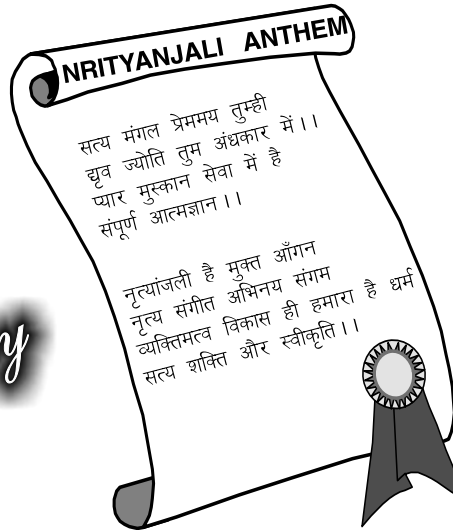


*Parichay
Mein
Parichay*



Volume 24 Number 4
Date of Publication:
09th January 2016
Registration No.
54810192

Editor:

Maitri Khedekar

Editorial Board:

Kalpana Gopinath
Charushila Samjiskar
Hetal Desai

Editorial Address :

13/2, Shopping Centre,
Mini Land, Gate No. 2,
Opp. Little Apts.,
Nriyjanjali Marg,
Bhandup (W), Mumbai - 78
Tel. : 91 - 22 - 2596 7388 /
2595 3606
Email : nriyjanjali@vsnl.com
Web : nriyjanjali.in

Published by :

**Dr. Tushar Guha
on behalf of
Nriyjanjali
Information Service
(NIS)**

Printed at :

Bidyut Art Printers
(India) Pvt. Ltd.
Miniland
Bhandup (W)
Mumbai 400 078.

Dear Readers,

Wishing all the sincere and dedicated readers a HAPPY NEW YEAR! The year 2016 has arrived with lots of hopes, aspirations and expectations to be fulfilled.

Nriyjanjali Fest Inter-School Competitions 2015 has ended with great success. This year too there was an overwhelming participation and response from schools all over Mumbai. Our heartfelt wishes not only to all the winners but also each and every participant of this mega event.

This year too awaits a lot of new projects and milestones to be to be achieved which will further widen our horizons.

Once again wishing all the readers a healthy, happy and a happening New Year!!

Maitri Khedekar

Parichay Mein Parichay

Life Membership (10 Yrs.)

Jan'07 Vol.16 No. 2	Andan Harsha / Trivedi Urmila
Oct'07 Vol.16 No. 4	Saksena Shalini / Samjiskar Charushila
Jan'08 Vol.17 No.1	Srinivasan Kalyani / Guhathakurta Sanjukta
April'08 Vol.17 No.2	Raichura Dilip / Singh Harish
Jan'09 Vol.18 No.1	Sethwala Yasmeen / Thakkar Jasmin
April'09 Vol.18 No.2	Kunte Swati / Mishra Namita
July'12 Vol. 21 No.3	Patil Tanuja
Oct'12 Vol.21 No.4	Khedekar Maitri, Desai Hetal
Jan'13 Vol.22 No.1	Gangurde Sagar, Minkudale Chandrakant, Tiwari Manish
April'13 Vol.22 No.2	Guha Anonna, Mahajan Miran
July'13 Vol.22 No.3	Govear Vrushali
Jan'14 Vol.23 No.1	Dalvi Girish -Sangita, Desai Kumud
July'14 Vol.23 No.3	Basu Sagarika
Oct.'14 Vol .13 No.4	Guha Tushar, Radha Rana Dharmesh
Jan'15 Vol.24 No.1	Pukale Naresh, Manju
April'15 Vol.24 No2	Sethuraman Revathi

One year Membership (Rs. 200/-)

Oct'15 Vol.24 No.4	Chandrasekaran Geeta
---------------------------	-----------------------------

One Year PMP Subscription	–	Rs. 200/- (4 issues)
Life Subscription (10 Years)	–	Rs. 1000/- (40 issues)
To Subscribe, Please Write to us at	–	nrityanjali@vsnl.com

Members are requested to please check and renew their Life membership

***Includes :
Editorial Letter,
Governing Body,
PMP Membership List***

1

14

what the participants had to say 15

16

vermeeflekeA j i e ë keleSece j i eebee H³eeDeer
vermeeflekeA j i e le³eej keA j C³ee®eerkeA eer 17

3

5

19

13

Happy Birthday 24

Permanent & Managing Trustee	:	Dr. Tushar Guha
Trustees	:	Mrs. Radha Guha, Dr. Anonna Guha, Mr. Naresh Pukale, Mr. Girish Dalvi
Permanent Invitee	:	Mrs. Charushila Samjiskar, Dr. Anuradha Chatterjee
Permanent Executive Secretary	:	Mrs. Manju Pukale
Chairperson Nomination Board	:	Mrs. Charushila Samjiskar

Managing Director	:	Dr. Tushar Guha
Jt. Managing Director	:	Dr. Anonna Guha
Director - Operations	:	Mr. Girish Dalvi
Director - Finance	:	Mr. Suresh Subramanian
Director - Corporate Affairs	:	Mr. Aditya Save
Director - Socio-Cultural Affairs	:	Mrs. Rekha Vijayakar
Director - Kolkata Office	:	Dr. Anuradha Chatterjee

All activities and communications - oral, verbal, written are to be dealt only by officials, as designated. Individual initiatives are to be routed through the Central Office only.

GIVE TO GET

Written by **Dr. Kalpana Gopinath**. She is the Executive Editor and one of the senior faculty with Nrityanjali. She is also a very active social worker.

Every year all business establishments big and small take stock of their activities, their resources materials, products, sales, marketing, the staff performances and checks and balances and arrive at an action plan to do better the following year. New targets are set, new strategies employed and every employee is suitably appraised of their individual roles. If we are not in the top echelons whose opinion matter in these issues ;we simply follow orders and hope to impress our superiors with our enhanced performance and get noticed and rewarded for the same. We work for the incentives and give our best to get the same.

