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Vol. 29 No. 4



# Parichay Mein Parichay



*Let's grow thoughts*

**Nrityanjali®**

*Leader in Personality Developments & Emotion Management*



# Parichay Mein Parichay



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## Editor :

Maitri Khedekar

## Editorial Board :

Charushila Samjiskar  
Revathi Sethuraman  
Hemakshi Jethmalani

## Editorial Address :

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

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Dear Readers,

### ***Warm and sanitised wishes for Diwali !***

Yes, I cannot forget Durga Puja and Dassera and the nine days of Garba and Dandiya, yet Diwali symbolises the end of the first term, bringing in hopes and marks the return of Rama, for us, our dear ones, whom we have not met since past 7 months.

Though we are getting accustomed to the New Normal, our lifestyles need to change further just as **Nrityanjali Fest 2020** has. Along with being the 34th year, this also is the year of conducting our events in the **VIRTUAL** manner. The love and longing of our parents, schools, students and most importantly our Volunteers have compelled us to organise it. Thank you all. We surely did need that assurance from all of you.

The world is going through a lot. One cannot bear the pain of the environment and people who are facing undesired consequences from the war between Armenia and Azerbaijan or the Beirut explosion; the conflict India is troubleshooting at the borders near Ladakh or with Pakistan in Kashmir. The US elections are to be held in November and the state elections of India in Bihar. The atrocities happening around have really pained us a lot. Not much is being done by all of us feeling helpless and fearing Corona due to the delay in finding a suitable vaccine.

Schools and parents have reflected high commitment to their work even if it is **WFH\***, while juggling with the daily chores. Children have learned to be patient, to adjust and to offer their support. Yes online classes have made students innovate in communicating with their friends during class and learning to make the most of technology, beyond entertainment.

Let us pray for the well-being of all and be ready to wish everyone, **HAPPY DASERA & DIWALI, and do not forget to participate in VIRTUAL Nrityanjali FEST 2020.**

\*WFH - Work from Home

**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	Jattani 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**



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- Mrs. **Sangeeta Sathaye Vishwanath** (currently in UAE) and

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## 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

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## CENTRAL ADMINISTRATION

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**Nrityanjali Management Services** ( Trainings in Corporate & Professional Institutions )

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●  
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 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



# ACCOLADES

## The 58th Nrityanjali AGM on 19th July 2020 - the 57th Foundation Day - Responses

I was so happy to be a part of the first online AGM of Nrityanjali. Also to see Aunty Mrs. Radha Guha. Sir and Aunty looked so fresh

### Charushila Samjiskar

Trustee of Nrityanjali, Member since 1980  
BJP Leader, Member Film Censor Board  
- Bhandup

The online AGM was really nice, even though I do not know many of the members but the way the seniors shared their experiences, the golden memories, created great vibes. I am feeling so proud and happy to be one of the members of Nrityanjali

### Parameshwar

Engineer Student, Young Member and Dancer -  
Dombivali

I wanted to share my feelings at the AGM which I actually realised while I was in the meet but *shayad mai kuch bol nahi paati*. So emotional I was. I realised that with Sir and Shomadidi (Anonna Madam), I am the only one who was privileged to live those golden beautiful years with the 90's generation ( Sangeetadidi, Pranotididi, Pramod uncle, Ashit uncle, Anuradha & Bhumiika didi) and still get a chance to perform and be with the lovely vibrant members. I was 6yrs in 1994, when I first performed at Nehru Centre - *choti se sidha buddhi ho gayi - jawan hui hi Nrityanjali mein*. I feel proud & blessed to be not just emotionally but still getting chance to be physically connected to Nrityanjali and Sir

### Nitasha Chawdhary

Architect, Kathak Exponent

I actually don't know what I said at the AGM meet - so excited

### Kedar Pingle

IT Professional - Pune  
Lead Dance & Actor in Nrityanjali till 2010

No words to express or describe. Awesome online AGM. This kind of bonding would not have been possible on the stage. It was like a family re-union. Members from all over the world - USA, London, Middle East, Delhi, Kolkata, Pune, Mumbai, Bangalore - expressed their emotions beautifully. Without chai and nashta also we were all very happy together beaming from ear to ear for about two hours. Praying for this kind of connection to continue for ever.

### Revathi Sethuraman

Sr. Faculty of Nrityanjali. Retd Teacher - Ghatkopar

The online AGM was really very touchy and had a very strong emotional connect. I am so happy to see every one and also glad to hear from senior members whom I have not even met in person. Nrityanjali is Magic.

We should have such meetings even after Corona is gone so that most of the seniors out of Mumbai can connect and share their amazing experiences.

### Swapnali More

IT Professional, Dancer - Mumbai

I was very emotional ... it is so good to see the way Nrityanjali has spread its wings and is soaring high!! The happy faces and wonderful things people shared testifies the good work done over the years. The gentle smile of Radha Maami remains the same.

### Mahua Sen

Member since 1963 as a child  
Educationist, Singer, Social Worker - New Delhi

Awesome. Loved the 58th AGM online

### Samir Pingle

IT Professional - USA

The pandemic turned a boon for me, got connected virtually. I have been away for so many years but today could feel that my heart is still there and nothing can replace that. Thank you for letting me be a part not just of Nrityanjali but in your heart Sir.

### Abhilasha Saxena

Dancer- USA



## ACCOLADES Contd...

I felt so good to be together after such a long time.

**Pranoti Pimpalkhare**

Had been Secretary & PMP Editor, Pune

•

It was notalgic. Don't know what to express. Attended AGM after 17 years.

**Sanjukta Dey Guha Thakurta**

Former Lead Dancer & Singer, Sanpada

•

So nice and so touching to attend the AGM. All old memories are back. Our tears are of happiness. Tears of knowing that Sir belongs to so many. Tears that tell that Sir has wiped tears and given smile to so many people.

**Ashit Thakkar**

Jeweller & Sr. Member Artiste, Mumbai

•

It is 30 years and I still miss Sunday Class & SPDC. All those days are unforgettable

**Shilpa Pingle Narvekar**

Former lead artiste - Borivali, Mumbai

•

Thank you Sir for imparting knowledge that we could not get anywhere else. I remained active till 1994.

**Pramod Hegde**

Sr. Member, Kandivali

•

Thank you Team Nrityanjali for making AGM online. Gave us the opportunity to interact and in a way became nostalgic too, remembering days when we were active members.

**Sangeeta KV**

Had been Trustee, Middle East

•

It was great connecting back and so close. Thank you for so much love.. I am grateful and fortunate.

**Bhumika Dogra Mukherjee**

Sr Artiste & Radio Jockey, Kolkata

It was unique and nostalgic AGM. Very special and enriching listening to all seniors and Alumni.

**Geeta Chandrasekaran**

Head HRD - Nrityanjali, Deonar

•

So many souls today are leading a happy and balanced life because 57 years back a man chose to live for others.

**Anjum Shaikh Panna** - Mira Road

•

Such a beautiful and touching meet. Fortunate to have Sir in our lives. Pranam Sir

**Vasanti Anand**- Sr. Faculty, Andheri

•

Very emotional. Seeing all seniors sharing their feelings. Very different and memorable AGM

**Neeta Parekh**- Sr. Faculty, Ghatkopar

•

Nrityanjali is Emotion to me. So much of pain and struggle - I experienced it all. Memories came back in a flash - so broke down. Physically away for 14 years - heart feels empty yet full.

**Dr. Anuradha Chakraborty Chatterjee**

Trustee, Director - Nrityanjali, Kolkata

•

The online AGM was amazing. Meeting and learning from the seniors was great

**Nikita Basari**

Std XII student, Bhandup

•

The online AGM was a real feel good factor to me, seeing all and hearing Sir's voice was very heart warming

**Poonam Arora**

Very sr Faculty & Entrepreneur, Koparkhairne

•

Nrityanjali is a place of love and learning.

**Siddesh Kadam** - Student, Kalwa

•

Feel so blessed.

**Satyashil Jadhav** -Young Lead Dancer, Panvel



## ACCOLADES Contd...

**Dear Dr. Tushar Guha,**

Thank you very much for your excellent motivational speech on 26<sup>th</sup> July 2020.

The audience was fully engrossed and enjoyed thoroughly. In fact, many of us had come out sportingly to ask you about their personal problems in the open forum. It was undoubtedly very interesting as well as beneficial to all of us.

The simple tips given by you will surely make our life more insightful and meaningful. Our respect and admiration for you can not be expressed in words. We from New Bengal club- Thane, are very much obliged to have you on our 1<sup>st</sup> webinar talk show.

Thank you very much.

**Ashish Kumar Sarkar**

Hon. President  
New Bengal Club, Thane (W)

**Dear Mr. Girish Dalvi,**

Thank you for sharing article 'Online Education Issues & Opportunities' written by Tushar Guha Sir for 'The Explore Magazine'. Of course coming from Sir, it is always like this full of information.

**Dr. Madhura Phadke**

Educator & Founder Director  
Ardent Educational Consultancy

**Dear Mr. Girish Dalvi,**

Wonderful article 'Online Education Issues & Opportunities' by Tushar Guha Sir for 'The Explore Magazine'.

Sir has touched upon all the nuances of online education. Very comprehensive article and gives suggestions and remedies for the different situations.

**Mrs. Suma Das**

Principal - Pawar Public School, Bhandup

**Dear Girish Dalvi Sir,**

Let us help them ASK - Wed. Webinars, was conceptualized with an intent of offering the fraternity of educators an opportunity to take back home some pedagogies which can elevate the quality of learning imparted to our precious children.

We are indeed grateful to you, for accepting our invitation for being a speaker at this forum and adding value by sharing easy yet impactful tools that have the potential to make a big difference in the teaching learning process. The participants were engrossed in the 50 minutes of Q & A session which was so relevant & engaging with so much to offer.

*Thank you for helping us see 'Positive Classroom Management Strategies' in a new light.*

*Kindly accept our note of gratitude for sharing your knowledge & experience with us on Wed. webinar – Let us help them ASK.*

Thanking you

**Mrs. Sunanda Mirajkar (BO)**

M.C.G.M. - Edu. Dept.

**Dear Girish Dalvi Sir,**

Due to medical conditions, I could not attend the entire session organised by MCGM on 29<sup>th</sup> Oct 2020 for the Headmistresses of our ward. I appreciate your clarity of thoughts and the poise with which you presented. Thanks a ton.

