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

13/2 SHOPPING CENTRE, MINI LAND, NRITYANJALI MARG, BHANDUP (W), MUMBAI - 400 078.
TELE : 2596 73 88, 2595 36 06. TELE FAX : 2595 36 06. E-MAIL : nriyjanali1963@nriyjanali.org.in
Website : www.nriyjanali.in



Parichay
Mein
Parichay



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Editor :

Maitri Khedekar

Editorial Board :

Charushila Samjiskar
Revathi Sethuraman
Hemakshi Jattani

Editorial Address :

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

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Dear Readers,

Wishing Nriyanjalites and our Readers a Very Happy **New Year!**

While USA elections have been in full swing, we at Nriyanjali were busy conducting our 34th year of Nriyanjali Fest 2020 - Inter School Competitions. An unexpected response and energy through our schools, participating students, and volunteers - young and old have made Nriyanjali realise the love and the respect it has earned in so many years.

We have realised the efforts our Founder Dr. Tushar Guha Sir and our seniors have made to help us tide over this pandemic and be busy enjoying the virtual experience of Nriyanjali Fest 2020 - Inter School Competitions. Yes, **Group events** have been missed, especially the **Folk dance** event, the subject Nriyanjali is known for.

Thank you Schools, thank you Parents, thank you Teachers, and thank you Participants for patiently cooperating with us in executing the event successfully. Results eagerly awaited have already been published online. To our surprise some new schools have won the school trophies, scoring points more than the schools who have been regular winners. The magazine is covering the zone-wise winning schools' lists and some fond pictorial memories of the event. We do miss the Prize distribution function, but we are more eager to celebrate Nriyanjali Fest 2021. Please do join us.

Another step that was initiated this year, **Nriyanjali Mahila Udyog Yojana** has also been welcomed and encouraged motivating our Mahilas (women) to earn their livelihood and support their family.

We do hope to receive this continuous support in future too and assure you some more new initiatives, allowing talent, enterprising, and empowering initiatives through Nriyanjali.

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
April'13 Vol.22 No.2	Guha Anonna / Mahajan Miran
July'13 Vol.22 No.3	Vrushali Govear
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Oct.'14 Vol .13 No.4	Guha Tushar, Radha / Dharmesh Rana
Jan'15 Vol.24 No.1	Pukale Naresh, Manju, Puloma, Khushvi
April'15 Vol.24 No2	Revathi Sethuraman
Oct'15 Vol.24 No.4	Trivedi Falak
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Oct'16 Vol.25 No.4	Geeta Chandrasekaran
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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
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ACCOLADES

Dear All,

On the 18th of October 2020 at 5:00 p.m, **Mithibai Kshitij - Mithibai College**, Vile Parle, Mumbai held a free *Personality Development Workshop* that was open to everyone. Dr. Tushar Guha the renowned personality development pioneer conducted the same. He is Founder-Chairman of Nriyjanali Group, a Corporate Mentor, Educationist, Psychologist and Personality Development Pioneer.

The live session was held on Microsoft Teams and was streamed live on Mithibai Kshitij's Facebook handle and YouTube channel as well. Dr Tushar spoke to everyone about the concept of Personality Development, ways to control one's emotions and he also highlighted important concepts like self-reliance, self-confidence, aatmanirbharta and more. It was an informative, engaging and interactive session where Dr Guha addressed all our questions and queries.

We received 175+ attendees on Microsoft Teams for the event. Mithibai Kshitij's Facebook handle gained a total reach of 601 people, along with 141 engagements on the live stream. The YouTube channel had 90+playbacks. With a combined reach of more than 1000 people, the event was a grand success.

Team Kshitij thanks Dr. Tushar Guha for such an enlightening and engaging session.

Regards,

Team Kshitij
Mithibai College, Vile Parle, Mumbai

Dear Nriyjanali,

I was one of the trainees for the Mentoring Training for the GET's of **Schneider Electric** (Formerly L& T Ltd) conducted online by Mr. Girish Dalvi from Nriyjanali Management Services on 28th and 29th October 2020.

It was amazing and I have made a sketch of the learning which I enclose here with.

Thank you Girish Dalvi Sir

Suraj Agarwal
Schneider Electric (L&T)

Thank you Mr. Suraj Agarwal. We loved your creativity and have published the sketch in this issue of PMP - Editorial Board, PM

•

Dear Nriyjanali Mahila Udyog Yojana,

The Muffin and Kulkuls are Delicious! Haven't touched the cake yet, got to keep something for Christmas Eve.

Shahshank Dey , Colaba

Good Morning, We loved the Food and the perfect on-time delivery.

Poonam Verma , Vikhroli

Dear Tushar Guha Sir,

One of my dreams came true today. My elder daughter participated in Nriyjanali Fest today.

Vikram Notey
Senior Nriyjanali Member - Marketing Professional)

•

I am equally thrilled Vikramji. You always told me.

You are unable to volunteer now a days because of other committments but you have been a regular volunteer for so many years. You are Nriyjanali's strength.

ACCOLADES Contd...

Dear Dr. Tushar Guha Sir,

On behalf of Bharat Vikas Parishad Bhandup Mulund Branch, we would like to express our sincerest gratitude to you taking such a beautiful session on Team Building yesterday - 8.11.20. The entire session was extremely informative and useful to each one of us. All participants have enjoyed thoroughly and share very good feedback.

We find the whole area of your expertise truly fascinating and would request that you consider a repeat performance at some date if possible. The session was so successful and we appreciate your continued support.

Santosh Singh

Organising Secretary

Bharat Vikas Parishad Bhandup - Mulund Branch

Dear Nriyjanjali,

The Team Building session of Dr. Tushar Guha on 8th November 2020, was very informative and useful.

Dr. Ram Shinde

Bharat Vikas Parishad, Bhandup - Mulund

Today's Team Building session of Dr. Tushar Guha was very knowledgeable and in depth - touched on relationship with family, friend, corporate etc. We should have one more session and more members should avail this benefit. We get Dr. Guha's advise free. Thank you.

Mr. Sanjay Tiwari

Bharat Vikas Parishad, Bhandup - Mulund

So refreshing to hear the Team Building concept. So well connected for the purpose of the audience. Thank you.

Mrs. Geeta Chandrasekaran

Head HR - Nriyjanjali Group

Wonderful session on Team Building.

Dr. Latha Venkat

Principal,

KG Seksariya Sarvodaya Vidyalaya, Malad

Hello Sir,

I would like to share my first online Nriyjanjali Fest experience of 5th December 2020. Initially I was very nervous, as virtually it is expected to have technical glitches and miscommunication.

But the way all planning was done and instructed was superb and it went out really smooth for me. The parents and students were very supportive.. I want say more about parents. It was so emotional, the way they had set up everything for their child. It was amazing to watch. Both parents and students were so enthusiastic. I am really happy Nriyjanjali has given this kind of platform and opportunity to everyone.

Hats off to the people backstage who are working so hard for so many days to make this happen and turn into reality, I just can't resist myself sharing this experience. Amazing work Sir.

Nriyjanjali once again has proved that with all good efforts everything is possible. Thank you
- Nriyjanjali Team

Swapnali More

Senior Nriyjanjali Member & Volunteer for Fest
IT Professional

Dear Dr. Anonna Guha,

It was so nice to have Nriyjanjali's Kathak and Bharatanatyam students dance at the Children's International Online Happiness Festival. The students Sanika Gaikwad and Bharati Annapandi are *taiiyar* (ready). Thank you for being a part of the Festival.

Roshni Mallick

Bhawanipur Baikali Association, Kolkata

ACCOLADES Contd...

In response to Teacher's day Video:

Happy Teachers day Sir.....You are a big inspiration for everybody.....Keep motivating us always.....

- **Ambali Praharaj**, Bharatnatyam Dancer

Thank you very much Anonna Madam for posting this video. I am honoured for blessings have come all the way from Guha Sir to me. What a brilliant video. Deepest regards to all in teaching profession.

Happy Teachers day to Sir, you, and all of the educators associated with Nrityanjali.

– **Reshma Rao**

Vice Principal, S M Shetty School, Powai

Pranam to Sir for his outstanding contribution in the field of education and for mentoring so many lives showing them the light.

- **Dr. Anuradha Chatterjee**, Kolkata

Heartiest regards and love to Tushar Guha Sir, a great source of inspiration and a person full of life and motivation. A role model to 100s. HAPPY TEACHERS DAY to all at Nrityanjali

– **Ziya Khan**

World Toilet Day on November 19.

Truly commendable, Nrityanjali for this noble work, of building toilets.

Mahua Sen, Gurgaon

Great Initiative Sir and Nrityanjali team

Sagar Kharat, Nrityanjali member

Response to Kathak video - *Trikalam at the virtual dance festival:*

Dear Dr. Anonna Guha,

Sir has always stressed on Laya and how beautifully he explains it and its adaptation to life each time. It makes me feel so proud seeing you explain the Laya equally beautifully. And that performance by you and Sangita was amazing, I had goosebumps seeing it.

- **Dr. Anuradha Chatterjee**, Kolkata

I shared your Kathak Talk and performance at Trikalam Virtual Festival as I loved it. It is awesome

- **Guru Ranjana Phadke**, Mumbai

Wow. So so well spoken. Loads to learn.

