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

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*Parichay
Mein
Parichay*



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Dear Readers,

Wishing you all a very **Happy 58th Nriyanjali Foundation Day!**

In 2020 we had our first virtual Annual General meeting. The thrill and excitement among members was very evident with the overwhelming responses. Of course we missed the students but it was essential for their safety. Also it was supposed to be a passing phase, yet 2021 continued to compel the distance between us and our students so we decided to talk to our parents. Both our parents and teachers encouraged us to have performances this year. While the decision was exciting it brought in lot of restrictions. Our excitement overshoot the compulsions and restrictions. Following the norms and rules we successfully recorded the performances of our students. Our class was our studio, simply amazing it was. You will read more about it in our AGM report on page 12 of the magazine. The only thing I need to express is the **Togetherness** all our stakeholders reflected during this period.

Nriyanjali did continue to organise inspiring and thought provoking webinars. This year we began with Instagram talks celebrating the Pride month, a subject that needs to be talked openly today. We will continue to talk and talk boldly.

To keep going is the key to success. We are now gearing up to once again organise the **Virtual Nriyanjali Fest 2021 - Inter School Competitions**. Volunteers, well-wishers please do reach out us, we need you to make this possible again. We also appeal to our schools, principals, teachers, parents and importantly our students to continue their participation.

The world is facing lot of natural disasters that we as humans have triggered by not being responsible. I hence appeal to our readers to be cautious and careful. Love and preserve what we are gifted with, not only for us, but for the coming generation

Maitri Khedekar

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Oct'12 Vol.21 No.4	Khedekar Anurag, Maitri / Desai Hetal, Paresh, Priyadarshi
Jan'13 Vol.22 No.1	Gangurde Sagar , Minkudale Chandrakant, Tiwari Manish
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July'13 Vol.22 No.3	Vrushali Govear
Jan'14 Vol.23 No.1	Dalvi Girish -Sangita / Kumud Desai
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April'15 Vol.24 No2	Revathi Sethuraman
Oct'15 Vol.24 No.4	Trivedi Falak
April'16 Vol.25 No,2	Chowdhary Nitasha, Manju
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Jan'17 Vol.26 No.1	Chirath Harinakshi
April'18 Vol.27 No.2	Yewale Sunanda
July'18 Vol.27 No.3	Jethmalani Hemakshi
Oct'18 Vol.27 No.4	Singh Bindu
Jan'19 Vol.28 No.1	Sonkusale Neelima / Damle Nivedita
April'19 Vol.28 No.2	Nathwani Bhavika
Jan'20 Vol.29 No.1	Damle Manasi / Sawant Balkrishna / Samjiskar Charushila / Mane Shweta
July'20 Vol.29 No.3	Pingle Samir

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Members are requested to please check and renew their Life membership

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ACCOLADES

Dear Anonna Guha Madam,

The **Time management and Managerial effectiveness** programme which I attended on 04th & 05th Feb 2021, really added value to my daily routine. It not only provided me with the routine management skills but also sorted ways to channel my thoughts that would propel me towards being a better leader.

It is absolutely imperative for a person to have clear vision in life and your training helped me learn to sweep away the mist and focus on tiny modulations that would bring enormous changes in life.

Hope to have further interactions with you and Nriyjanjali, in particular, in future days to come. Regards,

Zeeshan

Dy. Manager, Hindusthan Copper Ltd., Taloja

Dear Anonna Madam,

The Dance workshop **Ek Do Teen** by Nriyjanjali in association with Kalaghoda Arts Festival was very nice. All the dance forms were performed very gracefully. In between for some time there were some internet issues, otherwise it was very nice.

Mrs. Bhavna Gandhi

Ghatkopar

Dear Anonna Madam,

Ek Do Teen Dance workshop was a bright way to view the energetic Nriyjanjali team. You all are forever young.

Mrs. Rosemary Dolphy

Principal of Bai Kabi Bai School, Fort, Mumbai

Dear Anonna Guha Ma'am,

Personality Development- need to change with changing times was a very good session for our teachers, about our social behaviour. We could mirror ourselves to many situations. Thankyou once again . Hope to see you all physically soon

Mrs Bina Nandy

Principal, New Horizon Scholar School
Vasant Lawns, Thane

Dear Girish Dalvi Sir,

The session on **Using Technology and preparing for Online teaching** was excellent My teachers loved it !! Thank you so much.

Mrs. Seema Saini

Principal, N L Dalmia School, Mira Road

Dear Girish Dalvi Sir,

I was happy to have attended your session on **Using Technology and preparing for Online teaching** after a long time.

Paul Machado (Committee Member)

N L Dalmia School, Mira Road
Ex-Principal, Campion School, Cooperage, Mumbai

Dear Anonna Maám,

My son Palash, enjoyed the **Life Skills** Summer camp for children, a lot. It was done so well that he managed all by himself. Maitri Madam did a great job.

Mrs Jayati Kapadia

Mother of participant Palash Kapadia, Lower Parel

Dear Madam,

The **Life Skills** Summer Camp was very nice for my child. Thanks

Mr. Kiran Mohite

USV Pharmaceuticals, Chiplun
Father of summer camp participant

Dear Anonna Madam,

The kids loved the **Life Skills** programme. Few more additions to your fan club Anonna Maám. I want my entire family to be blessed by Dr. Tushar Guha Sir. -Thank you

Dr.Vaishali Gode - Marico Ltd

Dear Anonna Madam

The programme for children at L & T on **Life Skills** and communication went very well. All our seniors also liked the way the session was conducted. Both Faculty Dr Anuradha Chatterjee and Mrs Maitri Khedekar were experts. Thank you

Mrs. Asawari Patankar

L & T Social welfare department, Powai

ACCOLADES

Dear Sir / Madam

The Effective Parenting Workshop on 19th June (0-5 yrs) by Sir is so soothing, without prejudice and so loving.

Dr. Trupti Shinde - Bhopal

Dear Sir / Madam

So much of learning from the Effective Parenting Workshops. Fills the heart

Mr. Datta Kamble - Kurla, Mumbai

Dear Sir / Madam

There are some behaviours which as Parents we need to reflect and modify. Could not thank Sir. Please thank him on our behalf.

Mr. Joel Fernandes - Bandra, Mumbai

Good evening ma'am...

Just wanted to share that I enjoyed attending the parenting workshop and it was great interacting with Sir. He is such an interesting speaker and loved his energy level. Please pass on my gratitude and regards to him.

Ms. Shalu Sharma - Tokyo, Japan

Dear Sir / Madam

No Words for the Effective Parenting Workshop held on 19th June. Simply awesome.

Dr. Poonam Verma - Vikhroli, Mumbai

The Instagram Conversation - **Awakening - PrideAlly** on **LGBTQ** on 27th June 2021

Fantastic session... beautifully presented by all on the panel... great learning of the day

Mrs. Rekha Vijayakar - septuagenarian
Director - Nriyanjali / Sr. Director ADAPT

Fantastic session... Completely agree with the thoughts.

Mrs. Sangita Bhattacharya
Principal - St. Joseph School, Wadala

WEBINAR CONTENT



10 to 12 years
Mental Health,
Adolescence - overview,
Awareness,
Social responsibilities



13 to 15 years and above
Adolescence - Gender Bias,
Awareness - General Market
Quotient, Social responsibilities,
Career Guidance, Presentation

0 to 5 years
Trust & Bonding,
Communication - Story,
Family Pride, Appreciation,
Confidence Building



6 to 9 years
Continuous Communication -
Family Pride - Traditions &
Sharing, Appreciation -
Encouragement &
Competition, Physical Health,
Reasoning, Dream



Nriyanjali[®]

Invites you to

EFFECTIVE PARENTING

ONLINE webinar to be conducted by
renowned Psychologist,
Corporate Trainer, and Educationist -
Dr. Tushar Guha
(Founder, Chairman - Nriyanjali Group)



Hello Nriyanjali,

On behalf of Swadhina (my wife) and I, I'd like to express our sincere gratitude to Dr. Tushar Guha for taking this session and sharing his experiences despite his physical condition. I must admit the level of energy that he carries is highly infectious. His immaculate style of connecting with the audience at ease sets him apart from most of the others at his age.

We do look forward to similar sessions in the future with him and pray to God to keep him healthy and happy always. Thank you for the wonderful and informative session. Kind regards,

Mr. Satya Prakash & Mrs. Swadhina
satya209@gmail.com - Kalamboli

I am humbled to receive Sir's appreciation. It is all the application of the lessons of SPDC.

Nishtha Nishant - Scientific Researcher
Trans Individual - Guest Speaker

Awakening everybody should be a part of life - more power to all.

Mrs. Revathi Sethuraman
Sexagenarian. Sr. Faculty - Nriyanjali

ACCOLADES

The Instagram Coversion - **Awakening - PrideAlly** on **LGBTQ** on 27th June 2021



Dear Anonna Madam,

Awakening was so insightful. I couldn't believe that a 74 years old man could actually speak all that Sir spoke. I have been associated with Nriyjanjali since the age of 10years and had heard the concept of **Boy Child Education** earlier but the way Sir connected the concept to the perspective was amazing. Also the way Sir narrated the incident of the Gay teacher was so simple, so respecting, so warm. I am in awe.

Nishta was a delight. I recollect the incident Sir referred -when Nishta visited KGAF - I was around 13yrs then. I wondered who is this eccentric person. Now, I am overwhelmed.

Anonna Ma'am and Satyen - kudos to you both for conducting the session so enthusiastically. Truly Awakening.

I guess, we will have more sessions of Awakening

Mr. Shashank Dey

18years, Student- Colaba, Mumbai

Very Inspiring.

Dr. Vaishali Gode - Vice President Marico Ltd

I am so proud. It needs lot of compassion and sensitivity to do this kind of work going against the flow of social norms. Listening to Nishtha was so heartening, More power to Nriyjanjali.

Mrs. Madhumita Sen

Principal, Pragati School, Gurgaon Delhi

Loved the thought - Trans-Individual

Mrs. Anjum Panna - Educationist, Mumbai

Golden opportunity to get to learn the real meaning of life, survival, knowledge achievement and the hard work to make it happen.

Mr. Tushar Rahate - Corporate Professional, Mumbai

Completely identify yet it is a revelation. I knew of Sir's work but could not fathom the depth - so sensitive, so respecting, so giving. So much work, so much to know. Such a blessing - we are Nriyjanjalites.

Mrs. Poonam Arora - Sexagenarian. Entrepreneur

Good evening Sir,

Yesterday's session was more psychedelic and touching. I picked up the concept of transindividual instead of transgender, as it appeals for respect, and unbiased outlook/prospect for each individual. I adore you as usual. Love you Sir.

Dr. Sandesh Kadam

Professor, Bhavans College Mumbai

Dear Tushar Guha Sir,

The episode was fantastic Such a revelation So much courage it must have taken. Speaks volumes about the integrity and clairvoyance We are blessed to have been under your love and guidance.

Dr. Anuradha Chatterjee

Corporate Trainer - Kolkata

ACCOLADES

The Instagram Conversation -
Awakening - PrideAlly on LGBTQ on
27th June 2021

Dear Tushar Guha Sir,

I watched the LGBTQ session last night. I simply loved the way it was conducted. You had kind of mentioned this to me in one of our meetings. But yes, Nriyjanjali's work is so deep in these aspects, I was not aware. And I was so happy to see Nishtha Nishant, I too fell in love with her.

