

**OCTOBER 2023**  
**Vol.32 No. 04**

# Parichay mein Parichay



*एतद्गान् ध्यातुम्*  
**Nriyanyali®**

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

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

13/2 SHOPPING CENTRE, MINI LAND, NRITYANJALI MARG, BHANDUP (W), MUMBAI - 400 078.

TELE : 2596 73 88, 97024 57535. E-MAIL : [nriyanyali1963@nriyanyali.org.in](mailto:nriyanyali1963@nriyanyali.org.in)

Website : [www.nriyanyali.in](http://www.nriyanyali.in)

*Parichay  
Mein  
Parichay*

**Editor :**

Maitri Khedekar

**Editorial Board :**

Poonam Verma  
Mini Pillai

**Editorial Address :**

NIS,  
B / 802  
Lodha Imperia  
Tank Road,  
Bhandup (W)  
Mumbai - 400 078  
INDIA  
Tel : 25953606  
46036174  
9702457535

**Published by :**

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

**Printed Online**



Volume 32 No.4  
Date of Publication :  
20th October 2023  
Registration No.  
54810192

**Dear Readers,**

Greetings! Every step we take brings us closer to our destination. But in Nrityanjali every initiative taken helps us excel and shine brighter on the path to serve the society.

Kudos to the entire team of Swachha Bharat volunteers who selflessly gave their time and expertise to create awareness towards cleanliness and its importance. Right from taking up workshops in schools , creating awareness in slums, taking up cleanliness drives at heritage sites and public places to moving on the streets in Cycle Rally, Prabhat Pheri and Nukkad Natak, the volunteers were just fantastic.

With festivity in the air, we at Nrityanjali too are eagerly waiting for the Nrityanjali Fest Interschool Competitions 2023. With loads of entries pouring in we can already feel the pulse. We request each and every Nrityanjali to volunteer in whichever way possible.

**Maitri Khedekar**

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

<b>Jan'15 Vol.24 No.1</b>	Pukale Naresh
<b>April'15 Vol.24 No.2</b>	Revathi Sethuraman
<b>Oct'15 Vol.24 No.4</b>	Trivedi Falak
<b>April'16 Vol.25 No.2</b>	Chowdhary Nitasha, Manju
<b>Oct'16 Vol.25 No.4</b>	Geeta Chandrasekaran
<b>Jan'17 Vol.26 No.1</b>	Chirath Harinakshi
<b>April'18 Vol.27 No.2</b>	Yewale Sunanda
<b>July'18 Vol.27 No.3</b>	Jattani Hemakshi
<b>Oct'18 Vol.27 No.4</b>	Singh Bindu
<b>Jan'19 Vol.28 No.1</b>	Sonkusale Neelima / Damle Nivedita
<b>April'19 Vol.28 No.2</b>	Nathwani Bhavika
<b>Jan'20 Vol.29 No.1</b>	Damle Manasi / Sawant Balkrishna / Samjiskar Charushila / Mane Shweta
<b>July'20 Vol.29 No.3</b>	Pingle Samir
<b>April'23 Vol.32 No.2</b>	Manisha Singh
<b>July'23 Vol.32 No.3</b>	Farhat Khan / Anonna Guha, Arindam Dutta, Aditri Dutta / Girish Dalvi & Sangita Sawant
<b>Oct.'23 Vol .32 No.4</b>	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



## CONTENT

### **Includes :**

Editorial Letter,  
Governing Body,  
PMP Membership List

### **ACCOLADES 1**

### **FOOT PRINTS... 4** *Nrityanjali News*



वसुधैव कुटुम्बकम्  
ONE EARTH • ONE FAMILY • ONE FUTURE

An article that provides brief update on the  
G-20 meet held at Delhi in 2023  
- by **Mr. Damodar Bhat.**

### **सायकल रॅली - स्वच्छता ही सेवा 20** अनुभव अहवाल - आश्लेषा जोशी

### **RECIPE 21**

### ***Rhymes & Verses* 22**



### ***Nrityanjali Activity Photo Gallery* 13**



### **Nrityanjali Students Speak... 16**

A dream of serving  
the NATION  
- An Interview of  
**Mr. Samarth Kumbhar**  
by Mrs. Mini Pillai



### **JOKES 23**

### ***Did U Know.....* 23**



## ACCOLADES

**We received thousands of Good Wishes messages for the 60th Foundation Day of Nrityanjali on 19th July 2023. The Editorial Board feels deeply gratified and publishes some of the messages from people involved with Nrityanjali at different times from 1963 till date...**

**Mrs. Ruma Dey**

***Dy.Managing Director, State Bank of India***

We are fortunate to be associated with Nrityanjali, the institution and all of Team Nrityanjali. Over the years, my children Mrinalini and Shashaank have grown with Nrityanjali and their association with Sir and Anonna and the family have inspired them to be better individuals both personally and professionally. Traits such as Being punctual, Being thorough in any activity they undertake, Being VINAMRA, yet assertive, Speaking with confidence both in smaller interactions and on the public stage Being an individual who is able to make a difference. And in the growth of both my children, I have also learnt and grown along with them. We have also turned to you Sir and Anonna in times of our difficulties and distress and you have taken us into your fold and given us courage to discover our inner strengths and deal with difficult times. We remain indebted to you, Radha Ma'am and Anonna. We wish many more flourishing and successful years to Nrityanjali in its pursuit of success and service to Society.

**Mrs. Zenobia Nankani**

***Renowned HR Personality & Inspiration to Nrityanjali***

Congratulations to you and to Nrityanjali on reaching another milestone. It has been a labor of love that has blossomed over the years. I am grateful to have had the opportunity to ride beside you, learning and growing. I wish Nrityanjali all the very best for the work to happen in the years to come. I wish you lots of love and greetings as you look over this next phase of Nrityanjali. God bless.

**Mr. Debadrata Mohapatra**

***Head Larsen & Toubro Ltd.:***

Happy Foundation day to Nrityanjali and its dedicated team and leaders. Best wishes and fond hopes that it will grow from strength to strength under your charismatic guidance.

**Mr. Gautam Dey**

***General Manager Mumbai Port Trust***

Respected Sir, my whole family has been a recipient of the goodness that Nrityanjali showers on one and all, with no conditions, nor any expectations in return except to be a good human being. You have through your personal examples and relentless teaching, mentoring instilled in countless people the urge for life and lifting them with your limitless energy, enthusiasm and empathy. Your team is both committed and caring equally for the work they undertake, reflecting the persona of the founder, so rarely seen in any organisation corporate or social. Interacting with them gives a warmth as though they are family members! Existing and yet growing in 60 years, is a testimony to the robust response system you have institutionalised in your people so they overcome the continuously and inevitably arriving challenges! In your daughter Anonna we see zeal and verve to continue this edifice and take it to greater heights and bring deeper impacts into the lives of ordinary people, so saga continues. We all wish you and the entire Nrityanjali family members the satisfaction of accomplishment of service to a better humanity and society

**Mrs Kumudni Rana - Head Mistress**

***S M Shetty Primary School, Powai***

Congratulations Sir, please consider me in any kind of contribution in terms of emotional or physical presence. I owe my evolved personality to Nrityanjali.

## ACCOLADES

**Good Wishes messages for the 60th Foundation Day Contd...**

**Cdr. Pratap Singh Mehta**  
*Transformation Coach, Veteran Indian Navy*

The shashti poorti, sixtieth year in Nrityanjali's life is a significant milestone, a memorable turning point, a touching reminder of the rich, mellowed life that would unfold in the years to come. "The sages and the rishis of yore have acknowledged the sanctity of the sixtieth year in one's life and have drawn out elaborate rituals to mark this special event." They looked at it as rebirth and suggested the repetition of those rituals performed at one's birth. Hence this celebration at this point of Nrityanjali is a sacred part of the hallowed Vedic culture." Happy 60th anniversary to Nrityanjali and all its founding members! With love and gratitude.