Interestingly in our personal lives though we do not apply this principle. Probably because we automatically perceive that it is the duty of the Universe to give us all that we desire irrespective of the question whether we deserve the same! It is this expectation of wish fulfilment that is the bane of our happiness. I often think if each one of us thought of ourselves as the CEO of our lives, how would we deal with the process of living? Nothing can then come free. Success will then become directly proportional to the efforts put in, profit would depend on the sales and the rate at which we sell, the wise investments we make and how well we maintain our machinery and tools! Effectively it means how well we maintain our relations with fellow human beings, how understanding and compassionate we are to those who are in need of those emotions. Charity begins from home therefore it is the family that first needs to



be understood and cherished. Every person has an important role to play and it is imperative that we work and think like a team encouraging and initiating the initiative of every member. It is also important to realise one size never fits everyone therefore interactions have to be according to the nature and capacity of the receiver, the entire exercise seems like a Herculean task but it is, in reality, very simple. All one has to do is think with our hearts and act as per the mind's guidance!

Life is simply a mirror that reflects everything in front of it. If I project myself as a pathetic failure that is how the world views me. We all ,as a rule are extremely alert and aware of the negative nature in others. We can quickly sense their wrong doings and pass judgement on their rude/wrong behaviour. But without batting an eyelid we turn around and do exactly the same thing that we so criticized a minute ago to someone else and somehow that seems absolutely and morally correct! It is always because we were at the receiving end of bad manners hence we had to reply in the same note.

Don't we get what we give? Don't we attract the forces of Universe as per our own interpretations of life events? If we foresee tragedy in everything that is what we will have. Recently a friend of mine was taken by surprise at my response to her sympathetic enquiry about my health. In all fairness her concern was genuine. I simply smiled and said I'm happy to have all those ailments as it confirms and affirms that I am ALIVE! Just that my machinery needs a little more maintenance than the rest! Facing a near death situation probably has overhauled my belief system to a far superior one. Everyone need not however go through such pains to emerge a better human being. One can always take lessons from those who have travelled the path.

Belief in the human goodness however cliché it may sound in the modern times of 'do anything to be successful' philosophy, is always a sure winner to be happy. We get happiness when we learn to give first. Even the pleasure and pride of being called parents comes only after we give birth to a child!

Giving is not merely donating materials or money to our favourite charity, yes that is important too, but making someone feel wanted, feel loved and feel secure are true gifts that would bring contentment and peace to our hearts. A loving word to an old person, an encouraging tap on the shoulders of a young adult, an understanding hand shake to a friend who is down, a slice of our precious time to hear out someone who is troubled, there is so much to give to this world! And if we shake out of the "take everything you can before others come calling" syndrome we will be amazed to find how much we can get from the Universe. It is

all there for everyone but we must start with giving to get the cycle of receiving rolling! As you sow so shall you reap! It is important to realise that in the world of LIFE corporate one does not receive from the source we invest in. It is a chain, a cycle that has no end, but everyone who has given receives his dues in the right proportion. A simple fundamental key of Living, when understood fully can unlock the doors to many happy opportunities!

The earth has completed one more revolution and we are in a new calendar year! The number on the years may change and ascend and we all may grow older, but the thoughts of good wishes and cheer for everyone is timeless and ageless. The year that went by like all the previous years had its highs and lows. Many life turning events took place Globally, both positive and detrimental. Life however goes on. We would do well, if each one of us took stock of our personal issues and checked our Blessings and Burdens! The math will always work in favour of Blessings and if we are honest with ourselves we will realise with a sigh of relief that our Blessings are more than we can count and most of our troubles were either temporary or something we could have solved with a little patience and good counsel!

Kudos to the people at NRITYANJALI who once again spread happiness and cheer across sections of the society through their various endeavours!

Here is wishing everyone a New Beginning and may the Universe Bless everyone with Abundance!

THE ACCOLADES

Response from Participants for the Two Days Team Dynamics Training Programme for HPCL officers on 18th & 19th November 2016 by Dr. Tushar Guha.

Team Dynamics was a wonderful programme. The faculty is very knowledgeable and experienced

Regards

Sravani M

Officer QC- HPCL (Cochin)

I sincerely thank you for providing me an opportunity for self awareness, self evaluation for an effective team during the training.

Thank you and Regards

Yogesh Gupta

Dy. Manager, Operations- HPCL

Thank for the wonderful training experience. Looking forward to meet again

Regards :)

Vinay Kumar Singh

Sales Officer - Retail- HPCL

It has been a wonderful experience for all of us and we render our sincere thanks to the faculty members - Dr. Guha, Mrs. Hetal Desai & Mrs. Charushila Samjiskar for this brilliant programmes.

With Sincere Regards

A Dasgupta

HPCL-Jabbalpure

It was an excellent experience with lot of knowledge and various activities.

Also thanks to all the participants for their excellent participation

Regards

Capt. Jitendra Singh

HPCL

THE ACCOLADES

Dear Mr. Girish Dalvi,

Thank you for responding to each participant. Indeed '**Positive Resourcing and Life Style Management**' was a great training programme and '**Parenting**' under this subject was an excellent insight. The programme has given a lot of positive inputs to me in personal and professional life.

Faculty Dr. Tushar Guha is a great person having multi dimensional knowledge.

Best regards

Shettigar Kishor Subhash
Manager – HPCL

Dear Dr. Anonna Guha,

I had attended one of your sessions (**PRIDE**) as an employee of Glenmark Pharmaceutical Ltd. last year.

I have been using the techniques taught by you and it has helped me to build my profile. However I am not able to recollect the name of the facial exercises you mentioned which helps to control ones expressions effectively.

It will really help me if you can guide.

Apologies for the trouble

With regards

Neha Tikhele
Glenmark Pharmaceutical Ltd.

Dear Mr. Girish Dalvi,

Thanks a ton for the support extended.

The session on '**Stress Management**' conducted by Mrs. Geeta Chandrasekaran was very good and also very interactive.

Thanks & Regards,

Dr. Swathilyer
Senior Executive
Aon Global Insurance Brokers Pvt. Ltd.
Employee Benefits

Dear Dr. Anonna Guha,

It was a privilege to attend your program, **Public Speaking**. The format was a good combination of formal & informal way of learning. The content was also brilliant.

I'm looking forward to have a more purposeful relationship with Nrityanjali in future.

Together we can create value in society & spread happiness around.

Thanks & regards,

Mandvi Gupta
Manager- EMRP, BHEL, Mumbai

Dear Dr. Tushar Guha,

Nrityanjali's Cultural Programme at Thane on **Folk Dances of India & Chaitanya Mahaprabhu** was divine. We enjoyed the Programme very much.

