

PARICHAY MEIN PARICHAY



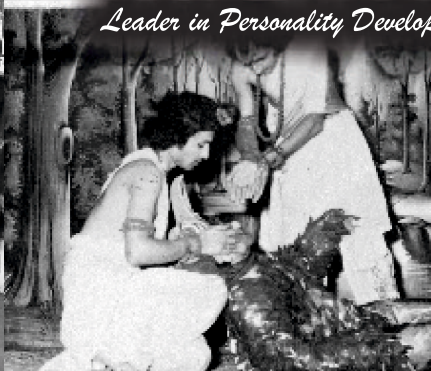
1963 - 2023



we groom thoughts

Nriityanjali

Leader in Personality Development & Emotion Management.





SOCIO- CULTURAL AFFAIRS

Nrityanjali is a registered **Public Charitable Trust** and an **Institution** of Performing Arts, Education, Personality Development & Management Services established on 19th July 1963

Nrityanjali 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.

Nrityanjali Human Resource Development (NHRD) Division

Conducts Training for Faculty Members in Life Skills Programmes & Behavioural Sciences on modules based on the 32 years research of Dr. Tushar Guha

Nrityanjali Social Activities (NSA) Division

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

The Competitions are -

Drawing , 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

NSA entertains inmates of Old Homes, Orphanages and Patients of Hospitals.

Nrityanjali 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" - the centre of activity (2.00 P.M. to 6 P.M.). People of all ages learn varieties of art form **Free of Cost**, under the **Founder Director Dr. Tushar Guha**.

Conducts Workshops in Drama, Indian Classical & Folk Dances
Special programmes are presented for foreign dignitaries.

Nrityanjali Faculty Division

offers courses in Performing Arts and is affiliated to ABGMV Mandal, Miraj.
Nrityanjali Diploma courses are also conducted.

Nrityanjali Information Services (NIS)

Publishes Quarterly House Magazine "PARICHAY MEIN PARICHAY".
Nrityanjali Web Services are offered to members.



CORPORATE AFFAIRS

Nrityanjali Initiative Division

initiates different projects to create an awareness and implement Nrityanjali's ideals.
Camps for Children, Youth, Women, etc. and Marketing

Nrityanjali Management Services (NMS) Division

conducts Training Programme for the Corporate Sector in Behavioural Sciences. The modules are based on the 32 years research on Human Relations and Psychology by Dr. Tushar Guha

Nrityanjali Education Services (NES) Division

caters to **Personality Development & Life Skills programmes** for students. Provides training to Principals and Teachers through the Department of Education.

The Open Forum for Principals (OFP)

initiated by NES caters to creating a pool of teachers on different academic subjects

Sunday Classes

Start attending
at 1:30 P.M.
at Bhandup
every Sunday.

Nrityanjali Yahoo Group

Login to join by
registering your email ID
at our website

Membership

Visit : Sunday afternoon
or
week days evenings
Meet any official .
Fill in Application Form.
Participate in activities.
Membership
follows

*Parichay
Mein
Parichay*



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Dear Readers,

Nrityanjali family wishes New Year Greetings to one and all! We hope and pray the coming year brings happiness, joy and peace for all.

We were back in 2022 with a bang and this year, Nrityanjali Fest Inter-school Competitions 2023 witnessed huge participation in all the 4 zones Central, Western, Navi Mumbai and South Mumbai. We are extremely touched with our schools Princip als and Teachers, Students and Parents who have motivated us to continue this celebration through their trust, their cooperation, and belief in our honest judgements, as always. We cannot miss thanking our selfless volunteers - young and fresh, old and seasoned all dedicatedly served our students and Nrityanjali Fest. Our humble gratitude to our judges who share their valuable time, patiently enjoyed the experience, THANK YOU.

The year 2023 left us with a lot of new challenges, activities and opened up new and exciting opportunities for us. We were able to spread our wings of activities in every aspect, be it Educational, Social, Management, and Culture. We continue to run our in-house project - *Unnat Yuvati* where this year we have more beneficiaries comapred to the previous year. On the cultural front we once again presented our ever-popular dance drama - *Kuhakini* at the Sanskriti Festival. In May, we will be hosting Maharashtra Festival, do join us in this celebration.

By the time you read this, we have already completed our major Kala Ghoda Arts festival 2024 celebrating culture through our lovely artistes. Nrityanjali team is fortunate to be surrounded with such positive energies. This year through Open Forum for Principals, India senior students got an opportunity to anchor at this very festival. As Nrityanjalites, we are looking forward to 2024 offerings, the 38th Nrityanjali Fest, our Annual General Meet, Swaccha Abhiyan projects, Life Skills programmes, and our Corproate engagements and professional shows that support our social endeavours.

Maitri Khedekar

Parichay Mein Parichay Life Membership (10 Yrs.)

Jan'15 Vol.24 No.1	Pukale Naresh
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
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April'18 Vol.27 No.2	Yewale Sunanda
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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
April'23 Vol.32 No.2	Manisha Singh
July'23 Vol.32 No.3	Farhat Khan / Anonna Guha / Girish Dalvi & Sangita Sawant
Oct.'24 Vol .32 No.4	Guha Tushar, Radha

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



CENTRAL ADMINISTRATION w.e.f. 19.07..2023

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



CORPORATE AFFAIRS - Management Services

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. Sangita Sawant **Cell Members** : Ms. Vinaya Keny, Ms. Sana Parab



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

Under Central Administration

FEST Heads

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

Co-ordinator : Mr. Tushar Rahate

Cell Members : Mr. Parameshwaran, Mr. Dinesh Singh



Nrityanjali Information Services (Publications & Archives)

Under Central Administration

Dr. Poonam Verma, Mrs. Mini Pillai

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



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

Head : Mrs. Geeta Chandrasekaran

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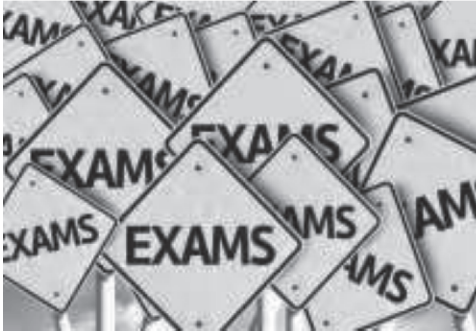
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Dr. Anonna Guha

(Phd in Sociology, Phd in Human Relations,
NET, Kathak Nritya Vishard)
Trustee & Managing Director
NRITYANJALI Group

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in the context of NEP 2020
article by

Dr. Tushar Guha

*This paper was presented as
a Speaker at the 29th
National Conference of CBSE
Sahodaya Complexes in
December 2023.*

*Later, the subject was discussed with State Baord
and ICSE school Principals at the NES-OFP
meets.*



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ACCOLADES

Dear Dr. Tushar Guha Sir

Please accept my deepest respects for all that I have learnt from you.

I have been learning from you whenever we have met, which has in many ways influenced my thought process, words and actions. Your interview was impactful beyond my imagination and I thank you for sharing your insights. Thank you Sir - Regards

Mrs. Ruma Dey

Dy. Managing Director State Bank of India

Dear. Mrs. Geeta Chandrasekaran Madam

An outstanding and overwhelming programme it was (Spoken & Written English). We are grateful to connect with Nrityanjali and you Madam

Ms. Bhagyashree Yadwadkar

HR Manager - Elegant Collection Ltd, Andheri

Respected Sir / Madam

It gives me immense pleasure to be a volunteer for Swachh Bharat Pakhwada 2023, my first time experience with Nrityanjali. My Gratitude to Dr.Tushar Guha Sir and Dr. Anonna Ma'am for the trust in me and giving me an opportunity to handle the workshops all by myself in various Schools. Many thanks for the guidance and mentoring by all the Nrityanjali expertise. I found it a bit difficult in reaching out to some Schools, but in every School I received a warm welcome by the Principal and the Teachers. All thanks to Dr. Guha Sir. The best part of every School was the importance and the support given to this brilliant initiative by the Govt. Of India. Indeed an awesome experience and I am very happy and proud to be a part of Nrityanjali family, who always works toward the betterment of mankind. Thank you once again and looking forward to do my best ever. Regards

Mrs Mini Pillai

Faculty, Nrityanjali

Dear Anonna Guha Madam

Your team's energy and commitment was fabulous. They were non-stop into the activity zone. Loved the catchy slogans as well the Swachcha Bharat Abhiyaan Aarti. Overall it was Fantastic! Everyone enjoyed it.

Aditya Salekar

Executive - Bharat Petroleum Corpn Ltd.

Dear Dr. Anonna Guha Madam

Very Very Thankful to you and your team for wonderful interactive and good informative plays relevant to Swachhata Pakhwada activities.