**Dr.Sudha Pingle from USA**  
*Professor at University of Mumbai*

Nrityanjali was a building block of my professional and personal development and will have a special place in my heart. Happy 60th Foundation day .

**Mrs.Yogeeta Khanna - Chief Counselor, Rajhans Vidyalyaya, Andheri**

Sir it's all because of your dedication and your boundless love that you have touched so many lives like us . You shaped every soul who met you . Pranam to you for accepting to be our Guru and making us part of Nrityanjali. The place where one actually know himself or herself. Thanks so much for creating such a wonderful institute.

**Mrs.Chitra Thaker**  
*Kathak Dance Exponent*

Happy Nrityanjali Foundation Day My Pranam and deepest gratitude to you for shaping us to be a fine artist and also for teaching us the value of being good human beings. Grateful, Proud and blessed to be a part of Nrityanjali .

**Pranoti Pimpalkhare from Pune**  
*Former Secretary - Nrityanjali*

Thank you It's humbling to see you acknowledge our work, however little it may have been. Your teachings will be with us forever and they will guide us in our lives. Please convey my regards to all. Thank you

**Mrs. Rekha Rohira - Ex-Principal**  
*MLRT Gala Pioneer School, Kandivali*

Hearty Congrats for 60th Foundation Day:at Nrityanjali.Nrityanjali has been a source of learning and inspiration to the maximum lives touched by them,each one is grateful for being associated with Nrityanjali.Dr Tushar Guha-the catalyst and the core team alongwith Dr Anonna,and Girish Sir have done wonders, have transformed many human lives ,God's blessings would be abundant for such a noble cause.My best wishes for the forthcoming period at Nrityanjali. Your contribution has definitely supported in the development of our economy at local and international level,by grooming the young minds,at all levels.

**Mrs. Gayatri Devarajan**  
*Sr Member and Faculty*

Congratulations to Nrityanjali family for completing the glorious 60 years. I am thankful to you and the organisation for accepting me as part of the family.

**Dr. Poonam Verma**  
*Dentist and Facu;ty with Nroyanjali*

Happy Nrityanjali 60th foundation day Nrityanjali has given us in so many ways and enriched every aspect of our being. Thank you for being our guiding light and for the selfless love. Ever grateful to Sir and Nrityanjali

**Ms. Sumitra Rajguru Bharat Natyam Teacher**

Best Wishes to " NRITYANJALI ".“Pranam to My GURU-Mentor- My Guide And Well wisher.



## ACCOLADES

### Good Wishes messages for the 60th Foundation Day Contd...

#### **Mrs. Sangeeta K, V - from Middle East**

Happy Foundation Day to all members of Nriyjanali Greetings to Uncle and to Aunt Very humbling words ..but you, Aunt and Shoma and members of Nriyjanali have been a strong pillar of support for me always. My wishes and gratitude always. May the institute always grow in leaps and bounds achieving great success

#### **Dr. Sandesh Kadam - Principal**

Happy Nriyjanali 60th Foundation Day. Sir its your vision and we all just get attracted to you and Nriyjanali like gravitational force/ magnetic force. We are just like missionaries following your guided , imprinted footprints. Blessed to be your student, your love and passionate admirer.

#### **Mrs. Seema Shaikh - Trustee**

##### ***Pragnya Bodhini School, Goregaon***

You and Nriyjanali are synonymous. It has grown and bloomed under your kind and vigilant eyes . It has spread joy and has brought pride into many a parents eyes Through your empathy Nriyjanali has shown way to many who needed emotional support. Nriyjanali has carved its niche and will surely see a century of glory and success. On the personal front Nriyjanali and you have shown me direction and have been my mentors throughout. I will always be indebted to you for this. Have a super celebration! The entire Shaikh family, wishes you growth and happiness!

#### **Mr. Ashutosh Narvekar - Co Pilot, Air India**

I have also gained immense learning from Nriyjanali ever since I had joined as a mere 15 year old. Whatever little success I have today, I owe to the valuable lessons I learnt under You and the Team at Nriyjanali. May we continue to excel and motivate more youth towards understanding their true potential. Pranam

#### **Dr. Pathak C R - CEO & Principal**

##### ***HVB Globa; Academy, Marine Lines***

You are doing an excellent and exceptional job. You are an inspiration for so many

#### **Parameshwaran - Dancer and Engineer**

Happy 60th Nriyjanali Foundation Day Always feel very grateful & blessed to be associated with Nriyjanali family. Cheers to all Nriyjanalites and their blessings. Nriyjanali has come so far and much more to go best wishes always. More and more power to Nriyjanali

#### **Ms .Levnisia Dsouza - Educationist**

Congratulations Sir on your diligent efforts and painstakingly working in educating so many through your various programmes and also through the performing arts. You have been and will continue to be an inspiration for many as you are to me too. Wishing you and the whole of Nriyjanali a very hearty congratulations on 60 yrs of existence.

#### **Mrs. Bhavna Gandhi - Teacher**

Good morning Sir.....Happy Nriyjanali Foundation Day....feel always proud to be a part of Nriyjanali.....I was totally broken when I came back from Mysore....I got back my strength because of you and Nriyjanali....Words can not describe my gratitude towards you..I will never forget your support and kindness....Thank you so much Sir..and Once again, HAPPY 60th FOUNDATION DAY

#### **Mr. Prasad Vernekar - Railway Official**

Wishing you a happy foundation day and continued success at Nriyjanali Your contributions have been invaluable.

#### **Mr. Raju Ganpathy:- Musician**

Feel so good to know this. 60 years is a big big achievement indeed. Congratulations to you and all at Nriyjanali. Miss those days when we used to record together.



## ACCOLADES

Good Wishes messages for the 60th Foundation Day Contd.....

**Mrs.Prema Jagnani - Member since 1963**

It was so nice to hear from most of the centurians appreciating your commitment and how you lead us in our childhood journey

**Mr. Dilip Udpa - Member since 1963**

Unforgettable 60 years of never ending journey. May God bless Tushar and his Team for many more years of dedicated service to the new generation.

**Mrs.Harinakshi Chirath**

**Sr. Member Maharashtra Nava Nirman Sena**

It's a privilege and honour to be a part of Nrityanjali during one's lifetime. I am blessed with that opportunity. Nrityanjali was, is and will always be with me as it's not just an organisation but it's a lifestyle a way of living that will remain with me forever and ever. The experience, exposure and most important is the learnings that I gained from Nrityanjali is immense and it's only multiplying day by day with the skills I acquired and sharpened in "The Nrityanjali". It has a special place and role in my career and its mention always brings pride to me. Thank you once again from the bottom of my heart for giving me the opportunity to be a part of it. CHARANSPARSH SIR.

