

JULY 2020
Vol 29 No.3



Parichay Mein Parichay



Two golden thoughts

Nrityanjali®

Leader in Personality Developments & Emotion Management

*Parichay
Mein
Parichay*



Volume 29 No.03
Date of Publication :
19th JULY 2020
Registration No.
54810192

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

Published by :

Dr. Anonna Guha
on behalf of
Nriyjanali
Information Services
(NIS)

Printed at :

**Published
this
issue
Online**

Dear Readers,

Wishing Nriyjanalites and our Readers a Very Happy **Nriyjanali Foundation Day!**

57 years of dedication, hard work, consistency, simplicity, transitions and selfless service have made Nriyjanali reach out globally.

Acceptance and Adaptability are the key essentials of Education and that has been taught and reiterated to us by our Guru and Founder Shri Dr. Tushar Guha Sir. It is this that has enabled us today to amalgamate ourselves with this new norm easily.

Time and Tide wait for none is so rightly said and that is why to be with the times, Nriyjanali has chosen social platforms to reach out to people and continue with our work of serving the needy with the necessary guidance that they need.

We are happy that you have welcomed this new initiative with open arms and do hope to seek your support and cooperation to make it equally effective and accessible.

On our **Foundation day**, we extend our gratitude to all those who have been a part of the Covid 19 struggle directly or indirectly. **'Thank you'** to those who have supported our initiatives through generous funding and **Appeal** others to support our initiatives, helping people in need. May this day make our foundation stronger, help us evolve in this tough time and lead the new normal as our regular life with equal energy and happiness.

PRAYERS

Maitri Khedekar

Parichay Mein Parichay

Life Membership (10 Yrs.)

July'12 Vol. 21 No.3	Patil Tanuja
Oct'12 Vol.21 No.4	Khedekar Anurag, Maitri / Desai Hetal, Paresh, Priyadarshi
Jan'13 Vol.22 No.1	Gangurde Sagar , Minkudale Chandrakant, Tiwari Manish
April'13 Vol.22 No.2	Guha Anonna / Mahajan Miran
July'13 Vol.22 No.3	Vrushali Govear
Jan'14 Vol.23 No.1	Dalvi Girish -Sangita / Kumud Desai
July'14 Vol.23 No.3	Basu Sagarika
Oct.'14 Vol .13 No.4	Guha Tushar, Radha / Dharmesh Rana
Jan'15 Vol.24 No.1	Pukale Naresh, Manju, Puloma, Khushvi
April'15 Vol.24 No.2	Revathi Sethuraman
Oct'15 Vol.24 No.4	Trivedi Falak
April'16 Vol.25 No,2	Chowdhary Nitasha, Manju
Oct'16 Vol.25 No.4	Geeta Chandrasekaran
Jan'17 Vol.26 No.1	Chirath Harinakshi
April'18 Vol.27 No.2	Yewale Sunanda
July'18 Vol.27 No.3	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

PMP Subscription

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

Life Subscription (10 Years) - Rs.1000/- (40 Issues)

Members are requested to please check and renew their Life membership

NRITYANJALI BOARD OF TRUSTEES w.e.f. 27.07. 2018

Permanent & Managing Trustee : Dr. Tushar Guha
 Trustees : Mrs.Radha Guha, Dr.Anonna Guha, Mr.Girish Dalvi
 Mrs. Charushila Samjiskar
 Permanent Invitee : Dr.Anuradha Chatterjee Mrs. Nivedita Damle,
 Mrs. Sangita Sawant, Mrs. Maitri Khedekar

●
Permanent Executive Secretary : Mrs. Manasi Damle w.e.f. 26.05.2016
 ●

Nomination Board w.e.f. 05.06.2018

Chairperson : Mrs. Geeta Chandrasekaran
Members : Mrs. Vilobha Kukde, Mrs. Revathi Sethuraman

CENTRAL ADMINISTRATION

Managing Director : Dr. Anonna Guha
 Director - Operations : Mr. Girish Dalvi
 Director - Corporate Affairs : Mr. Aditya Save
 Director - Socio-Cultural Affairs : Mrs. Rekha Vijayakar
 Director - Kolkata Office : Dr. Anuradha Chatterjee

CORPORATE AFFAIRS - Management Services

Initiative (Marketing, Projects)

Nrityanjali Management Services (Trainings in Corporate & Professional Institutions)

SOCIO - CULTURAL AFFAIRS - Education Services

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

Faculty Division (Performing Arts Courses)

Head : Mrs. Nivedita Damle

Cell Members : Ms. Komal Waigankar, Mrs. Sreekala Velambath, Mrs. Chaya Salian,
 Mrs. Harsha Andan, Mrs. Vinita Trivedi, Ms. Juhi Trivedi

Programme Division (Sunday Class, Cultural Programmes)

Head : Mrs. Sangita Sawant

Cell Members :

Ms. Sampada Sakpal, Ms. Manjula Parshuram, Ms. Nikita Basari,
 Ms. Vinaya Keni, Ms. Sanah Parab

Social Activities Division (Fest, Old Homes, Orphanages, Hospitals)

Head : Mrs. Maitri Khedekar

Nrityanjali Information Services (Publications & Archives)

Under Central Administration

PMP - Editorial Board Members

Human Resource Development (Research, SPDC, In-House Training)

Head : Mrs. Geeta Chandrasekaran

CONTENT

Includes :

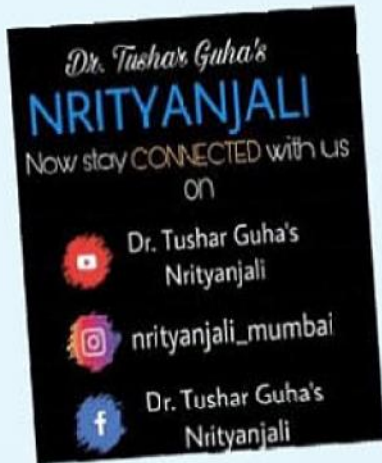
Editorial Letter,
Governing Body,
PMP Membership List

ACCOLADES 1



FOOT PRINTS... 6

*Nrityanjali
News*



**SOCIAL
MEDIA,
HERE WE
ARE !**

written by
Dr. Anonna Guha 12

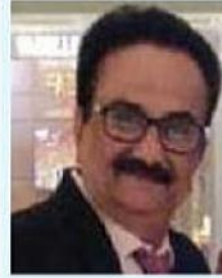
कोविड 19 आणि
माझा सामाजिक सहवास 26
सौ. चारुशीला समजिस्कर



Speak your Thoughts 16

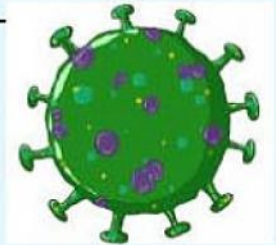
expressed by Mrs. Neeta Parikh

Young Entrepreneur 18



*Insight into Mr. Ashit Thakkar,
Sunday class's loveable
Uncle's journey of struggle &
success mantra - Interviewed
by Mrs. Maitri Khedekar*

The CORONA Chaos



written by **Dr. Poonam Verma 21**

Aatman - Spirit of Love

Written by - **Mr. Shashank Dey 24**



Rhymes & Verses 27

Food, Khana, Recipes	28
Jokes	30
Did U Know	31
Happy Birthdays	32

ACCOLADES

Memories of Nrityanjali

I am blessed to have had few phenomenal people in my life. One of them is our Sir - Dr. Tushar Guha. Sir has loved me, scolded me, taught me, cried with me and laughed when I laughed and not every one has the privilege of learning and working with such a phenomenal personality. I loved being at the Institute, my heart still lies there.

Sir taught me the Art of Compereing and that is something I loved. Though I am far away from the Institute, each time I go up to the stage, I keep remembering my days at the Institute. This was one such moment.

During Durga Puja, last year, I had promised some one that I would do the compereing of the show. And just after I had committed, I ran into a bit of health scare. I was making up my mind to do or not to do the show. And then I remembered Sir often said - if you have committed, no matter what, you must honour it. Sir himself had once kept his commitment inspite of getting to know that his father had died that day. He kept his word and then went to the cremation. We learn from what we see.

Dr. Anuradha Chatterjee
Kolkata

•

Dear Anonnaji

Thank you for being our Guest of Honour at Kathak Yatra Dance Recital at IIT, Powai. You were so positive and spoke so well. It was very inspiring. Thank you

Guru Ranjana Phadke
Kathak Dance Exponent

•

Dear Anonna,

Anonodo Loke Creative composition and performance in You-Tube is so beautiful, soul touching..You are blessed to have Dr. Tushar Guha as your Guru and father.

Shoma Chakraborty
Lodha Imperia, Bhandup

Hello PMP Editorial Team

Congratulations on having successful Online Edition of PMP April 2020 - this is awesome. I would like to subscribe for PMP and receive the same via online copy

Samir Pingle

IT Professional, U.S.A.
Former Trustee & Administrator of Nrityanjali
Alumni - SPDC - Level - 1

Editorial Board: *Samir Sir, you are the Initiator of Web Services of Nrityanjali. From the nineties to 2002 till you shifted for your professional need - you remained Sir's most trusted and dependable personality. You have sowed the seed which is bearing fruits now. Not only Sir but we all miss you all the time although we are in touch and you continue to guide us.*

•

Dear Guha Sir, Girish Sir and the Editorial Team,

Congratulations on the April 2020 issue inspite of the prevailing pandemic conditions.

When Girish Sir asked us to contribute poems, I just penned down my thoughts resulting in my poem which was published in the April 2020 issue of PMP.

Thank you for giving me an opportunity. The entire magazine had interesting articles, recipes, poems, jokes... every thing that a great magazine can have inspite of such unfavourable situation.

Chandra Wilson

Administrator - Model English School, Dombivali
Alumni - SPDC - Level - 1

•

Dear Sir,

Immensely grateful to you Dr. Tushar Guha Sir. Truly truly appreciate your gracious participation, deep anecdotal insight at the Panel Discussion on TRUST ME - the Interactive Session with parents. A very very warm thank you. God bless. Keep good health. Pranam

Sudeshna Chatterjee

Director - Principal
Euro School, Airoli, Thane

ACCOLADES Contd...

Responses from Parents to Director Principal Madam

Online Talk on **Parenting - Now & After** on 9th & 13th May 2020 initiated by **Singhania Education Services - Youtube**

• Good evening Madam. I watched Dr. Guha's session. Thank you so much for having such a candid and grounded speaker on the channel... heard a speaker who spoke things so heartfelt... direct and in his own unique way.