I must say, you and Anonna Ma'am are one of the best speakers and presenters. But in that session, Nishtha was the best amongst all. Her confidence, her ease of speaking, her clarity of thoughts and her precise answers, her grace, her voicewow I was simply amazed. This itself speaks so loudly of the fact, that when one accepts who her/she is and finds Allys who help them fall in love with themselves and stand up for themselves, what transformation can happen.... What a personality she has become. Amazing! Hats off Sir, to you, to your vision, to your grooming and your work.

Like I always say and feel, deep spirituality makes one a beautiful soul like you are. To see a soul as a soul and no other parameters attached, is a very simple thing, but is the most difficult one in this world to act upon. Sorry, for writing these essays early in the morning. But I had to, couldn't hold back.

Dr. Poonam Verma

Dental Surgeon & Medical Transcriptionist - Vikhroli

Dear Girish Sir,

I was listening to the conversation of the second series of **Awakening - Stereotypes** on Instagram, and it was really good. You all are good speakers and the thoughts are also interesting.

Just wanted to understand why we did not share the live link that could help others connect and benefit from this discussion. Nriyjanjali would also have larger viewership.

Dr. Avinash Gode
Manager - Sandoz

Dear Mr. Girish Dalvi,

Thank you for sharing the invitation of Awakening - Stereotypes series 2 that was on 18th July 2021.

The subject and the discussion is very apt and needs to be discussed with our young generation too. Your discussion was inspiring and I plan to ask my teachers of Grade 9 to hold discussion over this topic very soon.

Keep up the good work and thank you once again.

Mrs. Sumathi

HR - Billabong High International School,
Thane

Nriyjanjali
AWAKENING
Ep. 2
#Stereotypes
With
Dr. Anuradha Chatterjee (Scientist)
Dr. Vaishali Gode (Scientist)
Mr. Girish Dalvi (Moderator)
Live on Instagram at
7 pm (IST) on
Sunday, 18th July, 2021
@nriyjanjali_mumbai

APPEAL

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Members are requested to encourage
their friends and colleagues to
subscribe for the Membership.

Every contribution helps us continue
with our selfless work

PRANAM

Bhumika Dogra Mukherjee Left us on 16th May 2021 after a prolonged battle with cancer. Permanently spirited, optimistic, full of life, she worked and smiled and motivated every one till the end.



Sir shares.....

Bhumika was in Std 7th when she joined Nrityanjali and would come from Mulund to Bhandup for dance lessons. Gradually she merged with Sunday Class and the main stream work of Nrityanjali. Naughty, bubbly, Bhumi was a *dhamal* girl.

In 1994 she was one of the leading dancers for Kathak and dance Drama Bhanushingher Padavali performed at Nehru Centre, Mumbai on the occasion of Bengal Festival. In 1997 she again performed at Reach for the Sun - Theatre Dance, performed three days on the occasion of 50th year of Indian Independence organised by Hima Kala Kendra. She travelled with Nrityanjali Team to Bhuj and Jhansi for performance.

With Bhumi around, we would never have a dull moment. She would mimick every one including me. She did not know what are tears. Even when I would shout, she would have tears in the eyes and smile on her lips and excitement through her body language. In her personal life she had pain, had lost her mother when she was very young. Her father Mr. Rajkumar Dogra and her second mother also joined Nrityanjali and we all worked together As with all students, Bhumi

also grew up and went out for further studies and career. She went to Pune then to Kolkata. Later married Uttalan Mukherjee (Leo) - a journalist and lived happily. We lost touch.

But we cant be away from our family. Eventually, we reconnected. But now with the bubblyness was the pain of cancer. For number of years we did not speak of it and Bhumi remained Bhumi the original happy self. We shared so many thoughts and she would even nuture me like a mother when and if I felt low. But we never met. I got acquainted with her husband - a marvellous human being. Gradually Bhumi's life was coming to an end. She joined us at the 58th Annual General Meet of Nrityanjali which was held online because of Covid on 23rd July 2020. Seing her wearing a scarf, every one felt something was amiss. But Bhumi was Bhumi - regaled every one online with her humour.

Me, Anonna and Anuradha would either speak or whatsapp her regularly. Even in pain her compassion did not reduce. We were stunned to receive a donation from her - she wished to felicitate the lady cooks of Nrityanjali Mahila Udyog Yojana during the New Year. We complied.

Bhumi shared her sentiments about Nriyjanjali in the column "Speak Your Thoughts..." in Nriyjanjali quarterly house magazine Parichay Mein Parichay in the January 2021 issue. She was not in a state to write. She shared her feelings to her husband, who penned her sentiments and mailed to us. It is so touching.

With increasing Chemotherapy, her pain would increase and yet she brightened with the hope of living. I felt the pain, the desire to live - helpless and only spoke to her and prayed.

Last I spoke to her was on 1st May 2021 just before I went in for my Spine Implant Surgery. She was about to go in for another round of Chemo. She gave me courage and her last sentence to me rings over and over again - "Sir, this time I hope I can bear.. Sir I want to Live." Bhumi left when I was unable to speak to her. Bhumi is gone. I don't know what is pain.... I stare at the roof, experience

hollowness, yes, tears roll down.

Barely two months ago, in the month of March, my another child **Mohua Sen** suffered a huge loss. Arjun her husband, passed away in Delhi. Mohua played in my lap as a one year old, was the first leading character of my composition "OH MY Darling" when she was 8 years old, then a leading Singer of Nriyjanjali along with my wife. Her parents and I, were a family.

And on 12th September 2020, our dear **Manjula** (the lead dancer) lost her father Shri Tukaram Parshram to Corona - otherwise an absolutely healthy man. The family could not even have a last glimpse of the mortal remains.

So much of pain. What could I do. **Infact what can WE do.** Only recollect the words **" God will not give us a cross heavier than we can bear."** Prayers and Love.

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First doctorate in Personality Development, USA

Interviews have begun. Selection only after an Interview.

Tel: 9702457535, 25967388

Email: nriyjanjali1963@nriyjanjali.org.in

FOOT PRINTS... *Nrityanjali News*

Nrityanjali Management Services conducted the following management training programmes

- Online two days **Professional Quotient** programmes for the **Graduate Engineering Trainees of Schneider Ltd. (Larsen & Toubro Ltd)** were held as follows :

11th & 12th May 2021 by Mr. Girish Dalvi and Mrs. Geeta Chandrasekaran

13th & 14th May 2021 by Dr. Anonna Guha and Mrs. Vasanti Anand

17th & 18th May 2021 by Mr. Girish Dalvi and Mrs. Geeta Chandrasekaran

- On 19th May 2021 one day **Professional Quotient** programme was conducted for the **Junior Engineering Trainees** by Mr. Girish Dalvi and Mrs. Geeta Chandrasekaran

Individual Counselling was conducted for all the participants by Mrs. Geeta Chandrasekaran and Mrs. Vasanti Anand.

- On 17th June and 24th June 2021 Dr. Anonna Guha conducted two hours online training on, **Time Management and Prioritising Skills** for the executives of **Glenmark Pharmaceuticals Ltd.**

Nrityanjali Education Services

- **Career Guidance Sessions** for Individual students of Std. 10 and Std.12 continued - Courtesy **Nrityanjali**

Online Life Skill Programmes

- On 5th, 6th, 7th, 8th, & 9th July 2021 the First round of Life Skills for **Little Angels School, Sion** were completed online for the academic year 2021-2022 - Courtesy **Nrityanjali**

Online Workshop on Parenting

- Online Parenting Workshop series by **Dr. Tushar Guha** were held on 19th, 20th, 26th & 27th June 2021. The workshops are customised as per the age group of children and the specific requirements of parents.
- **Dr. Tushar Guha** addressed online, the parents of **140 schools of Ryan Group of Institutions across the globe** in the months of June and July 2021.

FOOT PRINTS... *Nrityanjali News*

Nrityanjali Education Services

Online Teachers Training

- **Workshop for the Teachers of New Horizon Scholar School, Vasant Lawns, Thane** titled '**Personality Development - Changes needed to gear up for the future**' was held Online on 29th May 2021 by Dr. Anonna Guha - Courtesy **Nrityanjali**
- Workshop on '**Using Technology and preparing for Online teaching**' was conducted online by Mr. Girish Dalvi.on 1st June 2021 for **N L Dalmia School, Mira Road.** - Courtesy **Hindustan Times**
- **Workshop for the Teachers of Little Angels School, Sion** on '**Emotional Stress**' was held Online on 18th June 2021 by Dr. Tushar Guha - Courtesy **Nrityanjali**



OPEN FORUM FOR PRINCIPALS (OFP)

- **NES Open Forum for Principals Web-Chat series, for a Survey to understand the post covid situations in educational institutions across India, continues.** The First three rounds were held in the months of March and April 2021.

The Fourth round was held on 1st May 2021 as follows :

- 1. Pratiksha Dixit** - Springfield School, Moradabad UP
- 2. Shahna Renjith** - Navjeevan Bethany Vidyalaya, Nalanchira, Trivandram, Kerala
- 3. Vidya Purov** - Cosmopolitan Education Societ, Andheri, Mumbai

Chairperson of OFP Dr. Tushar Guha moderated the Web Chat
OFP Trustee and Chief Administrator Mr. Girish Dalvi introduced the guest Principals.

The Fifth round was held on 24th June 2021 as follows :

- 1. Mrs. Shilpa Mahajan** - Shubh Memorial International School, Akhnoor, Jammu
- 2. Mrs. Papiya Mukherji** - DAV Model School, Durgapur, Kolkata
- 3. Mr. Sarit Ghosh** - SBM Public School, Lucknow

Chairperson of OFP Dr. Tushar Guha moderated the Web Chat
OFP Committe Member and Administrator of Angels Education Trust, Sion Mrs. Priya Dasgupta introduced the guest Principals.

OFP Web Chat co-ordinators, Dr. Suresh Nair, Mrs. Deepa Desai and Dr. Anuradha Chatterjee anchored, summed up, and offered the Vote of Thanks.

