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

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*Parichay
mein
Parichay*

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Dear Readers,

Warm wishes for the festive season to all the Readers.

The Diamond Jubilee journey of Nrityanjali has begun and it gives us Nrityanjalis a moment of pride to be a part of this journey and more because we are privileged to witness this joyous and memorable occasion. The experiences shared by people associated with Nrityanjali itself speaks volumes about our work and service that we provide to the society.

Nrityanjali activities are back in action with lot of workshops for the students, teachers, parents and principals.

Nrityanjali's core activity, the Nrityanjali Inter-School Competitions are physical this year after 2 years of online events. We can experience the enthusiasm of parents and students by the enrollment done by them in huge numbers. Our Fest team is equally excited and looking forward to this event.

Maitri Khedekar

Parichay Mein Parichay Life Membership (10 Yrs.)

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ACCOLADES

Dear Dr. Tushar Guha,

Greetings from the Ryan Family!

Once again, as a family we are delighted to congratulate you, your family and the entire team on the Diamond Jubilee Celebration of Nrityanjali. The programme was wonderful. It was nicely planned and executed. It was nice to be a part of this celebration and share in your joy on this momentous occasion. Please be assured of our prayers for you, your family and for all your endeavours at Nrityanjali. God bless you abundantly!

Madam Grace Pinto

Managing Director - Ryan Group of Institutions

Dear Sir.

I felt so blessed to be a part of the Inaugural program of Nrityanjali Diamond Jubilee celebration yesterday..

All the speeches were so nostalgic and full of loving memories. I am really astonished at the amount of social work Nrityanjali does. You are truly blessed to give so much back to the Society. May God give you and your team the strength to continue this wonderful work.

Rohan Bhat

Chairman - Children's Academy Group of Schools

Dear. Dr. Tushar Guha Sir,

It was an honour to be included in this laudable celebration...was overwhelmed by your philanthropic service through 60 years ..great achievement

Mrs. Rekha Vijayakar

Sr. Director - ADAPT

Respected Tushar Kaka,

I was blessed to be a part of Nrityanjali. Have learnt a lot from you. Thank you for everything

- Anindita Shetty

Dormant Member - Nrityanjali, UAE

Dear Anonna,

Many many Congratulations It was wonderful Celebration of Diamond Jubilee .Most apt.In time all spoke so well. It rightly brought out Tusharda's unparalleled contribution in different fields.Since childhood his passion for dance,music,his leadership quality were rightly conveyed..His selfless service for society, his work towards personality development etc etc.Thanks for the lovely gift and his book.Good remembrance.Was very happy to attend this memorable event. All the best to both of you and your Nrityanjali family. Warm Regards and love.

Padmashri Darshana Jhaveri

Manipuri Exponent

Dear Anonna Madam,

My pleasure that you all liked what I said. But I believe Nrityanjali truly deserves all accolades it gets. It goes to the credit of you and Girish and team under the mentorship of Dr Tushar Guha to keep the flame burning bright. Count on us to stoke the flame as much as we can. May God bless you all.

D Mohapatra

Head HR - Larsen & Toubro Ltd, Powai
Schneider India Pvt Ltd

Dear Anonna Madam,

Superb celebration, well organised and executed Happy for our association and Sir's blessings

Adinath Bade

Head HR - USV Pharmaceuticals

Dear Anonna Madam,

Thanks for the lovely gesture, Many Congratulations to Nrityanjali team for such a big achievement. I was very glad to be the part of today's event. Thanks once again.And, thanks for the wonderful book, I will read and share my experience.

Preeti Kumari

Head HR -NOV India Pvt. Ltd

ACCOLADES

Dear Dr. Tushar Guha Sir,

Indeed my thanks to you for remembering and inviting me with fondness and love. Very well organised function. Congratulations to the team Nrityanjali. Wishing you a very healthy and happy inning ahead. .

Dr. Sanjay Chahande I.A.S.

Addl Chief Secretary, Govt. of Maharashtra

Respected and Very Dear Dr Guha ji,

I must thank you profusely for allowing me to be part of the select group in your momentous journey. It was a humbling experience for me. Hearty congratulations to you on stepping into the Diamond Jubilee Year of Nrityanjali and wishing the entire Nrityanjali family many more momentous jubilees in the years to come!

Ravi Sitaraman

General Manager - HR
Inventia Health Care Ltd.

Wow, amazing. This is a proud moment for all of us that Our Nrityanjali stepped into the 60th year successfully and everyday it is evolving to another level . Tushar sir always teaches us very unique qualities which we always implement not only in our artistic techniques but in our daily lives.

- **Kirti Shukla**- Member-Artiste - Nrityanjali

Dear Anonna Madam,

Diamond Jubilee celebration of Nrityanjali was indeed a grand function .. everything went off very well .. as planned by Sir .. my heart was filled with so many emotions listening to all the special guests speak about our Sir .. Ofcourse I have always been very proud of being a part of Nrityanjali Family .. I agree with you ma'am .. we all did well .. all the guests were taken care of , the food was fabulous and overall the celebration was a huge success My pranaams to Sir

“ Three Cheers to NRITYANJALI “

Harsha Andan

Sr. Faculty - Nrityanjali

Dear Dr Tushar Guha

Congratulations for a magnanimous event.. An event so meticulously planned & executed with such precision.. Good venue good menu and to top it all, the personal touch rendered by you & your team was real praise worthy... Finally your speech speaks volume of your Oratory skill, which always was your forte... Had a great day and it was so wonderful meeting you & your family after such a long time.

Babji Choudhary

Retd. Manager - Century Rayon
Nrityanjali 1963 Batch

Congratulations to Nrityanjali, Tushar Sir and Anonna.

I feel so happy and proud to have been associated with you and learnt from one of the great gurus.

Seetha Anant

Ex-Student of St Mary's Convent, Mulund &
Corporate Executive

Dear Anonna Madam,

Today was such a wonderful day. I loved every bit of today's celebration and most importantly throughout, I had a feeling like it is my own family function. And Nrityanjali has come such a long way. Proud to be Nrityanjali-ite !

Thank you for every opportunity you have given me and the memories to cherish for life. Forever grateful to you and Sir

Ankita Narkar

Performing Artiste- Nrityanjali
Executive - Siroclinpharm Pvt. Ltd

Gratitude for such a beautiful opportunity...
Proud to be a part of Nrityanjali

- Arnika Sakpal

Member Artistes - Nrityanjali

ACCOLADES

Congratulations Team Nrityanjali Dr. Anonna Guha and may your journey ahead be even better.

-Mahendra Kumar

Chief General Manager - HR
Bharat Petroleum Corpn. Ltd

Yesterday it was a grand event to mark the beginning of Nrityanjali's Diamond Jubilee Celebrations. Congratulations and Long live Nrityanjali

Geeta Chandrasekaran

Head- HRD, Nrityanjali Group

Special day filled with emotions and success stories - Congrats well done Dr. Tushar and team

Malathi Kembhavi

Member, Kala Ghoda Arts Festival

Want to Share...

I have been volunteering for Nrityanjali Fest recently and the experience has been great. It is just so pure to see little kids putting their heart into the competitions and working hard for the same. All of it reminded me of my own school days. Nrityanjali is moulding children into something good. Also, other volunteers with me were absolutely kind and so helping. If I made a mistake in anything no one was disappointed rather they calmed me down. I feel its not just learning for the students but also for myself. I learnt to deal with children.

Also, when the kids said something with a bright smile especially words of gratefulness, I felt so good.

Dhruvi Mandalia

Nrityanjali Member & Student

Respected Sir,

Congratulations to Nrityanjali for its 60 years of completion & success of the grand Inaugural Function. I feel blessed to be a part this celebration.

I don't know how to express my emotions through words because you have given us always that LOVE (encouraged), You have taken CARE (travel plan, food, snacks), of us. You have SHARED (experiences) with us your every moments whatever LITTLE YOU HAD, Blessed to get such a huge opportunity, stage & exposure. Will always be thankful to you Sir & Nrityanjali. Really, Thank you so much sir for Believing in us. I will be always thankful to Manasi Ma'am because I, Mahadevan & Neha could be a part of Nrityanjali because of her & I hope we will always make Ma'am feel proud for bringing us here.