**Mr.Dhirendra Prateek**

**Corporate Executive**

Heartiest Congratulations Sirjee... Many more years of success to come... we feel immensely lucky to be a part of such an esteemed organization. Gratitude

**Ms,Swananda Bharadkar - Kathak Student**

Happy Nrityanjali 60th Foundation Day. Nrityanjali has given precious experience and taught new skills, values and ethics. I'm blessed to be a part of this institute.Teaching under your guidance is such a privilege.Thankyou for everything

**Mrs. Anjum Panna**

**Trustee Pragnya Bodhini School, Goregaon**

60 years of building lives and shaping souls...incredible. Every time I face my audience I think of all my mentors and gurus who made me capable of what I am today, and when I say guru, I don't only mean you, Sir, I mean the sacred place that you created 'Nrityanjali' where I grew from a child to a girl and a woman with free and independent thoughts, so aware of the substance I carry within. Honestly, for me, life is always going to be one before and after Nrityanjali happened to me. Suddenly I was visible, being heard, could assert and affirm. No one can take that part away from within my hearts mirrored room. A room that opened a whole new world to me. I realize now that my love for people, cultures, and stories began in that cozy room and changed something drastically within me. No one in my house could ever understand, why would - a teenage girl chose to sacrifice Sunday outings only to travel an hour to that little room. For a very long time, they and even I thought, it is the love for dance, it's very recently that I discovered, the place satiated one of the most primal needs of any person who entered the abode - THE NEED TO BELONG. I simply belonged.. And a part of my heart, mind, and soul will always belong there. Happy 60 to a philosophy named Nrityanjali who made me fall in love with life and me. Lots and lots of love love and only love to you sir. Always yours Anjum

**Mrs. Salma Tharakan- Teacher**

My heartiest congratulations to you and your team for completing 60 years and giving millions a new life..Nrityanjali your imaginary child has given wings to us. I am very grateful for being the force behind my son. You changed my son's life for the best. No words can express my gratitude. My best wishes for you and your organisation May you live long and healthy life. Thank you Sir, Thank you Nrityanjali

# ACCOLADES

## Good Wishes messages for the 60th Foundation Day Contd...

### **Mrs. Revathi Singhania- Director Education, Singhania Group Schools**

Awesome . May the 60 turn 75 and 100 with your blessings , guidance and support . It's such a beautiful journey from a club to an Institute of repute diversifying all its way , is a story to be told . Waiting for the making of the movie

### **Dr. Reshma Hegde - Director & Principal Kapol Vidyanidhi International School, Kandivali**

Congratulations Sir! We have been evolving as a wholesome being because of Nrityanjali and your initiatives. I will always remember the contributions of Nrityanjali in my growth and success!

### **Mr. Venugopal Venkat Corporate Executive**

This is just awesome Sir Many congratulations to you and to the entire Nrityanjali family Thank you for giving me a chance to play a small part of the Nrityanjali journey - truly feel lucky Also Thank you for all your teachings and guidance Proud moment indeed- love and regards

### **Mr. Kedar Pingle- Corporate Executive, Pune**

Happy Nrityanjali 60th Foundation Day. What a great moment of pride for you. I am so happy to be a part for atleast a good number of years, to have learned innumerable things which help me in my day to day life. Unable to give back in equal sense, but my best wishes and good luck always with Nrityanjali.

### **Mrs. Vasanti Anand - Sr, Faculty Nrityanjali**

A very happy Nrityanjali day to you sir. A very gratifying feeling on being a part of this big family. It's your vision that has given birth to such an illustrious institution. Always feels like home whenever I visit you. With gratitude and love, my heartfelt respect to you, aunty and Anonna ma'am.

### **Ms Mrinalini Dey from USA**

A very happy foundation day to you and I'm sure you're feeling very fulfilled today Nrityanjali has done so much for my family and me and enriched us with so many wonderful memories, connections, learnings and growth. We feel very lucky and blessed to be part of such a great institution and leaders!

### **Mrs. Annie Thomas - Trustee Sharon English School, Mulund**

Many, many congratulations Sir. May Nrityanjali grow year after year and continue the good work in society. I'm proud and grateful that I could be a small part of Nrityanjali too. Due to various reasons I can't be a regular person in Nrityanjali but Nrityanjali and specially you Sir is always close to my heart. Wishing you and the torch bearers Girish, Anonna and the team all the very best.

### **Mr. Adinath Bade- Manager HR SV Pharmaceuticals Ptd**

Congratulations for completing successful 60 year....your contribution to the industries and society is unforgettable...wish you and your team for your great work and contribution

### **Mrs, Stanley Daniel - Member 1963**

Greetings and Congratulations on Nrityanjali completing 60 years today. Nrityanjali takes me down the Nostalgic lane. I remember those days when Nrityanjali was in its infancy. Some of the performances still linger in our minds. Elated to note the progress Nrityanjali has made over the years not only in performing arts, but also in the field of education and honing management skills. Happened to see Nrityanjali's Diamond Jubilee Celebrations on You-Tube. Enjoyed the extremely beautiful presentation. All my best wishes to you."

## ACCOLADES

### Good Wishes messages for the 60th Foundation Day Contd...

#### Ms.Nilangi Bandarkar - Teacher

Dear Sir..Namaste.Happy 60th foundation day...It makes me feel really proud that I am a part of such an inspiring organisation.Thank you Sir and team for giving me the skills , talent and the courage to be the best I can be.I still can't believe it that its over a decade of togetherness but it's been an absolute pleasure learning with each of you for years. It was a long journey...This is definitely bittersweet. I still remember the first day at Calcutta when we met.My years with the Nrityanjli have never ceased to amaze me.

What has made the journey even more special is the culture of unwavering support and commitment to pushing the boundaries. I will continue genuinely saying that I have learned so much from you Sir.

In my bad times you were the support and stood next to me..Thank you for being a team that I could always count on.I am missing you all. Immense gratitude is what my heart and mind is filled with..I always feel happy to see my Nrityanjli institute growing.Sir apko sat sat pranam“

Your student  
Neelangi Bandarkar

### Expressions of SPDC participants during May & September 2023 Batch

#### Dear Tushar Sir,

Your guidance will help each one to become better human beings..We thank the almighty for bringing you into our life as a guide,mentor and friend..

“Never ever felt that we were not connected to you. Each one of your faculty members too made us feel at home. Credit goes to you for training them too. Sir always ready to

serve Nrityanjali, you can bank us. Thank you and pray that God gives you the strength to continue spreading the spirit of love to many more people..

#### Ms. Dorothy Joseph,

Principal, Ryan Int School, Goregaom  
SPDC 1 - Batch May 2023 participant

#### Respected Dr. Guha Sir, Dr. Anonna Guha Madam, Mr. Girish Dalvi, Ms. Sangita Madam, Mrs. Geeta Madam, entire staff of Nrityanjali and my class colleagues,

The initial intention to enroll for SPDC 1 was to understand how much SPDC would help my children make them realise responsibilities of life. It is to great understanding of Dr. Guha Sir that our children needed early help, he allowed them to attend this class along with us.

Girish Sir on the first day, made us comfortable with his smile and words before we entered the class. Though I had come with my children in mind, by the end of the first session it was clear to me that taking positivity from this class is individuals responsibility and it was me who needed most help from my perspective. I realised that I was filled with negativity, pessimism, lethargy, anger, dissatisfaction with achievements. It was my responsibility to take help for myself from this course.

I feel that the contents of this course and its chronology has been designed to create gradual realisation for positive transformation in an individual. I am also of the opinion that Dr. Guha Sir and his created team are very considerate and generous to make this course available at this small tuition fees.

Now that Archana and me are having confidence that my children will gather strength to take charge of life and face challenges, only thing needed to be done is practice and practice till the lessons are permanently embossed.

Thank you,

#### Mr. Satish Bhagwat

SPDC 1 Participant, September 2023  
Retd. Senior Official , Bombay Port Trust

## ACCOLADES

### 61st Nrityanjali Annual General Meet on 23rd July 2023

Yesterday, we enjoyed a lot, especially Anonna madam and Sir's performance. Efforts of your entire staff are really appreciated. Even we liked the performances of your students. Really hats of to Nrityanjali. Three cheers from our side to entire organisation of Nrityanjali.

