, 2 Alumni.



The emergence and rapid global spread of the new Delta and, more recently, Omicron variants of SARS-CoV-2 poses a daunting public health emergency. Being an RNA virus, the Covid-19 virus is continuing to mutate, resulting in the emergence of new variants with high transmissibility, such as the recently discovered Omicron. Omicron was first identified on 23rd November 2021, in South Africa by researchers using genome sequencing to investigate a puzzling surge in case numbers there. On 26th November 2021, WHO designated the new SARS-CoV-2 strain - named Omicron, from letter [όμικρον] in the Greek alphabet - as a variant of concern (B.1.1529 variant). The new variant is associated with high transmissibility leading to elevated infectivity and probably increased re-infection rates.

As of January 2022, the OMICRON variant has already spread across 77+ countries with the majority of the cases from the United Kingdom, South Africa, and the United States. United Kingdom reported the first death with the new COVID-19 variant. In the last few days, India has been observing a rapid rise in OMICRON positive cases. On 9th January 2022, India reported over 1.5 lakh daily infections for the second consecutive day, taking the active caseload to 5,90,611.

OMICRON: WHY A VARIANT OF CONCERN
RNA viruses are known to mutate fast and evolve to adapt and survive in changing environments. The most concerning characteristic of the OMICRON variant is the

constellation of more than 50 mutations (Figure X) of them about 30 mutations are in the spike protein. The more worrisome are the 15 mutated sites in the receptor-binding domain (RBD) that interacts with human cells before cell entry, therefore possibly enhancing the transmissibility.

The international response to Omicron has been swifter and more severe than for previous variants for two reasons: cases in South Africa are rising more rapidly than expected, and the variant contains an unprecedented number of mutations. As soon as Omicron's genetic sequence was shared, scientists began racing to understand whether it will pose a greater challenge to vaccines and therapies than its predecessors. The COVID-19 vaccines are based on the original virus's spike. They spur our immune systems to make antibodies that bind to a crucial region of the spike called the receptor-binding domain. The Delta variant has two mutations in that region, and the Beta variant has three. Omicron has between 10 and 15. The COVID-19 vaccines were less effective against the Beta variant, which had mutations that helped it partially evade immune responses. But Beta faded as a concern because of the far more transmissible Delta. Omicron shares mutations with Beta and Delta and has many more whose functions are unknown.

OMICRON VARIANT INFECTION AND VACCINE EFFICACY

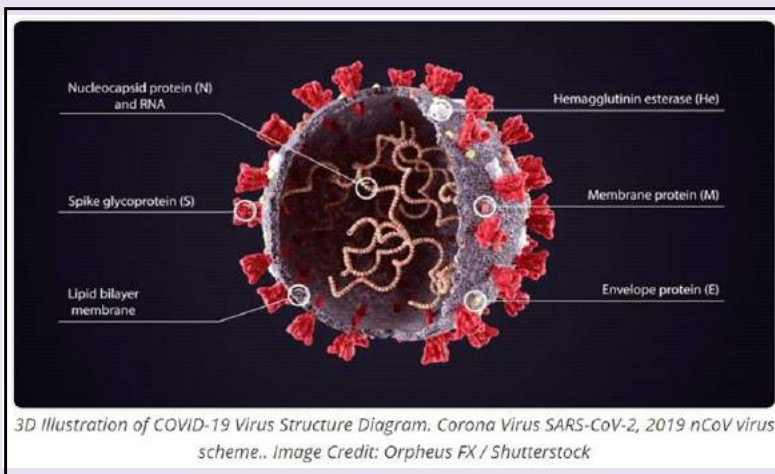
As per World Health Organization (WHO) so far no studies indicated the more severity of

theOMICRON variant over other VOCs. **Concerns over the high transmissibility, virulence, increased risk of reinfection, and decrease in the effectiveness of available diagnostics, vaccines, and therapeutics are still unresolved.** It has been suggested that theOMICRON variant is involved in infections with recovered individuals. WhetherOMICRON can evade vaccine-induced immunity or not, is under speculation.

However, the sudden rise inOMICRON positivity and increasing rates of hospitalizations are a matter of concern and need further evaluation.

