

Vol. 33 No.4  
October 2024



# Parichay Mein Parichay



*we groom thoughts*  
**Nrityanjali®**

*Leader in Personality Developments & Emotion Management*

*Parichay  
mein  
Parichay*



Volume 33 No.4  
Date of Publication :  
20th October 2024  
Registration No.  
54810192

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**Published by :**

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

**Printed Online**

**Dear Readers,**

Diwali greetings to one and all! Wishing you a happy and prosperous New Year as per the Hindu calendar.

As 2024 draws to a close, we at Nrityanjali reflect on a fruitful year filled with projects that have truly showcased our potential. Each initiative has deepened our connections and introduced us to many dynamic personalities, one of which we highlight in this issue.

We eagerly anticipate the upcoming Nrityanjali Fest Inter-School Competitions 2024, having already conducted a few of the events in September. Some of our regular schools invited us to conduct Drawing and Handwriting events for a large crowd of over 1000 students each school.

Life is a reason to celebrate, and we feel privileged to once again have participated in Swachhata Pakhwada twice this year, contributing to our society. Thank you to Bharat Petroleum Corporation Limited and Hindustan Petroleum Corporation Limited for being with us and trusting our efforts.

A proud moment for us was seeing our esteemed Sir, Dr. Tushar Guha, being honoured by The Chembur Fine Arts Society, Chembur for his selfless contributions to the performing arts and personality development. Our MD - Dr. Anonna Guha has also been invited to represent Rabindra Nritya as a performer and present a paper at the Asia's International Dance Networks festival in Seoul.

**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 / Girish Dalvi & Sangita Sawant
<b>Oct.'24 Vol .32 No.4</b>	Guha Tushar, Radha
<b>April'24 Vol .33 No.2</b>	Narvekar Rutuja, Nivedita Chatterjee, Mini Pillai
<b>July '24 Vol .33 No.3</b>	Dinesh Singh, Sonali Badalwadi

## **PMP Subscription**

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

**Members are requested to please check and renew their Life membership**

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## CONTENT

### ***Includes :***

*Editorial Letter,  
Governing Body,  
PMP Membership List*

### **ACCOLADES**

1

### **FOOT PRINTS...**

6

*Nrityanjali News*

### ***OFP Meet at NGMA***

12

*- a report*



### **Durge Durge**

16

*- an article by young and aspiring  
artiste Ms. Dhiya Patel*

### **INSPIRATIONS**

18



*Interview by our  
editorial team of an  
inspiring couple -  
Mrs. Namrata Jadhav  
and Mr. Pankaj  
Vadnere.*

### ***An insight into a beautiful life and a wonderful journey***

*article by Nischal Vasant,  
an alumni of SPDC I*

20

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



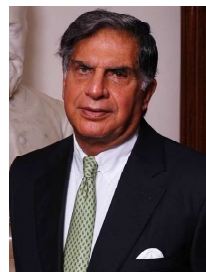
22

### **RECIPE**

23

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

25



*Our tribute to the legend  
who inspired millions.  
Nrityanjali is honoured to  
associate with the Tata  
Group of Companies and  
has also been part of  
celebrating 100 years of  
Tata Power in 2018.*

### **JOKES**

26



27

## ACCOLADES

**Dear Tushar Uncle,**

Wishing you Happy Guru Purnima.

I Thank you for all your contributions that made me who I am today

**Pramod Hegde**

Corporate Executive

Nrityanjali member since 1990

**Dear Dr.Anonna Madam,**

Ghar More Pardesiya (even with the audio glitch) was just mesmerising!

**Shashank Dey**

Chartered Accountant and  
Singing Student, Colaba

**Dear Madam,**

Today's NRITYANJALI AGM and all dance performances were commendable, mesmerizing wonderful, creative.... Really cannot express in simple words. We appreciate your tremendous efforts. Today we missed Sir's energetic performance. But knowing reason, we always wish that May God bless him with divine health and happiness forever.

Mother of **Anagha Gawde**

Kathak Student

**Dear Madam,**

Thanks for letting us be a part of the fabulous event. We loved watching all the different performances. It was clear the students and all the teachers have put a lot of effort into them. Thank you so much for keeping faith in our kids and training them brilliantly. Amazing performance by all the kids at today's AGM.

Mother of **Palak Jethwani**

Kathak Student

**Respected Sir,**

Yesterday I felt blessed when you introduced me as a part of your team. It's a great honour Sir. Got to learn so many things and had an exciting day. Thank you so much Sir.

**Simmi Mohan**

Nrityanjali Faculty

**Respected Sir,**

If it's written in your destiny, no one can stop it from happening' I really felt it when I realised that I'm a part of Nrityanjali's family. (Getting admission in Nrityanjali, being a kathak student, then randomly ma'am asking me if I'm interested to be a volunteer in Nrityanjali's fest, me saying yes, being noticed by you, being a Sunday class student, and so on ) I believe this all was not a coincidence but was written in my destiny.

My mother said in the last AGM after seeing you perform "*Shreya TERE Sir kitna accha dance karte hai*" and I was like Yes, He is 'My Sir'.

Never expected that I will be your direct student and learn so many things from you. One of my favourite words of yours which I will never ever forget in my life is "***Be proud of yourself, be so much grateful for whatever you have but never let that turn into***".

Whenever you appreciated me, I felt like yes I am doing it better. Thank you so much Sir for teaching me values, discipline, and what not. I am so grateful to be your student. "Happy Guru Purnima"

**Shreya Pal**

Nrityanjali Student

**To my respected Gurus,**

- Dr. Tushar Sir, Dr. Anonna Ma'am, Mr. Girish Sir, Mrs. Nivedita Ma'am, Mrs. Sangita Sawant Ma'am, Mrs. Harsha Ma'am "and Mrs. Maitri Ma'am.

"Happy Guru Poornima" Thank you for showering me with your love and blessings and recognizing the potential in me. May you have a great day Dear Mentors Regards,

**Dhruvika**

Nrityanjali Student

## ACCOLADES

**Respected Sir,**

I now work with Thane's Bhagavati Vidyalay as a co teacher for Jr K.G. and I am getting better and better at handling kids and communication. Yesterday was our 2nd PTM-Parents' Teacher Meeting for the academic year. I had been given the responsibility and opportunity to do the first part i.e; welcoming the parents and explaining to them some rules and regulations. It was the opening part, my co teacher was supposed to explain the first term syllabus part which she did well. I had to commence the meeting. I did very well .. my co teacher said. I for even a split of second DID NOT feel nervous while addressing to the parents. I had all the confidence in me. I have been communicating with them on the daily basis while handing off their wards to them after the school is over. After the meeting was over I couldn't believe myself that I did that. But I would love to give all the credits to you my dear Sir... You and the whole of our Nrityanjali everything that I've learnt, got groomed for my betterment purposes is working now. The happy part is, we used to have these HR meetings in our Nrityanjali in front of all of you Seniors and Teachers, to perform and practice and to get some helpful points for our faculty teachings. It is helping me. Thank you Sir.

**Ashlesha Joshi**  
*SPDC Alumni*

**Respected Sir,**

I want to thank you for giving me a chance to be a part of such wonderful function of felicitation. All the beautiful dancers who showed their dedication so gracefully was all because of your teachings and hardwork. I am happy and fortunate to be a part of this wonderful show which had dedicated teachers and students. Please do accept my tribute and thank you for accepting me as one of them

**Simmi Mohan**  
*Faculty-Nrityanjali*

**Dear Dr. Tushar Guha Sir**

Today - 26th July 2024, is a very special and important day for all of us. We are overwhelmed with joy and looking forward to seeing you at the felicitation ceremony. Truly a proud moment for all of us Happy Kathak Presentation.

**Manasi Damle**  
*Permanent Executive Secretary*  
*- Nrityanjali Trust*

**Dear Dr. Anonna ji**

It was an honour for all of us at The Fine Arts Society to felicitate Dr. Tushar Guha ji. We are delighted to learn about his great personality and remarkable work that he's doing. And also to know that so many of you are involved in excellent work at Nrityanjali. We thoroughly enjoyed the Kathak performance. We look forward to a continued association with you.

**Radhika Ananth Kumar**  
*President, The Fine Arts Society, Chembur*

**Respected Sir,**

It was indeed an Honour and Blessing to be part of the auspicious Felicitation programme as organised by Chembur Fine Arts When the Citation was awarded to you, I felt, every member of Nrityanjali has received it. All the performances by Anonna Ma'am, Girish Sir and our students was outstanding and divine. Thank you.

**Geeta Chandrasekharan**  
*Head- HR, Nrityanjali Group*

**Respected Sir,**

It was a pleasure to see you on stage Sir getting felicitated. I was so overwhelmed with happiness and pride Thanks so much for making me a part of Nrityanjali family. I am deeply honored and grateful.

**Nivedita Chatterjee - HR Consultant**

**Respected Sir,**

Thank you sir. No words to express. What a performance. Mesmerizing, energetic, my heart is filled with happiness. More power and strength to all.