**Nirvi Charulata. Naveen Soni**

One of the Grandmas said Girish Sir's Krishna was so beautifully executed that she felt like shouting Once More.. She loved the genre of the songs and the discipline visible and the constant smiling faces. Just to give this feedback one on one she herself came to give back costumes.

**Ketki Naik Sarang - Member**

It was just great to be present at the event and enjoyed helping the artists in small ways. Enjoyed the programme thoroughly. From start to finish everything was so well planned and organised, as a volunteer I did not have any difficulty in handling my work. The event went off smoothly and productively. I would also appreciate the senior artists (i.e) the classical dancers so sincerely taking care of the junior artists. A beautiful lesson in life which each one learns at Nrityanjali. Yes, my son Manav too has enjoyed his part of work. "Thank you once again for being a part of Nrityanjali family.

**Mini Pillai, Faculty**

Today AGM was smooth sailing. All the performances were outstanding with colourful costumes and lot of variations in the choreography. Loved the finale of the Baul dance as I felt it was so earthly, a true folklore with a divine ending, Rabindra Sangeet was so soothing and it was a pleasure to hear Radha ma'am sing live on stage. Thank you Sir, it was a grand and cherishable closing of our Diamond jubilee year.

**Geeta Chandrasekaran**  
- Nrityanjali HR Head

### Swachha Bharat Abhiyaan

**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 recd 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.

**Mini Pillai, Faculty**

**LOOK OUT FOR**

**NRITYANJALI FEST  
2023**

**- Inter School Competitions**

For details visit –  
<http://nrityanjali.in/nrityanjali-fest.html>

## FOOT PRINTS...

*Nrityanjali News upto 20th October 2023*

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

- Training on **Grooming and Effective Communication** was conducted for the **Marketing Team** of **Viraj Industries Ltd, Tarapur** on 25th and 26th July 2023. Dr. Tushar Guha conducted the training.along with Mr. Girish Dalvi and Mrs. Sangita Sawant
- Training on **Spoken English** commenced for the officials of **Elegance Collections** from from 25th September 2023. The training will be spread over 15 days (3 hours /day). Mrs. Geeta Chandrasekaran is conducting the same
- **Train The Trainers** programmes of two days was conducted for the **officials of USV Pharmaceuticals** by Dr. Tushar Guha and Mrs. Harsha Andan.on 10th &11th October 2023 at Daman.

•

## HUMAN RESOURCE DEVELOPMENT

- **Career Guidance Sessions** for 10 Individual students conducted - Courtesy **Nrityanjali**
- **8 days Special Personality Development Course Level 2 (SPDC 2) physical class** commenced from 5th August 2023 and ended on 27th August 2023
- **16 days Special Personality Development Course Level 1 (SPDC 1) physical class** commenced from 3rd September 2023 and ended on 8th October 2023
- **The next Batch of 16 days Special Personality Development Course Level 1 (SPDC 1) physical class** will commence on 18th February 2024 - Fridays, Saturdays, Sundays - 7.30 A.M. to 10.30 A.M.
- **Career Guidance Sessions** for 150 students of Std.X of **Little Angels School, Sion** was conducted on 9th and 30th September 2023 - Courtesy **Nrityanjali**



**Special Personality Development Course Level 1 (SPDC 1) - September 2023 Batch**

# FOOT PRINTS...

*Nrityanjali News upto 20th October 2023*

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

## For Teachers and Administrative Staff

- Dr. Tushar Guha conducted three hours workshop on **Professionalism** for **187 Teachers** of **four schools of Ryan International Group in Nasik** on 28th July 2023. Mrs. Maitri Khedekar and Mrs. Sreekala Velambath were the co-faculty members.
- On 2nd September 2023, Dr. Tushar Guha conducted **Motivational** workshop for the **Teachers of Swaraswati Vidya Mandir, Bhandup**. Mr. Girish Dalvi, Mrs. Maitri Khedekar, Mrs. Sangita Sawant and Ms. Diksha Bhat were the co-faculty members.
- On 17th & 18th October 2023, Mrs. Vasanti Anand conducted **English Grammar** workshop for the **Teachers of St. John High School (ICSE), Borivali**.

## For Students

- Life Skill Programmes (Round 1) for students were held at

SCHOOL	DATES
Vivek Vidyalaya, Goregaon	17th and 18th July 2023
Little Angels School, Sion	19th and 20th July 2023
S A Public School, Kurla	26th July and 3rd August 2023
St. John School ICSE, Siddharth Nagar, Borivali	8th, 9th, 10th August 2023
St. John High (SSC), Siddharth Nagar, Borivali	11th, 17th, 18th August 2023
St. John School SSC, Tata Power, Borivali	21st, 22nd, 23rd & 24th August 2023

- Life Skill Programmes (Round 2) for students were held at

SCHOOL	DATES
St. John School ICSE, Borivali	5th, 6th, 9th and 10th, October 2023
Vivek Vidyalaya, Goregaon	10th, 11th and 12th October 2023
Little Angels School, Sion	11th, 12th and 13th October 2023
St. John School SSC, Tata Power, Borivali	16th, 17th and 18th, October 2023
St. John School SSC, Siddharth Nagar, Borivali	17th, 18th and 19th, October 2023
S A Public School, Kurla	19th and 20th October 2023



# FOOT PRINTS...

*Nrityanjali News upto 20th October 2023*

## 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** were held in July, August, September 2023

• **Government of India** initiative - **Swachha Bharat Pakhwada** was held from 1st to 15th July 2023 by **Bharat Petroleum Corporation Ltd** and **Hindustan Petroleum Corporation Ltd**.

**Nrityanjali** was invited to conduct the **Pakhwada** for both the companies.

### 32 Nrityanjali Volunteers conducted the following Events :

- |   |  |
|---|--|
| 1. Prabhat Pheri                                      | 2. Nukkad Natak  |
| 3. Workshops on Health and Hygiene, Best Out of Waste | 4. Distribution of Re-usable Bags, Sanitary Napkin, Oral Hygiene Kit |
| 5. Webinar  | 6. Essay, Writing, Drawing, Quiz, Poster Making                      |

• On 13th August 2023, **Nritya Arogya Workshop** for two hours was held at Nrityanjali premises at Bhandup. The Workshop was conducted physically by Dr. Akhila and Online from U.S.A. by Dr. Deepa of **MGM University**.

• **Nrityanjali's** round the year, **Unnat Yuvati Project** of coaching Std.8th and 9th Girls students commenced from September 2023 at Nrityanjali premises.

150 students from **Saraswati 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 - an ex-student of the school is the co-ordinator.