Singhania School Counsellor

- Thank you Madam for arranging such a wonderful, informative, motivational session by Dr. Guha. It was a pleasure attending.
- A wonderful session at such a grim phase of our life.....Dr. Guha as always was marvellous.. each and everything that he said was so positive.
- Dr. Guha was casual and humourous self. Nice messages and candid personal examples made it a pleasure to listen to him again.
- Heartiest congratulations ma'am for a brilliant opening... Dr. Guha Sir is amazing as always. He nailed the session.
- Such a great speaker... Effortless and one can relate so well, Very sure your Message Box will be full of thanks from every one. High Spirit.... Thumbs Up
- He is very expressive. Thank you Ma'am. He has another session on 13th for parents of kids above 9 years. Would like to attend
- Lovely session. Dr. Guha is always such a pleasure to listen to. Very lively session
- Thank you Ma'am. Dr. Guha's session was a wonderful one. Absolutely down to earth
- Thank you madam for organizing yet another wonderful session of Dr. Guha... it was informative as well as introspective. I liked one of his answers the most when he asked the parent to trust school and you for guiding the board students.

- I heard him for the first time though I have met him and his daughter once in my previous school regarding summer camp
- He is always positive in his approach. Simple without artificial frills
- As usual he spoke so well and is such a positive person
- Good Morning Ma'am. Wonderful session. Please send me the Link of his session for 13th May
- Dr. Guha has a magical style of making the session lighter with his own life stories... hats off to his delivery... May God bless him with loads of good health and cheer... we need such gems more and more in coming years.
- The session was really enriching.. Few minutes of disconnection happened... only your name was showing. ..And then resumed smoothly. Looking forward to the next one.
- It was quite an enlightening session ... awesome speaker. How true. All that he said.
- What a great session. A big thank you to our school for organising this.

Responsesto Nriyjanjali

- Today's session was excellent and beyond. Can keep on listening for hours

Dr Latha Venkat

Principal - S.G. Seksariya Sarvodaya School, Malad

- Excellent. Unbelievable. The way of deliberation is so motivational especially when the examples are so personal

Satyaki Roy - Kolkata

- Such a pleasure to listen to Sir again. Feeling so positive... to face the present challenging situation. Thank you

Harsha Andan - Faculty with Nriyjanjali

- A highly knowledgeable information imparted to parents

Sunanda Yeole - Principal

- Listened to Sir's lecture. It is very very useful

Kiran Mohite - USV Pharmaceuticals

ACCOLADES Contd...

Responsesto Nrityanjali ...Contd...

- This is to my Brother - Dr. Tushar Guha
9th May

God bless you Mona. It was simply remarkable. Very proud of my little brother. Extra-ordinary deliberation with natural healthy facts of life's journey as a child explained in pure and simple logical terms. Wonderful. Almost magical. I am more than impressed with your often punctuated humour. God bless you with sound health for many many years to come. One of my friend from UK mention you as a Genius.

13th May

Another stupendous performance! Parents should benefit enormously on raising their adolescent children. As usual your deliberations were clear message to today's parents under trying times. Well spoken. Thoroughly enjoyed again.

Capt Deepak Guha

Chembur, Mumbai

- Wonderful valuable session

Geeta Chandrasekaran

Head - HRD, Nrityanjali

Ex-Principal - Fellowship School, Grant Road

- Sir's engaging personality thrilled the audience. Missed the clapping sound

Revathi Sethuraman

Faculty Nrityanjali & Retired Teacher

- Wonderful talk. It has enlightened my thoughts

Sagarika Basu

Faculty Nrityanjali / Ex- Principal... Surat

- Dear Anonna, I could instantly connect with your Baba and his socio-familial guidance. The best part about his scheduling was the time kept for procrastination which is seldom accounted for. It would be such a pleasure to meet your *baatuni* and lovely family. I adore such conversation.

Yamini

Parent and Ex-Curator Kala Ghoda Arts Festival

- Dear Anonna, awesome... wonderful inputs. You are lucky to have him as your guiding star. It was emotional to hear uncle talk about his parents approval part; Kasht karogi to Krishna milega, my take away from today's session

Shweta Singh - Mumbai

- It was a nice session. Please convey it to Sir

Manideepa Bannerjee

Principal, New Horizon Scholar School, Thane

- At this age Sir is so energetic. My regards to Him...share such sessions in future too

Swadhina - HR Manager, Hindusthan Copper Ltd

- Enjoyed the session. Indeed very informative. Dr. Guha is really very cute. Liked the way he kept drawing reference to his family.

Dympna Pinto - Lodha Imperia, Bhandup

•

Dear Dear SIR,

Girishji shared your video for our parents.

Firstly, let me begin with saying, watching you brought a smile to my face...

Secondly, thank you sooo much for finding time and recording the video. Your care, love, genuineness, shone through every word you spoke.

I soon shared the video on the school portal and there are some instant positive responses from the parents.

Sometimes some people have a comforting aura which makes others believe that, they can make it through these tough times. Your presence on the screen and your gentle words certainly had that calming effect. I too loved listening to you.

Thank you dear Sir once again

Anjum Panna

Trustee -Pragnya Bodhini School, Goregaon

LIVE ON YOUTUBE
 **@CSMYSMumbai**
Thursday, June 11 2020, 5 PM



CSMYZ - Aditi Mangaldas Dance Company, Kritiyanjali & Museum Helbing present

The Melody Within

A special dance performance by
Aditi Mangaldas followed by a panel
 discussion with **Johannes Helzig**
 Vice Director, Museum Helbing, Zürich
 Dr. **Ananya Guha** - Managing Director,
 Kritiyanjali Group, Mumbai & **Aditi
 Mangaldas** - Head, Aditi Mangaldas
 Dance Company - The Bhikhaiji Trust
 Foundation, New Delhi.



Stadt Zürich
Museum Helbing



Kritiyanjali



**ADITI MANGALDAS
DANCE COMPANY**
THE BHIKHAJI TRUST FOUNDATION

© 1997-2015 by the
Facebook Inc.

 **LIVE**



**Dr. Anonna
Guha**

Managing Director, Hyderabad Group

*How Performing Arts Education Can Help
in Career Development*

Catch her today with ProBanc providing

 **Career
Counselling**

 **proBanc**


Madhuriya Art House

Samvaad
- in conversation with

Dr Anonna Guha,
Managing Director of
Nrityanjali Group,
Mumbai on her
journey as a
dancer, sociologist,
educator, and curator

Come join us!

Friday, May 22
1800 hrs, BST
on Facebook live
[@madhuriya.art.house](https://www.facebook.com/madhuriya.art.house)

 madhuriya.art.house

Creating Inclusive Spaces

A Virtual Discussion with Dr. Sneha Datta,
Mentor, Coach and HR - NEET Aspirant's Life Time
Sociologist, Counsellor, Artist, Social Worker & Corporate Trainer



JUNE 27th 5 PM - 6 PM on zoom link

 saree_nari

PRINCIPALS' WEB MEET - 6

MANAGING MULTIPLE STAKEHOLDERS WITH THE NEW NORMAL

<p>Moderator</p> <p>Dr. Sungeeta Srivastava Principal K C A G EFY SMPV delhi & Sec T.R.Dwarka College Delhi Science</p>	<p>Interact with the Expert</p>  <p>Dr. Tuskar Guha Founder + Principal + Managing Director NITYASANA GROUP</p> <ul style="list-style-type: none"> Corporate Training Psychology Education Personality development program in India. 	<p>Supported by Principals</p>
---	---	---------------------------------------

• Sudam Kumar <small>Principal, St. Mary's School, Gurgaon</small>	• Nayana Kesavkar <small>Principal, P.G.H.S.A.T., Bhopal</small>	• Dr. Suresh Nair <small>Principal, St. Joseph's, Chennai</small>	• Priyanka Kothari <small>Principal, St. Ann's, Mumbai</small>	• Sanjay Pant <small>Principal, St. Xavier's, Lucknow</small>
--	--	---	--	---

12th Jun 2020, Friday, 5.00 PM onwards



zoom

888 848 848



ProBanc will be **live** today with

Live pc



Dr. Anonna Guha
Building Positivity
Managing Director - NirRyanJail Group
Supply-side Director, American Council on Education (ACE)

PRINCIPALS' WEB MEET - 9



ONLINE TEACHING INITIATIVES

03 July 2020, TRIDAY, 4:00 PM onwards

Zoom Meeting ID - 958 8160 1189

Password - missing0307





DR. TUNDE GILLA
 Director, National
 Health Authority
 New Delhi, Government
 of India



MR. ROHAN BHAT
 Director
 National Teachers' Council
 New Delhi, Government
 of India

4 hour the Best Digital Teaching/Learning Platform and Lead the Online Teaching like a Pro...

How and Why...

ORGANISERS OF THE TEAM

- **Dr. Surend Nair**
 Founder, Naiti Naiti
 Bangalore
 Chief Executive Officer, Naiti Naiti

- **Dr. Rangan Selvamani**
 Founder, Naiti Naiti
 Bangalore
 Chief Executive Officer, Naiti Naiti

- **Mr. Girish Dalvi**
 Founder, Naiti Naiti
 Bangalore
 Chief Executive Officer, Naiti Naiti

Online Teaching **INITIATIVES**

Engaging Stakeholders beyond Academics



Keynote by: Dr. Tuskar Onda
Founder, Chairman - NITYANJALI Group & Founder, Chairman
Ugma Forum for Principals (UFP), India



SPEAKER: Mrs. Ravathi Srinivasan
Director - Sri Sarathi School, Sri Sarathi Group of Schools & CBSE (CONCORDIA)
Open Forum for Principals (OFP), India

Dr. Suresh Hair
Principal - Sri Sarathi School, Sri Sarathi Group of Schools & CBSE (CONCORDIA)

Mrs. Seema Sahhlok
Principal - S.T. S.M. Study High School, Rohtak

Mr. Girish Dahi
Director - Open Forum for Principals (OFP), India

ORGANISED BY OFP TEAM

Wednesday, 8th July 2020 @ 4.00 PM





SukitiAsha presents

A Way Forward

during and post COVID -19

Panelists sharing perspectives
and innovative approach
towards Better Education

ZOOM Call Seminar
14th May 2020, Thursday
4:00 PM



Dr. Anandaram Choudhary
Executive Director, IIS-RII Kolkata



Mr. Anand Patel
President, SukitiAsha



Mr. Nikhil Khanna
CEO, Office Developments & Projects
Executive Global Human Management



Mr. Girish Goyal
Founder, Your success for President
& International Education



Mr. Praveen Singh
President, SukitiAsha



Mr. Rakesh Kumar Sahasrabudhi
Executive

SukritAshaa presents

**ZOOM
CALL
SEMINAR**

A Way Forward
during and post COVID-19

Panelists sharing perspectives and innovative approach towards Better Education

Tuesday 2nd June 2020 3 to 5 PM

Like us on FB/SukritAshaa

ACCOLADES Contd...