Dr Ravindra

Executive Hindustan Petroleum Corpn Ltd

Pranam to Sir

Sir's teachings and influence will always remain within me. His compassion and empathy gave me the strength to move ahead in life. What I received from him since 2007, I remain indebted for life. He is empowering Individuals

Ms. Arpita Ghosh

Sr Counsellor - CHRIST Deemed to be University,
Empowering Individuals, Touching Lives - Life Coach,
Counselor/TEDxSpeaker/Creative Facilitator/Author

Respected Sir

I have been appointed as a Play School Teacher in Star Kids School in Balkumb Thane. I want to Thank You and the whole of Nrityanjali team for taking me under the wings and helping me become the person that I am today. I am a slow learner and have always been relegated to the back bench. The confidence and immense Motivation, Love and Support that I have received from you and the whole team, I am much much Thankful and I am full of Gratitude for this opportunity that I have received. I would love to continue to be associated and be a part of our Big Family- Nrityanjali Institute... Always grateful and Thankful

- Ashlesha Joshi

Faculty, Nrityanjali

ACCOLADES

Dear Dr. Anonna Guha Madam

Thank you very much for the great training workshop on Spoken, Written English and Communication Skill and a memorable closure on 27th November. Our participants gained good subject knowledge under the teaching of Mrs. Geeta Chandrasekaran, who is a very disciplined, and dedicated person. We are glad that the course was not limited to the subject decided but it included personality development aspects too,

On the day of the closure, we were grateful to have Mr. Girish Dalvi as our Chief Guest whose multifaceted personality and words of motivation further inspired all the participants. Overall under the guidance and support of our Senior Management Team and Team Nrityanjali, this workshop was a big success. We are looking forward for the second batch of the training.

Mrs. Bhagyashree Yadwadkar

HR Manager - Elegant Collection Ltd, Andheri

Dear Mr. Girish Dalvi,

I can't thank you enough for helping us in the Secondary Annual Day. I immediately asked Mr. Goenka's feedback and he gave a great review. He was extremely pleased with the presentation and the quality.

Ms. Anna, Head of Primary and Mr. Heikki, the Head of the School were blown away by it too. And what a perfect timing!

Thank you to Ms. Sangita Sawant and you for your guidance,

Mrs. Kalyani Chaudhuri

Principal - Finland International School, Thane

Dear Dr. Anonna Guha,

The 'Time management' workshop conducted by your faculty Mrs. Geeta Chandrasekaran went very well. All the participants enjoyed the learnings. Thank you,

Mr. Aadinath Bade

Head HR - USV (India) Ltd.

Dear Dr. Anonna Guha,

Team Dynamics session was a great session Madam. Dr Tushar Guha Sir is really great. Everyone was happy.

Thank you so much. I will send you photos.

Mrs. Asawari Patankar

Medical & Welfare Services Larsen & Toubro

Dear Anonna Guha Ji,

Nrityanjali presented a wonderful cultural programme on Saptami for Durga pooja.

Nrityanjali has performed for us previously too. Over the years the dazzle of the performances has remained the same and not diminished.

Dr Aniruddha Kumar

BARC Tarapur Bengali Association

Dear Anonna Guha,

Thank you for the preparation for English and Maths for Pre Promotion Training by Nrityanjali Management Services. Participants appreciated Mrs. Maitri Khedekar's approach to teaching.

Your attitude and approach will definitely go a long way in our long-term association.

Ms. Nikita Vasant Raut

AGM & Learning Head Bank of Baroda

Dear Dr. Anonna Guha,

Thank you for making my Sunday special. Always a great feeling to be around with children. Look forward for fruitful association. Best wishes,

Mr. Subbarao

(Judge at the Nrityanjali Fest 2023
- Navi Mumbai Zone)

Ex- Head Training & Development , HPCL and
Advisor to NKES School, Wadala

FOOT PRINTS...

Nrityanjali News upto 16th January 2024

Nrityanjali Management Services conducted the following management training programmes :

- One Day **Time Management** programme was conducted by Mrs. Geeta Chandrasekaran and Mrs. Harsha Andan at **USV Pharmaceuticals, Govandi, Mumbai** on 21st October 2023
- **Train The Trainers** programmes of two days was conducted for the **officials of USV Pharmaceuticals, Chiplun** by Dr. Tushar Guha, Mrs. Harsha Andan and Mrs. Sreekala Velambath on 26th & 27th October 2023
- Two programmes of three hours each - **BoB Shining Stars - for the Supporting Staff of Bank Baroda** was conducted at their **Bhandup (W) Branch** by Dr. Anonna Guha and Mrs. Maitri Khedekar on 17th November 2023
- 15 days (3 hours /day) Training on **Spoken English** for the officials of **Elegant Collections** which commenced from 25th September 2023, ended on 27th November 2023. Mrs. Geeta Chandrasekaran conducted the training. Mr. Girish Dalvi presided over the closing function.
- The **Social Welfare Division of Larsen & Toubro Ltd**, held two hours workshop in **Lonavala** on **Team Dynamics for 105 Doctors and Para-Medical Personnel**. Dr. Tushar Guha was invited to conduct the same alongwith Mr. Girish Dalvi, Mrs Charushila Samjiskar, Mrs. Maitri Khedekar and Ms. Vinaya Keni on 26th November 2023
- Two programmes of three hours each - **BoB Shining Stars - for the Supporting Staff of Bank Baroda** was conducted at their **Andheri Branch** by Dr. Anonna Guha on 1st December 2023. Mrs. Maitri Khedekar and Mrs. Mini Pillai were the co-faculty members
- Two days programme on **Personal Excellence** was conducted by Dr. Tushar Guha, Mrs. Charushila Samjiskar and Mrs. Harsha Andan at **Hindusthan Petroleum Corporation Ltd, Nigdi** on 1st & 2nd December 2023
- One day programme on **Retirement** was conducted by Dr. Anonna Guha, and Mrs. Charushila Samjiskar at **Hindusthan Petroleum Corporation Ltd, Nigdi** on 9th December 2023.
- **Bank of Baroda** staff received coaching for 7 days - 3 hours each in **English Language and Mathematics** to prepare for Pre-Promotional Exams under the guidance of Nrityanjali faculty members. Mr. Girish Dalvi and Mrs. Maitri Khedekar conducted the programmes on 14th, 15th, 16th, 18th, 19th, 20th and 21st December 2023.
- Two days programme on **Perspective Development** was conducted for **Jassani India Pvt Ltd (Jewellers), Mumbai** on 18th & 19th December 2023. Dr. Anonna Guha and Mrs. Sreekala Velambath conducted the same
- Two days programme on **Personal Excellence** was conducted by Dr. Tushar Guha, Mrs. Charushila Samjiskar and Mrs. Harsha Andan at **Hindusthan Petroleum Corporation Ltd, Nigdi** on 26th & 27th December 2023.
- Two Days Training on **Positive Resourcing & Lifestyle Management** was conducted by Dr. Tushar Guha and Mrs. Harsha Andan for the executives of **Hindusthan Copper Ltd, Taloja** on 17th & 18th January 2024.

FOOT PRINTS...

Nrityanjali News upto 16th January 2024

Nrityanjali Education Services conducted the following programmes :

- On 8th December 2023, Dr. Tushar Guha addressed 1100 School Principals affiliated to the **CBSE Board** from all over the country at the invitation of **29th National Annual Conference of Sahodaya School Complexes** which was held at Westin Hotel, Powai, Mumbai. The topic was **Lead the Change in the context of National Education Policy 2020**
- Mr. Girish Dalvi was the **Panel Member** on 8th December 2023, at the **29th National Annual Conference of Sahodaya School Complexes - CBSE Principals Meet** at Westin Hotel, Powai, Mumbai.

For Students

- Personality Development Sessions for Std.7th,8th & 9th Students of **Ideal English School, Bhandup and Ideal Hindi School, Bhandup** commenced from 4th December 2023. A total of 12 sessions per class will be completed by March 2024. The Project is funded by **USA based NOV (India) Pvt Ltd under their Corporate Social Responsibility initiative.**
- Personality Development Sessions for Std.7th,8th & 9th Students of **Seth C.D. Barfiwala High School, Andheri** commenced from 5th December 2023. A total of 12 sessions per class will be completed by March 2024. The Project is funded by **USA based NOV (India) Pvt Ltd under their Corporate Social Responsibility initiative.**
- Personality Development Sessions for Std.7th,8th & 9th Students of **Anand Vidya Niketan School, Pune** commenced from 11th December 2023. A total of 12 sessions per class will be completed by March 2024. The Project is funded by **USA based NOV (India) Pvt Ltd under their Corporate Social Responsibility initiative.**
- Mrs. Sangita Sawant trained the students of Finland International School, Thane in drama and music, for their Annual Day programme in December 2023
- The third round of **Life Skill Programmes** have commenced from December 2023 in **Little Angel School, Sion**
- The third round of **Life Skill Programmes** have commenced from January 2024 in **Vivek Vidyalaya, Goregaon**



LOOK OUT for ...

SARASWATI PUJA
14th February 2024

at Nrityanjali Office
Miniland, Bhandup

FOOT PRINTS...

Nrityanjali News upto 16th January 2024

FACULTY DIVISION

- **The Gandharva Mahavidyalaya Examinations of the Bhandup Centre** were held as follows :

Written on 19th November 2023

Practical Tabla and Pakhwaj on 27th November 2023

Practical Kathak Dance on 5th, 7th & 8th December 2023

Practical Vocal on 11th & 12th December 2023

Practical Bharat Natyam Dance on 16th, 17th & 20th December 2023

A total of **172** students (including students from affiliated classes) appeared for the examinations beginning from Prarambhik level to Visharad level

Individual News

• **Dr. Anonna Guha** was invited to perform **Kathak Dance** at the **Nritya Samragyi Sitara Devi Mahotsav** on 26th November 2023 at Bhavan's Cultural Centre, Andheri by **Jayanti Mala's Kala Kruti Kendra**

• **Mr. Girish Dalvi** was the Speaker for the panel discussion on addressing the Challenges of Teacher Professional Development of India on 6th December 2023 at **Star Education Awards 2023 function, BKC, MMRDA Grounds, Mumbai**. It was ESFE 2023 (Education Supply & Franchise Expo).