**Revathi Sethuraman- Sr. Faculty, Nrityanjali**

## ACCOLADES

### To The Esteemed Members of Nrityanjali

I am deeply honoured and profoundly grateful to receive a prestigious award from Nrityanjali. Being recognized for my contributions to the field of education by such a renowned institution is truly a humbling experience.

I would like to extend my wholehearted thanks to Dr. Tushar Guha, Dr. Anonna Guha and Mr. Girish Dalvi for your gracious presence and for bestowing this honour upon me.

Thank you Nrityanjali, for this esteemed honour. I am deeply moved by your recognition and will cherish this moment as a significant milestone in my journey as an educator.

With sincere appreciation and warm regards.

**Ms. Vitaline Lara Viegas**

*Principal*

*J J Academy High School & Jr. College*

### Dear Dr. Tushar Guha Sir

Thank you so much for your presence though couldn't talk much. Great feeling. It was a day of great learning of participatory leadership. Almost all the audience had a role to play. Besides the topics were well picked to give us food for thought. It fuelled divergent thinking. I misjudged the venue so got delayed.

I admire the warmth you exude ... so special of you and am elated by your personal post despite having a heavy schedule today. God bless you and all your endeavours.

**Sis Gloria**

*Principal, Auxilium Convent School,  
Wadala*

### Good Morning Anonna Ji

It was our pleasure that Sir conducted the Team Dynamics Training Session himself and each one of the team loved the way he gave his messages through examples and games. I really appreciate his efforts being in pain he was such a sport...

We thoroughly enjoyed ...wishing you a wonderful day ahead as well!

**Mrs. Preeti Ghai**

*Director, Allarch India Pvt. Ltd,*

### Dear All,

Since the dawn of time, from Satyug to Tretayug, Dwaparayug, and to this day, two constant forces have shaped human existence: Mothers and Teachers. They have been our nourishment, shield, bridge, warm embrace, empathy, compassion, and beacon of light in darkness and despair. Though we may not always acknowledge their presence in our moments of joy, they never abandon us in our times of need. I have witnessed them celebrating our triumphs and supporting us through our struggles, unwavering and selfless.

**Dr. Tushar Guha Sir** - You have touched our lives in countless ways, and I am forever grateful for your presence. This debt of gratitude cannot be repaid, and I, for one, do not wish to repay it, for I am greedy for your boundless compassion and support.

On this momentous occasion, I extend my warmest wishes: Happy Teacher's Day! May your selflessness and dedication continue to inspire generations to come.

Best Regards,

**Dr.C R Pathak**

*Principal & COO, HVB Global Academy*

## ACCOLADES

**Dear Dr. Tushar Guha,**

Words coming from you mean sooo much to me !!! Very humbled! You have no idea of the influence you have had on me; just watching you in action and through the years, the way you stood with us, especially my mother, our MD - Dr. (Mrs.) Grace Pinto, will always remain etched on my heart. I honour and respect you and thank you for the inspiring life you have led and challenged us to be better.

We love you so much sir(uncle) ! Happy happy teachers day.

**Dr. Snehal Pinto**

*Director, Ryan International Group of Schools*

**Dear Maitri Ma'am,**

I am honoured to be invited as a judge for the Inter School Competition of Nrityanjali

It was a great experience for me to watch all the little Bharatnatyam Dancers and I'm amazed by their talent.

Thank you so much and Regards

**Siddhi Wakkar**

*Judge for Bharat Natyam Dance Competition  
- Western Zone Fest*

**Dear Mr. Girish Dalvi,**

Thank you for collaborating with National Gallery of Modern Art (NGMA), Mumbai for the Principals Meet held on 4th September.

It was a very well curated event. I absolutely loved being a part of it. Best wishes,

**Nidhi Choudhuri, IAS**  
*Director - NGMA, Mumbai*

**Happy Birthday Dr.Tushar Guha Sir.**

May you be blessed with good health and wealth and happiness throughout your life. The confidence in myself that Dr. Guha Sir and his staff gave me has helped me move forward in my life. I still remember his main words to me - 'You are answerable only to yourself, your family and your God for your actions and decisions . Do what you think is right for you'. **Miran Mahajan**

I can never forget his role in changing my life for the better - **Chandra Wilson**

The confidence and determination to make things happen is what I learnt from our SPDC and am eternally grateful. - **Bhaktawar**

Happy Birthday to our tutor and mentor Dr Tushar Guha - **ALL SPDC Alumnii**

**Wishing you a very Happy Birthday Sir,**

Thank you for everything you have done for us and thank you for being with us always. You have always been our role model sir because you havent just taught dance styles but have imparted wisdom that has shaped our character.

I find myself reflecting the profound impact which you had on our lives. Today I got my promotion letter in my hand as a manager and first thing reminded me that its your birthday and its all because of your principles, your guidance and suggestions which I am following in my day to day life as well as work life. My words can scarcely express the gratitude.

**Sampada Sakpal**

*Nrityanjali member, Sunday Class and  
SPDC 1 Student*

## ACCOLADES

### GM - HR HPCL For HUMSAFAR Programme

It is an amazing experience to attend an unique programme organised by our Company "HP Humsafar" along with my spouse Mrs. Suchetana Jayasurya. The programmes well-curated by the 'Employee Health, Engagement and Wellness' vertical of our HR brought in experts to impart knowledge on financial planning to create and manage personal wealth, the importance of health and nutrition, family relationship and life dynamics.

Fortunately our company could find the right trainer for the programme in Dr. Tushar Guha of Nrityanjali Institute ... a septuagenarian and well known psychologist. Overall, it was a great learning experience and an enjoyable , typical monsoon foggy three days at one of the beautiful resorts *Ikshana Resorts* in Khandala. Thanks a million and kudos.

**T Sunduru Jaya Surya**  
*DGM - HPCL*

### Reactions of Participants for the Mental Health Programme at WIPS on 21st September 2024

Thank you Dr. Anonna Ma'am,

As WIPS office bearer, it is important that we show our commitment to the cause. It was a wonderful session and your energy was infectious. All the best for future endeavours

**Mrs. Priyanka Patil**  
*Vice President WIPS &  
General Manager - HPCL*

### Reactions of Participants for the Mental Health Programme at WIPS on 21st September 2024

Dear Dr. Anonna Guha Madam,

Yesterday's (21st September 2024) programme was really good and interesting and am going to give the feedback of this programme to our higher authority to conduct again for all the employees.

**Ms. Bhavana - NPCIL - Sr HR**

Dear Anonna Guha,

It was pleasant surprise to me when I saw you. As usual you are very sweet person. Yesterday's training was excellent. I enjoyed activities. Thanks for bringing out child within me. I always get positive energy from you. Your training modules have long impacts on all participants. Keep on doing innovative workshops. You are different than others. All the best for future endeavours. God bless you.

**Ms. Varsha Raut**  
*Wips Apex President*

Dear Dr. Anonna Guha

Really it was a wonderful session ma'm. Thank you so much

**Ms. Anupama**  
*President - WIPS*

Dear Anonna Ma'am,

Your team and you rocked yesterday as always...it was really a very informative and interactive session full of fun and activities which made the programme more lively. All participants enjoyed and were completely drowned in it .Thank you so much ma'am . All the best to Nrityanjali team.

**Ms. Rupam**  
*BHEL*

## FOOT PRINTS...

*Nrityanjali News upto 10th October 2024*

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

- Training programme on **Enhancing Self Potential** was conducted by Dr. Tushar Guha Dr. Anonna Guha, Mr. Girish Dalvi, Mrs. Geeta Chandrasekaran, Mrs. Sangita Sawant and Mrs. Maitri Khedekar for **Life Care Medical Systems** in Mumbai on 2nd & 3rd August 2024
- Training programme on **Enhancing Self Potential** was conducted by Dr. Tushar Guha Dr. Anonna Guha, Mr. Girish Dalvi, Mrs. Geeta Chandrasekaran, Mrs. Sangita Sawant and Mrs. Maitri Khedekar for **Life Care Bio Medical Pvt. Ltd.** in Mumbai on 2nd & 3rd August 2024
- Two days programme on **Personal Excellence** was conducted by Dr. Anonna Guha, Mrs. Vasanti Anand and Mrs. Maitri Khedekar at **Hindusthan Petroleum Corporation Ltd, Nigdi** on 2nd and 3rd August 2024
- The Management of **Hindusthan Petroleum Corporation Ltd**, commenced special programme **Humsafar** on the occasion of 50 years celebration of the Corporation. **Humsafar** will cover 417 officers (who will retire shortly) and their spouses and also 297 other officers who are in service for more than 20 years through 32 programmes. Nrityanjali Management Services is conducting the programmes that include areas of Body, Mind & Soul, Yoga & Exercises, Nutrition & Diet, Creating & Managing Personal Wealth and Family Orientation spread over Two and a Half days.

**The Inaugural programme was held from 22nd to 24th August 2024 in Khandala.**

The Training Team was headed by Dr. Tushar Guha along with Dr. Anonna Guha, Mr. Girish Dalvi, Mrs. Maitri Khedekar, Mrs. Geeta Chandrasekaran and Mr. Sudipta Sengupta.

