

January 2023  
Vol. 32 No. 1

# Parichay Mein Parichay



**Nrityanjali**

*Leader in Personality Development & Emotion Management*



# Nriyjanali Activities

**Nriyjanali** is a registered **Public Charitable Trust** and an **Institution** of Music, Dance, Dramatics, Personality Development & Management Services established on 19th July 1963.

**Nriyjanali Membership is through Invitation and has no Fees.**  
Individuals from different walks of life and age ( from 10 years to 70 years ) work together for Social Service & Education through the medium of Music & Dance.

## **The Personality Development Course ( Diploma )**

Researched and devised over 32 years by Dr. Tushar Guha .  
(Meditation, Communication Skills, Time Management, Projects & Planning, Case Study, T.A.)  
Workshops and Lectures are held for Educational Institutions & Corporate Sector under the **Faculty & Management Division**.

## **Nriyjanali Faculty Division**

Visharad Courses in Bharat Natyam Dance, Kathak Dance, Sangeet, Harmonium, Violin, under the **Gandharva Mahavidyalaya**.

## **Nriyjanali Management Services Division**

conducts Training Programme for the Corporate Sector in *Personality Development, Enhancement of Self Potential, Reality Living, Passion for Positivity, Stress Management, Self Motivation & Effectiveness, International Business Etiquettes, Art of Persuasiveness, Creativity, Transactional Analysis, Perspective Development, Communication Skills, Personal Effectiveness, Continuous Motivation & Excellence and Role Excellence of Executive Secretaries.*

## **Nriyjanali Social Activities Division**

**organises Inter - School Competitions every December for students from KG to Std Xth.**

The Competitions are -

Drawing, Origami, Essay, Handwriting, Recitation, Story Telling, Elocution, General Knowledge, Debate, Fancy Dress, Vocal - (Hindustani, Carnatic, Light Solo, Samuha Geet),  
Dance (Indian - Folk & Classical, Western), Mono Acting

**Festivals of Regional Music, Dance & Drama Conferences, Seminars and Workshops** on Performing Arts, Education and Personality Development are organised.

**Nriyjanali specialises in Event Management.**

## **Nriyjanali Programme Division**

Arranges Cultural Shows of Folk Dances of India, Classical Dances, Music & Drama. These shows are presented by the students of the "SUNDAY CLASSES" (1.30 P.M. to 6 P.M.)  
- the centre of activity. People of all ages learn varieties. **Free of Cost,**

**under the Founder Director Dr. Tushar Guha.**

Training in folk dances & dance dramas is an integral part of the Sunday Classes.

Conducts Workshops in Drama, Indian Classical & Folk Dances

Special programmes are presented for foreign dignitaries.

**The Cultural Shows are the source of income of Nriyjanali.**

## **Nriyjanali Library**

Books on Performing Arts, Fine Arts, Personality Development, Sports, Management, Psychology, Philosophy, Computer Science, Science & Technology, General Knowledge, Fictions etc. are available

## **Nriyjanali Information Services (NIS)**

Publishes Quarterly House Magazine "PARICHAY MEIN PARICHAY".

Nriyjanali Web Services are offered to members.

## **Nriyjanali Publications**

Books written by Dr. Tushar Guha are available with us

**Perceptions of Personality** - Handbook in English, Hindi, Marathi & Gujarathi languages

**Quote Unquote** - in English

**Life Is Like That** - in English

**Reality Living** - in English

**Satya - the Truth** - Audio CD / Cassettes on Personality Development & Meditation

**Chaitanya Mahaprabhu** - Audio CD / Cassettes



# Parichay Mein Parichay

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**Dear Readers,**

Warm wishes for the New Year! A new beginning with new promises and hopes, is awaiting to embrace us in its arms.

After the pandemic our activities are spreading far and wide which is helping us to serve the society in a better and effective manner.

In this 60th year of ours we wish to reach out to more and more people with respect to social services, educational services and management services.

Nrityanjali inter school competitions 2022 were physical this year and we got a great response from schools, parents and children. We are really thankful to them for their trust and support all through these years. The enthusiasm and desire to participate could be felt in every student.

The New Year is definitely going to bring in lot of joy, positivity and happiness all around for each and every one of us.

**Maitri Khedekar**

## Parichay Mein Parichay Life Membership (10 Yrs.)

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.23 No.4	Guha Tushar, Radha / Dharmesh Rana
Jan'15 Vol.24 No.1	Pukale Naresh, Manju, Puloma, Khushvi
April'15 Vol.24 No.2	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	Jaffani 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**

## NRITYANJALI BOARD OF TRUSTEES w.e.f. 27.07.2021

Permanent & Managing Trustee : Dr. Tushar Guha  
Trustees : Mrs. Radha Guha, Dr. Anonna Guha, Mr. Girish Dalvi  
Mrs. Charushila Samjiskar  
Permanent Invitee : Dr. Anuradha Chatterjee, Mrs. Nivedita Damle,  
Mrs. Sangita Sawant, Mrs. Maitri Khedekar

Permanent Executive Secretary : Mrs. Manasi Damle w.e.f. 26.05.2016

Nomination Board w.e.f. 01.05.2022

**Chairman :** Mrs. Nivedita Damle **Member :** Mrs. Maitri Khedekar

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w.e.f. 01.05.2022

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Director - Operations : Mr. Girish Dalvi  
Director - Kolkata Office : Dr. Anuradha Chatterjee  
Head Operations : Mrs. Maitri Khedekar

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**Initiative** ( Marketing, Projects )

**Nrityanjali Management Services** ( Trainings in Corporate & Professional Institutions )

**SOCIAL & EDUCATION - Education Services**

**Nrityanjali Education Services** - (Training in Schools & Colleges, Camps) (Open Forum for Principals)

## Faculty Division ( Performing Arts Courses )

**Head :** Mrs. Nivedita Damle

**Programme Division** ( Sunday Class, Cultural Programmes )

**Head :** Mrs. Sandita Sawant

**Cell Members :** Ms. Vinaya Kery, Ms. Sanah Parab, Ms. Sejal Parab

**Social Activities Division** (Fest. Old Homes, Orphanages, Hospitals)

### Under Central Administration

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Mr. Parameshwaran, Mr. Dinesh Singh

## FEST Heads

Mrs. Maitri Khedekar (CZ, SM) Mrs. Sangita Sawant (WZ, NM)

## Nrityanjali Information Services (Publications &amp; Archives)

Under Central Administration

Mrs. Mini Pillai, Dr. Poonam Verma,

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

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

**Head :** Mrs. Geeta Chandrasekaran

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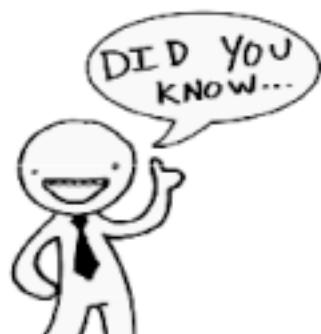
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## ACCOLADES

### Dear Anonna Madam

We are honoured to have you here for Retirement programme - **Ageing blissfully**. I am a bit unfortunate not to have attended it completely. But, I learnt a lot in whatever little I could attend.