• **Dr. Tushar Guha** was the Guest of Honour along with Mr. Girish Dalvi at the **Ryan International Children's Festival**, on 13th December 2023 at the Talkatora Stadium, New Delhi. This festival featured 1200 performances from Germany, Latvia, Lithuania, Norway, Denmark, Estonia, Italy, Czech Republic, Zambia, Zimbabwe, Sri Lanka, Thailand, Iran, Nepal, Bangladesh, and 16 Indian states.

• **Dr. Tushar Guha** was the Guest of Honour along with Dr. Anonna Guha at the Annual day Celebration - Horizon Fiesta of **New Horizon Public School, Airoli** on 15th December 2023

• **Mrs. Sangia Sawant** was the Bharat Natyam Dance Examiner at the Badlapur Centre of Gandharva Mahavidyalaya on 23rd December 2023

• On 23rd December 2023, **Dr. Tushar Guha and Mrs. Radha Guha** were the Chief Guest at the Annual Arrengetram programme of **Abhinaya Institute of Research & Fine Arts, Dahisar, Maharashtra-**

FOOT PRINTS...

Nrityanjali News upto 16th January 2024

Social Service Activities

• Under the auspices of **National Centre for Performing Arts (NCPA)**, Kathak Dance Training for students of **Vidyadeep Vidyalaya, Vikhroli & Shree Saraswati Vidya Mandir, Bhandup** which commenced from July 2023 continues and will end in March 2024

• **Nrityanjali's** round the year, **Unnat Yuvati Project** of coaching Std. 8th, 9th and 10th Girls students which commenced from September 2023 at Nrityanjali premises continues and will end in March 2024

150 students from **Swaraswati Vidya Mandir, Bhandup** are under regular coaching in **Spoken English** on Wednesdays and **Computer Application** on Saturdays.

The Project Administration is managed by Mrs. Diksha Bhat. Ms. Yogita Gawde - an ex-student of the school is the co-ordinator.

The honourary faculty members are Dr. Anonna Guha, Mr. Girish Dalvi, Mrs. Maitri Khedekar, Mrs. Sangita Sawant, Dr. Poonam Verma, Mrs Mini Pillai, Mrs. Diksha Bhat, Mrs. Alpa Pandya, Mrs. Dorothy Joseph, Mrs Priti Ghai, Ms. Gauri Keny, Mrs. Rutuja Narvekar.

• In a joint venture with **National Centre for Performing Arts (NCPA) Mumbai** and **Nrityanjali**, Dr. Anonna Guha conducted workshop on **Folk Dances of India** for the students of **Amar Kaur Vidyalaya, Bhandup** on 14th December 2023 . Ghoomar from Rajasthan was taught while demonstration and briefing on Dhunuchi Dance of Bengal were conducted

• **Nrityanjali Volunteers** offered their services for **Back Stage Management** for the **Dance Section** of **Kala Ghoda Arts Festival 2024** - 20th, 24th, 25th & 27th January 2024.
- Congratulations

Ms. Ankita Narkar & Mr.Sanjit Sansare
got engaged on 16th November 2023

Ankita Narkar is Nrityanjali's lead dancer
and IT professional,
- Congratulations

On 28th November 2023

member of Nrityanjali since 23years - lead dancer,
Bharat Natyam Dance Visharad,
Executive with Punjab & Maharashtra Bank

Ms. Manjula Parshram married **Mr.Vaibhav More**
- Congratulations

Long time member and leading dancer of Nrityanjali,
Bharat Natyam Visharad and Finance personnel
Ms. Sampada Sakpal and Mr. Prashant Talekar
were blessed with a baby Boy on 27th December 2023
- Congratulations

FOOT PRINTS...

Nrityanjali News upto 16th January 2024

Social Service Activities Contd.....

• **The Final Rounds of Nrityanjali Fest 2023 - Inter School Competitions** were held as follows :

* **South Mumbai Zone on 3rd December 2023 at**

New Bharda School, Fort, Mumbai

(Drawing, Hand Hriting, General Knowledge, Essay, Fancy Dress, Story Telling, Recitation, Elocution, Debate, Bharat Natyam & Kathak Dance, Western Solo & Group Dance, Indian Folk Dance, Mono Acting, Hindusthani & Carnatic Sangeet, Samuha Geet, Light Solo Vocal)

Number of Participants were 22500 from 75 Schools



* **Central Zone on 2nd December 2023 at Tilak Vidyalaya, Donbivali and Shivai Vidya Mandir, Nahur (E)**

(Drawing, Hand Writing, General Knowledge and Essay)

* **Western Zone at Children's Academy, Kandivali (E) on 9th December 2023**

(Drawing, Hand Hriting, General Knowledge and Essay)

* **Central Zone on 10 December 2023 at IDUBS School, Bhandup (W)**

(Fancy Dress, Story Telling, Recitation, Elocution, Debate, Kathak Dance, Western Group Dance, Indian Folk Dance, Mono Acting, Samuha Geet, Light Solo Vocal)

Number of Participants were 78020 from 210 Schools

* **Western Zone at Children's Academy, Kandivali (E) on 17th December 2023**

(Fancy Dress, Story Telling, Recitation, Elocution, Debate, Kathak Dance, Western Group Dance, Indian Folk Dance, Mono Acting, Samuha Geet, Light Solo Vocal)

Number of Participants were 56005 from 165 Schools



* **Navi Mumbai Zone at St. Lawrence School, Vashi on 7th January 2024**

(Drawing, Hand Writing, General Knowledge, Essay, Fancy Dress, Story Telling, Recitation, Elocution, Debate, Bharat Natyam & Kathak Dance, Western Solo & Group Dance, Indian Folk Dance, Mono Acting, Hindusthani & Carnatic Sangeet, Samuha Geet, Light Solo Vocal)

Number of Participants were 31350 from 82 Schools

Prize Distribution on Sunday 28th January 2024 at Zaverben Auditorium, Ghatkopar

FOOT PRINTS...

Nrityanjali News upto 16th January 2024

Social Service Activities Contd.....

The Judges for Nrityanjali Fest 2023 - Inter School Competitions were :

Drawing - Mrs.Maitri Khedekar, Mrs. Priti Ghai, Mrs. Uma Mahesh, Mrs. Sunanda Yewale

Hand Writing - Ms. Dhanya U, Mrs. Nivedita Damle, Mrs. Uma Mahesh

Essay - Mrs. Uma Mahesh, Mrs. Mini Pillai

General Knowledge - Mrs. Uma Mahesh

Recitation, Story telling, Elocution, Debate - Mrs. Bhavna Gandhi, Mrs. Vasanti Vaidya, Mrs. Bindu Keny, Mr. Damodar Bhat, Mr. Sujay Bhaskar, Ms.Gauri Keni, Ms.Vinaya Keny, Mrs. Sangita Merhotra, Mrs.Salma Tharakan, Dr. Latha Venkat, Mrs. Charushila Samjiskar, Mrs. Alpa Pandya, Ms. Pooja Sharma, Ms. Shalaka Bhagwat, Mrs. Archana Bhagwat, Mrs. Susham Kumar, Ms. Reena Shah, Mr. Mahendra Kumar, Ms. Vaidehi Damle, Ms. Dhanya U, Mrs. Manasi Damle, Mrs. Nivedita Damle, Mr. Sagar Damle.

Fancy Dress- Mrs. Jayantimala Mishra, Mrs. Priyadarshini Chowghule, Mrs. Priti Ghai, Mr. Raju Advani, Dr. Ushavati Shetty. Mrs. Sreekala Velambath, Mrs. Alpa Pandya, Ms. Seema Sharma, Mrs Devi Nair, Mr. Subbarao

Bharat Natyam Dance - Mrs. Nivedita Damle, Ms. Rashmi Panikulam, Ms. Swapnali Patkar, Ms. Vaidehi Damle, Ms. Gunjita Bhandari.

Kathak Dance - Ms. Gayatri Dixit, Ms. Pallavi Mhaiskar. Ms. Amruta Salvi, Ms. Trupti Thakkar, Ms. Aditi Yadav

Western Dance - Mr. Vipin Kushwaha, Ms. Disha Desai, Mrs. Sreekala Velambath, Mrs. Sneha Nair Abhilash, Ms. Sayali Shinde. Mr. Ashit Thakkar, Ms. Manjula Parshram, Ms. Ankita Narkar, Ms. Sakshi Patil, Ms. Enaakshi Kotwal, Mr. Satish Chavan, Ms. Pooja Pillai, Mr. Shankar Asari, Ms. Swapnali More, Mr. Sagar Damle.

Folk Dance - Mrs. Charushila Samjiskar, Mrs. Chitra Thaker, Mrs. Sreekala Velambath, Ms. Vaidehi Damle, Mrs. Sucharita Lahiri, Ms. Swapnali More

Hindusthani Sangeet - Mrs. Radha Guha, Mrs. Vilobha Kukde. Mrs. Uma Mahesh, Mrs. Sraboni Chaudhuri.

Carnatic Sangeet - Dr. Latha Venkat, Mrs. Geeta Chandrasekaran. Mrs. Uma Mahesh

Light Solo & Samuha Geet - Mr.Anand Joshi, Mrs.Charushila Samjiskar, Mrs.Madhura Joshi, Mrs. Nivedita Chatterjee, Mrs. Sraboni Chaudhuri.

Mono Acting- Mrs.Sreekala Velambath, Ms. Meena Mishra, Ms. Swapnali More, Mr. Sagar Damle.

FOOT PRINTS...