**Mr. Sudipta Sengupta** is the retired CFO of USA based NOV (India) Pvt. Ltd who conducted the session on Creating & Managing Personal Wealth

**Mrs. Geeta Chandrasekaran** - Head HR and **Mrs. Maitri Khedekar** - Head Operations of Nrityanjali respectively conducted the sessions in Yoga & Nutrient.

Body, Mind & Soul (Meditation, Physical Exercises and Family Orientation) were conducted by **Dr. Tushar Guha** and **Mr. Girish Dalvi**.

**Dr. Anonna Guha** facilitated the programme

- One day training programme on **Team Dynamics** was conducted by Dr. Tushar Guha at Khapoli for **Messrs. Allarch** and the sister concern **Messrs. Otic Partition** on 31st August 2024. A total of 43 executives participated. Mrs. Vasanti Anand, Mrs. Harsha Andan and Mrs. Simi Mohan were the co-faculty members.
- Two days programme on **Personal Excellence** was conducted by Dr. Anonna Guha, Mrs. Vasanti Anand and Mrs. Harsha Andan at **Hindusthan Petroleum Corporation Ltd, Nigdi** on 2nd and 3rd September 2024
- One day training programme on **Mental Wellbeing & Growth through Art** was conducted by Dr. Anonna Guha, Mrs. Sreekala Velambath and Ms. Vinaya Keny, **WIPS (Women In Public Sector)** at **NPCIL** on 21st September 2024 at BHEL Mumbai



## FOOT PRINTS...

*Nrityanjali News upto 10th October 2024*

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

- The special programme **Humsafar - Body, Mind & Soul, Yoga & Exercises, Nutrition & Diet, Creating & Managing Personal Wealth and Family Orientation** - celebrating 50 years **Hindustan Petroleum Corporation Ltd**, continued at Khandala.

The Programmes were held on 18th to 20th, 27th to 29th September, 14th to 16th and 17th to 19th October 2024. In all 32 Programmes will be held

The Training Team - Dr. Tushar Guha along with Dr. Anonna Guha, Mr. Girish Dalvi, Mrs. Maitri Khedekar, Mrs. Geeta Chandrasekaran, Mr. Sudipta Sengupta, Mrs. Harsha Andan and Mrs. Vasanti Anand conducted the programmes

- One day training programme titled **Manojee 02 (Customer Orientation & Communication)** was conducted by Dr. Anonna Guha in Mumbai for **Bank of Baroda** on 25th September 2024. Mrs. Sreekala Velambath and Mrs. Simmi Mohan were the Co-faculty members.

- Half day training programme for Managers titled **Comprehensive Branch Management** was conducted by Mrs. Vasanti Anand in Mumbai for **Bank of Baroda** on 10th October 2024. Mrs. Maitri Khedekar was the Co-faculty member.

- Half day training programme for **Frontline officers** was conducted by Mrs. Vasanti Anand in Mumbai for **Bank of Baroda** on 10th October 2024. Mrs. Maitri Khedekar was the Co-faculty member.

- Half day training programme for Managers titled **Branch Brilliance - Empowering Success** was conducted by Mrs. Vasanti Anand in Mumbai for **Bank of Baroda** on 16th October 2024.

- Half day training programme for Frontline officers titled **Branch Brilliance - Empowering Success** was conducted by Mrs. Vasanti Anand in Mumbai for **Bank of Baroda** on 25th October 2024.

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### NES - Open Forum for Principals (OFP) :

- On 4th September 2024, 100 principals from various Educational Boards - SSC, CBSE, ICSE and Cambridge attended the Principals' Meet at National Gallery of Modern Art organised jointly by **NES - Open Forum for Principals (OFP) India in association with National Gallery of Modern Art, Ministry of Culture, Government of India.**



# FOOT PRINTS...

*Nrityanjali News upto 10th October 2024*

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

## For Students

- Life Skill Programmes were conducted at **NKES School, Wadala** on 23rd & 24th July, 23rd, 24th September and 1st and 3rd October 2024
- Life Skill Programmes conducted at **Little Angel's High School, Sion** on 29th, 30th, 31st July, 1st August, 23rd, 24th, 25th, 26th September 2024
- Life Skill Programmes conducted at **L B Joshi High School, Bhiwandi** on 31st July 2024 - *Courtesy Hindustan Times*
- Life Skill Programmes conducted at **Lokpuram Public School, Thane** on 3rd October 2024 - *Courtesy Hindustan Times*
- One hour session on **Adolescence Changes & How to Handle Distraction** was conducted at **Pawar Public School, Palava, Dombivli** on 13th August 2024. Dr. Tushar Guha conducted the session for the Std 10th Boys and Dr. Anonna Guha conducted the session for Std. 10th Girls.
- One hour session on **Rejoice Growing Up** was conducted at **Pawar Public School, Palava, Dombivli** on 13th August 2024. Dr. Tushar Guha conducted the session for the Std 9th Boys and Dr. Anonna Guha conducted the session for Std. 9th Girls.
- On 5th September 2024 Dr. Tushar Guha conducted **One hour Motivational Session** for the Students of **A K Munshi Special School** at CP Tank, Mumbai
- **Career Guidance Test and Counselling** was held on 23rd August and 28th September 2024 respectively for 150 students of **Little Angel School, Sion**
- Under the **Student Exchange Programme of NES- Open Forum for Principals (OFP)**, 20 students from various Ryan International Schools from India visited **Charles Cambelle College, Adelaide, South Australia**. The delegation left on 15th October and will return on 27th October 2024. Nrityanjali Trustee & Director Operations Mr. Girish Dalvi, who is also the Chief Administrator of OFP led the delegation along with two teachers

## Workshop for Parents :

- On 21st September 2024 Dr. Tushar Guha conducted **two sessions of Effective Parenting** for parents of Std. 6th to Std. 10th students at **Pawar Public School, Palava, Dombivli**

## Workshop for Teachers :

- On 5th September 2024 Dr. Tushar Guha conducted **One hour Motivational Session** for Teachers of **A K Munshi Special School** at CP Tank, Mumbai

# FOOT PRINTS...

*Nrityanjali News upto 10th October 2024*

## FACULTY DIVISION

- ABGMV Examinations - Writtens and Practicals will be held in November and December 2024
- Under the joint venture of NCPA and Nrityanjali. lessons on Kathak Dance at Shree Saraswati Vidya Mandir - Bhandup and Vidyadeep Vidyalaya, Vikhroli continued.

## HUMAN RESOURCE DEVELOPMENT

- **The 16 days Special Personality Development Course Level 1 (SPDC 1) physical class** will commence from **1st February 2025** - Fridays, Saturdays and Sundays - 7.30 A.M. to 10.30 A.M
- Regular HR Meet for the faculty members was held on 13th & 30th August 2024

## Individual News

• **Mr. Girish Dalvi** was invited to judge Dance Competition organised by the **Fine Arts Society, Chembur** on 18th August 2024

• **Chitra Thakar's Kalapreet Dance Academy, Mulund** held their **Annual Programme** on 25th August 2024. **Guru Dr. Anonna Guha** graced the occasion as the Chief Guest.

**Chitra ji** is involved with Nrityanjali from childhood

• **Nritya Jhankar Dance Classes, Mulund** - conducted by **Mrs. Nitasha Chaudhary** completes 25 years. On the occasion **Guru Mrs. Nivedita Damle** conducted two days Workshop on Bharat Natyam and Manipuri Dance on 28th and 29th September 2024.

**Congratulations** - It is a proud moment for Nrityanjali - Nitasha ji is an integral part of Nrityanjali.

• **Dr. Tushar Guha** was the Chief Guest at the Inspirational Day Programme of **Kapol Vidyanidhi International School, Kandivali** on 13th September 2024

• **Dr. Anonna Guha** was the Judge at the Happy Place Programme of **Aditya Birla World Academy, Tardeo** on 4th October 2024

• **Dr. Anonna Guha** was the Chief Guest at the Annual Day Programme of **Gold Crest High School, Vashi** on 18th October 2024

**LOOK OUT for....**

**the 16 Days**

**Special  
Personality  
Development  
Course Level - 1  
(SPDC -1)**

**in February 2025  
Friday, Saturday, Sunday  
7.30 A.M. to 10.30 A.M.**

# FOOT PRINTS...

*Nrityanjali News upto 10th October 2024*

## Social Service Activities

• **Unnat Yuvati** - the signature project of **Nrityanjali** commenced the training sessions in **Spoken English and Computer Awareness for 35 girls students of Shree Saraswati Vidya Mandir, Bhandup** from 14th August 2024. The sessions will be held every Wednesdays and Saturdays at **Nrityanjali** premises at **Bhandup**.

**The Project Unnat Yuvati charges no fee and the students are provided with snacks, Our Faculty Members** are Dr. Anonna Guha, Mr. Girish Dalvi, Mrs. Maitri Khedekar, Mrs. Sangita Sawant, Mrs. Sangita Garud, Mrs. Mini Pillai, Mrs. Diksha Bhat, Mts. Rutuja Narvekar, Mrs. Prii Ghai. Ms. Gauri Keny.