As you understand, I had an emergency meeting. Thank you for appreciating us. We all are blessed to have you here and expecting you many more times.

**Mr R Kulkarni**

ED / Head RCF-Thal, Alibaug

### Good Evening Anonna Ma'am!

Thank you for including us in the Nrityanjali Family. Although it was my first time, I thoroughly enjoyed being with the children and listening to them.. Each and everyone at Nrityanjali is doing such a fabulous job! Hats off to the commitment, energy and dedication. Spending time with Sir is an absolute delight and privilege... got so many tips on parenting from him. Can't thank you enough for this experience...i can just go and on..

Best wishes always

**Pallavi Patil**

Judge - Nrityanjali Fest 2022, Banker &

Mother of Kathak Student Reet Patil

*Thank you Pallavi ji for gracing Nrityanjali Fest Inter School Competitions as our esteemed judge for Speech. Support from parents like you is our strength. - Deep Gratitude*

### Dear ALL,

This was my first experience in such kind of fest. It was just awesome. The paperwork, the pre planning of each and every thing, the last minute arrangements. ... Everything was just too good. Thank you Sir that you have given me the opportunity to work in such manner.. I am overwhelmed. Regards,

**Mrs. Madhura Joshi**

Fest Volunter, Sr. Teacher Rochiram Thadani School for the Hearing Impaired, Chambur

### My Dear Anonna,

So happy to learn that Nrityanjali does so much work. Pray that you have unending success.. You and Sir found me to be worthy, this itself is my achievement.

**Guru Latasana Devi**

Renowned Manipuri Dance Exponent &  
Judge for Nrityanjali Fest 2022

### Dear Anonna Madam

It is nice to see Nrityanjali's initiative and online Instagram discussion on Women, Menstrual hygiene, Heredity & Health. Even today a lot of myths around this exist. But the good part is that things are changing.

**Mr Ravi Sitaraman**

H R Leader, Inventia HealthCare Pvt. Ltd.

### Dear Anonna Madam,

Thank You for inviting me for Nrityanjali's Western Dance Competition today. It was an honour for me to be a part of it. I enjoyed judging the competition today. It was a successful one. Indeed a happy moment. I am so happy to see you after a long time and even Tushar Da. I am BLESSED.

**Ankur Ballal**

Odissi Dancer - Judge of Nrityanjali Fest 2022

### Respected Anonna Madam,

My Sister Manjushri and I are grateful for the opportunity... I heard my sister telling our mother, how homely it feels to be a part of rehearsals. Sir's gentle demeanor and compassion always made her feel welcome and as if she was a part of the show too... I am thankful for all the love Ma'am.

**Vinaya Keni**

Nrityanjali Member & TYBA Student

### Dear Anonna Ma'am

The teacher training session on "Professional Quotient" was wonderfully conducted by Geeta Chandrasekaran Madam Thank you so much. Regards,

**Mrs Ruby Verghese**

Principal- Tilak Public School, Nerul



## FOOT PRINTS...

*Nrityanjali News upto 31st December 2022*

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

- **Professional Quotient** for the Graduate Engineer Trainees of **Schneider Pvt. Ltd (Formerly Larsen & Toubro Ltd - Electrical & Automation)** on 15th, 16th & 17th November 2022 by Dr. Anonna Guha and Mrs. Vasanti Anand. Dr. Tushar Guha conducted one hour session with the participants on 17th November,
- **Building Positive Work Culture - One Day Training Programme** for 90 Executives including the Managing Director of **Tata Motors Insurance Broking & Advisory Ltd.** was held on 14th December 2022 by Dr. Tushar Guha, Dr. Anonna Guha, Mrs. Geeta Chandrasekaran, Mrs. Maitri Khedekar and Mrs. Harsha Andan at VITS Luxury Hotels, Andheri, Mumbai
- **Hindusthan Petroleum Corporation Ltd** conducted two days Training on **Public Speaking** for their officers at **HPCL Management Development Institute** in **Nigdi** on 19th & 20th December 2022. Dr. Tushar Guha conducted the training. Mrs. Charushila Samjiskar and Mrs. Harsha Andan were the Co-Faculty members

•

## HUMAN RESOURCE DEVELOPMENT

- **Zapurza Museum & Art Centre, Pune** invited Dr. Tushar Guha to conduct session on the **Three "I"s** for 100 Principals on 30th November 2022. Mrs. Maitri Khedekar, Mrs. Harsha Andan and Mrs. Sreekala Velambath were the Co-Faculty members
- **16 days Special Personality Development Course Level 1 (SPDC 1) physical class** will commence from 19th February 2023 - Fridays, Saturdays, Sundays - 3 hours in the Morning.
- **8 days Special Personality Development Course Level 2 (SPDC 2) physical class** will commence from 1st April 2023 - Saturdays, Sundays - in the Morning.



**LOOK OUT for ...**

**SARASWATI PUJA**  
**26th January 2023**

at Nrityanjali Office  
Miniland, Bhandup



## FOOT PRINTS...

*Nrityanjali News upto 31st December 2022*

**Nrityanjali Education Services** conducted the following programmes :

- **Career Guidance Sessions** for Individual students continued - Courtesy **Nrityanjali**
- **Life Skill** programmes were held at **Little Angel School, Sion** on 23rd, 24th, 25th November, and 6th, 7th, 19th, 20th December 2022 - Courtesy **Nrityanjali**
- **Life Skill** programmes were held at **Vivek Vidyalaya, Goregaon** for the **Primary and Secondary Section** on 21st, 22nd & 23rd November 2022 - Courtesy **Nrityanjali**

### **Workshops for Parents...**

- Dr. Tushar Guha conducted 2 Hours **Workshop on Effective Parenting** as follows :  
19th November 2022 - two sessions - Ryan International School - CBSE, Ambarnath  
26th November 2022 - Ryan International School- ICSE, Nalasopara

## Faculty Division

- Written Examinations of Gandharva Mahavidyalaya were held on 20th November 2022
- Practical Examinations by Gandharva Mahavidyalaya were held for 160 students  
Bharat Natyam Dance on 6th, 7th, and 8th December 2022  
Kathak Dance on 2nd, 9th & 10th December 2022  
Sangeet, Table, Harmonium on 15th December 2022

## SPECIAL PERSONALITY DEVELOPMENT COURSE (SPDC)

(Certificate Course) Level 1. Also Followed by Level 2 & 3



**For: Youth, Students, Professionals, Parents, Senior Citizens, & Homemakers**

*The Course material provided is the approved reference book by Government of Maharashtra on Personality Development – **Perceptions of Personality** in 1996*

**Course Content:** Group Discussions, Presentation Skills, Communication Skills and Voice Culture, Group Dynamics and Human Relations, Counselling, Facing Interviews, Public Speaking, Grooming & Etiquette - International, Study of Emotions, Psychology and more...