Nrityanjali News upto 16th January 2024

Programme Division

• **Tarapur Bengali Association** held the **Durga Puja Utsov at BARC Colony, Tarapur, Bhoisar** and invited Nrityanjali to present two hours performance on 21st October 2023.

A team of 24 Nrityanjali artistes presented the following :

- | | |
|---|---|
| 1. Sajani Sajani Radhika Lo...- in series of three Creative Dance style | 4. Nritya Shakti - the learnings from dance |
| 2. Dulhan - in Bhangda & Gidda Dance style of Punjab | 5. Tagore's style of Dance |
| 3. Bharat Natyam Dance | 6. Dance Drama Kuhakini |
| | 7. Baul Dance from Bengal |
| | 8. Jai Ma Durga - in Creative Dance style |

• The Office of the **Dy. High Commissioner of Bangladesh** invited Nrityanjali to present a cultural programme on the occasion of **Bangladesh Liberation Day** on 16th December 2023. Nrityanjali artistes presented four dances on patriotic songs of Bengal and renowned singer Mrs. Shoma Sinha Ji rendered three popular Bengali songs on the occasion.

• Nrityanjali artistes performed Nrityanjali Production Dance Drama **KUHAKINI** at the **Sanskriti Festival, Thane** on 14th January 2024.

• 22 Students of **Nrityanjali Bharat Natyam and Kathak Classes** were selected along with students from other Institutes by **Sharda Vidyalyaya** to perform Lezim Dance at several functions of Mumbai Festivals 2024 including the Inaugural **Lezim Dance** performance at **Kala Ghoda Arts Festival on 20th January 2024**.

• **Dr. Anonna Guha** performed Kathak Dance with **Malayali Film Star Paris Laxmi** for a **Duet Fusion Dance - Confluence of Kathak & Flamenco** at the **Kala Ghoda Arts Festival** on 24th February 2024.



Nrityanjali Production Dance Drama Kuhakini at the Sanskriti Festival, Thane.

रामायणातील व्यावसायिक धडे

Contributed by the Editorial Team

रामायण हे हिंदू महाकाव्य पौराणिक कथांपैकी एक आहे. ज्ञानी व्यक्ती रामायणाकडे केवळ कथा म्हणून पाहणार नाही तर शिक्षणाचे माध्यम म्हणूनही पाहणार आहे. वर्षानुवर्षे, ऋषीमुनी आणि गुरूंनी धर्म (कर्तव्य) करण्याचे महत्त्व सांगितले आहे. रामायण आपल्याला नेतृत्व, शासन आणि व्यवस्थापनाचे धडे केवळ पुस्तकांमध्येच नाही तर काही प्रतिष्ठित व्यवस्थापन संस्थांमध्ये देखील शिकवते. आता आपण रामायणातून शिकू शकणाऱ्या व्यावसायिक धड्यांकडे लक्ष देऊ या.

१. धोरणात्मक अलायन्ससाठी व्यावसायिक संबंधांचे पालनपोषण रामायणात जर कोणी व्यवस्थापकीय वैशिष्ट्ये असणारे असतील तर ते सुग्रीव होते. रामाला कामावर आणून आणि त्याच्यापेक्षा बलवान भावाकडून त्याचे राज्य परत मिळवून त्याने एका महान व्यवस्थापकाचे गुण दाखवले. त्याचे व्यवस्थापकीय कौशल्य इतर घटनांमध्ये देखील दिसून येते, विशेषतः जेव्हा त्याच्यासाठी अंगदने काम केले होते. कल्पना करा की सुग्रीव एक मध्यम व्यवस्थापक आहे; अंगद त्यांच्या कट्टर प्रतिस्पर्ध्यांपैकी एक होऊ शकतो. धडा: एक चांगला व्यवस्थापक वेळोवेळी सिद्ध करतो की व्यवसाय चांगल्या संबंधांवर चालतात. आणि एक आदर्श व्यवस्थापक कर्मचारी, क्लायंट इत्यादींशी चांगल्या संबंधांना महत्त्व देईल, जेणेकरून ते संस्थेसाठी मोजले जाईल. प्रभू राम असेच एक चांगले संबंध वाढवणारे गुरू होते. राम आणि रावण यांच्यातील युद्धाचा शेवट विचारात घ्या, ज्यात रावणाच्या मृत्यूशय्येवरही, जिथे तो जखमी झाला होता, रणांगणावर पडून होता, त्याने जीवनात शिकलेल्या काही आवश्यक जीवनाच्या धड्यांवर प्रकाश टाकला.

२. महान नेते अधिक नेते तयार करतात जेव्हा हनुमानाने सीतेचा ठावठिकाणा यशस्वीपणे शोधून काढला तेव्हा त्याने स्वतःच्या मर्जीने लंका नगरी पेटवून दिली. हनुमानाच्या या निर्णयामुळे राम नाराज झाला. यामुळे हनुमानाने स्वतःसाठी पुढील निर्णय घेतले नाहीत. पण राम हा एक महान नेता असल्याने, त्याने स्वतःला त्या ठिकाणाहून दूर केले जेथे पुढील निर्णय घेणे गुंतलेले होते. हे हनुमानाला स्वतःच्या निर्णयक्षमतेला पुनरुज्जीवित करू देण्यासाठी होते. युद्धातील ही परिस्थिती विचारात घ्या जिथे महिरावणने राम आणि लक्ष्मण यांना पाताळ लोकात खेचण्याच्या उद्देशाने पळवून नेले. त्यांना सोडवण्यासाठी योग्य बुद्धी आणि शारीरिक पराक्रम असलेल्या हनुमानाकडेच होते. अखेरीस राम आणि लक्ष्मण यांना वाचवण्यात हनुमानाला यश आले. रामने येथे जे केले ते प्रत्येक नेत्याने शिकले पाहिजे दश एक समान ध्येय

साध्य करण्यात यशस्वी होण्यासाठी संघटनेत अधिक नेते तयार करणे. धडा: खरा नेता तोच असतो जो आजूबाजूला नेते निर्माण करतो. हे एक अतिशय अवघड काम आहे परंतु सावधगिरीने पालन केल्यावर, संस्थेमध्ये असे लोक असतील जे सामूहिक हितासाठी स्वतंत्र निर्णय घेण्यास सक्षम असतील.

३. संवादाचे महत्त्वजेव्हा एखादी महत्त्वाची गोष्ट सांगितली जाते तेव्हा त्यास चिकटून रहा! बाली आणि राक्षसी मायावी यांच्या युद्धाबद्दल आपल्या सर्वांना माहिती आहे. त्यांच्यातील एक मारामारी गुहेत उतरली ज्यामध्ये सुग्रीवाला बालीने बाहेर राहण्याचा आणि तो परत येईपर्यंत गुहेवर लक्ष ठेवण्याचा आदेश दिला होता. जवळपास वर्षभराची प्रतीक्षा होती. आणि बळी किंवा मायावी (राक्षस) यांपैकी कोणीही बाहेर आले नाही. सुग्रीवाने “विचार” केला की त्यांनी युद्धात एकमेकांना मारले असावे. आणि म्हणून, तो किष्किंधा (त्यांचे राज्य) येथे परतला आणि त्याने शासकाचे सिंहासन घेतले आणि बालीची पत्नी तारा हिच्याशी लग्न केले. तरीसुद्धा, सुग्रीव राजा म्हणून आणि त्याची पत्नी सुग्रीवची पत्नी म्हणून पाहून बळी नंतर परत आला, बालीला विश्वासघात झाला असे वाटले. धडा: सुग्रीव आणि बाली या दोन भावांमधील जीवघेण्या शत्रुत्वाचे मूळ कारण भयंकर गैरसंवादात होते. संस्थेतील कोणत्याही वेळी गैरसंवादापासून सावध राहणे हा व्यवस्थापकीय धडा आहे दश मग ते संपादन असो किंवा प्रतिभा व्यवस्थापन.

४. उत्तराधिकाराचे नियोजनअयोध्येचा राजा, दशरथाची योजना सर्वोच्च स्थानी राम यांना कैकेयीने व्यत्यय आणला. रामाला सिंहासनावर बसवणे हे निश्चितच होते की तो मोठा होता आणि राज्यातील सर्व लोक त्याला आवडतात. कालिदासाच्या रघुवंशमचा संदर्भ देऊन, जेथे रामायण लव-कुशपर्यंत विस्तारित आहे, असे लिहिले आहे की रामाने लव आणि कुशमध्ये समान रीतीने राज्य विभागले. धडा: यशस्वी कंपन्या अशा असतात ज्यांच्याकडे राज्याच्या उत्तराधिकार योजनेप्रमाणेच त्यांच्या उत्कृष्ट कामगिरी करणाऱ्यांसाठी उत्कृष्ट विकास योजना असतात. मूलतः, एक चांगला नेता नेहमीच संभाव्य व्यवस्थापक आणि कर्मचाऱ्यांना दीर्घकाळ टिकवून ठेवण्यासाठी निवड करेल.



Continued on page 19....

Nrityanjali FEST 2024: Navi Mumbai Zone showcases vibrant talents at St. Lawrence School



By Indrani Basu

The 37th edition of Nrityanjali FEST, the renowned inter-school competition organized by Nrityanjali, unfolded its vibrant showcase of talents at St. Lawrence School, Vashi on January 7, 2024. This annual extravaganza, orchestrated by the acclaimed performing Art Education Institute in Bhandup, brought together schools from the Navi Mumbai Zone to compete in a plethora of creative events.