- **Arpana Rao**, Mumbai

Dr. Tushar Guha's talk on *Art Elements & Personality* for NCPA Mumbai (Virtual)

Dear Dr. Anonna Guha,

Thank you so much for sharing. How inspiring. Please convey my regards to Dr Tushar Guha. Someday I look forward to getting his feedback on the work *Artscape* is doing.

Kamalika Guha Thakurta

Film Actor & Dancer, Mumbai

Dear Dr. Anonna Guha,

It's a pleasure to listen to him, there so much yet remaining to learn from Sir. He is an ocean of knowledge .

Sanjukta Guha Thakurta

Dubbing Artiste, Singer, Dancer -Sanpada

Dear Anonna Ma'am,

I watched your live session with *Unlawk on Domestic Violence*, and I really liked it! That point about 'Boy child education' really resonated with me. I then realised that a lot of my personality is because of these efforts by Tushar Sir and Nrityanjali, so just wanted to thank you again for doing what you all do.

Shashank Dey - Colaba

ACCOLADES Contd...

Nrityanjali Fest

Dear Nrityanjali Fest,

Thank you for your co-operation and help. We have participated in Drawing, Fancy Dress, Hand Writing English and Marathi. Nrityanjali is truly great.

Parents of **Eehita Deshpande (1st-2nd)**
Pragnya Bodhini School, Goregaon

Dear Mr. Girish Dalvi,

Thank you for the stage offered to my students this year too. I am proud to celebrate with Nrityanjali team the laureals won by my students from south Mumbai schools in Nrityanjali FEST 2020.

My daughter is in Std.10 who was worried to miss the Fest as this was her last opportunity to participate. Due to the virtual events, she could participate and win prizes for her school.

Ms. Aarti Kapadia (Professional Voice Artiste)
Founder and Head faculty - SMAartiEZ

Dear Mr. Girish Dalvi,

I really appreciate the initiative of Nrityanjali for organising online events so nicely. Art of Speech students have been participating for over 15 years and Nrityanjali team has been cooperative and supportive. My students and parents have always enjoyed the events and eagerly look forward to Nrityanjali Fest.

The most talked about and appreciated part is the Time Management, extremely, superb. And this time being virtual, it was really well arranged and organised. Hats off to the whole team and especially you.

I am also happy to share some responses I

have received from my parents with regards to their experience during the Virtual competition.

Hello Ma'am,

The event was very nice ma'am. Neyoshi enjoyed a lot. Very systematic, planned and encouraging that the participants were confident to speak. Neyoshi said, she did not even forget a word and story went in flow completely without any issues.

Mrs. Ritika & Mr. Harin
(Parents of Neyoshi)

Hello Ma'am,

The event went very smoothly and the volunteers are very cooperative.

Mrs. Niti and Mr. Mehul Parekh
(Parents of Master Evaan)

Hello Ma'am,

The volunteers were very cooperative.

Dr. Dimple Rishi Mehta
(Mother of Eva Mehta)

Thank you so much and do look forward to Nrityanjali Fest 2021.

Mrs. Reena Shah (Radio Jockey)
Founder - Art of Speech, Ghatkopar



Nrityanjali Fest 2021 Participant

FOOT PRINTS... *Nrityanjali News*

Nrityanjali Management Services conducted the following management training programmes

- **Scheider Electric (Former Larsen & Toubro Ltd - Electrical & Automation Division)** organised Online Training on **Pathway to Success (Mentoring)** for two Batches of Graduate Engineer Trainees (GeTs) on 28th & 29th October 2020. Mr. Girish Dalvi conducted the same.
- **RCF Limited, Chembur, Mumbai** conducted a full day Training on Retirement Life - **Ageing Gracefully** for the retiring officers and their spouses on 12th January 2021. Dr. Anonna Guha and Mrs. Maitri Khedekar conducted the same.
- **Scheider Electric (Former Larsen & Toubro Ltd - Electrical & Automation Division)** organised Online Training on **Mentoring** for Senior Officials who will be mentoring the GeTs (recruited in 2020) for one year, on 19th January 2021. Mr. Girish Dalvi conducted the same.

Online Career Guidance

- **Kapol Vidyanidhi International School, Kandivali** conducted special **Career Guidance Sessions** for their students from 3rd to 7th November 2020. Mr. Girish Dalvi and Mrs Geeta Chandrasekaran conducted the same - Courtesy **Nrityanjali**
- **Career Guidance Sessions** for 12 Individual students were conducted from October to December 2020 - Courtesy **Nrityanjali**

Online Life Skill Programmes

- On 18th & 19th January 2021 Nrityanjali Faculty Members conducted **Life Skill Programmes** for Primary Students of **Little Angels School, Sion** - Courtesy **Nrityanjali**

Online Workshop on Parenting

- **Kapol Vidyanidhi International School, Kandivali** organised online **Effective Parenting Workshop** for parents of Std.2nd to 4th on 24th October 2020. Dr. Tushar Guha conducted the workshop - Courtesy **Nrityanjali**
- On 12th December 2020, **Kapol Vidyanidhi International School, Kandivali** organised online **Workshop on Re-strengthening the Mind Post Pandemic** for Parents, Teachers & Staff. Dr. Tushar Guha conducted the workshop - Courtesy **Nrityanjali**

FOOT PRINTS... *Nrityanjali News*



OPEN FORUM FOR PRINCIPALS (OFP)

- **NES Open Forum for Principals** in association with **Safe Space** organised a **Webinar on Educator's Role in Prevention of Suicidal Tendencies among Youth** on 14th November 2020. Mr. Girish Dalvi anchored the Talk. The Panelists were Ms. Suma Das - Principal Pawar Public School - Bhandup, Dr. Reshma Hegde - Director Principal - Kapol Vidyanidhi International School - Kandivali, Mrs. Kalyani Chowdhary - Principal - Billabong School - Thane and Ms. Madhuri Dadia - Co-Founder Safe Space
 - **NES Open Forum for Principals** in association with **Safe Space** organised a **Webinar on Prevention of Suicidal Tendencies among Youth (First Aid providers)** on 26th & 27th November 2020 (Batch 1) and 17th & 18th December 2020 (Batch 2).
-

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.
 - Regular Classes In Bharat Natyam Dance, Kathak Dance, Modern Dance and Sangeet are expected to commence from June 2021 after receiving permission from the Government but only with maximum of 10 students (using Mask) per Batch for a duration of 45 minutes.
-

HRD

- Special Personality Development Course Level 1 (**SPDC 1**) commenced **Online** from 7th November 2020 and ended on 13th December 2020
- Special Personality Development Course Level 3 (**SPDC 3**) commenced **Online** from 2nd January 2021 and will end on 24th January 2021
- Special Personality Development Course Level 2 (**SPDC 2**) will commence **Online** from 6th February 2021 and will end on 20th February 2021
- Special Personality Development Course Level 1 (**SPDC 1**) will commence **Online** from March 2021

FOOT PRINTS... *Nrityanjali News*

Nrityanjali Education Services conducted the following programmes :

VIRTUAL Educational & Social Workshops

- On 22nd October 2020, **Dr. Tushar Guha** delivered three hours address online, for the professors of **Babasaheb Ambedkar Marathwada University, Aurangabad** on the subject **Stress Management - Art Element & Personality**.
- **National Centre for Performing Arts (NCPA)** - Mumbai organised an online session of **Dr. Tushar Guha** on 30th October 2020. The subject was **Art Elements & Personality**
- On 31st October 2020, **Unlawkindia** organised **Instagram Live Session on Domestic Violence** at 6 P.M. **Dr. Anonna Guha** was invited to deliver the talk.
- On 8th November 2020, **Bharat Vikas Parishad - Bhandup - Mulund Family** invited **Dr. Tushar Guha** to conduct online workshop on **Team Building**.
- On 17th November 2020, **Dr. Anonna Guha** was invited to anchor online **LADLI MEDIA & ADVERTISING AWARDS** for **GENDER SENSITIVITY 2020**
- **Inner Wheel Club - Thane Hills** organised an webinar on **Positivity & Relaxation with Art Elements** to celebrate the commencement of their 25th year. **Dr. Tushar Guha** was invited as the speaker on 26th November 2020.
- On 12th December 2020, at 6.30 PM, **Dr. Anonna Guha** was invited to speak at **YOU Tube Live - TURIYATALKS Season 6, Episode II** on **Empowerment through Dance** by **Sohinimoksha World Dance & Communication - Madrid, Paris, Kolkata**.

Congratulations
Dr. Hemakshi & Mr. Ashwani Jattani
are blessed with a baby boy
on 3rd September 2020

Saraswati Puja



SARASWATI PUJA

will be held on

Tuesday, 16th Feb 2021 at 11.00 A.M.

Packet Bhog available, priced

@ Rs.225/- per plate.

Names to be registered with us

before **12th February 2021**

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 have **Mrs. Revathi Sethuraman of Nrityanjali** sharing her thoughts.



