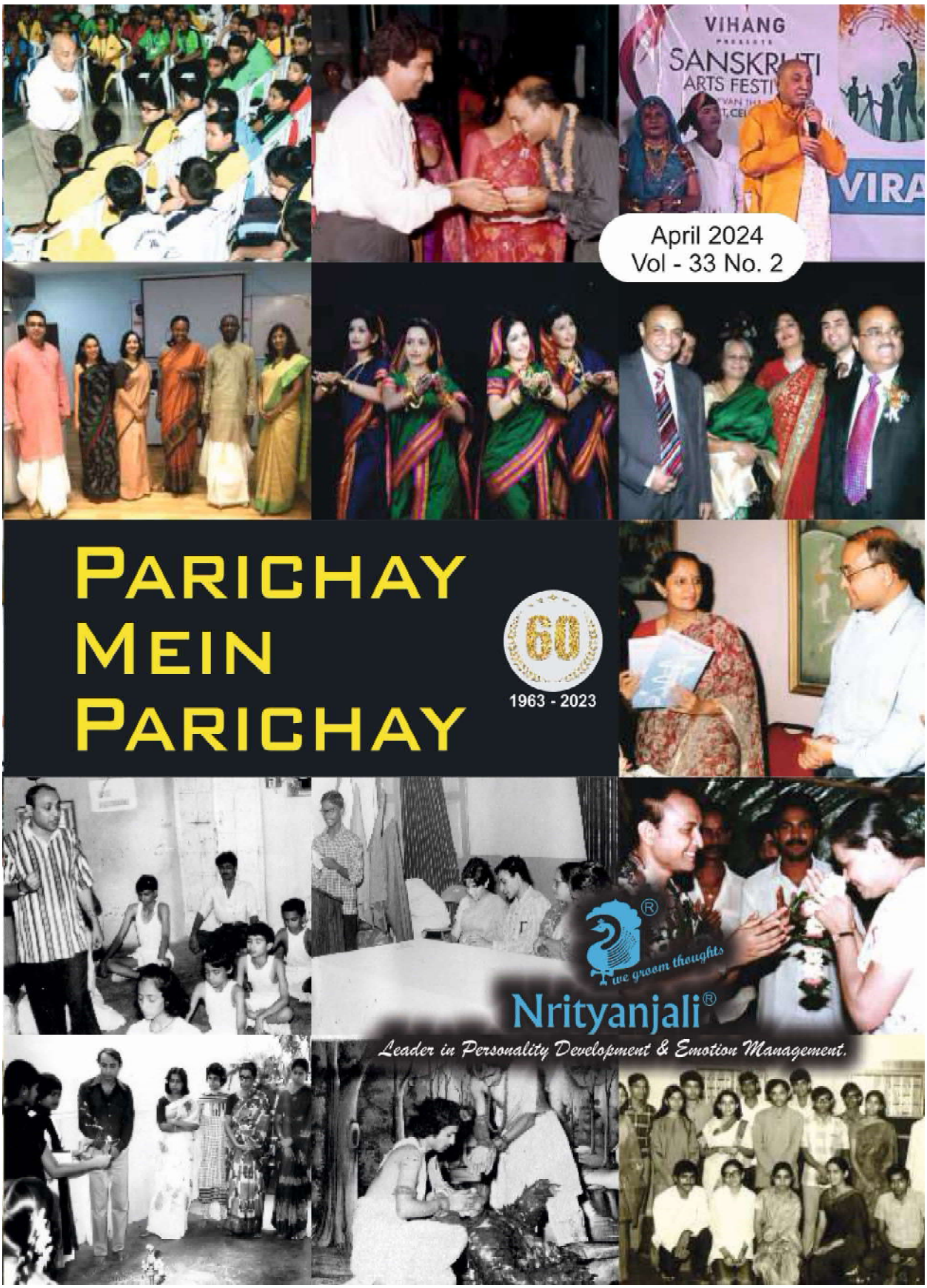

April 2024
Vol - 33 No. 2

PARICHAY MEIN PARICHAY

60
1963 - 2023

we groom thoughts
Nrityanjali®
Leader in Personality Development & Emotion Management.

APRIL 2024

Vol.33 No.2

Parichay Mein Parichay

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Maitri Khedekar

●

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(NIS)

●

Printed Online

Dear Readers,

Happy Summer Times! Time for a mid-year break, to relax, to rejuvenate and recharge.

The first half of the year was quite busyand exciting as well for us as we were engaged in multiple activities.

Nritya Parichay, a project of ours in collaboration with NCPA, completed it's 2 successful years with a grand showcase of the students' performance at the Tata Theatre, NCPA. It was truly commendable and an emotional moment to watch the students and see them moving a step further every year.

Nrityanjali's base, both, dance and vocal students, passed with flying colours, in University and Diploma Exams. The results were successfully handed over to parents after a warm and interactive session with them in the Annual Parents' Teachers Meet.

Our CSR work in the area of education and sanitation too saw timely completion in Mumbai and Pune districts. We feel so overwhelmed on being showered with abundant blessings by the beneficiaries in return for the very little that we offer them. It's time for all our Nrityanjali faculties to gear up for the 62nd AGM as well as new academic year in schools.

Maitri Khedekar

Parichay Mein Parichay
Life Membership (10 Yrs.)

Jan'15 Vol.24 No.1	Pukale Naresh
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July'23 Vol.32 No.3	Farhat Khan / Anonna Guha / Girish Dalvi & Sangita Sawant
Oct.'24 Vol .32 No.4	Guha Tushar, Radha
April'24 Vol .33 No.2	Narvekar Rutuja / Chatterji Nivedita / Pillai Mini

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One Year- Rs.200/- (4 Issues)

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Members are requested to please check and renew their Life membership

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Director - Kolkata Office : Dr. Anuradha Chatterjee
Head Operations : Mrs. Maitri Khedekar

●

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Nrityanjali Education Services - (Training in Schools & Colleges, Camps) (Open Forum for Principals)

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Mrs. Mini Pillai Mrs. Nivedita Chatterji, Mrs. Rutuja Narvekar

●

Human Resource Development (Research,SPDC,In-House Training)
Head : Mrs. Geeta Chandrasekaran

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ACCOLADES

Dr. Swapnokalpa Dasgupta -
Head of Dance - NCPA,
expressed gratitude for the Finale of Mumbai Dance Season on 4th february 2024 at NCPA curated by Padmashree Darshana Jhaveri Ji and Dr. Tushar Guha Sir

Thank you so much everyone for your support and brilliant performances today. Many many congratulations. I bow down to our guides Darshana ben and Dr Guha for showing us the way towards light... Pranam

A very big thank you to team NCPA... Deepa, Anchal, and Marian. May God bless our city with more and more happiness, prosperity and dance.

•

Thank you Darshana didi and Tushar Guha Sir, Thank you Anonna didi too. Shared a stage with stalwarts today!!! Blessed.

Sheetal Kapole
Kathak dancer, Dombivli

•

Blessed indeed to perform under the guidance of such stalwarts, Guru Darshana Ben Ji and Dr Tushar Guha Ji. Hope to connect soon with all of the wonderful Mumbai artiste friends. May this year be most creatively satisfying for all of us.

Ayswarya Warrier
Mohiniattam Dance Exponent

•

Dear Anonna,

The Kathak presentation was excellent, Loved it, from the costume to the rendition of the padhant and the whole presentation. Really commendable.

As I told Swapnokalpa Dasgupta it was like a culture revolution in Mumbai. Good work will take classical dance a long way like our gurus have contributed so much!

Guru Daksha Mashruwala
Odissi Dance Exponent

Dear Anonna,

Thanks for your love and respect. Nrityanjali's Kathak performance by students for the NCPA Nritya Parichay programme was a very good presentation. Boys and girls were equally doing dance and choreography taking interest, no mistakes, went smoothly, I know so much efforts have to be put in controlling them, not a joke, very well done. Congratulations

Good you did not teach on film song. I believe that whatever we give them they will put effort and learn. We should not compromise ourselves, thinking they will like more and enjoy more if we teach them on film music or Bollywood steps. Thank you, happy seeing your work, always happy to meet you. My warm regards to your parents. Your daughter has grown up beautifully. Love.