Also Sir, we loved the OFP session very much. It was really amazing experience for us attending first time, On one topic different experiences shared on the spot by all the principals, we loved their observations, how they noted down the points since the beginning. Much more to learn and experience. Enjoyed the whole day. Thank you Sir. More & More power to Nrityanjali.

Parameshwaran

Engineer, Student - Sunday Class

Good Morning Anonna Madam,

Reached just on time at the AGM and could see Tushar Sir and your dance. Actually, I had reached my breaking point with so many things going on since two weeks but after seeing Tushar Sir dancing on stage I got my strength back to fight. It was a different emotion. "Thank you."

Request you to please convey my message to him, how he inspires people like us.

Ms. Rupal

Mother of Mahek Devagada -Kathak Student

ACCOLADES

Respected Sir/Madam

Today's - 14th August 2022, milestone AGM (Diamond Jubilee) celebration at Kalidas Auditorium of our Nrityanjali was outstanding. Every performance be it classical dances, Folk Gypsy, or the combination of classical and Bollywood moves was aesthetically choreographed with good energy and formations . It was so pleasant to watch and feel the dances . The audience could literally see the music and hear the dance.

The choice of songs corresponded the spirit of Indian culture and the celebrations of the Amrit Mahotsav through out the country.

Music and dance is the hidden language of the soul 'and today I experienced it . I am still drenched in the joy of watching the young ones and the seniors and especially Sir, so Graceful, Synchronised, Expressive and Alluring that I could not hold myself from penning it as a proud Nrityanjali today and always.

Congratulations and best wishes to all the young ones as budding artists and all the Gurus and teachers for the tremendous efforts and persuasiveness put up behind the curtain. Thank you so much Sir, feel privileged to be part of Nrityanjali.

Geeta Chandrasekaran

Head - HR, Nrityanjali

Sirji,

Superb and successful event.Hats off to team Nrityanjali and especially to you and Annona Madam for your hospitality and looking into the minutest details to ensure the smooth flow.Lots to learn from you Sir.

Dr. Latha Venkat

Principal, Seksaria sarvidaya School, Malad

Respected Sir/Madam

I am so thankful to God - *Nrityanjali, Dr Tushar Guha and Anonna Ma'am, Girish Sir, and Sangeeta Ma'am in my life. I have been so blessed to have had Sir as a Guru/mentor. My gratitude to you, for all you have done, which I will never forget.

I would love to share my thoughts towards Nrityanjali and you all. I was nothing before joining Nrityanjali. No goals, No ambition, No Focus, No Future achievements.

When I joined Nrityanjali in 2008 and met you all, The way you all were dancing, talking, explaining, helping, and grooming everyone and ALL FREE,. I was literally shocked and a bit worried because ***mujhe lag raha tha ke mai ek garib family se hu, jiske pass paise bhi nahi hai, In logo ke sath kaise manage kar paunga and ye log mujhe kaise treat karenge.***

But they proved me wrong.Nrityanjali treats everyone equally. No partiality.Helping others unconditionally is not a small thing.Since that day I am following you all and tried to implement it in my life to groom myself and set a goal to become a good person like you all. Now, I can see the changes in me and it's all because of *Dr Tushar Guha Sir* and *Nrityanjali*.

Deep gratitude to Nrityanjali for having lit the flame within me. I am where I am only because of *Sir and you all!!"

- Because of Nrityanjali, I could do my MBA.
- Because of Nrityanjali, I could roam in India and out of India where I had never been before.
- Because of Nrityanjali, I could do a Special Personality Development part 1.

In short, I learnt the real meaning of Life from you all.Thank You So Much for Everything!!

Tushar Rahate

Student - Sunday Class

E-Commerce Manager - Harissons Bags Pvt. Ltd.

FOOT PRINTS...

Nrityanjali News upto 21st October 2022

Nrityanjali Management Services conducted the following management training programmes

- On 12th October 2022, Dr. Anonna Guha conducted **Retirement Programme - Ageing Gracefully** for the Officers and their spouses of **RCF Ltd, Alibaug**. Mrs. Harsha Anadan and Mrs. Sreekala Velambath were the Co-Faculty members
- On 20th and 21st October 2022, Dr. Tushar Guha conducted **Public Speaking Sessions** for the Officers of **Hindusthan Petroleum Corporation Ltd, at Nigdi, Pune**. Mrs. Charushila Samjiskar and Mrs. Harsha Andan were the Co-Faculty members

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HUMAN RESOURCE DEVELOPMENT

- Regular Meet for faculty members commenced from 6th August 2022
- **16 days Special Personality Development Course Level 1 (SPDC 1) physical class** commenced form 18th September 2022 and will end on 23rd October 2022

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Faculty Division

- A total of 179 students of our Bharat Natyam, Kathak, Sangeet and Sunday Classes performed at the 60th Annual General Meet of Nrityanjali on 14th August 2022 at Kalidas Natya Mandir, Mulund. (Bharat Natyam - 61, Kathak 74, Sangeet 17, Sunday 27)
- Written Examinations by Gandharva Mahavidyalaya will be held on 20th November 2022. 120 students will appear at the Examination. Practical Examinations are likely to be held in December 2022 - 160 students will appear



Nrityanjali artistes and students celebrating at Assam Bhavan, Vashi

FOOT PRINTS...

Nrityanjali News upto 21st October 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 21st, & 22nd July 2022, 22nd, 23rd, 24th, 25th & 26th August - Courtesy **Nrityanjali**
- **Individual Perspective Development Programme & Excel Learning** was conducted over ten sessions of 45 minutes each spread for six days from 4th August 2022 - Courtesy **Nrityanjali**
- **Life Skill** programmes were held at **Vivek Vidyalaya, Goregaon** for the **Primary and Secondary Section** on 16th, 19th, 20th and 22nd September 2022 - Courtesy **Nrityanjali**
- **Career Guidance Test** was conducted for **160 students of Little Angel School-Sion** on **17th September 2022** - Courtesy **Nrityanjali**
- **Life Skill** programme continued at **Antar Bharati Balgram School, Lonavala** on 29th September 2022 - Courtesy **Nrityanjali**
- **Life Skill** programmes were held at **Bharat School, Thane** on 28th September and 7th October 2022 - Courtesy **Hindusthan Times**
- **Life Skill** programmes were held at **Model School, Chembur** on 30th September and 3rd October 2022 - Courtesy **Hindusthan Times**

Teachers Workshops...

- On 23rd July 2022 Dr. Tushar Guha conducted 2 Hours **Workshop on Motivation** at **Rochiram T Thadani School for the Hearing Handicapped, Chembur** - Courtesy **Nrityanjali**

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Workshops for Parents...

- Dr. Tushar Guha conducted 2 Hours **Workshop on Effective Parenting** as follows :
 - 6th August 2022 - Ryan International School - CBSE, Sanpada
 - 6th August 2022 - Ryan International School- ICSE, Nerul
 - 13th August 2022 - Ryan International School - ICSE, Chembur
 - 13th August 2022 - Ryan Christian School - IGSCE, Vashi
 - 20th August 2022 - Ryan International School - ICSE, Nasik
 - 27th August 2022 - St. Joseph School - CBSE, Panvel - 2 Sessions
 - 10th September 2022 - Ryan International School - ICSE, Malad
 - 10th September 2022 - Ryan International School - CBSE, Malad
 - 17th September 2022 - Cambridge School - ICSE, Kandivali
 - 17th September 2022 - Ryan International School - CBSE, Kandivali
 - 24th September 2022 - Ryan International School - ICSE, Goregaon
 - 24th September 2022 - Ryan Christian School - ICSE, Borivali
 - 1st October 2022 - Don Bosco School, Nerul - 2 Sessions
 - 8th October 2022 - Ryan International School, Kharghar

FOOT PRINTS...

Nrityanjali News upto 21st October 2022

The NES - Open Forum for Principals held its Annual General Meet on 19th July 2022 at World Trade Centre, Cuffe Parade, Mumbai on the occasion of **the Inaugural Function of the Diamond Jubilee Celebration of Nrityanjali** from 3 P.M. to 5 P.M. followed by High Tea
Principals from 45 Schools participated

After the Invocation song was rendered
Dr. Anonna Guha delivered the Welcome Address.
Mr. Girish Dalvi made a video presentation of 60 years of Nrityanjali and the future plans.