The spike protein gene is the target of most of the currently available vaccines, therefore this variant may have a greater potential to escape prior immunity than the previous delta variant. The prime concern over the current vaccines is their decreasing effectiveness against COVID-19 over a period. Preliminary data suggests an increased risk of reinfection and limited antibody-mediated neutralization with this variant. In the lack ofOMICRON variant-specific vaccine, **the already approved (FDA/EUA) vaccines remain the counter measures to reduce disease severity and mortality** against the currently circulating SARS-CoV-2 variants includingOMICRON. WHO is actively coordinating with worldwide researchers to evaluate the transmissibility, severity ofOMICRON infection, the performance of vaccines, and the available diagnostic tests.

India is handling theOMICRON situation by implementing the following: rigorous surveillance of international passengers, enhanced testing, monitoring the hotspots of COVID-19, ensuring augmentation of health infrastructure including samples for



whole-genome sequencing. **COVID-19 vaccination remains the mainstay for reducing COVID-19 morbidity and mortality at the community level.**

Prevention remains key to avoid the risk of being infected with COVID-19. WHO advised the countries to enhance the surveillance and sequencing capacity for a better understanding of the circulating SARS-CoV-2 variants. COVID-19 is a global problem; therefore inequities in access to COVID-19 vaccines among developed and socioeconomic deprived countries may lead to the resurgence of novel variants.

The untiring efforts of scientists, medical professionals, front-line workers, and policymakers associated with handling this pandemic have been a real blessing. Availability of effective vaccines, treatment, and management regime, better diagnostic and treatment infrastructure, trained health care staff may facilitate in handling the novelOMICRON variant possibly in a better way. While we are still battling this demon together globally, individual efforts like wearing well-fitted masks, maintaining proper social distancing in the crowd, hand hygiene, and getting a vaccination will remain the mainstay towards limiting the spread of variants within the community.

SELF-LOVE

Love comes in many forms, SELF-LOVE comes first.

Written by **Mr. Ayush Nathwani**, SPDC 1 participant (2021) is a young professional who recently started with his career in the world of finance. His interest in finance and entrepreneurial skills is what is derived from his Gujarati business family background. A graduate from NM college, he continues to pursue professional financial courses. Apart from work, Ayush has a great passion for cars. This article is an offshoot of his learning and part of his Literacy Tendency assignment from SPDC course offered by Nriyanjali.



**“If I’m not beautiful in my own eyes,
how can I be beautiful in eyes of others.
Who am I or anybody else to sit on a
judgement of any fellow being?”**

- by Dr. Tushar Guha

Humans are vulnerable to a lot of things, significantly to other humans and themselves. The vulnerability to materialistic things can be recovered comparatively easily and faster. Vulnerability to humans could be dangerous. The expression could be in many forms such as being anti-social or being bully. It could also rise and turn in various forms of abuse. However, when an individual does not feel vulnerable to themselves or other humans, they attain a state of self-sufficiency.

Self-sufficiency as described by Dr. Steve Taylor is “a deep-rooted sense of inner completeness and stability”. A self-sufficient person can be described as someone who knows their worth, loves their self and doesn’t rely on outside world for confirmation of themselves. These are the people who would let their work speak for themselves. A self-sufficient individual would not be let down by others criticism and insults, however be open to self-development. It means being contented by doing what they are. There is no measure of self-sufficiency. It is an individual aspect which is measured in one’s own happiness.

When you start acknowledging the good things in life, the things you are grateful for, you automatically start to think less about the missing things in life. The gratitude for the things existing in life makes you realize about your self-worth which impacts your self-confidence positively.

Some benefits of being self-sufficient:

- Self-sufficient people are contented and happy.
- They know their worth and do not let what people say affect it.
- They don’t let people’s comments affect their self-esteem.
- They are open to self-development.
- They do not play blame games un-necessarily.
- They have the ability to make smart and fast decisions. The decisions do not depend on the affirmations of people around.
- They respect themselves and others.

It is not important to feel happy or positive all the time. You are a human. What is important is to seek help, pick yourself up and start fresh.

As it is rightly said, *when an individual loves themselves unconditionally, that is the time they have the potential to love the world unconditionally.* **Here are some baby steps to achieving self-sufficiency:**

1. Learn a new skill or master an old one
2. Set achievable goals and work towards

achieving them: When these goals are met, you start to realize that you are worthy of achieving things which increases your confidence.