FOOT PRINTS... *Nrityanjali News*

Faculty Division

- Online Classes In Bharat Natyam Dance, Kathak Dance and Sangeet for Private Students, Students of Special Batch and from Praveshika Purna to Visharad continues.
 - 92 students from Kathak, Bharat Natyam and Sangeet online classes performed at the online 59th Nrityanjali Annual General Meet being held 25th July 2021. The performance can be viewed on YouTube channel Dr. Tushar Guha's Nrityanjali - Congratulations
 - Nrityanjali online students will appear at the **Akhil Bharatiya Gandharva Examinations** to be held in November - December 2021. In the year 2020, **Nrityanjali Bhandup Centre**, could not hold the examinations due to Covid 19
-

Human Resource Development (HRD)

- The 16 days, **Special Personality Development Course Level 1 (SPDC 1)** commenced **Online** from 16th July 2021
- **Workshop on Life Skills Online** - 5 Days (Monday to Friday) - 1.5 Hrs - 7 to 9 yrs / 10 to 12 yrs / 13 to 16 yrs was held in the month of May 2021. First 6 batches from 3rd to 7th May 2021. The second 6 batches from 17th to 21st May 2021. A total of 124 students participated from across India. The Faculty members were Mrs. Maitri Khedekar, Mrs. Falak Trivedi and Dr. Anonna Guha
- **A Special two hours Communication & Life Skill Workshop for the children of Larsen & Toubro Ltd. employees was held Online** on 29th May 2021 by Mrs. Maitri Khedekar and Dr. Anuradha Chatterjee
- Special week end programme (4 days 1.5 hrs) **Art of Connecting** commenced **Online** from 29th May 2021 and ended on 6th June 2021. Dr. Anonna Guha and Mr. Girish Dalvi conducted the same
- **Online Balak-Palak Mela** was organised on 10th June 2021 by **Prayas Foundation**. From **Nrityanjali**, Mrs. Rekha Vijayakar conducted **Story Sessions**, Mrs. Sangita Sawant conducted **Music Session** and Mrs. Maitri Khedekar conducted **Game Session**

FOOT PRINTS... *Nrityanjali News*

Social Activities Division

Due to the 2nd wave of Corona, our activities of building toilets and community service was stalled. We resumed the following activities from end of June 2021 with the support of NOV Pvt. Ltd,

1. Community services of distributing additional 3000 Masks in Bhandup
2. Building 2 Toilets at Pragati Vidyalaya, Vashi
3. Building 3 Toilets at Anand Vidya Niketan High School, Pune
4. Community services of distributing Masks, soap, sanitizer, bag to 150 households in Kumbharwada, Mundwa, Pune

• On 7th June 2021, Nrityanjali helped 10 needy Ladies with Rice, Dal, Wheat and Oil. The gesture was possible because of the initiative of a Lady Donor from Japan, who wishes to remain unknown.

She has gracefully informed us of her intention to provide us funds to repeat the gesture again, We feel blessed and are overwhelmed.

Awakening

*Since the inception of Nrityanjali, our Founder was serving all sections of society, that included **prisoners in jails, destitute women, inmates of old homes, orphanages, the third gender** and so on with support from his parents. Then gradually his wife Radha Guhaji joined him. Later some Nrityanjali members joined the activities limited to old homes, orphanages, prisoners, destitute women.*

Serving the Third Gender still remained confined to Sir's individual approach. Gradually, Anonna Madam, Girish Sir and Sangita Sawant Madam joined Sir and now the team is expanding.

*On 17th June 2021 to celebrate the Pride Month, our young member Mr. Satyen Tawde initiated hosting a Conversation Session in Instagram, on the **Issues of LGBTQ** with encouragement from Dr. Anuradha Chatterjee,*

*He invited Dr. Anonna Guha to conduct the interview, Dr. Tushar Guha as the Psychologist and Social Reformer. The guest speaker was Nishtha Nishant Madam who describes herself as an **Trans Individual**.*

It is heart warming that number of Nrityanjalites from age group of 16 years to 80 years joined the session. Slow and gradual - our society is opening its arms of Acceptance.



FOOT PRINTS... *Nrityanjali News*

Nrityanjali Cultural Activities:

- **Kala Ghoda Arts Festival** in association with **Nrityanjali** organised online Dance workshop **Ek, Do, Teen** (Kathak, Folk and Bollywood Dance styles) on 29th May 2021.

Artistes:

Dr. Anonna Guha,
Mr. Girish Dalvi, Mrs. Sangita Swant

Choreography:

Dr. Tushar Guha, Dr. Anonna Guha,
Mr. Girish Dalvi and Mr. Balkrishna Sawant

Photography - Videography and Technical Support:

Mr. Satyen Tawde

Music Editing:

Ms. Krina Haria

Lights: Mr. Baban Kokate



Dr. Anonna Guha conceptualised the theme and conducted the workshop.

A charity event, the proceed are donated for **Nrityanjali Covid Relief activities.**



LOOK OUT FOR
NRITYANJALI
FEST 2021
Inter School Competition

Events:
Drawing, Handwriting, Essay,
General Knowledge, Fancy Dress,
Speech, Dance, and Vocal
Kindergarten to Grade 10



LOOK OUT FOR

Art & Craft
workshop
August 2021

Recitation
workshop
September 2021

59th AGM - Sunday 25th July 2021 at 5 P.M.

As per tradition, on behalf of Nriyjanjali Information Services, **Mrs. Maitri Khedekar** welcomed the members which was followed by the Invocation song and lighting of the lamp by the members of Nriyjanjali Board of Trustees.

The Permanent Executive Secretary **Mrs. Manasi Damle** then took over to conduct the proceedings of the 59th Nriyjanjali Annual General meet commencing with the Nriyjanjali Anthem.

The members prayed for the departed souls – our member Bhumika Dogra Mukherjee, Mr. Arjun Sen Husband of Madhumita Sen, Mr. Parshram Father of Manjula Parshram.

Reports were presented as follows:

1. Director Corporate Affairs - Mr. Aditya Save

With the pandemic looming large, Nriyjanjali Management Services conducted the following Corporate Training sessions

1. Online Motivational Address to employees of Viraj Industries
2. Full day training on Ageing Gracefully at RCF Ltd Chembur - 2 batches
3. Two hours online workshop “Womentoring” for the lady officers of RCF Ltd.
4. Online training on Pathway to Success (Mentoring) - 2 batches for Graduate Engineer Trainees of Schneider Electric Ltd (Former L&T)
5. Online training on Mentoring - for senior officials of Schneider Electric Ltd.
6. Online Workshop on Reality and Projection for The Chamber of Tax Consultants
7. Two days training on Time Management and Managerial Effectiveness at Hindusthan Copper Ltd, Taloja
8. Half day training on Mentoring at RCF Ltd Chembur
9. Online Training on Time Management at Glenmark Pharmaceuticals Ltd - 2 batches
10. Online Training on Professional Quotient - 4 batches for graduate Engineer Trainees of Schneider Electric Ltd.

2. Director Socio-Cultural Affairs Mrs. Rekha Vijayakar

The following online services were rendered:

1. In “Let Us Help Them ASK” series, *Positive Classroom Engagement* under the aegies of Municipal Corporation of Greater Mumbai.
2. Several workshops for Principals on **Online Teaching Initiatives.**
3. Workshops on Stress Management - New Bengal Club Thane and Babasaheb Ambedkar Marathawada University,
4. Workshop on Prevention of Suicidal Tendencies through OFP - 3 Programmes
5. Workshops on Team Building - Bharat Vikas Parishad - Bhandup.
6. Session - *Domestic Violence* on Instagram
7. Anchoring on Gender Sensitivity with Ladli Media and Advertising Awards.
8. Workshop on Positivity & Relaxation with Art Element - Inner Wheel Club - Thane,
9. Workshop on Projection & Reality for Centre for Educational Initiatives & Research Global Trust (CEIR).
10. Panel Discussion for Girl Up Ahsaas - Prema supported by United Nations Foundation
11. Awakening - a panel discussion on Instagram about LGBTQ to celebrate *PrideAlly.*
12. NES - Open Forum for Principals (OFP) conducted series of Web Chats with principals pan India for a survey to understand the post covid situation in educational institutions. The series will

continue till September 2021.

13. Online Kathak and Folk dances were taught to less privileged students with the help of NCPA (National Centre for the Performing Arts), Mumbai

3. Faculty Head - Mrs.Nivedita Damle

1. Online Classes of Kathak, Bharat Natyam and Sangeet for Special Class and Praveshika Purna to Visharad are being conducted for students of 10 years and above. The strength is 150
2. Held Interactive meetings with parents of our dance and sangeet classes
3. It is such a joyous feeling for us that 92 of our students from Bharat Natyam, Kathak and Sangeet classes are performing today at the 59th AGM
4. Online Akhil Bharatiya Gandhrava Examinations will be held in November - December 2021.

4. Head - HRD -

Mrs.Geeta Chandrasekaran

1. Online Special Personality Development Course Level 2 (SPDC 2) - 2 Batches
2. Online Special Personality Development Course Level 1 (SPDC 1) - 4 Batches
3. Online Special Personality Development Course Level 3 (SPDC 3) - 1 Batch
4. Career Guidance online was conducted for students of Little Angel School students, Kapol Vidyanidhi International School, and individual students
5. Online Teachers Training for Cosmopolitan School, Andheri, Kapol Vidyanidhi International School, New Horizon Scholar School - Vasant Lawns, Thane, Little Angels School - Sion
6. Online Life Skill Programmes for students of Little Angels School, Sion
7. Online Parenting Workshops were held for Ryan International Group of Schools (140 schools), Kapol Vidyanidhi International School - Kandivali, Eminence School - UAE

Currently, SPDC 1 is in progress from 16th July 2021. We will have three more batches. SPDC 2 will also be held.

5. Head Social Activities -

Mrs. Maitri Khedekar

1. Online Nrityanjali Fest 2020 - Inter School Competitions was held from September 2020 to January 2021. 10000 students from 65 schools participated. Nihar Naturals - Marico Ltd sponsored the Fest.
2. Online Prize Distribution Function of Nrityanjali Fest 2020 - Inter School Competitions was held on 27th March 2021
3. Free Online Motivational lectures were held for Medical Fraternity, Teachers, Parents, Professionals, Corporate management and management personnel, performing arts artistes and students through out the year and it still continues. These lectures were organised through various forums like Kshitij of Mithibai College, Artscape, Jadhavpur Shyamaprasad Smarak Smriti- Kolkata.
3. Online Summer Camp - Life Skill was held - 124 children participated
4. Online Art of Connecting and online Happiness programme was held.
5. Saraswati Puja was celebrated with Khichidi bhog being prepared by Nrityanjali Mahila Udyog Yojana

FUTURE

1. The 34th Nrityanjali Fest 2021 - Inter School Competitions will be held ONLINE in Dec'21 and Jan'22
2. Online Workshops on Handicraft and Poetry Recitation will be held from Aug' 21.

6. Head Programme -

Mrs.Sangita Sawant

1. At several Dance Festivals, Nrityanjali conducted talks on dance, dance workshops and also performed. The festivals were Triklam of Guru Latha Surender / You-Tube Live TURIYATALKS

- of Sohinimoksha World Dance and Communication - Spain / Jayanti Mala's Kala Kriti Kendra (birth centenary of Sitara Devi), Happiness Children's Festival by Bhowanipur Boikali Association - Roshni Mallick, and Kashmira Trivedi's Takshashila Nritya Kala Mandir - Thane
2. National Centre for Performing Arts (NCPA) Mumbai held online session on Art Elements and Personality.
 3. It is also a very challenging moment for us to train online, 92 of our students from Bharat Natyam, Kathak and Sangeet classes. The students are performing to day at the 59th AGM.
 4. Kala Ghoda Arts festival 2021 was held online and Dr. Anonna Guha Madam conducted the same.
 5. Shanmukhananda Sabha premiered on YouTube the production, **Manini** where along with Anonna Madam, Nrityanjali artistes performed Meera
 6. Geet Ramayan by Nrityanjali was premiered on YouTube on the occasion of Ram Navami.
 7. Kala Ghoda Arts Festival in association with Nrityanjali organised a charity dance workshop - EK, Do, Teen (Kathak, Folk and Bollywood dance styles) by Dr Anonna Guha along with Mr. Girish Dalvi and Mrs. Sangita Sawant. The proceeds were donated to Nrityanjali Covid Relief Fund.

7. Director Operations - Mr. Girish Dalvi

You have noticed, that Nrityanjali continues with continuous activities - of course online. We had to upgrade ourselves technologically, for corporate trainings, teachers and students workshops, dance and sangeet classes and also social activities.