Padmashree Darshana Jhaveri
Manipuri Dance Exponent

Dear Anonna,

Nrityanjali has done a wonderful service to dance . I know how difficult it is to teach such a big group of uninitiated children for NCPA 's Nritya Parichay. You have to adjust to their time schedules. Just go on the path you are progressing dear. God give you energy and strength. My pranams to my favourite Tusharda.

Guru Dr Malathi Agneswaran
Bharatnatyam Dance Exponent

Dear Anonna,

It was a pleasure to watch the children learning so well under your Sangita Sawant Teacher and Nrityanjali's guidance. I was so touched. The Bol, Padhant, the movements, the synchronization, and even a Tarana, I was really amazed. It requires a lot of dedication and hardwork to present something like this. I think I had so much to learn from you all. Please continue with this noble task for the future generation. My blessings and best wishes.

Guru Keka Sinha
Kathak Dance Exponent

ACCOLADES

Dear Anonna Madam,

It was our good fortune that you accepted our invitation for the Women's Day programme, Thank you for coming and gracing the event - *Discover the Joy of Giving*. All participants were delighted to enjoy the event. We enjoyed your company a lot.

Alpana Madam
RCF Ltd, Thal, Alibaug

Hello Ma'am,

We thank you and your team for a wonderful and interesting session on *Personal Excellence*. Look forward to more such training sessions.Thanks and regards

Mrs. Vijaya Balkrishna
Office of ED-CSP&BD
Hindusthan Petroleum Corpn Ltd,

Dear Anonna Madam,

The pre promotion exam preparation for English and Maths was taken very by Nrityanjali Management Services. Mrs Maitri Khedekar taught the participants very well and was well appreciated. Regards.

Mrs. Nikita Raut
Learning Head, Bank of Baroda

Dear Madam,

Nrityanjali Fest 2023 was a good learning experience, volunteering for different events at various schools. This time I was also given the responsibility to handle some events independently which indeed boosted my morale.

My sincere thanks to Sir and the team for the confidence placed in me. It would be my pleasure to serve the organisation for more such events.Thank you

Mrs. Mini Pillai
Faculty & member Nrityanjali

Respected Tushar Guha Sir,

Yesterday -18th February 2024 for our cultural programme at *APT conference, IIT Bombay*, I learnt a lot. I got opportunity to help back stage which I have noticed in every show that you and Girish Sir always do.

Special highlight that I have observed that whatever difficulty we may face, we should have solution oriented and positive approach. I will always keep all these in mind and will try to implement in my personal life too.

Sir after yesterday's show I saw you were very happy, I felt very overwhelmed after seeing that happiness on your face. Thank you so much for everything.

Satyashil Jadhav
Printing Technologiy Executive
& Senior artiste of Nrityanjali Sunday Class

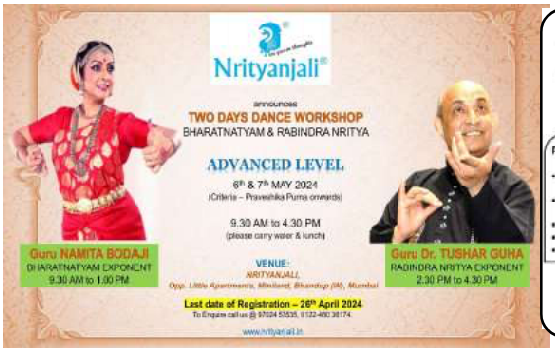
Editor : *Thank you Satyashil Ji. Sir is overwhelmed.*
Nrityanjali performed at MOOD-OMICS APT 2024 Conference at IIT Bombay amidst high protocol and security. It is indeed an experience to experience.

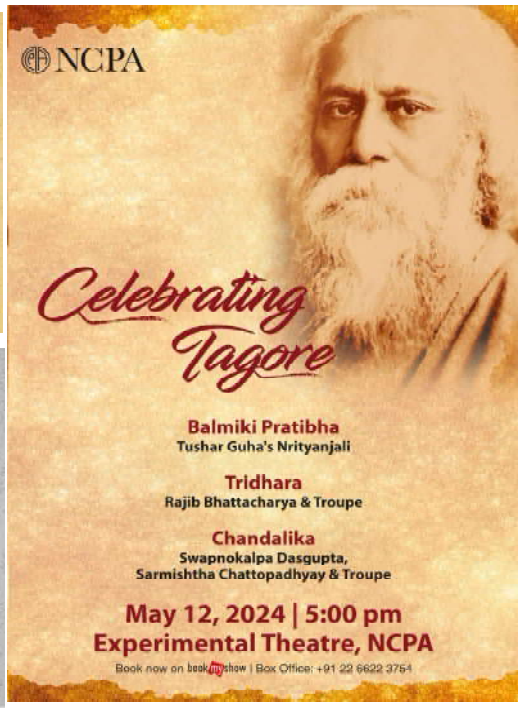
Dear Madam,

Yesterday no matter how drained we were, seeing Sir's enthusiasm, determination, super power or something I cannot come to terms with it, made us all feel whatever *aaa-uuuuhh hey bhagwan stuff* we are doing is sooo silly. A senior citizen of 77 years, with severe medical condition, is not only ready to come forward and show steps but also ready to conduct rehearsal by lying on the sofa. We have never seen a human like him.

Mrs. Ketki Naik Sarang
Markettng Professional and Sunday Class Artiste

LOOK OUT FOR ...





FOLK DANCE WORKSHOP

by **Dr. Tushar Guha**

on **30th, 31st May, 1st and 2nd June** 2024

from 2.30 PM to 4.30 PM

The participants will be introduced to
Folk dances of
Gujarat, Rajasthan, and Kerala
To inquire call us at
- 9702 457535, 4601 6714
Email us at - nrityanjali@nrityanjali.org.in

FOOT PRINTS...

Nrityanjali News upto 1st April 2024

Nrityanjali Management Services conducted the following management training programmes :

• Thirteen Days, three hours session, on **Spoken English and Grooming** was conducted by Mrs. Geeta Chandrasekaran for executives of **Elegant Collections** from 16th February to 31st March 2024. The remaining 6 sessions will continue further in the month of April.

• **RCF Ltd, Thal, Alibaug** organised three hours interactive session on **Discover the Joy of Life** on the occasion of **International Women's Day** on 7th March 2024. Dr. Anonna Guha, Mrs. Charushila Samjiskar and Mrs. Harsha Andan conducted the session with 120 participants

• Two days programme on **Personal Excellence** was conducted by Dr. Anonna Guha, Mrs. Vasanti Anand and Mrs. Maitri Khedekar at **Hindusthan Petroleum Corporation Ltd, Nigdi** on 21st and 22nd March 2024

• Half day programme on **Interview Readiness to prepare for promotion** was conducted on 29th January 2024 by Mrs. Geeta Chandrasekaran. Mrs. Maitri Khedekar was the co-faculty.

FOOT PRINTS...

Nrityanjali News upto 1st April 2024

Nrityanjali Education Services conducted the following programmes :

For Students

•The third and fourth round of **Life Skill Programmes** were completed in**:**

Little Angel School, Sion,
Vivek Vidyalaya, Goregaon,
S.A. Public School - Powai,
St John's School (SSC) - Tata Power - Borivali,
St John's School (SSC) - Siddharth Nagarr - Borivali, and
St John's School ICSE) Borivali

• **Personality Development programmes** supported by **NOV (India) Pvt. Ltd,** were completed for**:**

Ideal English School - Bhandup,
Ideal Hindi School - Bhandup,
Cosmopolitan's Sheth C.D. Barfiwala High School - Andheri and
Anand Vidya Niketan - Pune

Workshop for Teachers by Dr. Tushar Guha

• Workshop on Perspective Development at **NKES School, Wadala** on 27th January 2024

FOOT PRINTS...