### **Trained over 4,50,000 Individuals**

Programme Mentor: **Dr. Tushar Guha**,  
First doctorate in Personality Development, USA

Interviews have begun. Selection only after an Interview.

Tel: 9702457535, 25967388 Email: [nrityanjali1963@nrityanjali.org.in](mailto:nrityanjali1963@nrityanjali.org.in)

**Next Batch  
Feb 2023**

# FOOT PRINTS...

*Nrityanjali News upto 31st December 2022*

## Social Service Activities

- **Project Unnat Yuvati** continues - every Tuesday Spoken English Class and Every Saturday Computer Science continues. The faculty members are Mrs. Maitri Khedekar, Dr. Poonam Verma, Mrs. Mini Pillai, Mrs. Diksha Bhat, Mrs. Prabhadevi Patil, Ms. Manisha Singh, and Ms. Gauri Keny.

- In association with **Prayas, The Project of Good Living Programme** continues with the Destitute Women at the Rehab Centre in Mankhurd. Mrs. Sangita Sawant and Mrs. Maitri Khedekar are the Faculty members.

- On 30th October 2022 Nrityanjali members and students entertained the **Senior Citizens of Raheja Vihar Complex at Chandivali** with songs and dance.

- **The 36th Nrityanjali Fest 2022 - Inter School Competitions** that commenced from August 2022 ended on 11th December 2022. Over **2 Lakh students from 625 schools** across Mumbai, Navi Mumbai, Thane and Raigad Districts participated.

The **Prize Distribution Function** is being held on **8th January 2023** at Birla Matushri Sabhagriha, Marine Lines, Mumbai

- Under the aegis of **National Centre for Performing Arts (NCPA)**, Nrityanjali has undertaken to conduct Dance lessons for students of under privileged schools - **Saraswati Vidya Mandir, Bhandup and Vidyadeep Vidyalyaya, Vikhroli** since August 2022. The training will continue for three years

- With support from **NOV India Pvt Ltd.**, Nrityanjali commenced **CSR activity** of conducting Personality Development Life Skill sessions with Students of Ideal English School - Bhandup, Ideal Hindi School - Bhandup and Smt. Indira Gandhi School - Nalasopara

- With support from **NOV India Pvt Ltd.**, Nrityanjali commences **CSR activity of building Toilets** in Zilla Parishad School, Barf Pada, Virar and Zilla Parishad Beggar School, Panch Pairi, Virar. **Floor Tiling** for Ideal School Bhandup is completed.



## Programme Division

- On 31st October 2022, Nrityanjali presented a skit **Kuchh Kuchh Hota Hai** - for the **Inauguration of Vigilance Awareness Week** of Bharat Petroleum Corporation Ltd, in Mumbai

- On 16th December 2022, on the occasion of **Liberation Day, the Bangladesh Dy. High Commissioner's Office, Mumbai** invited Nrityanjali to perform cultural programme

- **Kala Ghoda Arts Festival** will be held in February 2022. Nrityanjali will offers the services for managing the Dance Events on 4th, 9th, 10th, 11th February 2023

# UNNAT YUVATI

*The culmination of the Girl-child initiative by Nrityanjali is on 7th January 2023. The 10th graders will be then preparing for their Board Exams and marching towards their dreams. Our faculty member **Mrs. Mini Pillai** shares her brief conversation with some girls and the other faculty members who have made this project successful.*

*Nrityanjali wishes to continue with this project year-after-year to exchange positive encouragement, enthusiasm, and most importantly to promote DREAMS to the young girls and help them FLY HIGH...*

*If you wish to support us in this journey feel free to connect with us on [nrityanjali1963@nrityanjali.org.in](mailto:nrityanjali1963@nrityanjali.org.in) and take the STEP towards DRIVING the CHANGE.*



Nrityanjali, as it is known for spreading love, care and sharing for the last five decades, has initiated **Unnat Yuvati** in 2022.

**Unnat Yuvati** is a project in Education and Skill development for young girls students and it started on June 6 th 2022. This wonderful project is a great idea of our Trustee Girish Dalvi Sir and he has focused on providing practical skills of Spoken English and Computer skills to less privileged Girl Children of 10th grade at Nrityanjali. It is held twice in a week (i.e) on Tuesday and Saturday. There

are more than 20 children who are part of the program and they are students of Shree Saraswati Vidya Mandir , Bhandup belonging to Marathi medium School. The syllabus for Spoken English and Computer skills is designed in a more entertaining manner. In addition to preparing the girls for the outside world, they are also guided for their upcoming Board exam in 2023.

Various faculties of Nrityanjali have shown great interest in coaching the girls of Unnat Yuvati. The faculty members include Maitri



Khedekar, Poonam Verma, Gauri Kenny, Diksha Bhat, Mini Pillai. This being the last session for the Academic year 2022-23, we decided to get the feedback from the girls by asking few questions which are as given below:

- 1) How was your experience on the first day of the class?
- 2) Can you share any interesting moment in the class?
- 3) What study skills did you acquire from this programme?
- 4) Please share how these sessions helped to improve your English language and Conversation as well as the Computer skills?

It was wonderful conversation with these girls and their answers that have not only been encouraging but allowed us to identify the scope for improvement, has been compiled and given below. The name of the girls spoken to - *Darshana Santhosh Nevgi, Priyal Indulkar, Rohini Madhukar Bhute, Diksha Anil Gangane, Gayatri Khedekar, Tanvi Mahendra Gosavi, Harshada Kothawale, Gargi Anil Wagh, Sakshi Sampat Varade.*

**1. FELT COMFORTABLE** - The experience Girls had on the first day was that each one of them was very scared and stressed with the thought that they will have to speak in English only, it being the Spoken English class. They felt very much at ease after attending the talk given by Dr. Anonna Guha Ma'am and the next step given to them was to introduce themselves and they could do it better. With the introduction of various games the girls started enjoying the class.

**2. THE GAMES:** The interesting moment for most of them are the Games played during the session. The memory game, Chinese whispers, Land and Sea, chit and word game and framing sentences. Sakshi enjoyed the funny talks being made by Maitri Ma'am during the class. Gargi enjoyed the Science and math game by Poonam Ma'am.

**3. THE TAKE-HOME:** The take-home message from these sessions are : they learned the Art of Reading, Plan a schedule for studies by preparing time table, learned to introduce oneself with confidence, getting details from the Newspapers, brief information on the road map for their future (i.e) knowledge gained for various entrance exam to be given for professional course, gained confidence in interacting with people. Over all very motivative sessions.

