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

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*Parichay
Mein
Parichay*

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Dear Readers,

Greetings! Warm wishes to all who had their new year celebrations recently as per the Hindu Calendar.

We, at Nrityanjali, are so happy and excited as the year 2023 has been quite eventful and busy as we have had various activities and events coming up one after the other.

The Kala Ghoda Arts Festival 2023 was physical after 2 years so it was really very exciting to be back in action with all the artistes, volunteers, music and dance.

Nrityanjali added a new feather in its Social Service cap by taking up a new venture of organising medical health camp for women and girls with the support of RCF Ltd., Mumbai. We wish to continue taking up more endeavours like this in future too.

We are almost nearing our closing of the Diamond Jubilee Year Celebrations that was inaugurated last year on 19th July 2022 at World Trade Centre, Mumbai. We wish to make this 60 years journey of Nrityanjali more memorable by adding more milestones to it.

Maitri Khedekar

Parichay Mein Parichay Life Membership (10 Yrs.)

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July'20 Vol.29 No.3	Pingle Samir
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w.e.f. 01.05..2022

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ACCOLADES

Dear Dr. Anonna,

My few articles are lined up and pending - Once they are done, I will bother Dr. Tushar Guha, if he is okay about it. It will be my honour to write about him and his journey. I too want to work under his guidance. Please tell him, kuch hoga toh please tell me.

Dr Sandip Soparrkar
Internationally renowned Dancer

Your organisation was absolutely perfect Every team member was so sweet and kind and cooperative. Thank you for the best hospitality. I was talking to Yamini Reddy and she said the same that "Kala ghoda is the best.

Dr. Sandip Soparrkar
performed at Kala Ghoda Arts Festival
on 10th February 2023

Thank you Dr. Anonna Guha Ma'am and Guha Sir for this amazing opportunity. It was a great experience for me. Very fortunate to have had the opportunity to co-host and also to witness the awesome performance put up by Nrityanjali. Special thanks to Harsha Andan Ma'am for all the tips. Thank you Rashami Parikulam, Shashank Dey, Ritu Lavania for all the support and inspiration during the practice meets.. thank you Girish Dalvi Sir & Nivedita Damle Ma'am for all the backstage support. You are all very amazing performers. Got to learn a lot from all of you..will always cherish this experience.

A. Fousiya
Anchor at KGAF - Executive HPCL

I was a regular participant at Nrityanjali Fest in my school days. It has really helped me develop skills. Looking at these pictures makes me nostalgic.

Vasudha Bhat
Human Resource Administrator, Link Group

Dear Dr. Anonna,

Best wishes for your show today. I am at a loss to understand how you manage it all. You define multitasking.

Let me once again thank you for last evening. Your vision of taking Tagore to a wider audience transcending language barriers is commendable.

It was heartening to see a full crowd stay put for a performance where they could not understand the lyrics.

Very humbled by the response we received backstage, from the audience and Dr Tushar Guha in particular.

Please pass on my deepest regards to Sir. Value his appreciation to the core. Thank you

Sree Nandy
Artiste Dancer -
performed at Kala Ghoda Arts Festival
on 10th February 2023

Hello Maitri Madam

Enjoyed Yesterday's Fest Prize Distribution Programme. You all performed so well, it was really amazing seeing such beautiful coordination and every thing was so perfect that I was mesmerized. Hats Off to Team Nrityanjali and especially to Dr. Tushar Guha Sir, Anonna Guha Madam and Girish Dalvi Sir.

Mrs. Rafat M Shaikh
Head Mistress
Holy Angels School, Dombivali

Dear Dr Guha Sir and Dr Guha Madam,

I am Dr. Shweta, Samaira Bhogle's elder sister. Thanks for putting up a lovely program. May Lord bless you and all your team members. I promise participation every year of my sister Samaira in Nrityanjali Fest interschool competitions

Dr. Shweta Bhogle

ACCOLADES

Dear Dr. Tushar Guha,

Thank you for the opportunity to conduct the session on NEP 2020 and interact with the schools and the principals.
Thank the wonderful Nrityanjali Team.

Dr. B N Jagtap

Sr. Professor - IIT Bombay

Kudos to Nrityanjali

Excellent platform created for principals. Easy and affordable access to quality education should be a priority for Young India. Probably Education Institutions could do away with corporatization

Mr. Ravi Sitaraman

HR Leader - Inventia Health Care

Dear Nrityanjali Team,

Wonderful experience everytime.
Congratulations to Nrityanjali for spreading the ethos of our culture among young artists.

Mrs. Sree Nandy

Judge Nrityanjali Fest 2022
Renowned dancer and trainer

Dear Anonna Madam

They say opportunity doesn't knock twice. It did in my case and nothing but a miracle it is to be back on stage after a decade almost! Huge thanks to Nrityanjali for giving me an opportunity to perform & face audience again. Means a lot to me. Special thanks to you and Nivedita Ma'am for choosing me and to Sir for accepting me. Forever grateful.

Ketki Sarang

Marketing Professional
Kathak, Bhrat Natyam Student



Guru Latasana Devi
Manipuri Exponent

Guru Sharvari Jamenis
Kathak Exponent

Guru Revathi Srinivasraghavan
Bharatnatyam Exponent

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TWO DAYS DANCE WORKSHOP

**Kathak, Bharatnatyam,
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Celebrating



1963 - 2023
NRITYANJALI's
Diamond Jubilee Year

DANCE	Basic/ Intermediate	Advanced
Manipuri	6-7 / 13-14 May	-
Kathak	6-7 May	6-7- May
Bharatnatyam	6-7 May	13-14 May

Under the blessings of our
Guru & Chairman
Dr. Tushar Guha

ACCOLADES

The Kala Ghoda Arts Festival (KGAF) 2023 invited NES - Open Forum for Principals - India to extend invitations to schools to perform Folk Dances of India at the Festival on 9th February 2023 at Cross Maidan, Mumbai. Eight schools presented glittering performance..... Reproducing their Accolades.....

Dear Sir,

Thanks sir for giving a great and wonderful platform to us. Kids were very grateful for the same. We had a quality time. On behalf of Pawar Public School Bhandup, I would like to thank you and the entire team of OFP KGAF 2023 for everything. Regards.

Purva Surve,
Pawar Public School, Bhandup

Dear Sir,

On behalf of Childrens Academy, Group of Schools, I would like to express my gratitude and thank you for this great opportunity extended by you to perform on this prestigious platform. It was an honour and our team will truly cherish this memory. Warm regards.