Participating schools, including Delhi Public School, Jaipuria School, DAV School Nerul, and others, engaged in events spanning General Knowledge, Drawing, Indian Classical & Western Dance, Indian Folk Dance, Vocal, Debate, Fancy Dress, Music, Essay, Handwriting,

Speech – Recitation, Story Telling, Elocution, and mono acting. The colourful costumes during the Fancy Dress competition infused a festive atmosphere, creating infectious enthusiasm among teachers, parents, and students alike.

The culmination of Nrityanjali FEST will witness a grand prize distribution ceremony and a cultural show on Sunday, January 28, 2024, at Zaverben Auditorium, Ghatkopar East. Nrityanjali artistes will present a captivating blend of Indian folk, creative, and western performances, celebrating the spirit of art. Winners, first runners-up, and second runners-up from each zone will be honored, adjudged by esteemed personalities from the field of per-

forming arts in the state.

Founded in 1987, Nrityanjali FEST has evolved into an inter-school competition featuring over 100 categories tailored for children from Junior KG to Std 10th. With participants from Mumbai, Navi Mumbai, Thane, and Raigad District, the FEST is held under four zones - Central, Western, Navi Mumbai, and South Mumbai. The event aims to provide a platform for children and teenagers to showcase their talents, break inhibitions, and foster confidence, creativity, and overall growth. Founder Director Dr. Tushar Guha emphasizes the importance of participation, not just winning, with every child receiving a certificate of appreciation, promoting a culture of graceful learning.

29th NATIONAL CBSE CONFERENCE in MUMBAI



Dr. Tushar Guha addressing 1200 CBSE School Principals



Dr. Tushar Guha's students demonstrating at the Conference



Dr. Tushar Guha with Dr. Joseph Emmanuel (Academic Director - CBSE)

FIRST NES - OFF MEET of 2024



OFF MEET JANUARY 2024



PRINCIPALS PLAYING SPORTS



PRINCIPALS BUSY HONING
21st CENTURY SKILLS



Mr. Girish Dalvi Panelist at the Star Education Awards 2023



NRITYANJALI FEST 2023 - a Glimpse





Spoken English session



UNNAT YUVATI

- an independent project run at Nrityanjali centre for Grade 8 & 9 Girls



Computer Class in Progress



Shree Saraswati Vidya Mandir, Bhandup

NCPA Project
NRITYA PARICHAY

(Nrityanjali continues to partner for 6 years)



Vidyadeep School, Vikhroli

NRITYANJALI's CSR Projects



Personality Development Programme in Schools for NOV (India) Ltd.



Sanitation projects for NOV (India) Ltd.



Zilla Parishad School, Kaner, Vasai



Zilla Parishad School, Raipada, Vasai

NRITYANJALI MANAGEMENT SERVICES (NMS)

BANK OF BARODA Shining Stars - Batch 1



BANK OF BARODA Shining Stars - Batch 2



**Training conducted on
Time Management for
USV India Ltd., Mumbai**



**'Train the Trainers'
programme conducted
for USV India Ltd., Chiplun**



**SPOKEN, WRITTEN ENGLISH AND COMMUNICATION SKILL
programme for Elegant Collection, Mumbai**

60 Years of Nrityanjali

Dr. Anonna Guha (Phd in Sociology, Phd in Human Relations, NET , Kathak Nritya Vishard)
Trustee & Managing Director NRITY ANJALI Group



Nrityanjali is a centre of learning, thought and understanding. Our tag line We Groom Thoughts describes us aptly. Accordingly we have several initiatives in schools to groom the young minds and to provide them with an environment that aids their upbringing and broadens their horizons.

Service to Society and Channelising the energies of the youth into constructive activities through the performing art forms, are two of Nrityanjalis important objectives that we have strived to meet over the last 60 years, since we were founded in 1963 by our Founder-Chairman and our Mentor Dr. Tushar Guha Sir.

Organising teaching and executing cultural programmes of folk dance, dance dramas, music all gratis /free of cost - were first undertaken by our Sir since 1963 and then it moved to the educational initiatives in schools with DPEP District Primary Education Project with the World Bank based on the pioneering research of Dr. Tushar Guha, being the first person with a Doctorate in this subject from USA, and his book **Perceptions of Personality** became the approved Handbook by Maharashtra Government on the subject. So Social Responsibility and Social Service were inbuilt in Nrityanjalis character right since its inception.

When Nrityanjali moved to Bhandup, from Century Rayon in the 1970s, the activities continued with the passion, involvement of many dedicated members and well wishers, who supported Sir's philosophy. Sir's business of printing and publishing and our Corporate trainings based on his research,

continued to financially support Nrityanjalis activities.

When the CSR laws Corporate Social Responsibility - in India were passed and started being executed since 2013-14, Nrityanjali found that there were corporate houses that wanted to fulfill their vision of serving society via the trusted reach of Nrityanjali. Because of this faith and fund we felt blessed and were able to reach out to more and more people and beneficiaries, which became highly motivating for us. Some of the Corporate Houses and Social institutions we work with include, NOV India Pvt Ltd, BPCL, RCF, HPCL, NCPA, L&T Social Welfare, Kotak Bank, RPG Group.

Prior to the CSR law, the initiatives we were already carrying as a **free service to society** were as follows and they continue till date :

1. Counselling at our institute for Mental health, Marital issues, Children, Professional issues
2. Parenting workshops in schools
3. Sunday Class to groom the youth through music, dance, drama
4. Service to old age homes, orphanages, cancer hospitals, jail inmates, destitute women
5. Rehabilitation of victims of domestic violence
6. Boy Child education, Girl Child education
7. Personality Development Workshops in schools

Post the CSR law enactment which made it compulsory for corporate houses (as per the requisite size and turnover) to channelize 2 %

of their profits to social work - we were blessed to engage in the following:

- Building of community toilets in slums/ Chawl
- Building of toilets in deserving schools
- Providing blackboards in schools
- Providing benches in schools
- Providing water availability
- Redoing the flooring and tiles in schools
- Painting class rooms, repairing roofs in schools with water leakage
- Providing computers/printers in schools
- Personality Development sessions for school children, teachers
- Grooming nurses and women taxi drivers
- Grooming ITI students in Personality Development
- Health and Hygiene and Gynecology issues of Women and Teenagers
- Cultural initiatives through Kathak, Bharatnatyam and Folk Dance to build confidence
- Providing uniforms to students
- Swachha Bharat Abhiyan
 - Oral hygiene camps
 - Mental health Workshops
 - Health and hygiene workshops
 - Promoting use of sanitary napkins and menstrual hygiene
 - Best out of waste workshops
 - Street plays to promote cleanliness
 - Planting trees
 - Promoting afforestation and sustainability

As part of our **CSR initiatives** we work with schools that are spread across Raigad District, Palghar District, Thane District, Mumbai, Pune both with rural poor and urban poor. Some of the criteria to identify the schools are as follows :

- Schools that cater to children coming from lower income group
- Schools that cater to students from minority communities
- Schools catering to the tribal community

- Schools catering to children of migrant labour
- Schools where inadequate toilet facilities prevent girls from attending school
- Schools that lack proper infrastructure including benches, black boards and building structure

Each of these schools is personally visited by us to ascertain that the needs are genuine. That apart our Faculty are groomed specifically by our Sir to teach Personality Development to the students.

On the **Cultural side**, Kathak and Folk dance are taught as per the syllabus and students are trained for performances on the bigger stage. Some of the schools that we have worked with over the years since 2013 onwards include the following :

- Vihigar School, Panvel
- Nere School, Panvel
- Vaje School, Panvel
- Shree Ram College, Bhandup
- Ideal School, Bhandup
- Vidyadhiraj School, Bhandup
- Keni Vidyalaya, Bhandup
- Mount Mary School, Bhandup
- Janata Vidyalaya Bhandup
- Sheth Barrfiwala School, Andheri
- S A Vidyalaya, Goregaon
- Vivek Vidyalaya, Goregaon
- Smt Indira Gandhi School, Nallasopara
- Zilla Parishad School, Ghaskopri,
- Zilla Parishad School, Shendung
- Beghars Home, Vasai
- Zilla Parishad School, Barfpada
- Mumbai Public School - BMC Schools, Bhandup
- Zilla Parishad School, Jondhdenagar, Daund
- Zilla Parishad School Telewadi, Daund
- R Shinde School, Pune
- Vidyadeep School, Vikhroli
- Shree Saraswati Vidyamandir, Bhandup
- Dharamveer Sambhaji School, Vikhroli

- Green Lawns school, Aarey milk colony, Goregaon

• Milind Vidyalaya, Filter Pada, Powai
With our initiatives of Personality Development and Cultural workshops for students of Std 7-10 as well as infra structural and sanitation facilities, we have found the following :

- There is better attendance in school
- The physical environment in the school is brighter
- Children speak more confidently
- The willingness to learn new concepts is higher
- There is more openness to trying out given options
- Students are more joyous
- Higher degree of knowledge of fine arts, performing arts, social awareness, team building skills

The team working towards these initiatives include a host of dedicated Nrityanjali ites. Some of the key ones being Charushila Samjiskar, Nivedita Damle, Maitri Khedekar, Sangita Sawant, Geeta Chandrasekaran,

Vaishali Mandalia, Bhoomi Mandalia, Bhavika Nathwani, Diksha Bhat, Mini Pillai, Shilpa Jadhav, Vinaya Keny, Manjushree Keny, Sejal Parab, Dinesh Singh, Mahadevan, Parameswaran, Sanah Parab, Sachi Prasad, Satyen Tawde, Arnika Sakpal, Sanika Gaikwad, Swananda Bharadkar, Tushar Rahate, Satyashil Jadhav and many many more, who have been an integral part of these beautiful initiatives.