**The training session will continue through the academic year - March 2025**

• **Nrityanjali** in association with the **National Centre for Performing Arts (NCPA)** - Mumbai commenced **Kathak Dance lessons** for the students of **Shree Saraswati Vidya Mandir, Bhandup** and **Vidyadeep Vidyalaya - Vikhroli** from 2nd July 2024.

**The Teachers** are Guru Dr. Anonna Guha, Guru Mrs. Sangita Sawant with administrative support from Mrs. Vaishali Mandalia and Mrs. Diksha Bhat.

**The training session will continue through the academic year - March 2025**

• **Nrityanjali Fest 2024** - Inter School Competitions commenced from September 2024

On 22nd September for **Western Zone** at St. Xaviers School, Poonam Nagar, Andheri (E)

On 29th September for **Central Zone** at Shivai Vidya mandir, Nahur (E)

**The Events Covered were - Bharat Natyam Dance, Western Dance Solo, Hindusthani and Carnatic Sangeet.**

**Drawing and Hand Writing competitions for the whole school were held at Little Angel School - Sion, Kapol Vidyavidhi International School - Kandivali in September, October 2024.**

• **Government of India's Swachha Bharat Pakhwada** commenced on 14th September and ended on 2nd October 2024.

**Nrityanjali** in association with the Government of India undertaking **Bharat Petroleum Corporation Ltd (BPCL)** engaged 100 students and 50 ladies for this cleanliness drive activity from 25th to 28th September 2024.

• On the occasion of **Government of India's Swachha Bharat Pakhwada**, **Nrityanjali** conducted One Hour **Origamy Workshop** at **Petroleum House, Mumbai** for **Hindusthan Petroleum Corporation Ltd** on 21st September 2024.

Mrs. Sangita Sawant with Co-faculty Mrs. Diksha Bhat conducted the same.

**LOOK OUT for....**

**Nrityanjali Fest 2024 -  
Inter School Competitions  
September, November  
December  
2024**

# FOOT PRINTS...

*Nrityanjali News upto 10th October 2024*

## Programme Division

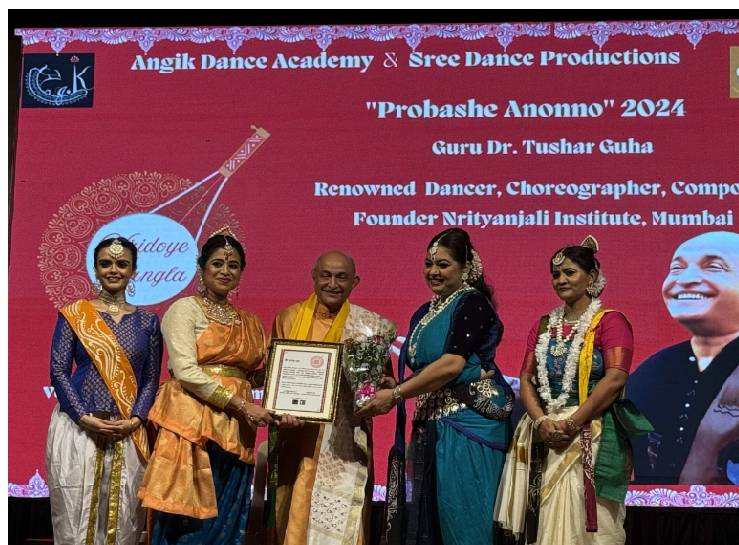
- **Nrityanjali** celebrated **62nd Annual General Meet** on 21st July 2024 at Kalidas Natya Mandir, Mulund. 350 students from Sunday Class, Kathak and Bharat Natyam Dance Class and Hindusthani and Rabindra Sangeet Classes performed on the occasion,
- On 11th October 2024, **Nrityanjali** artistes performed Folk Dances of India and Tagore's Balmiki Pratibha at **Durgotsav Festival, Poonam Nagar, Andheri (E)**

On 26th July 2024 **The Fine Arts Society, Chembur, Felicited**  
**Guru Dr. Tushar Guha**  
on the occasion of Guru Purnima.

### **Dr. Anonna Guha and the Kathak Students**

presented one hour Kathak Dance Recital on Live and Recorded Music that included Dance Recital Meera.

The artistes were Dr. Anonna Guha,  
Mr. Girish Dalvi,  
Mrs. Sangita Sawant,  
Ms. Arnika Sakpal, Ms. Sanika  
Gaikwad, Ms. Swananda Varadkar,  
Ms. Aditri Dutta, Ms. Parnika  
Talekar, Ms. Dhruvi Palekar  
and Ms. Swara Deshpande.



**Dr. Tushar Guha Sir**  
was felicitated on 29th  
September 2024  
**for his remarkable  
achievement and  
contribution as a  
harbinger of  
Bengali Art & Culture in  
Mumbai**

by  
**Angik Dance Academy &  
Sree Dance Productions**  
celebrating **Hridoye Bangla**  
at Veer Savarkar Hall, Shivaji  
Park, Dadar, Mumbai

## OFP MEET 2024 in association with NGMA, Mumbai

The Open Forum for Principals - India (OFP) Meet was organised at National Gallery of Modern Art (NGMA) – Mumbai by Nrityanjali Education Services on 4<sup>th</sup> Sept 2024.

The purpose of conducting the meet at NGMA, Ministry of Culture, Government of India was to encourage Creativity and Arts in teaching and learning in Schools as it will help our future generation to see problems more openly, innovatively and communicate effectively.

The Programme was attended by the Education team and Principals of nearly 80 Schools in Mumbai.

### The Speakers were:

**Dr.Tushar Guha** – Chairman OFP, India and Founder of Nrityanjali

**Ms. Nidhi Choudhari** (IAS) - Director NGMA, Mumbai

**Dr.Brijesh Karia**- COO Singhania Education

**Mr.Rajeev Garg**- President Mumbai Sahodaya Schools complex & Principal - Datta Meghe World Academy, Airoli

**Dr.Snehal Pinto** – Director, Ryan International Group of Schools

**The Panel Discussion** on Creativity was moderated by Mrs. Kalyani Choudhari – Principal, Don Bosco School, Nerul  
The Panel members were

**Dr. Anonna Guha**- Managing Director Nrityanjali

**Ms. Shruti Das** – Dy. Curator and Head of office -NGMA Mumbai

**Dr. Seema Negi** - Director & Principal, Sanjeevani World School, Dahisar

**Ms. Brinda Miller** – Hon. Chairperson of Kalaghoda Association, also addressed the gathering

The event was conducted by **Mr. Girish Dalvi** – Chief Administrator, OFP, India.

The programme started with the diya lighting ceremony, with all the participants holding the diya in hand and sang Nrityanjali Invocation song to invoke the blessings of divine energy and abundance of positivity

**Mrs. Vanita Mansukhani** and **Dr. Anonna Guha** introduced and felicitated, respectively, Dr. Tushar Guha and Ms. Nidhi Choudhari with great respect and honour.

**Ms. Nidhi Choudhari**, IAS officer and the Director NGMA, Mumbai, expressed her happiness to associate with hosting the OFP Meet at this venue and address the Educators and the Head of the Schools to emphasize more on Art and Creative education. She also highlighted on how artwork helped her in her journey of life and focusing on Art and Literature can surely help our society to progress. Schools need to take interest and welcome students to this culture.

**Dr. Tushar Guha**, Chairman OFP India and founder of Nrityanjali Group emphasised on breaking Inhibitions, overcoming fear and Experiential learning. Education is awareness and adaptability. One should make learning joyful and create a visual. The purpose to have workshops for Principal is to learn from each other, from every different boards and develop what we need for our students.

He explained the Shloka "*Vritha vrishti Samudreshu, Vritha Triptasya Bhojanam, Vritha Danam Samarthasya, Vritha Deepo Dewapicha.*"

The above shloka states that one must serve and must have a purpose, where the end

justifies the means.

Highlighted on the life skill activities introduced by Nrityanjali on various topics related to Mind and body as per their age.

### **The important points where the teachers need to focus:**

Breaking inhibitions while explaining to students.

Adaptability to change – spoke on GMQ – General Marketing Quotient - social, economic and political awareness- updated Extra curricular activities, Local exchange programme, International. exchange programme of students and teachers help in sharing about our Arts and culture.

Dr.Tushar Guha pointed out that in celebrating Raksha Bandhan and other traditional festivities , one must not forget culture and tradition but should learn to customise it and that is adaptability to change.