Anil Ninavate
Children's Academy Asha Nagar, Kandivali

Dear Sir,

Thank you for giving a great platform to our young learners. Excellent show and arrangements. On behalf of A.M Naik School, I would like to thank you and the entire team of OFP KGAF 2023 for this opportunity. Regards,

Pallavi Parab, A.M Naik School, Powai

Dear Sir,

Thank you for giving a great platform to our students. Nice show and arrangements. Regards,

Bhagyashree Hardiker
Bal Bharati Public School, Kharghar

Dear Sir,

Thank you so much for giving us such a lovely opportunity. We will love to participate again. Thanks a lot again.

Ankita Shah
HVB GLOBAL ACADEMY, Marine Lines

Dear Sir,

On behalf of Lodha World School Palava, Dombivli, I want to profess our immense gratitude for the opportunity. It was an honour for us. We had an exemplary experience. We hope we could live up to the expectations. We would love to participate again on this prestigious stage. Thank you for inviting us this time.

Aditi Banerjee (Principal)
Lodha World School, Palava, Dombivli

Dear Sir,

Thank you so much for this wonderful opportunity. Yes we would love to participate again. Thanks a lot. Regards,

DAV International School, Kharghar

LOOK OUT for

Sajani Sajani
Radhika lo...

*Presentation by Kathak and Bharatnatyam
students of Nriyanjali
along with the artistes of
Nriyanjali Sunday class*

Cultural afternoon celebrating
Lord Krishna
in association with

Bhakti Vedanta Kala Kendra

on 30th April 2023 at 2.30 PM
at Iskcon Auditorium, Juhu, Mumbai

Concept & Direction:
Guru Dr. Tushar Guha

FOOT PRINTS...

Nrityanjali News upto 21st April 2023

Nrityanjali Management Services conducted the following management training programmes :

- **Hindusthan Petroleum Corporation Ltd** conducted two days Training on **REACH - Respect, Empathy, Acceptance, Collaboration for Harmony** for their officers at **HPCL Management Development Institute** in **Nigdi** on 5th & 6th February 2023. Dr. Tushar Guha conducted the training. Mrs. Charushila Samjiskar and Mrs. Harsha Andan were the Co-Faculty members
- **Professional Quotient** for the Graduate Engineer Trainees of **Schneider (India) Pvt. Ltd (Formerly Larsen & Toubro Ltd)** was conducted on 13th,14th,15th February 2023 in Mysore by Dr. Anonna Guha and Mrs. Vasanti Anand. Dr. Tushar Guha conducted one hour session with the participants on 16th February.
- **Mentor - Mentee understanding** for the Graduate Engineer Trainees of **Schneider (India) Pvt. Ltd (Formerly Larsen & Toubro Ltd)** was conducted online on 2nd March 2023 in by Dr. Tushar Guha
- **Mentor - Mentee understanding** for the **Mentors of Schneider (India) Pvt. Ltd (Formerly Larsen & Toubro Ltd)** was conducted online on 3rd March 2023 in by Dr. Tushar Guha
- On 9th March 2023 Dr. Anonna Guha conducted online training on **Performing Arts in Education** for the **faculty members of NMIMS**
- Dr. Anonna Guha and Mrs. Geeta Chandrasekaran conducted training on **Stress Management, Worklife Balance & Time Management** for eighty officials of **Mazgaon Docks Ltd, Mumbai** on 17th March 2023. Mrs. Maitri Khedekar and Mrs. Harsha Andan were the co faculty members
- **Mazgaon Docks Ltd, Mumbai** held training on **Stress Management, Worklife Balance & Time Management** for their sixty senior officials on 27th March 2023. Dr. Anonna Guha and Mrs. Geeta Chandrasekaran conducted the training with Mrs. Maitri Khedekar and Mrs. Sreekala Velambath as the co faculty members
- **Professional Quotient** for the Graduate Engineer Trainees of **Schneider (India) Pvt. Ltd (Formerly Larsen & Toubro Ltd)** was conducted on 19th,20th,21st April 2023 in Baroda by Dr. Anonna Guha and Mrs. Vasanti Anand.

HUMAN RESOURCE DEVELOPMENT

- **16 days Special Personality Development Course Level 1 (SPDC 1) physical class** commenced from 19th February 2023 and concluded on 26th March 2023
- **8 days Special Personality Development Course Level 2 (SPDC 2) physical class** commenced from 8th April 2023 and will end on 30th April 2023
- **The next Batch of 16 days Special Personality Development Course Level 1 (SPDC 1) physical class** commence from 7th May 2023 - Fridays, Saturdays, Sundays - 7.30 A.M. to 10.30 A.M.

FOOT PRINTS...

Nrityanjali News upto 21st April 2023

Nrityanjali Education Services conducted the following programmes :

- **Career Guidance Sessions** for Individual students continued - Courtesy **Nrityanjali**
- **Life Skill** programmes were held at **Little Angel School, Sion** on 17th & 18th January 2023 Courtesy **Nrityanjali**
- **Life Skill** programmes were held at **Vivek Vidyalaya, Goregaon** for the **Primary and Secondary Section** on 27th,28th,30th, 31st January and 1st February 2023 - Courtesy **Nrityanjali**
- **Life Skill** programmes were conducted at **New Horizon Public School, Airoli** and **Vishwa Bharati School, Kopar Khairne** on 16th & 31st January 2023 respectively - Courtesy **Hindusthan Times**
- **The NES Open Forum for Principals** organised two sessions on **The Purpose & Implementation of NEP 2020 on 24th January 2023**

Dr. B.N. Jagtap - Sr. Professor IIT Bombay and Member of NEP enlightened 60 educationists who attended.

Principal Ms. Shubadra Shenoy of **Little Angel International School, Sion** hosted the Morning session.

Principal Ms. Vinita Lewis of **Bharda New High School, Fort**, hosted the Afternoon session



- **Orientation** programmes for 300 Teachers of Ryan International Group of Schools was held on 15th April 2023 at Ryan International School, Goregaon. Dr. Tushar Guha, Mr. Girish Dalvi, Mrs. Geeta Chandrasekaran and Mrs. Maitri Khedekar conducted the four sessions of two hours each

FOOT PRINTS...

Nrityanjali News upto 21st April 2023

Social Service Activities

- **Project Unnat Yuvati** that conducts every Tuesday Spoken English Class and every Saturday Computer Science concluded on 7th January 2023. A total of 20 Girl Students completed the training, while the rest could not continue the training due to their various social and family issues

- **Nrityanjali Fest 2022 - Inter School Competitions that commenced from August 2022 ended on 11th December 2022. Over 2 Lakh students from 625 schools across Mumbai, Navi Mumbai, Thane and Raigad Districts participated.**

The Prize Distribution Function of The 36th Nrityanjali Fest 2022 - Inter School Competitions was held on 8th January 2023 at Birla Matushri Sabhaghar, Marine Lines, Mumbai. Nrityanjali artistes presented a glittering cultural show.