Dr. Anonna Guha, interviewed in **Facebook live session** on the topic of **Building Positivity** by ProBano - New Delhi

- Good evening Ma'am. I could listen to your conversation for some time. Awesome and natural.

Revathi Sethuraman

Nrityanjali Faculty Member & Retired Teacher

- A very good session. Straight from the heart
Dympna Pinto- Lodha Imperia, Bhandup
- Loved your live session - **Jayanto**, Thane
- You are amazing. The way you are brought up, made you so wonderful. Keep it up. You are there to spread right views and approach to lead a good life.

Bhumika Dogra Mukherjee- Kolkata

- Saw your program in parts though with audio in full strength. I was not at all taken aback with your fluency in extempore deliverance. In fact I wish it was in zoom. However, good thing was towards the last 20 minutes we received the picture in full view. We enjoyed and participated in the Q&A which was answered flawlessly. Congratulations on your excellent performance and your father's grooming' Your Chotoma would have been very proud.

Capt Deepak Guha (Uncle)- Chembur, Mumbai

- Thank you so much Anonna Madam. Today's session was on Fire.. Really learnt a lot. My parents are constantly asking me to do a 2.0 with you

Aditya Bose- CEO Probano, New Delhi

- Good Evening... thank YOU for the session. It was a total privilege and an honour to listen to you. I enjoyed the session immensely. You are a STAR

Purnyabrata Sen-Hyderabad

- Hello Ma'am. Your podcast was amazing. The way you conduct yourself is admirable.. I also want 2.0 like Aditya said.

Dr. Poonam Verma- Mumbai

- It was a fantastic session and you were so good. The way you shared your own personal experiences made it even more interesting and relatable

Dr. Anuradha Chatterjee- Kolkata

Mr. Girish Dalvi, at a webinar **Way forward by SuKritAshaa**, available on YouTube.

- Watched *A Way Forward during and post Covid*. Enjoyed the last hour with the panelists. Lot of insights into the new normal of education. Mr. Girish Dalvi was excellent, an absolute natural speaker.

Sree Nandy

Wild Life Activist, Entrepreneur, Journalist, Dancer

- Girish Sir spoke so well. So much of valid points

Dr. Latha Venkat

- God bless Girish Sir. Such hidden talent. Your speaking as wonderful as your smile

Dr. Anuradha Chatterjee- Kolkata

- Stunned with Girishji's eloquence. Such valuable inputs. Have never met but heard of him. Now heard him. Pucca ka Sir ka student. Admirable.

Sunil Nanda- Nrityanjali Member 1963

- **Dear Girish Dalvi Sir,**

Salute to you. A great moment. Spontaneous speaker. Watched you on 29th June conducting the Interview Conversation with Madame Lyndall Bain - South Australia, Such a fulfilling moment for me. A true Nrityanjali-ite. Love & Regards

Tushar Guha

Nrityanjali

- **Dear Girish Sir,**

Excellent and outstanding. Was present both the days. A natural speaker.

Rekha Vijayakar - Powai, Mumbai

FOOT PRINTS... *Nrityanjali News*

Nrityanjali Management Services conducted the following management training programmes

- Dr. Anonna Guha addressed online, the employees of **Viraj Industries Ltd** to motivate them to resume work on the face of COVID 19 - **Where the Mind is Without Fear** on 28th March 2020

Nrityanjali Education Services conducted the following programmes :

Teachers Training

- Online programme on **Presentation Skill** was conducted for the Teachers of St. Joseph High School, Wadala by Mr. Girish Dalvi - Courtesy **NiE**

Online Career Guidance

- **Online Career Guidance Test & Counselling** for students commenced from 8th June 2020. A total of 240 students across India availed the Counselling. The counselling session was organised by **Shri Kutchhi Bhanushali Seva Samaj Trust** for their community children.

Mr. Girish Dalvi headed the Team of Counsellors that included Mrs. Geeta Chandrasekaran, Mrs. Vasanti Anand, Mrs. Maitri Khedekar, Mrs Neelima Sonkusale, Mrs. Uma Mahesh, Mrs. Apoorva Shetty, and Dr. Poonam Verma - Courtesy **Nrityanjali**



FOOT PRINTS... *Nrityanjali News*



OPEN FORUM FOR PRINCIPALS (OFP)

• The first series of articles on **COVID-19 & After** by the Principals was published online: <https://openforumforprincipals.wordpress.com>

Mrs. Revathi Srinivasan - Director-Principal - Singhanian Group of Schools,

Mrs Neelam Malik - Director, Arya Gurukul Group of Schools,

Dr. Latha Venkat - Principal, K G Seksaria Sarvodaya Balika Vidyalaya, Malad

Mrs. Kalyani Chaudhari - Principal, Billabong High International School, Thane

Dr. Sangeeta Srivastava - Principal KES' SVPV Vidyalaya, Kandivli

Dr. S.S. Minhas - Director & Principal, Guru Nanak Public School, New Delhi

Mrs. Rekha Vijayar - Patron, Open Forum for Principals (OFP), India

Ms. Poonam Thakur - Principal, Jindal Vidya Mandir, Vasind

Mrs. Kavita Sanghvi - Principal, CNM School, Vile Parle

Mrs. Uma Mahesh - Headmistress, Little Angels High School, Sion and

Mrs. Mini Nayar - Principal, K.G. Seksaria English School (SSC), Malad

Interaction with Principals

(available on Nrityanjali Youtube Channel)

• On 12th June 2020, **Dr. Tushar Guha** interacted online with principals, on the issue of **Managing Multiple Stakeholders with the New Normal** - Courtesy **OFP**



• On 3rd July 2020, Online Workshop on **ONLINE TEACHING INITIATIVES** was hosted by **KES's SVPV Vidyalaya**.

Mr. Girish Dalvi - Trustee & Chief Administrator OFP was the Host. The host School Principal **Dr. Sangeeta Srivastava** delivered the Welcome Address. After a brief address by OFP Chairperson **Dr. Tushar Guha**, the speaker **Mr. Rohan Bhat** - Chairman, Children's Academy Group of Schools, conducted the workshop on **Content Development & Delivery** - Courtesy **OFP**



• On 8th July 2020, Online Workshop on **ONLINE TEACHING INITIATIVES** was hosted by **Smt. Sulochanadevi Singhanian School**.

Mr. Girish Dalvi - Trustee & Chief Administrator OFP was the Host. After a brief address of OFP Chairperson **Dr. Tushar Guha** (read out by **Dr. Anonna Guha**, in the absence of the chairperson) the speaker **Mrs. Revathi Srinivasan**- Director Principal of Singhanian Group of Schools, conducted the workshop on **Engaging Stakeholders beyond Academics** - Courtesy **OFP**



EuroSchool
Discover Yourself

LIVE WEBINAR

Trust Me
Delving into the depths of familial relations and parental stresses during adolescence and teen age.

2nd May 2020 12 noon

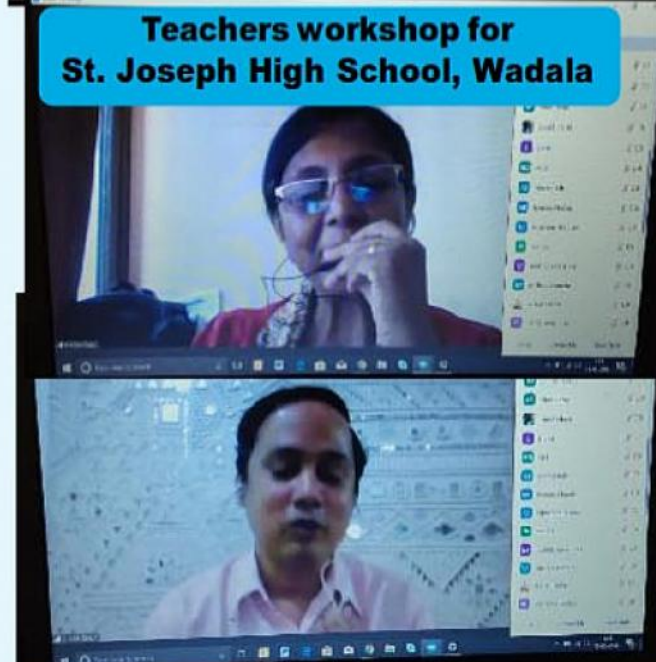
Our Eminent Panelists

- Dr. Tushar Guha
- Dr. Arinipini Putalidare
- Mr. Anantharaman
- Dr. Swati Dignakar
- Dr. Neeta Telke
- Mr. Jeevan D'Cunha
- Ms. Salma Prabhu
- Ms. Kavyal Sedani
- Ms. Nisha Sood

REGISTER NOW!
Click Here!



**Teachers workshop for
St. Joseph High School, Wadala**



SINGHANIA EDUCATIONAL SERVICES LTD.

A YouTube live session by
Dr. Tushar Guha
Founder, Chairman – Nityanjali Group
A Renowned Educationist, Artist, Mentor & Corporate Trainer

Parenting Now & After
(For parents of children in the age group 10 to 16 years)

13th MAY, 2020
04:00 pm

SINGHANIA EDUCATIONAL SERVICES LTD.