The honorary faculty members are Dr. Anonna Guha, 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, Ms. Azeesa

• **Government of India** initiative - **Swachha Bharat Pakhwada** was held from 15th September to 2nd October 2023 by **Bharat Petroleum Corporation Ltd**

### Nrityanjali Volunteers conducted the following Events :

- |  |   |
|--|---|
| 1. Prabhat Pheri   | 2. Nukkad Natak   |
| 3. Cycle Rally   | 4. Workshops on Waste to Art, Waste Segregation and Making Paper Bags |
| 5. Distribution of Re-usable Bags                        | 6. Webinar  |
| 7. Cleanliness drive in Heritage sites and public places | 8. Awareness in slums   |
| 9. Swachhata Pledge                                      |   |



# FOOT PRINTS...

*Nrityanjali News upto 20th October 2023*

## Social Service Activities Contd.....

### **Nrityanjali Fest 2023 - Inter School Competitions** commenced

\* **Central Zone** at Nrityanjali Premises, Bhandup

<u>DATE</u>	<u>EVENT</u>	<u>JUDGES</u>
3rd September 2023	<b>Hindusthani Sangeet</b>	Guru Mrs. Radha Guha, Mrs. Vilobha Kukde Ms. Sakshi Patil
	<b>Western Dance Solo</b> (Std.3rd-4th)	
10th September 2023	<b>Carnatic Sangeet</b>	Dr. Latha Venkat
	<b>Western Dance Solo</b> (Std.8th-10th)	Ms. Sayali Shinde, Ms. Ankita Narkar
17th September 2023	<b>Bharat Natyam</b> (Std.5th-7th)	Ms.Manjula Parshram, Ms.Swapnali Patkar
	<b>Western Dance Solo</b> (Std.5th-7th)	Ms. Manjula Parshram, Ms.Swapnali More
1st October 2023	<b>Bharat Natyam</b> (Std.3rd-4th)	Ms. Rashmi Panikulam
	<b>Western Dance Solo</b> (Std.1st-2nd)	Ms. Sreekala Velambath
8th October 2023	<b>Bharat Natyam</b> (Std.8th-10th)	Guru Mrs. Nivedita Damle

\* **Western Zone** at Children's Academy, Asha Nagar, Kandivali - **1st October 2023**

<u>EVENT</u>	<u>JUDGES</u>
<b>Hindusthani Sangeet</b>	Mrs. Uma Mahesh
<b>Carnatic Sangeet</b>	Mrs. Uma Mahesh
<b>Bharat Natyam</b>	Guru. Nivedita Damle, Ms. Gunjita Bhandari
<b>Western Dance Solo</b>	Mr. Ashit Thakkar, Mr. Satish Chavan Ms. Enakshi Kotwal

### **Other Events will be held as follows :**

2nd December 2023 Central Zone - Shivai Vidya Mandir, Nahur & Tilak Vidyalaya, Dombivali

3rd December 2023 South Mumbai Zone - New Bharda High School, Fort

9th December 2023 Western Zone - Children's Academy Asha Nagar, Kandivali

10th December 2023 Central Zone - IDUBS School, Bhandup

17th December 2023 Western Zone - Children's Academy, Asha Nagar, Kandivali

7th January 2024 Navi Mumbai - St Lawrence School, Vashi

**Prize Distribution on**  
Sunday 28th January 2024 Morning

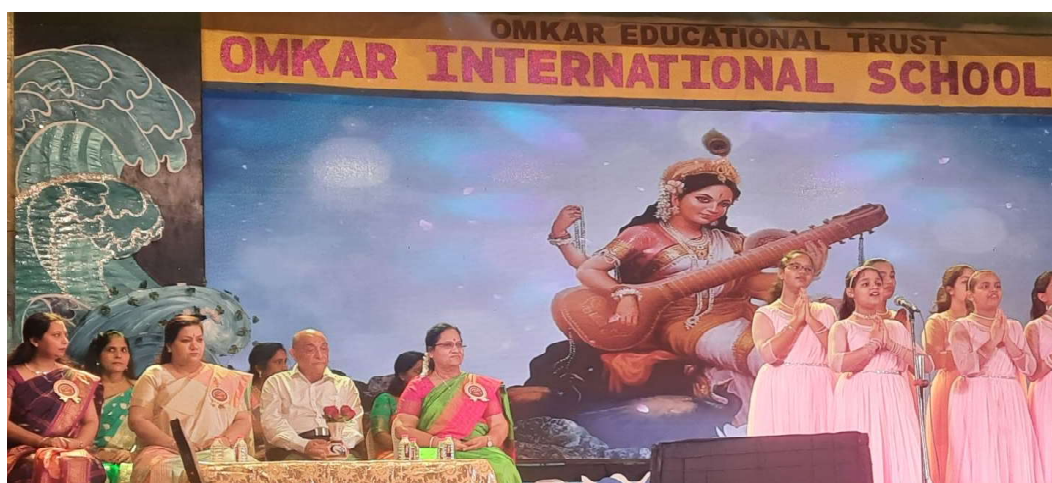
## FOOT PRINTS...

*Nrityanjali News upto 20th October 2023*

### Individual News

• **Mr. Girish Dalvi** was invited to address the faculty members of **D.Y Patil College of Pharmacy, Nerul** on 25th July 2023. The topic was Personal Wellbeing.

• **Dr. Tushar Guha** was invited as the **Chief Guest** at the Annual Function of **Omkar International School - CBSE, Dombivali** on 4th October 2023



## 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, 25953606 **Email:** [nrityanjali1963@nrityanjali.org.in](mailto:nrityanjali1963@nrityanjali.org.in)

**Next Batch  
Feb 2024**

**UNNAT YUVATI PROJECT  
YEAR 2 (July to September 2023)  
PHOTO JOURNEY**



**Dr. Anonna Guha**, Managing Director of Nrityanjali addressing the Girls on the Inaugural day of the project - 2023



**Mrs. Alpa Pandya**, a teacher by profession and believer in the mission of 'Girl Child Education' spared her valuable time to teach English to the Girls





**Key team members (Mrs. Sangita Sawant, Mrs. Maitri Khedekar, Mrs. Diksha Bhat and Mrs. Mini Pillai) of Unnat Yuvati programme - 2023**



**GLIMPSES OF  
NRITYANJALI's  
ANNUAL  
GENERAL MEET  
2023**

**Venue: Kashinath  
Ghanekar Natya  
Gruha, Thane**

**Around 300 students  
of Nrityanjali  
showcased Vocal,  
Bharatnatyam &  
Kathak**



**PRABHAT PHERI propagating 'Swachhata Hi Seva'  
at multiple locations across Mumbai for BPCL, Mumbai**





**CYCLE RALLY** inauguration by our **Founder - Dr.Tushar Guha Sir**, promoting 'Cleanliness drive' around Bhandup for BPCL, Mumbai



**Cloth Bag distribution** to discourage use of plastic bags by women



Shivai Vidyamandir, Nahur taking the **Swacchata Pledge**



**Nukkad Natak** promoting 'Swacchata Diwas' on 2nd October 2023 at Kharghar for BPCL, Mumbai

## NRITYANJALI STUDENT SPEAKS

### A dream of serving the NATION

- An Interview of **Mr. Samarth Kumbhar** by Mrs. Mini Pillai



**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 Nriytanjali.



**Mr. Samarth Kumbhar**

*Keeping in mind the philosophy of Nriytanjali, **Love, care and share whatever little we have** and this is what we have learnt under the guidance of our Guru and mentor, Dr. Tushar Guha and the same has been put to practice for so many years. The world is full of opportunities and one need to choose their career option wisely and we come across various career options which are very exclusive and challenging. Nriytanjali always looks forward to such challenging career options and helps in imparting the best we can in Education and Skill development.*

*It is a moment of immense pride for me to interview a remarkable young individual, Mr. Samarth Kumbhar who is currently pursuing his Career in Defense. His experience and insights can certainly inspire future aspirants.*

*From his earliest days Samarth has harbored a deep-seated ambition to serve our Nation. As he has matured, his passion for his dream has only grown stronger. Currently, he is enrolled in the Law enforcement Army Course at K J Somaiya college, where he is in the third year of study.*