(L-R) Chief Guest - Mr. Sudipta Sengupta, Dr. Tushar Guha, Mrs. Sengupta & Dr. Anonna Guha

- **Saraswati Puja** was celebrated on 26th January 2023 at 11 a.m. followed by serving of Bhog.
- Twenty Nrityanjali Members volunteered for back stage management at the Dance section of **Kala Ghoda Arts Festival, Mumbai** on 4th,9th,10th & 11th February 2023
- On 14th & 15th March 2023, final performances by students of Saraswati Vidya Mandir, Bhandup and Vidyadeep Vidyalaya, Vikhroli were held. The students are being trained by Nrityanjali under the project Nritya Parichaya of **NCPA, Mumbai**
- Five Days **Nrityanjali Art & Grooming Camp** for Children and Ladies are being held at Nrityanjali premises from 19th to 21st April and 24th to 26th April 2023. Mrs. Maitri Khedekar is the Faculty.

FOOT PRINTS...

Nrityanjali News upto 21st April 2023

Social Service Activities

• Under the aegis of National Centre for Performing Arts (NCPA), Nrityanjali has undertaken to conduct Dance lessons for students of under privileged schools - Saraswati Vidya Mandir, Bhandup and Vidyadeep Vidyalaya, Vikhroli since August 2022. The training will continue for three years. Main teachers - Dr. Anonna Guha and Mrs. Sangita Sawant. The administration is managed by Mrs. Diksha Bhat at Vikhroli and Mrs. Vaishali Mandelia at Bhandup.



Students of Vidyadeep Vidyalaya, Vikhroli performing on NCPA's Godrej Dance stage. Inset - Principal of Vidyadeep felicitated by **Padmashri Darshana Jhaveri** (Manipuri Exponent) and Founder, Chairman of Nrityanjali - **Dr.Tushar Guha** (Personality Development Pioneer and Kathak and Folk Dance exponent)

• With support from **NOV India Pvt Ltd.**, Nrityanjali concluded CSR activity of conducting Personality Development Life Skill sessions with Students(Std,VII,VIII & IX) of Ideal English School - Bhandup, Ideal Hindi School - Bhandup and Smt. Indira Gandhi School - Nalasopara from December 2022 to March 2023

• With support from **NOV India Pvt Ltd.**, Nrityanjali completed **CSR activity of building Toilets** in Zilla Parishad School Barf Pada, Virar and Zilla Parishad Beggar School, Panch Pairi, Virar.

Floor Tiling for Ideal School Bhandup is completed.

• With support from **NOV India Pvt Ltd.**, Nrityanjali completed **CSR activity of providing 19 Benches made of Fibre to Hadpsar Karnabadhir Vidyalaya - Pune**

• During Nrityanjali's Diamond Jubilee year, Nrityanjali conducted **Health Camp for women**. On 1st March 2023, 154 girl students of Shriram College Bhandup attended the Camp. On 19th March 2023, 100 women attended the camp at Yashwant Chanji School, Bhandup **Dr. Samir Pradhan** conducted the camp. **The Project is supported by RCF Ltd.**

FOOT PRINTS...

Nrityanjali News upto 21st April 2023

Programme Division

- On 6th January 2023 Nrityanjali was invited to present Cultural Programme by **IIT Bombay and Tata Consultancy Services** for the delegates of the **ACM India Joint International Conference on Data Science and Management of Data - Cods Comad** in Powai. Nrityanjali presented the following dances :
Madhurashtakam in Kathak and Bharat Natyam Style,
Folk Dances from Maharashtra - Naman, Dhangar, Mangala Gaur, Pawra, Vasudev and Koli,
From Rajasthan - Marwari Dance, Begali Folk Dance, Adivasi Kummi from Tamil Nadu and Hum EK Hain - a bollywood number.



- Nrityanjali artistes presented Tagore's Dance, Bharat Natyam & Kathak Dance, Bengali Folk Dance, Arpan - a tribute to Bharat Ratna Lata Mangeshkar Ji and Dance Drama, **Kuhakini** on 8th January 2023 at Birla Matushri Sabhaghar, Mumbai on the occasion of the Prize Distribution Function of the 36th Nrityanjali Fest 2022 Inter School Competitions
- Nrityanjali artistes presented 25 minutes Dance Drama, **Kuhakini** on 11th February 2023 at Cross Maidan, Mumbai for **Kala Ghoda Arts Festival 2023**
- Nrityanjali artistes presented a cultural program on the occasion of **International Mother Language Day** on 21st February 2023 at **Bangladesh Consulate, Mumbai**



FOOT PRINTS...

Programme Division

Nrityanjali News upto 21st April 2023

- Nrityanjali artistes presented 30 minutes Folk Dance of Gujarat and Rajasthan on 28th January 2023 at **Sanskriti Festival 2023, Thane**
- The Annual Day of **Delhi Public School, Nerul** was held on 15th February 2023. The play - **Be the Change - values, responsibilities, and action towards Saving Mother Earth** was staged under complete guidance of Nrityanjali.. The script, choreography, skit direction was by **Mr. Girish Dalvi** with the team of **Mrs. Sangita Sawant & Mrs.Maitri Khedekar.**
- Nrityanjali artistes presented a cultural program on 24th February 2023 for the national and international participants who were invited for the **Conservation Conclave** organised by and at **Chhatrapati Shivaji Maharaj Vastu Sanghralaya (CSMVS), Mumbai.**
- Nrityanjali artistes presented 40 minutes Tagore and Folk Dance of Bengal on the occasion of **Bangladesh New Year** on 14th April 2023 at **Bangladesh Consulate, Mumbai**



Individual News

- **Mr. Girish Dalvi** was invited as the **Guest of Honour Kapol Vidyanidhi International School, Kandivali** on 3rd January 2023. The programme was held at Prabodhan Thackrey Auditorium, Borivali
- **Dr. Anonna Guha** was invited as the **Chief Guest at Expressions Dance Academy's Fashionista** organised by **ITEE KAR** on 17th January 2023 at Dove Banquets, G.B.Road, Thane
- **Dr. Anonna Guha** was invited as the **Guest of Honour** for the Annual Day Function of **Ideal School - English & Hindi Medium , Bhandup** on 19th January 2023 at Kalidas Natya Mandir, Mulund
- On 5th February 2023, **Mr. Girish Dalvi** portrayed the Character of 'Kirtankar' in the Sant Gora Kumbhar and Santai... dance drama of 10 mins under the auspices of Bhakti Spectrum - When the earth kisses the sky 'Sant Sudharas' - at Ravindra Natya Mandir, Prabhadevi.