**Mrs. Seema Shaikh**

Trustee & Principal  
Pragnya Bodhini High School, Goregaon

**Dear Girish Sir,**

Sir's article 'Online Education Issues & Opportunities' is a good concise summary of the entire issue. Thank you for sharing

**Mr. Rohan Bhat**

Chairman - Children's Academy Group of Schools



# FOOT PRINTS...

*Nrityanjali News*

**Nrityanjali Management Services** conducted the following management training programmes

- On 18th August 2020, Dr. Anonna Guha and Mrs. Harsha Andan conducted full day training **"Ageing Gracefully"** for the retiring staff and their spouses of **RCF Ltd. - Chembur**
- On 19th August 2020, Dr. Anonna Guha conducted two hours online training **"Womentoring"** for the women officers of **RCF Ltd. - Chembur**



## HRD

- Special Personality Development Course Level 2 (**SPDC 2**) commenced **Online** from 1st August 2020 and ended on 30th August 2020
- Special Personality Development Course Level 1 (**SPDC 1**) commenced **Online** from 20th September 2020 and will end on 25th October 2020

**Nrityanjali Education Services** conducted the following programmes :

### HM's Webinar

- On 30th September 2020, under the wednesdays' webinar series initiative called 'Let us help them ASK', Mr. Girish Dalvi addressed the HM's on **"Positive Classroom Engagement"** organised by **Municipal Corporation of Greater Mumbai**, education department - P/S, P/N, R/S, R/N, R/C.

**Municipal Corporation of Greater Mumbai**  
Education Department- P/S, P/N, R/S, R/N, R/C

Presents the

**Let us help them ASK**  
WED.webseries

Day : Wednesday  
Date : 30<sup>th</sup> Sept. 2020  
Time : 11.30 am  
Link : <https://meet.google.com/qwg-wrkw-rbt>

Organized by  
**Ms. Sunanda Mirajkar (B.O.)**  
MCGM - Education Dept.

Conceptualized by  
**Mrs. Seema Shaikh**  
Principal  
Pragya Bodhini High School

**Shri. Mahesh Palkar**  
Education Officer  
MCGM - Education Dept.

**Mr. Girish Dalvi**  
Chief Administrator - OPF and Faculty  
& Inspection Operations - Nrityanjali  
Positive classroom strategies in the light of new NEP



# FOOT PRINTS...

*Nrityanjali News*

**Nrityanjali Education Services conducted the following programmes :**

## Online Career Guidance

- **Little Angels School, Sion** held online **Career Guidance Session** by **Nrityanjali Counsellors** for 150 Students in the month of September 2020 - Courtesy **Nrityanjali**

## Online Teachers Training

- On the occasion of Teachers Day - 5th September 2020, **Dr. Tushar Guha** addressed the the **Teachers of Cosmopolitan School- Andheri** online on **"Positive Life Style"** - Courtesy **Nrityanjali**

## Online Life Skill Programmes

- From 2nd September 2020 Nrityanjali Faculty Members conducted **Life Skill Programmes** for Students of **Little Angels School, Sion** - Courtesy **Nrityanjali**

## OPEN FORUM FOR PRINCIPALS

- On 26th August 2020, **Angel Education Society Trust, Sion** hosted the OFP Online Meet under **OFP's Online Teaching Initiatives**.

**Mr. Girish Dalvi** - Trustee & Chief Administrator OFP was the Anchor.

After a brief address of OFP Chairperson **Dr. Tushar Guha** the Panel discussion on **3 E's - Encourage, Experiment & Engage** was conducted by **Mr. Girish Dalvi**. The Panelists were :

**Mrs. Priya Dasgupta** - Administrator of Little Angel Group of Schools,

**Mrs. Pratibha Mishra** - Principal, Panbai International School, Santacruz and **Dr. Tushar Guha**.

**Dr. Shobhana Ranjit** - Educator and Health

Administrator, Canada addressed the gathering on **Diaphragmatic Breathing and Stress Release** - Courtesy **OFP**



**Online Teaching INITIATIVES**  
*the3 E's*  
 Encourage, Experiment & Engage



**Panel Discussion**

Psychologist	Principal	Administrator
		
<b>Dr. Tushar Guha</b> Founder, Chairperson Angel Education Society Trust, Sion - Mumbai	<b>Mrs. Pratibha Mishra</b> Principal Panbai International School, Santacruz	<b>Mrs. Priya Dasgupta</b> Administrator Little Angels Group of Schools, Sion

**Wednesday,  
26th August  
2020  
@ 5.00 PM**

**Zoom Login:**  
841 1005 5020

**Password:**  
356156

LINK:  
<https://us02web.zoom.us/j/84110055020?pwd=bTZlR0JBLzdJZ0YyYnBnQWJoaFFkZz09>



**Guest Speaker: Dr. Shobhana Ranjit**  
 Former Educator & Health Administrator - CANADA

**'Diaphragmatic breathing for Stress Release'**

**ORGANISED BY OFP TEAM**

<b>Mrs. Seema Sabhlok</b> Principal - Bandhgarh S.M. Shetty School, Pune Head - Open Forum for Principals (OFP), India	<b>Mrs. SaiSudha Narayanan</b> Host & Principal - Little Angels High School, Sion Coordinator - Open Forum for Principals (OFP), India	<b>Mr. Girish Dalvi</b> Trustee & Director - Operations, NRITYANJALI Chief Administrator Open Forum for Principals (OFP), India
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**HOST SCHOOL:**



**The Angels' Education Trust**



# FOOT PRINTS...

*Nrityanjali News*

## OPEN FORUM FOR PRINCIPALS

• On 5th September 2020, the Trustees, Patrons and all **Office Bearers of OFP paid tributes to the Teachers** through their address on Nrityanjali's YouTube channel - Dr. Tushar Guha's Nrityanjali.

**Online Teaching INITIATIVES**  
Innovation, Inclusion & Enquiry *Nrityanjali*

**Panel Discussion**

Education	Principal	Convener	Chair
 <b>Dr. Kamini Rege</b> Assistant Professor College Of Home Science Nirmala Niketan & Founder & National Committee member - ECA & APER	 <b>Dr. Nicholas Correa</b> Exec. Director & Principal New Horizon Public School, Airoli	 <b>Dr. Suresh Nair</b> Main Convener KP West Ward Principal - Vivek Vidyalaya & Chief Convener (Mah) - Open Forum for Principals (OFP), India	 <b>Ms. Arpita Ghosh</b> Counselor Chief (Deemed to be) University & Corporate Trainer

**Activity by:**  
  
**Mrs. Revathi Srinivasan**  
Director - St. Subashandev Singhania  
Group of Schools  
Chief Convener (India) - Open Forum  
for Principals, India

**Day & Date:**  
**Saturday, 5th September 2020**  
**@ 5.00 PM**  
**Zoom Login: 761 6552 5203**  
**Password: 3vL7NC**

**ORGANISED BY OFP TEAM**

<b>Mrs. Seema Sabhlok</b> Principal - Bunt Sangra's S.M. Shetty School, Powai Head - Open Forum for Principals (OFP), India	<b>Dr. Latha Venkat</b> Principal - KG Seksaria Sarvodaya Vidyalaya, Malad Coordinator - Open Forum for Principals (OFP), India	<b>Mr. Girish Dalvi</b> Trustee & Director - Operations, NRITYANJALI Chief Administrator Open Forum for Principals (OFP), India
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**HOST SCHOOL:**  
**NEW HORIZON PUBLIC SCHOOL  
& PENGUIN KIDS**

  
"Education is a Gift"

• On 5th September 2020, **New Horizon Public Schools, Airoli** hosted the OFP Online Meet under **OFP's Online Teaching Initiatives**.

**Mr. Girish Dalvi** - Trustee & Chief Administrator OFP and **Dr. Latha Venkat** - Principal, KG Seksaria Sarvodaya School, Malad & Committee Member - OFP jointly Anchored.

After a brief address of OFP Chairperson **Dr. Tushar Guha**, Panel Discussion on **Innovation, Inclusion & Enquiry** was held.

The Panelists were **Dr. Suresh Nair**, **Dr. Nicholas Correa**, **Dr. Kamini Rege** and **Ms. Arpita Ghosh**.

**Mrs. Revathi Srinivasan** conducted an activity on **Road Map of Life**. The Meeting ended with the Vote of Thanks by **Mrs. Deepa Desai**

• On 5th October 2020, **Vivek Vidyalaya &**

**Junior College - Goregaon** hosted **Online National Education Policy 2020 Quiz** for Principals and Teachers in association with **Indian Development Foundation (IDF)** and **Open Forum for Principals (OFP)**.

**Mrs. Revathi Srinivasan** delivered a talk on "National Education Policy 2020 - an Over View".

## Faculty Division

• Online Classes In Bharat Natyam Dance, Kathak Dance and Sangeet for 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 after receiving permission from the Government but only with maximum of 10 students (using Mask) per Batch for a duration of 45 minutes



# FOOT PRINTS...

*Nrityanjali News*

## Individual News

- Dr. Tushar Guha addressed online, the members of **New Bengal Club, Thane** on **Introspecting Stress Management in a very enjoyable manner** on Sunday 26th July 2020

- Congratulations to our Sunday Class students for their academic excellence. They made us proud

**Juhi Trivedi** - HSC Commerce - 85%

**Nikita Basari** - HSC Commerce - 79%

**Sana Parab** - HSC Commerce - 85%

**Vinaya Keny** - HSC Arts - 84%

- Congratulations to our Sunday Class students for their academic excellence. They made us proud

**Bhoomi Mandalia** - SSC - 91%

**Bhumi Ghadi** - SSC - 92%

- Special mention of Dhruv Pingle 73.20% and Kshitij Pingle 83.60% in SSC - sons of Nrityanjali members **Mr. Samir Pingle** (since 1990) and **Dr. Sudha Pingle** (since 2000). They shifted from USA to India in September 2019 and worked hard to appear as private students under the guidance of our very senior member **Mrs. Shilpa Pingle Narvekar** (since 1982)

- Dr. Tushar Guha **paid tribute** to the **Medical Fraternity - Doctors, Nurses, Frontline and Back Office Personnel of Health Industry** - online - for their selfless service to mankind. The programme is titled **Jeena Isika Naam Hai**

- On 29th August 2020 **Fun2 Learn, India** felicitated **Mr. Girish Dalvi** as an **Educator for the admirable contribution to the lives of students and young minds** as a part of the Acharya Chanakya Sikhavid Samman 2020 Virtual Felicitation Ceremony. The virtual felicitation ceremony that also witnessed Kathak performance by Mr. Girish Dalvi, has been registered to be a part of **World Book of Records, UK** as the longest felicitation ceremony from all over the world. - Congratulations.

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

With deep grief we share our condolences with Manjula Parshram (our leading member and artiste) for the demise of her father Shri Tukaram Parshram on 12th September 2020

Smt.Kanta Mehta, mother of Mrs. Poonam Arora - our senior member and faculty. left for the heavenly abode on 11th September 2020. Our heartfelt condolences.