Some of the school principals and teachers who have supported us and taken our work forward include Mali Sir, Mona Madam, Jayshree Madam, Anil Sir, Suresh Sir, Usha Madam, Mulye Sir, Swati Madam, Rita Madam, Balu Sir, Kharmale Sir.

We are grateful to the Almighty, government and the corporate houses for their support, to the teachers, school management for believing in us. To the students and parents for being ready to learn and receive and for giving us joy.

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

**Next Batch
MAY 2024**

LET'S SAY BYE TO

EXAM ANXIETY

Written by
Ms. Dorothy Joseph

Ms. Dorothy Joseph (M.Sc. and B.ED) is the Principal of Ryan International School, Goregaon. In 2023, Ms. Joseph completed her post graduate diploma in Personality Development under Dr. Tushar Guha at Nrityanjali. Her passion for teaching encouraged her to teach at the Unnat Yuvati project run by Nrityanjali.



Many people experience stress or anxiety before an exam. In fact, a little nervousness can actually help you perform your best. However, when this distress becomes **so excessive that it actually interferes with performance on an exam, it is known as test anxiety.**

10 tips to minimize exam stress and test anxiety-So what exactly can you do to prevent or minimise test anxiety? Here are some strategies:

1. Make sure you're prepared: This means studying for the test early until you feel comfortable with the material. Don't wait till the night before. If you aren't sure how to study, ask your teacher or parent for help. Being prepared will boost your confidence, which will lessen your test anxiety.

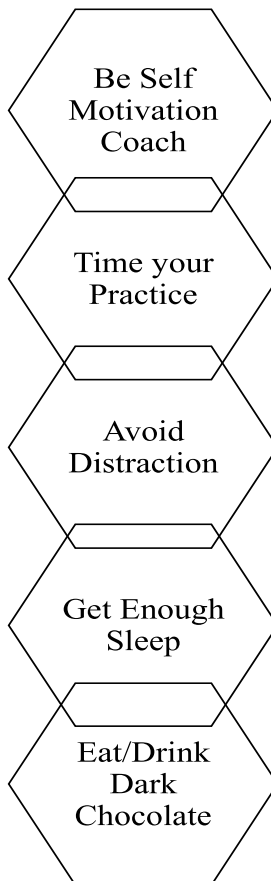
2. Banish negative thoughts: If you start to have anxious or defeated thoughts, such as 'I'm not good enough, I didn't study hard enough, or I can't do this,' push those thoughts away and replace them with positive thoughts. 'I can do this, I know the material, and I studied hard.' This can go far in helping manage your stress level when taking a test.

3. Get enough sleep: A good night's sleep will help your concentration and memory. This will ensure that your brain has been properly rested and you can start studying with a fresh mind.

4. Take deep breaths: If you start to feel anxious while you're taking your test, breathe in deeply through your nose and out through your mouth. Work through each question or problem one at a time, taking a deep breath in between each one as needed. Making sure you are giving your lungs plenty of oxygen can help your focus and lend a sense of calm.

5. Avoid the perfectionist trap: Don't expect to be perfect. We all make mistakes and that's okay. Knowing you've done your best and worked hard is really all that matters, not perfection.

6. Be your own motivational coach: Getting caught up in negative or self-critical thoughts can leave us feeling more overwhelmed and undermine us from taking positive action. Remind yourself that exam anxiety is a common experience and that it's possible to cope. Affirm yourself by focusing on the study you have accomplished, and helpful steps you've taken in the past to complete exams before.



7. Practice as per the clock: Watch your pace during exams, go first for what's important and you know well. This way you can save a lot of time, investing it wisely on important questions, and increasing productivity.

8. Dont be distracted: Avoid using social media (Facebook, Instagram, Snapchat etc). You may not realise it, but they will consume a lot of your time and productivity.

9. Dont multitask: It can be bad for health, it increases your heart rate, blood pressure and causes stress. Multitasking may seem like you are being efficient, but it actually reduces the quality of your work. Focus on one thing at a time.

10. Eat or drink dark chocolate: They actually work as good stress relievers as they help release dopamine, the pleasure hormone in your body.

Be Prepared

Banish
Negative
Thoughts

Sleep
Enough

Take Deep
Breaths

Avoid
Perfectionist
Trap

These are some really basic and day to day steps you can follow. Keeping calm during exams is very important. Write things down that are important, spend time with loved ones, be flexible, accept things, and breathe!

Always remember that **exams are just a part of life, not life.** Dont measure your value on the basis of your marks.

In essence, life is a blend of challenges and triumphs, and our mental habits significantly shape our experience of this journey. By choosing not to look for problems where they dont exist, we open ourselves to a more fulfilling, peaceful, and optimistic journey through life. Lets embrace this approach and allow ourselves to experience lifes beauty unencumbered by unnecessary worries.



Nrityanjali presented a cultural programme on the occasion of Bangladesh Liberation Day.



LEAD THE CHANGE

- in the context of NEP 2020

by Dr. Tushar Guha

(Psychologist, Artist, Corporate Trainer & Educator)

Founder, Chairman NRITY ANJALI Group

Founder, Chairperson - Open Forum for Principals, India

We know Change is a must and change is the only constant factor. We also know that we - the educationist are leaders. So, the inference naturally is Lead the Change.

The topic encourages us to focus on two aspects -

1. Lead as Leaders and
2. What is Change.

To begin, let us first focus on the basic requirements of a leader and let us identify them with Self.

Leadership is broadly classified into Natural and Cultivated Leadership. Every leader is under constant evolution and is one who adapts easily - adopting to transformational and situational style of leadership.

Every leader can also be instrumental in mentoring team members to evolve as leaders, be it through a transformation or in keeping with the demand of the situation that needs specific and specialised skill set to overcome the shift, helping the team achieve the desired outcome, objective, or purpose.

Being aware of the objective and identifying the expected and constructive outcomes is where any leader begins to operate. S/he needs to necessarily take into account the human resource and the human potential that will work effectively towards the expected change.

As educators and heads of institutions, our key resource is our teacher and our objective is to deliver rightful education that will

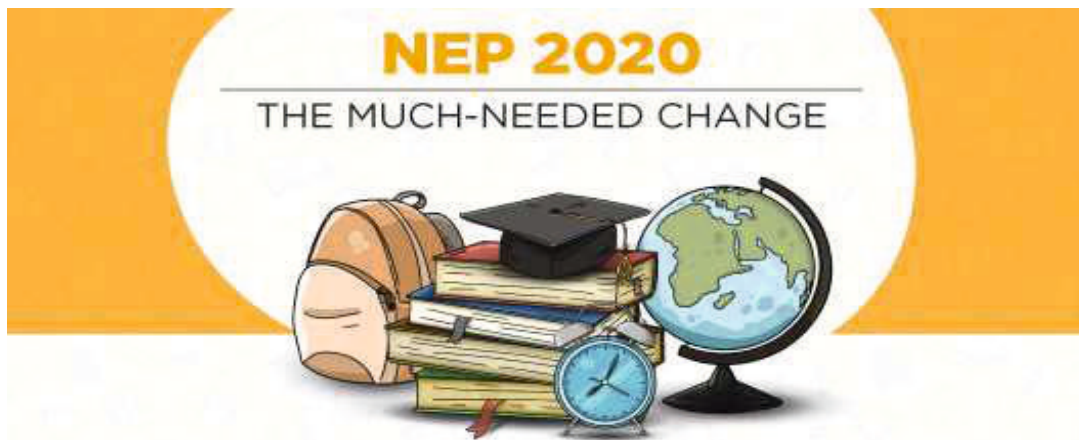
prepare our students to be effective and contributing individuals in future.

KEY ESSENTIALS FOR AN EFFECTIVE LEADERSHIP

1. Must learn to go beyond ones own self.
2. Every leader has to learn to take pains.
3. A leader must be an actor, a genuine one.
4. A leader must be accepted by everyone around.
5. A leader should never have only YES MEN Nor NEGATIVE people around.
6. A leader has to develop very sharp observation skills.
7. Should understand Target & Focus.
8. Leadership demands high levels of physical fitness.
9. A leader has to be impartial and more importantly be SEEN as being impartial.
10. Important to be democratically autocratic.
11. A leader cannot be PETTY.
12. A leader has to have humour and wit. A leader is always ALONE.
13. A leader must look warm, uninhibited, approachable and communicative
14. Should practice what one preaches.
15. A leader should be humble but not allow to be taken for granted.
16. Humane Quotient
17. Presentation
18. Assertive

The Second part is the Change - the need to Understand Change & our evolution as leaders is important. The Key Competency Indicators that will drive this very evolution are:

1. Adapting to Change
2. Learning Ability (Physical, Mental,



Emotional and Intellectual)

3. General Market Awareness
(Changes in all spheres of life - social, cultural, educational, technology et all)
4. Ownership / Accountability (To Self)
5. Role Modeling (We are Role Models and We also have Role Models)
6. Influencing (We Influence and we are also Influenced)

The Approach to drive the Change are:

1. Immediate, Urgent, Important actions
(Urgent and Important, Urgent but not Important. Important but not Urgent, Urgent, Important)
2. Collaboration and Coalition (With whom and how much)
3. Creativity and Vision (Recognise Initiative Approach)
4. Communication
(Understanding the concept of Transactional Analysis- Sender MUST understand the capacity of the Receiver to Receive and interact accordingly)
5. Empowering (Delegation, Initiate the Initiative of Team members, Prepare and mould Team members)
6. Foresight, Visualisation & Planning
(Detailing and Review)
7. Consolidating Progress (Encouragement, Appreciation and Acknowledgement)

The Checklist to enable change for the better are:

1. Ensuring Quality
(constant interaction and review)
2. Not to Underestimate the need for support
(Respect and Acknowledgement)
3. Knowledge (Awareness)
4. Hurdles and Head on Collision
(Accept as Challenge and Address)
5. Alertness - (Agility of Mind and Body)
6. New and Shared Vision
- (Collective Growth)
7. Nothing Succeeds like Success
(Positivity & Happiness)

To conclude, in order to perform effectively and demonstrate suitable leadership style, each individual who leads a team, need to build a strong foundation and keep honing the essential basic skills of being effective communicators, be observant, acknowledge and appreciate team members, and offer opportunity, time, and genuine Understanding.