NRITYANJALI HEALTH CAMP

As part of its initiatives under "Corporate Social Responsibility", **Rashtriya Chemicals & Fertilizers Ltd (RCF)** has undertaken several projects in the areas of promoting preventive health care, rural development, Skill Development and education aimed for the benefit of needy and for general good of the society.



समर्थ बढें समुदाय की ओर

Taking into consideration its Mission and Vision statement, RCF provides support to organize medical health camps. This year Nriyanjali was invited to drive the Health Camp on behalf of RCF. A brief report of the camp is shared to celebrate a new initiative by Nriyanjali during the DIAMOND JUBILEE Year (1963-2023).

Objective:

The Health and Medical Camp focused on the gynecological, reproductive, menstrual health issues of Girls and Women and provided guidance for the same.

Venue 1: Sri Ram College, Village Road, Bhandup West.

Date : 1st March 2023 **Participants :**186

Venue 2: Yashwant Chandji Sawant Vidyamandir, Utkarsh nagar, Bhandup West.

Date : 19th March 2023 **Participants :**114

Target Group : Girls and Women in the age group 16 years to 55 years.

The Health camp primarily focused on the following areas:

1. Clinical, Social, and Emotional Awareness amongst girls about body and health.
2. Losing inhibitions and not shying away from treatment
3. Learning that Prevention is better than Cure.
4. Focus on Right Treatment at the Right Time

Health is Wealth, with this mantra, it was reiterated that when the woman of the family is healthy and knows about body and health, the rest of the family and children have a better understanding of taking care of one's health.

Key Speaker & Consulting Gynaecologist who guided the audience was **Dr. Samir Pradhan**.



(L-R): Mrs. Charushila S, Dr. Samir Pradhan, Dr. Tushar Guha

Dr. Samir Pradhan is a Gynecologist, Laparoscopic Surgeon and Obstetrician in Mumbai and has an experience of more than 25 years in these fields. Dr. Samir Pradhan practices at Godrej Memorial Hospital in Vikhroli, Mumbai and Samarth Maternity & Nursing Home in Mulund East, Mumbai. He completed MBBS from King Edward Memorial Hospital and Seth Gordhandas Sunderdas Medical College in 1994, MD - Obstetrics & Gynecology from King Edward Memorial Hospital and Seth Gordhandas Sunderdas Medical College in 1997 and DNB - Obstetrics & Gynecology from DNB board, New Delhi in 1998.

Welcome address by Nriyanjali's **Founder Chairman & Psychologist Dr. Tushar Guha** emphasised on health awareness and being prompt to visit the doctor. Neglecting health of women, can lead to long term issues.

NRITYANJALI HEALTH CAMP



Dr. Samir Pradhan reintroduced the reproductive cycle of women, the basic symptoms of pre-menstrual syndrome, the common problems faced during those days, the present vaccines available to prevent major ailments later on, and also spoke about the general hygiene of women. Dr. Pradhan also guided on woman's body and the understanding of the issues and urgent remedial measures to be taken.

Nrityanjali's certified Counsellors then guided the participants to fill up the forms and answered their basic queries before consulting the doctor in-person. Questions about menstrual cycle and weakness, were brought to the notice of the Doctor.

The counseling prepared the girls and women to freely communicate and consult the doctor on their queries. Before dispersing, every women/ girl was given the hygiene kit which

included sanitary napkin and anti fungal powder and they collected their packed food snack.

The happy faces of all the ladies and young girls were the real reward for Nrityanjali. Being able to provide a platform to help them resolve their menstrual and general health concerns could only be possible with the great support from RCF, heads of both the institutions, and Nrityanjali counselors and volunteers. Special kudos to our Trustee Mrs. Charushial Samjiskar for making this possible. Thank you to our Counselors - Mrs. Geeta Chandrasekaran, Dr. Poonam Verma, Mrs. Maitri Khedekar, Mrs. Sangita Sawant, and our MD - Dr. Anonna Guha.

This very attempt has encouraged us to continue with this mission in future with support from like-minded individuals, institutions, and corporate houses.

The Path of Dance

In all cultures, dancing has been a connection with the divine (being with God or with ourselves), used in traditions, rituals and expressions of the people and their land. In my homeland, the land of the Inca ancestors, dancing is the physical expression of music and both were necessary rituals to be able to connect with the divine and to rise both physically and spiritually. We become beings of light.

Looking for evolution, first you have to go through destruction, then through creation and maintaining what you have received, a concept of the trinity that is not strange to the world or in dance, which goes through the same evolutionary process since you must destroy the current body shape, ignorance, prejudice and ego. This could be a big of a change, getting rid of comfort can be painful, frustrating and suffocating, but it

Written by - Guru **Ananga Manjiri**

*On the occasion of **International Dance Day**, it is the honour for the Editorial Board of Parichay Mein Parichay - the quarterly House magazine of Nrityanjali, to be able to feature the article **The Path to Dance**.*

The name Ananga Manjiri spells rhythm, visualises rhythm and feels rhythm.

As we utter A-N-A-N-G-A M-A-N-J-I-R-I - a delicate, beautiful and aesthetic picture flashes in front of our eyes - Yes, Ananga Ji is delicate, beautiful and aesthetic. She is soft spoken and LIVES DANCE.

A .Peruvian national, she was inspired to dance by her mother Herlinda Gonzalez Garcia de Malatesta - a renowned Bharat Natyam Dancer. Ananga Ji, grew into dance but unlike her mother, left her home and country and moved to Mumbai, India in search of more learning of Dance.

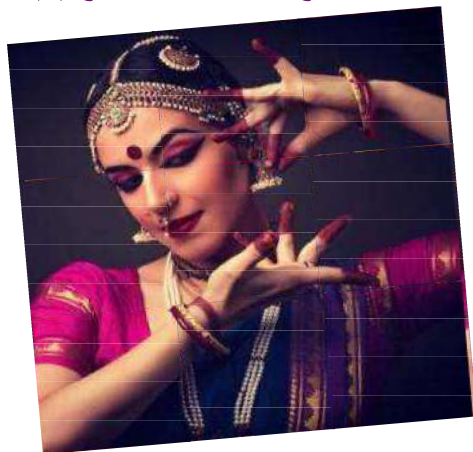
leads to an amazing second step which is creation, which we need to maintain to enter the next cycle of these three, making an evolutionary ladder of experiences, feelings, knowledge to later transcend.