Regards

Ms. Madhu Mukherjee
Audience

FOOT PRINTS...

Nrityanjali News

PROGRAMME & DATE	COMPANY	FACULTY
OCTOBER 2015		
1. Two days programme on Creativity & Problem Solving for executives on 15th and 16th October 2015.	Sandoz Ltd., Kalwa	Dr. Anonna Guha and Ms. Falak Trivedi
2. Two days programme on Positive Resourcing & Lifestyle Management for executives on 27th and 28th October 2015	Hindustan Petroleum Corporation Ltd., Nigdi.	Dr. Tushar Guha, Mrs. Harsha Andan and Mrs. Geeta Chandrasekaran
NOVEMBER 2015		
3. Two days programme on Team Dynamics for executives on 18th & 19th November 2015	Hindustan Petroleum Corporation Ltd., Nigdi.	Dr. Tushar Guha, Mrs. Charushila Samjiskar & Mrs. Geeta Chadrasekaran
DECEMBER 2015		
4. Three days programme on Train the Trainers for executives from 15th to 17th December 2015	USV Ltd., Baddi	Dr. Tushar Guha and Mrs. Geeta Chandrasekaran
5. Two days programme on Leadership for Senior most executives on 18th and 19th December 2015.	Viraj Profiles Ltd., Tarapur & Mumbai	Dr. Tushar Guha, Dr. Anonna Guha and Ms. Falak Trivedi
6. Two days programme on Positive Resourcing & Lifestyle Management for executives on 21st & 22nd December 2015	Hindustan Petroleum Corporation Ltd., Nigdi.	Dr. Tushar Guha, Dr. Anonna Guha and Mrs. Charushila Samjiskar

FOOT PRINTS ...

Nrityanjali News

Nrityanjali Education Services

Life Skill programmes for students are being conducted regularly ...

- * **PragnyaBodhini School, Goregaon** - Courtesy Nrityanjali
- * **Scholar High School, Colaba** - Courtesy Nrityanjali
- * **Mumbra Public School, Mumbra** - Courtesy Hindustan Times
- * **SMG High School, Diva** - Courtesy Hindustan Times
- * **Little Angel School, Sion** - Courtesy Nrityanjali
- * **Ryewood International School, Lonavala** - Courtesy Nrityanjali
- * **St. Xaviers School, Dhobi Talao** - Courtesy Hindustan Times
- * **VivekVidyalaya, Goregaon** - Courtesy Nrityanjali
- * **Holy Paradise School, Dahisar** - Courtesy Hindustan Times
- * **Christ Church School, Byculla** - Courtesy Hindustan Times
- * **Adarsh High School, Chembur** - Courtesy Hindustan Times
- * **MKES High School, Malad** - Courtesy Hindustan Times
- * **Om Children's Academy, Nallasopara** - Courtesy Hindustan Times
- * **Gundecha Academy, Kandivali** - Courtesy Nrityanjali
- * **Rizvi Springfield School, Bandra** - Courtesy Nrityanjali
- * **VidyaVikas School, Andheri** - Courtesy Nrityanjali
- * **Lakshadham High School,-** Courtesy Hindustan Times
- * **AnandVishwaGurukul, Thane** - Courtesy NiE
- * **Arya Gurukul, Airoli-** Courtesy Hindustan Times



On 22nd December 2015 the **Welfare Division of L&T Ltd.** organised workshop on **Women Empowerment**
Dr. Shweta Mane conducted the sessions

Personality Development Course as prescribed by the Maharashtra SSC Board, was conducted for the students of Std IX of **SM Shetty School, Powai** by Nrityanjali Faculty members
The course ended in November 2015

FOOT PRINTS...

Nrityanjali News



**Mrs. Geeta Chandrasekaran at
Teachers Workshop at Ambajogai, Latur**

Teachers Workshop

- ★ On 6th & 7th November 2015, Mrs. Geeta Chandrasekaran and Mrs. Priyanka Joshi conducted workshops for **Teachers of Synergy National School, Ambajogai, Latur.**
- ★ On 28th November 2015, Mrs. Sagarika Basu conducted workshops for **Teachers of DAV Public School, Airoli on Etiquette & Grooming – Professionalism – Courtesy Hindustan Times**
- ★ On 5th December 2015, Mrs. Revathi Sethuraman conducted workshop for **Teachers of DAV Public School, Panvel on Etiquette & Grooming - Courtesy Hindustan Times**
- ★ On 14th December 2015, Mrs. Hetal Desai conducted workshop for **Teachers of Sadhana Vidyalaya on Etiquette & Grooming - Courtesy NiE**

Workshops for Parents

- ★ On 6th November 2015 at **Vivek Vidyalaya, Goregaon** for parents of Std.X students - by Dr. Tushar Guha



Nrityanjali Human Resource Development

- ★ Nrityanjali **Special Personality Development Course - Level III (SPDC - III)** 8 Days - 20 Hours, was held from 31st October to 22nd November 2015
- ★ On 21st February 2016, the next Batch of 32 Sessions Nrityanjali **Special Personality Development Course - Level I (SPDC - I)** will commence and end on 27th March 2016

FOOT PRINTS...

Nrityanjali News

Nrityanjali Social Services

**The 29th Nrityanjali Fest 2015 which commenced from
September 2015 concluded as follows :**

Central Zone -

5th December 2015 at SVDD School, Ghatkopar & Kidland School, Dombivali
13th December 2015 at Parag Vidyalaya, Bhandup

Western Zone -

12th December 2015 at Guru Harkishan School, Santacruz &
Vivek Vidyalaya, Goregaon
On 20th December 2015 at Vivek Vidyalaya, Goregaon

Navi Mumbai Zone -

6th December 2015 at St. Lawrence School, Vashi

South Mumbai Zone -

19th December 2015 at Anchor & Kenia School, Chinchpokli

2,76,003 students participated in Central Zone from 212 schools
1,50,516 students participated in Western Zone from 187 schools
1,22,238 students participated in Navi Mumbai Zone from 36 schools
1,10,513 students participated in South Mumbai Zone from 37 schools

Total participants were 6,59,270



FOOT PRINTS...