3. Try meditating: When you relax yourself without external help, you are able to understand yourself better and feel calm, composed and contented.
4. Identify a hobby and start practicing it: When you have a hobby, you start engaging in it in your free time. This helps you to spend more time with yourself, relax yourself on your own. This is a great technique to attain self-sufficiency.
5. Try to make smaller decisions followed by major ones without second opinions: Sometimes, decision making is a major issue for some people. From deciding on easy things such as what to eat and what to wear, to deciding major decisions such as investment, when these decisions come from yourself instead of someone else, you start feeling more reliant on yourself.
6. Start self-affirmation techniques: When you start talking positively to yourself,

your ears hear the positive things and brain contemplates them positively. This helps you to think positively about yourself.

These are just some examples. There are many such things which can be done on routine basis as baby steps to self-sufficiency. This does not mean that not taking help from people.

Self-sufficiency is about feeling contented and satisfied emotionally. At certain times, individuals do need help from others. At such times, it is very important to seek for help. This does not make an individual weak but strengthens them emotionally and improves their mental health. Seeking help at times of need indicates that the individual is prioritizing themselves, which is an indicator of self-sufficiency.

“Mental illness is a flaw in Chemistry, not Character. What is important is how you pick yourself up and start off again.”

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Rhymes & Verses

Rapunzel! Rapunzel!

Rapunzel! Rapunzel!,
You have cut off your hair!
Your billowing tresses, are no longer there.
That Mohawk, you're sporting
is spiky and pink.
I am really not certain, just, what I should think.

I came here, expecting, to clamber a braid
ascending your tower, to come to your aid.
Instead, I have suffered the greatest of shocks
to find, that, you have cut-off, your lovely blonde
locks.

Prince Charming, Prince Charming,
Rapunzel replied,

I have no intention, of, being your bride.
We will not get married. We will not elope
I have cut off my hair and I have braided a rope.
You came here, to visit me once, every day,
and promised, that, soon, you would take me
away,
but, you were too clueless, to even conceive
of, cutting my hair off, so we could, just leave.

I cannot believe, you were such a big dope.
I come and I go, as I please, with my rope.
And so, I am afraid, I cannot give you, my hand.
In spite of the fabulous wedding, you planned.
From then on, Rapunzel was known, through the
land.

She toured the world, in a rock and roll band.
And, silly Prince Charming, with rocks in his head,
rode off and got married, to Snow White instead.

जिंदगी से शिकायत

हे ईश्वर, तूने, किया है क्या?
पेड़, पौधे, सरिता-समुद्र, वन-सुमन:
सब खुश और ठीक!
पर तू मानव! उसका ट्यून, क्यों निर्माण किया?
इसे तो है, हर चीज से शिकायत।
रोता ज़्यादा, हस्त काम
करता कोई भी, और है-है करता जब आया गम.....
बरसात से शिकायत
तो, गर्मी में करता, है-है!
सर्दी में तो, पड़ा रहता, बिस्तर पर,
नहीं भाटा उपयोग, सूर्य के भी दर्शन।
कोई कम बोले, तो कहता, घमंडी
कोई ज़रूरी बोले, बातें लगतीं, बेतुकी
कोई तोहफा दे, तो देखता, उसका मूल:
नहीं देता, कहते कंजूसों से
मौसम से, मानव से, पाशु से, सुमन से, वन से,
तन-मन-धन से, है उपयोग शिकायत,
हे प्रभु, ट्यून इसे, क्यों रचाया?
हे ईश्वर, आखिर, मानव का, क्यों निर्माण किया ??

तू खुद की खोज में निकली

तू खुद की खोज में निकली, तू किस लिए हताश है
तू चल, तेरे वजूद की, समय को भी तलाश है
जो तुझसे लिपटीं बेड़ियाँ, समझ न इनको वस्तू तू
ये बेड़ियाँ पिघल के, बना ले इनको शस्तू तू

छत्र जब पवित्र है
तो क्यों है दशा तेरी, ये पापियों को हक नहीं
की ले परीक्षा तेरी
जला के भस्म कर उपयोग, जो क्रूरता का जल है
तू आरती की लौ नहीं, तू क्रोध की मशाल है

चुनर उड़ के ध्वज बना, गगन भी कप-कपेगा:
आगर तेरी चुनर गिरी, तो एक भूकंप आयेगा
एक भूकंप आएगा, तू खुद की खोज में निकली
तू किस लिए हताश है
तू चल, तेरे वजूद की, समय को भी तलाश है