A YouTube live session by
Dr. Tushar Guha
Founder, Chairman – Nityanjali Group
A Renowned Educationist, Artist, Mentor & Corporate Trainer

Parenting Now & After
(For parents of children in the age group 3 to 9 years)

09th MAY, 2020
04:00 pm

Public Relations Council of India
Communication for a better world

Young Communicators Club
grow for change communication

BANGALORE CHAPTER

Invites you to join us as we celebrate
DAUGHTER'S DAY
THEME: THE PURPOSE OF BEING BORN
on Sunday, 19 July, 2020 | 4:00 – 6:00 pm

Dr. (Ms.) Anonna Guha
MD Nityanjali Group
TEDx Speaker, Author
Mumbai

Topic:
Regulation in Entertainment Industry for Women

10'S Super hero's, Super Talk, Super Fun, Super Daughter's

Join with Google Meet
meet.google.com/tvt-qddm-dyx

Registration link
<https://bit.ly/PRCIYCCDD2020>

FOOT PRINTS... *Nrityanjali News*

Nrityanjali Education Services conducted the following programmes :

Workshop on Effective Parenting

- ZOOM Live Interactions with Parents ***"Trust Me"*** was organised by **Euro Kids School - Airoli & Thane** on 2nd May 2020. Dr. Tushar Guha was one of the Key speakers- Courtesy **Nrityanjali**
- YouTube Live Interactions with Dr. Tushar Guha on ***"Parenting Now & After"*** was organised by **Smt. Sulochandevi Singhania School - Thane** for **All Singhania Group of Schools** on 9th May 2020 for Parents of Pre- Primary to Std. 4th - Courtesy **Nrityanjali**
- YouTube Live Interactions with Dr. Tushar Guha on ***"Parenting Now & After"*** was organised by **Smt. Sulochandevi Singhania School - Thane** for **All Singhania Group of Schools** on 13th May 2020 for Parents of Std.5th to Std. 12th - Courtesy **Nrityanjali**
- Dr. Tushar Guha spoke on ***"Healthy Living & Stress Management"*** for the Parents of **Ryan Group of ICSE Schools across the country**. The Video Talk continues to be aired regularly. - Courtesy **Nrityanjali**
- Dr. Tushar Guha spoke on ***"How to handle oneself as an Employee, Parent & Teacher during and after Covid 19"*** for the Parents of **Ryan Group of ICSE Schools across the country**. The Video Talk continues to be aired regularly. - Courtesy **Nrityanjali**
- Dr. Tushar Guha addressed the Parents of **Pragnya Bodhini High School, Goregaon** on ***"How to Handle Self and the Family - During and After the Pandemic"***. The Video is shared in the School Portal - Courtesy **Nrityanjali**

On 29th June 2020 at 8.30 A.M.

Mr. Girish Dalvi

Trustee & Chief Administrator of OFP - Nrityanjali, India

was in conversation on with

Mrs. Lyndall Bain

***- Education Director on Assignment,
Partnership Schools and Pre Schools***

Department of Education, Adelaide, South Australia 5000

on **PAST FORWARD**

- Conversation to Learn from the Past for a better Tomorrow

FOOT PRINTS... *Nrityanjali News*

HRD

- Special Personality Development Course Level 1 (**SPDC 1**) commenced from 22nd February 2020. Due to Corona Virus Pandemic, the last three Classes were held **Online** and ended on 28th June 2020
- Special Personality Development Course Level 2 (**SPDC 2**) will commence **Online** from 1st August 2020 and end on 30th August 2020



Faculty Division

- Online Classes In Bharat Natyam Dance, Kathak Dance and Sangeet commenced from 1st July 2020 for students of Special Batch and from Praveshika Purna to Visharad
- Regular Classes In Bharat Natyam Dance, Kathak Dance, Modern Dance and Sangeet are expected to commence after receiving permission from the Government but only with maximum of 10 students (using Mask) per Batch for a duration of 45 minutes
- Students of Sangeet Class won prizes at the Online Music Competition - Congratulations
Junior Group - **Antara Khadpe** - 1st Prize, **Sanskrit Chavan** - 2nd Prize
Senior Group - **Sayli Hadkar** - 1st Prize

Social Activities

- **Nrityanjali** continues our social initiatives.
1. Provided Medical kit of Masks, Gloves, Sanitizers worth Rs,30000/- through Prayas NGO for women inmates of Jails. **Nrityanjali acknowledges** the contribution of :

Mr. Kedar Pingle - Nrityanjali senior member from Pune

Mrs. Geeta Chandrasekaran - Head HRD, Nrityanjali Group

Mrs. Sangita Sawant - Trustee, Nrityanjali

Mrs. Kalpana Soni - Parent of Kathak Student

Mrs. Pallavi Patil - Parent of Kathak Student

FOOT PRINTS... *Nrityanjali News*

Individual News

Tushar and Trishna Rahate are blessed with a baby boy on 25th April 2020 - Congratulations

On 14th May 2020 Mr Girish Dalvi was in the Panel Discussion in ZOOM on *A Way Forward during and post Covid - 19 - sharing perspective and innovative approach towards better Education* presented by SuKritAshaa, aired on YouTube

Anirudh and Sanjeevani Gangawane are blessed with a baby boy Ansh on 15th May 2020 - Congratulations

On 14th May 2020 Dr. Anonna Guha was interviewed on Facebook by Probano Educational Consultants, New Delhi on Building Positivity. Mr. Aditya Bose of ProBano conducted the interview.

Dr. Anonna Guha's interview on "Journey as a Dancer, Educationist, Sociologist & Curator" with Madhuriya Art House, U.K. was aired on 22nd May 2020 on Facebook - Congratulations

Omkar Music Trust conducted Conversation Session on "Light, Stage, Action ! - Post Corona"

Dr. Anonna Guha was in the Panel along with Padmabhushan Dr. Saroja Vaidyanathan, Pt. Rajendra Gangani, Smt. Poushali Mukherjee, Dr. Rekha Gour, Shri Srivasta Shandilya, Shri Sai Venkatesh. Curated by Iman Das, the Moderator was Snigdha D.S.

The Conversation was relayed live on 2nd June 2020 on Facebook.

On 11th June 2020 CSMVS - Chatrapati Shivaji Maharaj Vastu Sangrahalaya-Mumbai, presented *The Melody Within* on YOUTUBE.

with Aditi Mangaldas Dance Company, Nrityanjali- Mumbai and Museum Rietburg. A special dance performance by Aditi Mangaldas was followed by a Panel Discussion with Johannes Beltz - Zurich, Dr. Anonna Guha - MD Nrityanjali Group - Mumbai and Aditi Mangaldas :

Head - Aditi Mangaldas Dance Co & The Drishtikon Dance Foundation, New Delhi

On 21st June 2020 Jayasmita Dutta of Saree_Nari based in Bangaluru conducted online interview on Instagram with Dr. Anonna Guha on *Creating Inclusive Spaces*

On 12th June 2020 Dr. Anonna Guha was interviewed online on Facebook by Probano Educational Consultants, New Delhi on *How Performing Arts Education Can Help in Career Development*. Mr. Samant Choudhary, Mr. Purnabrata Sen & Mr. Aditya Bose of ProBano conducted the interview.

On 2nd June 2020 Mr Girish Dalvi was once again invited to the Panel Discussion in ZOOM on *A Way Forward during and post Covid - 19 - sharing perspective and innovative approach towards better Education* presented by SuKritAshaa aired on YouTube.

On 19th July 2020 Dr. Anonna Guha was invited to speak on "Entertainment - Regulation on Entertainment" by Public Relations Council of India, Bangaluru Chapter to celebrate Daughter's Day - The Purpose of Being Born

SOCIAL MEDIA, HERE WE ARE !

Written by **Dr. Anonna Guha**

Managing Director, Nrityanjali Group & TEDx Speaker, Educator, Artiste, Social Worker & Corporate Trainer.



Nrityanjali was established in 1963 by our Founder – Chairman Dr. Tushar Guha Sir, to channelize the energies of the youth into constructive activities. Over the years Guha Sir's work in Music, Dance, Drama, Social Work and Personality Development has touched the lives of Lakhs of individuals and families – corporate executives, professionals, teachers, parents, children and youth. Sir's students groomed at Nrityanjali, today have formed a beautiful team under Sir's guidance, to take Nrityanjali's work forward.

Like all professional organizations Nrityanjali also has its website www.nrityanjali.in. This provides a window to the world to understand the multi dimensional activities of Nrityanjali in the field of Education, Corporate Training and Coaching, Performing Arts and Social Work. The website was initiated by our dear member Samir Pingle in 1994-95. Samir Pingle, who has been a part of Nrityanjali since the time he was a young boy told Guha Sir, that Nrityanjali must be known and accessed by as many people as possible, and the wonderful work that Guha Sir has started must spread far and wide.

In a similar vein, in 1996 renowned theatre personality Hima Devi, told Guha Sir, whom she considered her Godson, that when God has endowed him with so many qualities, it is his duty to make it known to the world. Hima Devi had approached Guha Sir to choreograph, a mega dance production based on Poetry, with Nrityanjali artistes,

'Reach for the Sun', to commemorate 50 years of Indian Independence in 1997.

Once social media with Orkut, Youtube, Facebook, Instagram, LinkedIn started flooding the internet, we at Nrityanjali took a conscious decision not to have our official account on social media. However when I became Dance Curator, Kalaghoda Arts Festival (KGAF) in 2015, I started becoming

active on Facebook (with my personal account) for the KGAF and started posting events of the Fest. This in turn led me to keep posting some of our and Sir's work on Facebook, as the then Jt.MD. My students egged me on to be on Instagram and actually taught me how to operate the account and that's how Nrityanjali's work started getting shared on

Instagram too through my personal account. A lot of people started responding and sharing their wonderful associations with Guha Sir, Nrityanjali and their memories since 1963. It was a matter of pride for me both as the Founder's daughter and as Nrityanjali's member.

So for some time we started toying with the idea of making Nrityanjali's presence felt on the social media. But the Lockdown became the catalyst. Dr. Anuradha Chatterjee, our long standing member said, that if we have to launch ourselves on social media, it has to be NOW. All of our senior members felt that we must be there and that's how Nrityanjali was launched on the Social Media on 22nd May 2020 with the enthusiasm of Nrityanjali's youth team with special mentions of Nikita Basari



and Satyen Tawde.

So now officially Nrityanjali is on Facebook by the name Dr. Tushar Guha's Nrityanjali, on Instagram by the name nrityanjali_mumbai and on Youtube as Dr.Tushar Guha's Nrityanjali.

Nrityanjali being on Social Media has some distinct advantages :

- Like the website it is a medium of globalization, but it provides a two way interaction
- Easy to update and share latest events, photographs and videos
- Nrityanjali's multidimensional work showcased on a wider platform
- Easy access and response by viewers
- Provides instant visibility of the response and comments
- 24 hour access with apps being on viewers' phones
- Develops a loyal set of viewers and fans
- Connects with both Passive, Active, Old and New members and students of Nrityanjali across age groups

Ofcourse one will also have to guard against negative remarks and over exposure. But with social media giving everyone a chance to express their opinion (whether it is thought through or not), we will also need to develop the ability to ignore responses that may be unfavourable.