Education should lead to happiness, to joyful acceptance and to spirited growth

The environment has to be happy and joyful and the process commences form SELF

Lets have a bright, enthusiastic, positive mind, thought, feeling, attitude, approach and a SMILING FACE.

The First OFP Meet of 2024 - a report

The first OFP meet for the year 2024 was hosted by Don Bosco Senior Secondary School, Nerul on Wednesday 10th January 2024 from 10 am onwards. The meeting was attended by Principals, Head Mistress, and Coordinators from schools across Mumbai and Navi Mumbai.

The meeting began with a formal welcome address by Ms. Sangeeta Bhattacharya, Principal of the Don Bosco Senior Secondary School, Nerul. She introduced the school and the plethora of the activities offered to the students including the mental health program, the community outreach initiatives and skill development initiatives.

Mr. Girish Dalvi Trustee & Chief Administrator of Open Forum for Principals (OFP), India and the Director Operations and Trustee of Nrityanjali, gave a brief about OFP objective and purpose and also gave an overview of the activities, the connect with the National Education Policy (2020) and medium to inculcate the 21st Century Skills among teachers and students.

Dr. Tushar Guha Founder & Chairperson of OFP, India and Founder, Chairman of Nrityanjali Group mesmerized the audience with his words of wisdom and anecdotes from his experiences. Dr. Guha's insightful speech centered on the idea of leaders embracing the National Education Policy (NEP) and promoting joyful learning experiences for students. His words ignited a wave of inspiration among the principals, enabling them to rethink their approach to leadership and education.

The first activity allowed the principals to experience a recording studio, where they recorded their thoughts on different trending topics. These recordings will later be featured in the One Minute Thought podcast channel

of the Host School. The Principals thoroughly enjoyed and appreciated the first time experience of speaking in a world class sound proof studio with the latest technology. The insights given by each participant related to the topics was praiseworthy.

The second activity on Art Integration, ideated by Mr. Girish Dalvi and based on the 21st century skills was ably supported by the art faculty, providing the principals with an opportunity to tap into their creative sides. Through this activity, the principals unleashed their imaginative prowess, encouraging a sense of artistic expression and reflection. They equally developed new pedagogies and explored new tools that could support teachers to build the skills among students. They also explored the opportunity of integrating academics through this activity.

Meanwhile, the sports faculty of the school, organized an invigorating sports activity, enabling the principals to engage in some friendly competition while fostering teamwork and camaraderie. This activity not only energized the attendees but also highlighted the significance of physical education in a well-rounded education.

After the stimulating activities, a debriefing session was conducted by Mrs. Kalyani Chaudhuri, Principal of Finland International School, Thane, encouraging the principals to reflect on their experiences and share insights gained from the days events. This exchange of ideas ignited intellectual discussions, further enhancing the overall learning experience. The conclusion of the program was marked by a heartfelt vote of thanks and a short felicitation of the dignitaries. The organizers expressed their gratitude to all the participants, esteemed guests, and distinguished dignitaries for their valuable contributions and presence.

The OFP Meet was a resounding success, providing a unique and enriching platform for principals to collaborate, learn, and grow. The event not only inspired new perspectives and approaches to leadership but also gave birth to a network of like-minded educational leaders committed to fostering excellence in education.

Nrityanjali Education Services and Don Bosco Senior Secondary School Nerul are commended for their dedicated efforts in organizing an event that will undoubtedly leave a lasting impact on everyone present. As the School Rector Rev. Dr. Fr. Barnabe Dsouza, joyfully expressed, It was a

wonderful experience to have the principals at Don Bosco Nerul. What is important is that education is always ongoing, and learning can never be finished, whatever your position. Being a leader is first being a student all through. The workshop showed that we are to learn much from our students who shape our Happiness quotient.

Some of the schools who attended the meet are Datta Meghe World Academy - Airoli, Little Angels High School Sion, B.K. Birla Public School Kalyan, Auxillium Convent School Wadala & Bandra, Shiv Shikshan Sanstha's Global School - Sion.

Continued from page 10

५. संसाधनांचा चांगल्या प्रकारे वापर करणे हे कार्यक्षम व्यवस्थापन आहे. राम एक कुशल व्यवस्थापकाचे प्रतिनिधित्व करतो, उपलब्ध संसाधनांचा चांगल्या प्रकारे वापर करून कमीतकमी जास्तीत जास्त मिळवण्यासाठी. हे कौशल्य रावणाशी युद्धाच्या वेळीही दिसून येते. लंकेला जाण्यासाठी समुद्रावर पूल बांधणे हे महत्त्वाचे काम होते. समुद्र कसा ओलांडायचा यावर बरेच विचार चालू असताना, रामाने ध्यानासाठी ३ दिवस घेतले आणि नंतर एक पूल तयार करण्याचे सुचवले. त्या कामासाठी त्याने योग्य लोकांना उचलून धरले; त्याचे दोन सैन्य पुरुष - नल आणि निला. ते पूल बनवण्यात आणि वस्तू बांधण्यात तरबेज होते. रामाने स्थानिक आदिवासींनाही एकत्र केले, नल आणि निला यांना लवकरात लवकर पूल बांधण्यात मदत करण्यासाठी त्यांच्या टीमकडून त्यांना प्रशिक्षण दिले. हा पूल काही दिवसांतच बांधला गेला आणि त्यानंतर राम आणि त्याच्या सैन्याला लंकेपर्यंत पोहोचण्यास मदत झाली. धडा: योग्य कामासाठी योग्य लोकांना निवडा. सर्व लोकांनी त्यांचे सर्वोत्तम देणे हे एक चांगले व्यवस्थापन परिस्थिती आहे. व्यवस्थापक त्यांच्याबद्दल काय विचार करतो यावरून प्रेरित होणे आवश्यक आहे. रामाने नल आणि निला यांना कर्तव्य सोपवताना त्यांच्यावर विश्वास ठेवला आहे. हेच आधुनिक काळातील व्यवस्थापकासाठी आहे जे काम पूर्ण करण्यात अत्यंत विश्वासाने जबाबदारी निभावतात.

या महाकाव्य पौराणिक कथांमधून निष्कर्ष काढणे

१. मूल्य प्रणालीची सेवा देणारी धोरणात्मक दृष्टी आणि मिशन तयार करा आणि तयार करा.

२. एक चांगला नेता तो असतो जो अपेक्षित परिणाम देणाऱ्या कार्यक्रमाचे संपूर्ण संचालन करतो. नियत कालिक रणनीती आणि लक्ष्याच्या संदर्भात वार्षिक योजनेच्या आधारे आपल्या मोठ्या योजना लहान तुकड्यांमध्ये खंडित करा.

३. उपलब्ध संसाधने आणि तात्काळ रणनीतीची मालकी यावर आधारित आपल्या विजयाचे नेहमी मूल्यांकन करा. रामायण हे अशा भारतीय महाकाव्यां पैकी एक आहे ज्यामध्ये आपले दैनंदिन मानवी जीवन बदलण्याची अफाट क्षमता आहे. मग ते व्यवस्थापनात असो किंवा वैयक्तिक जीवनात, ते वयानंतरही आपल्याला छोट्या छोट्या प्रसंगात प्रेरणा देत नाही.



Did U Know.....

GLOSSARY OF IN-GROUP TERMS FOR TECHIES

HPC

High Performance Computing refers to the use of advanced computing technologies to solve complex problems that require significant computational power and storage capabilities. HPC systems are designed to deliver much higher performance than conventional computing systems making them suitable for tasks that involve large scale simulations, data analysis and modelling. These systems are often employed in scientific research, weather forecasting and engineering simulations.

TABLEAU SOFTWARE

Tableau is a powerful data visualization and business intelligence software that allows users to connect, visualize and share data in a way that facilitates understanding and decision making. It provides interactive and user-friendly interface making it accessible to both technical and non-technical users. It is widely used across industries for tasks such as business reporting, data analysis and decision making. It has both web based versions and desk top.

SSD

An SSD or solid state drive is a type of data storage device that uses NAND based flash memory to store data. It is a popular alternative to traditional Hard disk drive for storing and retrieving data in computers and other electronic devices. Many users choose to use an SSD for their operating system and frequently used applications to take advantage of the speed benefits while using larger and more affordable HDD for data storage. This combination is also referred to as dual drive or SSD+HDD set up.