Mrs. Revathi Sethuraman joined Nrityanjali after her retirement as a teacher in Kolkata and 25 years in Pune. She completed SPDC Level I, II & III and is one of the main life skill trainers of Nrityanjali. Humorous, witty and spirited, she is the soul of all Nrityanjali activities. She continues to perform on stage at Nrityanjali shows. Read her thoughts to know and enjoy the spirit of life

My Journey with NRITYANJALI

Every transition in life brings a world of opportunities if one is open to find them and embrace it. But, someone must be there to open the door of opportunities. For me, Dr. Tushar Guha has been instrumental in opening the door of opportunities when I retired as a school teacher from Pune and came to Mumbai in 2012.

Spring time brings with it new hopes and beauty and that is what happened with me in the spring of 2012. One day I got introduced to a lady and during our conversation she mentioned about Nrityanjali and its myriad of interesting activities. I could not hold myself from exploring further so I took an appointment to meet with Dr. Tushar Guha Sir, in the month of March 2012. The first sight of the Nrityanjali office resulted in immediate connection for me as it resembles a kutir or cottage that symbolises simplicity but high thinking. Tushar Sir's warmth and positivity made me feel hopeful about restarting my life by making a difference to the society. Moreover the warmth and respect extended by all the members of Nrityanjali family attracted me towards the organisation.

First I completed the Special Personality Development Course-1, then the SPDC 2 and 3. Every course enhanced my learning in different aspects of life most importantly about myself. Self-analysis and Science of mirror was thoroughly enjoyed by me. After years, I was a student and experienced all the

enthusiasm and excitement of student life including the moment when I received my certificate. The SPDC course exposed me to various topics of understanding fellow human beings like understanding facial expressions, body language, face contours, team dynamics, public speaking and group presentations.

Sir gave me an opportunity to participate in Qawwali dance programme and also to be on stage during a group play performance at Kala Ghoda film festival, which instilled in me lot of confidence. Being part of Swachh Bharat Abhiyaan, to conduct Personality Development sessions for students of BMC schools, organising summer camps, facilitating teacher workshops, have all made me realise that age is no bar to contribute effectively to society. Witnessing Tushar Sir perform on stage mesmerised me and I have always been in awe of his energy and positivity.

I sincerely extend my gratitude and respects to everyone in the Nrityanjali family and specially to Tushar Sir. This year has been very different for all of us and so was the AGM meeting of Nrityanjali which was organised on Zoom.

Many dormant Nrityanjali members eagerly joined and shared their journey. Many were very emotional and we all realised that under Nrityanjali we are all connected forever and our learning continues.

Thank you!

34th Nrityanjali Fest 2020 - Inter School Competitions ONLINE

Central Zone

- Sion to Titwala / Badlapur on the Central Railway and
Chembur and Mankhurd on the Harbour Line Railway

5th, 6th, 10th, 11th & 12th December 2020



Nrityanjali Fest 2020 SCHOOL RANKING Central Zone

Lodha World School, Dombivli - **WINNER**
New Horizon Scholar School, Anand Nagar -
FIRST RUNNER UP
Little Angels High School, Sion- **SECOND
RUNNER UP**
Omkar Public School (CBSE), Thakurli -
SPECIAL PRIZE
New Horizon Scholar school, Vasant Lawns
Omkar Engl. Med. School (CBSE), Dombivli
P.G.Garodia School (ICSE), Ghatkopar
Saraswati Vidyalaya, Ghodbunder Road,
Thane
St. John High School, Dombivli
The Somaiya School, Vidyavihar
New Horizon Int'l School, Hiranandani
J J Academy, Mulund
St. Mary's Convent School, Mulund
NES High School, Bhandup

Social Activities Division

Nrityanjali Fest 2020 - Inter School Competitions were held online due to the pandemic situation.

A total of 10000 students from 65 schools participated.

Results were declared Online on 20th January 2021

Abhay International School (ICSE), Vikhroli
Podar Brio International Schol, Badlapur
Swami Vivekanand High School, Chembur
Oxford High School, Bhandup
Omkar International School (ICSE), Dombivli
Parag Vidyalaya, Bhandup
Pawar Public School, Bhandup
SVDD English School, Ghatkopar
St. Therese High School, Dombivli
Sree Narayanguru High School, Chembur
Kidland English School, Kopar
Universal School, Ghatkopar
Sister Nivedita School, Dombivli
Rishikul Vidyalaya, Ghatkopar
Smt. Sunitadevi High School, Thane
SIA High School, Dombivli
Arya Gurukul, Kalyan
P.A. Menon English School, Bhandup
Don Bosco High School, Dombivli
Hiranandani Foundation School, Powai
Holy Cross Convent School, Thane

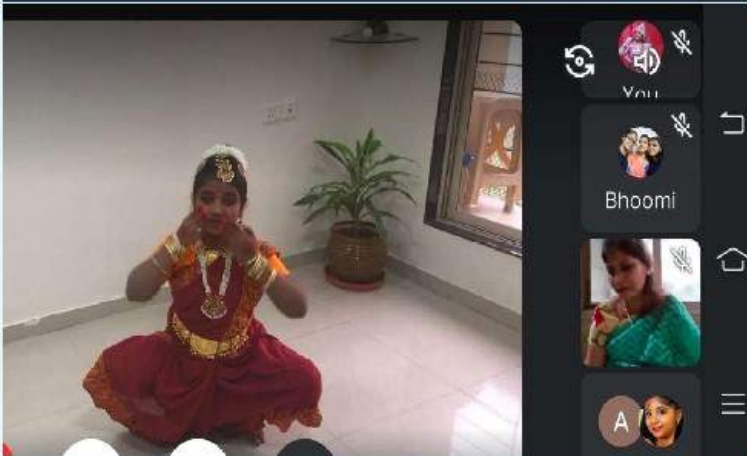
34th Nrityanjali Fest 2020
- Inter School Competitions
ONLINE

Navi Mumbai Zone
- Vashi to New Panvel
12th, 13th, 18th December 2020



Nrityanjali Fest 2020
SCHOOL RANKING
Navi Mumbai Zone

- DAV Public School, Panvel - **WINNER**
- Euro School, Airoli - **FIRST RUNNER UP**
- New Horizon Public School, Airoli - **SECOND RUNNER UP**
- DAV Public School, Airoli - **SPECIAL PRIZE**
- Datta Meghe World Academy, Airoli
- DAV International School, Kharghar
- Delhi Public School, Seawoods, Nerul
- St. Xavier's High School, Airoli



Nrityanjali Fest 2020
SCHOOL RANKING
Western Zone

- Kapol Vidyanidhi International School, Kandivli - **WINNER**
- MLRT Gala Pioneer School, Kandivli - **FIRST RUNNER UP**
- Children's Academy, Kandivli - **SECOND RUNNER UP**
- Pragnya Bodhini High School, Goregaon - **SPECIAL PRIZE**
- MKVV International Vidyalaya, Borivali
- Vissanji Academy, Andheri
- Shri Harshar Valia International School, Andheri
- JBCN International School, Borivali
- R N Podar School, Santacruz
- Carmel of St. Joseph School, Malad
- Bhakti Vedanta Mission School, Andheri

34th Nrityanjali Fest 2020
- Inter School Competitions
ONLINE

Western Zone
- Mahim to Virar on the Western Railway
19th, 20th December 2020 &
2nd, 3rd, 8th January 2021

- Gundecha Education Academy, Kandivli
- John XX III CBSE School, Virar
- Gokuldharm High School, Goregaon
- Ram Ratna International School, Bhayander
- MKES High School, Malad



FOOT PRINTS... *Nrityanjali News*

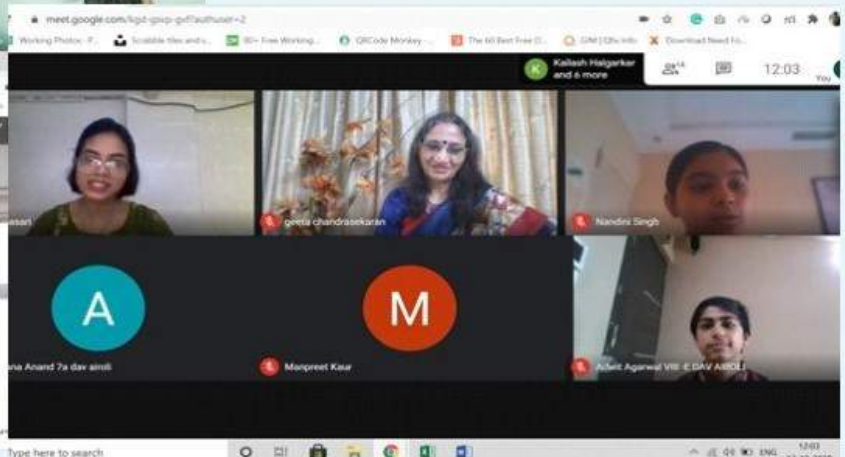
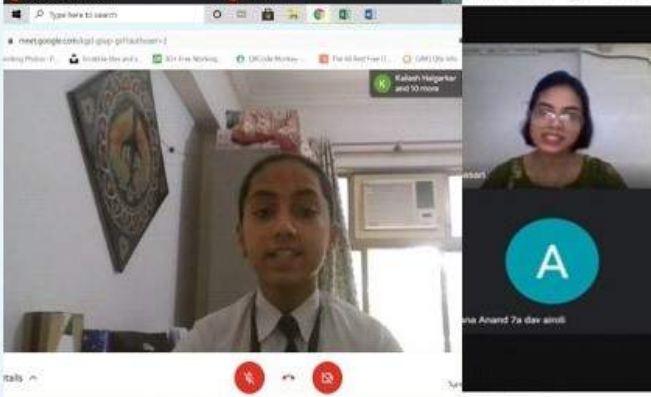