Nrityanjali News upto 1st April 2024

Nrityanjali Education Services conducted the following programmes

Workshop for Parents by Dr. Tushar Guha

- Two workshops at **S A Public School, Powai** on 19th January 2024
- One workshop at **S T Blossoms English High School, Churchgate** on 12th February 2024
- One workshop at **S A Public School, Powai** on 13th February 2024

Mrs. Geeta Pillai (Principal, S.T. Blossoms English High School, Churchgate) attentively listening to the Parenting tips offered by **Dr. Tushar Guha**

OPEN FORUM FOR PRINCIPALS - INDIA (OFP)

- On 10th January 2024 Don Bosco School Nerul hosted the first Principals meet of the current year under the auspices of Open Forum For Principals - India (OFP). Principal of the school Mrs. Sangeeta Bhattacharya welcomed the principals of 16 schools who attended.

The Chairperson of OFP Dr. Tushar Guha spoke on NEP.

Mr. Girish Dalvi the Chief Administrator of OFP involved the principals in innovative intellectual activities.

Don Bosco School Rector Rev. Fr Dr. Barnabe was hospitability personified and the school engaged the principals in physical activities and made them experience *One Minute Thought* Podcast Channel.

FOOT PRINTS...

Nrityanjali News upto 1st April 2024

FACULTY DIVISION

- **The Results of Akhil Bharatiya Gandharva Mahavidyalaya examinations of the Bhandup Centre** are as follows :

  - **Congratulations to the students and Salute to the Teachers**

Distinction	**-**	**28**
First Class	**-**	**109**
Second Class	**-**	**13**
Pass Cass	**-**	**6**

HUMAN RESOURCE DEVELOPMENT

- **The next Batch of 16 days Special Personality Development Course Level 1 (SPDC 1) physical** class will commence on 11th May 2024 - Fridays, Saturdays, Sundays - 7.30 A.M. to 10.30 A.M.

- Regular HR Meet for the faculty members was held on 2nd April 2024

SPECIAL PERSONALITY DEVELOPMENT COURSE (SPDC)

(Certificate Course) Level 1. Also Followed by Level 2 & 3

For: Youth, Students, Professionals, Parents, Senior Citizens, & Homemakers

*The Course material provided is the approved reference book by Government of Maharashtra on Personality Development – **Perceptions of Personality** in 1996*

Course Content: Group Discussions, Presentation Skills, Communication Skills and Voice Culture, Group Dynamics and Human Relations, Counselling, Facing Interviews, Public Speaking, Grooming & Etiquette - International, Study of Emotions, Psychology and more…

Trained over 4,50,000 Individuals

Programme Mentor: **Dr.Tushar Guha,**
First doctorate in Personality Development, USA

Next Batch MAY 2024

Interviews have begun. Selection only after an Interview.

Tel: 9702457535, 25967388 **Email:** nrityanjali1963@nrityanjali.org.in

FOOT PRINTS...

Nrityanjali News upto 1st April 2024

Individual News

• **Dr. Tushar Guha** along with Padmashri Darshana Jhaveri, curated the 5th edition of **NCPA Mumbai Dance season.** The 15 days event commenced on 18th January 2024 and culminated into a grand finale on 4th February 2024.

The finale performance was choreographed by Dr. Tushar Guha expressing the theme of *togetherness*. The artistes performing were - Guru Debi Basu (Odissi Exponent), Smt. Kamalika Guha Thakurta (Actress and Rabindra Nritya expert), Anand Sachidanandan and Prachi Saathi (Bharatnatyam dancers), Sujatha Nair (Mohiniattam dancer), Renjish Nair (Kathakali Dancer), Gauri Sharma Tripathi (Kathak dancer), Sheetal Kapole (Kathak dancer), Ayswaria Warrier (Mohiniattam dancer), Shubhada Varadkar (Odissi Dancer), and Dr. Sandhya Purecha and Bharata College group (Bharatnatyam dancers)

Social Service Activities

• **Saraswati Puja** was held on 14th February 2024. The Puja was performed in the evening followed by serving of Mahaprasad.

• Under the auspices of **National Centre for Performing Arts (NCPA),** Kathak Dance Training for students of **Vidyadeep Vidyalaya, Vikhroli** & **Shree Saraswati Vidya Mandir, Bhandup** culminated into a performance by the students on 13th and 14th of March 2024. The students performed Kathak repertoire demonstrating the learning imparted by Nrityanjali team.

• **Nrityanjali members** entertained inmates of Home of the Aged in Andheri on 24th February 2024

• **Nrityanjali provided 98 benches to R Shinde Primary School, Narhegaon, Haveli, Pune. The project is supported by USA based NOV India Pvt. Ltd.**

• **Nrityanjali provided** 18 books for the library of Zilla Parishad School, Daund, Pune to enrich the students and teachers.

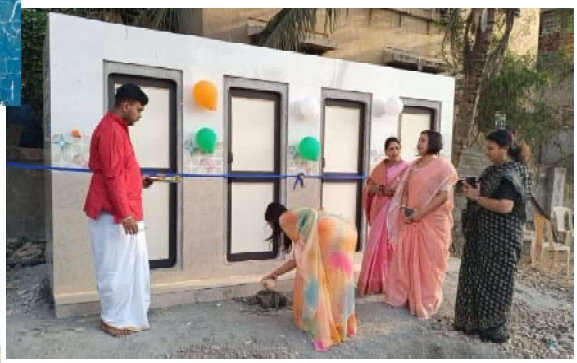
FOOT PRINTS...

Nrityanjali News upto 1st April 2024

Social Service Activities

• Nrityanjali completed building toilets as a part of Swachha Bharat Abhiyan supported by USA based NOV India Pvt. Ltd.

4 Toilets
at Kaner Zilla Parishad School,
Sherni Pada, Palghar



4 Toilets
at R Shinde Primary School,
Narhe Gaon, Haveli, Pune

4 Toilets
at Raipada Zilla Parishad School,
Palghar

4 Toilets
at Z P School, Jondhale Nagar,
Daund District, Pune

4 Toilets
at Z P Primary School,
Telewadi, Daund District, Pune

FOOT PRINTS...

Nrityanjali News upto 1st April 2024

Programme Division

• At the Prize Distribution Function of Nrityanjali Fest 2023 - Inter School Competions, at Zaverben Auditorium, Ghatkopar,on 28th January 2024, Nrityanjali Sunday Class students performed the following

* Sajani Sajani Raddhika Lo.. - a creative dance,
* Dulhan in Bhangda and Gidda style
* Maharashtra's Lezim dance
* Western dance - Ya Mustafa and
* Western.dance - Let Me Take You Dancing.

Mrs. Ruma Dey - Dy. Managing Director - State Bank of India and **Mr. Gautam Dey** CEO of Goa ICT Pvt Ltd. were the Guests of Honour

.

• The Office of the **Dy. High Commissioner of Bangladesh** invited Nrityanjali to present a cultural programme on the occasion of **International Mother Language Day** on 21st February 2024. Nrityanjali artistes presented four dances.The dances presented were from Bengal, Maharashtra, Bihar, Tamil Nadu and Rajasthan, in keeping with the spirit of the celebration.

• On 16th March 2024 NMACC organised a Musical Nite. Nrityanjali performed Folk Dances from Gujarat and Rajasthan on the occasion.

FOOT PRINTS...

Nrityanjali News upto 1st April 2024

Programme Division

• On 18th February 2024 **Nrityanjali artistes** performed at the Cultural Programme of **MOOD-OMICS - Cancer Awareness Session - APT 2024 Conference & Workshops at the Convocation Hall of IIT Bombay.**
The dances based on Bollywood Music had mythological and innovative touch. The audience was mesmerised with the performance and choreography.
1.Ghar More Pardesiya choreographed by Dr. Tushar Guha projected Sita Swayamwar
2, Ghoomar choreographed by Mr. Girish Dalvi depicted the authenticity of Ghoomar dance
3. Chalte Chalte choreographed by Dr. Anonna Guha took the audience to the nostalgic era of the 70's, presented in Kathak style.

Unnat Yuvati

- 2nd year Closing

Nrityanjali celebrated 60 years, our Diamond Jubilee year in 2022-2023. One of the initiatives that was started specifically to commemorate the Diamond Jubilee year was our project Unnat Yuvati, conceptualized by our Director Operations Girish Dalvi. It is an outreach programme, a project in Education and Skill Development for the youth / young girl students to provide practical skills of Spoken English, Conversational English and Computer Skills, free of cost, started in 2022.