Dance is a process of transcending and find liberation, to which every living being has the right to, to join the rhythm of nature and the universe, where each one has a path and a personal process that they can share with others, where the presentations such as art, in front of an audience.

So, who can dance? The answer was given by our ancestors, we can all dance, we all have the right to dance, transcend and find our own truth.

Dancing does not discriminate age, gender or religious beliefs, it is our right granted by God or a creative energy and our ancestors.

Happy Dance Day



Ananga Manjiri has carved a niche for herself in Bharat Natyam Dance, conducts classes in Madh Island, performs round the year and adapted herself to be a complete Indian, devoted to Indian traditions and culture. Her husband from North of India, not only supports her but has deep admiration for Ananga Ji.

Nrityanjali salutes you Madam and bows to you for the International Dance Day

घर आणि संस्कृती

- एक डिझायनरचा अभ्यास

सर्वात प्रथम हा लेख मला लिहायला दिल्याबद्दल खूप आभार मानते.

एक डिझायनर म्हणून काम करत असताना मला खूप वेगवेगळ्या प्रकारच्या लोकांसाठी घर डिझाइन करण्याची संधी मिळाली त्यातून खूप अनुभव येत गेले आणि वेगवेगळ्या प्रकारची कामे करत प्रत्येकाच्या आवडीनुसार संस्कृतीनुसार घर डिझाइन करायला मिळाले. तैकरत असताना त्या लोकांची संस्कृती समजून घेता आली. त्याचा अभ्यास करून मग त्यांच्यासाठी घर डिझाइन करणे जास्त सोपे होऊ लागले पण मी हे करत असताना 75% जैन, गुजराती लोकांची कामे जास्त केली त्यामुळे त्या लोकांना मला जवळून अनुभवता आले आणि त्या लोकांची संस्कृती, आवडीनिवडी ही मला समजून घेता आली.

मी महाराष्ट्रीयन असल्यामुळे मला महाराष्ट्राचे कल्चर आणि गुजराती लोकांचे कल्चर यामधला फरक प्रकर्षाने जाणवला. म्हणजे महाराष्ट्रीयन लोकांच्या राहणीमाना मधून कळून येते की त्या लोकांना काय आवडते. त्यांना वेगवेगळ्या रंगांचा वापर करणे तसेच कलरफुल गोष्टींचा वापर करून घर सजवणे त्यांच्या मध्ये वैविधता असणे वेगळे वेगवेगळ्या गोष्टी हायलाईट करणे यामध्ये त्यांचा जास्त कल असतो, तर त्यांच्या उलट गुजराती जैन लोकांमध्ये आहे त्यांना सोबर, शांत असे वाटणारे कलर जास्त आवडतात. त्यांचा चॉईस हा सोबरनेस कडे जास्त असतो, ते स्पेशली आधीच सांगून देतात की त्यांना काय, कोणते कलर वापरून घर डिझाइन करायचे आहे त्यांच्या आवडी निवडी ती लोक आधीच मॅशन करतात आणि त्यांच्या चॉईस मधूनच त्यांचे कल्चर दिसून येते.

तर महाराष्ट्रातील घरांमध्ये लाल किंवा गेरू रंगाच्या छटा पाहायला मिळतात, शेणाने सारवलेले घर, तर दुसरीकडे गुजरातमध्ये सफेदरंगाचा वापर जास्त केला जातो. संगमरवर दगडाचा वापर दिसून येतो.

मंदिरातील फरक पहांना महाराष्ट्रातील मंदिरे कशी रंगीबिरंगी असतात गावाकडच्या बाजूला पाहिलं तर तुम्ही किती सुंदर अशीरचना व रंगांचा वापर करून ती मंदिर

डिझाईन केलेली असतात. त्यावर कौलारू छत असतं. तर तुम्ही गुजरात बाजूला पाहिल तर तेथे संगमरवरी दगडाचा वापर करून, कोरीव काम करून बनवलेली मंदीर असतात. पांढरा शुभदगडाचा वापर करून मंदिर तयार होतात त्याचा एक वेगळ्याच प्रकारचा इम्पॅक्ट असतो. ही लोक या गोष्टीचा वापर घर बनवताना हे सर्वास करतात गुजराती लोकांना ही त्यांच्या घरामध्ये असाच काहीसा मंदिराचा लूक हवा असतो म्हणजे घरातील एक रूम खास मंदिरासाठी आवर्जून घेतात आणि त्यामध्ये खास प्रकारचे मंदिर बनवून घेतात म्हणजे बरेच जण त्यांच्या तीर्थक्षेत्राच्या प्रतिकृती मंदिरात बनवून घेतात त्यामध्ये पार्श्वनाथ दिगम्बर मंदिर, रणकपुर मंदिर, राधा कृष्ण, नवकार मंत्र इत्यादी प्रकारच्या गोष्टींचा उपयोग करतात. आणि हो ही लोक जेव्हा ही भेटतात तेव्हा **जय श्री राधे कृष्णा** असं बोलून स्वागत करतात.

घराची डिझाईन करताना प्रामुख्याने त्यांच्या मंदिराच्या डिझाईन मध्ये लक्ष द्यावे लागते मग बाकीच्या घराची रचना आणि जास्त करून मार्बलचा वापर करून डिझाईन करावे लागते. मुख्यत flooring साठी मार्बल सिलेक्ट करतात त्यामागे कारणे आहेत तर एक मार्बलथंड असतो आणि पांढऱ्या रंगाचा असल्यामुळे घरात प्रसन्नता येते सुखकारक वाटते. गुजराती लोकांना घर कसं सुटसुटीत हव असतं. जेवढी जागा रिकामी ठेवता येईल तेवढी ठेवा. खूप काही प्रचंड नाही दाखवायचं. गुजरात मध्ये आपण कधीही गेलो आणि तिथे पाहिले तर तिकडे घर स्टेप बाय स्टेप किंवा बॉक्स टु बॉक्स असतात काही ओबडधोबड रचना नाही दिसणार आणि त्यांनी कलर सुद्धा सिम्पल आणि सोबर वापरलेले दिसतात आणि घराच्या बाहेर एका झोपाळा हवाच असतो. घरामध्ये एक शांत वातावरण निर्माण होईल असात्या घराच्या आतून इम्पॅक्ट बनवावा लागतो.

