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Parichay mein Parichay



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

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

TELE : 2596 73 88, 97024 57535. E-MAIL : nriityanjali1963@nriityanjali.org.in

Website : www.nriityanjali.in





NRITYANJALI ANTHEM

*Parichay
Mein
Parichay*

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Editor :

Maitri Khedekar

Editorial Board :
Hemakshi Jethmalani
Poonam Verma
Satyen Tawde

Editorial Address :
NIS,
B / 802
Lodha Imperia
Tank Road,
Bhandup (W)
Mumbai - 400 078
INDIA
Tel : 25967388
25953606

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Dear Readers,

Happy Vacation time !

Yes, after 2 long years, things are getting back to normalcy (the old normal). Though we had slowly and steadily got accustomed to the new normal, God had different plans for us and situations seem to be getting back to our earlier form of living but with a few alterations, especially the influx and the influence of the digital world. Digital communication has become the new normal, online shopping, platforms to express and present ourselves and our talents. Why blame the youth when today we all cannot detach ourselves from technology. This clearly indicates that change is and will always be the constant. We need to constantly update ourselves and move forward. Though the pandemic was devastating, it taught us lots of new things and will help us walk confidently towards our future.

Nrityanjali too has transformed during this pandameic for the better. We have resumed our offline programmes and classes, yet we will continue with our online classes for those who are far away from us and wish to be with and learn from Nrityanjali. We are happy to connect to many more through the digital world and are also happy to share the joy of celebrating our 60 years of existence. **Yes, 2022 is the Diamond Jubilee year of Nrityanjali. It begins from 19th July 2022 and will continue till July 2023.** Thank you - all our readers, members, and all who have in some way or the other been a part of our 60 years journey and helped us reach this milestone.

Crisis in Sri Lanka, the war between Ukraine and Russia, and Climate Change are a warning to mankind and we need to realise and act accordingly through our conduct and contribution. Yet you will have to participate and join us in celebrating our Diamond Jubilee year. The list of celebration is huge, better book your time soon...

Maitri Khedekar

Parichay Mein Parichay Life Membership (10 Yrs.)

Oct'12 Vol.21 No.4	Khedekar Anurag, Maitri / Desai Hetal, Paresh, Priyadarshi
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	Vrushali Govear
Jan'14 Vol.23 No.1	Dalvi Girish -Sangita / Kumud Desai
July'14 Vol.23 No.3	Basu Sagarika
Oct.'14 Vol .13 No.4	Guha Tushar, Radha / Dharmesh Rana
Jan'15 Vol.24 No.1	Pukale Naresh, Manju, Puloma, Khushvi
April'15 Vol.24 No2	Revathi Sethuraman
Oct'15 Vol.24 No.4	Trivedi Falak
April'16 Vol.25 No,2	Chowdhary Nitasha, Manju
Oct'16 Vol.25 No.4	Geeta Chandrasekaran
Jan'17 Vol.26 No.1	Chirath Harinakshi
April'18 Vol.27 No.2	Yewale Sunanda
July'18 Vol.27 No.3	Jattani Hemakshi
Oct'18 Vol.27 No.4	Singh Bindu
Jan'19 Vol.28 No.1	Sonkusale Neelima / Damle Nivedita
April'19 Vol.28 No.2	Nathwani Bhavika
Jan'20 Vol.29 No.1	Damle Manasi / Sawant Balkrishna / Samjiskar Charushila / Mane Shweta
July'20 Vol.29 No.3	Pingle Samir

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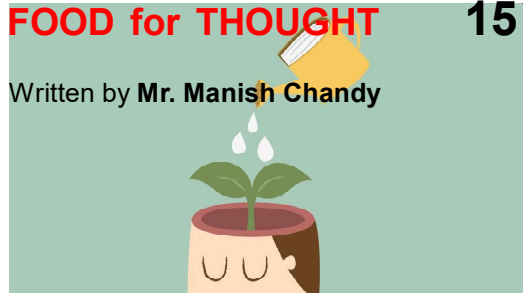
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ACCOLADES

Respected Dr. Tushar Guha Sir,

We would like to thank you for the online session of 18th January 2022 on "Handling Children"

Sir, only on one call, you agreed to conduct this session and also did not charge anything - for us it is a great thing.

Answers to the Questions by our Caretakers and your suggestions are very useful for handling our children - some are less than 1 year old, some are differently abled .

Sir, we will be very happy if you pay us a personal visit

Ms. Vijayalaxmi Ambala

Bal Anand, Chembur, Mumbai

World Children Welfare Trust India

•

Dear Anonna Madam,

Thank you for being a part of our Jury Panel for StageCraft category in iPassion Annual Fest.

Thank you for the Time and Effort invested by you in evaluationg 80+ entries which comprised of Dance, Drama, Singing, Stand Up and Musical Instruments.

We would like to take this opportunity to extend our gratitude to you. Regards,

Ms. Bhavana Menon

Manager Learning & Development -BPCL

Bharat Petroleum Corporation Ltd

•

Dear Dr. Anonna Guha,

The two hours online session on "Student Teacher Relationship " on 7th January 2022 and "Practical Dimension to Transactional Analysis" on 6th April 2022, by Dr. Tushar Guha were very informative and energetic as always. The programmes were a great learning for our Faculty Members.

Mr. Deepak Chawla

Director HR – Training (NMIMS)

Respected Dr. Tushar Guha Ji,

I wish to communicate my utmost regard, respect and admiration as well as gratitude towards you for blessing us with your presence at the inaugural of Aadigyan on Feb 26th 2022.