34th Nrityanjali Fest 2020
- Inter School Competitions
ONLINE

South Mumbai Zone
Colaba, Mazagaon, Worli to
Matunga / Matunga Road, King Circle
9th & 10th January 2021

Nrityanjali Fest 2020 **SCHOOL RANKING** **SOUTH MUMBAI**

- Queen Mary School, Grant Road - **WINNER**
- The Blossoms S.T. Eng. School, Churchgate - **FIRST RUNNER UP**
- HVB Global Academy, Marine Lines - **SECOND RUNNER UP**
- St. Xavier's Boy's Academy, Churchgate - **SPECIAL PRIZE**
- St. Joseph High School, Wadala
- Bai B.S. Bengalee Girls School, Churchgate
- IES Orion School, Dadar
- Modern School, Sicka Nagar



Young Entrepreneur

Introduced a New Column - Young Entrepreneurs - in this 29th year of PMP from - Volume 29, No.1 Issue

Mr. Girish Dalvi- Trustee and Director Operations interviewed one of our senior faculty members **Mrs. Bhavika Nathwani**, an entrepreneur specialising into Textile designing. This interview is an insight to her journey. The interview will help our readers learn various means and approach to sustain our existence and identity, balancing our personal, social, and professional life.

She is a perfect example of the saying "Where there is a will there is a way". I felt inspired with the business sense she reflected and the clarity she had, be it family or work. She represents the true Indian Naari who knows her priorities and is with times while dealing with young minds. Read her story and be inspired as I was.

Girish Dalvi (G.D): We would like to know more about yourself, your childhood, your hobbies, education and more?

Bhavika Nathwani (B.N): Our childhood is always the best part of our life. From my childhood itself, I was always choosy about what I would wear. We had only 2 sets of dresses, still I was selective. I always liked to have my cupboard filled with clothes even if the clothes were then worn and passed on by my sisters to me. That really didn't matter. My mother was very particular that what she gets has to be worn by everyone but being my father's favorite, he specially used to take me to Mumbai market from Thane on my birthday to select dresses on my own to make my birthday special. This was the start of my passion for clothes.

I did my 12th in commerce. Then after 12th on our trip to Manali, me and my friend decided that once we are back in Mumbai, we will visit designing colleges and see how it goes. Once we were back, we visited lots of colleges but liked Nirmala Niketan. On the spot at that moment we decided to give the test conducted by them and prepare the jewellery told by them. With limited resource and no preparation, we managed to crack all

the levels of the entrance and got selected for the course. I had to take my own decision. I informed my father about this and he was very supportive of whatever I did. This was the start of my journey into textile designing and then there was no looking back. My sister stayed in Baroda after marriage. This was also an opportunity for me as this exposed me to the different variety of fabrics available in Baroda. I used to travel to Baroda on weekends to get the fabrics. My friends used to purchase fabrics from me. In my course I learned about **dyeing** the fabrics. I also learned hand embroidery and started making my own unique designs and chaniya cholis. My work got exhibited in the Nirmala's exhibition which is the best exhibition in the designing world. This was the biggest appreciation and motivation for me. This happened in 1989.

G.D: Who was your inspiration for the Unique designs?

B.N: My inspiration was Me- Myself. I always had in mind to do something of my own. This thought was a motivator for me. Along with Textile designing I was interested in fashion designing. My marriage outfit was also curated by me and yes it was Unique and loved by all. I still regret of not doing a course in Fashion Designing. I will do it.

G.D: Tell us about your family.

B.N: My family is of my husband and 2 sons (20 years and 22yrs). They are extremely supportive of what I am doing. We are 3 sisters and 2 brothers. All of us are in different fields now. My brother takes care of my father's chemical business. I too use to handle

accounts for him for some time. Accounts was common for all siblings. Our father was very strict about this. This accounting practice and training given by my father has helped us even in this tough time of pandemic

G.D: Can you give any tip on accounting for our ladies or housewives to survive without tension?

B.N: I believe that the wives/mothers are the best managers. They know what we have in hand and how to manage with that while setting aside some amount for themselves.

G.D: As a child did you have any childhood dream which you wanted to achieve?

B.N: Actually, I didn't have any such dream. But yes, I had in mind that whatever I do I should do with self- respect, *mangna nahi tha kisise* (never borrow from anyone). So, living with dignity was a gift from mother and knowledge in accounts was gift from my father. These both values have helped me reach where I am now. Sailing through the tough times, of traveling in crowded train from Thane to Mumbai, walking till the college to save on money, cooking after coming home-even if you are tired and still be happy are the result of the values incorporated by my parents. Till date I find them applicable and helpful to manage my family. In college days we used to study till late night, my father used to prepare a coriander eye pack and apply on our eyes. This eye pack has helped our eyesight and till date we (my friend and me) don't have spectacles. This whole process created a strong bond between my friend and me.

G.D: What is your dream now?

B.N: I wanted to start my own boutique. But in 2015 I had put up a big exhibition on my own and on a huge scale. I had got material from all over the market (different places). The exhibition went on for few days as I had to sell all the material which I had got. This was a huge planned financial risk. I had some

trained under me, they too helped me in selling them. I was happy that everything got sold. *Market ko achi tarah dekh liya tha maine* (I had studied the market very well) The idea and the investment were totally mine and I was happy that this exhibition



was a huge success. It was a win-win situation for me. I still have the dream to start my own boutique but due to family responsibilities it is taking time to materialize.

G.D: What challenges do you think the new generation needs to be ready to face?

B.N: The new generation is very talented, and they have their projections right, but somewhere I feel that they are very overconfident of their work. I have seen many of them during the exhibitions, coming just in time, no planning, last moment preparations, messy work, lot of investment right from the beginning. They are of the attitude that we will manage. *Market se pehle hi itna sara paisa utha lete hai* (They involve lot of investors right from the beginning) which is not right. Then there is lot of pressure to deal with. They need to be prepared, get into the detailing process, have knowledge about the new market trends and plan accordingly. We have seen so many young designers failing to perform in this pandemic.

G.D: Tell me about the market, your customers?

B.N: We have interacted with diverse customers approaches. Over the years, we are able to identify the honest and genuine customers - from their face value, whether they

are in the position to take the purchase decision. There are repeat customers who are now are our regular customers. Through their database they are updated with our upcoming exhibition and they do visit us.

G.D: You have been associated with Nrityanjali for long. You have done the personality development course twice with us. You are a senior faculty member as well as a counselor, volunteer with Nrityanjali. So how has this experience with Nrityanjali helped you.?

B.N: I have worked as a volunteer in the Nrityanjali fest. I have seen the planning and management of resources. This planning has helped me organize my exhibitions smoothly. How to manage with the available resources is the learning I have achieved from Nrityanjali. Secondly, I would like to tell that after my graduation I wanted to take up commercial arts and I had got admission in J.J School of Arts which was a huge achievement for me. But my father did not allow me because as per the society norms, it was my age to get married. And then after marriage I just went with the flow “ *Ke bahu nahi kamayegi*” (daughter-in-law are not supposed to work). I could not take a firm stand for myself. But after doing SPDC 1, I have gained immense confidence and have learned to take a firm stand for self if we must achieve something. I can't keep blaming people.

G.D: How do you feel to be associated with Nrityanjali?

B.N: Oh, I just love being here. Given a choice between my exhibitions and Nrityanjali, I have started choosing Nrityanjali. Due to family responsibilities I had reduced my work

on exhibitions. My partner used to and still does it alone. Nrityanjali gives me the space, the freedom. Even my partner knows that I enjoy working with Nrityanjali more than the exhibition work.

G.D: Can you share any memorable or special incident or experience with Nrityanjali ?

B.N: Oh yes, I remember this day of fest at Alexandra school. Everyone knows that I am very particular about accounts. That day I was doing the final accounting and unfortunately the accounts weren't getting matched. I rechecked and recounted three to four times. And in that process. Dr. Tushar Guha Sir, just crossed by me indicating that they are leaving. But I was stressed and involved in the accounting that I didn't wish him, nor did I stand to see him off. Later I felt very embarrassed. But the accounting mess was still there. Finally, one of the volunteers came and gave me the balance money and finally the accounts got tallied. This incident still makes me feel embarrassed about the whole situation.

G.D: Tell us about your experience of working with Dr. Tushar Guha Sir?

B.N: I met sir in 2018. At that time, I was not aware of what work Nrityanjali was doing but when I entered the office, I got very positive



R-L: Son Yash, Mrs. Bhavika & Mr. Pradeep Nathwani, Son Ayush

vibrations that I immediately told Sir that I wanted to get associated with Nrityanjali in some way. And trust me that day itself was my beginning with Nrityanjali. Sir is so humble and even without knowing my qualifications and about what I am into, I was a part of this beautiful Parivaar.

G.D: You have observed our faculty members conducting workshops and you too have conducted so many trainings. What is the thing you observed or liked the most?