**4. THE APPLICATION:** Immense improvement in English Grammar and written English which helped them to prepare well for their Term exam. Improvement in Reading and pronunciation. Harshada said that she has gained some level of confidence in speaking English language. Rohini is very happy with the method of teaching and the personal attention given by the faculties.

They were able to understand in a much better way. Computer - girls gained Practical experience in handling Computers which they lacked in their School. They are now well versed in Word and Excel with the level of practice they had at Nrityajali, Understood the basics of PowerPoint. Very happy with the method of teaching by the faculties.

#### **Our Faculty members Speaks:**

**Mrs. Maitri Khedekar:** Nrityanjali has been doing a lot of social service activities. Unnat Yuvati is one such project which was started to impart spoken English and Computer skills to Standard 10 th girls from a semi English School.

I was very excited to be a part of this project. Initially it was a little challenging to involve the girls in the different activities planned for them but gradually they became very comfortable and started interacting. I personally learnt a lot in terms of handling these children and also creating innovative ways to engage them and thus build their confidence. It feels very nice to



see even a little change has come in them with these sessions.

**Mrs. Diksha Bhat:** It is very difficult to express about Unnat Yuvati project in words, as it was something of a different experience. Being a girl felt more proud sharing and teaching knowledge to all girls which will help them to grow in future strong, knowledgeable Leaders, Entrepreneur, Best Jobs etc. I am happy being a very little part of it. It was great experience teaching lovely little mischievous, naughty, co-operative, eager to learn girls. Looking further to teach more girls.

**Dr. Poonam Verma:** Teaching in the Unnat Yuvati programme was a very fulfilling experience. I thoroughly enjoyed it. While teaching the English and computers, I got to brush up a lot of my understanding of certain topics.....like they rightly say *"Baatne se gyan badta hai aur sikhaate sikhaate hum aur jyada seekthe hain"*.... That was exactly what I felt from these sessions.

Over the period of time, there was a very positive change in the girls. They have begun to attempt English conversation. They have learnt to use MS Word, send emails and do basic browsing. They have started noticing and sensing when something sounds incorrect in a sentence. Their confidence has increased, fear has reduced and they have started trying to talk without fear of being judged. There is a long way to go... but certainly they have made a start. Thank you Nriyjanali for letting me a part of this beautiful journey. I would like to conclude by saying *"Jitni Unnat Yuvati, utni hi samaj ki pragati"* We are heading towards brighter tomorrow... one day at a time.

**Mrs. Mini Pillai:** My journey with Nriyjanali started in the year 2022, with the completion of Special Personality Development Course Level 1 and Level 2 under the guidance and blessing of our Sir Dr. Tushar Guha. Doing the course was one of the best decision that I have ever made. I got introduced to various

Students learning Computers at Nriyjanali, Bhandup



platforms created by the organization for the betterment of mankind and one among them was Unnat Yuvati, a project for the betterment of less privileged Girl children of Grade 10th, belonging to Marathi medium School.

The programme mainly focused on Spoken English and Computer skills, as to prepare the girls for a bright future. It was really a very challenging and learning experience to me, though I had taken very few sessions for them. The team at Nriyjanali had designed the programme in a very entertaining manner and I thoroughly enjoyed teaching them. I was able to help and guide them in a much better manner. Finally at the end of the session

We find that the girls have gained confidence in themselves. Their fear for English language has drastically reduced by understanding the fundamentals of Grammar. The hands-on approach on learning Computers helped them to pick up the skills easily and they are able to operate Ms Word, Excel and sending emails. It gives me immense pleasure to notice such wonderful changes in them and I feel blessed to be a part of this project. My sincere thanks to Nriyjanali for giving me this opportunity and I am looking forward to do my best ever.

## **Narrative report - Navjeevan Mahila Vastugruha Project** *- a collaborative effort of Prayas and Nrityanjali*



### **About Prayas**

Prayas is a field action project of the Center for Criminology and Justice of the Tata Institute of Social Sciences, Mumbai. It has been operational since 1990. Its objective is to demonstrate the role of social work intervention within the adult Criminal Justice sector, with the goal of addressing the psycho-social and economic rehabilitation of vulnerable groups who are processed by the system. It seeks to subsequently facilitate the reintegration of legally processed/custodialized persons into legal employment possibilities within mainstream society. All intervention takes place with the primary objective of establishing correctional/reintegration support for institutionalized populations.

### **Context of work done at Navjeevan Mahila Vastugruha (NMV)**

NMV is an Institution working for rescued women from commercial sexual exploitation under the Immoral Traffic Prevention Act. Women reaching institutions usually lack education and training, socially and economically marginalised. Their positions in family and community are weak and disturbed. Both the outside world and those within custodies typically disregard or forget

about the mental health of these women. Immense emotional, mental, and social trauma is experienced by the them, some of which they may not even be aware of. Frustration, anxiety, depression, loneliness, no physical or mental activity can be the causes of increased aggression and violence amongst the inmates. Prayas aims to address such concerns. One of the key strategies in Prayas' rehabilitation effort for people in custodial institutions is to address their health and well-being needs. Growth and human development are important rehabilitative components for overall socio-economic development.

### **Rehabilitation and Health, Well being & Development**

Prayas sees health sector as having the capacity to play a vital role in supporting rehabilitation at various levels. By extending its programmes and services within institutions, this group of marginalized people can be educated on matters relevant to their own situation. Furthermore, the availability of short-term skills development programmes within custody could equip inmates with basic knowledge that would enable entry into the area of primary health services within the NGO sector. It would also contribute to human



# Nrityanjali Performing Arts



**Dance Drana - Kuhakini, celebrating 'HINDI DIWAS' with BPCL, Mumbai**



**Tagore Dance at NCPA**



**Performance for Raheja Vihar Senior Citizens**



**Vigilance Day celebration with BPCL**



**Celebrating Pohela Boishakh at Bangladesh Dy. High Commission office\_Mumbai**





## Indrani Basu

Some of the participating schools were Delhi Public School, St. Augustine's, Jaipuria School, New Horizon Public School Airoli, DAV School New Panvel, DAV School Panvel and Airoli, St Lawrence School, St Xavier's School Airoli, Fr Agnel School, Euro School, Sanjeevani International School Kharghar, D Y Patil International School, Babu Saheb, D. D Vispute Primary Eng School, Panvel, North Point School Koparkhairane.

Nrityanjali, the institute of performing arts, education, personality development, social & management services started in 1963 by founder Dr. Tushar Guha, is celebrating Diamond Jubilee Year in 2022-2023. Dr. Tushar Guha is a long-standing veteran in the field of Dance, Drama and Music, Education, Management Training and holds the first Doctorate in the world in Personality Development from the USA. Nrityanjali, a registered public charitable trust, is a well conceptualized centre for performing arts, education, personality development, social and management services. With a simple approach through music, dance and dramas, Nrityanjali has universal appeal and it is through this medium that it hopes to achieve the goal of social service. Nrityanjali aims at providing continuous guidance, encouraging the development of the hidden talents of the youth and children by channelising their ever present energies into creative, constructive and rewarding activities.