Your prudent words still ring in our ears. We believe that many of those who were with us that day has taken home the message that you delivered. You took the festivity of the event to a greater level by your zealous speech to the students. Everyone on and off the stage appreciated your kind thoughts and motivation, which you inculcated into the young students. Your presence was inspirational for us.

SRM University AP humbly extends gratitude to Dr Tushar Guha's Nriyjanali for partnering with us on this initiative, also would like to thank the Nriyjanali team for making it possible. Best Regards,

Dr. Naga Swetha Pasupuleti

Associate Director - International Relations & Higher Studies

Associate Professor - School of Civil Engineering
assocdirector.ir@srmap.edu.in

SRM University - AP, Andhra Pradesh

•

Dear Anonna Madam,

Online Prize Distribution programme of Nriyjanali Fest 2021 was organised very well. Thank you for giving so much space to State Bank of India. Warm .Regards,

Mr. Govind Narayan Goyal

Dy, General Manager, **Sate Bank of India**

•

Dear Nriyjanali Team,

Thank you for sending the soft copy of the certificate. It means a lot to me. Because it's my daughter Meghna's life first certificate. Regards,

Mrs. Naira Shah (Parent)

New Horizon Scholar School,
Vasant Lawns, Thane

FOOT PRINTS...

Nrityanjali News upto 10th April 2022

Nrityanjali Management Services conducted the following management training programmes

- **Online** programme on **Teacher Student Relationship** of 2 hours duration was conducted for the Teaching Staff of **NMIMS** on 7th January 2022. Dr. Tushar Guha conducted.
- Dr. Tushar Guha conducted **Online** programme on **Individual Leadership** spread over 5 days of 45 minutes duration each, for individual executives based in Oman from 21st to 29th January 2022
- Dr. Tushar Guha conducted **Online** programme on **Practical Dimension to Transactional Analysis** of 2 hours duration for the Teaching Staff of all the Centres of **NMIMS** on 6th April 2022.

Human Resource Development

- **World Children Welfare Trust India - Bal Anand, Chembur - Centre for destitute and differently abled children** organised two separate online sessions to motivate and guide their Care Takers. The sessions were conducted on 18th January 2022 by Dr. Tushar Guha
- **Special Personality Development Course Level 1 (SPDC 1)** physical class of 16 days, commenced on 20th February 2022 and ended on 3rd April 2022
- **Special Personality Development Course Level 2 (SPDC 2)** physical class of 8 days, will commence from 14th June 2022
- **Special Personality Development Course Level 1 (SPDC 1)** physical class of 16 days, will commence from 18th September 2022

Nrityanjali Education Services conducted the following programmes :

Online Life Skill Programmes in Schools

- Little Angels school, Sion from Std 1st to Std.10th were held in January 2022
- Courtesy **Nrityanjali**
- **Career Guidance Sessions** for Individual students continued
- Courtesy **Nrityanjali**
- **Online Career Guidance Sessions** for 90 students of Little Angels School, Sion were held in February 2022 - Courtesy **Nrityanjali**

FOOT PRINTS...

Nrityanjali News upto 10th April 2022

NES - Open Forum for Principals - India

- Physical Meet of Principals was held on 7th March 2022 at **Vivek Vidyalaya, Goregaon.**

Dr. Tushar Guha addressed the gathering of 20 Principals on the ***Issues and Plausible Solutions Post Covid Re-opening of Physical Classes in Schools.***



Dr. Latha Venkat



Dr. Tushar Guha



Mr. Girish Dalvi

Dr. Suresh Nair - Principal, Vivek Vidyalaya, Goregaon, hosted the programme.

Dr. Latha Venkat - Principal, KG Seksaria Sarvodaya School (Hindi Med.), Malad, offered a very humourous Vote of Thanks



FOOT PRINTS...

Nrityanjali News upto 10th April 2022

Nrityanjali Cultural Activities:

The Cultural Wing of **P L Deshpande Maharashtra Kala Academy** organised
Mahila Kala Mahotsav 2022

Shradhanjali- Ram Ratan Dhan Lata Mangeshkar

on 12th March 2022 at Ravindra Natya Mandir, Prabhadevi, Mumbai

Conceptualised by ***Guru Shubhada Varadkar***



Nrityanjali was invited to perform
on the occasion

Our Kathak **Guru**
Dr. Anonna Guhaji

and her students

Mr. Girish Dalvi,

Ms. Manjula Parshram,

Ms. Arnika Sakpal &

Ms. Sanika Gaikwad

performed on the immortal song

Gagana Sadana Tejomaya



On the occasion of **Gudi Padwa**

Mulund Mahotsav 2022 organised

DANCE AROUND THE RANGOLI

on Saturday 2nd April 2022,

The festival was held at Raje Sambhaji Maidan,
Mulund (East), Mumbai

by **Shri Mulundkar Pratisthan**

celebrating **Azadi Ka Amrut Mahotsav**

Nrityanjali Students of Bharat Natyam (BN)
and Kathak (K) Dance participated.

K: Mr. Satyen Tawde, Ms. Arnika Sakpal,
Ms. Sanika Gaikwad, Ms. Anushree Khadye,
Ms. Samruddhi Parab, Ms. Srushti Joshi

BN: Ms. Swapnali Patkar, Ms. Manjula Parshram,
Ms. Gunjita Bhandari, Ms. Siddhi Wakkar,
Ms. Yogita Gawde, Ms. Bharati Annapadi,
Ms. Tanvi Kadam, Ms. Khushi Bhone,
Ms. Namrata Pawaskar



FOOT PRINTS...