याउलट महाराष्ट्रातील लोकांना रंगात खेळायला खूप आवडते. रंगेबीरगाचा वापर करून लोकांचे लक्ष आकृषीत करणारी घरे असतात. घराची रचना ही काहीशी हटके असते त्यात सगळ्या पक्षा वेगळे काय करता येईल हे लोक बघतात मग कधी वेगळ्या आकाराचे बंगले करणे. जेवढे रंग वापरता येतील ते वापरायचे ही Modern side तर जुन्या पद्धतीची घरे पाहिली तर त्यामध्ये प्रामुख्याने चिरा या दगडाचा वापर केला असून तो लाल रंगाचा असतो आणि जमीन शेणाच्या आपल्याला दिसून येतात आणि कौलारू छप्पर अशी काहीशी रचना असते पण रचना अजूनही

बर्बापैकी आपल्याला पहावयास मिळते. आणी हीच लोक मुंबईमध्येही घर डिझाईन करताना आपली संस्कृती कशी दिसून येईल याची काळजी घेतात म्हणजे काही लोक खासशिव छत्रपती शिवाजी महाराज चित्र पुढे लावता येईल का हे पाहतात. घरातील मंदिरांमध्ये सुद्धा वेगळी अशी डिझाईन करता येईल का त्यामध्ये एखाद्या लालबागचाराजाचा फोटो कुठे लावता येईल का कुठे विठ्ठल रखुमाई, रामाचा अवतार असलेले एखादे पेंटिंग कुठे लावता येईल का हे पाहतात.

मंदिर कसे एकदम आकर्षित बनले पाहिजे वेगळे मटेरियल वापरून उदा. लाकूड, कोरियन, मार्बल, काच याचा वापर करून डेकोरेटिव असे मंदिर त्यांना हवे असते. घरामध्ये रंगाचा वापर लाल, पिवळा, नारंगी, गुलाबी त्यांना हवा असतो. घर जेवढे कलरफुल दिसेल तर जास्त आनंद असतो. त्याच्यामते कलरफुल घर म्हणजे ते आनंदी आणि उत्साही वाटतं आणि हो घराचा प्रत्येक कोपरा भरला गेला पाहिजे घर कसे भरल्यासारखं वाटतं.

गुजराती लोकांना या उलट घरात जागा रिकामी ठेवता येईल तेवढी ठेवा म्हणजे जैन धर्मानुसार काही खूप काही प्रचंड असं नाही दाखवायचं सगळं कसं जिथल्या तिथे. या लोकांनाची संस्कृती आहे ना शांती, त्याग, मोकळाकडे चाललेले आयुष्य या गोष्टी दिसून येतात आणि ही लोकं त्यांच्या देवाला प्रचंड मानतात हा माझा अनुभव याचा अर्थ असा नाही की महाराष्ट्रीयन लोक मानत नाही पण प्रत्येकाचा वेगळा दृष्टिकोन असतो एकंदरीत पाहिले तर प्रत्येक जण आपल्या आवडींनुसार घर बनवण्याचा प्रयत्न करत असतो. पाहायला गेले तर अनेक जाती धर्म संस्कृती राहणीमान यांचा अभ्यास करून त्यांच्या साच्या प्रमाणे घराची रचना करून द्यावी लागते.

गुजराती लोकांची संस्कृतीचा विचार केला तर ते आपल्या समाजाला जास्त प्राधान्य दिले त्यांच्या समाजाचे होणारे कार्यक्रम त्यांना ते आवर्जून उपस्थिती देतात एकमेकांना मदत करणे हा त्यांचा धर्म त्यांना शिकवत असतो त्यातून समाजाची प्रगती करण्यासाठी मदत करतात म्हणजे त्यांच्या समाजाला एकत्र धरून चालतात. गुजरात भारताचे एक श्रीमंत राज्य सुद्धा संबोधले जाते.

गुजराती संस्कृतीत मुख्यता गरबा, रास नृत्य प्रसिद्ध आहे. त्यांच्यासाठी पोशाख, भोजन हे खूप महत्वाचे भाग आहेत. त्यांनी सादगी व मिलनसरीता यामुळे त्यांचा एक समृद्ध समुदाय बनला आहे.

महाराष्ट्रीयन लोकांबद्दल सांगायचे झाले तर काही लोक आहे ज्यांना सादगी आणि सरलता आवडते पण त्यांची संख्या फार कमी आहे. ज्या मातीने व्यक्तीची जडण घडण केली त्या मातीत तो एकरूप झालेला असतो. माणूस ज्या ठिकाणी जन्मला लहानाचा मोठा झाला आहे जेथे त्याच्यावर संस्कार घडले त्या जागेचा त्याच्यावर प्रभाव असतो. मराठी माणसाचे राष्ट्र म्हणजे महाराष्ट्र अशा महाराष्ट्राची संस्कृती सुद्धा वाखाणण्यासारखी आहे महाराष्ट्राच्या संस्कृतीत संतांची परंपरा आहे, तशी इथे साहित्यिकांची परंपरा आहे.

महाराष्ट्रीय संस्कृतीत श्रद्धेला खूप महत्त्व आहे. याचा प्रत्येक वार देवतेचा असतो. प्रत्येक सणाचे वेगळेपण जपले जाते. सणाच्यानिमित्ताने इथले लोक एकत्र येतात आपला आनंद एकमेकात वाटतात. महाराष्ट्राच्या माणसांच्या पोशाखाला महत्त्व आहे. पोशाखामध्ये धोतर, डोक्याला फेटा, पायात कोल्हापुरी चपला तर स्त्रिया नऊवारी साडी, नथ, कपाळाला कुंकू असा त्याचा साज श्रुंगार असतो. महाराष्ट्रीयन पोशाखातून, पदधतीतून, रीतीरिवाजातून महाराष्ट्रीयन संस्कृतीचे दर्शन घडते. संगीत मध्ये सांगायचे तर लावणी, पोवाडा हे प्रकार मोठ्या अभिमानाने जपले आहेत.

हे मला उमजलेले गुजराती आणि महाराष्ट्रीय संस्कृती. जे मी माझ्या शब्दात मांडण्याचा प्रयत्न केला आहे.

Written by:
Ms. Neeta Ambadpalkar

An alumni of Nriyjanjali's Special Personality Development Course (SPDC 1), Ms. Neeta Ambadpalkar is an independent professional working as an **Interior designer** for over 20 years.

Her success counts with the number of projects she has been working on over the years with a team of over 10 young professionals.

Currently Neeta is also pursuing her hobby in dance and is student of Nriyjanjali's Kathak class.