Our faculty members mastered the skills and I am very proud to share that our faculty members are on demand even by the corporate sector.

Throughout the lockdown phase, beginning from March 2020, we converted Nrityanjali of-

office to a virtual studio, as we had to conduct series of motivational lectures by Sir for all sections of society. Number of us attended office even in pandemic, as we are an NGO serving society. With the blessing of the Almighty, we could serve without being affected by Corona.

Like every other organization, Nrityanjali too faced economic crisis. We had to think of innovative ideas and programmes to continue our activities. We realised, our service is crucial - we are the motivators. We cannot feel low - we are to bring smile to people, and we did just that.

Anonna Madam will share how we took social responsibilities on our shoulders.

But I wish to share the unique activity that Team Nrityanjali initiated. We floated Nrityanjali Mahila Udyog Yojana. With this, we created self employment for 10 women. The women cooked, and we at Nrityanjali supervised, sanitized the kitchen, secured orders and delivered to the destination. It remained a challenge.

We had to be creative and we planned festival offers. Special dishes for Dussera, Diwali, Christmas, Makar Sankrant (with Kites), Basant Paanchami, Guddi Padwa (with Guddi) and Holi (with gulal and Pichkari).

It is a very satisfying feeling - we are creative, we are enterprising, we are socially responsible - the philosophy of Nrityanjali practised to the fullest - Love, Care and Share whatever little we have.

Nrityanjali Information Services is directly under the Central Administration. Since the lockdown, our quarterly house magazine Parichay Mein Parichay is being published online. We have made 2 hard copies of each issue for our archive. With the programme titled **Awakening**, by our young members, focus on multiple Nrityanjali activities that are quietly continuing since 1963, are being covered in the social media like Instagram, Facebook etc. Truly, this has brought in a new awareness of Nrityanjali activities, to vast

majority of Nriyjanjalites and are being appreciated with tremendous enthusiasm..

I take this opportunity to convey our gratitude to all the volunteers and judges who so perfectly managed the online Nriyjanjali Fest 2020 - Salute to each one of you - we had to be technologically savvy, we had to be disciplined, we had to have perfect public relations skills - Our Team had it all. Thank you

Now some announcements

1. As per our practice, after every AGM, our dance and sangeet classes have holidays. So all online dance and sangeet classes will remain closed for a week from tomorrow ie. Monday 26th July to Sunday 1st August 2021
2. Those online class students desirous of appearing for Gandharva Examinations and approved by the teacher should complete the formalities of application etc immediately
3. The dates for online Nriyjanjali Fest 2021 - Inter School Competition will be announced by 10th August 2021. Request all members to please offer their voluntary service for the same. Thank you.

8. Managing Director - Dr. Anonna Guha

As Girish Sir mentioned, life in Nriyjanjali, especially for the people in the administration turned tough. But we did not lose hope - not with Sir around.

Sir, me, Girish Sir, Charushila Samjiskar Madam, Sangita Sawant Madam and Maitri Khedekar Madam came forward to think a new - to create a spirit.

Anuradha Chatterjee Madam from Kolkata, Nivedita Damle Madam, Manasi Damle Madam, Geeta Chandrasekaran Madam and Vasanti Anand Madam kept co-ordinating over phone and after the initial 3 months our office staff joined us with the full spirit

We commenced online dance and sangeet classes. We got in touch with the schools and the corporate clients, with various social

institutions, with our well wishers.

The brain wave of Girish Sir was the online Nriyjanjali Fest being conducted live.

The life skill and career guidance began online. Corporate training began online and then physical at Hindusthan Copper Ltd in Talaja, RCF Ltd in Chember. Harsha Andan Madam, Maitri Khedekar Madam Me and Sir stepped forward to be physically present.

In the month of September 2020, we commenced Community Services of distributing Masks, Soaps, Sanitizers and bags to 1647 households in Mulund, Bhandup and Vikhroli. Eight women joined to serve and secured an earning.

We also constructed six toilets at Indira Gandhi School, Nallasopara. Both these projects were facilitated by NOV India Pvt. Ltd.

With generous donations from 16 individuals Nriyjanjali paid the SSC Board examination Fee of 137 students from Jan Seva Sangh Sanchit Vihigar High School - Panvel, Vaze High School - Panvel and Nere High School - Panvel.

Nriyjanjali also donated rice, wheat, dal and oil to ten needy women with generous donation from a donor from Japan who wishes to remain anonymous.

Again with the support of individual donors, Nriyjanjali provided basic life kits to the women inmates of jails in collaboration with Prayas Foundation

We will now distribute 3000 Masks in Bhandup and Masks, Soaps, Sanitizers and Bags to 150 households in Kumbharwada, Mundwa, Pune.

3 Toilets in Pragati Vidyalaya in Vashi and 3 Toilets in Anand Vidya Niketan High School, Pune will be built with the support of NOV India Pvt. Ltd.

Yes, as Girish Sir mentioned, together we cherished the high ideals of Nriyjanjali.

Thank you

9. Chairman - Dr. Tushar Guha

Living is fun and enjoyable and living is also tough. It is tuffer when our philosophy is service. In Nrityanjali, we dance, sing, act and entertain. We teach children, we conduct trainings for teachers and corporates. We conduct workshops and Fests. Some of these activities help us to raise funds but most of these are charity. These activities are seen and every one knows Nrityanjali through these activities.

But Nrityanjali is much more - not now. but from the time of its inception in 1963. Then we had book bank, gardening, eye camp till the 70's. Then on, activities like service to inmates of old homes, orphanages and patients in hospitals began with a microscoping team of 3/4 people. Simultaneously working and educating in tribal, rural areas and the urban poor commenced. I also ventured to forbidden areas to motivate for good living. Gradually the strength of the team increased.

These unknown activities of Nrityanjali are our strength - these are difficult to pursue - we face emotional and mental turbulannce - we need to learn not to sympathise but to understand and respect and feel.

Today 58 years later, the world is getting to know about the true spirit of Nrityanjali and I bow to number of you for coming forward and merging for this cause. I believe every human being has a right to live and live happily.

I said living is tough, living with our philosophy is tougher but during this pandemic, living is topsy-turvy. We feel the high and the low with equal measure.

The year 2020 - 2021 has been devastating and also eye opening. We suffered pain - pandemic and otherwise. Lost our Bhumika Dogra Mukherjee in Kolkata to cancer. Mohua Sen in Gurgaon lost her husband Arjun. Corona took away the young son of Minu Joshi from Mulund and Manjula Parshram and Shamal Kadam's father. We felt the pain and

I specially felt tortured - some of these ladies played in my lap as babies, some grew up in Nrityanjali. We remained spectators - what could we do but pray.

This year also brought to the open, the services we were quietly rendering, since the sixties to many so called forbidden sectors of society - the destitute women, the third genders, the prisoners in jails - inspired by my mother Smt Bidyut Rani Guha . We never spoke or discussed about them - for we felt like serving the so called forbidden human beings and also because the society remained too inhibited and closed to accept such thoughts.

Gradually our services to destitute women and prisoners got to be known But service to the third gender was still not known to society. Dr. Anuradha Chatterjee - our Trustee and young Mr Satyen Tawde suddenly pushed for celebrating the Month of Pride.

On 17th June 2021, began the series of programmes called the Awakening. Satyen hosted conversation on LGBTQ on Instagram with Me, Anonna Madam, and Nistha Nishant. An issue so dear to me flashed and became public... some were stunned and shocked, some silent with no reaction, some vocal with appreciation. The mixed reaction was expected. My only prayer is why can't we respect a human being as a fellow human being without any attributes of any kind.

The second series of Awakening on Instagram was held on 18th July 2021 with Mr. Girish Dalvi, Dr. Anuradha Chatterjee and Dr. Vaishali Gode. The topic is unconventional - Looking Without the Stereotype Glasses

Both Anonna Madam and Girish Sir referred to the constraints we faced from April 2020. Let me be frank. Our income stopped, yet we had to continue our charity work, we had remunerations to pay. The situation was uncertain. I prayed and I felt a glow and had a feeling of optimism. I shared this feeling with Anonna, Girish, Charushila, Sangita, Maitri,

earned goodwill and that is why every time we announce a programme and project, personalities who are not regular Nriyjanalites, come forward to help and make the programmes successful.

I would like to acknowledge number of personalities - Young Satyen Tawde, Charushila Samjiskar, Maitri Khedekar, Juhi Trivedi - I am mentioning your names because you were 24 hrs with Nriyjanjali in the high and low. Maitri and Juhi, I have no words - the way you converted the dance class into a studio - it is unbelievable. God Bless you.

Programmes like SPDC, Summer Camp Life Skills, Art of Connecting, Art of Parenting, Fest, Life Skill in Schools, Career Guidance, Workshops in Handicraft and Recitation etc received so much of patronage. My personal gratitude to Mrs. Priya Dasgupta of Little Angels School, and Dr. Nicholas Corea of New Horizon Public School, Dr. Sandesh Kadam, Mrs. Alka Vora & Dr. Reshma Hegde of Kapol Vidyanidhi International School - Kandivli, Mrs. Geeta Pillai of S.T. Blossoms School - Churchgate, Mrs. Uma Maheshji, Mrs. Sangita Bhattacharya of St. Joseph School - Wadala, Dr. Suresh Nair of Vivek Vidyalaya - Goregaon, Mrs. Deepa Desai, Mr. Rajeev Gupta of Datta Meghe World Academy - Airoli, for standing by Nriyjanjali.

Even in the corporate sector, our sincere service is being acknowledged. Management trainings were conducted - Thank you Mr. Debobrata Mahapatra of L&T, Mr. Sonawane of RCF Ltd, Swadhina Madam of Hindusthan Copper Ltd, Mr. Amit Sarkar of Glenmark Pharmaceuticals, Mr. Adinath Bade of USV Ltd - all of you stood by Nriyjanjali.

In the performing arts field - Mrs Brinda Miller of Kala Ghoda Arts Festival and Mrs. Swapnakalpa Dasgupta of NCPA made Nriyjanjali their trusted partners.

We continued with our social activities of Community service - distribution of sanitization kits to over 2000 families,

building toilets in Mumbai, Vashi, Pune - all with the support of NOV India Pvt. Ltd

Nriyjanjali Fest received sponsorship from Marico Ltd because of the initiative of Dr. Vaishali Gode Madam.



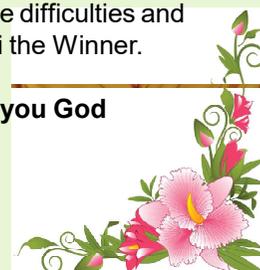
Distributing food grains to the needy, Paying of Board Examinations Fees of Tribal students, Creating catering services employment for women through Nriyjanjali Mahila Udyog Yojana recieved tremendous support from individuals who are not even remotely connected to Nriyjanjali.

I wish to express my inner feelings - which I seldom do - to my wife Radhaji, to my daughter Anonna, to Girish, Sangita Sawant, Charushila, Maitri and to my grand daughter Aditri. Without you, I and Nriyjanjali would not have been able to stride through these difficult times You all boosted my morale. The personal moments of hollowness, of uncertainty could be overcome because of you.

I am mentioning about me, because I am also aware, that even now, all of you look towards me for hope, brightness, contentment and continuity.