This transition to Online and Social Media has become a compulsion due to this pandemic. Infact even our last Parichay Mein Parichay April issue was an Online one. But am proud to say that true to Dr. Tushar Guha's belief and teaching, we have ADAPTED and REINVENTED ourselves. Today our social media pages Facebook, Instagram, Youtube have various

posts and videos of our various current initiatives.

Nrityanjali's current online free and gratis initiatives include the following :

- Helping working professionals of essential services during COVID19 to get back to work to keep the economy going, while being safe
- Helping the Youth to Build Positivity and tips for Career Guidance through LIVE sessions
- Workshops for Parents across India to handle themselves and their children in this period – both LIVE and Prerecorded
- Workshops for Principals and Educators in India and abroad to support the current online education initiatives
- Social media LIVE sessions on Creating Inclusive Spaces
- LIVE sessions on Art and Culture through Interviews and Discussions with Indian and International Artistes and Curators

I thank the Almighty for blessing us in these tough times and helping us to continue reaching out to people. With your support, with the love of our students, parents and well wishers, we hope to continue this Online Social Media journey successfully.

Nrityanjali's philosophy to be on Social Media continues to be what it has been for the last 57 years : 'Love , Care & Share Whatever Little We Have'.

Dr. Tushar Guha's
NRITYANJALI
 Now stay CONNECTED with us
 on

 Dr. Tushar Guha's
Nrityanjali

 nrityanjali_mumbai

 Dr. Tushar Guha's
Nrityanjali





For a child born in a comfortably well-off, cosmopolitan family, attending a dance class is perhaps one of the many activities crammed into her day by parents hoping to give her the best of everything. For a child of not so privileged provenance, dance could serve a few more purposes. A break from the exigencies of limited means. An outlet for unexpressed emotions. A temporary release from the confines of restricted living spaces. Or, a reason to just have a good time. Art means different things to different people. And for it to be realised in its full import, it calls for unfettered access.

Nityapuri, a CSR programme conceptualised by Swastika Dasgupta, Head - Programming (Dance), NCPA, is a step in that direction. The programme takes folk and classical dance forms of India to children from less privileged backgrounds, studying in six schools across Mumbai. In its fourth year, Nityapuri has been on a gratifying trajectory. From being performed in a fund-raising event for the devastating floods in Kerala to presenting performances in the NCPA's month-long Mumbai Dance Season, the Celebrate Bandha festival, events organised by renowned dance institutions in the city and most recently, the Kala Ghoda Arts

Festival 2020 (KGAF), these little feet are taking baby steps towards what every artist ultimately trains for - performing before an audience.

Engaging the young

The genesis of the programme, Dasgupta informs, was rooted in two ideas. "Nityapuri is open to those who can dance and want to dance. We focus equally on the attitude and attitude," she says, adding, "Our job is to not only train students in dance but also to have them understand dance as an art form, so that they grow up to be appreciative audiences. Promoting students who do graduate to more advanced levels are groomed so they can be performers of tomorrow." An affirmation of this came last year when two students of the Nityapuri dance form were awarded the Bhabha Bharti scholarship to help them continue their training.

While Dasgupta reserves her Fridays for an array of community engagement activities that fall under the purview of Nityapuri, the smooth running of the programme rests on the shoulders of a network of NCPA coordinators and dedicated teachers who have devoted to take dance lessons to the six participating schools. Amidst the backstage

battle ahead of her students' performance on the opening of the NCPA's Mumbai Dance Season in January, Manjunath Lakshana Devi recalls, "When we started out four years ago, the students couldn't even locate Marikur on the map of India." They have certainly come a long way since then. For, seated next to her is the shy 16-year-old Puchi Brijeshwar Yadav of the Green Lawn English High School in Powai, who tells the mythological story of Lord Hanuman got its name. Yadav is also a diploma student of Marikur, an art form that was instigated in Mumbai at the behest of Mahatma Gandhi. The programme has contributed to more students learning Marikur dance in the city.

The world's stage

A qualifying examination, however, isn't the only happy outcome of the programme. "After such few Nityapuri dancers in the city, a lot of them have started performing on social media, and I have been getting calls from artists enquiring if our students can perform in the events they organise," says Dasgupta. The real



is an increasingly packed calendar with the KGAF performance in early February, being a significant feather in the cap, where six dancers snipped in the traditional phanek and hoo-sayed to Marikur music, deftly manoeuvring cymbals laced with long cords in a Mayava Marikur presentation. The delicate performance then gave way to the more acrobatic Pungi Chhota. With drums customised for small cymbals, six pre-teen and teenage boys played the beats and proulted and flipped in the air to their own music, much to the awe of a 500-plus audience gathered on the lawn of Cross Maidan.

Taking Wing

Students of the NCPA's Nityapuri programme are now considerably showcasing their training in dance across platforms. Their latest feat: performing at Mumbai's celebrated arts festivals.

BY SNIGDHA HASAN

Media
Media
Coverage

THE HINDU

25/02/2019 Mumbai

e-Paper

To students with love: conclave brings principals together

Event discusses appropriate methods of educating children

MOLSHREE MUMBAI

A day-long conclave by The Hindu In School and Open Forum of Principals (OPF) on Saturday aimed to bring principals of various schools together to discuss appropriate methods to educate children for their overall development.

"The responsibility of a teacher is to help students grow academically and emotionally. The teacher is like a gardener who has to make the soil fertile," Revathi Srinivasan, Director and Principal of Sulochanadevi Singhania High School, Thane said.

The conclave held in Worli also touched upon the ancient education system. Ms. Srinivasan said it is necessary to apply the ideologies



A panel discussion at the Principals' Conclave 2019, organised by The Hindu In School. •SPECIAL ARRANGEMENT

of the traditional system in the present day. "The Gurukul system was beneficial for students as not one was told what to do. The creativity of the child develops when he is allowed to learn on his own without a guide at every step. Nowadays, children are being spoon fed, which ham-

pers the development of their minds," she said.

On Millennials, Dr. Tushar Guha, founder of OPF said, "This generation is diverse in the way of their behavior and perspective. Thus, it is very important for mentors to accept their talents the way they are."



brings to you

THE HINDU PRINCIPALS CONCLAVE 2019

MUMBAI EDITION powered by Ebf smartclass™

Join us to promote and celebrate the spirit of education, with the Principals from our city of one platform.

TOPIC:

"Raising the Millennials and Revisiting the Ancient Education System"

KEYNOTE SPEAKERS:

Ms. Divya Lal
Managing Director, Ebf Smartclass

Ms. Kinjal Gajera
Educator and Trustee, Cojara Trust

Dr. Tushar Guha
Founder Chairman, Nityapuri Group & Open Forum for Principals

Mrs. Revathi Srinivasan
Director & Principal, Smt. Sulochanadevi Singhania High School, Thane

Date: 23rd February 2019, Saturday | Time: 10:00 am to 5:00 pm
Venue: Mayfair Banquet, Annie Besant Road, Worli, Mumbai

Creativity Partner



For further details please contact:
Mr. P.A. Sudesh: 993064802/9422317519

Writing Partner



NRITYANJALI

FEST 2019

PRIZE DISTRIBUTION FUNCTION

- on Sunday 12th January 2020 at Ravindra Natya Mandir, Prabhadevi. The Guests of Honour were **Mr. Amitesh Kumar**

- Jt. Police Commissioner

- State Intelligence and **Dr. S M Bandukwala**

- renowned Physician and Diabetologist



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.*

Mrs. Neeta Parekh Speaks...

My Journey with **NRITYANJALI**

I lived all my life in Pali Hill, Bandra. Then twelve years back shifted to Ghatkopar. From Western Suburb to the Central Suburb, that too from Pali Hill, Bandra was a huge mental shake up - a huge adjustment in every manner.

So, after initial few months, I began to look for some kind of association where I could involve myself and keep busy. My son had grown up - well established and my husband busy with his business - supported me. At this juncture, I must mention that I always attired myself in western outfit of trousers and tops.

Through common friends, I came to know about Nrityanjali but not in its entirety. I was a bit skeptical and to be honest had my Bandra attitude of coming to Bhandup. As I could not find anything else of my liking, one day I took an appointment and visited Nrityanjali office. I met Dr. Anonna Guha Madam and got information about the Special Personality Development Course - SPDC.

After some wait and internal thought process I enrolled for the course and my life began to take a new shape, a new turn that filled me with joy, happiness and acceptance.

**SPDC teaches that
ordinary leads to being
Extra-ordinary**



This course was very different and interesting. DR TUSHAR GUHA SIR our mentor explained in his own unique style I was totally impressed by Sir's energy levels. The learning was simple but deep, analytical and thought provoking. On one side was Indian values, on the other side is Individual ambition and goal. I began an introspection of self, I began to evolve. I began to be proud of me, my family, my language, my community and religion, my city, my country, my food, my dress and on and on.

It is not that I was not happy being a Gujarati or a Jain or an Indian. But somewhere deep inside I began to identify with our traditions - understood the significance. No, Nrityanjali never told me to do this or that. It was simply an awakening within me. On my own I started dressing in Indian attire. I started calling for Gujarati News Papers. And I saw the glint of joy in my husband's eyes. That filled me with joy and contentment. Such simple, ordinary acts - I have learnt from Nrityanjali SPDC. **SPDC teaches that ordinary leads to being Extra-ordinary.**

Today, Nrityanjali is my life. I joined Nrityanjali as a member, as a faculty, as a social worker. Whenever I accompany Sir for workshops, conferences, lectures - every time it is a learning experience. The way he engages the audience is amazing. I listened to his lectures and the way of delivery with humour and in a very simple way, is awesome. I can feel the change in my attitude, in my thinking and in my approach.

Nrityanjali Faculty dress code is Indian attire. As mentioned, earlier, I was totally into western attire but after joining Nrityanjali the transition was so natural. Following our culture makes me feel great I started taking pride in my Gujarati Culture and Indian Culture.

Today I am confident, balanced, agile, punctual thanks to Sir and Nrityanjali Family. I feel so loved and respected. And I love and respect every person - Top to bottom and every thing of Nrityanjali. Not that there are no differences of opinion or thought. We have clashes but the multiplicity of activities over takes all.