Nrityanjali News upto 10th April 2022

Nrityanjali Cultural Activities:

On the occasion of **Poila Boishak - Bangladesh New Year Celebration**
Nrityanjali was invited by



Deputy High Commissioner, Republic of Bangladesh
to perform Bengali Songs, Dances on Rabindra Sangeet, Nazrul Geeti and Folk Music on 14th April 2022 at their Office premises, Cuffe Parade, Mumbai

Social Service Activities

With the support of NOV Pvt Ltd., Nrityanjali commenced the following Social Activities :

Constructing Four Toilets at Zilla Parishad School, Virar

Constructing Fifteen Toilets (9 for Men, 6 for Women) at Hanuman Nagar, Bhandup

Constructing Four Toilets at Benganwadi, Bhandup

Painting and Colouring at Ideal School, Bhandup

Repairing Sheds of three rooms at Vaze School, Panvel



FOOT PRINTS...

Nrityanjali News upto 10th April 2022

Social Service Activities

- The **Prize Distribution Programme** of **Nrityanjali Fest 2021 - Inter School Competitions** was premiered online on 26th January 2022



Nrityanjali Trustee **Mr. Girish Dalvi** was the Master of Ceremony

Trustee and Managing Director **Dr. Anonna Guha** delivered the Welcome Address. With rendering of the Nrityanjali Anthem the programme unfolded

The gathering was addressed by **Mr. Govind Narayan Goyal** of **State Bank of India** Nrityanjali is indebted to **State Bank of India** and **Marico Ltd.** for their support and encouragement.

A dance presentation - **Anurati** was showcased performed by our students of Bharat Natyam, Kathak, Modern Dance and Sunday Class students that included even our Teachers including Sir.

We had two surprise Speakers - our Judges for the Fest 2021 - **Mrs. Arpana Rao** and **Mr. Ravi Sitaraman**. Their compliments boosted the spirit of all Nrityanjalites.

Dr. Tushar Guha Sir then addressed all of us following which the **Results of Nrityanjali Fest 2021 - Inter School Competitions** were announced. The Results are available on Nrityanjali Website.

Ms. Sanah Parab announced the **South Mumbai Zone Prize List**
Mr. Parameshwaran announced the **Navi Mumbai Zone Prize List**
Ms. Arnika Sakpal announced the **Western Zone Prize List**
Ms. Vinaya Keny announced the **Central Zone Prize List**



After the Vote of Thanks by **Mrs. Maitri Khedekar**, Fest 2021 came to a close with rendering of the **National Anthem**

- **SARASWATI PUJA** was held on 5th February 2022 . 40 Members participated and accepted the Khichdi Bhog.

FOOT PRINTS...

Nrityanjali News upto 10th April 2022

Social Service Activities

- From December 2021 our **Service to Rehab Centres** began. Our dedicated faculty members physically began to visit Centres for the Destitute Women and Jails and conducted Motivational programmes Mrs. Sangita Sawant, Mrs. Maitri Khedekar, and Mrs. Uma Mahesh continued with their services.

Nrityanjali is overwhelmed receiving Funds from Individuals for this noble cause. So far Nrityanjali received Corporate support.

We express our Gratitude to -

Shri Rohan Bhat
Smt. Kirti Shukla
Shri Shrivastava
Smt. Kumudini Rana

- **Nrityanjali** in association with **National Centre for Performing Arts (NCPA)**, Nariman Point, Mumbai, commenced training in Kathak and Folk Dances for the students of **Milind School**, Powai and **Vaze School**, Panvel from November 2021 and will end in March 2022.

Students of the two schools, showcased their learnings, which were recorded and aired by NCPA.



Students of Milind School, Powai



Mr. Girish Dalvi
was invited as a **TEDx Speaker** by
Usha Gandhi College, Vile Parle
to speak on the subject
Ravana - when a mythic Villian
becomes mortal
- Congratulations

Mr. Satyashil Jadhav and
Madhuri
are blessed with a Baby Boy
Swaransh
on 12th January 2022
- Congratulations

FOOT PRINTS...

Nrityanjali News upto 10th April 2022

Social Service Activities

On 13th, 14th, 15th & 17th
Bharat Petroleum Corporation Ltd
organised Online Competitions in
Singing, Drama, Standup Comedy.

Dr. Anonna Guha
was invited to judge the events

ITM Hotel Management College
organised
Inter Collegiate Competition

Mrs. Charushila Samjiskar
and **Mrs Sangita Sawant**
were invited to judge their
Singing and Instrument Competitions
on 23rd February 2022

Mrs. Nivedita Damle
was invited to judge
Folk Dance Competition
on 24th February 2022

Faculty Division

- **Welcome to all the students**

Physical Classes In Bharat Natyam Dance, Kathak Dance and Sangeet for all students will commence from 1st June 2022.

- Online Classes In Bharat Natyam Dance, Kathak Dance and Sangeet for Private Students, Students of Special Batch and from Praveshika Purna to Visharad continues.

- 172 students of Bharat Natyam, Kathak, Hindusthani Sangeet, Tabla, Harmonium and Synthesiser appeared physically at the **Akhil Bharatiya Gandharva Examinations.**

Practical Examinations were conducted on 6th, 10th, 12th, 15th, 17th, 19th & 20th February 2022.

Written Examination was held on 27th February 2022 (In regular times the examinations are held in November - December).

In the year 2020, **Nrityanjali Bhandup Centre**, could not hold the examinations due to Covid 19.

FOOT PRINTS...

Nrityanjali News upto 10th April 2022

Faculty Division

- **SRM University, Andhra Pradesh** in collaboration with **Nrityanjali** launched **Aadigyan - courses in Bharat Natyam, Kathak and Folk Dances of India**. The **Syllabus** is prepared by **Nrityanjali** and the courses will be conducted by **Nrityanjali Faculty** through **Physical Classes**.