**Mr. Girish Dalvi** - Trustee & Chief Administrator of OFP highlighted on the journey and objectives of OFP.

- \* Initiation of OFP in 2007
- \* The Primary theme
- \* Activities conducted for students and teachers
- \* Explained on the various topics of Life skill Activities
- \* Initiation of Dance performance by different Schools at Kala Ghoda Festival since 2016
- \* Students Study tour to South Australia and Basel
- \* Visit to NASA, USA
- \* Shared the forthcoming OFP activities for the Academic year 2024-25

**Dr. Brijesh Karia** – COO Singhanian School, expressed Dr. Guha Sir's passion, dedication and energy as a great inspiration to him. He

believes in learning and is a Avid learner. He accentuated his topic on Leadership skills by displaying Videos and playing some activities. According to him Leadership is an attitude.

### **The qualities of a leader are the 5 P's**

*\*People* – are the same for 1 years or are we changing

*\*Plan* – attention to be paid on skill based education and so the school need to plan

*\*Process* – to execute the plan, patience and trust is needed and an awareness as what am I doing.

*\*Persistence* – never give up till you finish the race.

*\*Passion* – Teachers need to be passionate because they are creating the future, the society.

### **The four skills needed by a Leader:**

*Collaboration, Creativity, Critical thinking and Communication*

**Mr. Rajeev Garg**- President of Mumbai Sahodaya Schools Complex.

Rajeev Sir emphasized on including art to teach any subject. One must see the change that can be brought in the education system by respecting the culture. He pointed out as to how the process of segregating waste can help in bringing the Best out of Waste. In a single frame one can identify many things. Every child need to be given that opportunity to think and create out of the box.

A few points to be noted are *Adaptability, Appreciation, Aligning, Collaboration, Culture competency, Emotion.*

He also mentioned that Sikkim is the state where Organic farming is done. Children need to connect to other states and the boundaries are known. We must Orient the children to such things and allow them to learn on their own. Transformation is an extreme radical change.





**The Panel Discussion moderated by Mrs. Kalyani Chaudhary**

The questions were related to Creativity and what it meant to them and difference between visual and performing arts .

**Mrs. Shruti Das** point out that Art is a culture which is imbibed in a person. Childhood environment and ambience play a very important role in bringing out creativity in a child and their belief in the universe.

**Dr. Seema Negi** welcomes the modern technology as a new version for Creativity. One must allow the child to think out of the box instead of putting them into one box. Exploring the world through the lens of 21<sup>st</sup> century learners.

**Dr. Anonna Guha** spoke on convergent and divergent thinking. Important Life skill will help the students to expose to extra curricular activities like sports, music, dance. Narrow down to whether they are interested or not and find out the creativity in each child. Creativity is a cultivating factor through which human relationship can be managed.

**The last Speaker of the Day was Dr.Snehal Pinto** who pointed on the 21<sup>st</sup> Century Teacher's Tool kit which includes:

**\*People** – We are dealing with creatures of Emotions and not creatures of Logic. People management is an art and skill to manage them with empathy and respect.

**\*Learn, Unlearn and Relearn** – Uncover the layer of your child and we grow with that. If the school has an empowered staff then we will have empowered children.

**\*Pareto Principle-** 80% results come from 20% efforts. So plan in advance and the 80% of the results.

**\*Mental Agility-** Information is not knowledge. Experience is knowledge. We must always learn and keep our eyes open to learn.

**\*Personal Mastery** – willingness to learn and rise to the occasion. Exchanges ideas and make space for the students. Forgiveness is a rare virtue and a beneficial quality that will lead to spirituality. We are blessed to serve.

**Ms. Brinda Miller**, the Hon -chairperson of KalaGhoda association was felicitated by Dr.Tushar Guha and she emphasized that Museum can help the education programme and will change the students lives by seeing the culture. She is going to support the aided school students for the Kala Ghoda festival this year.

**The award presentation by Ms. Brinda**

Miller and Dr. Tushar Guha to the following Schools:

### **Felicitation of Institutions**

**\*Sir J J Girls High School, Fort**  
- Ms. Firdaus Abbas, Principal

**\*Model English Group of Schools & College, Dombivli** -Mr. Radhakrishnan Nair P.K.  
- President, Keraleeya Samajam

**\*CKT Vidyalaya (English), New Panvel**  
- Mr. Santosh S Chavan

**\*St. Xavier's High Scgool, Dhobi Talao** -  
Rev. Sis. Thresia Sini

**\*Navy Children School, Navy Nagar** -  
Mrs. Mallika Subramaniam

**\*Thane Police School, Thane** -  
Ms. Elizabeth Vitus

### **Felicitation of Individual School Leaders**

**\*Mrs. Ishita Chowdhury** - Principal, Pawar Public School, Palava, Dombivli

**\*Mr. Shaikh Farid Faruk** - Principal, Gurukul English High School, Malad

**\*Mrs. Saba Patel**, Anjuman Islam High School, Bandra

**\*Mrs. Sheeba T** - St. John High School, Tata Power, Borivali

**\*Rev. Sis. Maria Joan** - St. Therese Convent School, Dombivli

**On Behalf of NGMA, Ms. Shruti Das** made a detailed presentation of the Art Gallery which was opened in 1996 in Mumbai. It hosts various exhibitions and also display art collections of famous artists .

**Dr. Suresh Nair** -Advisor Vivek Education Society. concluded the event with the Vote of Thanks



# DURGE-DURGE

- Article written by young and aspiring artiste **Ms. Dhiya Patel**

*Dhiya is an artiste and member of Nrityanjali and one of the young and talented Sunday class artistes. She is also learning kathak and studying in FYBA at St. Xavier's College, Fort. She loves to travel, read and dance.*



A beloved goddess in Hindu mythology, Maa Durga represents bravery, strength, and the victory of good over evil. She typically mounts a lion or tiger and is portrayed with several arms, each of which holds a different weapon, signifying her ability to push off and eliminate negativity.

Her triumph over the buffalo demon Mahishasura is remembered at the Durga Puja celebration, which is notably honored in West Bengal and other regions of India. The strength of the divine feminine and the value of determination and morality in the face of hardship are symbolized by this triumph.

In addition to being fiery and nurturing, Maa Durga is seen by her followers as a mother figure who provides them strength and direction. Her worship is deeply embedded in Indian culture and spirituality.

On this very occasion, Nrityanjali was invited to perform a few specific pieces and here are some thoughts and feelings of our performers: I interviewed people on how they were feeling, what their thoughts were, how they managed their schedules for rehearsals, and how they felt after the show.

The replies of our performers consisted of key terms like 'new experience', 'different opportunity', 'exciting.'

Someone said that they got to play different roles, male and female both, it gave them an opportunity to

portray their versatility as a performer with the help and guidance of our Guru Dr. Tushar Guha Sir. They also said that the aura and vibe of the stage feels different during festive performances, the *Bhakti Bhav* genre really feels soothing and calming in the midst of hectic and tiring shows.

The other mentioned how they have always wanted to perform on a big stage since they were a little child in a dressing room for the annual school cultural function. It makes them happy how now, they get to perform after so long.

Someone else also brought to notice the glamour and the new lessons all of us learnt while enjoying the process and how our hearts race before entering the stage be it because of the excitement or because of the jittery feeling.

On asking the question, "How do you manage your schedules for rehearsals?" I received different answers but with the





same conclusion “We manage it however possible just to make it to the rehearsal.”

People who worked-from-home, were glad as they utilised their time and structured it so that they had sufficient time in their hands to make it to rehearsals after managing all aspects of a working wife.

The college and school going performers mentioned how they were concerned about maintaining and finding balance in managing extra curricular activities and their academic responsibilities; they said they try to get their work done throughout the week and since the practices are held on a Sunday, everybody gets time to finish their work and they feel a sense of satisfaction after finishing their tasks and participating in the rehearsal.

People who were relatively new to the group said that despite having various age groups in the same group the vibe is very positive, welcoming and the people are very warm hearted. Excluding the age gap factor the co-dancers gel up very easily as Nrityanjali not only teaches us dance or any form of

performing arts but also the Art of Living life, morals and values.

Fast-forwarding to the Show-Day, on reaching the venue we first took blessings from *Ma* and prayed for the flawless execution of our efforts. We were being mindful of storing energy for the performances and as soon as we got to know we were starting there was a slight moment of hustle but we got ourselves back immediately. Jumping to the most exciting moment; our Guru Dr. Tushar Guha Sir entered the stage with a big smile on his face and *Dhunuchi* in his hands. The moment he started performing it felt unreal. I would've never guessed he had gone through several surgeries so recently before this performance. It was a surprise for all of us, a very happy one. This was the biggest highlight of the day.

When the question, “How do you feel after the show?” was asked, all of us were happy tired due to the surreal energy all of us put in our performances, the several changes and the bustle backstage. But I was assured that all of us did our best and had a remarkable evening.



## INSPIRATIONS

Once again our Editorial team has initiated the feature of interviewing inspiring personalities who would raise the aspirations of our readers, young and old, to follow their dreams, reinstate their beliefs, and be strong individuals who can face and win challenges that cross their paths.