[illegible]



# 36th year of celebrating Nrityanjali FEST 2022





# 36th year of celebrating Nrityanjali FEST 2022





# Nrityanjali's Diamond Jubilee Celebration





# Nrityanjali's Diamond Jubilee Celebration





# Nrityanjali Social Activities & CSR Projects





# Nrityanjali Social Activities & CSR Projects



resource development for the health sector. In its effort to establish pathways for the reintegration of a negatively utilized human resource and after gaining an in-depth understanding as an outcome of direct field intervention, Prayas and Nrityanjali collaborated.

### **Prayas and Nrityanjali collaboration**

In collaboration with NRITYANJALI, Prayas started sessions and activities for the women institutionalized in NMV (rescue home) from the month of November 2021. Recreation, fun, personality development, self-confidence, community support are intrinsic part of health and development which further facilitates the process of rehabilitation. Prayas included the above-mentioned indicators in the agenda of the collaboration and sessions were designed accordingly. An approximate of 20-25 inmates participated in each activity. Around 25 sessions were conducted and around 470 women/girls benefitted through these sessions. Since the institutional population is floating population, we had a limited time for each women inmate. As the group kept changing same topics were repeated for new members joining the group.

### **Observation of the Sessions**

The resource team of Nrityanjali took a very appropriate approach towards working with the women inmates. They helped women open-up through own personal experiences so that women also feel comfortable in sharing. If the women expressed slightest discomfort or were not in the mood to listen, the resource team calmly understood and even moulded their topic and activity according to the situation so that the women felt safe, heard and consequently their mood used to get improved and they actively participated after that.

The women initially refused to speak because they were worried about what will happen in

court, but they gradually began to speak. Some people were afraid to speak up. When the resource person asked them what they liked and disliked, they were concerned about how they would get judged. After a few sessions, after the efforts of the team, women began to open up and even introduce fellow inmates to the organisation Nrityanjali as well to the services of Prayas.

The sessions were focused on personality development skills like communication, listening, observation skills which were inculcated through games. They were taught about the power and effect of non verbal communication. They were taught how facial expressions and voice modulation reveal our moods. What we say should be consistent with our facial expressions and tone of voice. Our observation and conduct should be decent wherever we go. They were given techniques on how to act, where to speak, and how to dance with grace and dignity to perform in front of dignitaries, etc.

### **Celebrating Women's day**

With the assistance of Nrityanjali organisation, women organised the celebrations whole heartedly as they practised speeches, dance, songs, and drama for the Women's Day programme.

This celebration with the inmates not only helped to reduce the mental and emotional issues they were facing to an extent but also helped in understanding the problems that the inmates face and help the Prayas social workers in building and strengthening the foundation of a healthy rapport. This rapport formation is vital in order to move forward towards our rehabilitation programme. Moreover, after each session, we received positive feedback from the inmates and requests from many of them to conduct more such sessions. We feel that such sessions with the inmates helps in understanding their own state of mind and take care of their physical as well as mental health.

## निबंध लेखन

### निबंधाचे प्रकार

इयत्ता - १०वी

### निबंध लेखन करताना घ्याव्याची काळजी

आपण कोणता निबंध लिहीणार आहोत. हे प्रथम विद्यार्थ्याने मनाशी ठरवावे. एखादा विषय निवडल्यावर तोच व्यवस्थितपणे लिहावा. निबंधाचे मुद्दे बहुतेक दिलेले असतात.

पण, समजा ते दिले नसल्यास आपण थोडक्यात महत्वाचे मुद्दे तयार करून त्या मुद्द्याचा विस्तार करावा.



### निबंधाची सुरुवात :

निबंधाची सुरुवात ही अतिशय महत्वाची असते. निबंधाची सुरुवात अथवा विषय जेवढा प्रभावी असेल तेवढे परिक्षकाचे तुमच्याबद्दल मत चांगले होते.

### निबंधाची सुरुवात खालील प्रकारे करता येईल.

- १) विषयाची व्याख्या, देऊन, सुभाषित देऊन
- २) त्या विषयासंबंधी हल्लीची सध्याची चर्चा करून
- ३) एखाद्या कवीच्या त्या विषयासंबंधी महत्वाच्या ओळी देऊन.
- ४) एखादा प्रसंग देऊन.
- ५) विषयाचे महत्व समजावून



६) एखादया मोठया व्यक्तीचे मत, संदर्भ किंवा उदाहरण देऊन.

७) एखादी गोष्ट अथवा संवाद थोडक्यात देऊन

### **निबंधाचा मध्यभाग**

निबंधाचा मध्यभाग हा अत्यंत महत्वपूर्ण भाग आहे. यात मूळ विचार स्पष्ट करावा व विषयासंबंधीच लिहावे. भरटकट जाऊ नये. विचारांची पुनरावृत्ती टाळावी. यासाठी कमीत कमी दोन परिच्छेद करावेत.

### **निबंधाचा शेवट**

निबंधाचा शेवट हा प्रारंभाप्रमाणेच महत्वाचा असतो. शेवट थोडक्यात, अत्यंत स्पष्टरूपाने व वाचकाला प्रवृत्त करणारा असावा.

### **निबंधाविषयी इतर महत्वाच्या गोष्टी**

निबंधात चार ते पाच परिच्छेद असावेत. एका परिच्छेदात एक अथवा दोन विचारांचे विवेचन निबंध हा वाचकांशी सुसंवाद साधणारा तर असावाच. पण त्यात विचारांची पुनरावृत्ती नसावी. निबंधासाठी भाषा शुद्ध व ओघावती असावी. त्यात व्याकरणाच्या चुका कठ नयेत.

शुद्ध लेखनाचे नियम पाळावेत. योग्य ठिकाणी विरामचिन्हांचा योग्य वापर करावा. शक्य असल्यास वाक्यप्रचार व म्हाणी यांचा कौशल्याने वापर करावा. त्यामुळे निबंध प्रभावशाली व आकर्षक बनतो.

विद्यार्थ्यांनी केवळ पाठ्यपुस्तक अथवा बाजारात मिळणारी निबंधाची पुस्तके यावर अवलंबून न राहता स्वतः खूप वाचन करावे. आपल्या सभोवतालचे जागरूकपणे निरीक्षण करावे. वर्तमान पत्रातील, रेडिओवरील, टि. व्ही. वरील बातम्या वाचाव्यात/ऐकाव्यात, स्वतःची टिपणे काढून घेऊन व मनन केल्यास निबंध लिहिणे कठीण वाटणार नाही.