I detailed so much only to count that our positives, out weigh the difficulties and that makes Nriyjanjali the Winner.

Thank you God



Speak Your Thoughts...

At Nrityanjali, We Groom Thoughts.

The Pages of **Speak Your Thoughts** are for **All Nrityanjali-ites** - thoughts that are positive, encouraging, controversial, different, constructive.

In this Issue, we feature the thoughts of **Mrs. Rekha Vijaykar, Mrs. Madhumita (Mohua) Sen, and Mrs. Nivedita Bagool Damle.**



Septuagenarian Mrs. Rekha Vijaykar

Former Principal of Guru Harkishan School - Santacruz, currently, Senior. Director of ADAPT and Hon. Director (Socio - Cultural Affairs) of Nrityanjali. Member for 30 years, she is the

recipient of Nrityanjali Ratna Award.

*An educationist, kathak dancer, administrator and social worker - strong, self reliant, witty and humourous, **septuagenarian** Rekha Madam is forth right in her views.*

A Journey towards success.....

It was a school programme where I met a simple but a confident personality with an aura of unspoken spirituality. He walked with a graceful poise. I just smiled and got introduced to the eminent corporate trainer Dr.Tushar Guha. Gradually I got acquainted with the well established Institution Nrityanjali, an NGO. My narrow intelligence lane led me to think of Nrityanjali as a place to learn Nritya-dance.

Being a student of Kathak, I was curious to know more about Nrityanjali. In just a couple of visits to this NGO, I was attracted by the enormous and varied activities offered to men, women and children. The narrow intelligence lane was widening. But not broad enough, to be proud of my intelligence. Something was missing. I convinced myself to get introduced to the Personality Development sessions of Nrityanjali.

This was the beginning of my association with Nrityanjali and a journey towards a happy and a fruitful future.

Soon complicated facts of human nature were unfolding through interesting interactions during the sessions. I believed that human nature is unique. In the same family, influenced by the same culture and tradition every individual member is unique. Thus to understand a person and its mind there cannot be one yard stick. With all the variables in the surrounding a person may grow or evolve with its own characteristics.

It is here at Nrityanjali, I learnt that conflict can be managed and resolved in a positive way. Conflict is a normal, and even a healthy part of relationships. After all, two people can't be expected to agree on everything at all times. In relationship conflicts are inevitable, learning to deal with them in a healthy way is crucial. By learning the skills you need, for successful conflict resolution, you can keep your personal and professional relationships strong and growing.

We all have heard that laughter is a strong medicine. Dr. Guha not only believes in it but also naturally demonstrates it through his lectures. I was convinced. Laughter draws people together. In a way it triggers healthy, physical and emotional changes in the body. Nothing works faster or more dependable to bring mind and body back into balance than a good laugh. And laughter doesn't come alone, it brings in a SMILE. Much required component

of a facial pack. The most extraordinary and an expensive facial pack gives zero result on your face by the omission of a wholehearted SMILE.

Thus Nrityanjali showed me the techniques to polish and chisel the finer edges of my personality. It has been a delightful journey of thirty and more years, met many interesting personalities, interacted with intellectuals and exponents in performing arts. The long association has culminated in creating a permanent strong bond of love and friendship with Nrityanjali.

NRITYANJALI - A TRIP DOWN MEMORY LANE...

Mrs. Madhumita (Mohua) Sen

has been an integral part of Cenray Youth Club (in Century Rayon) later christened NRITYANJALI since the time of her birth. A brilliant singer, educationist, she was a professor at St. Xaviers College Mumbai and now the Principal of Pragati Primary School, Gurgaon.

*She acted in the lead role in **Oh My Darling** at the age of 8 years and later was the lead singer of Nrityanjali along with Mrs. Radha Guha.*



Hello everyone! when Maitri approached me to write for the newsletter, I was gripped by nostalgia. I decided to take a trip down memory lane reminiscing my association and journey with Nrityanjali. Let me take you along....

In 1963, my father joined the B.K Birla group Company- Century Rayon, I was barely a year and half old then. That was also the year Cenray Children's Club was founded by a dynamic youngster, who is a visionary and a passionate artiste. The world at large knows

him as Dr. Tushar Guha, to me he is dear Mona Mama (Mona being his nickname), my mother was like his older sister.

The Cenray Colony is a beautiful place, situated on the banks of Ulhas river. It had a cosmopolitan crowd mix. The initiative by Mona Mama to start a children's club was the best thing that could have happened for the children of the colony. Tucked away far from the city of Mumbai, these children were exposed to and learnt things which were quite a privilege and way ahead of times in those days.

The children's club grew into the Cenray Junior Club in 1966. My memory gets vivid hereon. We had our very own children's library in the club. The older children were given the responsibility of managing it (maintaining registers, issuing books, stock checking etc). When I look back, it were these activities that inculcated accountability in me so early in life. Also, my love for reading can be attributed to being a part of the children's library.

Come 1970, the Cenray Junior Club transformed into Cenray Youth Club. By now we were exposed to many cultural activities/competitions which helped bring to the fore many talents amongst us. Some excelled in sports while others took to dance and music. My first stage performance at the age of 8, was when Mona mama cast me as Catherine in the English skit "Oh My Darling!".

I remember with his encouragement and excellent direction; I enacted without inhibition and brought the house down with laughter in the last scene. I was oblivious to the public ovation and kept revelling in the fact that I was dressed in a lacy bridal gown with a veil. It was a dream come true!

Exposure to extracurricular activities, performing on stage, taking part in competitions and handling club responsibilities

as office bearers, helped shape our personalities. Those lessons learnt early in life has played a part for many Centurions to establish and be successful in their adult life. I am sure, most Cenray youth of the 70's would agree with me, that this was possible due to the nurturing of this energetic, compassionate gentleman Dr. Tushar Guha.

With passage of time Cenray Youth club metamorphosed into Nrityanjali in 1977. 1977-79 were crucial years for me in terms of academics – 12th boards and college admissions. In 1980, Nrityanjali was staging a dance ballet at IIT Powai as part of the cultural celebrations of the prestigious Indian History Congress. Having trained in Indian Classical and Rabindra Sangeet, I came back into the fold of Nrityanjali once again as a lead singer.

A month prior to the program-35C Miniland Bhandup, had become my temporary home and that would be the case before every show thereafter. After my classes at Ruia college, I would board a local train to Bhandup and head for rehearsals.

At the entrance of the hospitable Guha residence, I would be greeted by my strikingly beautiful and elegant Didibhai (Dr. Guha's Mother) with her radiant smile. Would do my pranam to her and Dadabhai (Dr. Guha's Father) and proceed upstairs to be fussed over by my loving Radha mamima (Mrs. Radha Guha). About her I can go on with a list of adjectives. It is hard to find a genuine, warm, giving, and non-judgemental person like her. She is truly special! She would take great care and lovingly feed me up to the gills!!

Rehearsals would be fun and taxing too. Fun because there used to be such bonhomie between all participants (singers Ullhas Bhanu, Futist Rono Majumdar, Sandeep Chakravarty in Tabla, Sadhan Chakravarty for Side Rhythm et al), it became a comfort zone

for me, which I looked forward to being a part of. Taxing at times because, just as loving and affectionate Mona mama is, he is also a perfectionist and a disciplinarian. With Radha mamima on the harmonium, sitting by my side, it was reassuring and a pleasure to sing for hours together. Little Shoma (Dr. Anonna Guha) would watch me sing, was fascinated by my long-painted nails. That little sister, of mine blossomed into a multi-talented, strong individual today.

This was my first programme on a public platform. On reaching IIT, I realised how prestigious the show was! We were to perform on stage where Ghazal Maestro- Late Jagjit Singh along with his wife Late Chitra Singh, along with Sudha Malhotra would also be performing. They were such luminaries in the field of music, I was in awe of them and felt a little nervous. With the pep talk Mona mama gave us in the green room, we performed with confidence. The show was a thundering success.

This was followed by many shows at Gadkari Rangayatan Thane, Birla Krida Kendra Chowpati in 1982. This was a memorable one for me as after the show, renowned music director of those times, Shri Bharat Vyas approached me to audition for playback singing. Being academically inclined I declined the offer and chose to pursue academics.

The programmes continued, sharing stage with Anup Jalota and Johny Lever. Then in 1983 with Manna Dey and Kavita Krishnamurthy and on and on - such rich experiences

I went on to complete my Master's in economics and started teaching in St. Xaviers College. In 1988 marriage took me out of Mumbai to Kolkata, then Bengaluru and eventually now in Gurgaon (Delhi/NCR). Settling in my new life, transfers, and raising children (a daughter and son), kept me busy, not realising when I drifted away from my past connects.

In the last 6 years, life has dealt me with the harshest blows, taking away my 20-year-old son and my husband from our lives. At present my life revolves around my daughter Sneha, well established in her career, my strength and guardian angel and my dog Mozzart (Mozzo) and the NGO that I have been part of for so many years. Life has its way of taking away from us and giving back something to hold onto.

For me it has been my reconnect with Mona mama and family and Nrityanjali- my comfort zone of growing year. It feels like homecoming to me. Wherever I be in life, shall cherish this association and take great pride in watching Nrityanjali scaling greater heights.

Mrs.Nivedita Damle

a Trustee, Head of Faculty Division of Nrityanjali and is Nrityanjali Ratna Awardee. She specialises in coaching the Hearing Impaired, holds M.A. M.Ed degree and is a



माझी ओळख:

मी निवेदिता दामले. चेंबूर येथील रोचीराम टी थाधानी हायस्कूल फॅर हियरिंग हॅंडीकॅप्ड या शाळेत कार्यरत आहे. साधारण 26 वर्षांपूर्वी मी नृत्यांजली संस्थेमध्ये आले. आमच्या ओळखीतील श्रीमती दिक्षित मॅडममुळे आम्हाला या संस्थेची व सरांची (डॉ तुषार गुहा) माहिती मिळाली. त्यांच्याचबरोबर मी येथे आले. काहीशी अबोल, परीक्षेची भीती असलेली आणि

मला काही जमेल की नाही असा न्युनगंड असणारी मी जेव्हा येथे आले तेव्हा माझ्या तोंडातून एकही शब्द फुटत नव्हता.

येथे येण्याचा उद्देश तोच होता. व्यक्तिमत्व विकास. येथे होणा-या Special Personality Development Course (SPDC) या 16 दिवसांच्या कोर्समध्ये मी प्रवेश घेतला.

माझे आईवडील दोघेही शिक्षण क्षेत्रातले, आपापल्या क्षेत्रात अग्रेसर. घरात शिस्तीचे वातावरण. मोठ्यांना मान देणे, प्रत्युत्तर न करणे, पण व्यक्तीस्वातंत्र्य होते. येथेही तेच वातावरण अनुभवायला मिळाले. गुरुनी सांगितलेले लगेच पटते असेच काहीसे झाले आणि माझ्या घरातील वातावरण, संस्कार याकडे बघण्यासाठी मला नवीन दृष्टी मिळाली माझ्या आईबाबांबद्दल माझ्या मनातील आदर आणखीन वाढला. पुढे माझ्या मुलीला वाढवतानाही मला याचा उपयोग झाला.