Nrityanjali News

On 15th October 2015 Dr. Tushar Guha visited **Nasherman Urdu Secondary School and Mandar Vidyamandir Secondary School Bhandup** to interact with the students to celebrate the **No Bag Day** on the occasion of the Birthday of Dr. APJ Abdul Kalam

Tata Power Ltd is celebrating its 100th year. The Eastern Zone held its cultural programme on 31st October 2015 at **Maithon Power Ltd, Jharkhand**. Nrityanjali choreographed the show and train the executives to perform on the occasion. Nrityanjali Team was led by Mr. Girish Dalvi, with Mrs. Sangita Sawant, Mrs. Maitri Khedekar and Mr. Balkrishna Sawant

National Thermal Power Corporation Ltd (NTPC)

held its annual extravaganza on 14th November 2015 in New Delhi with the theme of **Swachha Bharat**.

Nrityanjali composed and created an unique 10 minutes musical performance on Swachha Bharat and trained the children of **NTPC Western Zone executives**

Nrityanjali Team was led by Dr. Anonna Guha, Mrs. Charushila Samjiskar, Mr. Balkrishna Sawant, Ms. Aishwariya Salian and Ms. Ashwati Rajiv



Mr. Balkrishna Sawant with Participants

FOOT PRINTS...

Nrityanjali News

Nrityanjali CSR Projects

Nrityanjali continues its CSR Projects as follows :

With the support of NOV India Pvt. Ltd.

Jan Seva Sangh Vidyalaya, Vihigar, Panvel

6 Toilets (3 for girls, 3 for boys)

Personality Development & Value Education 48 periods

Mahadev Damodar Keni School, Bhandup (E)

Provided Uniforms to 71 Girls and 66 Boys,

15 Nos Benches &

Personality Development & Value Education 48 periods

Janta Vidyalaya, Vikhroli (E)

Provided Uniforms to 50 Girls and 31 Boys &

Personality Development & Value Education 48 periods

Nere High School, Panvel

Personality Development & Value Education 48 periods

With the support of Bharat Heavy Electricals Ltd.

Janta Vidyalaya, Vikhroli (E)

2 Nos Toilets (1 for girls, 1 for boys) &

6 Nos Urinals (3 for girls, 3 for boys)



FOOT PRINTS...

*Nrityanjali News***Nrityanjali Programme Division**

Nrityanjali was invited to perform Creative Dance, Kathak & Kuchipudi Dance, Folk Dances of India and Bollywood Dance - Hum Ek Hain on Bam Than Chali on 26th November 2015. for the **Women's Welfare Association of Reliance Industries Ltd., Nagothane.**

Mrs. Sreekala Velambath and Mrs. Priyanka Joshi were invited as judges for the **Inter School Elocution Competition organised by the Education Department on 4th December 2015 at Pioneer Gala School, Matunga.**

Students of Nrityanjali Kathak and Bharat Natyam Classes will perform at **NCPA Auditorium, Mumbai on 19th May 2016**



Folk Dances of India (Nandi, Kaikottikali, Dhunuchi, Bihu, Bhangda) Bollywood Dance - Hum Ek Hain on Ban Than Chali and Dance Drama Chaitanya Mahaprabhu was staged on Sunday 23rd October 2015. for **Durga Puja Celebration of New Bengal Club, Thane**



Dr. Anonna Guha and Mrs. Nivedita Damle were invited as judges for the Elimination Round of Dance Competition of **Mood Indigo 2015, IIT, Bombay** on 18th December 2015. Dr. Tushar Guha was invited as judge for the Final Round of Dance Competition of Mood Indigo 2015, IIT, Bombay on 20th December 2015

- * Dr. Anonna Guha takes charge as **Dance Curator of Kala Ghoda Arts Festival 2016** to be held from 6th to 14th February 2016 - Congratulations
- * Nrityanjali Team of 30 Members will co-ordinate for the effective functioning of Kala Ghoda Arts Festival Ms. Falak Trivedi is the Assistant Dance Curator Nrityanjali Artistes will perform on the Inaugural Programme on 6th February 2016.
- * Mrs. Sangita Sawant was invited as a Chief Guest for **Sports Day Event on 29th December 2015 at Mahadeo Damodar Keni Vidyalaya, Bhandup.**

SPECIAL PERSONALITY DEVELOPMENT COURSE

(Certificate Course) Level I

*For Youth, Students, Professionals,
Texts, Parents, Senior Citizens,
Homemakers*

*The course material provided is the
approved reference book by
Government of Maharashtra on
Personality Development - Perception
of Personality - 1996*

Course Content:

Group Discussions Communication
Skills and Voice Culture Group
Dynamics and Human Relations
Facing Interviews Public Speaking
Presentation Skills Counselling and
Study of Emotions Psychology and
more...

Trained over 4,50,000 Individuals

Faculty : Dr. Tushar Guha

First doctorate in Personality
Development, USA

Commences on
21st February 2016

Registration after an Interview
Tel:- 9987002658, 25967388
Email: nrityanjali@vsnl.com
Web: www.nrityanjali.in

We groom thoughts



LOOK OUT FOR

Nrityanjali Residential Summer Camp

Date : 2nd May to 6th May 2016

Venue : Dew Drops Resort, Igatpuri

Cross Culture Relations : Rajasthan &
Russia

Learnings : Confidence Building,
Concentration, Leadership, Self Reliance,
Compassion, Assertiveness, Dynamism,
Creativity, Patience, Innovation, Fun &
Frolic, Humour, Wit learnings through lots of
activities.

For more details please contact:
02225967388/ 9987002658



The Indian Management Concepts - the Traditions, Beliefs, Ritual Practices



**CMD & Founder
Nrityanjali**

Prof. Dr. Tushar Guha is a practicing psychologist, counsellor, educationist, Phd. Guide and Corporate Trainer for the last four decades. He has conducted more than 1800 Corporate Training Programmes including programme for Management Institutes. He is the Personality Development Pioneer in India and an author of several management and motivational books.

Dr. Guha is the Founder of Nrityanjali and has been conducting orientation programmes for parents. He has also been conducting training programmes for principals on Personality Development in his capacity as the expert faculty of HSC Board, Govt. of Maharashtra.

Dr. Guha's articles on various life skills are a regular feature in Maharashtra Times, Hindustan Times, Times Wellness, Shaadi Times, Mid-day, HT Brunch, Times Ascent, Economic Times and other publications.