*In India, the National Cadet Corps(NCC) is a voluntary organization that actively recruits motivated youth from high schools, colleges and Universities all across the country. Its primary goals is to instill character, develop leadership skills, nurture a sense of patriotism and foster national integration. NCC operates under the umbrella of the Ministry of Defense and places a significant emphasis on hands-on military training. The NCC unit at KJ Somaiya college of Arts and Commerce falls under the Mumbai group. It's worth noting that Samarth is among the select 22 students who have persevered in this challenging course, out of the initial pool of 300 students. The rigorous training during the first year proved too demanding for many of his peers, but Samarth's determination carried him through.*

*Furthermore, he has successfully completed Level 1 of the Special Personality Development Course at Nriytanjali under the mentorship of Dr. Tushar Guha and has also trained in dance at Nriytanjali and excels in it.*

*Samarth's roots trace back to Maharashtra and he is currently residing in Dahisar, Mumbai. Alongside his pursuit of a career in law enforcement, he is diligently working towards a degree in Bachelor of Management Studies (BMS) at Sathaye College. His family is a close knit unit, consisting of his father, mother and younger brother. His father serves as a Rural Manager with Sun Pharmaceuticals, while his mother dedicates herself to homemaking.*

*His younger brother is currently pursuing a Bachelor's degree in Commerce at Nirmala Memorial foundation College in Mumbai.*

*Samarth attributes his academic prowess to his formative years at St. John's High School(ICSE) in Borivali. His childhood has marked by a vibrant and engaging environment and even during his school years, he actively participated in a wide array of extracurricular activities, ranging from sports and dance to acting, swimming, skating and music.*

*He has shared his experience through this interview and I proudly take this as an opportunity to serve the nation by giving the summary of the key points and advice provided by him for future aspirants.*

**1. What inspired you to take up Defense as your Career? Was there any influence from the family members?**

**Ans.** Since my childhood days I had great interest in war related movies, documentaries and my admiration for my paternal grandfather's service in the police force inspired my desire to pursue a career in defense. I used to admire their Uniform and used to enjoy various tasks accomplished by the soldiers. My grandfather was in Maharashtra State Police. Watching him in my growing years, I used to feel very proud of him whenever I used to see him in Uniform. He used to tell me many incidents/ happenings in the Police force. With my passion for this career I started collecting information to join the course.

**2. As a Career Institution and always strives to help people understand paths, can you help our readers learn about the preparation and the admission process of this course?**

**Ans.** The National Cadet Corps(NCC) Course is available in 2 levels (Senior division/senior

wing and junior division or junior wing) and three forces (Army, Navy, Air force) Junior division is available for school going student and Senior division is for college going students which is a three years course. There are various Colleges and Universities who actively recruit students.

To join the National Cadet Corps (NCC) one need to meet certain age, educational and physical fitness criteria:

- a) Should have taken admission college.
- b) Should be in the age range of 16-24
- c) Should have basic legal documents.
- d) Should be physically and mentally fit and ready to push their limits.

For the Army there are various options such NDA,CDS,OTA,AFCAT, INA and TA depending on our educational background and age. JCO and NCO- this selection happens when army organize rally enrollment for Non-commissioned Officers and Junior commissioned Officers.

**3. Now that you are in the third year of NCC Course where you will be undergoing strenuous training session occasionally. What are the physical and mental challenges one must be ready to serve? Can you elaborate the stages?**

**Ans.** Defense training is rigorous and demanding, involving physical and mental challenges. It's crucial to be physically fit and mentally prepared to endure tough training including sleep conditions and punishment.

Out of the 300 students selected, only 22 students are in the field today. Rest all of them left. If we have made up our mind to join Defense, our attitude of quitting should not arise. We should be ready to push our limits. In the first year of my training I had slept on muds, roads, stayed in the under construction buildings and went through tough times. I could



overcome this training because Acceptance is the only quality that is required here.

I started accepting things as a part of my career and did not cry over it. Punishment is also a big part of our training. The whole team gets the punishment for the mistake of one person but that teaches us the **quality of Unity**. It teaches us a lesson that we should never look down on our team and always be there for our team and not feel bad for punishment.

#### **4. Who is your role model and why?**

**Ans.** I look up to figures like Field Marshal Sam Manekshaw for his planning and experience of war. He was the Chief of the Army staff of the Indian Army during the Indo-Pakistan war of 1965, 1971 and Bangladesh Liberation war.

Major Mohit Sharma for his bravery and feel proud when I hear to the happenings of his duties. Brig. Saurabh Singh Shekawat for his achievements and experience.

#### **5. Undergoing SPDC Level 1 course in Nritanjali, how has it helped you evolve generally and prepare for this exclusive Career?**

**Ans.** In the year 2020 doing SPDC Level 1 course in Nritanjali under the guidance of Dr. Tushar Guha Sir taught me management skills, self-confidence, communication skills and self-grooming. The course is a combination of our mind and body. It really helped me to know myself, become the best of me and is really a **valuable attribute in any career**.

#### **6. Now that you are ready to serve, what is that, you advice our future aspirants to**

**know? And what is it that you wish to do once you are in this field?**

**Ans. My advice for the Future Aspirants would be :**

Emphasize the importance of **commitment and dedication**.

Understand that the defense career is distinct and requires a different lifestyle compared to other professions.

The Army life is less ordinary. In Army and Armed forces there is something called drill. The drill is a step to complete our work or a goal.

In NCC what I definitely learnt is a drill. If I am loaded with more work I manage to do it within the time frame and in a systematic way.

Do not consider quitting as an option and continually remind ourselves why we chose this career. One can get a job anywhere but an opportunity to serve the army and the armed forces will give us a life.



**My future goals** – I aspire to serve in field postings, particularly in challenging and hostile areas, where I can directly contribute to national security and protect the Nation from threats. These were the documentaries that I enjoyed watching during my childhood days. I would conclude by saying I would love to live a life less ordinary.

**Samarth, your journey and determination serve as an inspiration for those considering a career in Defense.**

**Thank you for sharing your insights and Best of Luck with your future endeavours in this field.**

## **G20 - coming together**

### **One Earth, One Family, One Future**

We all know about the G20 Summit organized in India this year 2023 for 2 days 9<sup>th</sup> and 10<sup>th</sup> Sept. India got to host this prestigious event being given the presidency on Dec. 1, 2022 and will remain to hold till Nov. 30 2023.

**Inception of G20 (1999)** - The G20 was founded in 1999 after the Asian financial crisis as a forum for the Finance Ministers and Central Bank Governors to discuss global economic and financial issues.

**Elevation to Leader's Level (2008) - The G20 was upgraded to the level of Heads of State/Government in the wake of the global economic and financial crisis of 2007, and, in 2009, was designated the "premier forum for international economic cooperation".**

The G20 - or Group of Twenty - is a club of countries that meets to discuss global economic and political issues. Between them, G20 countries account for 85% of the world's economic output and more than 75% of world trade. They contain two-thirds of global population.

The Group of Twenty (G20) comprises 19 countries (Argentina, Australia, Brazil, Canada, China, France, Germany, India, Indonesia, Italy, Japan, Republic of Korea, Mexico, Russia, Saudi Arabia, South Africa, Turkey, United Kingdom and United States) and the European Union. The G20 members represent around 85% of the global GDP, over 75% of the global trade, and about two-thirds of the world population.

The G20 Summit is held annually, under the leadership of a rotating Presidency. The G20 initially focused largely on broad macroeconomic issues, but it has since expanded its agenda to inter-alia include



trade, sustainable development, health, agriculture, energy, environment, climate change, and anti-corruption.

The G20 Presidency is responsible for bringing together the G20 agenda in consultation with other members and in response to developments in the global economy.