**Written by - Mr. Dattaram Kamble** holds a B.Ed degree from Mumbai University and is working as a Supervisor at S.A.Public School, Tunga Village, Powai. He loves to read, travel, and innovate new ideas which will help the students.

# Special Kids

... by Madhura Joshi

*Madhura Joshi ji is a special educator, specialising in dealing with the hearing impaired. With experience of nearly three decades, Madhura Ji is a senior faculty with Rochiram Thadani School for the Hearing Impaired in Chembur.*



We all are so blessed that we can use all our senses effectively as and when required. Being human, WE are the top creation of God. Being so, we are privileged with all the necessary things for survival along with certain additional qualities. We can see, we can walk, we can run, we can hear AND we can speak and think logical. But there are few amongst us who are not fortunate enough to live normal and peaceful life. Some are visually impaired, some are hearing impaired while some are physically challenged.

Being a special educator, I am also working with such underprivileged people (now called as Divyang). I am working with students who are hard of hearing. This problem is hidden as we can not see the handicap. This impairment is difficult to detect in the early stage by a layman as it is not visual. We understand the problem when a child doesn't speak.

Like all other normal kids, babbling took place in these kids too. The hearing child gets motivated to continue it as it hears its own voice as well as the response given by others.

Hearing impaired child lacks this and later stops babbling. This occurs at around 6-7 months of age. But the parents, caretakers are not able to detect the problem and wait for the child to speak.

In some cases the deafness occurs due to ototoxic drugs given to the baby in its critical condition or to resolve some of the postnatal

complications like infantile jaundice or meningitis. In some cases it is found that the child loses its hearing capacity post lingual too.

When parents realize that there is some problem in their child, it is very difficult to accept the fact. Then they run around for a good doctor. If guided properly, the child is sent to any such organisation/institutions catering to such problems for thorough checkup and later sent to special schools. Nowadays, early detected children are recommended for Cochlear Implant surgery. This is very useful for early detected deaf kids, but it is too expensive and it needs post operative therapy which is mandatory. Maintenance of the same is very expensive. Otherwise the surgery is of no use. The surgery is recommended only for those who are not benefitting with the hearing aid.

Early intervened and implanted kids are sent directly to regular schools after proper therapy. Rest are admitted in special schools and at this very stage, Special school task starts.

Earlier, due to lack of awareness, the admission age of deaf children was over 5/6/7 years and above. It means initial crucial years of language learning as well as auditory training and speech were wasted. But now due to awareness, the admission age is 3 - 4 years or below. Of course this started happening in METRO cities.

As the child gets admitted to the school, the teachers need to start from scratch. Because, its hearing age is zero at that time. We need to arrange a suitable hearing aid for the child, with the help of an audiologist. The special educators, speech therapist and audiologist work as a team for the rehabilitation of the deaf child.

Auditory training is very important in deaf child's progress. We make them learn to use the hearing aid with their residual hearing. Their hearing aid amplifies the sound.

Special educators or language teachers teach them the language. All the aspects of language need to be taught which WE as a hearing person need not, as we learn it by natural process of hearing. These children follow the curriculum of the state board in their respective states. In India there is no special curriculum designed for these children except for early education. Only in initial years they were trained for almost 4 to 5 years so that they can cope up with regular curriculum. And there are some exemptions for board exams.

Doors of higher education are also open for them. And many students pursue a degree in the field which they like. It is found that many amongst these children are born artists. It is because it is the way of expression in which they are lacking otherwise.

One of the reasons for this kind of disability is some kind of genetic disorder. Because of Consanguineous marriages, there are chances of disability occurring in the child. So genetic counseling becomes important in such cases. After counselling and proper guidance and training, these children come into the mainstream. When these children speak on a phone call or send a video / audio of a song sung by them we are just overwhelmed with happiness.

Summing it up, special education and the educators are an important connecting link between the Divyang students and the real world, if moulded properly. They will surely deliver their best and be one like the normal performers.



Dr. Tushar Guha and Dr. (Mrs.) Anonna Guha with  
**Mr. Chiranjib Sarker** - Dy. High Commissioner,  
 Deputy High Commission for the People's Republic of Bangladesh Mumbai, India

## किताबों से संवाद

**जगतो दिन बाँचि ततो दिन शिखी** । स्वामी रामकृष्ण अपने संवाद में इस सुंदर बंगाली वचन कहते थे। निरंतर जानने, सीखने की वृत्ति व्यक्ति को सजग, संवेदनशील और भावसमृद्ध बनाती है। संत कबीर का कथन याद आता है

### रमता साधु बहता पानी इसमें कभी न मैल लखानी।

गतिशीलता जीवन का मूलमंत्र है। हजारों साल पहले हमारे पूर्वज कैसे जीवन बिताते थे, से लेकर जीवन का वास्तविक अर्थ क्या है, तक का सारा ज्ञान हमें किताबों से मिला है इसीलिए किताब वाचनप्रेमी का बहिष्कर प्राण बन जाता है। किताब पढ़ना यानि खुद का जीवन समृद्ध करना।

संवेदनशील व्यक्ति की धमनियों में सैकड़ों किताबों का वहन हो रहा है इसके साथ वाचनसंस्कृति भी। किताबें हाथ में आने से पहले आदमी प्रकृति, जीवन को पढ़ता ही था। गुंफाचित्रों से व्यक्त होते होते वाचन संस्कृति का प्रारंभ तीस हजार साल पहले हुआ।

इ.स.पूर्व पांचवीं सदी में लेखन कला की जानकारी थी। महाभारत, स्मृति, कौटिल्य अर्थशास्त्र इ. ग्रंथों में व्यावहारिक विषयों के कई उल्लेख हैं। चौसठ कलाओं में 'पुस्तक वाचनम्' शामिल है। छांदोग्य उपनिषद् में 'अक्षर' शब्द है। इ. स. चौथी सदी से पहले भारतीयों को रूई से कागज बनाने की कला अवगत थी। पुराण में किताब लिखवा के दान करना बड़ा पुण्य माना गया है। ह्यू एन संग अपने साथ ६५७ किताबें चीन ले गया। सीमित वर्ग के लिए उपलब्ध ज्ञानभंडार सन १८०५ को भारत में मुद्रित किताब से सबके लिए खुला हुआ। विल्यम कॅरे द्वारा मुद्रित पहली मराठी किताब थी 'द ग्रामर ऑफ मरहट्टु लॅंग्वेज'। नाम अंग्रेजी था लेकिन एक पृष्ठ अंग्रेजी और दूसरे पर मराठी तर्जुमा था। १८०४ में लिटररी सोसायटी निजी ग्रंथालय था लेकिन पहला सार्वजनिक ग्रंथालय रत्नागिरी (जिला) नगर वाचनालय १८२८ में शुरू हुआ जो १९४ साल वाचनसंस्कृति का साकार रूप है। संस्कृति शब्द प्रयोग विद्वान वि का राजवाड़े ने कल्चर के रूप में इस्तेमाल किया। जापान में कतार में किताब पढ़ते पढ़ते आगे बढ़ने के लिए शब्द है टचियोमा। उन्नीसवीं सदी में वाचनसंस्कृति ने ज्ञानगंगा हमारे घर तक पहुंचाई तो इक्कीसवीं सदी ने जानकारी का ढेर लगाया।