The excerpt below has been taken from Dr. Tushar Guha's "People Management - training backbone". The book is an extensive research done by Dr. Guha spanning over 40 years, on human relation, their psyche and their living, which was published in September 2014. We are bringing to our readers a series of 'Indian Management Concepts which can be useful for trainers (teachers, facilitators, lectures, professors, faculty members), councillors, adults, parents, professional educational institution and corporates. This issue we bring you, Inanimate Objects.

Inanimate Objects

In India, traditionally Bhoomi Puja (worship of the land) is performed when any enterprising activity is initiated - setting up industries, building residential or educational complex etc. This a ritual practiced to pay obeisance to Mother Nature.

India believes that earth (land), water, wind, fire and the sky are the five natural forces that have a direct connection in regulating our life. India also believes in respecting and acknowledging all forces that contribute to one's growth. A spontaneous humble approach is not only to be felt but

also needs to be expressed. Such expressions of humility crystallise into development of the inner strength.

This acknowledgement of the contribution of the inanimate objects to one's life, also increases the comfort zone of an individual. The comfort zone is a reassurance resulting in confidence building and thereby the effectiveness.

Arriving early to one's destination - workplace or otherwise - automatically provides a comfort zone and increases confidence level and acceptance. Early arrival provides ample time to notice, observe and study the situation, bestows command over the situation and gives an element of *feel good factor*. Noticing situation includes even the inanimate objects. This *feel good factor* reflects through confident interactions and provides a natural lead.

Inanimate objects seemingly do not have much significance but one could derive significant mileage which is invisible but definite, from such objects.

Career Guidance for youngsters

written by **Mrs. Revati Sethuraman**. She is an Alumni of SPDC level I, II and III. She is a Faculty with Nriyjanjali for Life Skills and holds a diploma in Business Management. She loves to be with nature.

Today's world is full of opportunities for each one of them. It is just that one has to choose their career options wisely and tap their skills. No doubt that with such varied course offerings there is bound to be confusion galore. We at Nriyjanjali guide the students the right path according to their aptitude, capabilities and capacity to select a course, which shall be fruitful for their future. This series is aimed at exploring different courses for planning the future after Higher Secondary Education.

Course Name	Psychology	Counselling
	Degree	Diploma
Institutes offering the course	All major universities in India University of Mumbai, Kolkatta, Madras, Jamia Millia Islamia (Delhi), Jadavpur (Kolkatta), Delhi, Poona etc.	Private institutes offer counseling diploma courses
Cost of Education	University approved fees	15,000 onwards
Course Duration	3 years graduation+ 2 years Post graduation	1 year full time or distance education programme
Career prospects	Health, Clinical, Social, Neuro, Forensic, Rehabilitation, Developmental, Organisational, Sports, Counselling, Criminal Psychologist	Career, Health, School, Adolescent, Child, Geriatric, Marriage Counsellor, Life Skills Coach
Potential Employers	Government and private organisations Hospitals, health care centres, educational institutes, IT companies, NGO's	Private Organisations, NGO's, Educational Institutes
Potential Remuneration	Approximately 1,50,000 per annum to 10,00,000 per annum for full time employment. Part time employment also possible at various institutions	Approximately 1,00,000 per annum for a fresher. Remuneration increases with experience and vintage in practice

Colleges which offer psychology in Mumbai.

1. SNDT Women's University.
2. St.Andrews colleges of Arts ,Science and Commerce.
3. Kishin chand Chellaram College of Art,Commerce and Science.
4. Ramnarain Ruia College.
5. St.Xavier's College.Autonomous Mumbai.
6. Wilson College.
7. V.G.Vaze college of Arts,Science and Commerce.
8. Bhavan's College.
9. D.G.Ruparel college of Arts, Science and Commerce.

10. Ismail Yusuf College of Arts ,Science and Commerce.

11. Jai Hind College.
12. K.J.Somaiya college of Arts and Commerce.

Five best colleges for Masters in India.

1. Lady Sriram College for Women New Delhi..
2. Christ University Bangalore.
3. Presidency College Chennai (Bsc degree in psychology)
4. Dayananad Anglo Vedic college , Chandigarh.
5. Banaras Hindu University . Varanasi.

Insight....what the participants had to say

Nrityanjali has been giving training in Spoken English to groups of ladies from lower economic backgrounds organised by different groups. This year Western India Automobile Association's (WIAA) taxi driver's training program was conducted in Spoken English and building Self confidence.

These thoughts are from the WIAA group who are aspiring to become taxi drivers ...

Nazia Shaikh shares...

My interest in driving has been there since childhood when i used to accompany my father. I used to observe and watch his driving. My dream to learn driving came through when I joined WIAA for the driving program. Our first day when Hetal Madam started the session, we were expecting driving lessons...but she talked about self-confidence and Spoken English and how it is necessary in the field of driving. Initially all were very puzzled. After the break when the connection was given to us we realised how important this aspect is for an overall development of our personality. Hetal Madam, Priyanka Madam and Sangeeta Madam are all very talented, courageous, good and helpful teachers. They taught me how to develop my personality, mind, communicate, walk, to keep ourself positive, sharp and presentable. I learned many aspects and it has given me lots of inspiration and made me realise that nothing is impossible. I, from the bottom of my heart thank all my Gurus to give me this path at this stage of my life.

Haseena shares...

I would like to thank all my three teachers for their support and their teachings. Driving in this city needs lots of courage and confidence. I am so happy that I got to learn about how to develop our personality, confidence, courage, health and hygiene

and our presentation. After one week got over, I realise how important it is to know these things before we go out on the road. *Aur ek cheese hum ne jana hein ke jab tak hum apne liye koi kadam nahi lete hein, tab take kuch nahi ho sakta...* Thank you so much.

Yashoda Sundar...

Before coming to this class my thoughts was only 'I want to learn driving'. After attending your sessions, my mind tells me to do something in life where it will help others and I want to become something in the world. My confidence was built by you only teachers and with this I am going to become someone in this world. Thank you Hetal Madam, Priyanka Madam and Sangeeta Madam.

Usha Jadhav writes...