# FOOT PRINTS...

*Nrityanjali News*

## Individual News

• **Dr. Anuradha Chatterjee**, Nrityanjali Director - Kolkata was invited to speak on Women Empowerment to Build Atma Nirbharta by Jadhavpur Shyamaprasad Smarak Samiti, Kolkata on 10th September 2020 at a Webinar.

She shared the platform with **Dr. Swapan Dasgupta** - Padmabhushan, MP - Rajya Sabha,

**Mrs. Meenakshi Lekhi** - MP - Lok Sabha and **Smt. Rita Ghosal** - Actor.



*Nari tu Narayani*

**WOMEN EMPOWERMENT TO BUILD ATMANIRBHAR BHARAT**  
 আত্মনির্ভর ভারত গঠনে নারী ক্ষমতায়ন

"It is not possible for a bird to fly with one wing"  
 - Swami Vivekananda

ORGANISED BY- **JADHAVPUR SHYAMAPRASAD SMARAK SAMITI, KOLKATA**

**CONVEENERS**

**Smt. Meenakshi Lekhi**  
 National Spokesperson & MP, Lok Sabha, BJP

**Dr. Swapan Dasgupta**  
 Padmabhushan, MP, Rajya Sabha & Senior Columnist

**Dr. Anuradha Chatterjee**  
 Social Activists, Ph.D., IIT- Bombay

**Smt. Rita Ghosal**  
 Actor & Social Worker

**Shri Dibakar Pal**  
 GS, Jadhavpur Shyamaprasad Smarak Samiti, Kolkata

**Shri Ankur Prakash Ganguly**

**10 SEPTEMBER THURSDAY 7.00 PM**

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BAARAT TODAY rishambhanga.com

• **Dr. Anonna Guha** was invited to speak at the online on 18th October as part of **Dance Festival Trikalam** organised by **Smt. Latha Surendra** on Facebook.

• **Mrs. Kamalika Guha Thakurta** - Founder ARTSCAPE was in online Conversations on Mental Wellbeing with **Dr. Anonna Guha** on 21st August 2020 at 7 pm on Facebook.



**ARTSCAPE**  
 Positive Mind, Positive Life

#StoriesofImpact

**Conversations on Mental Wellbeing**

**KAMALIKA GUHA THAKURTA**  
 Founder - Artscape  
 Dance Movement Therapy Practitioner  
 Performing Artist

**DR. ANONNA GUHA**  
 Managing Director - Nrityanjali Group  
 Sociologist, Counsellor, Artiste, Educator & Corporate Trainer

facebook Live @Artscape 7 pm (IST) Friday, 21st August

• **Dr. Tushar Guha** was invited on 18th October to address at **Kshitij - Sapno Ka Safar** online on **Personality Development** organised by **Mithibai College**.



**kshitiij 20 x moj**  
 सपनों के सफ़र

**PERSONALITY DEVELOPMENT WORKSHOP**

**18TH OCTOBER 5 PM LIVE ON**

**DR TUSHAR GUHA**  
 FOUNDER-CHAIRMAN  
 NRITYANJALI GROUP  
 CORPORATE MENTOR,  
 EDUCATIONIST,  
 PSYCHOLOGIST AND  
 PERSONALITY DEVELOPMENT PIONEER



## The 58th Nrityanjali Annual General Meet - Online

The first ever online Annual General Meet of Nrityanjali was held on Sunday 19th July 2020 at 7 P.M. The Meeting commenced with the Welcome Address by Mrs. Maitri Khedekar of Nrityanjali Information Services as per Nrityanjali tradition.

After the Invocation Song, the Permanent Executive Secretary Mrs. Manasi Damle then called the Meeting to order.

**Mrs. Manasi Damle** : Thank you Mrs. Maitri Khedekar

As a registered public charitable Trust AGM is mandatory for us. Hence, given the circumstances, our AGM for the first time is Virtual. The zoom duration is limited to 40 minutes, hence, if required we would request you all to re log-in with the same log-in details. Do stay with us till the end of the meeting.

Now, Reports will be presented by the Directors and Heads of Divisions in the following order

1. The Committee of the Board of Trustees had their virtual committee meeting on . It was unanimously decided that due to the COVID -19 situation, classes would not begin from June 2020 but could be conducted at the Premises from September, subject to the government directives. It was also discussed that probability of not being able to run regular classes for this academic year should also be considered and if required Online coaching for senior students above 10 years and with minimum 3 years training could be initiated from July 2020. The minutes of the meeting have been recorded.

2. PES reviewed and appreciates the activities carried out by respective division, implemented or executed as per Trust objectives' during the entire year. The division encouraged good participation from other members which is well appreciated.

3. In keeping with the current situation and the directives of the Government, the Cultural programme and ABGMV examinations were cancelled. A formal virtual AGM would only be conducted as a protocol in the presence of Committee, Sunday class and faculty members.

4. The lockdown period allowed Nrityanjali to go online. We are proud to announce the launch of social media handles in the month of May. A detailed insight into it will be shared by our Managing Director who is personally supervising and handling the same.

5. Nrityanjali's activities are virtual. We have collaborated with LABZ company to conduct our training and career guidance activities online. The platform is exclusive for Nrityanjali associates.

6. 'Girl Child Projects' offering educational funds to 280 girl students from 8 schools and 1 community was carried out this year too.

7. Heads of the Divisions have been asked to submit the reports to the Central Administration and the copy of the same to be filed.



**Nrityanjali Information Services & HEAD - Social Activities** Division by Mrs. Maitri Khedekar

Nrityanjali has gone digital and that was initiated by publishing our Quarterly House Magazine April issue online. This allowed us to reach to many new and our regular readers and members during this lockdown period. This also allowed us to publish our April Issue in colour format. This will be our new Normal and we will continue to publish it online. Today we have also published our July issue, request all of us to please visit our website and read and circulate the same. Kindly share the link so that many more people can visit our website and get introduced to Nrityanjali and its offerings.

We are happy to inform that Nrityanjali's social handles have also been initiated and directly handled by our Managing Director – Dr. Anonna Guha.



### Social Activities

1. Fest 2019 - 5 Lakhs students participated for 102 categories of events
2. Workshop on Makeup was organised and conducted jointly by Dr. Anonna Guha and Mr. Balkrishna Sawant.
3. SARASWATI PUJA was held on 29th January 2020 at Nrityanjali premises. The puja was held from 6.30 P.M. followed by Bhog
4. Nrityanjali members volunteered to manage the Dance Section of Kala Ghoda Arts Festival 2020 on 1st, 4th, 5th & 9th February 2020.
5. Judith Flex Helle and Luminario Ballet, from USA conducted Ballet workshop on 7th February 2020 at Nrityanjali premises, Bhandup. The workshop was supported by the US Consulate.
6. The 33rd NRITYANJALI FEST 2019 Prize Distribution Function of all the four zones was held 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

### FUTURE

1. Nrityanjali Fest 2020 - Inter School Competitions will be held ONLINE in Dec'20 and Jan'21

### Faculty Division by Mrs. Nivedita Damle

1. Secured 100% result in the examinations held by Gandharva Mahavidyalaya
2. Conducted Diploma examinations for students not appeared in Gandharva Examinations in the month of February 2020.
3. 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
4. Regular Classes In Bharat Natyam Dance, Kathak Dance, Modern Dance and Sangeet are expected to commence only with maximum of 10 students (using Mask) per

Batch for a duration of 45 minutes

5. ABGMV Examinations will not be conducted in this academic year.

### Human Resources Division

by Mrs. Geeta Chandrasekaran

1. Special Personality Development Course Level 1 - (SPDC 1) was held in Sept 2019 and February 2020. However, due to the pandemic last three classes of February batch were held online in June 2020
2. Career Guidance was conducted for Little Angels High School, Sion and Ryan group of Schools
3. ONLINE Career Guidance was conducted for 257 students across India. Nrityanjali was invited by the Bhanushali Samaj to conduct the same.
4. Parenting session were held
  - i) SNDT College Ghatkopar,
  - ii) **Online Parenting** for Singhanian School, Pragnya Bodhini School, Ryan Group of Schools
5. PDC was held in July 2019 – Bhandup
6. Regular Faculty grooming have been held.
7. 12 sessions on **Spoken English** was conducted for students of **Vidya Vikas Mandal Marathi Vidyalyaya**, Andheri. The closing function of the programme showcased the learning in the form of Essay Writing, Singing English poems, Role Play and Public Speaking. The programme was organised by Alumni of the school.
8. SPDC and Career Counseling sessions have been conducted through Nrityanjali's exclusive platform – Nrityanjali.labz.in. We thank LABZ company and its head Mr. Swapnil Bhate for helping us with the platform to allow us continue our work.

### FUTURE

1. SPDC 2 will be held online from 1st August 2020 ending on 30th August 2020. This course offers opportunity for individuals to join Nrityanjali as Career Counselors.



2. SPDC 1 will begin online from 20th Sept 2020 ending on 25th October 2020

**Programme Division** by Mrs. Sangita Sawant

1.598 students of Sangeet, Bharat Natyam, Kathak and Modern Dance along with 50 Sunday Class students performed at the 57th Annual General Meet of Nrityanjali on 28th July 2019

2.Nrityanjali artistes were invited to perform a musical journey through Bollywood songs, celebrating Festivals of India at Aspee Auditorium in Malad on 3rd August 2019

3.On 14th August 2019 students of Sangeet, Bharat Natyam and Kathak performed in association with Reliance Metro Services

4.On the occasion of Additional Mahalaxmi Saras celebrations we performed Sangeet, Bharat Natyam, Kathak and Folk dance at Agri Koli auditorium, Nerul

5.On Hindi Diwas celebration Nrityanjali performed Budham Sharanam Gachchami at the invitation of NTPC Ltd. Mumbai

6.Nrityanjali artistes performed Kathak Dance and Football at the Prize Distribution Function of Fest 2020 at Ravindra Natya Mandir, Prabhadevi

7.Nrityanjali artistes performed Dulhan and Football at Kala Ghoda Arts Festival

8.Indian Oil Corporation invited Nrityanjali to perform on the International Day for the differently-abled. Students of Rochiram Thadani school for the hearing impaired also participated

9.On 9th February 2020 at the **Kala Ghoda Arts Festival 2020** at Cross Maidan, Mumbai Dr. Anonna Guha & Mr. Girish Dalvi staged Guru Arpan - Kathak Dance recital.

10.**Nrityanjali** choreographed and directed the annual programme of **Datta Meghe Global Academy, Airoli**. Staged at Maha Kavi Kalidas Natya Mandir, Mulund on 5th & 6th of February 2020, the theme, script and

music was conceptualised by **Mr. Girish Dalvi**. Assistance the project were Mrs. Sangita Sawant and Mrs. Maitri Khedekar. Other trainers were Mrs. Sreekala Velambath, Ms. Sejal Gadi, Mrs. Vaishali Mandalia, Mrs. Bhavika Nathwani, Ms. Pradnya Malvi, Ms. Ankita Narkar, Ms. Neha Balmiki and Mr. Parameshwar.