Written by - **Ms. Manisha Singh**

- a senior teacher for Primary section with S.M. Shetty High School, Powai. Ms. Manisha Singh is an alumni of SPDC 1 & 2 with Nrityanjali.

Her passion for teaching drives her to be with students. The experience shared through the writeup reflects this very passion and tips on how a Primary teacher can build strong bonds with their students.



It was a children's day and I wished my students a happy children's day. Everyone said in unison thank you ma'am except a boy. The boy walked towards me and said Happy children's day to you too. I was suspicious why he wished me ... So with the inquisitiveness I asked, "Why did you wish me happy children's day?" I was awestruck by his reply... He replied saying At home you are also a child of your parents.



Being a teacher of primary section is fulfilling and full of happiness. The students are always filled with newness, creative ideas and enthusiasm. They directly or indirectly fill our day also with that same kind of energy. We play a very important role by being their role model. They imitate our actions and adapt your behaviour.

Present day children look for something that catches their eyes and mind. They always listen to us when we reason them out.

Respect and understanding are always two sided. It's applicable to the young age children also. They give us respect and show us understanding when we do the same to them. Most importantly when we trust them and take their words seriously... We will see them with new level of confidence. This very respect and understanding is LOVE as defined by my mentor Dr. Tushar Guha. According to him, Mutual Respect and Mutual Understanding equals to LOVE' applicable to every human equation and hence should ebgin from children.

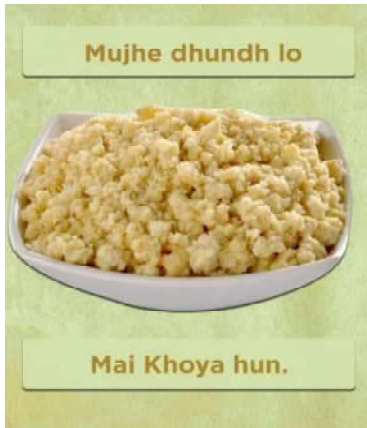
Entrusting them with some responsibilities, gives them a certain kind of happiness and pride.

Every year being with new group of children fills your life with unique experiences. Preparing ourselves and discussing the approach with our seniors helps us prepare better by being guided through experience, encouraged, mentored, and providing resources.

They have a different positive and simple outlook towards life. Being with them is itself so thrilling and draining sometimes.

Yes, we have to be alert and aware of our actions as we are under surveillance of our little ones. For, the future belongs to them and we, directly and indirectly, contribute to their future by being a part of their lives.

LAUGH IT UP



ABCD Can never leave us ALONE...

In childhood
A=Apple
B=Ball
C=Cat
D=Doll
E=Elephant

In young age_
A=Android
B=Bluetooth
C=Currency
D=Dance
E=Enjoy

In old age
A=Arthritis
B=Blood pressure
C=Cholesterol
D=Diabetes
E =Emergency



Rhymes & Verses



“I wonder”

Sometimes I look at the earth
Sitting in India I wonder
How can the month of March
Be filled with rain and thunder

You have chores to do
Or you are free and want to go outside
But looking at the smoke, pollution and dust
You just want to find a place to hide inside

And I remember the days I used to go down and play with
friends
Take in the fresh air and have healthy habits
Alas, the occurrence of a generational gap
Made today's kids hooked to gadgets

Rising temperature, increase in plastic, soil degradation
Results of our actions, thinking we have done no crime
Only concern for humanity is
Realization hits, but unfortunately, there is no time

In deed there is an erratic behavior in climate change
Global warming and pollution, humanity's biggest blunder
When will we go back to the Green Earth that once was
Oh how I wonder, how I wonder!

Written by: **Mr. Manav Pillai**

Manav is an IIT graduate with Mechanical Engineering. He is presently working as an Analytical Consultant at Master Card, Mumbai.

Manav has also completed Nriyanjali's SPDC Course Level 1 & 2.

This poem is the outcome of SPDC 1 'Literary Tendency' that allows individual to be expressive and cultivate effective communication skills.



कहाँ कहाँ खोजूँ में उसको

कहाँ कहाँ खोजूँ में उसको
किसके दरवाजे पर जाऊँ
जो मेरे चावल खा जाए
ऐसा मित्र कहाँ से लाऊँ।

जीवन की इस कठिन डगर में
दोस्त हज़ारों मिल जाते हैं
जो मतलब पूरा होने पर
अपनी राह बदल जाते हैं
हरदम साथ निभाने वाला
साथी ढूँढ कहाँ से लाऊँ

जो मेरे चावल खा जाए
ऐसा मित्र कहाँ से लाऊँ।

दर्द बर्यो करने पर आए
वे तो साथी कहलाते हैं
मन की बात समझ जाए जो
वे ही मित्र कहे जाते हैं
जिनसे मन के तार जुड़े वो
किस कोने से ढूँढ के लाऊँ

जो मेरे चावल खा जाए
ऐसा मित्र कहाँ से लाऊँ।

कविता सुनकर बीवी बोली
क्यों नाहक चिन्ता करते हो
जो घर में ही हाज़िर है, तुम
उसको बाहर क्यों तकते हो
में ही तो हूँ कर्ण तुम्हारी
और कृष्ण भी मैं ही तो हूँ
अंधकार में साथ न छोड़े
वो परछाई मैं ही तो हूँ
मुठ्ठी में जो चावल हैं
मुझको दे दो, मैं खा जाऊँगी
अगले +सात जनम+ की खातिर
मित्र आपकी बन जाऊँगी।

Written by: **Shri Jai Bhill Dev**

Contributed by: **Mr. Girish Dalvi**

Did U Know.....

WORLD HERITAGE SITES in INDIA

Ajanta Caves, Maharashtra

The caves at Ajanta represent a collection of Buddhist art from two periods. First monuments date to 2nd and 1st centuries BCE and were created by the followers of Theravada Buddhism. Further monuments were added in the 5th and 6th centuries CE, during the Vakataka dynasty, by the followers of Mahayana Buddhism. The monuments are masterpieces of Buddhist art and exhibited strong influence in India and in the broader region, especially in Java

elaborately decorated with sculptures and paintings

Agra Fort, Uttar Pradesh

Agra Fort is a 16th-century Mughal imperial fortress in Agra. It got its present layout under the Emperor Akbar. The complex contains several palaces, audience halls, and two mosques. Stylistically, it is one of the high points of the Indo-Islamic architecture, with influences of Persian and Timurid architecture

Ellora Caves, Maharashtra

Ellora Caves comprise 34 temples and monasteries that were cut into a 2 km (1.2 mi) long basalt cliff between the 7th and 11th centuries. As they were built by followers of Buddhism, Hinduism, and Jainism, they illustrate religious tolerance of the period when they were constructed. The largest temple is the Kailasa Temple, that is

Taj Mahal, Agra, Uttar Pradesh

Taj Mahal is the finest example of the Indo-Islamic architecture. It was built in Agra on the bank of the Yamuna river as a mausoleum of Mumtaz Mahal, the Persian wife of the Mughal emperor Shah Jahan, between 1631 and 1648. It was designed by Ustad Ahmad Lahori and built in white marble with inlay with precious and semi precious stones. The tomb is surrounded by four free-standing

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Interviews have begun. Selection only after an Interview.