I am a student of Motor Training Class at WIAA. Our three teachers are very good. Ms. Hetal Desai is very sweet, loveable, soft spoken and encourages us to talk and help us to discard our shyness. Ms. Priyanka Joshi is very cute, and gave us many tips to improve our English, and Ms. Sangeeta Sawant is free and jolly. We used to laugh a lot in her class. Thus each day went by very fast and with joy. I loved to be a part of this class. I did not want the class to end. There is so much to learn from all my three teachers. But now I am ready to take any step. Thank you.



Sanskrit....

Contributed by **Mrs. Hetal Desai**. She is a Faculty with Nriyjanali Life skills and Management programmes. She loves gardening, cooking and is very good at handicrafts

In India, Sanskrit is among the 14 original languages of the Eighth Schedule to the Constitution. The state of Uttarakhand in India has ruled Sanskrit as its second official language. Sanskrit is the sacred language of various Hindu, Buddhist, and Jain traditions. It is used during worship in Hindu temples throughout the world. In this issue we bring to our readers a small glimpse of the Sanskrit world. This is a beginning of a series of the language which is has started to create a wave to know the language....

We begin with the very basics... numbers and give you a small poetry on "Respectful Habits" with the Sanskrit numbers with its meaning in English...

mek ³ ee	mek ³ eeieeiee
Skelced	- Skelced Skelced Deeie [®] 1 ~
Üs	- ÜsÜsmJeeieeiee
\$eeCe	- \$eeCe \$eeCe GHeddeMe-
®elJeej	- ®elJeej ®elJeej keJMeuehJee?
He [®] _e	- He [®] _e He [®] _e kolë dJedMece?
«eïd	- «eïd«eïdkeHe ³ ee Jee~
medle	- medle medle oijOdehJee-
Deä	- Deä Deä Hagedeuecece~
veJe	- veJe veJe vecemles-
oMe	- oMe oMe jee jee jee~

Number Song

Number 1	- Please come
Number 2	- Welcome
Number 3	- Please sit
Number 4	- Are are fine?
Number 5	- What's special?
Number 6	- please say something?
Number 7	- please drink the milk
Number 8	- We will meet again
Number 9	- Namaste
Number 10	- Part with remembering God - Ram Ram Ram



LOOK OUT FOR
Saraswati Pooja on 12th February 2016
 For details contact Nriyjanali office.

नैसर्गिक रंग : कृत्रिम रंगांना पर्यायी नैसर्गिक रंग तयार करण्याची कृती

रंग वनस्पती व त्यांचे भाग	कृती
हिरवा	कोरडा रंग - या पानांची भुकटी समप्रमाणात कोणत्याही पिठामध्ये मिसळावी. सुंदर हिरवा रंग मेहंदी - पाने तयार होतो. ओला रंग - दोन चमचे मेहंदी एक लिटर पाण्यात टाकून पाणी हिरवे होईपर्यंत ढवळावे.
गुलमोहर - पाने	पानांची भुकटी (सुकवून) करून हिरवा रंग मिळवता येतो.
गव्हाचा कोंब, गवती चहा - पाने	यांच्या पानांची भुकटी करून त्यापासूनही हिरवा रंग मिळतो.
पालक, कोथिंबीर, पुदिना - पाने	यांच्या पानांचा लगदा पाण्यामध्ये टाकून वस्त्रगाळ केल्यास छान ओला हिरवा रंग मिळतो.
पिवळा - हळद	कोरडा रंग - दोन चमचे हळद तेवढ्याच प्रमाणात बेसन पिठात मिसळावी. यात कस्तुरी हळद वापरल्यास त्याला सुगंधही भरपूर येतो. ओला रंग - दोन लिटर पाण्यात एक चमचा हळद टाकून ते मिश्रण ढवळा. हे मिश्रण उकळल्यास प्राप्त होणारा रंग अधिक दाट असेल तो आणखी पाण्यात मिसळून वापरता येईल.
बहाव्याची फुले,	कोरडा रंग - या फुलांच्या पाकळ्या सावलीत सुकवा आणि पिवळा झेंडू (गोंडा) त्यांची भुकटी करा. हे रंग असेच किंवा डाळीच्या शेवंती, बाभळीची पिठात (बेसन पीठ) मिसळून वापरावेत.
पिवळी फुले	ओला रंग - या फुलांच्या पाकळ्या पाण्यात भिजत ठेवाव्यात व एक रात्र तशाच ठेवाव्यात (हे द्रव्य गाळून घ्यावे)
लाल	कोरडा रंग - या खोडाच्या भुकटीपासून चांगला लाल रंग मिळतो. रक्तचंदन त्वचेसाठीही चांगले रक्तचंदन - खोड असते. ओला रंग - एक लिटर पाण्यात दोन चमचे भुकटी टाकावी, पाणी उकळावे तयार झालेला रंग हा विरल करून वापरावा.
जास्वंद - उत्तम	कोरडा रंग - ही फुले सावलीत वाळवावीत, अशा वाळलेल्या फुलांची भुकटी केल्यास फुले (लाल) लाल रंग मिळेल. हा रंग कोणत्याही पिठात मिसळून वापरता येईल. ओला रंग - फुले रात्रभर पाण्यात भिजवून ठेवल्यास पाण्याला लाल रंग येईल. हे पाणी औषधीही आहे.
डाळींब - फळांची साल	ओला रंग - डाळींबाची साल पाण्यात टाकून उकळल्यास लाल किंवा फिकट लाल रंग मिळतो. साल पिवळसर असल्यास पिवळा रंगही मिळतो.
पांगारा-फुले	कोरडा रंग - फुले सावलीत वाळवून त्याची भुकटी केल्यास केशरी रंग मिळेल. या फुलांमध्ये अनेक औषधी गुणधर्म आहेत. ओला रंग - फुले (पाकळ्या) रात्रभर पाण्यात भिजवून, उकळल्यास सुगंधी केशरी रंग प्राप्त होईल.