सौंदर्यशास्त्र में तीन पद्धतियों को मराठी कवि मर्ढेकर सूचित करते हैं - मानसशास्त्रीय, तर्कशास्त्र तथा सौंदर्यशास्त्रीय। इन तीनों का प्रयोग वाचन संस्कृति का अंग है प्रत्यक्ष कृति के बिना संकल्पना



अर्थहीन होती है। इस दृष्टि से शतक वर्ष मना रहे विलेपार्ले के लोकमान्य सेवा संघ के श्री वा फाटक ग्रंथसंग्रहालय ने वाचन प्रेमियों के लिए वाचक कट्टा उपक्रम शुरू किया है जिसमें मासिक कार्यक्रम में सदस्य वाचक अपनी प्रिय किताब के बारे में अपने विचार, भाव प्रस्तुत करता है तथा श्रोता उसपर चर्चा करते हैं जानकारी आदान प्रदान करते हैं। इसके सक्रिय आयोजक के रूप में नानकजी का कथन याद आता है।

### जब लग दुनिया रहिये नानक किछु सुणिये, किछु कहिये

वाचन सिर्फ पढ़ना नहीं चिंतन, मनन निरंतर प्रयोग और संवाद है। वाचन संस्कृति से अलग अन्य मार्ग से संवाद के बारे में आपसे बात करना चाहूंगी। लोकमान्य सेवा संघ की अन्य शाखा दिलासा जो अन्य गतिविधियों के साथ हेल्पलाइन तथा प्रत्यक्ष रूप से ज्येष्ठ नागरिकों के लिए समुपदेशन करती है और इसमें सक्रिय कार्यकर्ता के रूप में मैंने पाया कि समाज के विभिन्न तबकों में सुसंवाद की गहरी खाई है। कितनी भी बड़ी समस्या हो उसका समाधान होता है, जरूरत है धैर्य से सुसंवाद की। इसके लिए मुझे नृत्यांजलि के डॉ. तुषार गुहा के ट्रेनिंग का फायदा हुआ। अपने-अपने पक्ष के अलावा तीसरे पक्ष का एहसास हमारे मन में स्वीकार्यता पैदा करता है।

संत ज्ञानेश्वर विश्व को घर मानकर उसके कल्याण की कामना करते हैं। गीता में भगवान श्रीकृष्ण ने अध्यात्म के तीन स्तर बताए जैसे पारंपरिक, समाजिक, देवत्व या आत्म स्वरूप। योगी अरविंद कहते हैं **All problems of life are problems of harmony.**

हार्मनी का सूर - एक सूर सधै सब साधे। इसके लिए सुसंवाद की जरूरत है।



**Written by - Mrs. Vasanti Vaidya** - Former Senior Manager (PR & CC) with Hindusthan Petroleum Corporation Limited, is an expert in Hindi and Marathi Literature, a Content Writer, and Translator. Mrs. Vaidya is an avid reader and is pursuing her interest in Music and promotes 'Reading' and Literature through her social initiatives with school and college students. Mrs. Vaidya regularly contributes articles to various magazines and online portals.

Mrs. Vasanti Vaidya has completed SPDC Level 1 & 2 from Nrityanjali, is a great well-wisher of Nrityanjali and regularly contributes Hindi and Marathi articles to Nrityanjali's quarterly House Magazine.

# LAUGH IT UP

**One word in the English language that could be a noun, verb, adj, adv, prep is "UP".**

**Read until the end.. have a good laugh !!!**

This two-letter word in English has more meanings than any other two-letter word. That word is, \*UP\*. It is listed in the dictionary as an [adv], [prep], [adj], [n] or [v].

It's easy to understand \*UP\*, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we **wake \*UP\***?

At a meeting, why does a topic **come \*UP\***? Why do we **speak \*UP\***, and why are the officers **\*UP\*** for election, if there is a tie, it is a **toss \*UP\***, and why is it **\*UP\*** to the secretary to **write \*UP\*** a report ?

We **call \*UP\*** our friends, **brighten \*UP\*** a room, **polish \*UP\*** the silver, **warm \*UP\*** the leftovers and **clean \*UP\*** the kitchen. We **lock \*UP\*** the house and **fix \*UP\*** the old car.

At other times, this little word has real special meaning. People **stir \*UP\*** trouble, **line UP** for tickets, **work \*UP\*** an appetite, and think **\*UP\*** excuses.

To be dressed is one thing, but to be **dressed \*UP\*** is special.

And this \*UP\* can be confusing. A drain must be **opened \*UP\*** because it is **blocked \*UP\*** !!!

We **open \*UP\*** a store in the morning, but we **close it \*UP\*** at night. We seem to be pretty **mixed \*UP\*** about \*UP\* !!!

To be knowledgeable about the proper uses of \*UP\*, **look \*UP\*** the word \*UP\* in the dictionary. In a desk-sized dictionary, it **takes \*UP\*** almost 1/4 of the page and can **add \*UP\*** to about thirty definitions !!!

If you are **\*UP\* to it**, you might try **building \*UP\*** a list of the many ways \*UP\* is used. It will **take \*UP\*** a lot of your time, but if you don't **give \*UP\***, you may **wind \*UP\*** with, \*UP\* to, a hundred or more.

When it threatens to rain, we say it is **clouding \*UP\***. When the sun comes out, we say it is **clearing \*UP\***. When it rains, it **soaks \*UP\*** the earth. When it does not rain for awhile, things **dry \*UP\***.

One could go on and on, but I'll **wrap it \*UP\***, for now..... my time is **\*UP\***!

**So, did this whole thing, crack you \*UP\*?**

## LOOK OUT for .....



**for Children between  
6 to 16 years**

**Dates - 2nd to 6th May 2023  
Campsite: Zapurza Museum,  
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**Contact: 97024 57535**



## Rhymes & Verses

### STILL ALIVE

She is drowning in the immortal breath  
of the sea  
Aticking bomb is tied to her shins  
Pulling her down, unable to flee  
As warmth rises up in her skin  
She explodes with rage and emotions  
As lava pours down her shiny eyes  
She turns into ashes from the explosion  
Until the Necromancer makes her rise  
She's no longer in the immortal marine  
She's in a numb place of wrath  
As she turns metal strong and serene  
She becomes as dark as the wizards hat

She rises from the ashes like a Phoenix  
Whenever her trauma burns her to the core  
She gets stronger everytime she returns  
from the tragic  
Her heart aches from the reincarnation,  
so sore

But she leaps and flies high into the sky  
She feels adrenaline and content  
As she spears through the seeping air  
She vows to herself to never vent

Her alter ego hovers nearly and stares  
because in the end the newcromancer was  
no one bu her shadow self  
protecting her from despair.