मी आणि नृत्य:

मी कोर्स करायला आले तेव्हा भारतनाट्यम शिकते हे लिहिले होते. एकदा सरांनी मला काही स्टेप्स करून दाखवायला सांगितले आणि त्यांच्या प्रोफेशनल डान्स ग्रुपमध्ये (Sunday class) सहभागी करून घेतले. आधी मी गुरु श्रीमती एस. वसंता यांच्याकडे भारतनाट्यम व गुरु श्रीमती प्रसाद यांच्याकडे कुचीपुडीचे धडे गिरवले होते.

नृत्यांजलीमध्ये आल्यावर मला अनेक कला शिकायला मिळाल्या कथक, ओडिसी, मणिपुरीच्या बेसिक स्टेप्स, लोकनृत्ये, रवींद्र शैलीतील नृत्य, पाश्चिमात्य नृत्य एवढेच नाही तर खालीमध्ये नाचणे, स्टेजचा वापर, smile, लाईट्स कसे घ्यायचे, कुठे बघायचे, वेशभूषा, मेकअप, एक परिपूर्ण कलाकार कसा असावा हे समजले. माझ्या overall performance मध्ये खूपच फरक पडला. समाजातील सर्व स्तरातील लोकाना कला शिकता आली पाहिजे,

विद्यार्थ्यांना फक्त नृत्य नाही शिकवायचे तर त्यांच्या overall development ला महत्व द्यायचे हे सरांचे मौलिक विचार प्रेरणा देऊन जातात. माझ्या विद्यार्थ्यांना नृत्य शिकवताना हे सगळे खूपच उपयोगी ठरते.

मी आणि व्यक्तिमत्व विकास:

सरांच्या चाणाक्ष नजरेने माझ्यातील गुण ओळखले होते जे मलाही माहित नव्हते. त्यांनी मला नृत्यांजालीची सेक्रेटरी हे पद दिले आणि अलगदपणे administration मध्ये घेतले. फेस्टचे काम, संस्थेचे काम करताना ही अबोल मुलगी आपली मतेही ठामपणे मांडायला लागली होती. संस्थेचे व्यवस्थापन कसे करायचे, प्लॅनिंग, कामाचे विभाजन, बजेटिंग (सुंदर,सस्ता,टिकाऊ या तीन गोष्टी लक्षात घेऊन) हे समजले. संस्थेचे प्रोटोकॉल काय असतात हे समजले. संस्थेमध्ये सरांना आम्ही uncle म्हणत असू. पण बाहेर कुठेही गेल्यावर एकमेकांना सर किवा मॅम असेच म्हणणे अगदी आपल्यापेक्षा लहान वयाच्या व्यक्तीलादेखील आदर देणे, सगळीकडे दिलेल्या वेळेच्या निदान 15 मिनिटे आधी पोहोचणे या सगळ्याचा व्यक्तिगत आणि व्यावसायिक जीवनात खूप फायदा झाला. तसेच सरांच्या व्याख्यानांचे चेंबूरमध्ये किवा गिरीशसर, मानसी मॅमच्या साथीने Nriyjanjali alumni association Dombivali chapter द्वारे डॉबिवलीमध्ये आयोजन करतानाही झाला.

मी एका नॅशनल कॉन्फरन्समध्ये Recapitulation या संकल्पनेवर पेपर सादर करणार होते. सरांना पेपर दाखवल्यावर त्यांना ही संकल्पना खूप आवडली. त्यांनी एका कॉन्फरन्समध्ये ही संकल्पना मांडण्याची संधी दिली.

नृत्यांजलीमध्ये मी विविध क्षेत्रात काम करणाऱ्या अनेक व्यक्तींशी जोडले गेले. काही

अशा मैत्रिणी मिळाल्या ज्यांच्याशी खूप घनिष्ठ संबंध निर्माण झाले.

थोडक्यात सांगायचे तर (Recap):

माझा नृत्यांजलीतील आतापर्यंतचा प्रवास खूपच आल्हाददायी व छान आहे. मी कोण हा स्वतःचाच परिचय सरांनी मला करून दिला. न बोलणारी, मला काहीच करायला जमणार नाही हा न्युनगंड बाळगणारी मुलगी आपली मते मांडू लागली. त्यांनी अजिबातच आत्मविश्वास नसलेल्या मुलीत आत्मविश्वास जागवला.

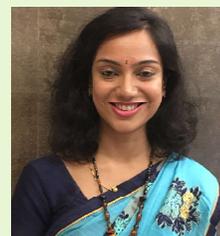
व्यवस्थापन, जनसमुदायास हॅंडल करणे, स्वतःची तत्वे सांभाळणे, वेळेचे नियोजन या सर्व गोष्टी शिकायला मिळाल्या.

सरांचे विचार, व्यक्तिमत्व विकास, भारतीय लोकनृत्ये या विषयातील त्यांचा गाढा अभ्यास, सोप्या व नेहमीच्या उदाहरणांमधून मोठी गोष्ट शिकवून जाण्याची त्यांची कला, नुसताच उपदेश नाही तर स्वतःच्या कृतीतून, वागण्यातून इतरांना गोष्टी पटवून देण्याची क्षमता जवळून अनुभवता आली. या वयातही त्यांच्यात असलेला सळसळता उत्साह वाखाणण्याजोगा आहे.

सरांनी आणि नृत्यांजलीने मला जीवनाकडे बघण्याची एक दृष्टी दिली. मला विश्वास आहे की नृत्यांजली कधीच मला सोडणार नाही आणि मी सुद्धा नृत्यांजलीला कधीच अंतर देणार नाही. कुठेही लांब गेले तरी नृत्यांजलीबरोबरचे माझे ऋणानुबंध कायम असतील.

Young Entrepreneur

We continue our Column - Young Entrepreneurs
Mrs. Apoorva Shetty - Senior Member and Life Skill Faculty of
Nrityanjali chats with
Mrs. Vasanti Anand - the entrepreneur



“Motivation is what gets you started. Commitment is what keeps you going”. That’s how I’ll summarize **Mrs. Vasanti Anand’s** entrepreneurial journey. Though I have known her for a few years, this interview helped me dive into her professional and personal journey. It has been a wonderful experience interviewing her.

Apoorva Shetty (AS): Thank you for accepting our request. Can you tell me about your tutorials?

Mrs. Vasanti Anand (VA): My tutorials’ name is “Anand Tutorials”. We are based in Andheri wherein I have two branches. We cater to school students from Grade 5th- 10th across all boards as well as Under-Graduate and Graduate level students. My teaching journey started in 1997.

AS: Let me take you back in time. Prior to teaching, what was your professional background?

VA: I have done my graduation in Interior designing. Then I worked with Kapol Co-operative Bank. In the meantime, I got married and had my son and I quit my job to devote my entire attention in bringing him up. When he was around four and had started going to school, I felt it was the right time to get back and explore my professional opportunities.

AS: How did you get into teaching? Where you always interested to teach?

VA: Teaching happened by chance. Someone had suggested to take tuitions for a child with some medical condition. What started with one child in 1997, slowly grew to many students and I eventually established my own tutorials. I also went on to do my Management Studies in Education and have been awarded “The Guru Dronacharya Puraskar” in 2016

AS: Wow, Congratulations Madam. In this entrepreneurial journey, what were the challenges that you faced along the way?

VA: Shift from a housewife to a teacher initially was challenging. But, I ensured to be a professional. Thus, even when I started off with 1-2 kids, I had converted part of my home into a proper classroom set-up with benches, tables, blackboard etc. Another challenge was balancing work and home. My husband and in-laws have been my greatest support throughout. Also, Tutorials is a serious business wherein I have to fully dedicate my time and energy to my students. I have missed out on numerous family functions, weddings, social gatherings etc.- a part of being a working woman.

AS: I am intrigued to know more about your growing up years?

VA: I grew up in South Mumbai, Colaba and went to Dunne’s Institute. I was an all-rounder in school. I was the School Captain and good at sports. I feel I was good at taking up



leadership positions. College life at KC College was great as well. I have two siblings - brother and sister.

AS: *We know that you are such an amazing faculty of Nrityanjali since so many years. How did you join Nrityanjali and what insights have you gained over the years?*

VA: I was introduced to Nrityanjali by Mrs. Devyani Madam who was then the Headmistress of Bombay Cambridge School, where my son studied. She had encouraged me to go and meet Dr. Tushar Guha and do the Special Personality Development Course. When I met Sir and interacted with him, I had an instant connection. I completed SPDC -1 in 1997. After the course, Sir asked me to join him as a faculty in the education division. Over the years, I have learnt a lot. Working with Nrityanjali has expanded my exposure and horizon. It gave me a much holistic approach. But through Nrityanjali, I got the opportunity to explore the unknown. Later I completed SPDC 2. Corporate trainings and Career Counseling Sessions have broadened my perspective. Through all these training sessions, I have learnt a lot from Sir, from other faculties, teachers etc. It has added to my USP and my success as a teacher can be credited to all those lessons learnt.

AS: *As we had been hit by the pandemic last year, has it any way affected your professional career ?*

VA: Luckily, I have always been computer-savvy. Thus, the shift to online classes was easy. However, there have been changes in the teaching methodology, interactions, tests, paper corrections etc. In fact I feel, the new technology has aided in the teaching process through various provisions available online.

AS: *What do you think are the qualities that helped you achieve success?*

VA: I feel the most important thing has been my **complete dedication and commitment** to my work. Where a school teacher's job ends is where my job begins. It's my responsibility as a teacher that my students

understand the subjects and perform to the best of their abilities in their academics. Secondly, I ensure that I **teach as per the child's understanding and grasping capacity**. For me, it's not about rushing through the syllabus but making sure that all my students are on the same page. We have a very **friendly and supportive environment**. We are also **regularly in touch with the parents** and update them.

AS: *What are your future goals for "Anand Tutorials"?*

VA: This pandemic gave us an opportunity to explore technology. So, even after we get back to classroom learning, technology will still play a major part. I would like to explore the combination of both online and offline classes.

AS: *What advice will you give someone who wants to get back professionally after a break?*

VA: I would like to congratulate them for taking that first step. There are few things that they need to keep in mind:-

1. One needs to accept that they have lost on a few years in the professional ladder. So one needs to be ready to join back maybe from where they left or from a lower position.
2. There is a reason behind the professional break. We need to honour our own choices and decisions. We shouldn't repent on our decision or feel guilty about it.
3. Initially, getting back to work will be difficult. One has to put in that extra effort. But, once things settle down, you will do just fine...

AS: *How would you guide someone who wants to get into the profession of teaching*

VA: One needs to be thorough with the entire syllabus. One needs to keep on learning and updating oneself. We need to give much more individualized attention.

Today, both the parents are working and hence, our job becomes more important. They don't have time to look into their child's studies, and we need to take complete responsibility of the same.

AS: *Thank you Madam for sharing about your inspiring professional journey.*

Successful Professionals... ..



Mrs. Geeta Chandrasekaran Madam has been a successful Principal, presently a Corporate Trainer and is the Head - HR of Nrityanjali Group. We publish her interactions with successful professionals to find out the ingredients that spell success.

A successful person is one who finds the purpose and creates a life that can fulfil the purpose. Who knows or seeks to find the balance between fuelling that purpose to **make** it happen. ...

“The key to success is discovering the innate power and using it daily to deal with what ever challenges come our way”.