B.N: The confidence level... Every faculty I observed reflected lot of confidence and this was all because of Sir's training and guidance. His mentoring has helped each one of us gain excellence in what we do.

G.D: Is there any special influence or mentor in your life?



B.N: Yes, first and the most important were my parents. And then we have this family friend- My father's friend's wife who is a pediatrician **Dr. Beena Kanani**- she was a very strong influence on me as she was an all-rounder-

managing her medical practice, an excellent cook, a writer, a dancer, and an artist. Even today, at the age of 80 years, she is still managing everything on her own. All my siblings and me are highly influenced by her.

G.D: Have your siblings influenced you in some way or you are the guiding force for them?

B.N: After joining Nrityanjali, all my family members (the elders, younger generation) have started looking up to me for any personal or professional advice. What change they have found in me- *who aapko unko puchna padega (You need to ask)*. Especially the younger generation has bonded very well with me.

G.D: What are the three things according to you that we youngsters need to keep in mind

to lead a satisfactory life (personal and professional) ?

B.N: Today's young generation is very practical and broad minded. The outer world is very attractive for them. They believe in earning Monday to Friday and spending on Saturday and Sunday. They should believe in the concept of SAVING. They should need to have some discipline in life .There is lot of peer pressure amongst them. They should believe in the traditional values and learn to take up responsibilities.

G.D: How did you manage your customers in this lockdown?

B.N: Actually, we didn't face much problem. Our product was bedsheet, so we had customers calling us for the same. So as soon as the courier services started, we began to deliver our products. Luckily for us the pandemic didn't hit us financially. We are still moving strong.

G.D: Would you like to share anything else before closing?

B.N: Everyone should maintain their dignity and self-respect. The youngsters especially need to learn to take responsibilities. And for ladies please learn to stand by yourself. Take a firm stand. I learned it late, but I am a strong believer of this now. Even though I was not allowed to work I kept doing something at home itself.

APPEAL

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Every contribution helps us continue with our selfless work

जीवन मार्गदर्शक उद्धरण

ये संग्रह हमारे पाठक डॉ। संदीप सिंह - महाप्रबंधक (शिक्षा और प्रशासन), एस.एम. शेट्टी हाई स्कूल, पवई। संदीप जी 2 दशकों से शिक्षा के क्षेत्र में हैं। उन्हें जापान के एक स्कूल के प्रिंसिपल के रूप में भी प्रतिनियुक्त किया गया था।

छात्रों द्वारा शिक्षक के बाद एक बहुत ही प्रकार डॉ। संदीप सिंह ने शिक्षा में अपनी पीएचडी पूरी की है। काम और एक पारिवारिक व्यक्ति के अलावा, संदीपजी को कविताएँ लिखने का शौक है।



यह जरूरी नहीं की हर शख्स हमसे मिलकर खुश हो जाए,
मगर कोशिश यह रखना की हमसे मिलकर कोई दुखी न हो।

जो भी करना है आज कर लें,
कल के लिए तो खुद कल भी इंतज़ार में है।

उम्र को हराना है, तो शौक ज़िंदा रखिए।
कुछ ही दोस्त रखिये, मगर चुनिन्दा रखिये।

जिन्होंने आपका संघर्ष देखा है, सिर्फ वही आपकी कामयाबी की कीमत जानते हैं।
अन्यथा औरों के लिए आपकी किस्मत बहुत अच्छी है!

बीते कल का अफसोस और आने वाले कल की चिन्ता, दो ऐसे चोर हैं जो हमारे आज की खूबसूरती को चुरा ले जाते हैं।

रिश्ते मन से बनते हैं बातों से नहीं।
कुछ लोग बहुत सी बातों के बाद भी अपने नहीं होते और कुछ शांत रहकर भी अपने बन जाते हैं।

गलत सोच और गलत अंदाजा- दोनों ही इंसान को हर रिश्ते से गुमराह कर देता है।

आज से हर सुबह इतनी सुहानी हो जाए,
कि आपके दुखों की सारी बातें पुरानी हो जाएं।
दे जाए इतनी खुशियाँ ये नव वर्ष आपको
कि खुशी भी आपके मुस्कुराहट की दीवानी हो जाए!

रिश्ता कभी खत्म नहीं होता।
बातों से छूटा तो आँखों में रह जाता है और आँखों से छूटा तो यादों में रह जाता है।

ज़िंदगी की किताब में धैर्य के कवर का होना बहुत जरूरी है क्योंकि वही हर पन्ने को बाँधकर रखता है।

ज़िंदगी समय का सदुपयोग सिखाती है,
और समय हमें ज़िंदगी की कीमत।

मन का झुकना बहुत जरूरी है,
केवल सर झुकाने से परमात्मा नहीं मिलते।

एक सुखद जीवन के लिए मस्तिष्क में सत्यता,
होठों पर प्रसन्नता और हृदय में पवित्रता जरूरी है।

जिसका मन मस्त है,
उसके पास समस्त है!

ये ज़िंदगी तमन्नाओं का गुलदस्ता ही तो है।
कुछ महकती हैं, कुछ मुरझाती हैं, कुछ
खिलखिलाती हैं तो कुछ चुभ भी जाती हैं।

बड़े सपनों को पाने वाले हर व्यक्ति को सफलता
और असफलता के कई पड़ावों से गुजरना पड़ता है।

सुन्दरता की कमी को अच्छा स्वभाव पूरा कर सकता है...!
लेकिन स्वभाव की कमी को सुंदरता से पूरा नहीं
किया जा सकता..!

बदलना तय है हर चीज़ का इस संसार में!
बस इंतज़ार करिए जनाब।
किसी का दिल बदलेगा तो किसी के दिन!

जुनून हमसे वो करवाता है, जो हम नहीं कर सकते।
हौसला हमसे वो करवाता है जो हम करना चाहते हैं।
तजुर्बा हमसे वो करवाता है, जो हमें करना चाहिए।

जिस धागे की गाँठें खुल सकती हैं,
उस धागे पर कैची नहीं चलानी चाहिए।

बस गमों को गुमराह कर दीजिए,
खुशियाँ आस पास ही हैं।
खुद लौट आएँगी।

ये ना पूछना जिन्दगी खुशी कब देती है,
क्यूँकि शिकायतें तो उन्हें भी होती है
जिन्हें जिन्दगी सब कुछ दे देती है।

Successful Professionals.....



Mrs. Geeta Chandrasekaran Madam has been a successful Principal, presently a Corporate Trainer and is the Head - HR of Nrityanjali Group.

From this Issue, we will publish her interactions with successful professionals to find out the ingredients that spell success.

Journey to success—Success is a vehicle which moves on a wheel named Hard Work, Self Confidence, Passion and Perseverance. ***Some people dream of success while others wake up and work.*** I have been fortunate to have a tete a tete with an acquaintance who is a Doctor (Dentist) by profession and a multifaceted personality- Dr.(Mrs.) Shweta Mane.

Dr. Shweta Mane has done her BDS from Govt. Dental college and Hospital, Mumbai and Post graduate diploma in hospital and Health care Management from Mumbai University. She is humble, pleasant and polite, as a doctor (Dentist), wife and the mother of a teenage daughter. This conversational Interview talks about her journey to success....



Geeta Chandrasekaran (GC)—*Doctor, if you may describe your life in one word as of today what would it be?*

Dr. Shweta Mane (SM) — Fulfilling

GC: *That's well defined. It does reflect upon your upbringing, your childhood, as a student and a young girl with dreams to achieve. If you could throw some light on your growing up years that you cherish, that paved the way to achieve your aspirations.*

SM: I was the first born of my parents eldest grand child on my mom's side and the youngest on my dad's, hence received a lot of attention from the extended families as well. Apparently an easy going child, reportedly bright and always energetic.

I was a quick learner and hence school work was a breeze. I attended the St Mary's convent High school in Mulund from Kindergarten to grade 10.

My mother took personal interest in my studies and was always looking out for ways to channelise my energy fruitfully.

I was kept engaged and entertained with a variety of activities, and I took to them happily. Since my efforts were suitably rewarded, I was happy to do it all, and had a relaxed attitude towards Life generally .

I was exposed to music and dance at an early agenot just classical but all genres of music... Bhimsen Joshi, Kumar Gandharva with as much reverence ..as the Beatles, Abba, Boney M ...and Mehendi Hasan, Ghulam Ali and Bollywood music too. I remember two radios being played at the same time in our house ,growing up .

I was enrolled into a Bharatnatyam class at the age of 7 yrs and I continued my lessons till I was ready for my Arrangetram but could not take place. I was also in class X by then and academics was to be given utmost priority.

For a brief period I showed great interest in Art and was quickly given guidance for the same

.I cleared the elementary and intermediate art exams with a good grade. I don't know if that helped much, but it did develop a sense for form and colour ...an aesthetic sense.

I think I was pretty much an all-rounder at school and the school understood my hunger for learning and nurtured me as best as it could. Always thankful to my school and teachers for the same .I aced the board exams topping the school with 91% marks which was quite an achievement back then, and actually it seemed effortless as such.