Tel: 9702457535, 25953606 **Email:** nrityanjali1963@nrityanjali.org.in



**Next Batch
May 2023**

Did U Know.....

minarets. The complex also includes the main gate, a mosque, a guesthouse, and surrounding gardens

Sun Temple, Konark, Odisha

The Hindu temple was built in the 13th century and is one of the finest examples of the Kalinga architecture. It represents the chariot of the solar deity Surya: on the outer sides, it has 24 wheels, carved of stone and richly decorated, and it is pulled by six horses. Other decorative motifs include lions, musicians, dancers, and erotic scenes.

Group of Monuments at Mahabalipuram, Tamil Nadu



The monuments around the town of Mamallapuram were built in the 7th and 8th centuries, under the Pallava dynasty. There are different types of monuments: the rathas, which are chariot-shaped temples (Dharmaraja Ratha), the mandapas (rock-cut temples), rock reliefs, including the giant Descent of the Ganges, Shore Temple and other temples and archaeological remains. The artistic expression of the monuments was influential in the broader

region, including Cambodia, Vietnam, and Java.

Kaziranga National Park, Assam

Kaziranga is located in the floodplains of the Brahmaputra River. It is one of the best wildlife sanctuaries in the world, home to world's largest population of the Indian rhinoceros, as well as tiger, Asian elephant, wild water buffalo, and the Ganges river dolphin. The wetlands are important for migratory bird species

Manas Wildlife Sanctuary, Assam

The sanctuary along the Manas River covers grasslands on floodplains and forests, both in lowlands and in hills. The area is a biodiversity hotspot and home to several endangered species, including the Indian rhinoceros, Asian elephants, Wild water buffaloes, tiger, sloth bear, pygmy hog, Gee's golden langur, and the Bengal florican. The forests are constantly being renewed after floods and changes of the river courses. Between 1992 and 2011, the site was listed as endangered due to poaching and activities of the Bodo militias.

Keoladeo National Park, Rajasthan

Initially a duck-hunting reserve for Maharajas, Keoladeo is a man-made and man-maintained wetland. It is important both for migratory and resident birds, especially waterbirds. Over 350 species of birds have been recorded, including 15 species of herons, Siberian crane, and greater spotted eagle. You will see a group of Bar-headed goose and Demoiselle cranes flying together in the Park. The Park is also protected under the Ramsar Convention

There are 40 UNESCO World Heritage sites in INDIA. We have shared some of them with our readers and hope to share all the forty in our forth coming issues..

RECIPE

PANNA – COTA



Ingredients

1. Milk - 1 Litre
2. Sugar - 2 Cups
3. Vinegar or Lemon Juice - 2 Tsp
4. Vanilla Essence - 1 Tsp
5. Corn Starch -5 Tbsp
6. Strawberry or Any Berries - 25-30

PROCESS:-

Milk Pudding

Start by boiling 1litre milk into a deep pot. Boil until it is reduced about half its quantity. Remove almost 1 cup milk from the pot into a bowl, add 4 tbsps of corn starch into it and whisk until no lumps are and it is completely dissolved and ad 1 tsp vanilla essences and mix it in.

Then mix the mixture of milk in the boiling milk and let it thicken of low heat. Then add 1.5 cup sugar in the milk and let it thicken. Finally pour it in separate bowls and cool it down in room temperature and then let it set in the fridge.

Berry Compote

Wash and cut your berries into small pieces and add that in a sauce pan with ½ cup of water. Then let simmer consistency on medium-low flame. Then add ½ cup sugar, 2tbsp Lemon Juice/Vinegar and let it simmer.

Then add 1tbsp corn starch into it and let it thicken.After it thickens let it cool down into room temperature and add a layer of compote on the set milk pudding and let it again in the fridge. It is ready to eat.

WATERMELON JUICE

Ingredients

1. Watermelon - 2 Cups
(Cut and keep in freezer)
2. Chat Masala - 1 tsp
3. Sugar if required
4. Salt to taste
5. Pepper Powder
(As per your taste)



PROCESS:-

1. Cut and de-seed and watermelon into pieces.
2. Keep in Freezer / To chill, keep in a covered jar or bottles after juice is made.
3. Blend with chat masala, and salt.
4. Add sugar, if needed, and stir.
5. Serve chilled in Glass.

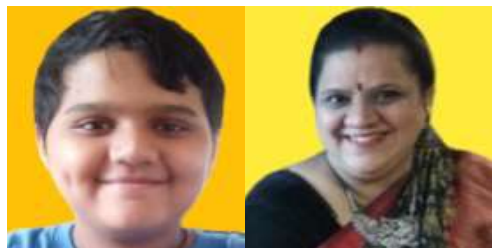
Contributed by - Mrs. Diksha Bhat & Master Devesh Bhat

The Mother-Son duo are a great motivation to each other, and hold common extra-curricular interests which brought them to Nrityanjali. Today, they learn Hindustani Sangeet and Kathak at Nrityanjali.

Mrs. Diksha Bhat is an HR Professional and actively involved in Nrityanjali's Educational and social initiatives.

Master Devesh Bhat , also a student of Sunday class, is pursuing his Grade 10 studies at Daffodil School, Bhandup.

Cooking for both is not only a great stress buster but today has become a part-time occupation.



April

6th Shreekala Babu
 9th Avani Chakrabarty
 18th Komal Waingankar
 24th Madhura Joshi

**May**

5th Baban Kokate

June

2nd Sangita Garud
 9th Aditri Dutta
 14th Vaishali Mandalia
 19th Kirti Shukla
 23rd Geeta Chandrasekaran
 24th Dinesh Singh

July

2nd Anuradha Chatterjee
 15th Nitasha Chawdhary
 16th Sampada Sakpal
 17th Diksha Bhat
 22nd Manasi Damle
 24th Harsha Andan
 24th Mahadevan
 26th Sanjukta Guhathakurda
 27th Swapnali More
 31st Vinaya Keny

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