11.On 19th February 2020, **Nrityanjali** was invited to perform at the **Indian Oil International Aviation Conference in Udaipur**. The Team of Dr. Anonna Guha, Mr. Girish Dalvi, Mrs. Sangita Sawant, Mr. Satyen Tawde, Ms. Sejal Gadi performed **Anurati** - Kathak, Bharat Natyam, Rajasthani folk dance and Koli dance, Western and Bollywood Creative dances. Mrs. Harsha Andan anchored the show.

12.On 20th February 2020, the **Invocation** was presented by **Nrityanjali** artistes for the **Indian Oil International Aviation Conference in Udaipur**.

### **Socio-Cultural Activities Director**

– Mrs. Rekha Vijaykar

1. Workshops for Teachers and Life skills programmes for students were conducted courtesy Times of India NiE, Hindustan Times and directly by Nrityanjali.

2. Workshops on Parenting were conducted throughout the year in schools and colleges and due to Corona Virus pandemic are being conducted online also.

3. Various social work activities for students development, health issues and towards women's empowerment were also taken up which will be elaborated in follow up reports.

4. Open Forum For Principals have begun with the series of Webinars focusing upon the need of the schools 'Online Teaching' encouraging Principals to share their approach and methodologies.

5. We do acknowledge and appeal our supporters and associates who help us in taking forward our work.





### Corporate Affairs Director

– Mr. Aditya Save

Nrityanjali Management Services conducted the following Corporate Trainings

1. Professional Quotient for Graduate Engineer Trainees (3 Batches), Pathway to Success (2 Batches), and Leadership for **Larsen & Toubro Ltd**
2. Dynamics of Achievement for **Glenmark Pharmaceuticals**
3. Spoken English & coaching was offered to executives of **KBS Creations**
4. Communication & Perspective Development for **Film & Television Institute of India, Pune**
5. Train the Trainer for **Olon Pharmaceuticals, Mahad**

6. Pathway to Emotional Intelligence - for **USV Pharmaceuticals Ltd** in Chiplun, Mumbai, Daman and Baddi

7. Design Thinking – Trust, Team and Success for **Delcure Pharmaceuticals**.

8. Leadership & Communication workshop was conducted for the executive of **Manba Finance Limited**.

9. Indian Heritage and Culture session for foreign delegates of **RCF Limited**, Chembur was conducted.

10. Only for Bliss – Ageing Gracefully for retiring officials was conducted for **RCF Limited**, Chembur.

11. Interactive sessions and Performance assessment for 18 senior officials was conducted for **Viraj Profiles Limited**.



**Director Operations - Mr. Girish Dalvi**

1. Students Exchange programme was held with students of Ryan International Group of Schools and Bankasia International School, Adelaide, South Australia in October 2019

2. With support from RPG Foundation - workshop in grooming was held for Aspiring Nurses in Talegaon and Hallol.

3. Nrityanjali implemented the education scholarship for 280 girls for the third year for RPG Foundation

4. Health Awareness Programmes with support of Learning Links Foundation were held in Airoli, Mhape, Sanpada and Vashi

5. Nrityanjali Team trained the students of Datta Meghe World School, Airoli for the Annual Day Functions

6. Donations received in aid of COVID 19 Nrityanjali acknowledges the contribution of

- Mr. Kedar Pingle - Nrityanjali senior member from Pune
- Mrs. Geeta Chandrasekaran - Head HRD, Nrityanjali Group
- Mrs. & Mr. Soni Jacob - Parent of Kathak Student
- Mrs. Pallavi Pravin Patil - Parent of Kathak Student

**Managing Director - Dr. Anonna Guha**

1. Free Life skill workshops were held in Janta Vidyalay - Vikhroli, Keni Vidyalaya, Saarsawati Vidyalaya - English & Hindi Medium, Mount Mary & L N High School in Bhandup, Nere, Waze & Vihigar Schools in Panvel - The project was supported by NOV Ltd

2. Swacha Bharat Drive was held from 16th September to 2nd October 2019 closing at Little World Mall, Kharghar

a) Community initiative - Toiletries and grooming for 1000 families in Bhandup, Vikhroli, Mankurd were conducted by a Team of 20 ladies

b) Dental Camp for 2000 children in M T Thakur School & Sanjay Gandhi Smarak school - Koliwade, Panvel. Vhigar, Waze & Nere schools in Panvel, Tembipada school, & Keny School in Bhandup and Saraswati school in Vikhroli.

c) Life skills on Swachata in Mohammadi Urdu School, Tembipada School & Nasheman School in Bhandup. Saraswati Vidya Niketan - Vikhroli Rochiram Thadani school for the hearing Impaired - Chembur

The project of Swacha Bharat was funded by Bharat Petroleum Corpn Ltd

3) With the support of NOV Ltd. 10 Toilets are being constructed at Bhandup and Nallasopara.

**Founder Chairman - Dr. Tushar Guha**

appreciated the support of the faculty members and the office staff for the support during the pandemic.

He congratulated the Administration and the Web Team for arranging the ONLINE AGM as it connected all the old timers of Nrityanjali from across the globe whom he described as his "heart throb"

Sir was emotional connecting to people from 1963 till date.

His message was - "Corona brought in Social Distancing but NOT Emotional Distancing.

The Formal Meeting ended with a Vote of Thanks by the PES Mrs. Manasi Damle

The AGM concluded with the Nrityanjali Anthem followed by the Indian National Anthem after the informal Open House Talks

**The Open House Discussion** was planned after the formal function as it was expected to be a very emotional exchange, which it was. The Open House was conducted by Mr. Girish Dalvi.

[continued on pg. 16](#)



## Young Entrepreneur

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

**Mrs. Apoorva Shetty - Faculty, Counsellor, chats with  
Mr. Aniruddh Gangawane  
- formerly in Banking and now has his Start-Up**



**“The biggest Adventure you can take is Living the Life of Your Dreams”.** This beautifully summarizes Mr. Aniruddh Gangawane’s journey. It was a wonderful experience to interview him & explore his professional journey. Read on...

**Apoorva Shetty (AS):** Thank you for your time. To begin, I request if you can help our readers know about your Company?

**Mr. Aniruddh Gangawane (AG):** I’m an *Independent Film-Maker*. My company is registered under the name of “Aniruddh Gangawane Photography”. It’s ‘Photography’ because initially, I had started out with photography & then moved into film-making. Today, I make short films related to drama, horror, suspense, films with a social message etc. I write, direct, shoot & cover all the aspects related to film-making.

**AS:** Let me take you back in time, how did this journey into film-making began? Were you always passionate about getting into this career field?

**AG:** From a young age, I was always

fascinated with the camera, how things are being captured through photos or videos. As a young boy, I watched the movie “Koi Mil Gaya” starring Hritik Roshan. I was blown away by the visual effects used in the film which was par excellence as per Indian standards. I realized there is a lot of scope for experiments in this field. Film making remained my passion & hobby till 10<sup>th</sup> std. However owing to studies, I gave it up in college. After graduation, I joined Saraswat bank & got into a regular 9-5 job. However, 1.5 years into the job, I realized this wasn’t something I wanted to continue for the rest of my life. I wanted to pursue my passion. That’s when, around 2013, I decide to switch & get into this profession.

**AS:** From a secure job to an altogether new career, where did you get the motivation to take this plunge?

**AG:** Yes, it was very difficult to start something completely new. My parents too were unsure of my decision. But, my wife motivated me to follow my dreams. She has been my biggest support ever since. And today, my parents are extremely proud of my accomplishments.

**AS:** How did you gain the professional knowledge about Film-making, as you come from a completely different stream?

**AG:** Initially, I didn’t have much





money to get a professional degree which easily runs into lakhs. Hence, I learnt everything on the internet. Beginning from the scratch to the technical aspects of setting the camera, lighting, screenplay etc. was learnt through various videos and books. Satyajit Ray's books & films have been my guide. Later,

I also attended a short (three day) workshop in Film & Television Institute of India, which was very helpful. The maestros from the industry taught us & it was a great learning experience.

**AS:** In the last seven years, since you started, what are the struggles that you have faced?

**AG:** At the beginning, no experience & a lot of competition had been a struggle. But, I always wanted to show a different perspective through my films. I always aimed at making films which can be enjoyed by all & at the same time convey a social message. I suppose that gave me an edge over others. Also over the years, I have faced a lot of criticism for my work. It has been a struggle to rise above them, because criticism can actually pull you down & demotivate you. But, I have learnt from the criticism & tried to better my work. And today, I get a lot of appreciation for my work.

**AS:** We all know that you had been a part of Sunday Classes for a long time. What lessons have you learnt from your days in Nrityanjali and has it in any way contributed towards your entrepreneurial journey?

**AG:** Yes, of course it has. I remember during our Sunday classes, Tushar Sir used to tell us stories of how he started this institute, the struggles he faced, how he overcame them etc. Listening to him, I used to get inspired & dreamt to follow my passion & start my own film-making business one day. At that time, I never confided into anyone about my plans. But the seeds were slowly sown each



Sunday, over the years, which finally gave me the confidence to take the plunge. I also learnt from Sir about being disciplined & committed to your craft & working hard towards it. He also taught us to be humble & grounded as a person irrespective of the heights of success one reaches. If today, I can imbibe even 1% of what I have learnt from Sir, I'm sure I'll go a long way ahead.

**AS:** As we have been hit by the pandemic since the last few months, has the current situation affected your professional career?

**AG:** Film making primarily involves physically going to a location & shooting. This has been restricted to a great extent due to the pandemic. Also, big production houses have been getting permissions for shooting schedules from the government. But, independent filmmakers like me are not given these provisions. Hence, much of my work is being stuck since March.

However recently, things are moving ahead, and we are hoping for the best

**AS:** What are your professional goals for the future?

**AG:** I have been thinking about starting a small coaching institute about film-making & training young people at a very low cost or no fees at all. I would like to mentor young minds who are interested to take this up as their profession.

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

**AG:** My journey has just begun and I still have



a long way to go. However there are three qualities which might have helped me move ahead.

Never stop learning. I still keep on reading, watching videos & gaining knowledge. As the digital space is always evolving, you need to be updated of the new changes, new technology etc.

Don't give up. I have never given up in spite of the path being very difficult. I have continued to do my best & put in my best effort.

Detachment. This is related to the second quality. When I seem to have reached a dead end while solving a problem with no alternate solutions, I just detach/leave aside that problem for the day. Next day I start again with a fresh mind. This helps me gain a new perspective & surprisingly, leads me to the solution.