GC: *From Performing Arts to Fine Arts ... what drove you to be in the field of medicine and a Dentist ?*

SM : It was by default actually. I was trying to be a medical doctor – a physician but a visit to the family dentist kind of triggered an unexplainable attraction towards dentistry. I was taken in by the dental armamentarium at the dentist's clinic and thought it was a very cool profession, and without giving it much thought, just went with the gut feel.

GC : *What motivates you to sustain the passion of health care service day in and day out ?*

SM : Everyday, I get motivated by ordinary things, people, nature around me .Everything that I read, I see or interact with, motivates me every single day.

GC : *When did you consider yourself a successful person ? What are your success habits ?*

SM : Success is an ongoing process. It's a combination of several trial and errors ,good judgement, and good skills to boot. However, the fact that I enjoy doing what I do ,and look forward to doing it every single day of my life is my moment of success.

The biggest or the most important factor would be my physical and mental capacity to put in hours at work. I think I do not have a lazy

bone in my body. Success is an ongoing process. It's a combination of several trial and errors, good judgement, and good skills to boot. However, the fact that I enjoy doing what I do, and look forward to doing it every single day of my life is my moment of success .Discipline of the body and the mind is the single success habit that I think has helped me immensely.

GC: *What are the highlights of your achievements?*

SM: The truth is I have no tangible achievements as such... no certificate ,or reward can highlight it. My achievements are successfully being in practice for close to 20 years now, having a steady database of happy, returning patients and maintaining goodwill in the community for services rendered.

GC: *What skills did you develop early in your career ?*

SM: Having good chairside manners (assisting in the work done on a patient in a dentist's chair) as in making sure my patients are comfortable, respecting their time, clear communication and gentleness during the procedures. Genuine concern for my patients day in and out has been my focus all through. Of course clinical skills which need to be updated frequently are mandatory.

GC: *How do you unwind yourself after your working hours- a work life balance?*

SM: I am particular about my physical fitness, because I think it's essential to my mental fitness and both together help me be at my best energetic self all day. Road running (Marathon) is what I took to, like a fish to water and enjoy it the most. But any kind of physical activity like trekking, swimming, strength training is thoroughly enjoyed too.

I must mention that my husband Dr. Bhupal Mane who is also a Dentist (MDS-Prosthodontics) has been very supportive to

my career. I don't think I could've managed anything without the freedom and space he lets me have and at the same time quietly stands with me in every role I play. A man of few words, he is my reality check. He says I am a dreamer, but makes sure that I work hard to make all those dreams come true with his practical and logical approach

GC: *What types of activities or hobbies do you enjoy outside of work and how has it added value to your work place?*

SM: I have dabbled in quite a few over the years. Dancing, compering, stage shows, corporate training, have been most notable. I do enjoy spending time at home too, doing everyday things like cooking and housekeeping. I love dressing up and have a keen interest in textiles and embroidery. Recently I am taking to gardening and loving it too. Reading about financial analysis is also on the list. All these activities help me to be alert, patient, aesthetic, and relaxed while treating/attending my patients.

GC: *When and how did you get associated with Nrityanjali?*

SM: Nrityanjali was an organisation that I have been aware of since my school days. Dr. Anonna Guha (Managing Director of Nrityanjali) was my fellow school and batch

mate too, hence knew about Nrityanjali being a Performing Arts institute. However I officially enrolled as a Kathak student in 1997/1998.

GC: *Any fond memories about Nrityanjali activities?*

SM: Nrityanjali has a range of activities that could best make use of my energy. My fond memories include making bread butter for volunteers for Nrityanjali Fest... such a simple, nurturing act gave me great pleasure. Also my induction into corporate training in the early years was a fantastic learning experience. I saw the best, learnt from the best and the value system here aligned with mine to make our association ever more fruitful. Learnt not only the intricacies of Kathak as an art form, but I also learnt values and a code of conduct as a dancer or a performing artiste... which I eventually taught my students when I became a teacher myself. I am a Kathak Visharad from Akhil Bharatiya Gandharva Mahavidyalay under Dr. Anonna Guha.

Nrityanjali is synonymous of Uncle (Dr. Tushar Guha Sir-Founder, Chairman of the Institute) I always address him as Uncle, because he is my schoolmate Anonna's father, whom I had seen through my school days at St. Mary's convent, Mulund.

To me, he is a parent first, then my Guru or Teacher. 100% of my grooming has happened



Dr. Shweta Mane and her team conducted 'Dental Check up' for 10 schools as a part of **Nrityanjali's social initiatives**

under his guidance. I have observed him minutely, in each of his roles, as a teacher in Sunday class, as a performer on stage, his interactions with the corporate clients, as a husband, parent and grandparent, and just this observation was enough to learn the ways of conducting oneself. He observed me too ...and realised my hunger to learn new skills and guided me willingly and warmly, most importantly he trusted me, and this is something I'm ever thankful for. The planning and execution of any event with as much simplicity but minute detailing as he can, has helped me learn the best in planning, organising and execution of simple or complex tasks most professionally. He has this amazing 'giving' nature which I so respect and wish to be able to emulate at least halfway through. Nriyanjali to me is an extension of home/work /place of worship. I did my SPDC in 1999.

Similarly, the corporate trainings became a way of life. What we teach is what we become and that has been the most important takeaway from this institution.

GC: *Any turning point in your life?*

SM: The birth of my daughter, a premature baby fought hard to stay alive and thrive ...I mentally, at a very precarious phase in my career, not able to decide what or where to focus on exactly. Just when I was at the tipping point, I decided to take charge of the situation ...actually sat with a pen and paper to list out priorities and take each day as it comes. The first thing I decided to tackle was my physical strength so as to have enough energy to handle both work and family duties. That and the resolve to never choose one above the other, both family and work to be balanced equally turned the tide for me.

GC: *I would like you to share an experience when you dealt with change during challenging times.*

SM: Most recently, with the Covid 19 situation, healthcare professionals have had to face a



massive change in their work scenes. As a practising dentist, I had to adapt to this change too, only for the better. The key thing was acceptance of the situation and staying up to date with what would be the safest for myself and my patients. Moving ahead with the best practices in patient care in the current scenario as soon as it was possible has actually given me an edge professionally. Not letting down my guard when it comes to safety and sanitization practices and ensuring the wellness of the community has been my main area of focus now.

GC: *How do you balance your feelings and emotions from difficult decisions as a professional?*

SM: I believe as emotional beings, we should not try hard to separate our feelings while making decisions. In fact I try to harness my emotions to make the best decisions. Just as I take care of my own feelings, I also try to be sensitive to those of the people around me and make it an important consideration in the

decision making process. However objectivity cannot be compromised, and a thorough understanding of the situation is essential to come to a good, strong decision.

GC: *Where do you see yourself professionally in the years to come ?*

SM: I want to be able to work throughout my life in any capacity as the universe wills. For that I need to continuously upgrade my skills and knowledge, I wish to be a student for life, in any area that fancies me. It could be dentistry, it could be teaching.. anything really. I want to be open to learning 360 degrees. Philanthropy is also a part of my everyday life and I want to seamlessly merge professional with philanthropic activities.

GC: *What are the guiding values you have walked to achieve your goals and the guiding light you want to show the millennial?*

SM: I sincerely believe that I have been very lucky to have had a good upbringing with contribution from my parents, school, educational institutes, Nriyanjali, all teachers and mentors, and I wish to pass on the same

teachings and values to my daughter. However, the mode of delivery needs to be made palatable to the present generation.

GC: *Well, you attribute your journey to success to varied factors. Still it is irresistible to ask you what makes you unique?*

SM: Each one of us is unique, what I feel has been my biggest strength is my ability to give 200% to anything I set my heart on, and have the physical and mental strength to pursue the same.

On that note, thank you Dr. Shweta Mane, it was wonderful talking to you.

Your dedication, commitment and courage deserve our deepest admiration. Its a success you truly deserve. It is an achievement you have truly earned.

Congratulations to you on your success and wish you all the best for your future endeavours.

पोवाडा

पोवाडा हा वीर रसांतील लेखनाचा आणि गायनाचा महाराष्ट्रातील लोकप्रिय प्रकार आहे. पोवाड्याचा शब्दशः अर्थ उच्चरवातला संवाद (संस्कृत प्र + वद ==> पवद ==> पवड ==> पवाडा ==> पोवाडा) असा होतो. वीरांच्या पराक्रमांचे, विद्वानांच्या बुद्धिमत्तेचे तसेच एखाद्याच्या सामर्थ्य, गुण, कौशल्ये इ. गुणांचे काव्यात्मक वर्णन प्रशस्ती किंवा स्तुतीस्तोत्र म्हणजे पोवाडा, असा पोवाडा शब्दाचा अर्थ महाराष्ट्र शब्दकोशात दिला आहे.

पोवाड्याचा उल्लेख ज्ञानेश्वरी मध्ये "पवद" असा केलेला आढळतो. महाराष्ट्रात शिवाजी महाराजांवर केलेले पोवाडे विशेष प्रसिद्ध आहेत.

मराठी भाषिकांचा हा एक स्फूर्ति देणारा गीत प्रकार आहे. भारतात याचा उदय साधारण १७ व्या शतकात झाला. पोवाड्यात ऐतिहासिक घटना समोर ठेवून गीत रचना केली जाते आणि खास वेगळ्या अशा धाटणीने मनोरंजक पद्धतीने गायली जाते. पोवाड्याची गीते रचणाऱ्या आणि गाणाऱ्या लोक कलावंतांना शाहीर म्हणतात.