*Nrityanjali, is known for spreading love, care and sharing under the guidance of our Guru and mentor Dr. Tushar Guha and the same has been put into practice for so many years. We always take the opportunity to highlight unique strength and skills of certain wonderful persons we meet on different occasions.*

*We happened to meet Mr. Pankaj Vadnere, in one of the corporate trainings through his company HPCL and through him got introduced to a very strong and remarkable personality his wife, Mrs. Namrata Jadhav, who is pursuing her passion as a social worker in Mumbai since many years. Born in a family of freedom fighters, she has imbibed methods of inspiring others to understand their rights, even when it's hard and stand up to those in power. Presently she is leading a simple and happy life with the only aim of helping people in distress.*

*Mr. Pankaj Vadnere and Mrs. Namrata Jadhav have shared their experiences, an inspirational journey in life through this interview and we proudly take this as an opportunity to serve society by giving some key points and advice to our youth. Freedom fighters played a vital role in India's independence struggle.*

**Since your father was a freedom fighter, how different was your childhood. Could you please share your experience?**

**Namrataji (NJ):** Freedom fighters inspire us with their courage and determination. A childhood that encouraged me to exercise my freedom positively by my parents. Though my mother was a staunch believer in God and my father was an aesthete, the relationship between them is much appreciated as they respected the sentiments of each other. My

childhood days were spent in Mumbai- Parel with my siblings, three sisters and 2 brothers. I was very bold and tomboyish character and started to follow



the footsteps of my father. Any questions related to custom and culture was often attended by my father, with scientific explanation which indeed convinced me to a great extent. He used to say that God means Respect others, Understand others, so respect what your mother does rather than teasing and fighting. Our family celebrated all the festivals with no pressure on anybody.

Volunteering had always held a special place in his heart and his desire was to spread positivity and provide education to the underprivileged children. When I was in Grade 8 th my father used to take me to the slums to teach the students of lower standards. This was the beginning of my social work. I used to teach the students of 6 th and 7 th standard in the nearby slum areas and used to feel very happy. At the age of 17 I was introduced to teach the children of sex workers at Kamathipura- Mumbai which I did it willingly. At times I also used to carry tiffin to KEM hospital very often for the patients. I used to visit Kamal Mehta Dadar School for the blind and used to be a writer for the blind students. An avid reader and loved to read books on Biographies and autobiographies of great personalities, which further inspired me in my life...

I owe my academic strength to R M Bhatt High School, Parel and graduated from Maharshi Dayanand college. Later I did my Masters in Sociology, as I was already experiencing the functioning of human society.

**We would like to ask you too, Pankajji, how was your childhood and anything different from the others?**

**Pankajji (PV):** I spent my childhood in Worli village of Mumbai city and was brought up in a lower middle class, conservative, traditional joint family. I grew up in a very culturally vibrant environment, with all festivals being celebrated with great enthusiasm. The activities of Kirtans, Bhajans, and discourses happening in the temple just opposite to our house deeply influenced my love for music. During the mill workers' strike, I supported my friends, since most of them belonged to those families, by starting Students' Sangathan and provide books, lectures etc to them. This initiative fostered both leadership and a sense of community within me. I did believe in God till this point of my life but then my journey of philosophical exploration through reading books, especially Osho, compelled me to question my own beliefs. This led to a significant personal evolution from me being a theist to an atheist. But supported by a respectful family environment, this blend of tradition and self-discovery created a strong foundation of my values and insights.

**How has your childhood inspiration helped you to evolve in your career and passion?**

**NJ:** I started my career in New India Bank , used to work during the day time and attended night college for doing my Masters in Sociology. I later joined a well known Indian social activist Medha Patkar and worked with her team. I volunteered for the 1993 bomb blast in Mumbai in March which is believed to be the most deadliest attack. It was very challenging and through this experience I

grew, confronted my fear, enhanced my skills and I started seizing new opportunities. Later I volunteered at the massive earthquake at Latur- Maharashtra in the same year which severely affected many villages. Our team was there for at least 10 days in Latur attending to removing debris, rendering first aid to the injured, distribution of food to the most vulnerable victims and many more activities. Gradually I became self confident and more sensible to take decisions based on intelligence rather than emotional. I had once collected a group of 400 divorced women in Mumbai for a talk in Ahmednagar and that was indeed a very challenging experience to me and had been successful.

**Did you have any inspiration whom you looked upon?**

**PV :** My cousin served as an indirect source of inspiration, as he was a Post Graduate and had a Govt. job. So I too wanted to complete my studies and pursue a job and thus create a stable future for my family and me. Along with my studies I was very much involved in the Students' organizations, locally gathering people to fight for a noble cause, so all of these kept on motivating me to be socially active.

**With your total involvement in Social activities, could you brief us on the support from your family members after marriage ?**

**NJ:** I got married to Mr. Pankaj Vadnere in 1995 who is also a social activist and presently employed with HPCL- Mumbai. There was a strong level of connection and rapport between us and we had shared lot of experiences on similar backgrounds. We decided to have a courtmarriage with very few relatives from both the sides. I never followed any of the rituals of marriage like changing the surname, wearing mangalsutra and many more things which initially had lot of issues with my in-laws, family members and the society. But with my bold and wise approach I won the hearts of all the people at my in-laws house. I had taken good

care of my father-in-law when he was sick and bedridden. Today I hold a very good relationship with all the family members.

We are now blessed with two young boys, Kabir and Elgar. We followed a different way of nurturing them with teaching about values and developing a strong character and giving the freedom to navigate through new situations. We do not have a temple in our house, but we celebrate the festivals of all religion with the concept of a get-together among friends and relatives at home.

My elder son Kabir had been to Delhi to explore himself into politics after graduation, worked with the political leader Arvind Kejriwal and his team for 2 years and is back, stating that politics is not my cup of tea. He has taken up food and beverages as his career and has put up a Café in Vasai.

My younger son is studying in junior college and beside this he is helping three blind students in many ways.

**What do you wish to share about your meeting with Namrataji and what was it that ignited the spark in you?**

**PV :** As I shared that I was very much involved in social groups and students' gatherings, I happened to be a part of Medha Patkar movement, where I first met Namrata. Her dashing and dynamic personality along with her strong sense of justice was something that really impressed me and her passion for fighting against injustice complemented my own values. So that is how we decided to share this journey of ours with each other for the rest of our lives.

**Could you highlight those incidents which you find are really thought-provoking and make a difference to the world?**

**NJ :** I quit my job as a banker and am

currently pursuing my passion as a social activist. Started taking up cases related to Cybercrime, divorce, property and also go for counselling. I had once helped a street girl who needed help. I brought her home and first thing I did was bathed her personally and fed her home food. She was looking very pretty after her bath and she relished the home food and had at least 25 chapatis at one time. Later took her to a well-known orphanage and got her admission there. I had also taken up the case of an employee taking bribe.

Would like to share another incident with an auto driver. I was travelling in an auto with my elder son and suddenly I noticed another auto driver removing all the waste from his auto and putting it on the street. I immediately asked my auto driver to stop, got down and went to that fellow and told him that he has forgotten his belongings outside. The auto driver was confused and said that he has not forgotten anything by which I showed him the waste he had thrown on the road. I made him remove the waste and put it in the garbage bin placed near the road. I had always believed in Myself and continue to do the best I can for the upliftment of the society without fear, being truthful to myself.

**Would you like to share any memorable incident about Namrataji, which still continues to impress you, Pankajji?**

**PV:** She is a strong social activist and greatly determined to stand up against unfair





practices. This was clearly visible in one of the incidents, where in Datta Samantji was contesting the local assembly elections from Worli village constituency. We too were supporting him for the same. The police somehow did not grant the permission to organize a rally to his party, but granted permission to the opposition party. Namrata could not take this unfair decision and confronted the police for the same. She did not give up till the permission was granted for the same. Namrata has already mentioned few more incidents too, which strongly reflect her principles and commitment to justice.

One more experience I would like to share regarding her approach to parenting. Initially she was very hesitant to continue with her pregnancy with our first child. But once she was determined, she was totally involved in it.

After my elder son's birth, we would visit a paediatrician, who was as young as us. Namrata would share nutritional tips with him, which showed her involvement and concern for her son's health. So overall these memories highlight Namrata's passion and dedication in all aspects of her life.

### **What is your advice to our future aspirants?**

**NJ :** I strongly believe that our boldness and courage are considered virtues that involve taking risks, standing up for what we believe in and pushing past fears to achieve our goals. My advice for the future aspirants would be to emphasize our responsibility for the decision taken by us and avoid blaming others for our failure. Decision could be on choosing one's Career, nurturing of the children , job responsibility and various social responsibilities.

### **Pankajji what is your message to our young and old readers?**

**PJ:** I would like to tell all the parents specially

who have young children, to foster independence in them. Please help them retain their individuality and at the same time instilling a sense of responsibility. I would like to tell a famous quote by Khalil Gibran, '*Your children are not your children. They are the sons and daughters of Life longing for itself. They come through you but not from you, And though they are with you yet they belong not to you.*'

For the younger generation, I would advise them to embrace the consequences of what ever choices they make, and maintain perseverance which is the key to personal development.