The poster is for an event titled "Aadigyan" presented by SRM University-AP. It features a QR code in the top left and the SRM University AP logo in the top right. The main text reads "SRM University-AP proudly presents Aadigyan Experience the Glory of India". Below this, it states "An initiative by the International Relations & Higher Studies Office to introduce India's rich philosophy, art & culture to a global audience". The event date and time are "February 26, 2022 | 09:30am – 02:00pm". A banner below says "IN COLLABORATION WITH" followed by logos for The Art of Living, ISKCON, Isha, and Nrityanjali. At the bottom, it provides the website "www.srmmap.edu.in/aadigyan" and the email "i.r.office@srmmap.edu.in".

SRM University-AP proudly presents

Aadigyan

Experience the Glory of India

An initiative by the International Relations & Higher Studies Office
to introduce India's rich philosophy, art & culture to a global audience

February 26, 2022 | 09:30am – 02:00pm

IN COLLABORATION WITH

THE ART OF LIVING ISKCON Isha

Nrityanjali

Visit us at: www.srmmap.edu.in/aadigyan Write to us at: i.r.office@srmmap.edu.in

The Office of International Relations & Higher Studies, SRM University, Andhra Pradesh held the "Virtual Inauguration Ceremony" of " **Aadigyan - Experience the Glory of India**" on 26th Feb 2022 at 9:30 am.

Shri G Kishan Reddy, Minister of Tourism, Culture, and Development of the North Eastern Region of India was the Chief Guest. **Dr. Tushar Guha** and other Luminaries were invited to address the gathering

FOOT PRINTS...

Nrityanjali News upto 10th April 2022

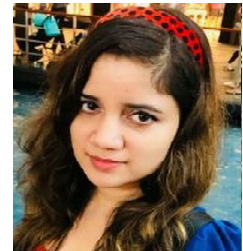
Nrityanjali Information Services



Ms. Nishtha Nishant

Awakening 7

Body Shame - a Discussion, was anchored by Dr. Anonna Guha on Instagram on 15th January 2022. **Ms. Enakshi Kotwal** - an eminent performing artiste and **Ms. Nishtha Nishant** - a pioneer Transgender & Scientific Researcher, jointly dissected the topic and created an euphoria.



Ms. Enakshi Kotwal

Awakening 8



Mr. Ashutosh Narvekar

Mindfulness - a Discussion, was anchored by Dr. Anonna Guha on Instagram on 26th February 2022. **Dr. Anuradha Chatterjee** - researcher and corporate trainer from Kolkata and **Mr. Ashutosh Narvekar** - commercial pilot, contributed to the indepth understanding of the concept. It was fascinating to hear them connect Mindfulness to their diverse individual professions as well.



Dr. Anuradha Chatterjee

Awakening 9



Mr. Satyen Tawde

Fiercely Independent - a Discussion, was anchored by Dr. Anonna Guha on Instagram on 26th March 2022. Octogenarian (80 years) **Mrs. Rekha Vijayakar** Madam and 19 year old **Mr. Satyen Tawde** shared the platform and aired their strong individualistic views. Indeed it was fiercely independent.



Mrs. Rekha Vijayakar

Awakening 10



Mrs. Vilobha Kukde

Face to Face - a Discussion, was anchored by Mr. Glrish Dalvi on Instagram on 30th April 2022. **Mrs. Seema Sabhlok** - Principal of S.M. Shetty School, Powai and **Mrs. Vilobha Kukde** - Perfumer were vocal in their views on Communication and highlighted their learning during SPDC 1.



Mrs. Seema Sabhlok

MEDITATION- *the background*

The article is written by **Mrs. Sunanda Yewale**. She is currently the Principal of Shreevallabh School, Sion, member of the Open Forum for Principals (OFP), and an Alumni of SPDC 1 & 2.

Mrs. Yewale is an avid reader and a sports enthusiast. She recently submitted her Ph.D Thesis which she completed under Dr.Tushar Guha from The University of Contemporary Studies, USA. Her subject of research was '*Identifying the Transformation in the Behaviour and Personality of teenage students through the application of Meditation*'.



The term meditation comes from two Latin words: 'Meditatum' (thinking, resting, exercising the mind) and 'Mederi' (healing). This derivation from Sanskrit 'Medha' means wisdom.

Human personality can be divided into two parts – Inside and Outside! Outside is nothing but our body, and inside is our mind. Meditation is the process of knowing our minds. One can get conversant with their own mind in different conditions. Sitting quietly with eyes closed and mind self-focused is the most commonly understood way, but walking alone, lying on the bed, looking out of the window are also some forms of meditation. The whole phenomenon is about being with self and becoming self-aware, and enjoying the individual existence. This is meditation; through meditation, one can move away from mundane activities, and become calm, accommodative, and acceptable.

Meditation was considered as a practice not intended for modern people many years ago, but it has now become very popular for people of all age groups and classes. Recent science and medical research proved its benefits, yet, there is still a lot to be learned.

Meditation affects the body in precisely the same manner as pain will do by activating the body's reaction to stimulation. It returns the body to a healthy state, lets the body heal itself and removes new damage from the physical effects of stress. This will relax your mind and body by slowing down stress-induced thoughts. There is, of course, also

an aspect of more immediate physical relaxation involved in meditation, and this double dose of relaxation can be very effective in reducing stress. A greater benefit that meditation can offer is the long-term stability that daily exercise can offer.