The project is run at Nrityanjali, Bhandup. The syllabus and curriculum were developed under the guidance of our Chairman Dr Tushar Guha, and taught by our Faculty members who have generously volunteered for the project. Some of the Faculty members involved are Mrs. Maitri Khedekar, Mrs. Mini Pillai, Mrs. Diksha Bhat, Mrs. Rutuja Narvekar, Mrs. Prabhadevi Patil, Mrs. Dorothy Joseph, Mrs. Alpa Pandya, Ms. Bhumi Mandalia, Ms.Aziza Khan, and Mrs. Preeti Ghai. This year 8th and 9th std 120 girl students of Shree Saraswati Vidya Mandir, Bhandup, which is a Marathi medium school, were coached at Nrityanjali.

Expressions penned by
Mrs. Rutuja Narvekar

A graduate in Economics and a homemaker, Mrs. Rutuja Narvekar is passionate about teaching and social work.

To promote and impart education to every girl child she is actively involved with Nrityanjali's Unnat Yuvati project. She has also completed SPDC Level 1 & 2.

The sessions began from August 2023 and continued till February 2024, every Wednesday and Saturday. The sessions are well planned with a combination of activities, grammar lessons, certain life skills, basic etiquette and grooming along with basic computer knowledge. The closing ceremony and last day of the course was held on 6th March 2024. Our Trustee, faculty member, and Ex. Municipal Councilor Mrs. Charushila Samjiskar distributed Writing Boards to the girls, wishing them the very best for their Final examination.

***Mrs. Rutuja Narvekar** shares her thoughts about the closing day of the second year of Unnat Yuvati project of 2023.*

उन्नत युवती प्रशिक्षण समारोप समारंभ - नृत्यांजली संस्थेमध्ये २०२३ मध्ये सुरू केलेल्या उन्नत युवती ह्या वर्गाचा निरोप समारंभ, दिनांक ६ मार्च २०२४ बुधवार रोजी संपन्न झाला.

हया क्लासमध्ये मुख्यत्वे करुन बुधवारी इंग्लिश स्पीकिंग कोर्स व शनिवारी कॉम्प्युटर क्लास घेतले जात होते. नेहमीप्रमाणे सरस्वती हायस्कूलच्या इयत्ता नववीच्या सर्व विद्यार्थिनी २:३० वाजता हजर होत्या. त्या अगोदर पंधरा मिनिटे सर्व शिक्षिका उपस्थित होत्या.

दिक्षा मॅडमनी एमोजीचे दोन सुन्दर तक्ते बनवून आणले होते. ते दोन तक्ते भिंतीवर लावले गेले. इमोजिज द्वारे मुलींना नव नवीन शब्दांची ओळख व्हावी व त्यातील एक एक शब्द घेऊन मुलींनी त्याचे इंग्रजी मध्ये वाक्य बनवावे हा त्यामागे उद्देश होता. मैत्री मॅडमनी Emoticons चा अर्थ मुलींना सुन्दर रित्या समजावून सांगितला. इमोशन्स म्हणजे भावना आणि आयकॉन्स म्हणजे चिन्ह, म्हणजेच भावना दर्शविणारे चिन्ह - Emoticons. एमोजिज वेगवेगळ्या भाव भावनांचे चेहरे दर्शवतो. ह्यामध्ये Happy, Sad, Nervous, Confident, Lovely, Lazy, Depressed, Greedy इत्यादी भावना चिन्हे होती.

मैत्री मॅडम ह्या प्रत्येक शब्दाचा अर्थ मुलींना समजावून सांगत होत्या व त्यांना इंग्रजी वाक्य बनवायला प्रेरित करीत होत्या, जेणेकरून मुलींना स्वत:हून इंग्रजी बोलायचा सराव व्हावा. बऱ्याच मुलींनी ईमोजिज मधील शब्द घेउन त्यावर वाक्य बनवली. मुलींचा चांगला प्रतिसाद होता.

नंतर मैत्री मॅडम आणि दिक्षा मॅडम ह्यांनी मुलींना वर्तुळ करायला सांगून एक गाणे शिकवले. ते होते

I like you, there is no doubt about it,
And I am your friend.
You like me, there is no doubt about it,
And You are my friend.
I like me, there is no doubt about it,
And I am my friend.
We like each other,
there is no doubt about it,
And We are all friends.

मैत्रीतील उदात्त भावना असणारे हे गाणे किती परिपूर्ण आहे. आपण एकमेकांवर निर्व्याजप्रेम करायला हवे. त्यात कोणताच स्वार्थ असता कामा नये. एकमेकांवर प्रेम करताना स्वत:वर सुद्धा प्रेम करायला शिकायला हवे. एकमेका साहाय्य करू,अवघे धरू सुपंथ हेच ह्यातून सिद्ध होते.

मैत्री मॅडम यांनी टाळ्यांचा एक खेळ शिकवला.ह्या खेळामध्ये टाळ्यानकडे लक्ष देवून एकाग्रता कशी साधावी हे सांगितले गेले. हे साधे साधे वाटणारे खेळ आपल्या आयुष्यातले ध्येय साध्य करण्यासाठी उपयोगी पडतात.""सर्व विद्यार्थिनी छान नटून थटून आल्या होत्या. काही मुलींनी छोटेसे भाषण केले आणि त्यात त्यांनी आपले अनुभव मांडले. ह्या सर्व मुलींचा शिक्षिकेंसोबत एक ग्रुप फोटो काढण्यात आला. सरतेशेवटी सर्व मुलींना अल्पोपहार देण्यात आला व नृत्यंजली संस्थेतर्फे Writing board देण्यात आले. अशा प्रकारे छोटेखानी समारंभ पार पडला.

A VISIT TO **THE SOCIETY OF THE HOME OF THE AGED**

Written by
Mrs.Vasanti Anand

Mrs. Vasanti Anand is a commerce graduate and an entrepreneur. She runs her Anand Tutorials coaching students at school and degree level. A senior faculty and counselor with Nrityanjali, Mrs. Anand also holds diploma in Interior Designing. She is a singer and currently has developed interest in Stock markets.

Corporate trainer with Nrityanjali Management division, Mrs. Vasanti Anand's passion for social work encouraged her to drive the Nrityanjali's social activities divsion initiative of entertaining the inmates of old homes.

2022 was the year when Nrityanjali completed its 60 years of nurturing the youth towards being responsible and happy. One of the designs' that Nrityanjali's founder Dr. Tushar Guha effectively applies to share and add happiness and towards being responsible is, encouraging the youth to visit old homes, hospitals, and orphanages. The initiative is led through our Social Activities division. At the beginning of 2024, the division arranged a visit to 'The Society of the Home of the Aged' in Andheri. The place has been a regular one for us for many years. But this one had a special significance because it was post-COVID and after the renovation of the old age home. The other significant feature of this visit was that, this time I, a member of the faculty and counseling team dared to encourage my students of Anand Tutorials, a coaching institute run by me in Andheri, to be a part of this experience.

On the 24th of February, 2024 we along with the Nrityanjali artistes and members visited 'THE SOCIETY OF THE HOME OF THE AGED,' located at the Mahakali caves road, Andheri- east. The idea behind this initiative is to perform and spend some quality time with the inmates.

While I was coordinating with the old home as a Nrityanjali member, preparing my students to contribute beyond money and food, preparing them to spend quality time with the right sensibilities, was a great learning and joy for me. Everyone reached the venue at 10.00 am. We received a very warm welcome from the sisters in charge - Sister Agnes and Sister Isabelle. Our artistes were shown to a room where they could change for their performances, meanwhile the students interacted with the inmates. Initially, the students were at a loss as to what to say, but the smiles which they received from the "Nana-nani and Dada-dadis" put them at ease.

The programme which began at 10.30 am took place in the dining hall where the inmates were waiting eagerly. Students Vivaan Lodaya and Vinita Singh were the anchors for the programme.