SYNTAX ERROR

A Syntax Error is a type of error that occurs in computer Programming when the source code of a program does not conform to the syntax rules of the programming language. It refers to the specific rules and structures that dictate how code should be written in a particular language. When an error occurs, it means that the code you have written is not valid according to the rules of the programming language. This typically results in the program being unable to be compiled or executed. Syntax errors are often easy to detect because they are caught by the compiler or interpreter before the program runs. The message indicates the location of the error in the code, making it easier for the programmer to identify and fix the issue.

NLP

Natural Language Processing is a subfield of artificial intelligence that focuses on the interaction between computers and humans using natural language. The goal of NLP is to enable computers to understand, interpret and generate human language in a way that is both meaningful and contextually relevant. NLP involves a variety of tasks and challenges including text parsing and tokenization, sentiment analysis, speech recognition. NLP continues to evolve with ongoing research and development aimed at improving language understanding and interaction between machines and humans.



Rhymes & Verses



Melody of Silence

Not everyone living in a city
is privileged.
To stop, connect and feel the
stillness.
To let the heart find its own rhythm
and match it to the universe of serenity,
Nature pauses; birds: an orchestra
of pitches high, low and silence.
How the stillness would excite
and ask us to rewind.
Look out for what we missed
and to find ourselves,
in a crowd of lost souls,
faces unfamiliar but
we find them in ourselves,
So sit back and breathe
for life is full and meek
Muesli of thoughts for breakfast
I keep my coffee heavy,
breakfast light and sunshine, bright.
Yet within these dull skies,
I dim the lights, pull out insanity and keep
her by my side.
The rush within slowness, the mellow in my
glow.
All wind me down at the end of what I sow.
Hush, deep breaths.
Hush, long drags.
Hush down the metropolitan mind,
that always logs into the system Quarter-
to-five.

Written by **Ms. Rashami Panikulam**

A corporate professional who works as a freelance editor and writer in the field of Academic editing and translation business.

Rashami is student of Bharatnatyam at Nrityanjali and continues to pursue her passion. She is also a budding Compeer for Nrityanjali events and at the Kalaghoda Arts Festival.



आत्मविश्वास

नाही दिसत, पण होतो भास ,
हृदय धडधडते जोरात ,
तेव्हा होतो त्रास.
कठीण प्रसंग येतो
नकळत वाढतो श्वास.
ह्या सगळ्या परिस्थितीत तो नेहमी
असतो तुझ्याच आसपास.
मग का नाही होत तुला
त्याचा सहवास.
कधीतरी डोकातून बघ मनाच्या
गाभाऱ्यात
तेव्हा होईल नक्की विश्वास
फत्ते करशील सगळ्या कामात
जेव्हा वाढेल तुझा आत्मविश्वास.

Written by **Mr. Satyasheel Jadhav**

A corporate professional who works in the field of printing and publishing field..

His passion for dance introduced him to Nrityanjali and today Satyasheel is a one of the senior dancers with Nrityanjali. A loving father, he is also pursuing his interest in learning flute..



RECIPE



Kurkure Punugulu made with Ready Idli batter

Kurkuri Pakodi Recipe

Ingredients:-

- 2 Cup Idli Batter
- ½ Cup Maida
- Chopped Onions, Coriander,
- Chopped Green Chillies, Curry Leaves
- 1/2 Tsp Baking Soda
- 1Tsp Cumin seeds
- Oil for Deep frying and Salt to taste

Preparation:-

1. Mix the above ingredients together & whisk in one direction till fluffy.
2. Deep Fry in Medium Hot Oil
3. Serve with Coconut Chutney

Besan Barfi

Perfect melt in the mouth texture - Sabko Pasand Aayegi

Ingredients:-

- 400 Gm Besan / 300 Gm Sugar
- 250 Gm Ghee / 150 ml water

Recipe:-

1. Add Besan then add 250gm Ghee.
2. Keep mixing and roasting on medium flame till colour changes.
3. Cook for 20-30 minutes on low flame.
4. Switch off the flame and keep mixing for 5 minutes till the pan becomes cool.

Prepare Chashni:-

1. 300 Gm Sugar, add 150ml water and boil,
2. Add 6-7 Cardamom Crushed (only seeds) and boil till its about to reach *ek taar* consistency
3. Add chashni in installments in besan mixture and keep mixing.
4. Now grease a plate or tray with ghee /oil and transfer the cooked besan and tap the plate nicely.
5. Garnish with dry fruits of choice

LAZY NOON SNACKS

Instant Gajar Mooli Pickle

Ingredients:-

- 1 no. - Mooli / 2 nos. - Gajar
- 3- 4 Tbsp Adrak / 4- 5 Slit Green Chillies
- 2 Tsp Saunf, 1 Tsp Jeera, 2 Tsp Mustard seeds, 1 Tsp Yellow Mustard, 1 Tsp Coriander seeds, ½ Tsp Methi Dana
- 1 Tsp Garam Masala / 1 Tsp Vinegar
- 1 Tbsp Red Chilli powder / ½ Tsp Haldi
- 1 Tsp Kalonji / 6-7 Tbsp Mustard Oil,
- Salt to taste

Recipe:-

1. Cut Mooli, Gajar, Adrak, Hari Mirch
2. **Roast** - 1 Tsp Saunf, 2 Tsp Jeera, 2 Tsp Mustard seeds, 1 Tsp Yellow Mustard, 1 Tsp Coriander seeds
3. Now add 1 Tsp Methi dana and roast for a few seconds.
4. Coarsely grind in a mixer jar
5. Add over the Vegetables.
6. Now add Salt to taste, 1 Tsp Garam Masala, 1 Tbsp Red Chilli powder, ½ Tsp Haldi, 1 Tsp Kalonji and 1 Tsp Vinegar,
7. Now Heat 6-7 Tbsp Mustard Oil till smoking hot & pour over the vegetables.
8. Mix well and serve as sides during Lunch or Dinner..

by Mrs. Priti Kunder

She is Science Graduate in Microbiology from Mumbai University and A Diploma in Medical and Laboratory Technology.

Mrs. Kunder started her career in the Ready Made Garment Industry as Merchandiser . Worked with well known brands like Benetton And Pierre Cardin.

Her passion to teaching introduced her to Nriytanjali. She has been a great Volunteer at the Nriytanjali Fest 2023.



JOKES

टीचर- इतने दिन कहाँ थे, स्कूल क्यों नहीं आए ?

गोलू- बर्ड फ्लू हो गया था मैम।

टीचर- पर ये तो पक्षियों को होता है इंसानों को नहीं।

गोलू- इंसान समझा ही कहाँ आपने... रोज तो मुर्गा बना देती हो...!!

दो लड़कियाँ बस में सीट के लिए लड़ रही थीं

कंडक्टर- अरे क्यों लड़ रही हो,

जो उम् में सबसे बड़ी है वो बैठ जाए

फिर क्या, पूरे रास्ते दोनों खड़ी ही रहें

महिला- डॉक्टर साहब, मेरे पति नींद में

बातें करने लगे हैं! क्या करूँ?

डॉक्टर- उन्हें दिन में बोलने का

मौका दीजिए!

लड़की बंटी से- क्या कर रहे हो ? बंटी - मच्छर मार रहा हूँ. लड़की - अब तक कितने मारे ? बंटी- पांच मारे. तीन फीमेल और दो मेल. लड़की - कैसे पता चला कि मेल कौन है और फीमेल कौन ? बंटी - तीन आईने पर बैठे थे और दो बियर के पास.

पिता (बेटे से)- देखो बेटे, जुआ नहीं खेलते।

यह ऐसी आदत है कि यदि इसमें आज जीतोगे तो कल हारोगे, परसों जीतोगे तो उससे अगले दिन हार जाओगे।

बेटा- बस, पिताजी। मैं समझ गया, आगे से मैं एक दिन छोड़ कर खेला करूंगा!



पति- क्या तुम जानती हों दुनिया में सबसे ज्यादा शरीफ कौन है ?

पत्नी- दुनिया में सिर्फ वही लोग शरीफ हैं..., जिनके मोबाइल में पासवर्ड नहीं है।

संता- स्कूल से जल्दी घर आ गया...

मां- क्या हुआ बेटा, आज जल्दी घर आ गए,

संता- हां मां, मैंने एक मच्छर मार दिया तो मैडम ने भगा दिया...

मां- क्या ? एक मच्छर मारने पर स्कूल से भगा दिया

संता- मच्छर मैडम के गाल पर बैठा था...



Mr. Dinesh Singh, has completed his graduation from Mumbai University in Msc .IT. He has also done PGDM in IT Project Management. He got the NCC Best Cadet in Ruparel college.He is a professional Classical and Folk Dancer. Currently he is working in TCS as Database developer with designation of IT Analyst.

**January**

3rd	Seema Sabhlok
10th	Yogesh Mandalia
24th	Samarth Kumbhar
26th	Bhavna Gandhi

February

1st	Kumudini Rana
2nd	Sangita Sawant
3rd	Sunanda Yewale
10th	Tushar Rahate
11th	Anurag Khedekar
15th	Uttara Chakravorty
23rd	Charushila Samjiskar
25th	Sangeeta KV
27th	Alka Vora
27th	Satyashil jadhav

March

8th	Poonam Verma
11th	Priya Dasgupta
14th	Sanika Gaikwad
15th	Parnika Talekar
23rd	Radha Guha
24th	Rutuja Narvekar

April

6th	Sreekala Velambath
8th	Anushri Khadye
9th	Swagata Chatterjee
9th	Chaitrali Dalvi
9th	Avani Chakravarty
20th	Manjushri Keni
24th	Madhura Joshi

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