Dr. Tushar Guha addressed the gathering which was followed by an Open House Discussion with the topic of Love, **Care & Share whatever little we have** and connecting to Education

Mrs Sudha Sharan of Gopal Sharma School, Powai moderated the discussion.
Dr. Suresh Nair ex- principal of Vivek Vidyalaya, Goregaon introduced the panelists.

Mrs, Husnara Khan of Nashe Man School - Bhandup,
Mrs. Asha Sule of A.M Naik School - Powai.
Sister Gloria Ferrao of Auxalium Convent- Wadala
Mrs. Shubha Saxena of Scholar School - Colaba
Mrs. Ruby Vergese of Tilak Vidyalaya - Nerul and
Mrs. Kalpana Adhiya of BHA Group of Schools - Bandra
contributed to a lively discussion as the Panelists.

Mr. Anil Sigh of S S Vidyalaya - Goregaon
Mr.. B B Dumbre of Ahilya Vidyalaya - Bhandup
Mr.Ramakant Saroj of Smt. Rajdevi H H School - Kandivali
shared their views.

Based on the outcome of these discussions OFP identified the important issues concerning Education and is preparing an Agenda for its future activities

Dr. Poonam Sawant of Rochiram T Thadani School for the Hearing Handicapped offered the Vote of Thanks

Mrs. Vanita Mansukhani was the the Master of Ceremony



● The **NES - Open Forum for Principals** held special Interactive Session with 9 Principals on 29th August 2022 at Nrityanjali Office.

● The **NES - Open Forum for Principals** held a Meet on Inclusion, on 30th August 2022. ADAPT - formerly The Spastic Society of India hosted the programme at their Bandra Centre.

FOOT PRINTS...

Nrityanjali News upto 21st October 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

**Next Batch
Feb 2023**

FOOT PRINTS...

Nrityanjali News upto 21st October 2022

Social Service Activities

- **Project Unnat Yuvati** continues - every Tuesday Spoken English Class and Every Saturday Computer Science is being taught at our Bhandup Centre to 39 Std.Xth Girl Students. Mrs. Maitri Khedekar, Mrs. Mini Pillai, Dr. Poonam Verma, Ms. Gauri Keny offer their free services. Nrityanjali is grateful.
- **Jyotirmay Project** at Andheri headed by **Ms. Amena Latif** is being supported by Nrityanjali in their administrative management.
- **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 1st October 2022 Nrityanjali members and students entertained the **Cancer Patients at Assam Bhavan, Vashi** and sang Songs and performed Bharat Natyam, Kathak and Folk Dances. The programme ended with the audience joining the Bihu Dance.
- On 30th October 2022 Nrityanjali members and students will be entertaining the **Senior Citizens of Raheja Vihar Complex at Chandivali** and sang Songs and performed Dances. At the end, the audience joined the artistes.

Programme Division

- Lions Club International celebrated Azaadi ka Amrit Mahotsav and held their Installation Ceremony on 30th July 2022 at Hotel Lalit International, Santacruz. Nrityanjali was invited to present a Cultural performance to a gathering of 600 guests. We presented **Naman from Maharashtra**, Dance of **Togetherness on Sangachwadham** from the **Rig Veda** and **Rejoice - Folk Dance from Bengal**
- The Members & Students of Sunday Class, Students of Sangeet, Bharat Natyam & Kathak performed at the **60th Nrityanjali Annual General Meet** on 14th August 2022 at Kalidas Natya Mandir, Mulund.
- **The National Centre for Performing Arts (NCPA)**, Mumbai celebrated **Azaadi Ka Amrit Mahotsav** on 14th August 2022 at their Experimental Theatre. **Nrityanjali** was invited to perform on the occasion. **Nrityanjali** artistes performed a dance on **Patriotic song of Bengal - "Shankochero Biubholata Mothero Apomaan....."** specially choreographed for the occasion



FOOT PRINTS...

Nrityanjali News upto 21st October 2022

Programme Division

• **Bharat Petroleum Corporation Limited (BPCL)**, Mumbai celebrated **Hindi Pakwada** on 28th September 2022 at their Chairman's Office, Mumbai. **Nrityanjali** was invited to perform on the occasion. **Nrityanjali** artistes performed a dance drama "**KUHAKINI**" written, directed, and choreographed by Dr. Tushar Guha. Kuhakini has been completed more than 110 shows.



The BPCL Audience



The Dance Drama Begins



Suryabhan pleading Kuhakini to relieve Chandramukhi from the pain



The Filmy romance of the villagers



The Climax - Victory of Good over Evil



Chairman **Shri Arun Kumar Singh** applauding, while our Chairman **Dr. Tushar Guha** being felicitated by a senior Director

FOOT PRINTS...

Nrityanjali News upto 21st October 2022

Nrityanjali Information Services

***Nrityanjali stepped into its 60th year on 19th July 2022
The Inaugural Function of the Diamond Jubilee Celebration of Nrityanjali
was held on 19th July 2022 at World Trade Centre, Cuffe Parade, Mumbai
from 10 A.M. to 1 P.M. followed by lunch.***

***His Excellency Mr. Chiranjib Sarker - Dy High Commissioner of Bangladesh
Dr. Sanjay Chahande - IAS, Additional Chief Secretary Government of Maharashtra,
Dr. Grace Pinto of Ryan International Group of Institutions,
Padmashri Darshana Jhaveri
were among the sixty dignitaries who graced the occasion.***

***The formal function commenced after the Welcome Tea.
Every guest received a Lamp
The dignitaries and the 34 volunteers simultaneously lit their lamps while the
Invocation Song was sung***

***Then followed rendering of the sanskrit song Sanghachwadam
sung by Mrs. Sangita Sawant, Mr. Shashank Dey and Ms. Aditri Dutta
while simultaneously a beautiful dance performance was presented by
Mr. Parameswaran and Ms. Neha Balmiki***

***Dr. Anonna Guha delivered the Welcome Address.
Mr. Girish Dalvi made a video presentation of 60 years of Nrityanjali
and the future plans.***

***Dr. Tushar Guha
in his address identified the connectivity of each guest with Nrityanjali***

***From among the guests
Dr. Sanjay Chahande (Former IAS Officer),
Mr. Debabrata Mohapatra - Head HR Larsen & Toubro Ltd,
Dr, Grace Pinto, Mrs. Rekha Vijayakar - Sr. Director ADAPT and
Mrs. Prema Jagnani from the 1963 group addressed the gathering.***

The Vote of Thanks was delivered by Mrs. Geeta Chandrasekaran

Mrs. Vanita Mansukhani was the Master of Ceremony





60th Nrityanjali Annual General Meet on 14th August 2022

**The Proceedings and Reports of the Meeting and Function are reproduced here.
The Reports / Speeches are in mixed language of English and Hindi**

The Meeting commenced at 9.30 A.M with Nrityanjali Geet and Lighting of the Lamp by the Trustees.

The Permanent Executive Secretary Mrs. Manasi Damle conducted the proceedings of the meeting beginning with the Nrityanjali Anthem

The Director - Operations Mr. Girish Dalvi presented a consolidated report 2021- 2022 as follows :

"Respected Dr. Tushar Guha Sir, Madam Radha Guha, members of the Board of Trustees, Members of the Administrative Committee, Nrityanjali members & Students and the parents and guests.

I will present reports of the activities undertaken by Nrityanjali during 2021 - 2022. Hum sabhi ko pata hai, ki covid ke kaaran majority activities of Nrityanjali were suspended. That is why, this year, I am presenting a consolidated Report of Activities of all Divisions.

The Central Administration struggled to maintain the spirit of Nrityanjali to continue our activities in all spheres - performing Arts classes, Sunday Class, Programmes, Social Service, Education & Management Service and the various courses we conduct under our Human Resource Development Division. Generating and distributing funds were the two major challenges. With our hard work, vision and the blessings of the Almighty, we sailed through.