The first performance was Ganesh Vandana performed by Dinesh Singh, an IT professional and dance student of Nrityanjali. This dance was in praise of Lord Gansha, seeking blessings for a great beginning and a great programme. Faculty member, Kathak and Music student of Nrityanjali, and an enthusiast of performing arts, Diksha Bhat sang a very melodious Abhanga. We all joined and clapped along. Our students Pushti Mehta and Vinita Singh transported everyone to the sixties era of Bollywood with their song '*Ajeeb dastaan hai yeh*...' They were accompanied by Janhavi Patel on a Guitar.

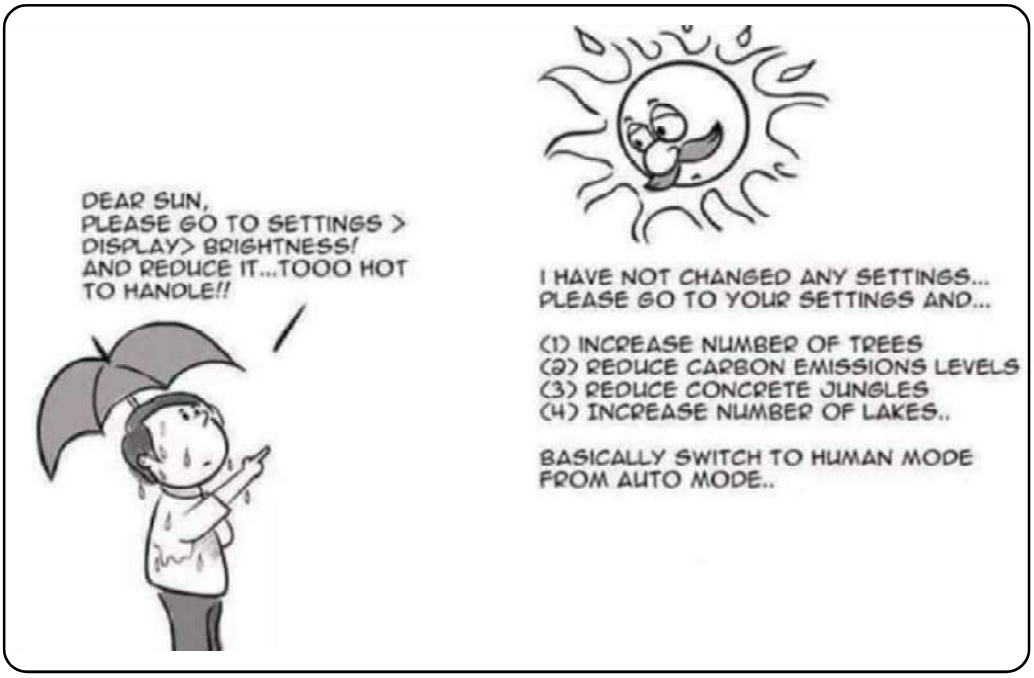
Our next presentation was the 'Ghoomar Nritya' of Rajasthan. Head Operations and Chairperson Social Activities division, Maitri Khedekar and Chairperson Programme division Sangita Sawant gave everyone a

glimpse of our Indian culture and pride through this Indian dance. Once again Dinesh Singh took everyone on a ride in his 'Gaddi' with his dance performance on the song 'Mai Nikla Gaddi Lekar' which had everyone tapping their feet. This was again followed by Diksha Bhat who entertained everyone with her 'Dindi Dance' reminding us to walk on the path of the Lord.

Finally, a game of 'passing the parcel' was played in which one of the inmates danced, one of them sang '*Ay dil hai mushkil jeena yehan, jara hat ke jara bach key eh hai Bombay meri jaan*'. It was so overwhelming to see everyone join in and enjoy the game. Our shy but eager students, Param Desai, Rajveer Shah, and Pushti Mehta, helped in 'passing the parcels' from table to table. By this time, it was already their lunchtime. Student Maaz Mithaiwalla had brought some eatables to distribute which was very well received by all.

The programme ended with a vote of thanks given by one of the inmates, after which all of us spent some time interacting with everyone. This was the moment that continues to be with us. Our eyes were moist with joy and each one of us could feel the worth of their being and happy to receive so much love and blessings from these elders.

This experience was a great learning for my students. I thank our Chairman Sir and my mentor Dr. Tushar Guha for initiating and giving a purpose to our existence, through such a relevant and important, but less considered zone of emotional and social well-being and development of our youth, through such exchange. More than the inmates, it was we who received more and more meaningful lessons from this experience. The exposure and the experience touched all our hearts and we all went home feeling blessed and contented. This was my first attempt to organise the initiative on behalf of Nrityanjali. But it has given me a new opportunity to make myself worthy and I shall continue to organise such initiatives for it gives a sense of purpose to my being. Thank you Nrityanjali.



NRITYA PARICHAY 2.0

Nritya Parichay is a CSR initiative that is conceptualised by NCPA with Dance Programming Head Dr. Swapnokalpa Dasgupta partnered by Nrityanjali, funded by Kotak. It is a programme where school students are taught classical dances as a skill, preservation of tradition and culture and confidence building. The students receive a Diploma certificate at the end of 3 years and every year they get the enormous opportunity to perform a classical dance presentation at the prestigious Tata Theatre stage of National Centre for Performing Arts, (NCPA) Mumbai. Nrityanjali has been associated with this initiative for several years teaching Folk Dances of India and Kathak.

Currently Nrityanjali teaches Kathak to over 100 students of Vidyadeep Vidyalayal, Vikhroli and Shree Saraswati Vidyamandir, Bhandup. Kathak is taught under the guidance of Dr. Anonna Guha, with Sangita Sawant Madam interacting with the students regularly, ably supported by Vaishali Mandalia and Diksha Bhat. The following write up is a Report by Diksha Bhat about her experience of Nritya Parichay and the finale dance performance. Swapnokalpa Madam and Marian Dsouza (NCPA coordinator for the NCPA Nritya Parichay programme) also express their thoughts about the programme and our association.

Namaste Everyone!

I am Diksha D. Bhat. NCPA's Nritya Parichay is a CSR initiative, supported by corporate organisations, which seeks to impart classical dance training to children from less privileged economic backgrounds. It motivates and introduces children to learn traditional Indian Dance.

I was a part of the Vidyadeep Vidyalaya School in Vikhroli with over 50 students. This was the second year of Vidyadeep Vidyalaya and we Nrityanjali Team were part of the project. During the first year the students were learning to understand what Kathak was and getting used to the dance movements.

This year children, school, teachers, all were comfortable with each other. But as we grow and go for next year it gets tougher.

We started our second year sessions in July 2023 where we were excited, happy and boosted up with energy, as it was with an aim of giving and teaching them in the best way so that all get trained equally ; so that everyone understands, learns and gives their best during the end of the year in their performance, on the big stage of NCPA and score good marks in their dance exams.

It is always exciting when we are able to inculcate interest in students in the subject we are teaching. While teaching students we ourselves also learn. While assisting Sangita Sawant Madam I learnt how to have patience, be tough and calmly handle the situation. Sangita Ma'am is a perfect teacher who motivates and makes every child perform as she believes that everyone can do it. They need support, guidance, motivation and helping hands through which students will perform with respect and by following their passion. When teacher has confidence, same thing passes on to children / students.

NCPA also conducted workshops where children could get exposed to dance styles apart from Kathak. They got introduced to a Senior Classical Dancer and their teaching. The students are very lucky to get the opportunity to learn classical dance, as if it wasn't for the Nritya Parichay initiative they may never have had the opportunity to learn classical dance as learning classical dance

forms is an expensive proposition. By the grace of God they got this chance without paying a single penny. They only had to give their 100% efforts.

This year Ghungroos were given to each child. It made them so happy and motivated them to do better. All were eager to wear them and dance. When Ma'am and I were teaching them to wear Ghungroos, I was able to recollect our days when we started. It was a wonderful experience when you see how beautifully each one is trying to express their dance. And with 50 students, efforts were taken to make sure each of the students blossom fully.

Here are opinions and thoughts expressed by both the schools and Team NCPA

Principal - Mrs. Pranita Suresh Lakhani, Vidyadeep Vidyalaya, Vikhroli.

"We had started the Kathak Class in 2022-2023 where 56 students of 6th and 7th standard were selected. These children had made very good progress under the teaching & guidance from Sangita Sawant Ma'am and Diksha Bhat Ma'am. Even we could see changes in their values and even getting better in classical dance i.e. Kathak.