According to some experts, the practice might have begun many thousands of years ago, even before the birth of modern civilization. Scholars found traces of practicing of this discipline in the ancient texts and recorded pictographs. Many archaeological sculptures or wall carvings suggest that hunter-gatherers used to practice meditation as a 'shaman kriya' means healing process of mind. They passed their knowledge orally to their next generation and laid the crucial foundations of modern meditation. It is difficult to pinpoint the exact origin of meditation practice as there are many practices that fall under the "meditation" umbrella.

Indian people also started meditation practices a long time ago. The wall arts showing people seated in meditative postures with half-closed eyes are the oldest documented evidence of the meditation practice in our subcontinent. They are approximately 5,000 to 3,500 BCE old.

In Sanskrit, meditation is called 'Dhyāna' and comes from the root word 'dhyāti' and means to contemplate or meditate. Meditation has been practiced to describe a variety of widely similar practices across cultures and traditions, from techniques designed to

continued on page 13

Generosity *directly proportionate to* Abundance

The article is written by **Dr. (Mrs.) Hemakshi Jattani**. She is an Orthodontist. Member of the Editorial team, an Alumni of SPDC 1 & 2, and faculty member and counselor with Nrityanjali.

Dr. Jattani runs her clinic in Mahim and continues to nurture her passion for writing through her blog '*mBracing Smiles*'



I bet a lot of us would be scratching our heads to recollect the meaning of the symbol in the title. Let me ease it out for you, it is directly proportional. So the next round of head scratching is dedicated to 'generosity is directly proportional to abundance'!!! It seems like a paradox. When you're being generous, you're giving away something, so, when you give away something, how can there be abundance because of it. Well that's the irony we're here to contemplate upon today.

The Bible says – (i) For to every one who has will more be given, and he will have abundance; but from him who has not, even what he has will be taken away (Matthew 25:29) RSV, (ii) I tell you, that to every one who has will more be given; but from him who has not, even what he has will be taken away.—Luke 19:26, RSV. Yet another paradox!!!! Let's say a more unfair sounding paradox!

It takes a lot of delving into these statements that we can fathom the depth of what is being said. We are blessed with a lot in life. If we're reading this, we have eyes, hands, intellect, a phone, access to internet, and the list can be endless..... only to add to the list is appropriate Health, appropriate financials, appropriate access to food. If we think about it, there's a high likelihood that the life we're living today is only a dream for some. That brings along with it a huge sense of gratitude. So how is it that the rich will get richer, and the poor will get poorer. It's because of the mental attitude we possess after have everything in life – whether we're willing to

keep it only to us or are we willing to share it with the world.

What we do with what we have is of paramount importance as to what follows next in our lives. This applies to both material possessions as well as skills. If we make good use of our skills that we possess, we will get more and more opportunities to either hone our skills or learn and develop new ones. However, if we do not use our skills or worse, misuse them, our ability to use them is only going to decline.

Talking on similar terms about materialistic possessions, if we misuse what we have, it'll only get wasted and attrited. It will never build up, be it food, money, resources, skills, or any similar thing. To think of it, we can be generous if we have abundance. And we amass an abundance of blessings if we are generous. And these blessings bring along more abundance. It is a circle that sets itself into motion. Well thought usage of money, food, skills and resources makes them more usable, for us or for others. Wastage, makes them useless for us and for others.

When me and my sister were young, we often used to hear our mother talk about a family friend who always said 'hey prabhu mere kharche badhao' (O God, increase my expenses) and the thought behind it used to be, if God will increase my expenses, he will also make sure my income increases proportionately. So what we expend on, determines how much we're given. There's a saying by Sant Kabir, 'Sai itna dijiye, ja mein

kutumb samaye, main bhi bhookha na rahu, sadhu na bhookha jaye' (O god give me enough so that I can take care of my family, neither should I remain hungry, nor should the person who comes at my door should go empty handed). Here again it stands out, that the person who is praying to God, is not only asking enough for their family, they are also asking to be blessed so that they are able to extend their hand out to any needy who stops by their house. That goes to say, that the person praying has already made up their mind to make good use of the excess that they will be blessed with; isn't that onus enough to God to bless him with more???

Generosity does not necessarily mean emptying your own pockets to help others. It means to have enough for your own self as well, so that helping others brings a sense of contentment and not a feeling of lack for ourself. Being generous with love, generous with care, generous with kindness, generous with respect, generous with gratitude, generous with selfless acts, will make our lives be generously blessed with goodwill forever. So indeed generosity is directly proportionate to abundance!!!



MEDITATION - *the background*

continued from page 11

promote relaxation or a state of well-being to techniques aimed at achieving enlightenment. The oldest written reference of meditation is found in Vedas, which was around 1,500 BCE. That actually is the era when they documented Vedas on paper, but Vedas had been memorized and passed on in verbal form for centuries before that.

At that time, meditation was considered a religious practice used by Yogis to transcend the limitation of human boundaries and connect with deities or universal forces. The Hindu tradition includes both the Sages of Vedic culture and the Yogis meditating in caves. It can be considered as the oldest meditation tradition — still alive and thriving. It has lots of techniques and heritages. There is a good possibility that the meditation technique practiced/invented/discovered was either gazing or mantra meditation—no one can tell it for sure.

Since 1960, meditation has become popular across the globe though it's been in vogue for centuries in India. An individual's comprehensive solution is to become one with the object of meditation and, eventually, the highest degree of consciousness of which man is capable of attaining (Taimini, 1986). A

state of mind is reached during meditation that is marked by intense relaxation as well as increased internal attention

People are always searching for opportunities to enhance their joy, internal peace and harmony. The trap is that most people are following the wrong approaches to achieve peace and harmony. They seek things out into the external world instead of searching within themselves. Many are beginning to uncover their true root of joy and troubles: the mind and turning their attention to the 'inner person', the mind. To reach the mind, the way is to meditate.