**AS:** What is the message you want to give to any individual who wants to pursue a career in Film-Making?

**AG:** *First* - One doesn't need to spend a lot of money to study film-making. You can start small. And a lot can be learnt through books & online content. I'm a live example of this.

*Second* - You need to be extremely passionate about film-making to take this up as a career. Because, the path wouldn't be very smooth & your passion will help you move ahead. There is no substitute for hard work.

*Third* - As I said before, never stop learning. Keep on upgrading your skills & no knowledge is ever futile.

*Thank you so much Mr. Anirudh Gangawane for such an insightful talk. Infact, I got to learn so much about this interesting career field.*

### [continued from pg. 13](#)

**Mrs. Mahua Sen** from Delhi (1963 batch) remembered her singing days with Sir and Radha Madam and was all praises for Nrityanjali Team. She rendered a Tagore's song. She connected after 30 years

**Dr. Anuradha Chatterjee** from Kolkata broke down remembering the the days for struggle and success. (She is instrumental in setting of Corporate Trainings)

The bubbly **Mrs. Bhumika Dogra Mukherjee** from Kolkata brought in cheer to all. She connected after 24 years

**Mr. Samir Pingle** from USA was visibly emotional - he initiated the Web Division of Nrityanjali in the 90's

Very senior member **Mr. Ashit Thakkar** from Mumbai was at a loss of words

**Mr. Kedar Pingle** from Pune was too excited

**Mrs. Abhilasha Saxena** from USA could not get over her emotion

**Mrs. Shilpa Narvekar** from Mumbai was elated

**Mr. Pramod Hegde** from Mumbai (connected but not active since 1994) was his usual witty self

**Mrs. Radha Guha** sang two line of a song from Kuhakini Dance Drama at the request of all.

**Mrs. Sanjukta Guha Thakurta**, from Sanpada came in after 17 years.

Among current young members **Satyen Tawde** read a beautiful poem while **Nikita Basari** eugolised Nrityanjali learnings

The 200 attendees were spell bound with the emotional connectivity. Today's younger generation members were in awe.



## 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 two prominent members of Nrityanjali sharing their thoughts. Both integral to Nrityanjali. Mrs. Sangeeta Sathaye Vishwanath helped building Nrityanjali. Mrs. Bhumika Dogra Mukherjee enthused the spirit. Read on...**

### Mrs. Sangeeta Sathaye Vishwanath Speaks...



It gives me immense joy to be sharing my thoughts and experiences of my journey with Nrityanjali.

I would like to thank our Founder Director

& Managing Trustee of Nrityanjali and my Guru Dr. Tushar Guha for giving me this opportunity.

My journey with Nrityanjali began in the early 80s when I was a young teenager. I was introduced to the institute initially for Sunday classes to learn folk dances, music, drama and that journey went on for 2 decades as an active member of the Institute, and still continues (though I no longer am an active member) but once a part of Nrityanjali family, I always will remain a part of it for lifetime !!

In the 80s the Institute was a young growing Organisation. Nrityanjali known as the Institute of Music, Dance, Drama & Personality Development, under the guidance of our Founder & Guru Dr. Guha - we all were enriched with the knowledge of Indian folk dances, drama, music, stage craft, culture and tradition. Mrs. Radha Gudha was my Guru for learning Hindustani and Rabindra sangeet. The faculty classes conducted by the Institute gave me an opportunity to take formal training in the classical dance form of Kathak, many students like me were also able to take

formal training in the different forms of classical dances, music and instruments.

As the Institute grew, the decades of 80s and 90s saw Nrityanjali venture out to conduct Inter-School Competitions all across Mumbai. It got named aptly as Nrityanjali Fest which was an annual event which we all looked forward to every year. It gave us a tremendous opportunity not only to promote the Culture of Indian music and dance but also gave the school students an opportunity to showcase their talent & participate in so many different events. It was a mammoth of an event spread over several weeks and different zones of Mumbai, which we successfully have been conducting over the years. In those days the challenges was the absence of technology which today has made so many tasks easier. Organising such a huge event gave me and other members an opportunity to hone our organisational, time management, team building and leadership skills.

As a Nrityanjali member and student I got an opportunity to not only learn different art forms and stage craft but also the intricacies of an Organisational structure. As members we got the opportunity to be a part of different departments within the Organisation whether it was being a faculty member, coordinator, public relations, accounts etc. At a young age we all were groomed into the importance of discipline, planning, organizing and also the art of human relations & interactions...these have also helped me as an individual to be confident and i have applied all this knowledge



gained in different aspects of my personal & professional life. I have traversed the journey at Nrityanjali in my 2 decades from being a young faculty member learning the working of different departments, to climbing up the ladder of Organizational structure of being the Secertary and then had the privilege to be included at the top Management level.

The other important aspect which I have been fortunate to learn at Nrityanjali is the Special Personalty Development Course (SPDC) under the guidance of Dr. Tushar Guha. It was an experience which sometimes is difficult to put in words. On paper it was a course to develop one's own personality but once we undertook the journey of completing the course , right upto compiling and writing a thesis on it, it was a very enriching experience and at the end of it all I consider myself to be more evolved as an individual. The moments shared and experienced with other students of my batch made me break away my inhibitions so that I was able to freely and frankly discuss everything with the group and also with my teacher Dr. Guha.

From here we saw the venture of the Institute and its personality development course being moulded and formulated into training programmes for different forums, be it at the Corporate level, teachers training level, etc. Nrityanjali has been a like a family to me and will always remain so. One thing which made it the special place, is the warmth, the love and respect we all got from Dr. Tushar Guha and Mrs. Radha Guha (*I have always addressed them as Uncle and Aunt*). The care and concern for all of us who use to come to Nityanjali was like that of a guardian to all members young and old ! Dr.Tushar Guha and Mrs. Radha Guha have always been giving so much and continue to do so which is what makes Nrityanjali feel like the special place that it is !

It will always be an emotional moment for me whenever I speak of Nrityanjali and the years

that I have spent at the Institute. Whether it is the Sunday classes, the professional performances at various platforms, the organizing of Nrityanjali Fest, collecting material every month for the in- house magazine - Parichay Mein Parichay (PMP), experiences of assisting Dr.Guha for his personality developement lectures, spending time with inmates at Old Age Homes, celebrating Saraswati Puja , preparing the bhog for the same, going together as a family to fun filled picnics, participating and organising CONFEP and many more such events.

*Nrityanjali has given so much to me and to all its members, that I feel short of words to express my gratitude for the same !*

Last but not the least I cannot complete these thoughts without sharing and talking about Dr. Anonna Guha ( to me she will always be Shoma). She has always been an integral part of my journey with Nrityanjali. Today when I see her as the Managing Director of the Institute and the growth of Nrityanjali and all its members, one cannot help but feel so proud of the heights that have been scaled by Nrityanjali.

With all its vastness there is so much that I can always speak about my time and journey at Nrityanjali that at times it becomes difficult to encompass it all in words. I feel honored and proud that in my own small way I have contributed in the growth of Nrityanjali. I will always treasure & value the moments spent at the Institute, the awards of recognition "Shakti" and "Ratna" given to me.The vast treasure of knowledge, experience that I have gained under the guidance of my guru Dr.Tushar Guha and also from Mrs. Radha Guha will always be cherished. I also fondly remember all the members whom I have met and worked with at Nrityanjali.

*I will end my thoughts here by saying that "I have been blessed and lucky to have had the opportunity to be a member of Nrityanjali in a*



*very special way”....thankful to be a part of this family in my journey of Life !*

Wishing Nrityanjali and all its members a very bright future and a continued path of success and glory !

**From Dr. Tushar Guha Sir :**

*Yes, you have always remained my strength, my trust and belief. At every step, you remained by my side. It took time for me to get used your not being physically present after your marriage. But probably you and I know, that Sangeeta and Nrityanjali, Sangeeta and Tushar Uncle, Sangeeta and Radha Aunty, Sangeeta and Anonna - Shoma can never be apart.*

*Every member of Nrityanjali knows you and Nrityanjali salutes you Dear Dear Sangeeta*

### **Mrs. Bhumika Dogra Mukherjee Speaks...**

The wise ones say that blood is thicker than water. That may well be true in many cases. But I - Bhumika Dogra Mukherjee, a former student of Nrityanjali Institute - learnt quite early in life that art can be as thick as blood. And how did I learn this little pearl of wisdom? By joining Nrityanjali Institute as a student of Standard III.

God says we must rest on Sundays. But for me, from the age of 8, Sundays at Nrityanjali meant combining work - I learnt Kathak, Ballet, Bihu, Garba, folk dances and performed in Kaliya Daman and Bhanu Singha Padabali - and pleasure. In spite of my natural effervescence, I had, since I was a child, always struggled to express my deepest thoughts and reflections. The affection that I received from my teachers, peers, the entire Nrityanjali family, and my Kathak became the channel of communication. Art had met blood.

Some of my most precious memories concern the inter-school competitions that I participated in. Winning an award for my vocation is not what I remember the most. What I learnt from these events was the importance of community, work, integrity, happiness - values that transformed my personality. I also did the Special Personality Development Course that helped widen my limited horizons. These outings and my Kathak made my other life - the drudgery of formal education- bearable. I remain indebted to Tushar Guha and Anonna for teaching me the importance of balancing my studies with my dance. There was a trip to Bhuj for a performance as well as numerous performances in Mumbai, including a choreographed production on Chalte Chalte. The happiness that these opportunities gave me has left an indelible mark in my soul.

Nrityanjali is my best memories. I used to wait for buses for hours to go back home to Mulund with so much happiness on Sundays. My Papa also used to drop me in his motorcycle for he also loved me engaging in productive things which we both loved.

I will lie if I say that this is all that I remember about Nrityanjali. I am a foodie. And can an institution founded by a Bengali be not about food? I looked forward to Saraswati Puja when bhog - khichudi, chutney, payesh - would be served on Kolapata, helping me forget about the books. I like to believe that Nrityanjali played the role of a psychological matchmaker since I ended up marrying a Bengali later in my life.





At this point of my life, as I stare ahead at a shortening road, I carry with me one more gift that I received from Nriyjanjali. That is the strength to walk on the road, without fear, without regret, and always with an infectious smile.