Conducted following Management Trainings

- 1.Pathway to success Mentoring online Schneider Electric
- 2.Secretarial Programme physical Glenmark
- 3.Achievement Orientation physical - KFL Industries

4.Retirement Programme Ageing Gracefully - Physical - for RCF Ltd

5.Mentoring online for Schneider

6.Effective Communication online for USV Pharmaceuticals

7.Corporate Challenges physical for - Bank of Baroda

8.Perspective Development physical - Greater Bombay Cooperative Bank

Education field me humne

1.Life Skill sessions kiye for students at Little Angel School - Sion., Antar Bharati Balgram School, Lonavala

2.Teachers Training at Scholar School - Colaba, Rochiram T Thadani School for the Hearing Handicapped in Chembur, Antar Bharati Balgram School, Lonavala and Powai English School - Powai.

3. Career Guidance individually aur schools ke through continue ho raha hai

4. Principals Meet through Open Forum for Principals were held online and physical on 25th November, 18th December 2021, 7th March and 19th July 2022

5.For NMIMS Faculty Members online session on Teacher Student Relationship, Practical Dineson to Transactional Analysis & Mentoring

6. Online Motivational Session for Teachers and Staff of Bal Anand Chembur

7. Online Motivational session for students of Model College, Dombivli

8.Online Interaction through OFP on Post covid situations in educational institutions across India

Under our **Faculty Division** with effect from June 2022 we increased our basic Fee structure to Rs.200/- per month. Pichle pandra saalon se hamari basic fee per month sirf shambar rupaya tha.



Humne Shivaji Talao sthit Sahyadri Vidyalaya, me classes shuru kiye from June 2022.

Pichle saal online class hone ke bawajoot, our students had exceptionally good result at the Gandharva Mahavidyalay Examinations.

Prarambhik se Visharad Purna tak Bharat Natyam, Kathak, Sangeet, Harmonium ke result is prakar hai.

36 Distinction, 86 First Class, 30 second Class aur 4 Pass class

Under Human Resource Development Division following activities were taken up :

1. Special Personality Development Course Level 1 online July-Aug 2021
2. Workshop on Handicraft & Recitation for children online in September 2021
3. Special Personality Development Course Level 1 physical in February 2022
4. Summer Camp Workshop on Creative & Constructive Thinking - online & physical
5. Special Personality Development Course Level 2 physical in June 2022
6. Conducted Motivational Workshop for Ladies of Ghoghari Mahila Federation
9. Special Personality Development Course Level 1 physical will start on 18th September 2022

Programme Division ke under me Nrityanjali was invited to perform in the following :

1. Vistaar Lectures online for NCPA in November 2021
2. At Ravindra Natya mandir - Prabhadevi for Shradhanjali to Bharat Ratna Lata Mangeshkar ji on 12th March 2022
3. Mulund Mahotsav invited our BN & Kathak Students to perform on the occasion of Gudi Padwa
4. 14th April 2022 office of the Bangladesh High Commissioner, Mumbai
5. Lions Club International on 30th July 2022
6. Today i.e. 14th August 2022 at NCPA in celebration of Azaadi ka Amrit Mahotsav

Our Social Service Division had major activities :

1. Colouring of Ideal School Bhandup
2. Repairing Shed of Vaze School in Panvel
3. Building Toilets at - Zilla Parishad School - Virar, Hanuman Nagar Bhandup, Benganwadi Bhandup - All with the support of NOV India Pvt. Ltd
4. Celebrated Saraswati Puja in February 2022
5. Dance training in schools in Powai & Panvel with support of NCPA
6. Online workshop for children on Public Speaking, Mandala Arts Warli Painting and Etiquette with support from L&T
7. Paid Board Examination Fee for needy tribal students with support from Individual donors
8. Set up Mahila Udyog Yojana - creating employment for women in catering service during Covid.
9. Distributed Mask, sanitizers, soap, rice, wheat, dal, oil with support from Individual donors to the needy in Mumbai & Shahpur
10. Conducting Good Living workshops for destitute women in Rehab Centres.
11. Conducting Classes in Spoken English & Computer Awareness for 39 Std Xth Girl students, Free of Cost, twice a week and providing snacks under our programme Unnat Yuvati
12. Swachha Bharat Abhiyan - Street Plays, Prabhat Pheri, Workshop on Best out of Waste and Health & Hygiene with support from BPCL under Govt of India Swachhata Pakhwada
13. And our mega event Nrityanjali Fest 2021 - Interschool Competitions conducted online. 6056 students from 98 schools Participated

Nrityanjali Information Services conducted Awakening series on Instagram on

1. LGBTQ
2. Looking Beyond the Stereo Types
3. Issues of the Youth
4. Transformation in Education
5. Every Coin has two sides
6. Mirror Mirror on the Wall
7. Body Shaming
8. Mindfulness
9. Fiercely Independent
10. Face to Face
11. Fitness



The 59th Annual General Meet was held online and the entire proceedings along with the performances by the students are on You Tube

Our quarterly House Magazine Parichay Mein Parichay was published on line the hard copy of the July 2022 issue is published now - aap ke paas hai.

Yeh 19th July 2022 me Nrityanjali stepped into the 60th Year and we had the Inaugural Function of our Diamond Jubilee Celebration at World Trade Center, Mumbai

Thank You "

Dr. Anonna Guha - Trustee and Managing Director then delivered her address

Respected Dr. Tushar Guha Sir, Madam Radha Guha, members of the Board of Trustees, Members of the Administrative Committee, Nrityanjali members & Students and the parents and guests.

The last Annual General Meet of Nrityanjali was held in 2019. Do saal ke baad hum phir mil rahen hain. Jaise ki Girish Dalvi Sir ne bataya, ki covid ke karan total number of students kam ho gaye but khushi ki baat yeh hai ki dhire dhire students ke number bad rahe hain. Umeed karti hun ki agle saal tak phirse, pachele jaise 500 students aa jayenge.

Mai abhaar manti hun aap sab parents ka, jinhone hamesha Nrityanjali ka saath diya. Yeh do saal online classes conduct kiye aur usme bhi aap sab hamare saath rahe

Sabse badi baat hai ki online sikhne ke bawajood hamara students ka result outstanding raha. Thank you students for your hard work, Thank you parents for your trust and thank you - our teachers.

Last year hamara online AGM mein, hamare students ne perform kiya - humne video recording karke sab dances aur sangeet darshaya. Covid ke niyamon ka palan karke,

humne shooting ki aur iske liye, aap parents ka jo support hume mila, woh hum bhool nahi payenge. Thank you

Ab mai hamare future programmes ke baareme information share karti hun

1. Nrityanjali ke regular activities of Dance & Sangeet Classes, Personality Development Courses, Life Skill and Workshops for Children, Corporate Trainings, Teachers, Parents & Principals workshops, Nrityanjali Fests, Cultural shows and Unnat Yuvati programmes will naturally continue.

2. That apart Building Toilets, support for infrastructures to schools and Swachha Bharat Abhiyan will continue with support from NOV India Pvt Ltd, BPCL, IOC and Others.

3. In our Diamond Jubilee Year we have joined hands with ADAPT - former Spastic Society of India and Jyotirmay Project to take up activities for autistic children and adults and other differently abled people.

4. We plan to conduct Dance and Music festivals

5. Continue to teach dance to less privileged schools in Mumbai and Tribal areas in association with National centre for Performing Arts

6. In association with Kala Ghoda Arts Festival, Nrityanjali will teach music, dance and theatre to school children in Mumbai

7. And we will continue to provide atta, chawal, daal, oil to the needy

Aapne, hamare report me suna ki, covid ke samay bhi hamari social work activity chalti rahi - dal-chawal-atta-oil distribution, Mask, sanitizer distribution, toilet building, adhivasi schoolon me nritya, sangeet, life skill sikhana - sab continue hua. Isiliye abhaar manti hun our member volunteers ka, hamare teachers ka aur our sponsors ka.

Mai Ishwar se prarthana karti hun ki hamesha, Nrityanjali par unki kripa bani rahe, hamesha aap aur hum sath rahe.

Thank you.

The Founder Chairperson Dr. Tushar Guha in his address, emphasised on the culture, rules and regulations of Nrityanjali. He appreciated the members, students, parents and the associates for their support

The **Permanent Executive Secretary** then ended the formal AGM function with the Vote of Thanks

Then began the performances by the students of **Sangeet Class** who rendered four songs in Sanskrit, Hindi, Marathi and Bengali languages under the tutelage of Guru Sangita Sawant Ji

Puja Nritya was performed by **Dr. Tushar Guha Sir and Dr. Anonna Guha Madam** on Rabindra Sangeet - Anondoloke Mangalaloke.