**G20 Summit 2023** - The 18th G20 Summit held in New Delhi from 9<sup>th</sup> to 10<sup>th</sup> Sept. 2023 was a culmination of all the G20 processes and meetings held throughout the year among ministers, senior officials, and civil societies. A G20 Leaders' Declaration was adopted at the conclusion of the G20 Summit, stating Leaders' commitment towards the priorities discussed and agreed upon during the respective ministerial and working group meetings. Some experts stress that India used the G20 presidency effectively as an opportunity to present itself as the voice of the Global South, in particular by choosing topics that are relevant for developing countries and by proposing to invite the AU to be a permanent member of the G20. Some of the deliverables were to:

1. Accelerate the full and effective implementation of the 2030 Agenda for Sustainable Development;
2. Act on an agreement to triple renewable energy capacity globally by 2030;
3. Pursue low-GHG/low-carbon emissions, and climate-resilient and environmentally sustainable development pathways;
4. Scale up financing from all sources and accelerate efforts towards achieving the Paris Agreement, including its temperature goal;
5. Improve access to digital services and digital public infrastructure, and leverage

- digital transformation opportunities to boost sustainable and inclusive growth;
6. Close gender gaps and promote the full, equal, effective and meaningful participation of women in the economy as decision-makers;
  7. Call for a reform of the multilateral system and reform the international development finance system including more effective multilateral development banks (MDBs);
  8. Commit to a rules-based, non-discriminatory, fair, open, inclusive, equitable, sustainable and transparent multilateral trading system, with the World Trade Organization at its core.

It was simply a proud moment for all Bharatiya's to see the world acknowledging our efforts towards women empowerment, promoting multilateral institutions, faster pace in digital transformation, and progressive steps towards the UN SDGs.

### सायकल रॅली - स्वच्छता ही सेवा

अनुभव अहवाल - आश्लेषा जोशी

भारत सरकारद्वारे राबविण्यात आलेला स्वच्छ भारत पंधरवडा मोहीम स्वच्छता ही सेवा हा स्वच्छतेचा उपक्रम आहे. ह्याच्या अंतर्गत, सोमवार, ता. २ ऑक्टोबर २०२३ रोजी महात्मा गांधी यांच्या जयंतीनिमित्ताने, सायकल रॅली हा उपक्रम उतमरित्या साकार करण्यात आला. भारत पेट्रोलियम कॉर्पोरेशन लिमिटेड ह्या कंपनीने नृत्यांजली नावाच्या आमच्या संस्थेला स्वच्छता ही सेवेचा, सायकल रॅली हा उपक्रम राबविण्यास प्रोत्साहन दिले. कुठल्याही प्रकारची जागरूकता लोकांच्या मनात तयार करायची असेल तर, त्याचे अनेक मार्ग आहेत.

सायकल रॅली हा असा एक आगळा वेगळा उपक्रम असून, त्यातून स्वच्छते बद्दलची घोषणा, गाणी, जागरूकता करून, लोकांचे लक्ष वेधले जाते, जेणेकरून लोकांच्या मनात स्वच्छतेबद्दल विचार सुरू होऊन स्वच्छता किती महत्वाची आहे हे समजेल.

आमच्या सायकल रॅलीची सुरुवात, विलेज रास्ता भांडुप येथील बृहन्मुंबई महानगरपालिकेचे मॅटनिटी रुग्णालय होते. आमच्या ह्या ग्रुपच्या ३ विभागण्या केल्या गेल्या होत्या. २ बाजूला चालत जाणारे सहभागी, आणि त्यांच्या मधोमध सायकल चालवणारे सहभागी होते.

नृत्यांजली संस्थेचे सर्वेसर्वा- डॉक्टर तुषार गुहा सर, मॅनेजिंग डायरेक्टर डॉक्टर ऑनोना गुहा मंडम आणि डायरेक्टर ऑपरेशनस हेड श्री गिरीश डाळवी सर देखील आमच्या सोबत सहभागी झाले आणि आमचा उत्साह वाढवला.

Written by:

### Mr. Damodar Bhat

Mr. Damodar Bhat is an Electronics & Computer Engineer with over 2 decades of work experience.

Currently working as Senior Sales Specialist (Techno Commercial) with Reputed MNC, Damodarji volunteers to manage the anxious parents during Nrityanjali Fest - Inter School Competitions.



Alumni of Nrityanjali's SPDC (Level 1) programme and a very humorous personality, Damodarji has also encouraged his wife Mrs. Diksha Bhat and son Master Devesh Bhat to be part of Nrityanjali as artists, volunteers, and active members.

### Report by Ms. Ashlesha Joshi

As alumni of SPDC 1, Ashlesha is a young and enthusiastic member of Nrityanjali. Her interest lies in writing poetries, articles, and teaching.

She conducts Life Skills workshop for Primary section with Nrityanjali and runs a small mobile library for the Unnat Yuvati 'Girl Child Project' run independently by Nrityanjali.



आमच्या सायकल रॅलीचा शेवटचा टप्पा मधुबन गार्डन भांडुप होता. तेथे पोहोचल्यावर, आमच्या नाश्ताची सोया झाली होती. नाश्ता खाता खाता, आम्हाला असे समजले कि आम्हाला उशीर होत आहे. मग काय... नाश्ता केला, पण चहा न पिताच आम्ही सायकल रॅलीचा हा प्रवास आम्ही पुढे सुरू ठेवला लेक रोडच्या दिशेने.

आम्ही सगळेच थकून गेलेलो होतो. पण स्वच्छतेची गाणी, म्हणी, स्वच्छता करण्यासाठी व हाच मार्ग अवलंबण्यासाठी करणारी घोषणात्मक वाक्ये आम्ही लोकांना मोठ्या मोठ्याने सांगत होतो. त्यामुळे, कसला थकवा आणि कसलं काय.. सगळेच विसरायला झाले.

सायकल रॅलीमध्ये खूप जोराने सायकल नसते चालवायची. आपला उद्देश स्पष्टा जिकर्ण नसून .. हळू आणि कमी वेगाने सांगठनेत (ग्रुपमध्ये) राहून वेग नियंत्रणात ठेवून अश्या परिस्थितीत आपले म्हणणे लोकांपर्यंत पोहोचवणे हा आहे.

आणि हो... शेवटी तो चहा देखील आम्हाला मिळाला.

# Rhymes & Verses

## Learn to Survive

Believe it or not,  
I am sure what you want.  
You wish to know me more,  
That's what you tried on the go.  
You need to know about my past,  
What makes you feel I am lost?

You wish to learn about my skills,  
Do you think I can't even sing?  
You want to spend quality time with me,  
Don't you know, there are others who  
equally love me?

You want to meet those who wish me,  
But they could be those who just greet me.  
You insist on healing me,  
Even when I really do not need it.  
You like what I like,  
But never share your secret dark side.

You believe you have it in you,  
To please me, keep me happy and glued.  
But I need my space for sure,  
So be it, rest assured.  
For I have come a long way to learn,  
to earn and turn my lifestyle,  
for that proves my potential,  
That helps me discover myself, and survive.

I am not afraid to be alone,  
Make new friends, fight back,  
cry out and feel sublime.  
Be the joy of my life,  
Trust me, I do not need a protector,  
But a man who stands beside me,  
To be with me, and learn to Survive.