Written by  
**Ms. Dhruvi Mandalia**

A young aspirant member of Nriyanyali and a hard working student, Ms. Dhruvi Mandalia is currently pursuing her graduation.

### Water Water Everywhere

Water water everywhere  
Not a drop to spare  
It fills the oceans ponds and seas  
Let us not waste it please.  
Coming down all the way from the mountains  
It also beautifies the fountains  
We can quench our thirst with just a sip  
And wash away our sins by taking a holy dip.

Water water everywhere  
Not a drop to spare  
The water cycle is so cool  
Dont we love to jump in a pool  
Water makes life possible  
For all humans plants and animals  
We must respect this earths dear daughter  
And try to save every drop of water  
Water water everywhere  
Not a drop to spare.

Written by **Mrs. Maitri Khedekar**

*Editor of Parichay Mein Parichay, a quarterly House-magazine of Nriyanyali, Mrs. Khedekar is a post graduate in Textile Designing from SNDT University and holds a post graduate diploma in Personality Development from Nriyanyali.*



*Head Operations of Nriyanyali, today Mrs. Khedekar plays a crucial role in operational and adminsitration. She is also the Head of Social Activities Division of Nriyanyali and is Head of Nriyanyali Fest 2022 - Central & South Mumbai zones.*

*A senior dancer of Nriyanyali, she conducts Life skills workshops for students and and is most active and responsible member of Nriyanyali. Mrs. Maitri Khedekar is also a singer, a calligraphy artiste, painter and loves writing poems.*



## *Did U Know.....*

### **Are butterfly wings colorful ?**

No. Butterfly wings are made up of a protein called chitin which is transparent. The wings of a butterfly wings are made of many tiny transparent scales. When light hits a butterfly wing it gets reflected through these scales making them colorful.

### **How does a penguin protect itself in the water ?**

The penguins' black and white coloring protects it from predators such as leopard, seals and sharks. When seen from below their white undersides are hard to distinguish from the brightness of the ocean's surface.

### **Is a shrimp's heart located in its head ?**

Shrimps have their hearts along with other vital organs such as their stomach and nerve cord inside of their heads. This is because the head is more safe (weary) to protect the Organs than the tail end of the their body

### **Why do koala bears need to sleep for long hours.**

Eucalyptus leaves are the main part of a koala bear's diet. But these leaves are low in nutrients and take lot of time to digest . So koalas need to sleep between 18 to 22 hours a day to conserve their energy

### **Why does a flamingo put its head upside down when it eats ?**

Flamingo has to use the bristles at the top of its beak to filter out the mud and water that gets sucked in along with its actual food. It therefore has to eat with its head upside down as otherwise it would be unable to filter properly.

### **How do rhinos use their horns?**

Rhinos use their horns for several purposes like defending territories, protecting their calves from other rhinos and predators, digging for water and breaking branches . Female rhinos use their horns to guide their young till they are capable of navigating on their own



Nriyanjali artistes presenting a Skit on Vigilance awareness celebrating  
**Vigilance Awareness Week**  
with **Bharat Petroleum Corporation Limited**, Mumbai Head Office, Mumbai

# RECIPE

**PANEER TIKKI**, an excellent and healthy evening snack for children. It has the goodness of calcium and protein from the Paneer.

## Ingredients:

Paneer.....	200 gms
Rice Flour.....	1/4 cup
Onion.....	1 no.
Tomato.....	1 no.
Carrot.....	1 no.
Capsicum.....	1 no.
Green chillie.....	1
Coriander leaves.....	as required
Salt.....	to taste

## Method:

1. Take fresh paneer and either grate or smash it with your hand.
2. Add finely chopped Onion, Tomato, Green chillie, Capsicum, Grated carrot, coriander leaves and salt. Mix well.
3. Now add rice flour to the mixture and mix it to make round shaped balls.
4. Heat the oil in a pan and shallow fry few tikkis at a time till they are golden brown in colour.

Serve the Paneer Tikki hot with tomato ketchup or green chutney.



## BANANA

PAN CAKE can be made with overripe bananas which seem to be perfect.

## Ingredients:

Ripe Banana.....	1 no.
Wheat flour.....	1 cup
Sugar.....	3 tablespoon
Milk.....	1 cup
Elaichi powder.....	1/2 tsp
A pinch of salt	

## Method:

1. Take a bowl and smash the banana in it.
2. To the smashed banana add sugar, salt, elaichi powder, wheat flour and mix it well.
3. Keep adding milk little by little and make a smooth batter.
4. Stir them together with a big spoon until no big powdery lumps remain.
5. Heat the pan on the gas stove over medium flame and slightly oil the cooking surface, then pour the batter onto the hot pan and spread it.
6. Cook until it is lightly golden brown on both sides.

Serve immediately.



Contributed by **Mrs. Rashmi Kubal**

*Student of Kathak class at Nrityanjali, Mrs. Kubal is working as Asst. Municipal Secretary in Brihanmumbai Mahanagarpalika..*

*A focused and dedicated individual, Mrs. Kubal is a promoter of art, loves reading, travelling, and participates in social activities.*

*Recently Rashmiji was actively volunteering and also honoured by being our Judge at Nrityanjali Fest 2022.*



**January**

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

**February**

- 2nd Sangita Dalvi  
23rd Charushila Samjiskar  
27th Satgashil Jadhav

**April**

- 6th Shreekala Babu  
9th Avani Chakrabarty  
18th Komal Waingankar

**March**

- 5th Shobha Nair  
12th Radha Guha  
14th Bhoomi Mandalia

•

**You Can Contribute**

Articles, Poems - Original or Sourced  
Pictures / Sketches in Black & White only  
to the Editorial Board  
e-mail : [nrityanjali1963@nrityanjali.org.in](mailto:nrityanjali1963@nrityanjali.org.in)

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### Bharat Natyam Dance

Once a Week  
6 P.M. Bhandup

### Kathak Dance

Once a Week  
6 P.M. Bhandup

### Sangeet / Harmonium

Once a Week  
6 P.M. Bhandup

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"To Be A Part of Nrityanjali"

### Personality

#### Development - Sr.

16 sessions of 1.5 hr each  
( 8 days, 3 hrs. each )  
(Std. X or 15 yrs to 20 Yrs)

#### Fee :

#### Batches :

Jan / April / May / July to Sept.

**Subjects :** Perceptions of Personality,  
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**at Nrityanjali**

#### Fee :

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**Selection by Interview  
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/ Organistaions

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