Though there was little space in school, teachers adjusted as per the space given by the school. We can also see academic progress in students due to Kathak. Even in this second year also there were lot of good changes in our students. Whenever we inform parents about programme in NCPA they also feel happy and proud that our children are going to perform on such a big stage.

We are thankful to NCPA, Nritya Parichay team, Swapnokalpa Dasgupta Ma'am, Dr. Anonna Guha Ma'am, Sangita Ma'am, Nrityanjali Team members, Kotak, our school and parents for all their support and efforts."

Students of Vidyadeep Vidyalaya, Vikhroli, felt that their concentration level has increased and it has helped them in their studies. All due to due to Kathak Dance! Previously they used to get scared to dance but now they are slowly and steadily getting more confident. After wearing the ghungroos and dancing they felt as if they are dancing professionally. They said dance has really helped them to score good marks in studies as it has improved concentration and memory power.

It has increased their stamina and control by learning footwork in Kathak Dance.

Coordinator (Teacher) - Mrs. Gauri Santosh Shinde, Vidyadeep Vidyalaya, Vikhroli

"We are lucky that our children were provided the opportunity to learn classical Dance i.e. from Kotak through NCPA. It is really great that it is the second year now. It was started in 2022 where 56 students were selected and accordingly time table was fixed once in a week for two hours and then as needed it was done twice a week.

Children were provided Kathak Dress in which they performed on stage in the first year at NCPA, where parents and teachers were happy to see the children performing. In the second year they received ghungroos which made everyone very happy. Our students are very lucky they are able to perform on NCPA stage as normally if people have to perform then they need to book stage 5-6 months before.

I am Thankful to Kotak, NCPA, Nrityanjali and Team. I am grateful and thankful to Swapnoklpa Dasgupta Ma'am, Dr. Anonna Guha Ma'am, Sangita Sawant Ma'am and Diksha Ma'am."

Principal - Mrs. Pravina Pravin Deolkar, SARASWATI VIDYA MANDIR, BHANDUP

"In my school through Kotak and NCPA, Kathak classes are conducted. In this 6th, 7th and 8th students have participated to learn Kathak where in future it will be very useful. I would like to thank NCPA and Nrityanjali Team, Dr. Swapnoklpa Dasgupta Ma'am, Dr. Anonna Guha Ma'am, Sangita Sawant Ma'am and I am thankful to my parents for their co-operation and support."

Students of SARASWATI VIDYA MANDIR, BHANDUP were very happy and all promised to become good Kathak dancers in future. There were boys in Kathak who said that they learnt discipline and are following rules in their daily life through Kathak Dance. They also expressed gratitude to their School, Kotak and Teacher.

It was when few days were left for performance on NCPA stage.

When we see the students perform on stage we really feel so proud. All our efforts are well rewarded seeing them dance beautifully, like a mother giving birth to child, we feel whole. I am grateful and thankful to God, the Universe and our Dr. Tushar Guha Sir, Nrityanjali and Team for giving me this wonderful and precious opportunity.

Coordinator (Teacher) Mrs. Nita Kedar, SARASWATI VIDYA MANDIR, BHANDUP

"NCPA which has given chance to learn classical dance which was not possible for our children to learn from outside. This is a golden opportunity for our students. Our students have made use of this opportunity and will in their future. They are very thankful to NCPA for giving this chance to perform on NCPA stage. I am thankful to Sangita Sawant Ma'am, and Nrityanjali Team and to all parents who have been supportive."

Dr. Swapnokalpa Dasgupta – Head of Dance Programming NCPA

"Nritya Parichay started in 2016 with Greenlawns school, Powai and that is the time from which Nrityanjali has been a part of the programme. This training programme in 2016

Dr. Swapnokalpa Dasgupta in conversation with Dr.Tushar Guha

was for folk dances. So the idea was to have 50 children, from Greenlawns school, who will be learning these folk dances, 3 months for one type of dance form. So we first started with Kalaripayatu for 3 months, then the same batch would learn a folk dance which was known to them and one folk dance about which they were unaware. The folk dance that was known to them was Garba and the folk dance that they were unaware of, was Manipuri folk dance. The Garba in the programme was taught by Nrityanjali. That was the first involvement of Nrityanjali, training for 3 months and at the end of the programme preparing the children for the year end show at the NCPA in 2017. That was the first journey with Nritya Parichay.

Until the pandemic years, NCPA was teaching in multiple schools and in 2020 March, Nrityanjali was training multiple schools in different folk dances like Garba, Bhangra, Pawra and also Kathak, because through this programme, slowly, I was also trying to develop an interest in Indian Classical dances. Normally when you go to any underprivileged school and tell them we want to teach and learn Indian classical dance, they get a little sceptical. This is because in Indian classical dance, the rigour makes people feel unsure whether the students will be able to generate interest and be consistent. That is the reason I started with folk dances and body conditioning dances like Kalaripayatu. We later started doing Indian classical dance in that section, so that the general body conditioning happens through Indian classical dance. In 2020 March, when we were ending, Nrityanjali had already started training students in Kathak at Dharamveer Sambhaji Vidayalaya, Vikhroli.

After the pandemic, our programme has completely focused on classical dance. Now, children are doing a 3 year diploma program, of which 2 years we have now completed. Nrityanjali is training children in Kathak and it has been an exemplary experience for me personally, to work with the Nrityanjali team ; to see Dr. Tushar Guha ji's vision and training in grooming his students, every individual of Nrityanjali.

Personally also, getting an opportunity to talk to Sir, to understand how one should design programmes for the underprivileged, has been a matter of personal growth. And of course, Anonna Guha Ma'am, Girish Sir, and Sangita Ma'am, the way they conduct themselves, the promptness, especially with reporting, has absolutely been brilliant. We work with so many different institutions but the structure and the precision with which Nrityanjali works has been absolutely brilliant. When you talk to Sir, you can see the efficiency that Sir talks about, how wonderfully Sir has actually been able to truly develop that in the team.

It's one thing to have a structure and to give direction that this is what you should do to make your team efficient and it is quite another, to actually show 'Look, I've made my team efficient'. I think Tushar Sir has absolutely done a wonderful job with that. We seek the blessings of Tushar Sir and all the senior Gurus that we have in the country and to keep the flame or the passion of Indian Classical

dance alive through this programme, and also give an opportunity to the children from the socially downtrodden section to learn classical dance and develop the skill to take it up as a profession through the examination process we have devised."

Marian Dsouza – Coordinator NCPA Nritya Parichay programme

"My Engagement with Dr. Tushar Guha's Nrityanjali is for around 5 years now. Working with the team has been an enriching and fulfilling experience. I have had a great time working with each team member and have found everyone to be very professional, helpful, and committed to reaching our shared objective.

One aspect of the team that stood out to me was the level of open communication and transparency. Regular team updates, clear project objectives, and open channels of communication ensured that everyone was on the same page and working towards a common goal. Also I highly appreciate timely submitting of quarterly reports and documents. I am really grateful to Dr. Tushar Sir and Dr. Anonna Guha Ma'am for their mentorship and advice.

I am extremely happy with my time spent working with members of Nrityanjali's Team. NCPA looks forward to continuing our relationship and collaborating on further CSR initiatives."

Written by **Mrs. Diksha Bhat**
Diksha Bhat is an SPDC 1 & 2 Alumni, HR professional, Life Skills Faculty and a student of music and dance at Nrityanjali.

FAMILY ORIENTATION

by Dr. Tushar Guha
(Psychologist, Artist, Corporate Trainer & Educator)
Founder, Chairman – NRITYANJALI Group
Founder, Chairperson - Open Forum for Principals, India

Family & Self Pride

Parenting is the most complex and demanding of all human activity. It involves, family, community, religion, traditions et all. A child must be respected and this will imbibe his self-pride, self-respect. The process has multiple attributes. As mentioned, the child must know his family, the ancestors - their profession, tradition, religion, interest. The child should gradually be introduced to the various facets of his family through family interactions, narration of past incidents. He will instill a sense of pride about his family. Important for parents is to highlight the healthy aspects and also to concede to any wrong actions of the past. Arrange family gatherings and interactions and do speak of the grandfather, grandmother, uncles and aunts. Let the child be aware of his family tree.