Above poems Contributed by **Mrs. Reena Shah**
Founder – Art of Speech (AOS)
Students of AOS participate at Nrityanjali Fest since 2005

FOOD

KHANA

Recipes

DHONDAS

Ingredients:

- 1 cup grated Cucumber (after water content has been squeezed out)
- 1 cup Idli Rawa
- 1 cup hot water inclusive of the squeezed-out Cucumber water
- Approx. 1 cup grated Jaggery - depending upon the sweetness required
- 1 tbsp Ghee
- 3 to 4 Cloves
- 3/4th tsp Cardamom powder
- Salt to taste
- 2 turmeric leaves or as required, rinsed and wiped clean with a cloth
- Ghee to shallow fry the dhondas cubes OR use while serving steamed dhondas

Methods:

- Rinse the Cucumber well, peel the skin, cut it into half horizontally and grate it along the sides without including the seedy part. Squeeze out the water from the Cucumber and keep it aside to use it later.
- Heat 1 tbsp ghee in a flat non-stick pan, add cloves, saute till you get its aroma, if you are using whole cloves remove it, then add Rawa and roast the Idli Rawa on low flame for about 4 minutes.
- Add hot water inclusive of the squeezed-out water. The Idli Rawa will fluff up, stir well, cover with a steam release lid so that it gets cooked, then add grated Cucumber, salt and mix well with a flat wooden spatula.
- Add grated Jaggery, the mix will liquify and the Cucumber will also get cooked. Stir well, taking care that there are no lumps. The mix has to be gelled evenly.
- Once the jaggery mixes well with the Idli Rawa mix it will thicken. Now add cardamom powder and mix well.
- Switch off the flame and with a flat spatula mix well taking care that there are no lumps. The Idli Rawa, Cucumber, Jaggery should be gelled into an even mix. There should be no lumps, so mix well.

7. In a container or flat plate, place turmeric leaves, grease them with a little ghee, add the half-cooked mix and pat it gently with your palm greased with ghee. Let the thickness of the mix be about an inch or so.

8. Cover it with turmeric leaves greased with ghee and steam cook it for about 15 minutes OR till a knife or toothpick when inserted comes out clean.

कैरीचा चटपटीत भात

महत्वाची सामग्री

आवश्यकतेनुसार - कैरी, कढीपत्ता, लाल मिरची

1.2 कप किसलेले नारळ

1 कप बासमती तांदुळ,

1.2 कप नारळाचे तेल

1 चमचे मोहरीच्या बिया,

1 चमचे काळे जिरे

1 चमचे चणा डाळ,

1 चमचे उडदाची डाळ

आवश्यकतेनुसार - हळद, हिंग, कच्चे शेंगदाणे, पूड मेथीचे दाणे, गूळ, मीठ

1. एका पॅनमध्ये तेल घ्या. त्या तेलात २ ते ३ लाल मिरच्या चांगल्या फ्राय करून घ्या. आता मिरच्या काढून त्याच पॅनमध्ये किसलेले सुके खोबरे घेऊन ३ ते ४ मिनिटे चांगले भाजून घ्या. गॅस बंद करून त्या लाल मिरच्या व भाजलेले खोबरे मिक्सरच्या भांड्यात घ्या.

2. आता मिक्सरच्या भांड्यात लाल मिरच्या, भाजलेले खोबरे, जिरे, भाजलेली मेथी पावडर, कैरी व गुळ घाला. थोडसं पाणी घालून सर्व सामग्रीची चांगली बारीक पेस्ट करून घ्या.

3. आता पॅनमध्ये तेल घेऊन त्यात मोहरी, चणा डाळ, उडीद डाळ, शेंगदाणे, हळद, हिंग व कडीपत्ता घाला व गोल्डन ब्राऊन रंगाचं होईपर्यंत सर्व सामग्री चांगली फ्राय करा.

4. आता मिक्सरमध्ये बारीक केलेली पेस्ट पॅनमधील सामग्रीमध्ये घाला. पुढे, शिजवलेला भात घालून सर्व सामग्री चांगली मिक्स करा. आता त्यात मीठ घालून सर्व साहित्य पुन्हा एकदा मिक्स करून घ्या.

5. तयार आहे आपला चटपटीत कैरीचा भात! या गरमा गरम भाताचा आपण कोशिंबीर किंवा कोथिंबीर-पुदीना चटणीसोबत आस्वाद घेऊ शकतो.