Written by:

**Mr. Girish Dalvi**

Trustee & Director - Operations of Nrityanjali

## “ पहले तू घर बनाना”

लड़की तू विदा होकर  
पति के घर न जाना  
अपने लिए तू पहले  
कोई घर बना ही लेना

चली भी गर तू जाए  
खुद को दासी न बनाना  
खुद के गुणों को अपने  
गले की फाँसी न बनाना  
रोटी अगर बनाए

कोई भी नहीं पूछे  
पहले ही चार रोटियाँ  
खुद के लिए पकाना  
गर साथ कोई न दे

आँसू को न दबाना  
फिर मायके को अपने  
फोरन तू चली आना  
मजबूरी कोई आयें

मायके भी जा न पाये  
उस वक्त खुद के अपने  
घर को सदा को जाना  
दहलीज़ से निकल के

वापिस कभी न आना  
दासी नहीं तू मलिका  
अपने महल की बनना  
खुद को अकेला रख के

भी मज़बूत तू बनाना  
खुद को महल की मलिका  
सौ खूब तू सजाना  
मन के इरादे अपने

इतने बुलंद रखना  
सूना लगे कभी न  
इतनी खुशी मनाना  
इसीलिये कह रही हूँ

पहले तू अपना कोई  
छोटा सा घर बनाना

Written by:

**Mrs. Kirti Shukla**

A student with Nrityanjali for Bharatnatyam, Kirti Shukla is a person who explores her vivid thinking and creativity through poetries, blogs, and dance.

Mrs. Kirti Shukla has also performed with Nrityanjali She also actively participates in social initiatives of Nrityanjali.



# RECIPE

## *Palak ki variety*



Contributed by: **Mrs. Preeti Prakash Ghai**

Mrs. Preeti Ghai holds a diploma in computers. Her interest in clothes and creativity encouraged her to be an entrepreneur and run her boutique successfully for over 6 years.

Today, her call to give back to society encouraged her to join Nrityanjali's social wing. She assists in facilitating the **Unnat Yuvati** project for Girl Child run at Nrityanjali center, and spreads her happiness and learning.

### Palak Kadhi

#### Ingredients:

Palak (spinach): 1 bunch chopped  
Garlic : 7 to 8 flakes  
Green chilies: 2  
Hara dhaniya: 2 tbsp  
Potatoes : boiled 4  
Bread crumbs : 3 tbsp  
Salt: as per taste  
Lal mirch: 1 tsp, Haldi : 1/2 tsp  
Dhaniya powder: 1 tbsp  
Garam masala: 1 tsp  
Amachur powder: 1 tsp  
Oil : for frying

#### Method:

1. In kadai take chopped palak and crushed garlic and cook till the water is evaporated and palak is cooked.
2. In a bowl mash potatoes add cooked palak and the dry ingredients.
3. Mix well and shape it like a kabab and fry
4. Serve hot with green mint and imali chutney.

### Palak Kabab

#### Ingredients:

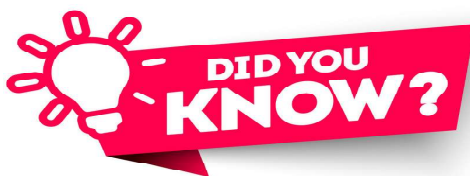
Palak ( spinach): 1 bunch chopped  
Onion : 1 chopped, Garlic : 7 to 8 crushed  
Curry leave : 5 to 7, Green chilly : 2 slit  
Hing: 1/4th tsp, Oil: 4bsp  
Rai ( mustard seeds ): 1/2 tsp  
Curd: 200gm, Besan : 4 tbsp  
Dhaniya powder: 1/2 tsp  
Garam masala: 1/2 tsp

#### Method:

1. Heat a thick bottom pan add oil, Rai, curry patta, green chilly, crushed garlic, hing.
2. Sauté for 2 mins till garlic is light brown then add onions and cook till it's translucent.
3. Then add palak and salt, dhaniya powder and cook till the water of palak evaporates
4. In a pan take curd and besan and mix it.
5. Once the palak is cooked add this besan curd mix to it and cook for 2 mins and then add 2.5 cups of water.
6. Bring it to boil and simmer for 15 to 20 mins till the besan is cooked.
7. Add 1/2 tsp of garam masala... and serve hot with makai ki roti or jowari bhakri.
8. It's tastes yummm with rice too ...
9. Serve with raw onions and green chilly and salt techa...



# JOKES



## Some humour with words....

1-What did baby corn say to the mamma Corn ? - ***Where's popcorn?***

2- How did the barber win the race?  
- ***He knew a shortcut.***

3- Did you hear the joke about the roof?  
- ***Never mind, it's over your head***

4-Why can't Cinderella play soccer?  
- ***Because she's always running away from the ball.***

5- Why are teddy bears never hungry?  
- ***They're always stuffed!***

6- Why was the weightlifter upset?  
- ***She worked with dumbbells.***

7- Why was the broom late for school?  
- ***Because he overswept?***

8- Why was the teacher wearing sunglasses  
- ***Because her students were so bright.***

9- Let's eat Grandma! Let's eat, Grandma!  
- ***Punctuation saves lives.***

10-When past, present, and future walk into a bar. - ***It is tense.***

11-Why did the math book look sad?  
- ***Because it had so many problems.***

12-Be like a proton.-***Always stay Positive.***

13-Why didn't the sun go to college?  
- ***It already had a million degrees.***

14-Why can't you trust an atom?  
- ***They make up everything!***

15- How do you know Saturn was married more than once?  
***Because it has a lot of rings.***

1. While not being a member, which European nation has been a permanent guest of G20 since the very first summit?

**Ans- Spain.**

2. 2010 saw the first-ever G20 summit in Asia. Which country was the host?

**Ans- South Korea.**

3. Which word derived from a legendary group of climbers, is used to describe the personal representative of a head of state who prepares an international summit?

**Ans- Sherpa.**

4. In 2016, the G20 framed its commitment to the 2030 Agenda of Sustainable Development Goals on three key themes.

The first was the promotion of strong sustainable and balanced growth, the second was the protection of the planet from degradation. What was the third?

**Ans- Furthering cooperation with low-income and developing nations**

5.The theme of India's presidency since December 2022 has been the evocative Sanskrit phrase ***Vasudhaiva Kutumbakam***. What does it translate into English?

**Ans- The World is one family.**

6. Under which nation's Presidency was the G20 summit held virtually in 2020 because of the Covid Pandemic?

**Ans- Saudi Arabia. It remains the only virtual Summit.**

7. Which prominent Indian Born American, the son of a Lieutenant General of the Indian Army, will be attending the summit in his capacity as the head of the World Bank?

**Ans- Ajay Banga, Son of Lt General, H S Banga.**



### October

1st	Yogesh Mandalia
1st	Sneha Abhilash
1st	Jayosmita (Mohor) Chatterjee
14th	Revathi Sethuraman
21st	Kavya Khedekar
22nd	Abigail Naik
24th	Rekha Vijayakar
26th	Anjum Shaikh
26th	Sanah Parab

### November

3rd	Priya Dasgupta
3rd	Chitra Thaker
9th	Gauri Keny
12th	Sagar Damle
15th	Samrddhi Ratish
18th	Sagarika Basu
24th	Dhiya Patel
29th	Arnika Sakpal

### December

6th	Reshma Rao
10th	Swananda Bharadkar
14th	Vanita Mansukhani
14th	Brinda Shankar
15th	Yogeeta Khanna
17th	Manjula Parshram
19th	Solomon Tharakan
19th	Ashit Thakkar
20th	Ashlesha Joshi
20th	Shilpa Jadhav
21st	Dhruvi Mandalia
24th	Pradnya Malvi
25th	Mini Pillai

### January

2nd	Kumudini Rana
3rd	Seema Sabhlok
10th	Yogesh Mandalia
24th	Samarth Kumbhar
26th	Bhavna Gandhi

•

### You Can Contribute

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