Mother Tongue is a crucial factor in moulding the child's personality and developing a sense of belonging and self-pride. Today, in cosmopolitan cities, it is virtually impossible to learn one's mother tongue. Yet, one must at least be able to speak in the mother tongue and more importantly not be ashamed of it. Do converse at home in your mother tongue. Do talk with pride about your community, religion and nation. Do not however, belittle others. If time permits, then acquaint the child with the alphabets of the mother tongue. However, if possible, encourage the child to learn the mother tongue.

Parental Involvement

Whenever we face a problem, it is essential to go backwards to find out the cause of the problem. A student writes examinations. A student is a child (any age) to his parents. Parents love and care for their child. Parents also dream for their child.

It is absolutely justified to dream for your child, for who else will think for happy days of your child if not you. But, your dream should match the capacity of your child. Ask yourself - is he at ease to do what you want him to do ? Many a times, a child tries to please his parents and goes beyond his own capacity. This is a total undoing. As parents, we are to offer opportunities within our means, and assess the capability of the child and then encourage him.

A continuous communication level must be maintained by both parents with each other and the child, so that the child even when he has grown up, has a comfortable, easy communication relationship with parents to share his fear, anxiety, joy etc.

Parents must be appreciative of the child and also if need be, able to admonish him. Parents will have to be a part of his life - FRIENDLY BUT NOT A FRIEND. Take interest in his study, hobby, other activities. This is the beginning to the end of Exam related tensions.

Interpretation

All parents will have differences of opinion, will have verbal clashes - this is simply natural and healthy. Often parents want to hide this side of their life. I believe, we are human and differences are good, so why shy away ? Is it possible to fix a time with the spouse to air differences preferably when children are not at home ? Can we ask the children to go out as we parents want to settle scores ? It is advisable that one spouse keeps quiet while

the other is furious so as to calm down the situation.

However, is this also possible ? I feel, if a spouse withdraws, then the issue is lost, as it is precisely to stress on the correctness of the issue that the argument started in the first place. Who will be the one to give up first without making a point ? I believe, both must continue till tired. Yes, the children will know and be affected. It is here that the parents will have to rise to the occasion.

I repeat marriage and parenting are trial and error method and a continuous learning process.

Family Orientation

Examinations and Tensions go hand in hand. Exams are good, Exams are bad, Exams are horrible, terrible, stressful but Exams are a challenge and Examinations are a Must and here to stay. Worries will not help but addressing the issues will.

We need to identify the reason. Why is the problem there? What is the root cause ?

In Parental Involvement, we have tried to understand the magnitude of the word involvement - if it is necessary and if it is worthwhile.
The answer is Parents Involvement is a Must but with caution. Not too much, not too little. Continuous communication, appreciation and understanding are the first step to the beginning of defusing the worries of Examinations.

The Second area of Concern, as mentioned earlier is FAMILY ORIENTATION.

What is Family Orientation ?

The concept needs explanation. Every living thing in the world has roots. The flowers, the fruits, the trees, have them under the ground. Every animal has a mother. Every human being has parents i.e., we all have a source. This source is the family. The child, has parents, grandparents, Great grandparents and so on and that is his heritage. Like the trees have branches and leaves, our families also include uncle, aunts, brothers, sisters, cousins and so on. Together, we have one big happy family. Even in today's nuclear families, we have the branches and the leaves and they will always remain. This in totality is the Family.

The word orientation relates to the identity of the individual, his sense of belonging and finally his self-pride. From this Self Pride, he will derive his strength to be happy and appreciative of the world. He will grow to include in his self-pride, his family, his society and his nation.

The Direction

Happy incidents of the family, achievements of ancestors need to be related to the children of the family. Small but significant incidents of elders need to be appreciatively demonstrated and other members of the family must take pride. Every individual has goodness in him. We must highlight these positive sides of the family members. The negativities must also be made aware off, but in a positive way, so that the child does not develop any inferiority complex. The communication process, as mentioned previously, will have to be continued.

In today's fast world, parents will have to find time for the children to talk to them about their forefathers. This is his identity, this imbibes his discipline, his sense of duty and finally this act makes him open to different approaches, interactions and hindrances. He emerges confident to face challenge.

He is prepared for the future to tackle his anxiety, stress as he is groomed to be emotionally stronger.

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India's Economic Trajectory 2024-2025

Written by **Ms.Rashami Panikulam**

A corporate professional who works as a freelance editor and writer in the field of Academic editing and translation business.

Rashami is student of Bharatnatyam at Nrityanjali and continues to pursue her passion. She is also a budding Compere for Nrityanjali events and at the Kalaghoda Arts Festival.

India's economic trajectory for the fiscal year 2023-24 appears promising, with a projected growth rate of 7.3%, as outlined in Finance Minister Nirmala Sitharaman's presentation of the Interim Union Budget for 2024-2025 in Parliament. This growth projection mirrors recent estimates by the Reserve Bank of India and underscores the nation's resilience amidst global economic turbulence.

Amidst the economic landscape, the budget underscores a significant increase in capital expenditure, earmarking Rs 11,11,111 crore to stimulate economic growth and foster employment opportunities. Despite a fiscal deficit estimated at 5.1% of GDP, the government remains committed to fiscal consolidation, targeting a reduction below 4.5% by 2025-26. Priorities are clear - uplifting the marginalized, including the poor, women, youth, and farmers, through targeted schemes aimed at their welfare and empowerment. The overarching aim is inclusive development, leaving no segment of society behind.

For the common man, the budget carries several implications. Continued support for key sectors like infrastructure promises improved connectivity and enhanced public services, potentially benefiting everyday lives. The announcement of interest-free loans for research and innovation, coupled with infrastructure development initiatives, signals opportunities for the youth to engage in entrepreneurship and contribute to economic growth.

Taxation remains stable, providing continuity and predictability for individuals and businesses. Moreover, the withdrawal of outstanding direct tax demands offers relief to around one crore taxpayers, alleviating financial burdens and fostering taxpayer trust.

Over the past decade, robust growth in direct tax collections and the streamlining of the GST regime have facilitated ease of compliance and contributed to overall economic stability.

In essence, the interim budget reflects the government's unwavering commitment to steering the economy towards sustainable growth, ensuring that the benefits of development reach every corner of society. As the nation progresses on its developmental journey, the budget sets the stage for inclusive prosperity and a brighter future for all citizens.

Some of the key takeaways for a common man are:

1. Fostering entrepreneurial aspirations for youth under PM Mudra Yojana.
2. 30 crore Mudra Yojana loans for women entrepreneurs.
3. Rooftop solarization - to obtain up to 300 units of free electricity per month.
4. Strengthening e-vehicle ecosystem by supporting manufacturing and charging.
5. Saksham Anganwadi and Poshan 2.0 to be expedited to improve nutrition, delivery, and early childhood care and development.
6. Pradhan Mantri Awas Yojana (Grameen) - additional 2 crore houses targeted for next 5 years.
7. Stepping up Pradhan Mantri Matsaya Sampada Yojana
8. Continuity in taxation: Certain tax benefits to Start-ups and investments made by sovereign wealth funds/ pension funds, tax exemption of some IFSC units expiring on 31.03.2024 extended up to 31.03.2025.

Did U Know.....

KNOW YOUR COFFEE

Drawing by Mrs. Maitri Khedekar (Editor)

continued from pg.22

Parenting is the joy of parents and not their compulsion. **However, please note that parenting should not be your sole focus in life. You are a mother / father, but you are also an individual and therefore also have your likes and dislikes. You might have to give in but do not give away i.e. do not lose your identity. Self-identity is a very important factor in parenting. Your children learn to respect and appreciate you and evolve as strong, clear and independent individuals.** ***The first criteria of parenting is to enjoy the parenthood and retain individual identity.***

Rhymes & Verses

God Almighty

You are the light that shines in me.
You are the hope in every moment of despair.
You are a warrior in every battle.
You are divine in human form.
You are your best friend and worst enemy.
You are and always will remain victorious in anyone who worships you with their soul.
You are our God and
We will always look upto you.