Nrityanjali is multidimensional. People cannot fathom the enormity of Nrityanjali activities. Our Dance and Sangeet classes have around 600 students but the fee is so nominal. We have more than 100 faculty members for Life skills, Corporate Trainings, Performing Arts etc. The Sunday Classes and the Dance - Drama programmes. The Fest - Inter-school Competitions with almost 6 lakhs students participation.

The Summer Camp, The Annual General Meet where 700 students perform. We have the Social Work Activities - Workshops for Jail Inmates, Rehab Centres for Destitute

Women, Women Taxi Drivers, Nurses, Visiting Old Homes, Patients in Hospitals, Orphanages, Swacha Bharat Promotion - making of Toilets, Giving kits to the down trodden, benches to school, planting of trees, medical workshops and so on.

I have volunteered for everything. Some are tough emotionally. But I learnt to LIVE

*Thank you **Nrityanjali**
Thank you to my husband **Devang**.*



**Neeta Parekh Madam is a beautiful soul
- a true Nrityanjali-ite in spirit and
action. She truly GIVES and GIVES
COMPLETELY**

The Artiste in
Mrs. Neeta Devang Parekh



Young Entrepreneur

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

Mrs. Maitri Khedekar - Nrityanjali Permanent Invitee B.O.T, Head Social Activities Division, Faculty, Counsellor, Dancer, Dance Teacher and Editor of PMP chats with Mr. Ashit Thakkar - the dynamic Senior Member & Artiste of Nrityanjali and not so very Young Entrepreneur



Maitri Khedekar : *You are a very senior member and artiste of Nrityanjali. Highly respected and loved by all - young and old alike. We all know about your involvement in art and social activities - how passionate you are in helping people. But we do not know much about your profession.*

We have this column in PMP - Young Entrepreneur. This time we want to know you as a professional businessman. I will field some queries, please answer them.

Ashit Thakkar : *Alright Maitri Madam. As you wish. Nrityanjali is my Alma Mater*

Q) *Thank you Sir, firstly please tell us about the business that you are in?*

Ans. I am in the business of making diamond jewellery.

Q) *That is really amazing. We would love to hear how and who introduced you to this field? Was it accidental or you always wanted to go into this field?*

Ans. I started this when I was 21. Since childhood I had passion for diamonds. It so happened that I approached my family friend, who is in this business, to buy a diamond ring and also expressed my wish to learn about the business. He readily agreed and asked me to join so that he could teach the basics. I then attended diamond assortment classes for advanced knowledge.

Q) *What are the key skills and knowledge one needs to be able to sustain in this field?*

Ans. Public Relations is one key skill which we need to develop. By God's grace, I guess, I had it naturally, which made it easier to handle

the clients. Handling customers through constant interaction is a must. So one has to be very good at this.



Q) *How has the pandemic impacted your field? How will it sustain?*

Ans. Jewellery is always considered as a luxury product. Pandemic has affected our economy and business drastically. With this situation worldwide people will first try to settle their basic needs. One economy stabilises, they would think of buying jewellery. So definitely

our industry will have to accept it and wait.

Q) *How should today's generation prepare themselves to enter in this field?*

Ans. Total involvement and honesty are some basic requirements which are a must. I would advise today's generation to focus more on studies. In our times education was not given much importance. And it was easy to start small business. But today things have changed. Education has become very

important. With higher studies, students can get formal grooming which could help them get a good job as well be ready to be entrepreneurs. Any business needs huge investments and involves high risks too. So the students must consider all these aspects and then make decisions. Those who can take Risk and understand finances have an edge.

Q) *What were the struggles that you faced during the initial phase of your career?*

Ans. With no financial support and less experience, it was a difficult initially. I used to leave home early, at 7.30am, with no fixed time of returning. Even small orders were important for me, without thinking much about profit or loss. Yet all that struggle paid in the end and things got better soon.

Q) *Your association with Nrityanjali is very long – what are the key things you learnt at Nrityanjali and applied in your business?*

Ans. I learned to be more humble and cool after joining Nrityanjali which helped me in sustaining long term relationships with my clients and people around me.

Q) *I am sure like all of us you too enjoyed spending time with Nrityanjali members, but I am sure there were some who did influence you. Can you share your experiences with them that helped you in your profession also?*

Ans. To be very honest, I have a very strong personality. I feel inspired then be influenced. I always did what I wanted to do. Yes, the way our Sir - Tushar Guha would do multiple things at one time, I always used to feel jealous of him. But then I accepted the fact that God must be totally free while creating him, so he put multiple talents in him. (Haha...laughs) Jokes apart..... I was always in awe of him and still am. I belong to a Gujarati middle class family. I studied in a Gujarati medium school. My exposure was then limited. Yet my ambition in life was to earn a better standard of living and give all the comfort to my parents, which I could

achieve. But I have a wish that in my next birth I should be born in a well-to-do family and do all things that Sir is doing. I am so blessed to have a Guru like him.

Q) *Entrepreneurs have to always work on sustaining business. What is your mantra?*

Ans. Word of Mouth and Quality. I always encourage my clients from across India, USA, Africa and Dubai, who buy from me, to please also check and compare with other's products and prices, after all they are investing huge amounts and they should be able to enjoy their investment without any second thought. That I guess has worked and added value to my profile as a professional and as a Human being. I equally trust my associates as this line of work or any line of work, works only on Trust, isn't it? I too believe in what Sir says, "Who am I or anybody else to judge a human being". So we need to trust and build trust with constant persuasion and utmost sincerity.

Q) *How many years you have been doing business and what role did your family play?*

Ans. It has been 37 years and without family members one cannot be successful in life. Their '**Belief**' in me, helped me going. Fortunately, my association and equation with people has helped me grow my business. Today, my old and regular clients recommend me highly to their friends and associates, that's my REWARD.



Nrityanjali's CSR initiatives

WATER Facility for Vaje School, New
Panvel - **Borewell** Project
for **National Oil Varco Limited**



GIRL CHILD EDUCATION
PROJECT - **Jeevan**
for RPG Foundation



INDIAN CULTURE & HERITAGE
through Dance
PROJECT - **Nrityaparichay**
for NCPA in association with
Kotak and Larsen & Toubro



The CORONA Chaos

Written by: Dr. Poonam Verma

Dr. Poonam Verma, BDS, practiced Dentistry for over 6 years and then travelled with her husband to USA where she explored being a homemaker before deciding to explore alternative career prospects.

She is currently working with a European pharma company (ELC Group) as an Executive medical writer, yet her love towards social activities and interacting with people drew her to Nrityanjali.

Today she is SPDC Alumni and tries her best to participate in various Nrityanjali activities.



'CORONAVIRUS' – a little demon that has traumatized all of humanity with fear and helplessness. In the past few months, we have been flooded with information on COVID-19 from various sources. It is hard to figure out what is authentic and what is not. Let us try to take a more scientific look at COVID-19 and figure out the best way forward.



Facts and Statistics

Coronaviruses are a large family of viruses which can cause illnesses in humans ranging from common cold to severe respiratory diseases. The most recently discovered coronavirus (SARS-CoV-2) originated in China's Wuhan province in December 2019 and causes the Corona Virus Disease (COVID-19).

On 11th March 2020, the World Health Organization (WHO) declared this Coronavirus outbreak as a pandemic and said it was "deeply concerned by the alarming levels of spread and severity" of the outbreak.

As of June 10, the global death toll surpassed 421,000 amid more than 7.5 million cases. Over 3.5 million people have recovered from the disease worldwide (that is the GOOD NEWS!), according to the data collected by the John Hopkins University in the United States. Currently, the number of infected cases in India has crossed 3 lakhs.

Signs and symptoms

Common signs of infection include fever, dry cough and breathing difficulty. In severe cases, it can cause pneumonia, multiple organ failure and death.

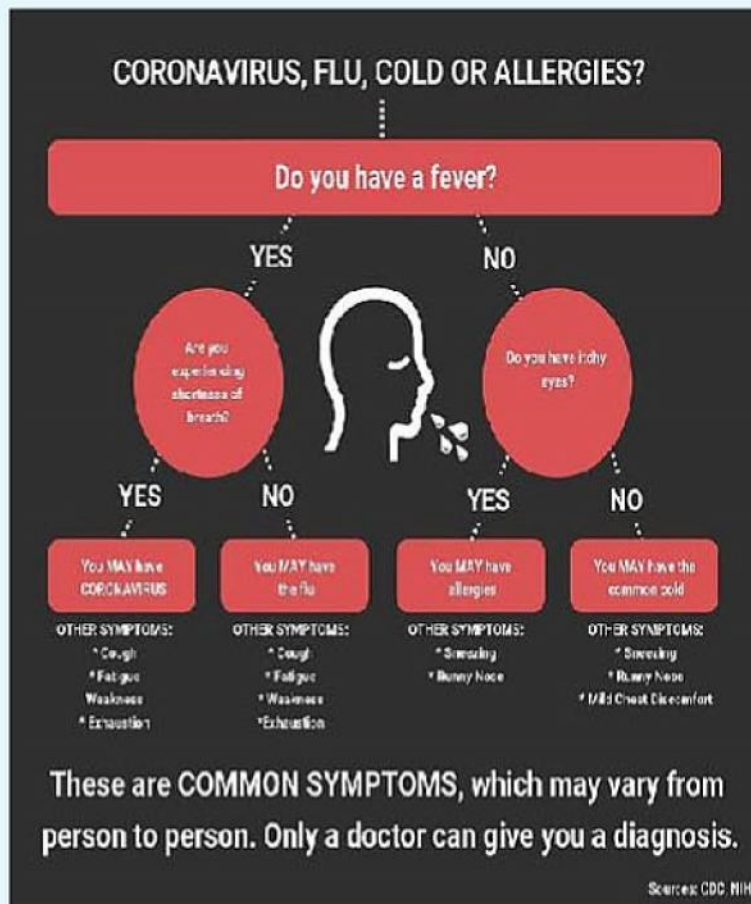
Infected patients can also be asymptomatic, meaning they do not display any symptoms despite having the virus in their systems.

The time between exposure to the virus and the moment when symptoms start is thought to be between 1 and 14 days. It is contagious even before symptoms appear, which is why so many people get infected.

Most people (about 80%) recover from the disease without needing hospitalization. Older people, and those with underlying medical problems like high blood pressure, heart and lung problems, diabetes, or cancer, are at higher risk of developing serious illness.

Grocery and food handling

While grocery shopping, it is recommended to keep at least 1 metre distance from others and avoid touching our eyes, mouth and nose.



against COVID-19 and can be extremely dangerous.