Today meditation is accepted as a perfect tool to enhance mind functions by many people from varied backgrounds and to all cultures and religions, regardless of their nationality or ethnicity. Meditation is about understanding the power of the mind and using it successfully in everyday life. The mind is the key to happiness and also the key to misery. Understanding the mind and using it well is a task that transcends racial, cultural and religious barriers. Meditation can indeed be practised by anyone, regardless of his or her religious label.

साडेतीन मुहूर्तांपैकी एक मुहूर्त अक्षयतृतीया!

साडेतीन मुहूर्तांपैकी एक मुहूर्त म्हणुन ज्या दिवसाचं महत्व विशद केलं जातं असा हा दिवस अक्षयतृतीया! अक्षय सुखाचे दान देणारा हा दिवस पारंपारिक पद्धतीने भारतातल्या अनेक भागात निरनिराळ्या नावाने साजरा होतो. माहेरवाशिणी या दिवसांमध्ये माहेरी येत असल्याने त्यांचे कोडकौतुक देखील या सणाच्या निमीताने केल्या जाते.

वैशाख मासातील शुक्ल पक्षातील तृतीया ही अक्षय तृतीया म्हणुन प्रसिध्द आहे. या दिवशी पाण्याचे दान करण्याचा देखील प्रघात आहे. मातीच्या घागरीत वाळा घालुन थंड पाणी ब्राम्हणाला दान दिल्यास ते आपल्या पितरांपर्यंत पोहोचतं अशी समजुत आहे. या दिवशी सुरु केलेल्या कुठल्याही कार्याचा क्षय होत नाही व आपण ज्या वस्तुंचे दान करतो त्या विपुल प्रमाणात पुन्हा आपल्याला मिळतात.

अक्षयतृतीया हा दिवसच मुळी भर उन्हाळ्यात येणारा असल्याने थंडगार पाण्यासमवेत, कैरीचं पन्हं, वाटली डाळ, आंबा किंवा आंब्याचा रस, सातु, अश्या अनेक गोष्टींचे या दिवशी सेवन करून मनुष्याला आरोग्य लाभ मिळावा हा देखील हेतु या सर्व पदार्थांमधुन अभिप्रेत होतो. तसे पाहता या सर्व गोष्टी मनुष्याच्या जीवाला गारवा प्रदान करणाऱ्या देखील आहेत.

निसर्ग निर्मीत पाण्याचे साठे या दिवसांमध्ये कमी होत असल्यामुळे अक्षय तृतीयेपासुन अनेक लोक आपल्या पुर्वजांच्या स्मृतीप्रित्यर्थ पाणपोया सुरु करतात अनेक ठिकाणी काठोकाठ भरलेले थंड

पाण्याचे रांजण आपल्याला दृष्टीस पडतात ते याच दिवसापासुन. मनुष्याच्या जीवाला त्यांच्या आत्म्याला तृप्तता देउन पुण्य कमविण्याचा हा एक प्रयत्न दिसुन येतो.

चैत्र महिन्यात अनेक सुवासिनी चैत्रा गौर मांडतात. चैत्रा गौरीच्या निमीताने अनेक स्त्रिया हळदी कुंकवाचे आयोजन करून सवाष्णीना मोगऱ्याचा गजरा, कैरीची डाळ आणि पन्हें प्यावयास देतात.



नव्या घरात गृहप्रवेश, वास्तु पुजन, नव्या व्यवसायाचा आरंभ, शुभविवाह, यांसारख्या गोष्टींकरता हा दिवस अतिशय शुभ मानल्या जातो. नवे अलंकार, सोने खरेदी केल्यास ती अक्षय होत असल्याने सोनारांच्या दुकानात या दिवशी मोठ्या प्रमाणात गर्दी पहायला मिळते.

पुराणकथेनुसार या दिवशी महाभारताचे युध्द संपुन महर्षी व्यासांनी महाभारत ग्रंथाची रचना करण्यास आरंभ केला आणि लिहीण्याचे कार्य श्री गणेशाने केले असल्याचे नमुद आहे. भगवान श्रीकृष्णाने युधिष्ठीरास सांगितले की या दिवशी केलेल्या दानाचा कधीही क्षय होत नाही म्हणुन या दिवसाला अक्षय तृतीया असे म्हणतात. परमेश्वराला आणि आपल्या पुर्वजांना स्मरण करून जे कार्य केले जाते ते सर्व अक्षय अर्थात अविनाशी होते.

FOOD for THOUGHT

These are a collection of daily notes written by **Mr. Manish Chandy** who has been working in the field of advertisement and media for over 3 decades. An alumni of SPDC, Mr. Chandy holds an MBA in Marketing and is working with OOH Media.



Mr. Chandy reflects his interpretation of the learning takeaways from the course conducted by Nrityanjali. A very witty and fun loving person, Mr. Chandy is very enthusiastic, lively and an entertaining personality.

Positivity

It can be difficult to remember to stay positive all the time. So, start your day with a positive thought and end your day with some gratitude. You will be surprised at how these tiny reflections can impact your day to day life.

Self-Care

Never forget the importance of self-care. Although it is kind to put others ahead of us at times, it can sometimes feel draining. Do something that promotes your own wellbeing. Take a bath, read a book, go on an adventure! It will bring you peace and happiness, do it.