वक़्त

इस भागती दौड़ती मसरूफ सी ज़िन्दगी में,
मेरा सुकून बन जा
ए वक़्त कभी तो पनाह दे
अपनी बाँहों की
खुशबू ए नूर बन जा,
यकीन कर पाऊं वो पैगाम बन जा,
विश्वास कर सकू वो वादा बन जा,
ए वक़्त कभी तो बेरहम होना छोड़ दे
तू मरहम बन जा,
इस भागती दौड़ती मसरूफ सी ज़िन्दगी में
मेरा सुकून बन जा।

संगीत

संगीत वो है
जो दिलों को बांधता है
आस्था की डोर से,
विश्वास की ओर से,
दोस्ती की गाँठ से,
प्रीत के राग से,
सुरों के एकांत से,
किसी भी मन को विचलित नहीं होने देता
संगीत को ना बांधो
धर्म या जात से,
बासुरी सी है,
ये चाहे बजे जिस भी हाथ से।

All the above poems are Written by **Mrs. Nivedita Chatterji.**

An SPDC 1 & 2 Alumni, Mrs. Chatterji is an HR Professional. MBA from Mumbai University and PGCHRM from XLRI. She has worked with Sandoz, Pfizer, Cipla, and Teva.

She loves to read, write, cook, and teach children. Resident of Navi Mumbai, she is a doting mother and shares her expressions through her Insta handle - **thedivinesoul24**

RECIPE

Mambazha Mor Kuzhambu

It is a delicious kuzhambu made using ripe mangoes cooked in a coconut and yogurt based gravy. Mor Kuzhambu or Moru curry, the staple food in Kerala can be made with many vegetables. Mambazha Mor Kuzhambu is a special, where the sweet and sourness of mango with spicy butter milk gives a delicious combination. Serve this with hot rice and Pappad.

INGREDIENTS

1 nos Ripe Mango, 1 cup Butter Milk 1 cup = 250 ml
1 tsp Salt Adjust As Needed, ¼ tsp Turmeric Powder

FOR GRINDING:

1 tsp Oil, ½ cup Grated Coconut
8 nos Red Chili Adjust to your spice level
¼ tsp Fenugreek (Methi) seeds, 2 tbsp Raw Rice

FOR TEMPERING - 2 tsp Coconut Oil / 1 tsp Mustard Seeds, 1 sprig Curry Leaves

METHOD:

SOAKING RICE - Soak the raw rice for about 10-15 mins. Wash, peel the skin and chop the mango.

COOKING MANGO - Cook the mango in water with a pinch of turmeric powder. Once the water starts boiling switch off the flame and allow the mango to cool off. Mash the mango using the ladle to get the pulp and keep it aside. Mango will get cooked very quickly.

PREPARING GRINDING INGREDIENTS - Heat the little oil in the kadai and fry fenugeek seeds, red chili till the fenugreek seeds turns slight brown color. Take this in a mixer. Add the soaked rice and the coconut to the mixer

GRINDING and COOKING - Grind the mixture into a fine paste by adding little water. Add the butter milk,mango pulp and salt to the ground paste. Heat this mixture on a flame. Switch off the flame when the mixture starts to boil

TEMPERING PROCESS - In a separate pan add the oil and when the oil is hot add the mustard seeds. When the mustard seeds begin to sputter add curry leaves and switch off the flame. Add these to the morkuzhambu. **Mango Morkuzhambu is ready. Serve this with hot rice.**

Contributed by
Mrs. Revathi Sethuraman
A senior faculty member of Nrityanjali, Mrs. Revathi Sethuraman has been a teacher by profession.

Counselor with Nrityanjali, she currently resides in Pune, conducting online coaching in Spoken English.

A very witty personality, she also loves to pen poems and try out her artistic skills

Rice Kanji

INGREDIENTS

½ cup cooked rice1 cup water,
¼ cup curd (preferably homemade)
¾ tsp salt or as required
1 tbsp fresh chopped coriander leaves

TO TEMPER

½ tbsp coconut oil, ¼ tsp mustard seeds
¼ tsp jeera / cumin seeds,
½ tsp urad dal / split black gram
1 tsp curry leaves finely chopped
½ tsp green chillies chopped, 4 tbsp finely chopped onion,
1 tsp grated ginger, ½ tsp asafoetida / hing

METHOD

1. Soak ½ cup cooked rice in ½ cup water in a clay pot for about 10 – 12 hours or overnight.
2. Next day, transfer fermented rice to a blender and blend to smooth paste.
3. Transfer blended rice into a mixing bowl.
4. Whisk ¼ cup of homemade curds and add to rice paste and stir well. Preferably add slightly sour curds as it tastes more good.
5. Now add salt to taste and mix well.

TO TEMPER/SEASON:

1. In a season pan / tadka pan, heat coconut oil, add mustard seeds, jeera seeds, urad dal, chopped curry leaves, chopped green chillies and fry well.
2. Add chopped onions and fry till it turns light brown. Turn off the stove.
3. Now add in grated ginger, hing and mix well.
4. Pour temper over the prepared rice kanji.
5. Garnish with chopped coriander leaves and serve.

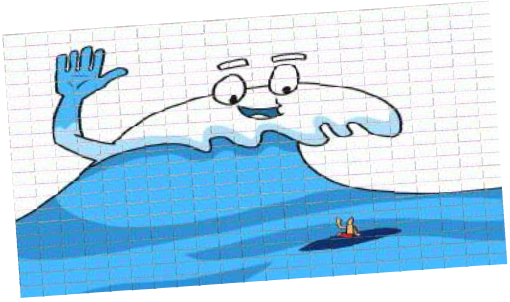
LAUGH IT UP

1. WHICH TREE CAN FIT IN YOUR HAND?
PALM TREE

2. WHAT IS THE FATHER'S NAME OF BABY CORN?
POP CORN

3.WHICH ANIMAL LIKES TO PLAY BASEBALL?
A BAT

4. HOW DO YOU KNOW THAT THE OCEAN IS FRIENDLY? **BECAUSE IT WAVES!**



5. WHAT IS THE FAVORITE SUMMER FOOD FOR GHOSTS?
I SCREAM

6. WHICH IS THE FAVOURITE PICNIC SPOT OF THE SHARKS?
FINLAND

HAMAS

7. WHERE DO THE SHEEP GO FOR VACATION?
THE BAAAA-HAMAS

8. WHAT WOULD YOU CALL A SEAGULL THAT LIVES NEAR THE BAY?
A BAGEL

9. WHY IS ICE CREAM ALWAYS INVITED TO ALL THE PARTIES?
IT'S COOL

10. WHAT DO THE MERMAIDS USE TO CALL THEIR FRIENDS?
SHELL PHONES

11. WHAT DO THE DETECTIVES FIND ON A BEACH?
SOMETHING FISHY!

12. HOW CAN YOU DIFFERENTIATE BETWEEN A PIANO AND A FISH?
YOU CAN TUNE A PIANO, BUT YOU CANNOT TUNA FISH!

April

6th	Sreekala Velambath
8th	Anushri Khadye
9th	Swagata Chatterjee
9th	Chaitrali Dalvi
9th	Avani Chakravarty
20th	Manjushri Keni
24th	Madhura Joshi

May

5th	Baban Kokate
8th	Gautam Dey
12th	Rashami Panikulam
28th	Balkrishna Sawant

June

2nd	Sangita Garud
9th	Aditri Dutta
12th	Reshma Rao
14th	Vaishali Mandalia
19th	Kirti Shukla
23rd	Geeta Chandrasekaran
24th	Dinesh Singh
26th	Sayali Shinde

July

2nd	Anuradha Chatterjee
4th	Mrinalini Dey
15th	Nitasha Chawdhary
16th	Sampada Sakpal
17th	Diksha Bhat
21st	Gunjita Bhandari
22nd	Manasi Damle
24th	Harsha Andan
26th	Sanjukta Guhathakurda
27th	Swapnali More
31st	Vinaya Keni

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You Can Contribute

Articles, Poems - Original or Sourced
Pictures / Sketches in Black & White only
to the Editorila Board
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we groom thoughts

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