This was followed by **Shraddhanjali to Bharat Ratna Lata Mangeshkar Ji** on her song - Gagana Sadana choreographed by **Shri Girish Dalvi Ji** and performed by the senior Sunday Class artistes of Nrityanjali

As a tribute to India's Amrit Mahotsav of Independence Vande Mataram dance was performed jointly by the students of **Bharat Natyam & Kathak dance class**.

The students of **Kathak Class** presented the following :

1. Kathak dance on Kabi Nazrul Islam song Meghero Damaru
2. Dance of the Goan People - n 1982 composition of Dr. Tushar Guha Sir
3. A Bollywood dance on *Ghar Mora Pardesiya*
4. Pure Kathak Tarana

The performances of the **Bharat Natyam** students included :

1. Pushpanjali - pure Bharat Natyam Dance
2. Gypsy Nritya on a 1982 composition of Dr. Tushar Guha Sir
3. Tillana - Pure Bharat Natyam

Sixteen **Sunday Class** students performed a rhythmic folk dance of Bengal

The Master of Ceremony **Mrs. Maitri Khedekar** thanked the audience and ended the function with the National Anthem



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SCHOOL IS COOL
WEDNESDAY, AUGUST 3, 2022

03

Diamond jubilee celebrations

Dr. Tushar Guha's Nrityanjali - the institute of Performing Arts, Education, Personality Development, Social & Management Services celebrated Diamond Jubilee year - 60 years. The inaugural programme was held on July 19.

The inaugural programme traced Nrityanjali's journey since 1963, when it was founded at Shahad in Century Rayon, by 15-year-old Tushar Guha. The programme also showcased the series of initiatives planned for the Diamond Jubilee Year. A select group of invitees from the educational, social, cul-

tural, corporate diplomatic and administrative circle - who have been an integral part of Nrityanjali's journey - were a part of this emotional moment and moment of pride.

The function was graced by select personalities like Dr. Grace Pinto - MD, Ryar International Group of Institutions, Padmashri Darshana Jhaveriji - internationally renowned Manipuri Danceuse, Chiranjib Sarker - Deputy High Commissioner of Bangladesh, Brinda Miller - Chairperson Kalaghoda Arts Festival, among others.



आर एस पी विषय मुलांनी का घ्यावा, पालकांनी कसे प्रोत्साहन करावे.



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 Vilage, Powai. He loves to read, travel, and innovate new ideas which will help the students.

एकविसाव्या शतकाकडे आपली वाटचाल चालू आहे. उद्योगयिक क्षेत्रातील वाढली प्रगती, आरोग्य सुविधा अन्नधान्यातील वाढ यामुळे मानवाचे जीवन सुखी झाले आहे, पण त्यामुळे काही नैसर्गिक दुर्घटनांना अप्रत्यक्ष मानव जबाबदार आहे. त्यावर मत करण्यासाठी आपण प्रयत्न करत आहोत.

त्सुनामी, भूकंप, पूर, ढगफुटी, दुष्काळ, यासारख्या नैसर्गिक दुर्घटना तथा दहशतवादी कारवाया युद्ध, भ्रष्टाचार, विविध प्रकारचे अन्याय, ई मानवनिर्मित आपत्ती जेव्हा राष्ट्रासमोर अचानक उभी राहते तेव्हा काही घटनांचे आपण प्रत्यक्ष साक्षीदारही असतो. भूदल, नौदल, वायुदल, पोलीस दल, गृहरक्षक दल, अग्निशामक दल, यांच्यावर आपण अवलंबून राहतो. पण या सर्वांची वेळेवर मदत प्रत्येक वेळी मिळेलच असे नाही. त्यामध्येही काही अडचणी येऊ शकतात. याकरिता प्रत्यक्ष त्या संकटाना तोंड देण्यासाठी त्या संवेदनशील भागातील सुजाग नागरिक मदत करत असतात. हे लक्षात घेता वितहानी तथा प्राणहानी टाळण्यासाठी नागरी संरक्षण हे लहान वयापासूनच

मुलांच्या (विद्यार्थ्यांच्या) मनावर बिंबवणे गरजेचे असते.

बालवयातच एकमेका साहाय्य करू अवघे धरू सुपंथ हा संस्कार विद्यार्थ्यांमध्ये रुजविला त्यांना शास्त्रोक्त पद्धतीने शिक्षण दिले तर हीच मुले एक संरक्षक तुकडी म्हणून कार्यरत राहतील.

एकविसाव्या शतकाकडे वाटचाल करत असताना महाराष्ट्र राज्याची झालेली उद्योगिक प्रगती व लोकसंख्येत येणारी अफाट वाढ यामुळे मोटार वाहनांच्या संख्येत प्रचंड वाढ झाली. परिणामतः रस्त्यांवरील अपघातांची संख्याही वाढली, त्यामुळे सर्व सामान्य जनतेची सुरक्षितता धोक्यात आली. अशावेळी त्यांना रस्त्या सुरक्षेतेचे ज्ञान असणे हे गरजेचे झाले. रस्त्यांवर सुरक्षितपणे चालणे, वाहतुकीचे नियम तसेच सिग्नल यांची माहिती सर्वांना मिळणे आवश्यक झाले आहे.

आजची लहान मुले ही उद्याचे भावी नागरिक असल्यामुळे त्यांना लहान वयापासूनच शालेय शिक्षणाबरोबर वाहतुकीच्या नियमांची माहिती देणे गरजेचे आहे. वाहतूक नियंत्रण पोलीस विभागाने

रस्त्या सुरक्षिततेचे शिक्षण देण्याचा दृष्टीने शाळेतील मुलांवर विशेष लक्ष केंद्रित केले पाहिजे.

आज संपूर्ण देशात रस्ते अपघाताचे प्रमाण मोठ्या प्रमाणात वाढले आहे. दार २.५ मिनिटाला रस्त्यावर एक अपघात होत आहे. गत वर्षी रस्ते अपघातात दीड लाख मृत्यू पावले. साडे तीन लाख लोक अपघातात झखमी झाले आहेत. रस्ते अपघातामुळे हजारोकोटी रुपयाचे नुकसान झाले आहे. या अस्माती संकटावर नियंत्रण ठेव्याचे असल्यास नागरिकांमध्ये " ट्राफिक सेन्स " निर्माण करणे गरजेचे आहे. ट्राफिक सेन्स निर्माण होऊन अपघातास आळा बसण्यास मदत होईल म्हणून विद्यार्थ्यांने आर. एस. पी. (रोड सेफ्टी पेट्रोल) हा विषय घेणे आवश्यक आहे. आर . एस. पी. चा मुख्य उद्देश्य म्हणजे

१. आत्मरक्षा, जनसेवा, देशभक्ती, हा महत्वाचा उद्देश्य आहे.

२. विद्यार्थ्यांमध्ये ' ट्राफिक सेन्स' निर्माण करून भारताची भावी पिढी निर्माण करणे.

३. दलातील बालसैनिकात राष्ट्रीय चारित्र्य व राष्ट्रीय योग्यतेची निर्मिती करणे.

४. दलातील बालसैनिकांमध्ये कार्यक्रम व अनुशासनबद्ध राष्ट्रसेवा करण्याची तीव्र अभिलाषा निर्माण करणे.

५. बालसैनिकांमध्ये कोणत्याही संकटाच्यावेळी स्वतःचे स्वतःच्या कुटुंबाचे व जनतेचे संरक्षण करण्यायोग्य आत्मविश्वास निर्माण करणे.

६. देशात आदर्श नागरिकतेचा विकास करण्याकरिता अनुकूल परिस्थिती निर्माण करणे.

७. आपल्या जीवनातील फावल्या वेळेचा उपयोग सामान्य जनतेची सेवा करण्यात खर्च करणे.

८. युवकांमध्ये आत्मानुशासन, आत्मत्याग, सेवासहिष्णुता, समता, बंधुता, इतर गुणांचा विकास करणे.