इ.स. १६५९ मध्ये छत्रपती शिवाजी राजे यांनी अफझलखानाचा वध केला. त्या प्रसंगावर अग्निदास यांनी एक पोवाडा रचून तो गायला होता. कवी तुलसीदास यांनी सिंहगड सर करणाऱ्या तानाजीवर पोवाडा केला होता, तर यमाजी भास्कर यांचा बाजी पासलकरवर पोवाडा आहे.

महाराष्ट्रामधील पेशव्यांच्या कारकिर्दीत राम जोशी (१७६२-१८१२) अनंत फंदी (१७४४-१८१९) होनाजी बाळा (१७५४-१८४४) प्रभाकर (१७६९-१८४३) वगैरेंनी अनेक पोवाड्यांची रचना केली.

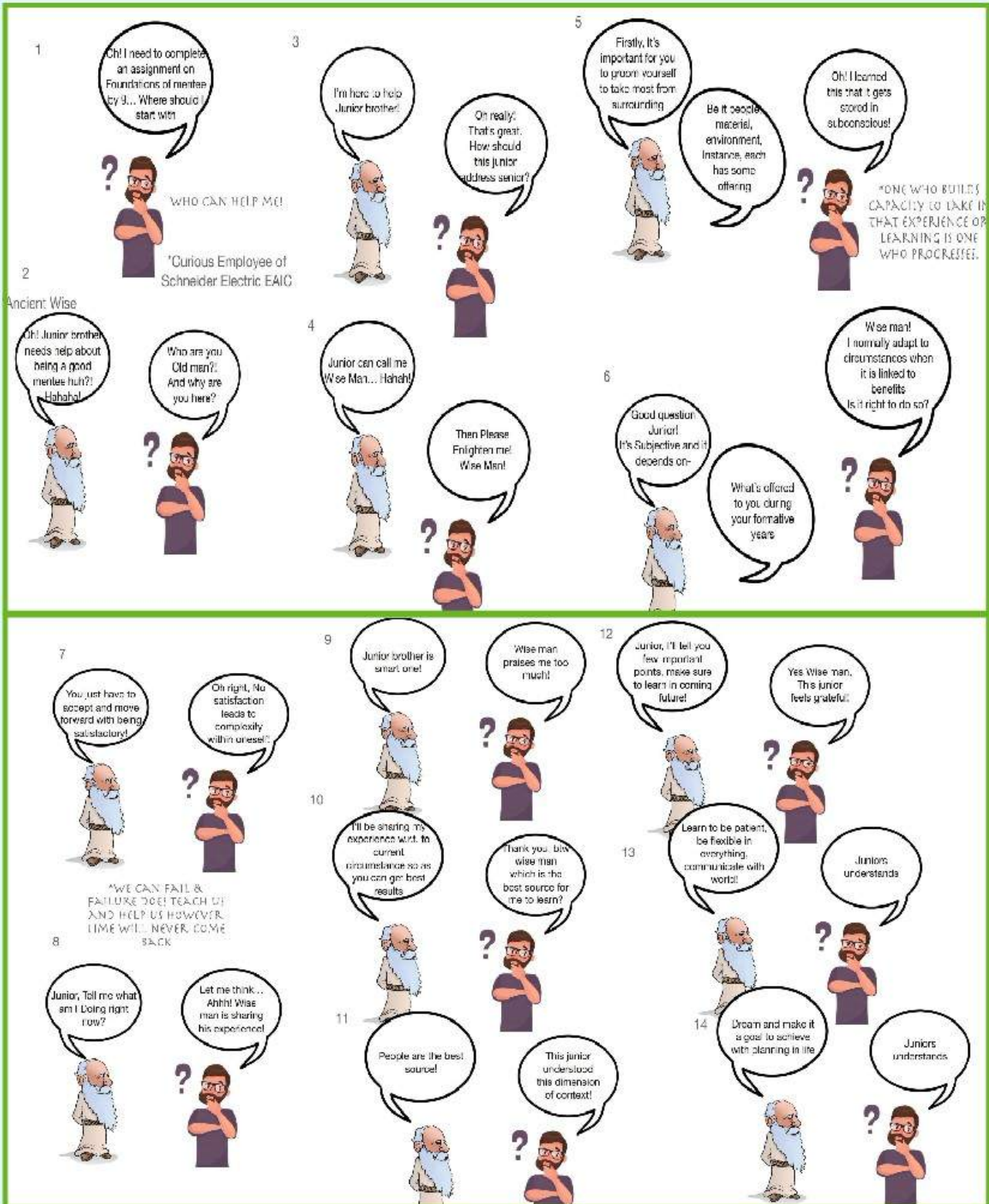
महात्मा जोतिबा फुले यांनी छत्रपती शिवाजी राजांची समाधी शोधून काढली आणि सन १८६९ मध्ये पुणे येथे शिवाजी महाराजांची जयंती साजरी केली. त्यांनी त्या समाधीची दुरूस्ती केली आणि त्यांनी त्यांचे 'बल्लड(पोवाडा) ऑन शिवाजी' हे पहिले पुस्तक लिहिले.

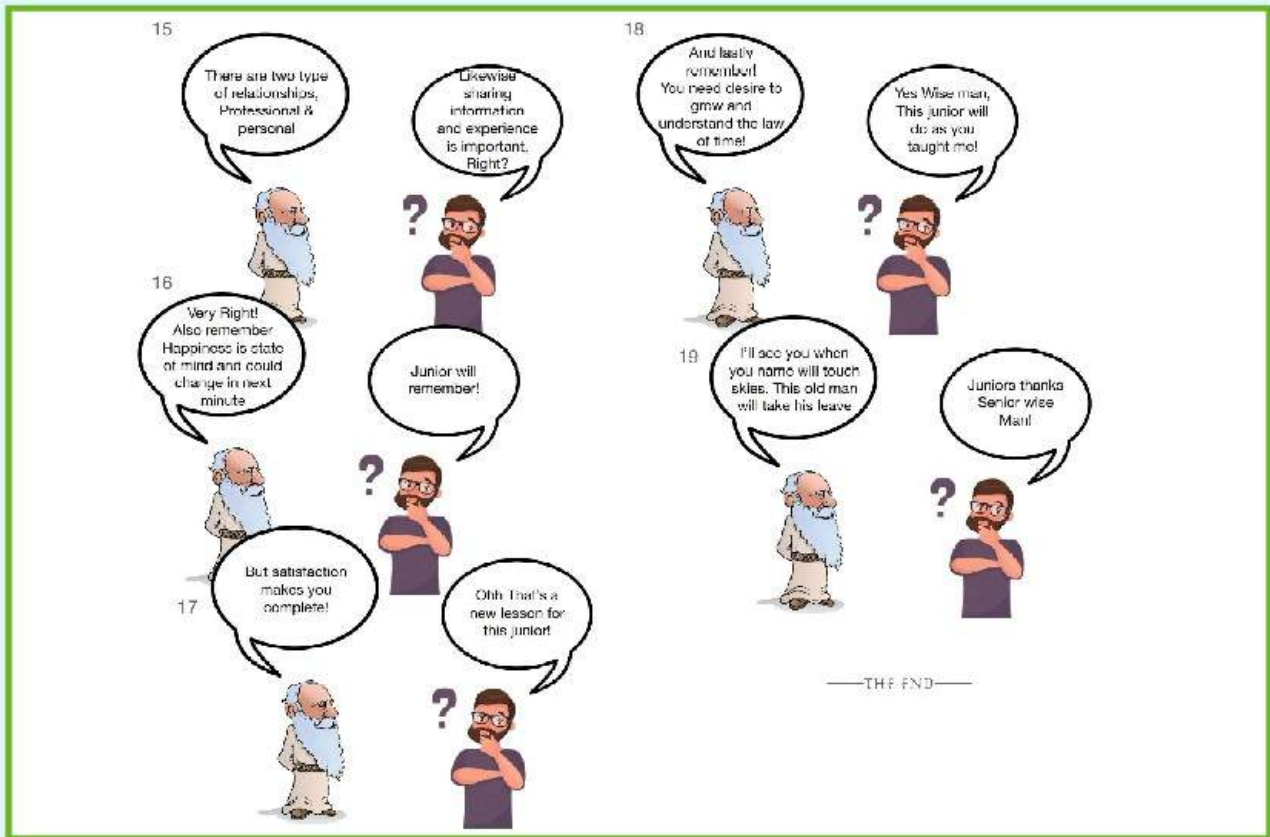
<https://mr.wikipedia.org/s/15w>
विकिपीडिया, मुक्त ज्ञानकोशातून

Creative Expression

Mr. Girish Dalvi conducted online Training on Mentoring for the Graduate Engineer Trainees of Schneider Electric (Former L & T Ltd.) on 28th & 29th October 2020.

Mr. Suraj Agarwal, one of the trainees was so inspired that he prepared a sketch of the learning and shared it with us. We are so happy to publish the creative sketch in this issue - **Editorial Board, PMP**





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Rhymes & Verses



I am...