*Thank you Pankajji and Namrataji, its truly an inspirational journey which makes us feel enthusiastic. May this journey of yours continue to uplift and encourage more and more minds.*

*I would like to conclude by saying that it is time we woke up from our self-imposed slumber and each one of us has the power within to make small changes in our space. If everyone commits to these small initiatives, the world can become a better place for everyone. Little droplets make an ocean.*



(L-R) **Mrs. Mini Pillai, Mrs. Namrata Jadhav  
Mrs. Maitri Khedekar, and  
Mrs. Rutuja Narvekar**  
at Nriyanjali Office

## An insight into a Beautiful Life and a wonderful journey

Written by **Mr. Nichal Vasant** - *Mr. Nischal Vasant, a successful engineer is an alumni of SPDC 1. Nischal is currently working in the USA and was the first Indian student who became the President of the Student's Association in the USA.*

*Nischal's mother Mrs. Sulekha Vasant has been a faculty member with Nrityanjali Education division for over 10 years.*



As the sun set, the orange rays illuminated the slashing words with the same colour. The once green grassfield was covered in red blood. The soldiers were weary. They had been fighting continuously for over twelve hours. Their arms felt like leaden weights.

Relief came as the sound of a great horn echoed through the battle field. A truce had been called for that night. There was to be no more fighting till the following morning. The soldiers quickly retreated to pitch tents.

The leader of one of the sides looked towards the battlefields as the men set to work. Both sides had suffered great losses. He then looked to the heavens and faced his camp. This man had a dream. He had a dream of being the most powerful king in Europe Arnaut of Orleans travelled far and wide to build up a force that he felt would defeat the English army. His optimism, however, was slowly fading away. The English had a bigger army than his spies had reported and they had the advantage of being on home soil. He could only watch as reinforcements poured into the enemy camp. He had to do something or his dream would wither away.

Arnaut paced in his tent. He debated with himself on what his course of action would be. King Imin was known, far and wide as a fair, kind man. It was he who requested for the truce even though he was in a better position. Would it be right to use unfair tactics to win the battle?

Arnaut's desire for power overcame his better judgement. He decided to kill King Imin as

he slept. He sent for his most trusted general, Aragorn and had told him what was on his mind.

In the dead of night, Arnaut dressed himself as a peasant and made his way across to the English camp. Aragorn, in the meanwhile, readied the troops for battle. The soldiers vociferously resisted the change of plans. They did not appreciate being dragged out of their tents and into the battlefield.

When Arnaut neared the camp, he was stopped by two guards. He noticed that there was not much other security. The guards outside King Imin's tent had fallen asleep over their shields. "Halt! Who goes there?" said a voice. "Just a peasant. I need water from the lake across your camp." Said Arnaut in a weak voice. "I'm sorry, old man, you're just going to have to go around our camp tonight.", came the curt reply. There was a flash of steel and in one smooth stroke; Arnaut cut both men in two. He quickly made his way to King Imin's tent. With a great roar, he entered. The king woke up, startled. Moments later, head fell to the ground, the same expression still on his face.

Arnaut grabbed the head and emerged from the tent, waving the bloody sword and the head in the air. His war cry had woken up many soldiers. A few men started to draw their swords, enraged, but panic was quickly spreading through the camp. Arnaut dropped his sword, grabbed a nearby torch and hurled it towards the sky, a signal to Aragorn to mobilize his troops.

The confused, panicky and leaderless English

army was quickly defeated. Arnaut was overjoyed. He would march into London with Imin's head. He would declare himself the new Monarch, fulfilling his lifelong dream. He planned to be a king who would be remembered centuries later as the wisest and most just ruler that the world has ever seen.

A few days later, however, Arnaut was worried. The last town they passed had not been very friendly. The people all shut their doors and stayed indoors. Not a soul was to be seen in the streets. Even the animals seemed to have disappeared. Not long after they had passed the town, Arnaut learned his spies that somehow, news of the devious means by which he has become victorious had travelled.

The people did not like that their king had been defeated in an unfair fight. They hated the man who carried out the nefarious act. Arnaut convinced himself that they would accept their new king. "The mob is fickle", he told himself. He started to plan his wife and infant son's arrival.

The army entered London with much noise and celebration from within it. There was no response from the other side. Arnaut was troubled, but he did not show it. He marched into the palace and declared himself King Arnaut.

Arnaud's wife and son arrived one week later. He refrained from telling her about how he had gained victory. He thought that it would be better that she did not know. He also decided to keep the shows of kindness and the like for after the people had accepted him. One month later, the people were showing no signs of having accepted him. They still disappeared indoors whenever the new King Arnaut approached. A few days later, the King came to know of an offensive message intended for him written on one of the palace walls. He flew into an uncontrollable rage. "The people will respect me, whether they love me

or not, for I am their king!" he roared. The man who wrote the message was found and brutally tortured in public and then hung till death. The whole time, Arnaut kept telling himself, "They will accept me, whether they like it or not."

For ten long years, the people lived in terror. King Arnaut had gone mad. He was suspicious of the people. He thought there was a mass conspiracy against him. Every week, at least one person was brutally tortured for committing high treason. He did not spare even his own wife. He accused her for showing treachery towards him and had her tortured in public. She committed suicide in shame. The son was too young to realize what had happened.

One day, Arnaut's son came to the king and said, "Father, I heard one of the servants talking about how you won this kingdom in an unfair fight. Is this true?" Rage poured through the king's veins. "NO", he roared, picked up a nearby water-jug and threw it in anger towards his son. Time seemed to move slowly as Arnaut watched the jug shatter against his son's head through his blinding rage. The boy collapsed without a sound, his breath coming in short bursts.

The King just stood there, frozen in shock. What had he done? He took a step backwards and stumbled. He turned and ran. He mounted the first horse he came across and rode as fast as he could into the nearby woods.

Arnaud knelt in a clearing in the woods and held his sword with both hands in front of him. He cried, "I betrayed my honour and forced intolerable cruelties upon my people. The people closest to me have suffered because of my madness. For these crimes, I must go to Hell, for I am an evil man." With that, he swung his sword. A few years later, he had been forgotten, but Arnaut of Orleans lay in that clearing for all eternity.

# Rhymes & Verses

## भगवंतशी

मोक्ष देरे भगवंता  
सोइने सारे मायारूपी संसार  
यात आहे सारा आंधार.

रोपट बनूनी जगू  
कधी कोणाला त्रास-दाई न जाणू.

दर्शन दे रे भगवंता  
सोइनी सारे, जीवन करु तुझ्या आर्पे.

तुझ्या हृदयात थोडीशी देरे जागा  
नको मनुष्य मन आता .

तुझ्या प्रेमात इतकी मग्न होऊ  
कोणती नाती-गोती न पाहू .

सोइनी सारे संसारी रूप  
तुझ्याच साथ राहील होऊनी भूत/भक्त .

Poetry written by:

**Ms. Sonali Badwad.**

Ms. Badwad, member of the Parichay Mein Parichay house Magazine is a doting mother, homemaker and loves to write about spirituality. She resides in Kharghar, Navi Mumbai.



## ज़िन्दगी

यह ज़िन्दगी है एक त्योहार,

हमेशा जिसमें होती है बहार।

मैं उलझा हूँ अपने संसार के मझधार में,

लगता है मुझे केवल मैं ही हूँ दुखी इस संसार में।

सोच ही नहीं पाता इस दुःख का कारण,

सच तो यह है की यह तो है सुख का ऊपरी आवरण।

मैं नहीं पहचान पा रहा हूँ इस सुख को आसानी से ,

क्योंकि मुझे वक़्त ही नहीं है होनेवाली मनमानी से।

ज़िन्दगी है बड़ी ही संगीन रंग रंगीली रंगोली ,

जैसे रंगों का त्योहार होली और जगमगाती दिवाली।

बचपन की सोच फिर चल पड़ा हूँ मैं ,

ढूँढने वही रंगीन खुशियाँ जो खोई हैं इस उलझनी संसार में।

इसीलिए मनाओ त्योहार हर दिन ,

जिससे होगा रंगीन और खुशनुमा हर दिन।

Poetry written by: **Mr. Damodar Bhat**

Mr. Bhat holds a diploma in Electronics and Computers with lots of related technical certifications.

He is Techno Commercial Manager in AV Industry.. He believes in value system, and has a positive winning attitude to pursue his dream goals of happy life.

Mr. Bhat and his family are active members of Nrityanjali.



# RECIPE

by **Mrs. Bhavika Nathwani** - is a Faculty member of Nrityanjali, she holds a Master degree (Textile Designing) and holds the post graduate Diploma in Personality Development.