मॅजेंटा कंद	ओला रंग - एका कंदाच्या चकत्या करा व एक लिटर पाण्यात थोडावेळ भिजत ठेवा. उत्तम बिट-प्रकारचा मॅजेंटा रंग गडद हवा असल्यास पाणी उकळा किंवा रात्रभर कंदाचे तुकडे पाण्यात ठेवा.
गुलाबी कांचन-फुले	ओला रंग - ही फुले रात्रभर पाण्यात भिजत ठेवल्यास गुलाबी रंग मिळेल. फुले पाण्यात टाकून उकळल्यासही गुलाबी रंग मिळेल.
तपकिरी काथ	ओला रंग - काथाची वडी पाण्यात मिसळून ढवळल्यास तपकिरी रंग मिळेल.
चहा, कॉफी	ओला रंग - चहा किंवा कॉफी पाण्यात टाकून उकळावी. थंड झाल्यावर हे रंगीत पाणी वापरता येईल.
करडा-तपकिरी आवळा-फळ	ओला रंग - आवळ्याची सुकवलेली फळे पाण्यात भिजवून हे पाणी लोखंडी भांड्यात उकळावे. हे मिश्रण रात्रभर तसेच ठेवावे व आवश्यकतेनुसार विरल करून वापरावे.
द्राक्ष (काळी) फळे	ओला रंग - या द्राक्षांचा रस काढावा आणि तो आवश्यकता प्रमाणात पाण्यामध्ये विरल करावा. ज्यामुळे त्याचा चिकटपणा कमी होईल.
जांभळा (जांभूळ-फळे)	ओला रंग - फळांचा गर काढून पाण्यात भिजवल्यास पाण्याला जांभळा रंग येईल.
होळी व रंगपंचमीसाठी वापरले जाणारे कृत्रिम रंग व त्याचे दुष्परिणाम	
रंग रसायन	शरीरावर होणारा परिणाम
काळा लेड ऑक्साईड	१) किडनी, उत्सर्जन संस्था बिघडणे. २) मुलांच्या शारीरिक व मानसिक वाढीवर अल्पमात्रेतही विपरीत परिणाम करते.
हिरवा कॉपर सल्फेट	१) डोळ्यांना अॅलर्जी होणे, खाज येणे, सुजणे किंवा तात्पुरते अंधत्व
चंदेरी (सिल्वर) अॅल्युमिनियम ब्रोमाइड	१) कॅन्सर होण्यास कारणीभूत
निळा कॉपर (तांबे)	१) त्वचारोग २) याचा दुष्परिणाम डोळे, त्वचा, श्वसन यंत्रणा, यकृत व किडनी यावर होत असतो.
लाल मर्क्युरी सल्फेट अगदी	१) अतिशय विषारी, घातक त्वचेचा कर्करोग होण्यास कारणीभूत २) यातील पारा हा घटक त्वचेवाटे अथवा श्वसनातून शरीरात प्रवेश करू शकतो व तो मेंदू पर्यंतही जाऊ शकतो. ३) याचा दुष्परिणाम किडनी, लिव्हर आणि चेतासंस्थेवर (Central Nervous System) होतो.
पाण्यात विरघळवून जाणारे रंग जेन्शियन व्होयोलेट	१) त्वचेचा रंग जाणे, त्वचारोग आणि अॅलर्जी. २) हा संहत स्वरूपात (Concentrated Form) अतिशय तयार केले घातक असतो. यामुळे डोळ्यांचे मोठे आजार उद्भवू शकते. दीर्घकालीन दृष्टीदोषही निर्माण होऊ शकतात.
गुलालासाठीचे द्रव्य अॅस्बेस्टॉस सिलिका	१) कर्करोग निर्माण करू शकणारे रसायन
गुलाल लोह, क्रोमियम, कॅडमियम	१) त्वचा प्रकाशास अतिसंवेदनशील होणे २) ताप, दमा, न्युमोनिया, तसेच अॅलर्जीकारक.

Rhymes & Verses

A woman is.....



A woman is.....
 A perfect daughter
 A too good wife
 A loving mother
 And a sincere worker
 Is what a woman is.

A heart filled with love for everyone
 A brain to think of others good
 Helping hand for the needy
 Legs to walk for a mile to find happiness
 Is what a woman is.
 She is independent
 She is adjustable
 She is loving
 She is clever
 And she is a woman.

But anywhere she goes
 She is not respected
 Not she is thanked for anything
 Nor excuses for a small mistake
 But she does not mind
 And still is with everyone when needed
 Making herself strong and firm
 She is a woman.



Love defines me,
 Love refines me,
 Love purifies me,
 Love matures me.
 I am within you,
 You are within me,
 My goal is you,
 My soul is in you.
 You are my creator,
 You are my protector,
 I follow you loyally,
 You trust me royally.
 Your love is angelic,
 It makes me poetic,
 It feels to be dramatic,
 And makes me majestic.
 Let the name be glorious forever,
 You keep on putting your blessed hands
 On me ever and forever.

Written by **Mrs. Tapsi Saha**. She is an MBA – HR.
 Professionally she is an HR Manager. She loves to
 listen to music.

Written by **Ms. Tanvi Kulkarni**, a student of Holy Cross
 Girls' Convent School, Mumbai.

Food Page

contributed by **Mrs. Hetal Desai**. She is a Faculty with Nriyjanjali Life Skills and Management programmes. She loves gardening, cooking and is very good at handicrafts.



Fruity Water Detox Drinks

Many of us struggle to drink enough water every day, as it is not as interesting as drink. Not only does water offer hydration but it can also help flush out all the toxins and waste out of our system. These recipes will transform our water drinking experience. By adding fruit and herbs we can make sipping on water a powerful medicine.

A lot of people find that they reap many benefits from regularly detoxing their bodies. These recipes can be used for that but it's always wise to consult with your physician before a detox.

1. Apple Cinnamon Detox

This refreshing beverage is also called the Zero Calories Detox Water. It's a tasty addition to plain water. The fusion of apple and cinnamon cleanses our system of toxins and can help speed up the process of our body's ability to cut water weight.

Ingredients: Apples, cinnamon sticks or one tsp powdered cinnamon, ice, water

Recipe:

- 1 Slice the apple and place them in a jar.
- 2 Add a cinnamon stick.
- 3 Cover this with ice and then pour in the water
- 4 Let this mixture rest for 15 minutes before sipping.

2. Apple Cider Vinegar Detox

This beverage is a great way to remove toxins from the blood and liver. Apple cider vinegar helps improve digestion. Lemons are immune-boosting, antiviral and antibacterial while the cucumber

serves to help one stay hydrated by helping the body absorb water. Mint is known to help with digestion, headaches, nausea and respiratory issues

Ingredients: 1 lemon, ½ cucumber, 4 sprigs mint, 2 litres water, 4 tablespoons apple cider vinegar

Recipe:

- 1 Slice the lemon and cucumber very thinly.
- 2 Place equal quantities in two litres sized bottles.
- 3 Place mint leaves into the bottles.
- 4 Fill the bottles with water, leaving room for 1 tablespoon of apple cider vinegar.
- 5 Add the apple cider vinegar.
- 6 Refrigerate overnight.