**From Dr. Tushar Guha Sir :**

*Bhumika grew in Nriyjanjali. Her parents were also equally involved. She is now in Kolkata*

*with her husband Uddalak Mukherjee - Senior Assistant Editor, Opinion Pages - The Telegraph*

*Chirpy and spirited, Bhumika is fighting cancer .... we are told ... the last fight.*

*Bhumika is epitome of high and positive spirit, compassion and joy. Love you Bhumi*

*The bond between a child and grandparents is eternal, unconditional, pure and heavenly. They are the lucky souls who get the chance to be with their grandchildren, even if for a brief period.*

*I have never met my grandparents from either side, so never had opportunity to feel their affection, love and care. But I am one of those fortunate grandparents who have the chance to be with her grandchild.*

*I am living with my grandchild for last nine years. He is now eleven years old. He grew up in front of me. Memories of his infancy days are still fresh and vivid. As both of his parents are working, so he was completely dependent on me. I enjoyed his dependence like a mother.*

*We always had 'Love and Hate' relation. When I indulged his whims then I am a "Great" grandmother. Any resistance to his bad behavior made him angry his "Great" grandma became the "Worst" grandma!! But I know he loves me a lot.*

*Now he is a big boy and does everything by himself. He is less dependent on me. But for drawing and craft he is still dependent on his grandma!! I miss those moments when he came to me for his every need. This is the way of life and I accept it happily.*

*In this pandemic everything became "Online". Be it our daily essentials, clothes, food etc we have been getting them online. Now we don't feel the urge to go to shops or malls. Education from pre-school*

## Plan "B"

Article written by

**Mrs. Sagarika Basu**

Former Principal of a reputed school in Surat, she is a career counselor and faculty member with Nriyjanjali Education.



*to university level has also become online. Being in the teaching profession I had to upgrade my technical skills. There is no shame in admitting that I am not tech savvy. But not anymore, thanks to my grandson. He is teaching me A-Z of the Internet, PowerPoint Presentation, using a pen drive etc. Now the role has reversed!! Both of us are enjoying our teaching-learning process. I am happy that slowly I am getting the grip of Technology.*

*When I look back I realize, as a working mother that I could not give enough time to my own children! But I saw a positive side. Since I was working both of my children became independent at a very early age. The time I missed I am compensating with my grandchild. We sit together to watch Nat Geo, good English movies, Marathi TV serials etc.*



**Dear working mothers,** you must never feel guilty for not giving time now to your children. After reading this article you should brush away your guilt. This is not my story alone but that of millions of working mothers. God always has plan A and B. If you are now in His plan A, remember that plan B is waiting which will be more exciting and enjoyable.



## WOMEN EMPOWERMENT *to build* AATMA NIRBHAR BHARAT

**Dr. Anuradha Chatterjee** - Permanent Invitee to the Board and Director - Kolkata of Nrityanjali was invited for a webinar to share her perspectives on 'Women Empowerment'. The webinar was conducted primarily in bengali language. Our Head - Hr & Senior faculty member **Mrs. Geeta Chandrasekaran** has helped us get an insight of it through this article. Nrityanjali has always believed in women power and treating everyone equal. This article will surely strengthen our belief and understanding.

*With the ongoing roaring mantra of 'Atma Nirbhar Bharat', women have been realised as the suitable lead for our development trajectory.*

Empowering women can help the society to grow and develop at a faster pace. Today's women are re-designing the world. Women have always been able to seamlessly manage multiple responsibilities and challenges and worked effectively to keep their homes, families, communities and society well-integrated and well-organised. It is visible during the pandemic whereby the women are working relentlessly and many of them are working from home and working for home.

A nation cannot become self-reliant unless its female population is empowered. Recently a webinar was organised by Jadavpur Shyamaprasad Smarak Samiti -Kolkata in a Bengali channel 'Ritam', Esteemed personalities from various walks of life were invited to showcase their thoughts and vision on "**Women Empowerment to Build Atma Nirbhar Bharat**."

The speakers in the webinar were:

Dr. Swapan Das Gupta – Padmabhushan MP Rajya sabha and Sr. Columnist  
Smt. Rita Ghoshal-Actress and social worker  
Dr. Anuradha Chatterji- Social Activist, Phd, IIT Bombay (Permanent Invitee to the Board & Director Kolkata - Nrityanjali)

The first speaker Smt. **Rita Ghoshal** emphasised on the equality between men and women and Women are the backbone of the society and have always played a positive role in shaping our society. Even history talks about women like Rani Laxmi Bai has always been progressive, independent and

enterprising. She asserted that if women work shoulder to shoulder with men they would rise together in terms of equality.

Dr. Swapan Das Gupta appreciated the fact that he was invited to talk on Women Empowerment, as normally he observed the absence of men in such webinars or talks or debates. He spoke about our honourable Prime Minister Modi ji's initiative on nari Shakti/ women's empowerment. He was proud of the fact that women have evolved and gained importance in every field and area of work- be it politics, education, corporate sector, media, journalism or the creative field and women's representation in government. As he heard the previous speaker Dr. Anuradha Chatterjee, he highly appreciated the simple facts and examples of day to day life that empowers women to be independent in all aspects from the mind, thoughts, rights, decisions and social and family limitations bringing about awareness about the value of women in the development of the nation.

Dr. Anuradha Chatterjee, in her style, began in the most modest manner, expressed her idea of women's empowerment. *I would like to quote her views on the subject through her experience and learning.*

Anuradha ji has spent her growing years in Nrityanjali, the institution of performing arts, education, and personality development, headed by Personality Development pioneer and her Guru Dr. Tushar Guha Sir. She learnt that a man and a woman introduce themselves differently to others. A man introduces his name, designation and place of work, where as a woman would introduce herself as some body's wife, her kids and her emotional bond with her father etc. Both seems right, yet both



are incomplete. The woman's introduction does not depict weakness but the super power in eternity. It is our 'Karma shetra' in eternity. We see all of that as completeness in describing ourselves and that is empowerment. Very often we as women forget our identity in pursuit of achieving the best for our family. We forget our likes and dislikes in simple things like colours, food etc, we tend to go by others likes and dislikes. Therefore, it is important that we appreciate ourselves and have self belief, maintain our identity and empower our abilities.

The first step towards women empowerment is, the family keeps acknowledging the women for every little thing that she does. When we are cooking, making the bed, making a lunch box etc. we are doing it not because we are supposed to do it, but because we like to do it. So the small 'Thank you' – an acknowledgement empowers a woman and gives her the strength to feel the importance of her identity. **Like charity begins at home, Empowerment also begins at home.**

Instead of looking at Gender equality, pitching men against women or vice-a-versa, sounds derogatory, and reflects gender inequality. Let us look at both as 'Human', 'Gender' may come next. As it happens in many of the house holds, when a girl is instructed "You better learn to do this work as after marriage you have to do it." It is like making the daughters know their limitations and dampening their spirit of evolving in life. Instead of screaming and debating on the subject of gender bias it is essential that the families practise it in the upbringing of boys and girls. There should not be segregation of work – gender biased. This way we can create a generation of Gender equality and not by defining the gender roles.

*It was so well said that I could connect to our Chairman Dr. Guha Sir's philosophy of 'Boy Education' in every family would take care of gender equality.*

On a serious note Covid -19 has been a blessing in disguise, in this respect. It has taught us to bring about a change. The entire family works together irrespective of the work, without disparity.

One one should stand up for one self, stand up for what is right. This is the final stage of empowerment. A woman gets empowered when she is respected and empathised. An experience which was life's learning once again through Dr. Tushar Guha Sir is the one when the institute holds dance class on Sundays for over 4 decades. Call 'Sunday classes', has students (boys and girls) of all demographics. Many have gone through lot of hardships and pains even at that young age as teenagers. All would play, fight, act in plays together but never could make out the pains and anguish of any one, especially the girls who sought counselling time and again. When asked, why Dr. Guha would not share the painful experience with his favourite student? Sir patiently explained that the moment it is disclosed what they have gone through, their entire battle would go in vain. People do not need pity or sympathy but Acceptance, Respect and Empathy. So we must develop empathy towards our fellow human beings, it empowers to overcome the challenges. To sum up, everyone was allowed to bloom just like a flower with continuous supply of nutrition and love at Nrityanjali. Nrityanjali helped build 'Resilience' empowering to grow as sound adults.

Further, woman can feel empowered by being self sufficient and with stoic courage and confidence thus building a 'Atma Nirbhar Bharat'. Being a student in IIT, and with very few girls in those days, there were challenges in the practical learning. Very few students were dealing with high pressure sophisticated instruments, I too with little or no help conducted the challenging experiments for, my parents and my guru Dr Guha had told me "If you can't do it you will not do it at all. Anything that can't be done totally or completely by you, then it is not your work, it is someone else's hard work." So be strong enough to go through



every part of your learning, standing alone. There would be people around to wish you well or otherwise but your fight, be it man or woman, is to make sure you go through it alone, because even as parents they cannot fight the battle for you.

*What a philosophy ! Put forth by our Sir/ Guru that, "Aloneness give us strength," Believe in God but do not depend on him."*

Towards the end, Anuradha ji posed a rhetoric question –Although India is an ancient civilization, is it a civilized society at all now?

She shared the experience of a campaign held in Kolkata by the University students, to create an awareness in people that there is always place for decency in civilization and dignity, which needs to be upheld.

*As rightly said, a woman can empower a woman, all compliments to you for your insightful talk .It is indeed true that personal empowerment means taking control of our life, as we can do everything we want to do. Women empowerment is Women – led development and that will pave the way for "Atma Nirbhar Bharat."*

## SPECIAL PERSONALITY DEVELOPMENT COURSE (SPDC)

(Certificate Course)

Level I.

Also Followed by  
Level II & III



Programme Mentor: **Dr. Tushar Guha**

First doctorate in Personality Development, USA

**Trained over 4,50,000 Individuals**

### Course Content:

Group Discussions,  
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and Voice Culture,  
Group Dynamics and  
Human Relations,  
Counselling,  
Facing Interviews,  
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International Grooming &  
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**Parents**



**Professionals**



### Participant profile:

**Youth & Students**



**Senior Citizens**



**Homemakers**



**Tel:** 9702457535, 25967388

**Email:** [nrityanjali1963@nrityanjali.org.in](mailto:nrityanjali1963@nrityanjali.org.in)



## LOCKDOWN PRODUCTIVITY

As we stay at home in the midst of a worldwide pandemic, we are being inundated not only with a storm of anxiety-inducing news but also with an onslaught of suggestions for “making the most” of our (alleged) extra time. There are a number of things working against the accomplishment of any tasks, so if you feel pulled in multiple directions and are having trouble focusing, it’s completely understandable.

The upheaval, fear and grief caused by the coronavirus pandemic is a ‘collective trauma’ experience. From a productivity standpoint, it’s challenging, because we’re navigating these huge emotional hurdles with an uncertainty that most of us have never really experienced in our lifetime. Some of our parents or even our seniors may be an active part of the Covid-19 task force. With the number of cases rising everyday, we’ve seen more and more hospitals being converted into COVID centres. As medicos, we’ve seen our college faculty working day and night, balancing their duties as teachers and doctors. With so many things running through our minds, it has obviously become difficult for us to stay focused.