Contributed by **Mr. Satyen Tawde**

Satyen is a college going young member of Nriyanjali and an Alumni of SPDC 1. He is known for his initiative, dance and theatre skills, and aspires to be a Chef.

JOKES

Why do we tell actors to, “break a leg”? Because every play has a cast.

Teacher: why are you late today?

Student: because the sign down the road said so....

Teacher: What did the sign say?

Student: It said, “School Ahead, go slow”.

Two artists had an art contest, it ended in a draw.

Today at the bank an old lady told me to check her balance, so I pushed her.

Why was 6 afraid of 7? Because 7, 8, 9 (7 ate 9)

A mathematician comes home late at 3:00 am, his wife gets mad and asks, “You said you will be home by 11:45”

The man replies coolly, “Actually, I said I will be back by quarter of 12”

My mom said follow your dreams so I went back to sleep.

English is FULL of contradictions. Here are some funny ones:

- | | | |
|-----|-----------|----------------|
| 1) | Found | Missing* |
| 2) | Open | Secret* |
| 3) | Small | Crowd* |
| 4) | Act | Naturally* |
| 5) | Clearly | Misunderstood* |
| 6) | Fully | Empty* |
| 7) | Pretty | Ugly* |
| 8) | Seriously | Funny* |
| 9) | Only | Choice* |
| 10) | Original | Copies* |
| 11) | Exact | Estimate* |
| 12) | Tragic | Comedy* |
| 13) | Foolish | Wisdom* |
| 14) | Liquid | Gas* |
| 15) | Working | Holiday* |

and The newest of all is-
16) Social Distancing"*

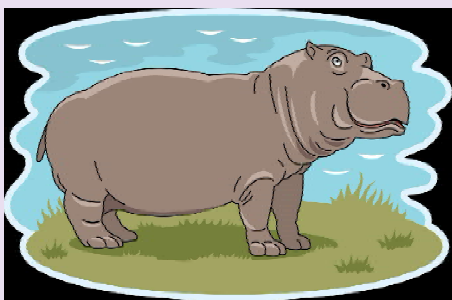
Forgot to mention -
Happily Married





How can a hippopotamus see even in water?

The hippopotamus's eyes, ears and nostrils are on the top of its head. This enables it to stand or sit, almost completely covered by water with only its eyes, ears and nostrils showing above the surface. Infact, its large body helps it to walk underwater as it cannot float or swim.



The Candy Crab is a very colourful crab that grows from 1.5 cms to 2cms. It lives on various species of soft coral. The body has pointed spines with a red and white pattern, similar in appearance to the host coral.

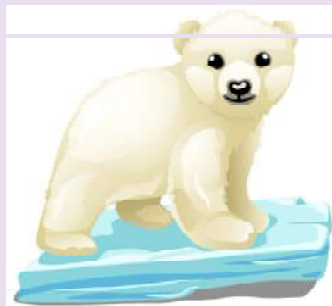
It took 600 artists six years to animate Disney's "Sleeping Beauty"!

526 are the number of teeth removed from the mouth of a seven year old boy in India!

Why is a polar bear more powerful than a lion?

The polar bear is the largest terrestrial

carnivore, being more than twice as big as the lion. While a polar bear weighs between 350-650 kilogram, a lion weighs somewhere between 150-250 kilogram. So in a fight it can definitely be more powerful than the king of the jungle.



A single Google search consumes enough energy to burn on a 60-watt light bulb for 17 seconds!

A school in San Pablo, Philippines was built entirely out of recycled plastic soda bottles filled with adobe - a concrete substitute made of dirt, straw and water!

How can owls fly without making a sound?

The main reason owls can fly silently is because of the uniquely designed edges of their feathers. When most birds fly, air gushes over the surface of their wings causing noise. Owls have broad wings with large surface areas that help them to float through the air without flapping too much.

Also, their lower feathers absorb any remaining noise created in flight, allowing them to fly without making a sound.



Happy Birthdays



January

- 2nd Manju Chawdhary
6th Puloma Pukale
10th Sneha Nair
24th Samarth Kumbhar

March

- 5th Shobha Nair
8th Neelima Sonkusale
12th Radha Guha
14th Bhoomi Mandalia



February

- 2nd Sangita Sawant
11th Anurag Khedekar
19th Sushma Singh
23rd Charushila Samjiskar
27th Satyashil Jadhav

April

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



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