## Kesar Pista Chocolate

### Ingredients:

White chocolate (melted)..... 125gm  
Kesar threads..... a pinch  
Desiccated coconut/ biscuit powder... 1/2 cup  
Chopped pistachios... 3-4 tps  
Cardamom powder... 3 pcs  
Condensed milk... 1.5 tbs  
Some chopped dry cranberries /apricots  
Edible gold paper (optional)

### Method:

1. Take a mixing bowl, add 125gm white chocolate(melted).
2. Add a pinch of kesar threads in warm white chocolate and mix it well.
3. Take a silicon mould and brush some chocolate in each cavity covering only the base and sides of it.
4. Keep it in the freezer for 5 minutes to set.
5. Further to make filling take a mixing bowl, add ½ cup desiccated coconut/biscuit powder.
6. Add 3-4 tps chopped pistachios
7. Add 3 pcs cardamom powder
8. Add 1.5tbs condensed milk( for binding and sweetness)
9. Add some chopped dry cranberries/ apricots and mix it well.
10. Then take the mould out of the refrigerator and add pista-coconut stuffing in each chocolate cup.
11. Cover the stuffing with some remaining melted white chocolate.Again keep it in the freezer for 10-15 minutes to set the chocolate.

12. Further remove the cups from the refrigerator and demold all the chocolates.
13. Put a drop of melted chocolate, a kesar thread, edible gold paper and finally a piece of pistachio on top of it (optional) and it is ready to serve.

## Pizza Patty

### Ingredients:

Boiled Potatoes grated and kept in freezer for some time..... 3-4  
Corn flour..... 1 tbs  
Bread crumbs...3 tbs  
Chillies finely chopped .....2 fresh  
Pizza sauce (tomato ketchup) ....2 tbs  
Onion chopped .....1 small  
Boiled sweet corn ....1 tbs  
Capcicum finely chopped .....1/2  
Oil ...2 tbs  
Bread crushed to make bread crumbs ...3  
Garlic clove finely chopped .....1 no.

Mozzarella cheese, Basil leaves and Salt for Pizza seasoning

### Method:

1. Take 4-5 boiled potatoes and grate them.
2. Tips: always after boiling potatoes keep them in the fridge so that when you use them for shallow fry they don't absorb too much oil.
3. Add 1 tbs corn flour,Add 3tbs bread crumbs, Add some salt,
4. Add pizza seasoning

## RECIPE

5. Add 2 fresh chillies finely chopped
6. Now mix the dough and keep it in fridge for some time.
7. In a bowl take 2 tbs pizza sauce , add 1 small onion finely chopped
8. Add some boiled sweet corns, Add ½ capsicum finely chopped
9. Add some salt and some pizza seasoning.
10. It should not be in a very liquid form else it will come out of patty when you shallow fry. Instead of Pizza sauce, we can use tomato ketchup
11. Add few basil leaves. Stuffing is ready.
12. Now next step is to flavor the bread crumps for coating.
13. Take 3 bread slices and crush them in a mixie to make bread crumps.
14. Add some finely chopped garlic and chopped basil leaves. Now its ready to fold the patty.
15. Take out the Potato dough and take out big round and flatten in hand.
16. Fill the pizza stuffing, add some mozzarella cheese.
17. Add some oil in hand and fold the potato patty. Cover it with bread crumps, mix first time.
18. Place the patty in fridge for 15 mts so that it gets firmed and tight. Now its time to shallow fry.
19. Add 2 spoon oil in a pan ( can use butter instead)
20. Now once more roll the patty in the bread crumps and place in the pan and shallow fry both sides till you get golden color.
21. Use little oil on top as well as before turning the patty.
22. After flipping the patty immediately place some cheese on top of the patty and it will automatically melt with heat.

**Pizza patty is now ready to serve and you will see cheese strings in the middle when you open the patty and it tastes exactly like Pizza.**

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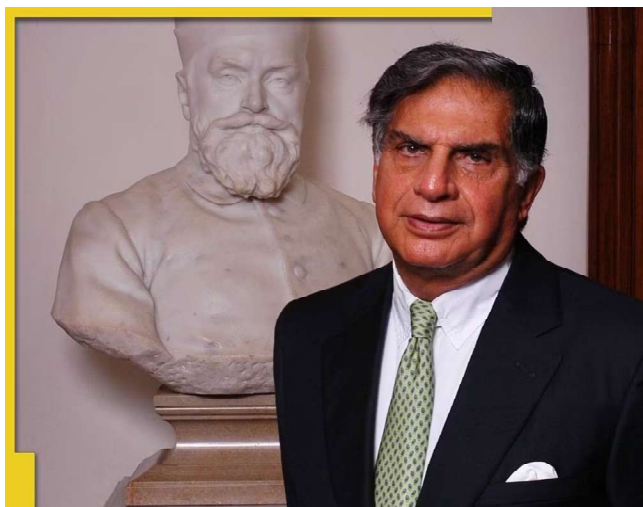


**Next Batch  
FEB 2025**



Did U Know.....  
About

## Ratan Naval Tata (1937 - 2024)



**Ratan Naval Tata** is the great-grandson of Tata Group's Founder Jamsetji Tata. He was born on 28 December 1937 in Mumbai to Naval Tata and Sooni Tata.

He was raised by his grandmother, Navajbai Tata after his parents separated in 1948.

Starting his career in 1961, Ratan Tata started from the ground up, managing operations on the shop floor of Tata Steel. This experience laid the foundation for his future leadership role within the group.

He became chairman of the autos to steel conglomerate in 1991 and ran the group founded by his great-grandfather more than a hundred years ago until 2012.

He got Tata Tea to acquire Tetley, Tata Motors to acquire Jaguar Land Rover, and Tata Steel to acquire Corus in 2004.

In 2009, Ratan fulfilled his promise to make the world's cheapest car accessible to the middle class. The Tata Nano, priced at 1 lakh Rupees, became a symbol of innovation and affordability.

After stepping down, he was conferred with the title of Chairman Emeritus of Tata Sons, Tata Industries, Tata Motors, Tata Steel and Tata Chemicals.

**Ratan Naval Tata**, the Late Chairman Emeritus of Tata Sons, left a remarkable legacy of successful investments and pioneering leadership, achieving vast returns from companies like Lenskart and Upstox and shaping India's startup ecosystem.

Known for his acquisitions, philanthropy, and resilience, he expanded Tata Group globally, managed crises, and contributed to India's economic growth.

**Dr. Tushar Guha Sir** had the privilege to interact with the doyen of Tata Group **Shri JRD Tata**. His interaction has been captured in the 'Reality Living' book written by **Dr. Tushar Guha** and the foreword is written by **Smt. Rajashri Birla**.

**Reality Living - Going Beyond Self, Igniting the fire within** is published by **Shroff Publishers & Distributions Pvt. Ltd.**

Our tribute to the legend who inspired millions. **Nrityanjali** is honoured to associate with the Tata Group of Companies and has also been part of celebrating 100 years of Tata Power in 2018.



# LAUGH IT UP

**When you have nothing better to do, just try answers for these!**

1. If poison expires, is it more poisonous or is it no longer poisonous?
2. Which letter is silent in the word "Scent," the S or the C?
3. Do twins ever realize that one of them is unplanned?
4. Why is the letter W, in English, called double U? Shouldn't it be called double V?
5. Maybe oxygen is slowly killing you and it just takes 75-100 years to fully work.
6. Every time you clean something, you just make something else dirty.
7. The word "swims" upside-down is still "swims"
8. 100 years ago everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.
9. If you replace "W" with "T" in "What, Where and When", you get the answer to each of them.

## ***Vagaries of English Language! Enjoy!!!***

1. Wonder why the word funeral starts with FUN?
2. Why isn't a Fireman called a Water-man?  
- How come Lipstick doesn't do what it says?
3. If money doesn't grow on trees, how come Banks have Branches?
4. If a Vegetarian eats vegetables, what does a Humanitarian eat?
5. How do you get off a non-stop Flight?
6. Why are goods sent by ship called CARGO and those sent by truck SHIPMENT?
7. Why do we put cups in the dishwasher and the dishes in the Cupboard?
8. Why do doctors 'practice' medicine? Are they having practice at the cost of the patients?
9. Why is it called 'Rush Hour' when traffic moves at its slowest then?
10. How come Noses run and Feet smell?
11. Why do they call it a TV 'set' when there is only one?
12. What are you vacating when you go on a vacation?



## **Some great confusions still unresolved**

1. At a movie theatre, which arm rest is yours?
2. If people evolve from monkeys, why are monkeys still around?
3. Why is there a 'D' in fridge, but not in refrigerator?
4. Who knew what time it was when the first clock was made?

**We can never find the answers, can we? So just enjoy the pun and fun of the English language!! Just time Pass**

**October**

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

**November**

3rd	Priya Dasgupta
3rd	Chitra Thaker
9th	Gauri Keny
12th	Sagar Damle
15th	Samriddhi Ratish
18th	Sagarika Basu
24th	Dhiya Patel
28th	Nivedita Chatterjee
29th	Arnika Sakpal

**December**

6th	Reshma Rao
10th	Swananda Bharadkar
14th	Vanita Mansukhani
14th	Brinda Shankar
15th	Yogeeta Khanna
17th	Manjula Parshram
19th	Ashit Thakkar
20th	Shilpa Jadhav
23rd	Mini Pillai
24th	Pradnya Malvi

**January**

24th	Samarth Kumbhar
26th	Bhavna Gandhi

•

**You Can Contribute**

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



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