पालकांनी मुलांना प्रत्यक्ष घटना दाखवून त्यांच्यामध्ये आत्मरक्षा, जनसेवा, देशभक्ती ही भावना रुजवावी व बाल वयातच एकमेका साहाय्य करून अवघे धारुसुपंथ या संस्कार विद्यार्थ्यांमध्ये रुजवून १. वाहतूक नियंत्रण २. पद कवायत ३., अग्निशमन ४. नागरिक संरक्षण ५. प्रथमोपचार यांचे शिक्षण देऊन मुलांमध्ये शिस्त निर्माण करणे विविध प्रात्यक्षिकांतून मुलांना प्रोत्साहित करून आर.एस.पी. विषय बदल मुलांच्या मनात आवड निर्माण करावी.

गेल्या काही वर्षांपासून रस्त्यावरील अपघाताचे प्रमाण वाढलेले आहे. लोकांच्या रहाणीमानाच्या दर्जा उंचावल्यामुळे सरासरी प्रत्येक कुटुंबात एक तरी वाहन आहेच. अपुऱ्या व अरुंद रस्त्यावर दररोज एकाच वेळी हजारो वाहनांची वर्दळ असते. त्यामुळे अपघात होऊन जीवित व वित्त हानी मोठ्या प्रमाणात होते. म्हणून शालेय जीवनातच विद्यार्थ्यांच्या अंगी ट्राफिक सेन्स रहावा म्हणून मुलांना आर.एस.पी. हा विषय घेतला पाहिजे तो विषय घेल्यास पालकांनी मुलांना प्रोत्साहित करावे.

Circumstances are only a Tip of the Iceberg



*Dr. Hemakshi Jattani is a practising dental surgeon. She is also a Career Guidance Counsellor, Life Skill Trainer. Member of **Editorial Board of Parichay Mein Parichay**, Dr. Jattani is a committed social worker*

There's a pandemic, there's a war, there's illness, there's gloom! Oh goodness so much of negativity to start a read with!!!! The darkness is where light isn't. The gloom is where the bloom isn't. The illness is where wellness isn't. The tip of the iceberg is where there's a giant within.

We all know the icebergs we see on the surfaces of oceans and water bodies, are the smallest section of a giant and robust ice structure underneath. Hence, assuming that a small looking iceberg won't do any harm can be ghastly! Be it to a humongous ship or a tiny little human. What we assume to be puny can assume massive proportions. Read on to know what I'm trying to mean...

The current Pandemic – looks very small when compared to the illnesses that happened due to the pandemic of the past centuries owing to tremendous advancement of science and research. Nevertheless it even looks like a huge monster who has consumed the lives of many and still continues to loom on our heads. We need to get it right in our heads that the pandemic has come as an eye opener to the mankind who was starting to think of themselves as invincible and thereby massively misusing all kinds of resources and harming nature. Somewhere in the competitiveness of the current era, this pandemic even rectified the erroneous priorities that we had assumed for ourselves. So the tip of 'a virus affecting the respiratory system' iceberg actually came along with a lot of self corrections and self evaluations.

The war, as horrendous as the word sounds, is a living nightmare for those stuck in the eye of it. It is a nightmare for, not only the victims, but also the people who are following the orders of attack. Both those groups are living in the fear of whether or not they will be alive by the end of the day. A lot of underlying stories or conspiracies or so called hidden agendas about the war may be the talk of the town and are even a potential for massive income for some, but do they change anything for those suffering? Do they bring solace? The giant underneath here is communication! Some communication somewhere was either not right, or not complete, or misunderstood, or not communicated properly and the result is spine chilling. Thereby making careful choices over the matter and manner of communication becomes of paramount importance for a comfortable situation for everyone!!!

There's illness, there's discomfort, there's peer pressure, there's workplace competition, there's parental pressure, there's argument, there's complicated relationships, there's anger, there's confusion... There are only so many things as the fingers can count as many are the problems existing for everyone, only the magnitude and cause varies, but the attributes at dis-ease are all the same.

They all come with the same giant within – anguish with the self. The thing that bothers us on the outside, is something that is deeply disturbed on our inside too! Dealing with the way we deal with ourselves is a key thing to do. We gotta love ourself enough to be able to not let ourselves get negatively affected by the

nuances of the exterior, instead find peace within and with the situation so that we can navigate though the troubled and raging waters through to the peaceful pond of joy and happiness. Self love as I have previously penned (Self-Love – It's internal and external Manifestations) is essential for our well-being.

For beginners, it maybe difficult, if not impossible to be able to love ourself instead of one another. But that's the path

we gotta tread!!!

Whatever life throws at us is just a tip of the iceberg, let us try to dig deep and unravel what's underneath, so that we know how big a giant are we dealing with and aptly gear ourselves up for a magnificent rise through this darkness just before the dawn. Wishing magnificence to you always!!!



An Incredible Experience - by Miss Bhargavi Patil

Bhargavi Patil is a first year BSc student of St. Xavier's College, Mumbai. She aspires to be an Astrophysicist and loves to explores different paradigms of space.

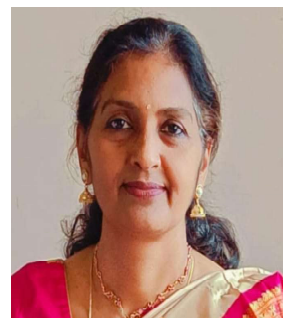
Recently, I have participated in the "Reach For The Moon" video contest organized by Mission Control Space Services in joint collaboration with SEDS India, SEDS Canada and TeamIndus-Axiom Research Labs. Participants of the contest were expected to make 1-minute short YouTube video explaining "what experiments you would run on the moon if you had the chance". In the contest, I made a video about constructing a gravitational wave detector on the moon. These waves are the ripples i.e. dynamical perturbations in space-time fabric; usually created when huge collisions occur between two interstellar objects. The ripples are similar to the ripples created in the surface of pond water. Gravitational waves carry the record of cataclysmic events in the universe and thus detecting them would make significant contribution to scientific research. They are tiny and squeeze through space-time by only 10^{-21} . That's why they are hard to detect. The idea is to make the detectors long enough which will lead to precise measurements. On the earth there are already 4 detectors. These detectors are very sensitive and can sometime mistakenly detect the vibrations made by a vehicle passing nearby.

On September 2015, LIGO (Laser Interferometer Gravitational Wave Observatory) detected gravitational waves. The LIGO Interferometer has arms that are about 2.5 kilometers long. The laser produces a very thin light possible which detects the gravitational waves. It also contains massive and thick mirrors which weigh around 40 kilograms. But two detectors were needed for the confirmation; whether this vibration was made by any earth object or the gravitational waves itself. Since there are lot of disturbances on the surface of the earth; I thought; detecting these waves on the moon would be a better idea. Moon has less seismic activity and almost no disturbances. But first we need to do soil analysis: to measure the depth, its composition then we need to make the lunar surface flat. We also need to figure out ways to tackle the gravity on the moon. And the third thing is to decide whether Manpower or Artificial Intelligence is required to do this task. It is not an easy task to build the observatory; but it is easy to detect the gravitational waves through the observatory, on the moon.

They selected 3 winners each from India and Canada and I was one of the winners from India. As a winner; I will get chance to remotely access and drive a moon rover located in Ottawa, Ontario, Canada by using a software.

Sustainable Waste Management in Residential societies: a brief guide

Mrs. Mini Pillai is a social worker and has been working for waste management in housing societies for over a decade. She is also a life skill trainer and career guidance counsellor with Nrityanjali.



Before the dawn of mankind and civilization, waste had no place on this planet, everything had its purpose, what came from nature went right back to it. But with rapid urbanization and population growth waste management has become an important matter in today's world which by itself is affecting the planet drastically. Everyone would agree that to be human in this day and age is to create waste. It is simply a human condition. When something is no longer of use to us we believe it belongs to the garbage. What happens to it once it leaves our house? Who cares, right?

Dumping mixed waste in landfills has been a key part of India's waste management. But landfills emit methane, a greenhouse gas which is more potent than CO₂. Residents of areas surrounding the landfills are prone to various health issues related to respiratory problems. We cannot always blame the government. We as consumers and citizens lack civic awareness on clean living and healthy disposing. Housing societies are a significant part of the landscape of any city and they play a crucial role in waste management.