Here is the story of a young person in Uniform who is an epitome of the above quote. Mr. Sujit Roy is in Merchant Navy for last 20 years, presently as Chief Officer. He is with MOL (Mitsui O.S.K lines). He is in Management onboard ship, directly in charge of loading, discharging, and stability of ship. He is a very soft spoken, modest, family oriented person. Existential and committed towards his profession. A career in merchant navy is a unique blend of variety encompassed in a single domain. By opting for a merchant navy career, individuals can combine a lot of different facets and gain a lot of exposure in terms of professionalism, adaptability and travel. This definition of Merchant Navy motivated me to ask a few questions to enhance my knowledge through his experience and inputs.

Geeta Chandrasekaran (GC) : What’s the biggest factor that has helped you be successful?

Mr. Sujit Roy (SR) : I don’t know if I am successful yet. Yes ,I raised my standard of living. My father met Dr. Tushar Guha Sir and he has been very kind and instrumental in showing me this road map. I was 18 Years old in the year 2000, I was to go for the interview to Wallem Ship Management. I asked my mom for Rs.250/- to buy a white shirt. As I have seen in movies usually people go with white shirt and tie. My mom said, "Can we ask someone to give you a shirt." My neighbour, was very generous and gave me a new white shirt which I returned after the interview (After washing and ironing). So it was a long way to go.

GC :So modest and grounded you are, keeping at bay what you have achieved so far. What inspired you to be a merchant mariner?

SR : I had no clue regarding this profession. I only knew that mariners get to travel all

around the world. I wanted to be a mariner only to roam around the world.

GC: Well, How Difficult is the Pre Sea Training and Exams to join Merchant Navy?

SR: Pre- Sea training I completed in T.S Chanakya (T.S means training ship) in Nerul, stayed in hostel which I never did before. Lot of ragging and lots to study. Exams are difficult, as passing marks are 70 Percent.

GC : Merchant Navy officer is a lifestyle choice as much as it is a career path. What is your take on that?

SR: Everyone wants to progress in their career, and as our career progresses it gives rewards which inadvertently becomes lifestyle choice Merchant Navy I believe is one of the noblest professions. Discipline, punctuality, honesty, hard work is just amongst the few virtues of this profession. In a very short time one starts earning so much, that it can be overwhelming. I remember before joining my first ship Dr. Tushar Guha Sir told me that this profession will give you the **3 W’s** Wealth, Women and

Wine. Take first one and leave the other two. Sir is always the best mentor and a super generous human being.

GC: How did you adapt yourself to the adverse weather conditions?

SR :It is some times an enchanting experience, If in Russia (Sabetta) 74deg Latitude North termed as Polar waters with a temperature close to -30 Deg C. In another 15 days we can transit Egypt (Suez Canal) with +40 Deg C.In a clear sky at night, in the middle of Atlantic we will find so many stars that we may actually think that the sky at night time is white in colour. We can see North South extending cloud (Milky Way) our galaxy. All constellations can be seen.When two dolphins play in front of a moving ship, we can be awestruck with the perfect co-ordination between the couple.**Adversities** of weather is experienced by every seafarer. Gentle breeze and Storm is part of life.

GC : Any memories about a time you were the hero at your workplace?

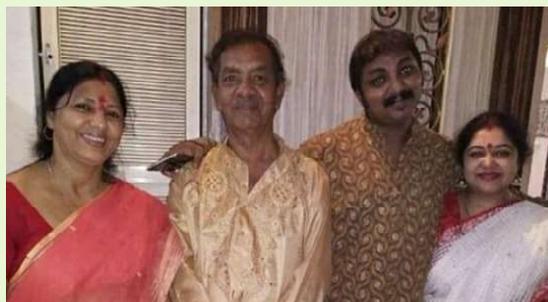
SR :We were undergoing mooring operation. It was very hot summer afternoon in Fujairah (U.A.E) my Bosun and one Ordinary Seaman fainted on the burning (Hot) deck. Carried them back to the shade and gave them some Gatorade. It didn't make me a hero as it is duty of every fellow worker to look after their co-workers safety.

GC: Any personal or professional accomplishments you are most proud of in your 20 years of experience in the field.

SR : My 20 years of service in Merchant navy has given me the pride of the profession.

GC : It needs immense patience and ability to keep calm under distressing conditions, Any such experience?

SR : A ship in itself is like a small floating city. It has everything. It generates its own electricity, water etc. It generates garbage and it also has a Garbage burning furnace called as Incinerator.



On 23rd March 2018 there was flash fired from the incinerator. It was close to 600 Deg C temp. Two persons got severe burns on their face. We extinguished the fire and landed them to a small Port called Brindisi on Italian coast and admitted in the hospital. Later we learnt that they were out of danger and were recovering well.

GC : How do you handle stress and pressure with regard to your ' on' and 'off' shore duties and demands ?

SR : In shipping, stress and pressure are different as it involves extreme risky environment. One mistake of ours, things can be fatal. The recent trade which I am dealing currently, it involves cargo which is -163 Deg C. LNG (Liquefied Natural Gas) or it can also be termed as Methane in liquid form. I am directly responsible for the cargo. We represent India in international market. Indians have good reputation as seafarers. I normally try to disconnect from my family via internet / social media one day prior to any important job. That keeps my mind completely empty from any external issues and focus on the job assigned. An empty mind is not always devil's workshop, I believe. One thing I always keep in mind is that an agitated brain cannot even take simple decision and so try to be calm and do my job.

GC: Your deepest motivations that drives you to achieve your aspirations.

SR :To live to the fullest and guilt free.

GC: What is the thing you're most thankful for and that you would never want to lose?

SR :Curiosity to understand human beings.

GC:What is the most surprising fact you've learnt about yourself ?

SR : After 15 years in Merchant Navy, I wished to experiment with my Entrepreneurial skills and set up a Bengali Sari store in Dreams Mall, Bhandup for my mother. In the recent fire that engulfed Dreams Mall, our store turned into ashes. The first venture excited me, I discovered my hidden potential that gave me the confidence to start a Bengali sweet shop 'Bong-O- Rosh', in Galleria Mall-Hiranandani, Powai.My intention is to provide quality sweets at affordable cost. Roshogolla and Pantua the most popular Bengali sweets is still Rs 12/-..I have seen workmen buying them in my store. I feel happy that they will be able to feed their children with quality sweets at affordable cost.Buying sweets should not be a luxury. A sweet fills the heart -a feel of contentment and happiness.

GC : You referred the name of Dr. Tushar Guha - How and when did you meet him.

Your take away after the meeting ?

SR :I met Dr.Tushar Guha Sir in the year 2000. My father introduced me to Sir. Sir had this amazing humble nature in spite of such a high profile life. Always felt to be like him when I grow in my life. **"You cannot define GOD"**.

GC : Any turning point in your life.

SR :I saw this movie "Apocalypto" directed by none other than Mel Gibson in 2007. It has a very famous line "FEAR IS CONTAGIOUS". After I saw

this movie I became the 'No fear guy'. Even in my e-mail ID I started using this as a signature.One more thing which changed my every perception of life was a Motivational video by SADGURU. "Don't Take Life Seriously" What's real is this moment of our life. Live it.

GC: What is your vision for the future ?

SR: To help every living being on this earth to the best of my capabilities.To make my daughter and son understand life much better.

GC : A brief about your supportive family.

SR : My caring parents and my innocent wife Surabhi Roy, Daughter Shrija Roy and Son Shrijan Roy .My daughter and son both are 4 years old. My son is naughty and caring. My daughter is like me.

GC :Your message to aspiring candidates to joinMerchant Navy.

SR : The best Career ever. It demands toughness,mental stability and a very pronounced communication skill. No short cut towards success. Work hard and learn your job. Be courteous and polite to others.

Thank you so much Mr. Sujit Roy for sharing your experience as a seafarer and building a curiosity to know more about Merchant Navy.

I would wrap up our conversation with the candid statement made by you," If you concentrate on what you don't have, you will never, ever have enough."

Congratulations and best wishes for your next adventure.





READY, AIM, SHOOT ...

Written by **Mrs. Priya Dasgupta**

Adminsitrator of Angels Education Trust, Ms. Priya Dasgupta looks after the adminsitration of Little Angels High School, Sion. She was also instrumental in initiating and managing the Angels International School (International Bacleurrate) School in the same campus.

As a silent member of Open Forum for Principals (OFP), India she is a huge support in promoting OFP initiatives across Mumbai. A strict disciplinarian otherwise, she loves travelling and is an avid reader. This article is reflection of her own expereince during the year 2020.

We have survived. This has been a constant reminder for the last 15 months. I do not feel the survivor's guilt nor do I feel lucky; all I know is we have survived.

The last 15 months have been a physical and emotional rollercoaster for every human on this planet. There has not been a SINGLE person who has not experienced some contact with the next Big C that has entered our world and each one of us is on a war path to win – and win we shall!

On this war path, all of us have learned some new “strategies” to cope, handle, deal with various situations– be it in our personal or professional lives. We have learned new skills, not only in our professional spaces but also in handling the physical, emotional and spiritual needs of our near and dear ones.

The pandemic has brought forth a much-needed lesson for all humankind – the lesson that one must learn so as to lead a contented life -ACCEPTANCE without EXPECTATIONS. The world is in a situation where no one can predict what will happen in the near and not so distant future. Whatever is served on our plate we will need to accept. As the prayer goes-

*Lord grant me the serenity to accept
the things that I cannot change
And the courage to change things I can
And wisdom to know the difference
Now you might say, this is all cerebral
and fine but who is going to teach us*

how to do this?

Teachers? Masters?

Successful teachers are those who can share their joy of teaching and learning with others. This gives them an opportunity to reflect inwards and discover their own qualities and shortcomings which in turn makes them even more effective and successful. In other words, a great teacher is essentially also a constant learner.

Just as sure as winter always turns to spring, one thing that is constant is **CHANGE** – one can reinvent themselves with the greatest fervour using all the tools one has gathered along the way. Let us join the tribe of people who work with complete enthusiasm, who have never said “I've finished learning”; let us join them to improve our skills to rejuvenate our energies.

The pandemic has made most of us reinvent our skills and learn new methodologies to “survive and cope”. Channelizing all our energies to extend our thoughts is the only path to achieving our goal.

To quote Tetsutya, The Archer, “a master is not someone who teaches something, but someone who inspires a student to do his best to discover knowledge he already has in his soul.”

A few months back, I came across a book that talked about an expert archer who explains to his students why we must take risks and embrace the unknown. He uses a bow, an arrow

and a target to explain the tenets of life. Indulge me as I try and share my understanding of this book.

Passion infuses energy. Think of the bow as a source of all energy – akin to your passion of teaching, the arrow as the intention to teach efficiently and the target as the goal to ensure that the children understand effectively, what is being taught.

When the archer lifts the bow and positions his arrow, the only thought in his mind is how and what should he do best to ensure he hits the target. The excitement and enthusiasm in him to achieve the target energises him. If there is no energy and enthusiasm, the intention is futile. Just as the aim to shoot an arrow must be clear and defined, so should be one's intentions.

Clarity on what and how to inspire the students will surely make their time with you fruitful and engaging. Let fear not paralyze us, let us be bold. Even if the intention does not hit its targeted mark, you WILL improvise and improve the next time. If one never takes a risk, one will never know the changes that are needed to be made.