Even though we have a lot more time now, we may find it difficult to get things done. The foremost thing we need to do is accept the moment! There was a sudden shift from attending lectures and practicals or spending hours in the college library studying, having group discussions about difficult topics, revising your basics, balancing all the subjects plus attending postings to social distancing, staying home all day, and having few escapes to feel the anxiety, grief, and helplessness of this situation.

Those emotions can make you feel unsettled, lethargic, paralyzed, and unable to focus or be productive. You need to accept that you have no control over the situation. The sooner you do that, the sooner you can create the

room for your mind to focus on other things.

The first step is identifying why you may be feeling gloomy. If you find yourself Netflixing or stress eating all day because you are stressed or feeling down, locate the root of that feeling. Call a friend and talk about the situation to get another perspective. Sometimes, we succeed in convincing ourselves that our study break is just a day long. At that moment, we need to remind ourselves that our future self may regret wasting this time. You probably won’t even realize when your one day break becomes a habit. The long term aspects of non productivity should be considered.

If I stop being productive today, I may surround myself with a cocoon which would be difficult to break. The idea that it’s okay to not make any progress at a personal or professional level during this period may hinder my growth as a person. If I stop studying regularly or disconnect myself from the real world, it’ll be harder for me to get back on track once everyday life resumes. Not doing something right now and postponing it might not cause a significant problem at this stage, but getting used to living like this would surely affect my long term goals. I’ll probably find myself stuck in a situation where I have a huge backlog of stuff to be completed with very little time in hand and zero motivation to start. Therefore, it is necessary to make a few changes which might appear insignificant but can surely help us in avoiding such situations.

We’re at a point where foundational self-care is one of the first things everybody could implement to ensure that when things go back to normal, when the dust settles and the rubble is cleared off, we are able to be productive because we didn’t try to just grind through this whole situation.

Fear, anxiety, and anger are evolutionary tools and this is a great time to learn how to use them. Imagine your future self managing a



hospital along with its entire staff, handling patients and ensuring you give them the best treatment, saving lives every single day and living the dream that we all are working so hard for. There's a fair chance you'll have to encounter these emotions again in that phase of life. Therefore, it is necessary to use this time to make things easy for your future self!

Because individual circumstances differ and people process difficult experiences in a variety of ways, we need to understand that there's no 'right way' to get through this, other than allowing yourself to be your own way. If you respect the range of coping styles and view people's behavior as their way to manage their anxiety, you can feel less judgmental — of yourself and others.

Everyone is going to have a different approach to go about the situation. You may have noticed people starting their own ventures, writing blogs, posting dance videos, learning a new skill, starting a food channel and so on. It is their personal coping mechanism which is going to differ from person to person.

It may help to think of this current situation as a relay; we don't all have to be running at the same moment. You may find it challenging to jump into a new routine or get started on bold ambitions. That is the reason you must do a few things to build a mindset and state of being to thrive in these conditions. By honoring these needs of your mind, body, and spirit, you will better process the situation and create the space to be productive, learn new skills, or explore areas for personal growth. So what we need to do is identify what needs to be changed, give yourself time to change it and get back on track! Here are a few tips to boost productivity in these testing times:

### **1- Make self-care a priority**

Self-care becomes critical during a time when your nervous systems are overactive from stress and anxiety. Find the self-care routine that works well for you and don't skip it. Common items include baths, self-

massagers, yoga, stretching, and meditation. Separate the days off from study days and make the days off special.

You may have heard many doctors recommending meditation. This is because of the health benefits it provides. It calms the nervous system, calms the mind, helps your immune system, and provides clarity of thought during a challenging time. If you don't know how, try apps like Insight Timer, Calm, and Headspace for guided meditations.

<https://play.google.com/store/apps/details?id=com.spotlightsix.zentimerlite2>

<https://play.google.com/store/apps/details?id=com.calm.android>

### **2- Rethink your to do list**

That may mean starting your day with a simple three-point to-do list. Focus on getting those tasks done, and then give yourself permission for a break. Plan each day in such a way that focus is maintained on the most important tasks. If you're feeling stuck, take some time to try something new. You don't need to master everything! Complete your tasks in batches to maximize efficiency.

<https://play.google.com/store/apps/details?id=com.anydo>

### **3- Journal to talk it out**

If you have time, make a habit to journal your thoughts (because writing is thinking) but do not write only about restrictions you have to face: it can make a negative impact on your mindset. Fix an endpoint for yourself, for example: to complain of no more than three things

Now when you can afford to live in NoFOMO mode, there are all the reasons to keep stress at bay: think of at least three major things you always wanted to do. Write them down along with honest explanations of what holds you back from achieving them.

### **4- Reading is the new exercise**

Stay updated and connected via multiple means of social media but do not drown yourself in 24/7 availability. Instead, unplug and



read a book: it is a kind of joy break from all the digital tools we are exposed to.

<https://www.media365.com/en/>

<http://Pdfdrive.com>

### 5- Get sleep

Sleep helps you address two big things during a time like this: mental health and a healthy immune system. It's so much easier to deal with the emotional and mental demands of this moment when your brain is rested and healthy. On the physiological side, sleep helps your body maintain a strong immune system, which is imperative for fighting off the coronavirus or any other illnesses that may come your way during this time.

<https://www.project-you.org/post/having-trouble-sleeping-know-more-about-insomnia-and-how-to-tackle-it-better>

### 6-Exercise and eat healthy

Cardiovascular exercise will help you maintain healthy lungs, which is important because coronavirus is a respiratory illness. Exercising four times a week is scientifically proven to be highly beneficial for mental health too! It also keeps your body flexible as your range of motion diminishes from staying at home all day. So, if you're physically able to exercise, it's a good idea to get out there and walk or run. And of course, respect any physical distancing recommendations from your government.

Junk food not only affects your weight; but also causes decreased productivity and energy crashes. So the next time you think of grabbing a Snicker bar, consider the existence of an alternative healthier option like a protein or fruit and nut bar.

Check out this link for more such tips on maximizing productivity :

<https://www.lifehack.org/articles/featured/50-ways-to-increase-your-productivity.html>

### The Final Word

This is a unique moment to slow down and honor your emotional and mental needs. By doing so, you can create the space necessary to reach the level of productivity you desire.

Also consider that this is a moment to go deeper than your to-do list. By embracing the ideas on this list, you can truly explore the big shifts, lessons, and opportunities that this situation presents. You might decide that productivity is the last thing on people's mind in turbulent times like these but adding productivity to your vocabulary and chalking out an action plan might bring much better results than you could expect when it comes to coping with self-isolation and maintaining motivation to push forward.

**Isha Samir Pradhan**

II year MBBS, RCSI,  
Govt Medical College,  
Kolhapur.

She has been a part of  
Nriyjanali's Personality  
Development Summer Camp.



**34<sup>th</sup> Nriyjanali 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**

### Navi Mumbai Zone

- Vashi to New Panvel

**12th, 13th, 18th December 2020**

### Western Zone

- Mahim to Virar on the Western Railway

**19th, 20th December 2020 &**

**2nd, 3rd, 8th January 2021**

### South Mumbai Zone

Colaba, Mazagaon, Worli to

Matunga / Matunga Road, King Circle

**9th & 10th January 2021**



34<sup>th</sup> Nrityanjali Fest 2020 – Inter School Competitions

## DRAWING

GROUP (Class-wise)	TIME	FEE (Rs.)
1 <sup>st</sup> – 2 <sup>nd</sup>	30 mins	50/-
3 <sup>rd</sup> – 4 <sup>th</sup>	30 mins	50/-
5 <sup>th</sup> – 6 <sup>th</sup> – 7 <sup>th</sup>	1 hour	50/-
8 <sup>th</sup> – 9 <sup>th</sup> – 10 <sup>th</sup>	1 hour	50/-

## Note:

1. Crayon for 1-2nd / 3-4th. Poster colours for 5-6-7th / 8-9-10th
2. No Stencils & Sketch Pens.
3. Drawing Topic will be announced on the spot - ONLI NE
4. Send Photo of the Drawing to Email - [redacted]
5. Drawing Sheet **MUST** include Name of the Participant, Std., School Name & Place which should be written on the Right-Hand Top Corner of the Drawing Sheet
6. File Size should not exceed 1.5 MB

## SPEECH

SPEECH	ELOCUTION	
GROUP	TIME	FEE (Rs.)
7 <sup>th</sup> – 8 <sup>th</sup>	3 mins	50/-
9 <sup>th</sup> – 10 <sup>th</sup>	3 mins	50/-

SPEECH	RECITATION / STORY TELLING	
GROUP	TIME	FEE (Rs.)
1 <sup>st</sup> – 2 <sup>nd</sup>	3 mins	50/-
3 <sup>rd</sup> – 4 <sup>th</sup>	3 mins	50/-
5 <sup>th</sup> – 6 <sup>th</sup>	3 mins	50/-

## Note:

1. English, Hindi & Marathi - Individual Prizes for Each Language.
2. Please mention LANGUAGE
3. Participant from 1<sup>st</sup> to 6<sup>th</sup> to select own Poem / Story.
4. This Event will be conducted LIVE through Google Meet

## ELOCUTION TOPIC:

- 7<sup>th</sup> - 8<sup>th</sup>: Freedom of Speech
- 9<sup>th</sup> - 10<sup>th</sup>: My Parents' Struggle during Corona

## MONO ACTING

GROUP (Class-wise)	TIME	FEE (Rs.)
3 <sup>rd</sup> – 4 <sup>th</sup> / 5 <sup>th</sup> – 6 <sup>th</sup> – 7 <sup>th</sup> / 8 <sup>th</sup> – 9 <sup>th</sup> – 10 <sup>th</sup>	3 mins	50/-

Note: This Event will be conducted LIVE through Google Meet

TOPIC : Your Choice  
TWO Characters in one Act

## VOCAL (Hindustani / Carnatic / Light Solo)

GROUP (Class-wise)	TIME	FEE (Rs.)
3 <sup>rd</sup> – 4 <sup>th</sup> / 5 <sup>th</sup> – 6 <sup>th</sup> – 7 <sup>th</sup> / 8 <sup>th</sup> – 9 <sup>th</sup> – 10 <sup>th</sup>	3 mins	50/-

## Note:

1. Light songs include bhajans, gazals, folk etc.
2. Songs in English, Hindi, Marathi will be treated as combined.
3. No Instrument accompaniment permitted
4. No pre-recorded Music Track to be used
5. This Event will be conducted LIVE through Google Meet