In 2016, the Ministry of Environment revised the rule of segregation of waste at the source level. It became the responsibility of the waste generator to segregate waste and handled in an efficient manner.

Waste management is seen as a difficult task by the residential societies. Accepting our responsibility is the first step in handling waste management. The mindset must be

changed and our Mantra should be "My Garbage my responsibility"

Let us remember the Three R's- Reduce, Reuse and Recycle.

1. Reduce aims at lowering the usage of natural resource to avoid wastage.
2. Reuse aims at using the same thing over and over again rather than discarding them after single use.
3. Recycle aims at segregating paper, plastic, glass metals and send to the respective industries for generating various products.

Marathon Cosmos society, Mulund takes the pleasure to share their experience on handling the waste segregation in their society and making a positive difference towards reducing the burden of the garbage in our cities. Segregation was not taking place in the society with 270 units and piles of mixed waste was collected by the municipal corporation in trucks. Door-to-door waste collection was managed by the Housekeeping staff and there was no involvement of the residents in segregating the waste.

The journey towards sustainable waste management started in 2016. The ruling MLA's of our area had built the composting pit in the society and the residence were also distributed with the Green and Blue bins for segregation.

Few change makers of the Cosmos society decided to launch the waste management project. The main objective was to limit the

amount of thrash filling up the landfill. It all began by conducting an awareness programme for the residents to understand the basics of waste management and to inform them of their responsibility as waste generators. Segregation involves different category of waste (i.e) wet waste, plastic, papers, e-waste which has to be disposed differently by various methods like composting, recycling, and incineration.

Since the composting pit was already built in the society, we decided with the segregation of wet waste and adopted the method of Bio-composting in which the process is environmental friendly. It consists of all the Kitchen waste including vegetable and fruit peels, egg shells, cooked food – veg and nonveg, tea leaves, tissue papers which can be decomposed naturally into manure. The pamphlet containing the proper instructions on segregation was distributed to all the residents. Housekeeping staff has been thoroughly trained on ensuring daily segregation, composting techniques and sending the dry waste for recycling. They were also made additional payment for doing this job every month.

There were various challenges in the beginning. When we started Bio-composting, the foul smell was a big problem. There were regular complaints from the residents. In this method, the carbon and nitrogen element need to be balanced properly, otherwise it will produce foul smell. To avoid foul smell dry leaves, saw dust and cow dung slurry need to be added and we never added any chemicals to speed up the process. We managed to get solutions to all our problems through proper source. It is now odor free and has been accepted by the residence. It took atleast 3 months to produce good quality compost with the help of our efficient housekeeping team and the residents of Cosmos. Earlier we had only 4 compost pits and with the increase in the wet waste we have build another 4 compost pit. The area has been beautified and compost pits has

been decorated by the residence with warli paintings. The compost is used as manure in our garden and is also sold to the residents and the outsiders.

1. Dry waste: category

2. Dry waste consists of Paper, Plastics, Glass bottles, cans and E-waste:

Papers: The Newspapers are either given to the raddhiwala or a collection drive is organized by an NGO in our society once in a month.

E-waste: A separate bin is placed in our society where people can dump all their electronic waste. The collection drive for E-waste is done by the members of the Inner wheel club, Mulund once in a year and same is sent for recycling to Cerebra- E-waste recycling plant in Karnataka.

Used Plastics for Responsible Recycling:

Now comes the biggest source of recycling (i.e) Plastic. All of us know that it is rapidly growing in this world ... It has become an integral part of our life and more so in urban areas. Plastic is a great material but the problem lies in our irresponsibility in handling the used plastic.

We started a plastic collection drive in our society in 2021. This is an initiative of a reputed bottled mineral water supplier company. There is an app on play store called Bottles for



change. We have registered with this app. Under this drive plastic of all kinds (single use, chocolate wrappers, lays packs, plastic container, oil pouches, tetra packs and milk bags) all of them washed and dried was segregated and stored at source in respective houses.

It was then handed over to an NGO on a weekly basis, which will then segregate and send it to recyclers. The company has tied up with this NGO for the recycling activity. We are hence sure that the plastic is now reaching the right sources and not the landfills.

The 3'R's



Sometimes lack of participation by the residents can take a toll on our perseverance. It can be a delay in achieving success. But we should never give up and keep spreading

awareness among the citizens. One must continue our efforts and be confident that our efforts will continue to inspire others.

In Mumbai, more than 100 self help groups operate as Advanced Locality Management. The Housing societies can register with ALM to promote waste segregation at source and they are also supported by local municipal authorities.

Despite the many benefits waste segregation does not happen much at the source. We do understand the importance of waste segregation but still do not practice. Is it an issue of attitude or do we simply don't care! Basically it is a matter of understanding and more about responsible behavior. Every individual can take it up as a challenge and a little effort from our end can go a long way to save the Mother Earth. If we take few minutes of our time in our household and premises for segregation, it is rather worthwhile.

We should let the future generation look at us as a responsible generation of people. Practising waste segregation should be a habit rather than an obligation.

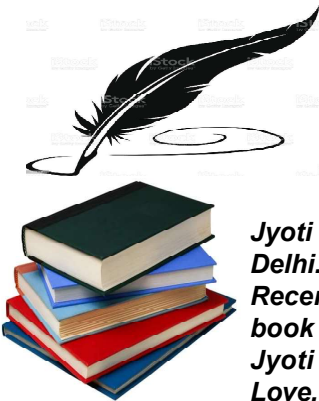
Let's make this change happen.

Students of **Kapol Vidyavidyalaya International School, Kandivli** - Pre-Primary section participating in the elimination round



Nrityanjali Fest **elimination rounds** for Fancy Dress, Drawing and Handwriting events in schools with high participation have begun and will continue till 25th November 2022.

To know more visit - <http://nrityanjali.in/nrityanjali-fest.html>



Rhymes & Verses

Jyoti Manral is a Spiritual Healer based in New Delhi.

Recently she published her Soul Poems in her book Unveiled Mirrors.

Jyoti believes in Universal and Unconditional Love.

Reproducing two of her Poems



The Yearning 1

Cicadas and their ability to disappear are inspiring !

The ability to maybe wipe out who they were,
And become entirely new !

Maybe this is how it has been aligned ?

I wonder if being a Cicada

I would disappear

And Reappear ?

Cicada is like a true Shaman !

The Yearning 2

The life had its precious turns and twists for him
He lives; he learns and still chooses to love !

The music he creates calls out to her,
Like wind whistling through the ocean

She waits by the beach searching
For his foot prints, on the sand next to hers

She knows it is eternal,
But she also knows that it is not her dance only
She lives; she learns and still chooses to love

LOOK OUT for

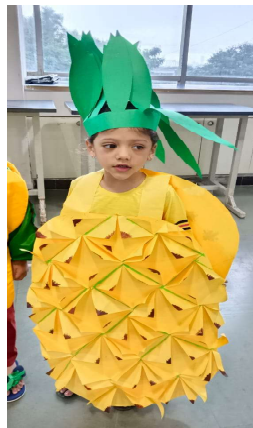
NRITYANJALI FEST 2022

- Inter School Competitions

September
to
December 2022

For Details Visit:

<http://nrityanjali.in/nrityanjali-fest.html>



जेव्हा तू हसतेस, सुंदर लाजतेस

आकाश ठेंगणं होतं, क्षितिज पण जवळ येतं,
सारा आसमंत गुलाबी होऊन जातो,
जेव्हा तू हसतेस, सुंदर लाजतेस.
गाणं येतं ओठावर, आवाज कातर होतो,

आजूबाजूचा चिवचिवाट लय धरू लागतो,
जेव्हा तू हसतेस, सुंदर लाजतेस.
एक अनामिक ओढ, पाय चालू लागतात,
वाट दाखविण्यासाठी सनही पुढे येतो,

जेव्हा तू हसतेस, सुंदर लाजतेस.
मेघांची गर्दी होते, पावसाची चाहूल लागते,
पापण्यांच्या कौ नकळत ओल्या होतात.

जेव्हा तू हसतेस, सुंदर लाजतेस.
ऋतू रंग बदलतो, पालवी बहरू लागते,
सान्या अंगावर काटे फुलू लागतात.