The target is your object or the goal that you have set out to achieve with your learners. When identifying the target, we must consider the surroundings and the environment prevalent in the path to achieving this goal. With the goal identified and the path drawn to achieving it, success is certain.

Drawing from the Mahabharat, a highly skilled archer Arjuna is being tested by his teacher. The teacher asks him to take aim to shoot at the target – namely the eye of a hanging fish. When Arjuna takes aim, his teacher asks him what does he see, and Arjuna's reply is "the eye". His focus is only on this target and not on the surroundings, hence he is able to shoot his arrow with precision.

One can say this is a contradiction. Look closely, though. While we say that Arjuna's focus is only on the target, it would be

impossible for him to shoot a perfect aim without factoring in the wind speed, the sway of the branches of the tree on which the fish hangs, and the movement of the fish itself because of the sway and the wind. When a master archer like Arjuna says he sees only the eye of the fish, his focus is clear while being fully aware of the factors that impact his target. His focus is **not** on the factors, but the eye of the fish.

If we fail to reach our selected goal, it would be unethical to justify and blame others. We need to respect our goal, align our self to it and bring it so close to us that we would not see anything but the target, just like Arjuna.

Having understood our passion and our intention, it's time to take the leap and shoot the arrow wholeheartedly. If the shot is taken with only the target in mind and not with the soul then over time one becomes stale and does not grow and evolve – very akin to an educator teaching the same things in the same way – day in and day out, without any change. Even though he/she is a highly experienced teacher, he/she has become stale and uninteresting. It would seem like a recorded lesson is being played repeatedly and hence there will not be a connect with the students. If you shoot with your soul, then the timing will always be perfect, all the surrounding factors will always fall in place and the objective will always be achieved.

Educators who put their heart and soul into the process of achieving the goal will always find themselves successful and also reflecting over their actions to see and evaluate what more can be done to ensure repeated success.

With yet another "virtual year" upon all educators, let us revisit our passion with all our energies, define our intentions and forge ahead to making our students responsible and independent thinkers and learners.

Rhymes & Verses



My Daughter, My Life

Hey, my dear daughter,
I love you more than I love myself.
I love you from the time you were not born.
You are the precious gift to me.

Though you were gifted to me after a long span,
I cherish the moment you arrived in my life.
My world is you and only you from the time
you were in my arms as a sweet little kid,
till date when you are a grown up girl.

Those were the days when I took care of you as
a kid,
and today you take care of me as if I am a kid.
Even today during the difficult situation we
are all facing
you are taking care of me along with your
professional side.

My world surrounds around you.
When you are happy,
I am also happy and when you are sad I too feel
sad.

Bless you my child with abundance of blessings
which will enable you to achieve what you desire
and what is the best for you.

MY BLESSINGS ARE ALWAYS WITH YOU.

Written by **Mrs. Shivangi Shetye**



Mrs. Shivangi Shetye is a retired Bank Manager. She has completed her SPDC Level 1 and 2.

Passion for education, social work introduced her to Nrityanjali. She continues to prepare for her next inning as a facilitator and volunteer with Nrityanjali.

विचार धारा



आज जो पीछे छूट रहा है
लौट कर ज़रूर आएगा
यही प्रकृति की रीत है।

रिश्ते, सपने, मस्ती, हँसी
जो बिखरे से नज़र आता है
फिर से ज़रूर जुड़ जायेगा
यही मानव की जीत है।

मानो या ना मानो, पर, पहचानो
जो बदलाव की चुनौती है आज
वापस अरमानों की डोर बन जाएगा
याही उम्मीद की गीत है।

क्यों शिकवा गिला करते बैठे हो
कुछ हम संभाले, कुछ तुम संभालो
हर कोई साथ निभाएगा
यही जीने की प्रीत है।

जिंदगी में, खुद पर भरोसा हो,
तो ताकत बन जाती है
यही ताकत फौलाद बन जाएगा
हौसलो का विचार पुनः जन्म लेगा
हर पल की यही खूबसूरती है।

हमें गुज़रते वक्त को गले लगा कर
सिर्फ मस्कराने की जरूरत है
आने वाली मेहेकती लम्हों की कद्र करो
दीदार हो जाए तो भरपूर जियो
याही तजुर्बे की सीख है।

श्रीमती **गीता चंद्रशेखरन** द्वारा लिखित

FOOD *Khana* Recipes



Garlic (Poondu) Rasam

Ingredients:

- 15 pods of cleaned garlic.
- 1 sliced tomato.
- 1 and a half tea spoon Tur Dal.
- Half a Teaspoon Pepper.
- Quarter Teaspoon Cumin seeds.
- 2 red chillies, 10 curry leaves
- Asafoetida. (Hing)
- Lemon size Tamarind.
- Turmeric powder.
- Mustard seeds.
- Coriander leaves.
- 2 Tablespoons of Ghee and Salt as per taste.

Method:

- Soak Tamarind in water and extract the juice by adding about 2 glasses of water.
- Add a little ghee and roast Tur dal, Pepper, Red chillies, 5 pods of garlic and 5 curry leaves. Let it cool and grind it into a paste by adding little water and cumin seeds to it.
- Simultaneously, add 1 teaspoon of ghee in a seasoning vessel and add 10 pods of garlic and roast it for 2 minutes.
- Keep a vessel on the gas. Add tamarind juice, add the tomatoes, turmeric powder, 5 curry leaves, a pinch of asafoetida (hing), salt and roasted garlic. Let it boil for about ten minutes/ till the raw smell goes.
- Then add the grounded paste and let it boil together for about 3 minutes. Then add about 1 or 1 and a half glasses of water to get the correct consistency.
- Garnish with a handful of coriander leaves. Switch off the gas once the top is full with froth. Let it not boil.
- Season with Ghee and mustard seeds. Tasty and medicinal dish is ready to serve.

Sweet Potato Podimaas (Mash)

Ingredients:

- Half Kg Sweet Potatos
- Half Teaspoon Mustard Seeds
- One Teaspoon Ulud Dal
- 1 inch finely chopped Ginger
- Finely chop Green Chillies
- Ten Curry Leaves
- Asafoteida (Hing), Half Lemon
- Corriander leaves for garnish
- Two Table spoon grated Coconut
- One and Half tablespoon Cooking Oil
- Salt as per taste

Method:

- Boil the sweet potato in a Pressure cooker for about 6 whistles.
- Peel the skin after it cools and either mash it with clean hands or with a whipper.
- Add the oil in a thick bottom pan. Once the oil is hot, keep the gas on sim and add mustard seeds.
- You may add ulud dal after the mustard seeds Add Ginger, green chillies, Hing, curry leaves.
- Now add the sweet potato and 1 and a half teaspoon salt.
- Mix all the ingredients well and leave it for about 3 to 4 minutes. Now add the coconut. Mix it well.
- Switch off the gas and then add the lemon juice. Mix it well. Finally garnish with coriander leaves.

Yummy sweet potato Podimaas is ready to be served.

Contributed by: Mrs. Uma Mahesh

Committee member and Former Headmistress of Little Angels School (Primary), Sion is a passionate educationist and ardent promoter of art and culture.

Mrs. Mahesh is also an active member of Open Forum for Principals (OFP) and has completed her SPDC Level 1, 2, & 3.

Trained in carnatic music, Mrs. Uma Mahesh is an active social worker.



JOKES

New HSC Certificate Format

This is to certify that

_____ has passed this exam without any effort in the **first class** during the **second wave**.

S/He has kept proper distance from the **study** and learned the subjects distantly keeping his Study Material in strict **lockdown**.

Husband & Wife story

While getting married, most of the Grooms say to bride's parents, "I will keep your daughter happy for the rest of her life."

Have you ever heard a bride saying something like this to the groom's parents like, "I will keep your son happy for the rest of his life ???"

Nooo... because women don't tell lies !!!

A small argument between a couple turns violent.

Husband: Don't let the animal in me come out!

Wife: Who's afraid of a mouse?

If wife wants husband's attention she has to look *Sad and unComfortable*.

But husband gets wife's attention when he looks *Comfortable and Happy*.

Some Popular Pune Slogans

चूळ भरताना किंवा
हात धुताना वेडे वाकडे
विचित्र आवाज काढू नये.

'दारावरची बेल
वाजविल्यावर थोडी वाट
पाहायला शिका
घरात माणसं राहतात
स्पायडरमॅन नाही!!!

Leave your Attitude behind,
We have our Own

In **INDIA** we drive
on the **LEFT** side
of the road
and in **PUNE** we
drive on what is **LEFT**
on the Road



There are only three sets of letters on a keyboard which are in alphabetical order - 'F,G,H', 'J,K,L', 'O,P' .



The word 'queue' is the only word that is still pronounced the same way when the last four letters are removed.

Interesting Facts for those who love the ENGLISH Language

No words in the English Language rhyme with 'month, orange, silver, and purple.

'Hungry' and 'Angry' are the only words that end in 'gry'.

The number '4' is the only number that has the same number of letters in it - FOUR.

'Underground' is the only word that begins and ends with 'und'.

The word 'Uncopyrightable' is the only 15 letter word that can be spelled without repeating any letter.

The word 'Typewriter' is the longest word that can be typed using only the top row of a keyboard.

'The quick brown fox jumps over the lazy dog' uses every letter in the English alphabet.

The word 'Rhythm' is the longest word without a vowel.

'Dreamt' is the only word that ends with 'mt'.

'Dammit I'm mad' is the same spelt backwards.

'Bookkeeper' and 'Bookkeeping' are the only words with three consecutive double letters.

The least used letter in the alphabet is 'Q'.

The most commonly used word is 'I'. The dot on top of the letter 'i' is called a tittle.

Only 4 words end in 'dous' - hazardous, horrendous, stupendous, tremendous.

The oldest word in the English language is 'town'.

The word 'Strengths' is the longest word with just one vowel.

The past tense for word 'dare' is 'durst'.

The first English dictionary was written in 1755.

Who Said ENGLISH is Easy?

Fill in the blank with 'YES' or 'NO'.

1. _____ I do not have a brain.
2. _____ I do not have sense.
3. _____ I am stupid.

Happy Birthdays

July

- 2nd Anuradha Chatterjee
 15th Nitasha Chawdhary
 16th Sampada Sakpal
**19th Nrityanjali
 Foundation Day**
 22nd Manasi Damle
 24th Harsha Andan
 26th Sanjukta Guhathakurda
 27th Swapnali More
 31st Vinaya Keny



September

- 4th Nivedita Damle
 4th Neeta Parekh
 6th Anonna Guha
 6th Poonam Arora
 7th Satyen Tawde
 12th Tushar Guha
 12th Shardul Singh
 14th Shamal Kadam
 23rd Parmeshwaran Vaidyanathan
 26th Ananya Save
 27th Uma Mahesh
 27th Bhavika Nathwani



August

- 4th Vilobha Kukde
 17th Maitri Khedekar
 20th Girish Dalvi
 24th Vasanti Anand
 31st Abhilasha Saxena



October

- 1st Yogesh Mandalia
 1st Deepika Rane
 3rd Naresh Pukale
 11th Khushvi Pukale
 14th Revathi Sethuraman
 23rd Tirtha Shetty
 24th Rekha Vijayakar
 25th Manju Pukale
 26th Anjum Shaikh
 26th Sana Parab



You Can Contribute

Articles, Poems - Original or Sourced
 Pictures / Sketches in Black & White only
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Nriyjanali

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