I am the soul that breathes
With values & kindness, love is all that it seeks.
I am present in the innocent bird that chirps.
With wings to fly, various goals it seeks.
I am a ray of hope for my home.

Epitome of Life – Mother

*Millions of books, plethora of poetry and prose;
Still I struggle to put everything what 'She is' in a few lines;
The journey begins from the first home;
The water of her womb;
The creature she creates to welcome you to this biosphere;
The heart in you she aids to grow with all she knows;*

*She gives the sight to perceive the best in the worst;
She gives the eyes to sense the ecstasy and realise the misery.*



*She is a doctor, She is a nurse;
She is a counsellor, She is a playmate;
She is a teacher, She is a friend;
She is a support, She is a backbone;
She is Love, She is Sacrifice;
She is the **Epitome of Life**.*

Swagata Chatterjee (SPDC Alumni) is an MBA and Head Administration of Aga Khan Group of Schools.



An avid reader, Mrs. Chatterjee is also a writer.

Trying earnestly to fill light in a dark room.
I am an ambition that will once be accomplished.
A dream which was impossible and no one believed.
I am the tear in my mother's eyes.
When she is overjoyed, I come out as she cries.
I am the smile on my daughter's lips
With that single curve her sorrow flips.
I am insignificant for my better half.
Just so much ordinary that one would never wish to have.
I am a believer of the sun that shines.
One day fame and recognition will truly be mine.
I am learning to love my soul.
It is not fake to have a heart of gold.
I am the belief that now is my time.
Past is gone by and future will shine.
I am the little girl who has got back her dreams.
After 22 years she pens down as her heart gleams.
I am the story which is not over yet.
I will achieve all what I deserved to get.

Nivedita Chatterji (SPDC Alumni) is an HR professional. MBA from Mumbai University & PGCHRM from XLRI. She has worked Pfizer, Sandoz, Cipla & Teva.



She loves to read, write and teach & cook.

A doting mother and an individual who loves to help others, she stays in Navi Mumbai.

FOOD *KHANA* Recipes

GULGULA



MASALA FARSI PURI

Ingredients:

- 1 Cup Wheat Flour,
- 1 Tsp Ajwain,
- 1 Tsp White Til,
- 1 Tsp Whole Jeera
- 1 Tsp Red Chilli Powder
- 1 Tsp Dhanajeera Powder
- 1/2 Tsp Turmeric Powder
- A pinch of Asafoetida
- Salt to taste & Oil for Frying

Procedure:

- Mix all the ingredients and make a semi hard dough.
- Keep it aside for 10 mins.
- Then make small balls and roll out round puris neither making it very thick or thin.
- Then prick it with a fork.
- And keep them aside for 10 mins.
- Then heat the oil for frying and



Mrs. Maitri Khedekar member of the Board of Trustees, Head - Social Activities Division, Editor of PMP In-house magazine, and Faculty member of Nrityanjali holds a post graduate diploma in Textile Designing.

A dedicated, artistic and simple person, Mrs. Khedekar loves spending time with children and

is one of the strong pillars of Nrityanjali.

Ingredients:

- 1 cup jaggery
- 1 1/4 cup wheat flour
- 2 tsp fennel seeds
- 1/4 tsp cardomom powder
- 1 tsp baking soda & Oil for frying

Method:

- Take 1 cup water, add the jaggery to it and Heat until the jaggery is dissolved.
- Turn off the flame. Now mix wheat flour, fennel seeds, cardomom powder in a bowl.
- Add the jaggery water and make a batter.
- Lastly add the baking soda and mix well.
- Then take small portions and drop it in oil for frying. Fry them till dark brown in colour.
- Hot gulgulas are ready to serve.

POHA DHOKLAS

Ingredients:

- 1 cup poha
- 1 cup curd
- 1 cup semolina / rawa
- 1/2 tsp fruit salt
- 1 cup water and Salt to taste

For *Garnishing*

- 2 tbsp oil
- 1 tsp mustard seeds
- 1 tsp sesame seeds
- 2 - 3 green chillies & few curry leaves

Method:

- Grind Poha into a fine powder.
- Take Poha in a bowl, add semolina, curd and water to it. Mix well. Add salt to taste and leave it aside for 15 minutes.
- After 15 minutes add a little more water and mix again. Then add the fruit salt and 1 tbsp of water and once again mix well.
- Now pour the batter on the greased tray. Steam it in a steamer for 20 minutes on a medium flame. Later, loosen the sides with a knife and flip it upside down in a plate.
- For garnishing heat the oil, add the mustard seeds, green chillies, curry leaves and sesame seeds. Then pour this on the dhoklas. Cut the dhoklas in desired shapes and serve it with green chutney.

JOKES

Teacher : What is the difference between 'Science' and 'Art'?

Student : Corona has no medicine as of now. It is Science.

Hospital bills come in millions even though there is no medicine. This is an Art.

Mixing Languages...

When I saw a snake for the first time, I was सर्पprised.

My Urdu is बेहतर than your English.

I wanted to marry a Photo Journalist, पर **Paparazzi** नहीं थे।

Why is vegetarian food not very popular? Because it does not have मास appeal.

Ghosts have their own आत्म Sphere.

Who called it family planning and not जन ration?

People with paunch want to show that they have a well तोंड body.

God never tasted any cough syrup, because खुदा-ना-खास्ता.

Dr Simran : Where are you feeling the pain?
Raj : Jaw Simran Jaw

Pandemic Laughter



If you see me leaving the group, please add me again. It is just that I am so desperate to go out.

Never in my wildest dreams have I imagined myself entering a bank, wearing a mask, and asking for money.

Never thought my hands would one day consume more alcohol than my liver...ever!

Quarantine seems like a Netflix series: just when you think it is over, they release the next season.

Those complaining 2020 did not have enough holidays, what now?

I need to social distance myself from my fridge; I tested positive for excess weight!

I am not planning to add 2020 to my age for I have not even used it.

We publicly apologise 2019 for all the bad things we said about it.

To all the ladies who were praying for their husbands to spend more time with them, how are you doing today?

My washing machine only accepts pyjamas these days. I put on a pair of jeans and a message popped up:
Stay Home.



What is SPAM?

Any unsolicited message sent using messaging services such as email, instant messengers, and phone messaging is known as spam.



Chlorofluorocarbons

Over the centuries, humans have created materials such as ceramic, chemical fertilizers and plastics that do not exist in nature. But all these new materials have been created from natural elements. These are the building blocks of matter.

However, the new compounds have physical and chemical properties that are different from the materials that have gone into their making they are called human - made. Some human - made materials are very useful to us but harmful to the environment. These include Chlorofluorocarbons (CFC's) used in refrigerator aerosols, pesticides and plastics.

What is bridging shot?

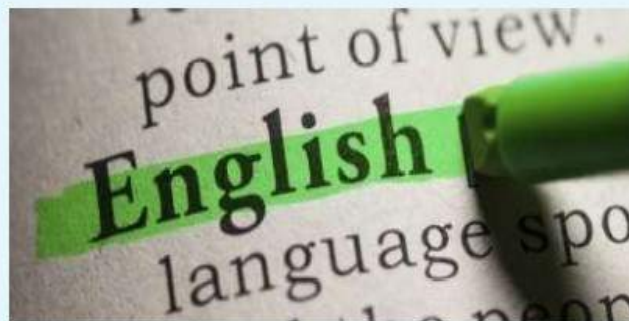
These shots are inserted in a film to indicate the passage of time between two scenes. Much like a literal bridge they connect two scenes to allow time jumps in the narrative. Such shots are necessary to maintain the film's pace. Some commonly used bridging shots are calendar pages flying, montages of newspaper headlines, and time lapse shots of clouds passing and lines drawn across a map to indicate travel.

In 'New Moon', the second film in the 'Twilight' saga, the scene with Bella Swan sitting in front of a window watching the seasons change is a classic example of bridging shot. So next time you watch a film, keep your eyes open for a bridging shot and try to identify its purpose.

Email spam or junk mails is the most commonly recognised type of spam. Everyday, people receive several junk mails which usually relate to advertising, but they can be related to abuses or clickbait as well.

Sometimes, a regular mail might fall into the spam folder. When this happens, just open the mail and mark it as 'not spam'. Otherwise, it is always good to avoid opening spam mails.

9 to 1



What common English word is 9 letters long, and each time you remove a letter from it, it still remains an English word... from 9 letters all the way down to a single remaining letter?

STARTLING
STARTING
STARING
STRING
STING
SING
SIN
IN
I

Happy Birthdays



January

- 2nd Manju Chawdhary
6th Puloma Pukale
10th Sneha Nair
24th Samarth Kumbhar

March

- 5th Shobha Nair
8th Neelima Sonkusale
12th Radha Guha



February

- 2nd Sangita Sawant
11th Anurag Khedekar
13th Kalpana Gopinath
19th Sushma Singh
23rd Charushila Samjiskar
27th Satyashil Jadhav

April

- 6th Shreekala Babu
9th Avani Chakrabarty
17th Aditya Save
18th Komal Waingankar
23rd Chhaya Salian
26th Falak Trivedi
28th Pranjali Doke



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e-mail : nrityanjali1963@nrityanjali.org.in