You are Beautiful

Remember you are beautiful, powerful, and a magnet to positivity. You are worthy of everything good and deserve to live your very best life. Take on the day with the knowledge that you are incredible.

Move on

Know that it is okay to move on from situations that don't support your peace and happiness. You are your biggest priority and shouldn't feel guilty about putting yourself first and letting go of things that restrict you.

Believe

You will be amazed at what you can attract if you truly believe that you will receive it. The Universe will not deliver if you do not trust its work. It will simply pick up on any doubt or negative vibrations and deliver this back to you.

Your Path

Follow the path that feels good for you. It may get a little bumpy along the way, but that does not change the destination. Commit to this and find yourself in the place you have always dreamed of being. There are so many exciting things ahead !

It will get better

No matter how dark the night is, the sun will always rise the next day. So just because you had a bad day, it doesn't mean that feeling will last forever. Brighter times are always ahead. Stay mindful. You will get through it.

Mindset

A beautiful mindset will lead to a beautiful day, week, month, or even year. Open your mind to appreciate the beauty that surrounds you. You will soon realise just how many miracles there are in front of you. Don't be afraid to embrace each and every one of these.

You have got this

You are more than capable of exceeding what you think your limits are. You have the ability to reach your goals. It may take a lot of patience and hard work, but you can absolutely do it. You have already shown your strength and success in other areas of your life. You have got this !

Rhymes & Verses

मैं

खुद को ही खुदमें जब धूँडती हूँ मैं,
बीखरे हुए तुकड़ों को जब समेटती हूँ मैं,
एक नही दो शक्स को पाती हूँ मैं।

एक को डरा और सहमा हुआ,
तो दूसरे को पंख फैला उड़ते देखती हूँ।

कभी कभी दिख्ती हूँ असाहय, तो कभी
काली बन जाती हूँ मैं,
एक नहीं दो शक्स को पाती हूँ मैं।

रिश्तों के उतार चढ़ाव को समझते और
संभालते,
बीखरे हुए तुकड़ों को जब समेटती हूँ मैं,
एक नही दो शक्स को पाती हूँ मैं,
खुद को धूँडती रह जाती हूँ मैं।

Written by: **Mrs.Sudha Bhandari**

Mrs. Bhandari is mother of our Bharatnatyam Visharad student Ms. Gunjita Bhandari.

Mrs. Bhandari is a homemaker who enjoys to pen down her emotions in free time. An enterprising adult, she dreams to become an entrepreneur someday.



My Best Friend

*You, who are dear,
are always emotionally near.
Show your presence at given beck and
call,
Even as apart we fall.*

*Forever and ever caring,
joys and sorrows both sharing together.
Keeping ourselves in connection,
Knew no bounds of affection.*

*Beneath the green tree,
running together and free.
Happy and cheerful are we,
rejoice and refresh to glee.*

*You, who are bestowed with,
these inspiring qualities,
accepting me as me,
my best friend you always will be.*

Written by: **Mrs.Uma Mahesh**



Mrs. Uma Mahesh - Former Headmistress of Little Angels School, Sion. is a passionate educationist and social worker.

Mrs. Uma Mahesh is also a trained Carnatic singer and dedicates herself to promoting

cultural activities.

Associated with Nrityanjali for over 3 decades, she has completed SPDC Level 1 and 2. Today as a facilitator and volunteer she is actively participating in conducting motivational sessions for Destitute women and Life Skills workshop for students.

FOOD *KHANA* Recipes

contribution by Editorial Team

PAAN GULKAND SHARBAT

INGREDIENTS:

- 10 Beetel leaves
- 4 tablespoons Gulkand
- 2 tablespoons Honey
- 4 cups cold Milk
- 1/4 cup Mixed nuts, (almond and pistachios), roughly pounded
- 1/2 cup Ice cubes

METHOD:

- To begin making Paan Gulkand Sharbat Recipe, get all the ingredients ready.
- Start by making a fine paste of the betel leaves with little water using a mixer grinder and take it out in a big bowl, once churned completely.
- Now, add the cold milk, gulkand, honey, almonds and pistachios, ice cubes and whisk slowly till the gulkand and honey dissolves well into the drink.
- Serve this refreshing Paan Gulkand Sharbat Recipe for your guests in summers along with Kesar Pista Mango Ice Cream Recipe and Poha Chivda.

SINDHI DHARAN JI KADHI

INGREDIENTS:

- 2 Onions, 3 Tomatoes, 2 Green Chillies,
1 teaspoon Ginger Garlic Paste
2 teaspoon Coriander Powder (Dhania)
1 teaspoon Cumin seeds (Jeera)
2 Cloves (Laung), 2 tablespoons Oil
Coriander (Dhania) Leaves.

For the Dharan

- 2 cups Gram flour (besan)
- 1 Onion, finely chopped

- 3 tablespoons Curd (Dahi / Yogurt)
- 1 tablespoon Khuskhus
- Salt, as per your taste
- 1 teaspoon Dry Red Chilli
- 3 cups Water

METHODS:

- To begin, we have to first make the dharan or the besan chickpea flour tikkis.
- In a bowl, mix the besan, salt, finely chopped onion, red chilli powder, khus khus and 2 tablespoons oil. Mix all the ingredients well and then add the curd.
- Mix well together and make a soft dough with his mixture. Make lemon sized balls with the dharan dough and press flat to make it into a cutlet shape.
- In a deep fry pan, add cooking oil and allow to heat up.
- Once the oil is hot, add the prepared dharan/ besan tikkis in it and fry until they are golden brown.
- Drain the dharan/ tikki in a kitchen napkin to absorb the excess oil and keep it aside.
- In a heavy bottomed pan, add 2 teaspoons oil. Once the oil is hot, add cumin seeds, cloves and let the spices sputter.
- Next add the onion puree and saute until the puree changes colour. Next add the ginger garlic paste and stir until the raw smell goes away. This will take about 2 minutes.
- Next, add the tomato puree and chopped chillies. and saute until, the gravy combines well.
- Finally add in the coriander powder and mix well until the kadhi gravy comes together.
- Simmer and add the besan tikkis into the gravy. Add 2 cups of water and cook the Dharan Ji Kadhi a low flame with the lid on.
- Let the Dharan Ji Kadhi simmer until the tikkis turn soft. Turn off the flame
- Add finely chopped coriander leaves and serve your Dharan Ji Kadhi.
- Serve Dharan Ji Kadhi along with Phulkas or Tawa Parathas along with a Carrot Salad for a simple dinner meal.

JOKES

Did you hear about the monkeys who shared an Amazon account?

Ans: They were Prime mates.

Who was the 1st INDIAN to use 4G.

Ans: It's Anil Kapoor.! aG ,oG, lo G, suno G.

Rani: Nice mobile, Where did you buy?

Raja: I won this in a running race

Rani: How many persons participated?

Raja: MOBILE OWNER, POLICE & ME.

Why was the fraction apprehensive about marrying the decimal?

Ans: Because he would have to convert.

Why DID seven eat nine?

Ans: Because you're supposed to eat 3 square meals a day!



Why does nobody talk to circles?

Ans: Because there is no point.

Why should you never talk to Pi?

Ans: Because she'll go on and on and on forever.

I'll do algebra, I'll do trig.

I'll even do statistics.

Ans: But graphing is where I draw the line!

Why was the math book depressed?

Ans: It had a lot of problems.

What do you call the number 7 and the number 3 when they go out on a date?

Ans: The odd couple (but 7 is in her prime).

Jethalal- aare daya
raat ko Mobile
charging me mat
rakho, Blast ho
jayega,

Daya- tapu ke papa
Aap tension mat lijiye
Maine battery nikal di
he.



Gogi : Dettol sabun hai?

Abdul : Hai,

Gogi : Accha wala?

Abdul : Ha

Gogi: Acchi quality ka hai na?

Abdul: Ha

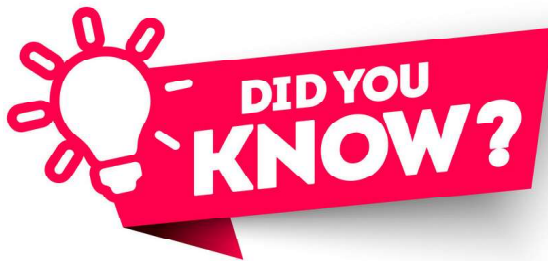
Gogi: Hath dhokar 1 Kilo aatta dedo.

Jethalal : Daya Jaldi se TV chalu kar. 30 Feet ka Saanp dikha rahe hai.

Daya : Arey Tapu ke papa nahi dekh Sakte.

Jethalal : Kyu ?

Daya : Kyu ki hamara TV 21 inch ka hi hai.



If Earth's history is compared to a calendar year: Modern human has existed for about 37 minutes. One third of Earth's natural resources has been consumed in the last 0.2 seconds (by modern humans).

1. When you throw plastic bags and other plastic materials in the ocean, it kills as many as 1 million sea creatures annually.

2. Fungi play a highly vital role in the environment. Fungi do almost everything in managing the environment. They digest minerals out of rocks formations, consume fossil fuel spills, and even de-radiate an environment, for instance, the de-radiation of the Chernobyl nuclear accident disaster.

3. Mining is considered the world's Number One Toxic Polluter. Steel production, for example, results in 80 tons of toxic wastewater for each ton of steel produced.

4. Paper from trees can be recycled 6 times. Paper comes from trees and can be recycled a maximum of six times, after which, its fibres become too weak to hold together. It means if the daily run of any country's popular magazine or newspaper was to be recycled, it could save about 75,000 trees.

5. Only 1% of our planet's water supply can be used. 97% is ocean water and 2% is frozen solid in the Arctic, for now.

6. Aluminium can be recycled forever! Unlike paper which has a limit as to the times, it can be recycled, aluminum can be recycled forever. Recycling a can made of aluminum produces energy enough to run a television for three hours.

7. By 2100, the global urban population will produce three times more waste than today.

8. The earth is about 1 million years old, with more than 1 million species going extinct. The earth is a million years old, meaning some species have come up with others vanishing in that time. Mainly due to human activity, like destroying animal habitats, human development, illegal poaching and hunting, over 1 million species have gone extinct with thousands more on the verge of extinction.

9. We use 5 trillion plastic bags a year That's about 160,000 bags a second.

10. Earthquakes are explained as part of the planets' natural geography, and they are very hard to predict. Earthquakes and tremors are a natural part of the geography of the planet. Although it is possible to measure them, predicting them is a bit hard.

11. Up to half of all food produced is lost or wasted before or after it reaches consumers.



Happy Birthdays

April

6th Shreekala Babu
9th Avani Chakrabarty
18th Komal Waingankar



May

3rd Juhi Trivedi
19th Neha Balmiki
27th Balkrishna Sawant



June

14th Vaishali Mandalia
19th Kirti Shukla
23rd Geeta Chandrasekaran



July

2nd Anuradha Chatterjee
15th Nitasha Chawdhary
16th Sampada Sakpal
22nd Manasi Damle
24th Harsha Andan
26th Sanjukta Guhathakurda
27th Swapnali More
31st Vinaya Keny



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You Can Contribute

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