Safety recommendations by WHO

a. Practice basic hygiene - regularly wash hands with soap and water, cover your mouth with your elbow when sneezing or coughing.

b. Maintain "social distancing" - keep at least 1 meter (3 feet) between yourself and others - particularly if they are coughing and sneezing, and avoid touching your face, eyes and mouth with unwashed hands.

c. Avoid unnecessary, unprotected contact with animals and be sure to thoroughly wash hands after contact.

d. Periodically clean and disinfect frequently touched objects and surfaces.

If possible, handles of shopping trolleys or baskets should be sanitized before shopping. Once home, after handling and storing the purchased products, hands should be washed thoroughly. There is currently no confirmed case of COVID-19 transmitted through food or food packaging.

Before handling fruits and veggies hands should be washed with soap and water. Fruits and veggies should always be washed thoroughly with clean water prior to consumption.

Myths Busted

1. Drinking alcohol does not protect against COVID-19, rather increases risk of health problems.

2. Eating hot pepper or garlic in food, though very tasty, cannot prevent or cure COVID-19. COVID-19 is not transmitted through houseflies or mosquitoes.

3. Spraying and introducing bleach or any other disinfectant into the body will not protect

Treatment

WHO states, currently no medicines are licensed for treatment or prevention of COVID-19 and strongly advises against any self-medication. The misuse of antibiotics as well as hydroxychloroquine can cause serious side effects and could be life-threatening.

Brighter side of things!

Mother nature has healed immensely in the past few months, thanks to all human beings engaged. We have learnt our lessons. Each of us have surely introspected and pledged in silence to be more respectful towards the ecosystem that supports us constantly. Going forward, hopefully, we will learn to live in harmony with all of "Life" that surrounds us. Someone has rightly said, "Life is beautiful *conditions apply!"

Best way forward?

When the news is all doom and gloom—as it has been since the outbreak of coronavirus—

it's hard for even the most optimistic among us to stay positive. Remaining optimistic in the face of social distancing and isolation, possible loss of income, communal grief, uncertainty, and gripping fear, requires conscious effort and continuous mindfulness.

In times of constant negativity, we need to gather all our inner strength to keep a positive attitude and march forward with determination and hope. We must be deliberate in activities that are positive, heartwarming, stress reducing and laughter inducing! Together, we'll definitely get through this.

A positive attitude, healthy diet, regular physical exercise, yoga, meditation, pranayam, lots of love and warmth amongst family members and a kind gracious heart to help those suffering in these trying times – these are sure ways to defeat Corona and send it back to Neverland!

Help us to help you

NOVEL CORONAVIRUS (COVID-19)

Protect yourself and others!
Follow these **Do's** and **Don'ts**

Do's

- Practice frequent hand washing. Wash hands with soap and water or use alcohol based hand rub. Wash hands even if they are visibly clean.
- Cover your nose and mouth with handkerchief/tissue while sneezing and coughing.
- Throw used tissues into closed bins immediately after use.
- See a doctor if you feel unwell (fever, difficult breathing and cough). While visiting doctor wear a mask/cloth to cover your mouth and nose.
- If you have these signs/symptoms please call State helpline number or Ministry of Health & Family Welfare's 24x7 helpline at 011-23978049.
- Avoid participating in large gatherings.

Don'ts

- Have a close contact with anyone, if you're experiencing cough and fever.
- Touch your eyes, nose and mouth.
- Spit in public.

Together we can fight Coronavirus

For further information :
Call at Ministry of Health, Govt. of India's 24x7 control room number
+91-11-2397 8046
Email at ncov2019@gmail.com

ministry of health & family welfare | @MoHFW_INDIA | #COVID19

LOOK OUT FOR:

SPECIAL PERSONALITY DEVELOPMENT COURSE (SPDC)
(Certificate Course) Level I. Also Followed by Level II & III



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

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

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

Trained over 4,50,000 Individuals

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

Now conducted Online in September, February & May month. Interviews have begun. Selection only after an Interview.

Tel: 9702457535, 25967388

Email: nrityanjali1963@nrityanjali.org.in

Aatman - Spirit of Love

Written by - **Mr. Shashank Dey**

Shashank Dey is studying in SYJC Commerce in HR College, Churchgate. A scholar and a budding writer, he is associated with Nrityanjali through Nrityanjali Summer Camp over the last 10 years.



South Bombay's prestigious arts festival – Kala Ghoda Arts Festival (KGAF) went on from the 1st of February to 9th of February. Dr. Anonna Guha served as the Curator for the dance section of the same and Ms. Falak Trivedi served as Assistant to the Dance Curator. The theme this year was 'Aatman - Spirit of Love'

A total of 22 volunteers and 6 comperes helped to make this the huge success that it was. The dance section of KGAF took place on 4 days at the Cross Maidan, in Churchgate.

We had a variety of performances ranging from an energetic Hip-Hop number by Kings United, to Daksha Sheth's elegant production – 'Saree', from Luminario Ballet's graceful performance to Kathak by the renowned Aditi Mangaldas.

Members of Nrityanjali played both roles for this year's KGAF - that of volunteers as well as that of artistes. As volunteers, we helped out behind-the-scene. As artistes, we performed two diverse pieces – 'Football' and 'Dulhan'.

As volunteers, we received artistes from the airport, coordinated vehicles for the same, provided food and refreshments on time, allotted green rooms and ensured smooth functioning of everything behind-the-scenes.

Personally, this was a massive learning experience for me – coordinating with cars, drivers, interacting with so many new people, experiencing first-hand professionalism at such a young age and learning what it takes to organize such a stupendous festival.

Nrityanjali performed on the 4th of February 2020. We performed two dances – 'Football' and 'Dulhan'. 'Football' was a light refreshing creative dance that depicted a friendly football match between two teams in a colony. Football was appreciated by the audience present in the Cross Maidan.

'Dulhan' was the beautiful celebration of a bride's exuberant *Sangeet* and sorrowful *Bidaai*, and the responsibilities and joys of a new marriage. Audience members clapped and cheered along to the Punjabi beats of this peppy performance and ended up with moist eyes for the *Bidaai* scene.

On the 9th of February 2020, Dr. Anonna Guha and Mr. Girish Dalvi performed 'Guru Arpan' – a repertoire including three distinct pieces dedicated to the varied dance learnings of three distinct Kathak Gurus - Vandana from Guru Maulik Shah & Guru Ishira Parikh, Niratata Dhang from Guru Padmashri Damayanti Joshi and Trivat from Guru Bireswar Gautam. This graceful Kathak piece garnered much applause and acclaim from the audience.

Overall, Kala Ghoda Arts Festival was once again, a platform for Nrityanjali's excellent management skills as well as its creative caliber. The 9-day festival is certainly a memory to be cherished, by all Nrityanjali members engaged in this colossal festival, as artistes and as volunteers.



Kala Ghoda
Arts Festival
1-9 February 2020



THE TIMES OF INDIA

BEHIND THE SCENE

with veteran Dancer
Smt. Daksha Seth and
Actress **Isha Sharvani**
and her team



The
Nriyanyali
Team



Dr. Anonna Guha &
Mrs. Falak Trivedi with Committee
member KGAF **Mrs. Brinda Miller**

Celebrating the success of
Collective togetherness -
Nriyanyali Volunteers, Events
team and Technicians



Celebrating 5 years of association with KalaGhoda Arts Festival

कोविड 19 आणि माझा सामाजिक सहवास

सौ. चारुशीला समजिस्कर

मार्चच्या महिन्यात पाहुणा म्हणून कोरोना वायरस आला. तो भारतात तर पसरत होता, पण जगभरात आधिच थैमान घालत होता.

मुंबईत ही महामारी आली आणि सगळ्या ठप्प झालं, शाळा, महाविद्यालय, सार्वजनिक वाहतुक सर्वच, अगदी रेल्वे सुद्धा बंद करण्यात आले कारण सुरक्षा फार गरजेचे होते.

जसजसे लोग कोरोना ने आजारी पडू लागले असता मी आणि माझे सहकारी मिळून आसपासच्या लोकांचे टेस्ट सुरू केले. वेगवेगळी संस्था आमच्या मदतीस आले, आर.एस.एस ने प्रामुख्याने टेस्टिंग किट्स पुरवण्यात आले.

क्वारींटीन करण्यासाठी महापालिका अपुरी पडत होती आणि चाकर मानी गावी जाण्याचा अट्टास करत होते, पण करफ्यू असल्याने जेव्हा ते माझ्या कडे आले, तेव्हा भांडुप पोलिस स्टेशनच्या मदतीने फॉर्म भरून जनप्रतिनिधी च्या सहाय्याने गाडीची व्यवस्था करून दिली. सर्व गोष्टी करताना माझी तारांबळही उडाली. घरी माझी आई, तिची व्यवस्था - जेवण, औषधं, मनोरंजनासाठी टी.वी, करणे आणि बाहेर फिरताना तिची व स्वतःची काळजी घेणे होतेच. त्याच बरोबर आपल्याला सोबत देण्याची काळजी घेणे जरूरी होते.

आपल्या पंतप्रधानांचे औषध व मेडिकल कॅम्प घेण्याचे आग्रह धरले. थर्मल चेकअप तसेच ऑक्सिजन



लेवल चेक करण्यासाठी मोबाईल दवाखान्याचे बंदोबस्त झाले, जणू काही देवच हाकेला धावून आले आणि मला भांडुपचे प्रमुख करण्यात आले.

वस्ती वस्ती मध्ये मी आणि माझे सहकारी एकत्र आले कंबर कसून रोज एक कॅम्प करत होतो. आज पर्यंत भांडुप मध्ये दोन्शेपेक्षा अधिक कॅम्प आयोजित केले. त्यातले 82 कॅम्प मी



स्वतः माझ्या वेणुताई संस्थे तर्फे आयोजित केले. नृत्यांजली तर्फे मानसिक बळ खूप मिळाले, थॅक्यू सर.

मनात तरी भीती असते आणि राहणार.

हा कोरोना काही आपला पाय येथून काढणार नाही. आता त्याच्याशी दोन-दोन हात करायला शिकलो. 3 महिने होत आले, आता तो आपलासा वाटतो..... समाज कार्य चालूच ठेविन....

आशा आहे आणि त्यावरचा विश्वास बुलंद आहे म्हणून काम करत राहणार, काय बिशात त्या कोरोनाची. लवकरच सापडेल औषध आणि मग भेटूच आपण, तो पर्यंत काळजी घ्या, घाबरू नका, कारण घाबरून जाणे हा उपाय नव्हे, फक्त आणि फक्त सांगितलेले नियम पाळणे, जेणे करून आपलीच नव्हे तर आपल्यांची काळजी घेणे होय.