जेव्हा तू हसतेस, सुंदर लाजतेस.
मन पाखरू होतं, घिरट्या घेऊ लागतं,
कल्पातलं पाऊस सैरावैरा पळू लागतं,
जेव्हा तू हसतेस, सुंदर लाजतेस.

Written by – **Mr. Vijay B. Jadhav**

Reliance Energy Management
Institute (REMI), Mumbai

Alumni of SPDC 1 conducted by Nrityanjali.

ऐसा भारत देश हो मेरा

जहाँ डाल डाल पर सोने की चिड़िया करती है बसेरा,
ऐसा भारत देश है मेरा.....।

जहाँ हर एक इंसान बन जाये काबिल

हर खुशियां और सबके ग़म में वह हो शामिल

जहाँ धर्म से ज्यादा इंसानियत का हो हर दिल में डेरा

ऐसा भारत देश है मेरा.....।

जहाँ हर घर में तेहवारों पर बने लड्डू, केक, सेवइयां,

जहाँ खुशियां ही खुशियां हो हर घर में,

आसान हो ज़िन्दगी न हो कोई झमेला,

ऐसा भारत देश हो मेरा.....।

जहाँ धर्म से ज्यादा कर्म को हो एहमियत

जहाँ अलीम हो हुकुमरान और काबिलियत ही हो
उसकी पहचान

हर एक इंसान और इंसानियत को वह दे मान

जहाँ गरीबी का नहीं उन्नति का हो उजला सवेरा

ऐसा भारत देश हो मेरा।



RECIPE



by Mrs. Vidya Vaidyanathan

is a home maker. A commerce graduate, she is a graceful dancer, musician and social worker

RIBBON PAKODA

Ingredients

- A. Handpress Mould - 1
- B. Round Chip - 1
- C. Bengalgram Flour - 1 ½ cup
- D. Rice Flour - ½ cup
- E. Chilli Powder - 1 tsp
- F. Ghee - 2 tsp
- G. Salt - 1 tsp
- H. L G Powder - ½ tsp
- I. Quantity of Oil as requirement for frying
- J. Frying Pan

Dough Preparation :

- * To make a dough in an utensil, add bengalgram flour, rice flour, chilli powder, ghee, salt, L.G. powder as per above mentioned measurement and mix it well.
- * Then to this mixture add small amount of water in frequent intervals to make the dough soft.

TIP : Rub gently your palms with warm oil and then again knead this dough.

Process :

- * Spread little oil inside the handpress mould
- * Place the chip inside the mould
- * Take a small size dough and put it in the mould.
- * Heat oil in a deep frying pan.
- * Gently press out the dough from the mould, while pressing the dough keep it in low flame While frying, can put in high flame
- * Fry well till its light brown in colour
- * Remove it and place it on a tissue paper.
- * Your Ribbon pakkoda is ready to serve .
- * Make sure you put ribbon pakoda's in an air tight container .

MYSORE PAK

Ingredients

- A. Bengalgram Flour - 1 ½ cup
- B. Sugar- 1 ½ cup
- C. Ghee - ¾ cup

Method

- * Fry Bengalgram flour without oil, slightly
- * Add 3 tsp of water to the sugar and prepare a syrup(thick)
- * Drop little syrup in a grease plate and roll it between the forefinger and thumb.
- * Sprinkle a tsp of flour and a tsp of hot ghee at a time and stir continuously to avoid lumps
- * Add the remaining flour and ghee little by little - Do not stop stirring
- * Take the greased plate.
- * When the Mysore Pak froths up, pour it on a plate
- * Shake the plate gently to spread the pak evenly
- * When half cooked, cut it with greased knife to give shape

RAVA LADDOO

Ingredients

- * Rava - 1 Cup
- * Cashew Nut - 10
- * Cardamon - 2
- * Sugar- 1 Cup
- * D. Ghee - 5 tsp

Method

- * Fry Rava without oil, till slightly red
- * Grind Rava and Sugar into fine powder
- * Break Cashewnut into small pieces
- * Fry it in little amount of Ghee
- * Add Cardimon Powder
- * Pour Warm Ghee and mix well
- * Roll into balls of required size
- * RAVA Laddo is ready

JOKES

How do Mathematicians scold their Children?

I had told you 'n' times.

This is the 'n+1' time I am warning you

A mathematician wanders back home at 3 a.m. and proceeds to get an earful from his wife.

"You're late!" she yells. "You said you'd be home by 11:45!"

"Actually," the mathematician replies coolly, "I said I'd be home by a quarter of 12."

Explanation: Divide 12 by four, or a quarter. Now do you get it? (It's three.)

A recent finding by statisticians shows the average human has one breast and one testicle.

Explanation: The world's population is split sort of evenly between men and women, making the average human part male, part female, and a complete pain to shop for.

A mathematician and an engineer are on desert island. They find two palm trees with one coconut each. The engineer climbs up one tree, gets the coconut, eats. The mathematician climbs up the other tree, gets the coconut, climbs the other tree and puts it there. "Now we've reduced it to a problem we know how to solve."

What is the difference between a Psychotic, a Neurotic and a mathematician? A Psychotic believes that $2+2=5$. A Neurotic knows that $2+2=4$, but it kills him. A mathematician simply changes the base.

Q:What do you get when you add 2 apples to 3 apples?

A:Answer: A senior high school math problem.

Salary Theorem: The less you know, the more you make.

Proof:

Postulate 1: Knowledge is Power.

Postulate 2: Time is Money.

As every engineer knows:

Power = Work / Time

And since Knowledge =

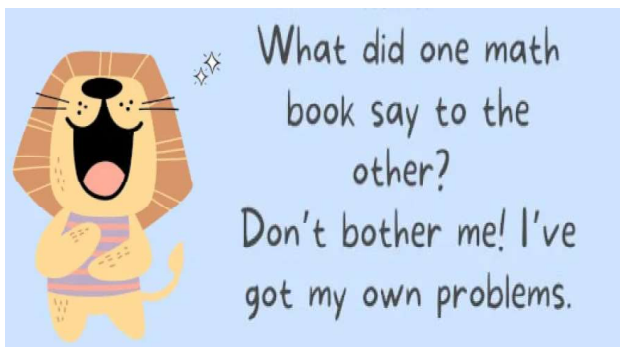
Power and Time = Money

It is therefore true that Knowledge = Work / Money .

Solving for Money, we get:

Money = Work / Knowledge

Thus, as Knowledge approaches zero, Money approaches infinity, regardless of the amount of Work done.



Did U Know.....

* Both the legs together have 50% of the nerves of the human body, 50% of the blood vessels and 50% of the blood is flowing through them.

It is the largest circulatory network that connects the body. So Walk daily.

* Only when the feet are healthy then the convention current of blood flows , smoothly, so people who have strong leg muscles will definitely have a strong heart. Walk.

* Ageing starts from the feet upwards

* As a person gets older, the accuracy & speed of transmission of instructions between the brain and the legs decreases, unlike when a person is young. Please Walk

* In addition, the so-called Bone Fertilizer Calcium will sooner or later be lost with the passage of time, making the elderly more prone to bone fractures. WALK.

Bone fractures in the elderly can easily trigger a series of complications, especially fatal diseases such as brain thrombosis.

* Do you know that 15% of elderly patients generally, will die max. within a year of a thigh-bone fracture !! Walk daily without fail

* Although our feet/legs will gradually age with time, exercising our feet/ legs is a life-long task. Walk 10,000 steps

Exercising the legs,
is never too late, even after
the age of 60 years.

* Please walk for at least 30-40 minutes daily to ensure that your legs receive sufficient exercise and to ensure that your leg muscles remain healthy.

* Only by regular strengthening the legs, one can prevent or reduce further aging.





October

1st Yogesh Mandalia

14th Revathi

Sethuraman

24th Rekha Vijayakar

26th Anjum Shaikh

26th Sanah Parab

November

3rd Chitra Thaker

12th Sagar Damle

13th Sandesh Kadam

18th Sagarika Basu

December

4th Apoorva Shetty

14th Brinda Gopalakrishnan

17th Manjula Parshram

19th Ashit Thakkar

21st Dhanya Uttumadathil

21st Dhruvi Mandalia

January

2nd Manju Chawdhary

10th Sneha Nair

24th Samarth Kumbhar



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