3. Strawberry Detox

A fantastic summer drink with a sweet zest, which can make detoxing more enjoyable. This drink is also anti-inflammatory. We can also add a dash of lemon for a source of bioflavonoids.

Ingredients: 1 cup strawberries, 2 cups watermelon, cubed, 2 sprigs fresh rosemary, salt, Water

Recipe:

- 1 Mash the strawberries and rosemary against the side of a bowl.
- 2 In a jar add the cubed watermelon and muddled strawberry and rosemary.
- 3 Pour water over this and stir.
- 4 Refrigerate for 6 hours.
- 5 Drink throughout the day.

Did U Know???

contributed by **Ms. Falak Trivedi**. She is an Alumni of SPDC Level I, II and III. She has done her MBA in Marketing and Finance, a dual specialization. She is a faculty with Nriyanjali Life Skills and Corporate Trainings. She loves gardening, cooking and reading.

"India is, the cradle of the human race, the birthplace of human speech, the mother of history, the grandmother of legend, and the great grandmother of tradition. Our most valuable and most instructive materials in the history of man are treasured up in India only."

These are not our words. These are the words of the great Mark Twain. And here some Indians facts to support his statement:

A floating post office

India has the largest postal network in the world with over 1, 55,015 post offices. A single post office on an average serves a population of 7,175 people. The floating post office in Dal Lake, Srinagar, was inaugurated in August 2011.

The wettest inhabited place in the world

Mawsynram, a village on the Khasi Hills, Meghalaya, receives the highest recorded average rainfall in the world. Cherrapunji, also a part of Meghalaya, holds the record for the most rainfall in the calendar year of 1861.

Bandra Worli Sea Link has steel wires equal to the earth's circumference

It took a total of 2,57,00,000 man hours for completion and also weighs as much as 50,000 African elephants. A true engineering and architectural marvel.

The highest cricket ground in the world

At an altitude of 2,444 meters, the Chail Cricket Ground in Chail, Himachal Pradesh, is the highest in the world. It was built in 1893 and is a part of the Chail Military School.

Shampooing is an Indian concept

Shampoo was invented in India, not the

commercial liquid ones but the method by use of herbs. The word 'shampoo' itself has been derived from the Sanskrit word champu, which means to massage.

Science day in Switzerland is dedicated to Ex-Indian President, APJ Abdul Kalam

The father of India's missile programme had visited Switzerland back in 2006. Upon his arrival, Switzerland declared May 26th as Science Day.

The first rocket in India was transported on a cycle

The first rocket was so light and small that it was transported on a bicycle to the Thumba Launching Station in Thiruvananthapuram, Kerala.

India is the world's second-largest English speaking country

India is second only to the USA when it comes to speaking English with around 125 million people speaking the language, which is only 10% of our population. This is expected to grow by quite a margin in the coming years.

Snakes and Ladders originated in India

Earlier known as Moksha Patamu, the game was initially invented as a moral lesson about karma to be taught to children. It was later commercialized and has become one of the most popular board games in the world.



LAUGHTER RIOT

Hilarious “Engrish” signs from around the world

Contributed by the members of Nriityanjali Yahoo Group



English is easily the most international language in the world, and one that is often used to explain things to tourists coming in from other countries. But while English is well known, it's not always well written, resulting in some truly, although unintentional, comic signs travellers can enjoy. Here are some all-time favourite broken English signs:

Japan Hotel:

Is forbidden to steal hotel towels please. If you are not person to do such thing is please not to read notis.

Please to bathe inside the tub.

You are invited to take advantage of the chambermaid.

Japan supermarket:

For your convenience, we recommend courageous, efficient self-service.

Japan Tailor shop:

Ladies may have a fit upstairs.

Japan Dry Cleaner's Shop:

Drop your trousers here for best results.

Detour sign in Japan:

Stop: Drive Sideways.

Japan Bar:

Special cocktails for the ladies with nuts.

Japan zoo:

Please do not feed the animals. If you have any suitable food, give it to the guard on duty.

japan shop

Our nylons cost more than common, but you'll find they are best in the long run.

Japan information booklet:

Cooles and Heates: If you want just condition of warm in your room, please control yourself.

Japan brochure booklet:

When passenger of foot heave in sight, tootle the horn. Trumpet him melodiously at first, but if he still obstacles your passage then tootle him with vigour.

East African Newspaper:

A new swimming pool is rapidly taking shape since the contractors have thrown in the bulk of their workers.

A sign posted in Germany's Black Forest :

It is strictly forbidden on our black forest camping site that people of different sex, for instance, men and women, live together in one tent unless they are married with each other for that purpose.

In a Czechoslovakian tourist agency:

Take one of our horse-driven city tours—we guarantee no miscarriages.

Advertisement for donkey rides in Thailand:

Would you like to ride on your own ass?

In a Bucharest hotel lobby:

The lift is being fixed for the next day. During that time we regret that you will be unbearable.

Happy Birthday

January

- 2nd Manju Chawdhary
5th Priyanka Joshi
6th Puloma Pukale
10th Sneha Nair
30th Ashutosh Narvekar



March

- 1st Seema Sabhlok
5th Shobha Nair
12th Radha Guha
18th Sushant Sarode
30th Ashwati Rajiv

February

- 2nd Sangita Dalvi
5th Anil Singh
11th Anurag Khedekar
11th Jyoti Manral
13th Kalpana Gopinath
19th Sushma Singh
20th Rita Das
21st Anita Roy
23rd Charushila Samjiskar
27th Satyasheel Jadhav

April

- 4th Medha Bhave
6th Shreekala Babu
9th Avani Chakrabarty
17th Aditya Save
18th Komal Waingankar
23rd Chhaya Saliyan
26th Falak Trivedi

You can contribute

Articles/ Poems / Pictures

Original or Sourced

Pictures / Sketches (in black and white only)

to the PMP Editorial Board:

e-mail: nrityanjali@vsnl.com