ह्या सर्वांत, डॉक्टर, नर्स, पोलिस, महापालिका, समाज सेवक, जन प्रतिनिधी, शिक्षक वर्ग आणि माझ्या असंख्य

माता-भगिनींना माझा धन्यवाद आणि सलाम. जय हिंद, जय महाराष्ट्र



Rhymes & Verses



This issue shares expressions of individuals and SPDC Alumni during the COVID - 19 lockdown period

A VOID...

*I'm losing myself
In the mumble and jumble of the outside
I'm losing myself - In the emptiness
inside
Why does one feel like hurting themselves
The only feeling you know is of a pain
An inner pain I know not how to mend
So an outer one I would gladly
recommend
There's an empty void pulling me in
Ripping me apart from within
Holding on to a rail of hope - Tempted
to let go
Then all my sorrows and fears
Would be no more
As I become a part of that void
It'll finally be empty inside and outside*



- written by
Abdul Karim Khan
(Abdul is a warm, animal loving, hardworking Corporate Executive and SPDC - 1 Alumni)

वक्त वक्त की बात है।

कल चारों तरफ शोर था
आज कुछ अजीब सा सन्नाटा है
कल तक अपनों से दूरियाँ थीं
आज आपस में नजदीकियाँ हैं
कल हर चीज में खामियाँ थीं
आज वही चीज़ खूबसूरत है
हर कमरा, हर बर्तन, हर कोना जो बेसुरा था
आज सुरों की बौछार का कोलाहल है।

चिन्नु, मुन्नी, दादा, दादी, बाबा, भाई,
सब ने मिलकर की खलीपन की भरपाई।
कभी पनीर पकोड़े, कभी घर का पिज़्ज़ा,
जो कल तक मँगाते थे, आज बनाने में सबने
लिया हिस्सा।

कल भी यह घर था, पर कहीं थी उसकी शान,
आज बना है दफ्तर, तो कभी खेल का मैदान।
जिन्दगी की रफ्तार को एक सवकाश मिला,
इंसान को हर परिस्थिति में डटने का अवसर
मिला।

कल तक बेखौफ थे, चिड़ कर बोलते,
क्यों यह लॉकडौन है ?
पर आज सच सँग गया
कि जान है तो जहान है,
बस वक्त वक्त की बात है,
वक्त वक्त की बात है।

- written by **Mrs. Geeta Chandrasekaran**
Former Principal - Fellowship School,
Faculty, Counselor and Head- HR - Nrityanjali.
She loves to explore her
creative skills through
poetries, paintings and craft
skills.

She has completed
her SPDC Level 1,2,3
at Nrityanjali under
the guidance of
Dr. Tushar Guha.



FOOD *Khana* Recipes



LEMON MINT GINGER SYRUP

Ingredients :

- 500gms Sugar,
- 1.5 small vati lemon juice,
- 1 small bundle mint leaves,
- 3-4 medium sized pieces of ginger

Procedure :

- Take the Sugar in a vessel, add water just enough to cover all the sugar.
- Heat it till all the sugar dissolves and then bring to a boil.
- Strain this syrup through a nylon strainer to remove any impurities from it and let it cool.
- Once cooled, add lemon juice, washed mint leaves and ginger to the syrup.
- Mix and then grind it well in the grinder.
- Strain the mixture using a juice strainer. Store the syrup in a clean and dry bottle in a refrigerator.



Mrs. Maitri Khedekar member of the Board of Trustee, Head - Social Activities Division 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.

Mr. Satyen Tawde student of hotel management, is grooming self into dance and dramatics at Nrityanjali. His first guru, his mother, helped his talent to bloom.

His love for Nrityanjali reflects from the creatives he has been creating for Nrityanjali social media. During lockdown period his cookery show on YouTube Channel is active.

PANEER CHEESE MOMOS

Momo is similar to East and South Asian steamed dumpling, popular across the Indian Subcontinent and Himalayan Ranges. It is a traditional delicacy among Nepalese and Tibetan communities.

Ingredients

- Oil 4 tbsp
- Ginger garlic paste 1 tbsp
- Grated paneer 250 gm
- Lemon juice 2 tbsp
- Grated cheese 4 cubes
- Finely chopped onions 2 medium
- All purpose flour (maida) 250 gm
- Coriander powder, Chilli flakes, Herbs and Chilli powder as per choice
- Water as required & Salt to taste

Method

- We first make the dough. In a bowl take maida, salt, oil and water as required and make a dough. Rest it for 15-20 min.
- For filling, take a bowl, add grated cheese, grated paneer, chopped onions, ginger garlic paste, lemon juice, chilli flakes, herbs, chilli powder, coriander powder and salt and mix together.
- Take a part of the dough. Roll out a thin circular sheet. Place the filling in the centre.
- Apply water on the edges. Join two ends making half moon. Now join the two sharp ends of the half moon. You can also shape them as modaks.
- Now grease the streaming plate of steamer and place the momos on the plate and steam them.
- When the momos are cooked, they are partly transparent and ready to be eaten.

Serve hot momos with sezchuan sauce or mayonnaise.



NRITYANJALI ACTIVITIES



Ballet workshop in association with US Consulate by Luminario Ballet, USA



Celebrated 'Hindi Diwas' with NTPC, Mumbai



Celebrated 'Republic Day' along with Reliance Mumbai Metro, Mumbai

JOKES

For Years & Years, I have been incorrectly hearing this advertisement for cough & cold...

WHISKEY Goli lo.... Khich Khich Dur Karo



We're allowed back to work!
BUT! You've got to remember to:



Avoid MEN

M - mouth,
E - Eyes,
N - Nose

Instead, Follow WOMEN

W - Wash your hands,
O - Obey social distancing,
M - Mask Up,
E - Exercise and eat well,
N - No unnecessary travelling.



Teacher: How old is your father?

Student: He is 6 years old.

Teacher: What? How is this possible?

Student: He became father only when I was born

Teacher: Mandira, go to the map and find Haryana.

Mandira: Here it is.

Teacher: Correct. Now, class, who discovered Haryana?

Class: Mandira

TEACHER: What is the Full form of COVID-19?

STUDENTS: China Organised Virus in December 2019!!

It's Hard to be a Teacher at Times...

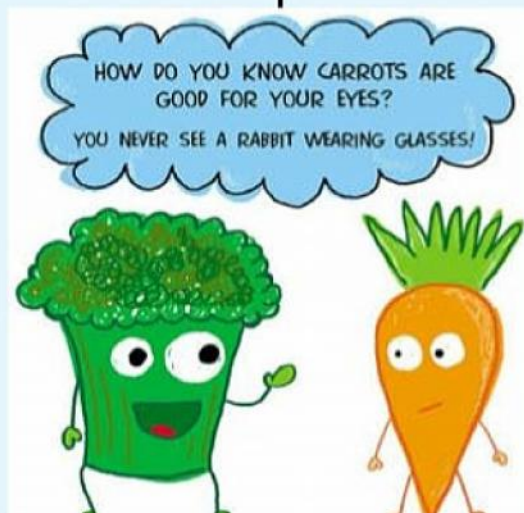
Teacher: Vinod, how do you spell crocodile?

Vinod: K-R-O-K-O-D-I-A-L

Teacher: No, that's wrong.

Vinod: May be it is wrong, but you asked me how 'I' spell it.

इंसानों की बस्ती का,
यही तो बस
रोना है...
अपनी हो तो खासी,
दूसरों की हो तो
कोरोना है...



Teacher: Subhash, your composition on 'My Pet' is exactly the same as your brother's. Did you copy it?

Subhash: No Sir, it's the same pet.

Did U Know

How old were you when you realised that ***Racecar*** spelled backwards is RACECAR ?



Check the
S
H
E
E
P
before **Sharing** on
Social Media

7 Biggest Brain Damaging Habits



1. Missing Breakfast
2. Sleeping Late
3. High Sugar Consumption
4. Sleeping for long, especially late morning
5. Eating meal while watching Television or Computer
6. Wearing Caps/scarf or socks while sleeping
7. Habit of blocking/Stopping Urine

Courtesy: WHO

Knowing the differences



Dry cough + Sneeze = **AIR POLLUTION**

Cough + Mucus + Sneeze + Runny Nose = **COMMON COLD**

Cough + Mucus + Sneeze + Runny Nose + Body Ache + Weakness + Light Fever = **FLU**

Dry Cough + Sneeze + Body Pain + Weakness + High Fever + Difficulty in Breathing = **CORONA VIRUS**

Courtesy: AIIMS, Delhi

VIRTUAL ESSENTIALS

Wi-Fi

Wireless Fidelity

GOOGLE

Global Organisation of Oriented Group Language of Earth

YAHOO

Yet Another Hierarchical Officious Oracle

WINDOW

Wide Interactive Network Development for Office Work solution

VIRUS

Vital Information Resources Under Siege

COMPUTER

Common Oriented Machine

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



August

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

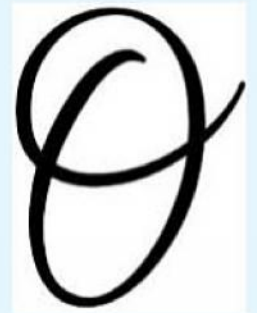


September

- 4th Nivedita Damle
 4th Neeta Parekh
 6th Anonna Guha
 12th Tushar Guha
 12th Shardul Singh
 14th Shamal Kadam
 26th Ananya Save
 27th Uma Mahesh

October

- 1st Yogesh Mandalia
 3rd Naresh Pukale
 11th Khushvi Pukale
 14th Revathi Sethuraman
 24th Rekha Vijayakar
 25th Manju Pukale
 26th Anjum Shaikh
 29th Vikram Notey



You Can Contribute

Articles, Poems - Original or Sourced
 Pictures / Sketches in Black & White only
 to the Editorial Board
 e-mail : nrityanjali1963@nrityanjali.org.in



Nriyjanjali

13/2, Shopping Centre, Miniland, Gate No.2, Opp. Little Apts.,
Nriyjanjali Marg, Bhandup (West), Mumbai – 400078, Maharashtra, India.
Te.: 91-22-25967388 / 25953606. Email: nriyjanjali1963@nriyjanjali.org.in. Web: www.nriyjanjali.in