## FANCY DRESS

GROUP WISE	TOPIC	FEE (Rs.)
Junior KG	God / Goddess	50/-
Senior KG	Natural Immunity Booster (Ex. Tulsi, Amla, etc.)	50/-
1 <sup>st</sup> – 2 <sup>nd</sup>	Sanitizer Bottle	50/-
3 <sup>rd</sup> – 4 <sup>th</sup>	My Favourite Snack	50/-
5 <sup>th</sup> – 6 <sup>th</sup> – 7 <sup>th</sup>	Corona Warriors	50/-

## Note:

- Only Originality & Neatness of the Dress.
- Send Photo to: [redacted]

## ESSAY WRITING / HAND WRITING / GENERAL KNOWLEDGE

ESSAY WRITING		
GROUP WISE	TIME	FEE (Rs.)
5 <sup>th</sup> – 6 <sup>th</sup> – 7 <sup>th</sup>	30 mins	50/-
8 <sup>th</sup> – 9 <sup>th</sup> – 10 <sup>th</sup>	30 mins	50/-
GENERAL KNOWLEDGE		
5 <sup>th</sup> – 6 <sup>th</sup> – 7 <sup>th</sup>	15 mins	50/-
8 <sup>th</sup> – 9 <sup>th</sup> – 10 <sup>th</sup>	15 mins	50/-
HAND WRITING		
1 <sup>st</sup> – 2 <sup>nd</sup>	15 mins	50/-
3 <sup>rd</sup> – 4 <sup>th</sup>	15 mins	50/-
5 <sup>th</sup> – 6 <sup>th</sup> – 7 <sup>th</sup>	15 mins	50/-
8 <sup>th</sup> – 9 <sup>th</sup> – 10 <sup>th</sup>	15 mins	50/-

## Note:

1. Essay & Hand Writing- Individual Prizes for English, Hindi & Marathi Languages.
2. Not more than 500 words for Essay.
3. Hand Writing, Essay & GK will be on the spot - ONLI NE
4. Send Photo of Essay & Hand Writing to Email - [redacted]
5. The Sheet **MUST** include Name of the Participant, Std., School Name & Place which should be written on the Right-Hand Top Corner of the Hand Writing Sheet
6. File Size should not exceed 1.5 MB
7. GK - any Language - COMBINED Prizes
8. GK participants will receive a Quiz Link on their Email

## DANCE (SOLO)

GROUP WISE	TIME	FEE (Rs.)
KATHAK / BHARATNATYAM		
3 <sup>rd</sup> – 4 <sup>th</sup>	5-7 mins	100/-
5 <sup>th</sup> – 6 <sup>th</sup> – 7 <sup>th</sup>	5-7 mins	100/-
8 <sup>th</sup> – 9 <sup>th</sup> – 10 <sup>th</sup>	5-7 mins	100/-
WESTERN DANCE		
3 <sup>rd</sup> – 4 <sup>th</sup>	5 mins	100/-
5 <sup>th</sup> – 6 <sup>th</sup> – 7 <sup>th</sup>	5 mins	100/-
8 <sup>th</sup> – 9 <sup>th</sup> – 10 <sup>th</sup>	5 mins	100/-

## Note:

- Performance only on RECORDED music
- No INDIAN FILM Music for WESTERN Dance
- This event will be conducted LIVE through Google Meet





## “मैं हूँ भंगारन”

मुझे लोग देते ताना  
मैं कचरा एकट्ठा करती हूँ,  
दुनिया कुछ भी कहे मगर  
आवाज़ मैं खुद की सुनती हूँ,  
जब भी खाती फल मैं कोई  
बीजों को सम्भाला करती हूँ,  
उन्हें बगीचे सड़क किनारे  
मिट्टी में फेंका करती हूँ,  
कभी पंथी छाया मिले मधुर  
फलवृक्ष अपेक्षा करती हूँ।

बासी खाना सड़क किनारे  
भूखे जीव को मिल जाए  
यही सोच जूठन भी घर का  
रोज़ बचा के रखती हूँ,  
कचरे से भी छाँट के दाने  
पंछी को डाला करती हूँ।

उतरन को फेंकूंगी पर  
अधनंगे मासूम वो चेहरे देख के रोया करती हूँ,  
तभी तो मैं बिन जोड़ी का  
हर एक जुराब भी रखती हूँ,  
कोई कहता कपड़े  
को पोछा बनाओ  
कोई कहे इसे अब  
कचरे में फेंक आओ  
तभी नंगे बदन ठंडी में सिकुड़ते  
मुखड़ों को देखा करती हूँ  
फिर मैं पुराने कपड़ों और  
बरतन को सम्भाला करती हूँ।  
शायद ये पुराना चिमटा किसी  
हाथों की जलन रोक सके

## Rhymes & Verses



यही सोच घर के सारे  
भंगार इकट्ठा करती हूँ,  
कचरे में पोलिथीन देख  
उसको भी निकाला करती हूँ,  
नदियाँ सागर हों न प्रदूषित  
उनको भी सम्भाला करती हूँ।

काँच कोई कचरे में अगर  
उसको भी निकाला करती हूँ,  
जीव कोई गर निगल न जाये  
बच्चे को किसी ये चुभ न जाए  
ऐसा सोचा करती हूँ।

काँटा भी देखूँ कचरे में  
बूढ़े को किसी ये लग न जाए  
फाँस कहीं कोई चुभ न जाए  
बदबू से सड़ते कचरे से  
साँस किसी की रुक न जाये  
यही सोच कर मैं खुद को  
भंगारन बनाकर रखती हूँ।

सच्चा सुकून कचरे में मिले  
क्या हर्ज अगर कोई कुछ समझे  
मैं तो बस सबके जीवन का  
सुकून इकट्ठा करती हूँ।

सोचे कोई सनकी तो क्या  
मैं बस अपने मन की धुन ही गाया करती हूँ  
हँसने दो सबको मुझको क्या  
खुश हूँ मैं क्योंकि मैं तो  
कचरे में भी खुशियाँ ढूँढ़ा करती हूँ।

Written by **Mrs. Kirti Shukla** - Nrityanjali's Sunday class dancer and a poetess. Holding Masters Degree in Computer Application and Social Work, Kirti ji is spontaneous and daring enough to express her views and explore new learning.

## लॉकडाउन आरती

जयदेव जयदेव जय जय नवरोबा,  
शहाण्यासारखा वाग आता तू बाबा,  
जयदेव जयदेव,  
पिशावी घेऊनी जाशी बाजारी,  
अर्घ्या गोष्टी विसरून येथील माधारी,  
पालक, मेथी असो किवा अंबाडी,  
म्हणशील सार्यांना तू पाल्याची भाजी, जयदेव जयदेव

मित्रांना जमवून दंगा करताना,  
उत्साही असशी तू भंकस करताना,  
सोबत असावे गोड बोलावे,  
माझ्याशी बोलता वाचा बसेना, जयदेव जयदेव

Contributed by  
Editorial Team

अंगावरती तू चहा सान्दशील,  
नव्या कपड्यांवरील दाग पाडीशील,  
भूक लागली हे त्रिकाळ वदशी  
कुठल्या ही वेळी असशील उपाशी, जयदेव जयदेव  
येता पाहुणे आपलया घरी,  
बोलत बसशील तू बन्यान वरी,  
खूणे ने सांगता कपडे घालाया  
काय झाले उच्चर वे विचारी, जयदेव जयदेव

खोड्या तुझ्या ह्या डोके फिरविती  
सांग नारे आता सोसाव्या किती  
दगडाहुनी दगड तूच भेटला  
मीच म्हणूनीया संसार केला, जयदेव जयदेव

Please sing it the way Ganapati aarti is sung

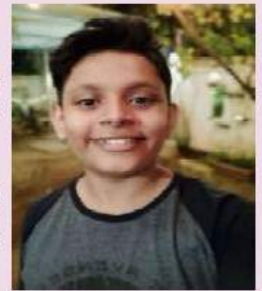


# FOOD *KHANA* Recipes

Pandemic has provided quality family time, focus on health, and ability to be accommodative. We did not miss eating out, be adamant or hangout with friends. Our children too learned new skills - cooking, art, computer games, indoor games, or **housekeeping**.

Our young member, **Master Ved Save**, son of Mrs. Ananya & Mr. Aditya Save, studying in Marble Arch High School - Andheri, always had interest in cooking and this pandemic allowed him to experiment. We are sharing two of his recipes for our young readers.

*Ved also loves History, Geography and is fascinated about Marvel Universe.*



## The Best Egg Mayo Sandwich (for 2)

This is perfect for amateurs cooks and is a quick snack.

### Ingredients

- 2 Eggs
- 1 tsp Olive Oil (extra virgin/extra light)
- 2 tsp Milk
- 6 Bread slices
- Butter, to your liking (optional)
- 2 tbsp Mayonnaise
- 3 Cheese slices
- Black Pepper powder, to taste
- Salt, to taste

### Method

1. Heat a medium non stick pan and add olive oil.
2. Break 2 eggs in the pan. Add milk and season with salt and black pepper.  
The eggs can now be scrambled.
3. Butter the slices of bread and/or spread mayonnaise on one side of alternative bread slices.
4. On the other slices of bread, place a cheese slice. Take one mayo spread bread slice and one cheese spread bread slice and sandwich the stuffing between them.
5. You can either use a sandwich maker or a panini press, or just use a tawa. If using a tawa, place something on top of the sandwich so it toasts well.
6. Once toasted to your liking, remove and enjoy!

## Veg Cake

*The easiest cake you will ever bake and boasts a 99% success rate. This is a tweaked version of Sana Rupani's recipe of the same*

### Ingredients

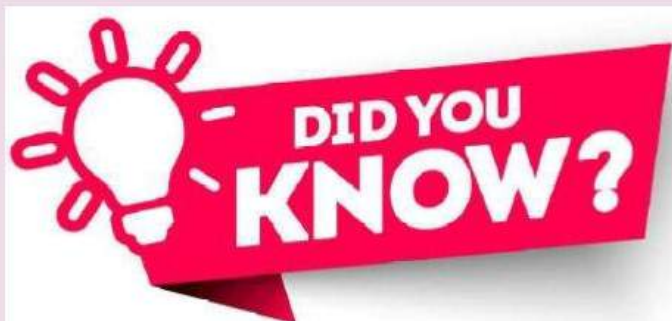
- 2 cups all-purpose flour
- 1.5 tsp each baking powder & baking soda
- 3/4th cup granulated sugar
- 1/2 cup oil
- 1 tablespoon unsalted butter
- 1 tablespoon condensed milk
- 1 tsp vinegar (white/ white wine/ rice/ cider, any)
- 1 cup milk
- 1 tsp vanilla essence

### Method

**PREHEAT OVEN** to 180°C, minimum 15 mins.

1. Sieve flour, powder and soda in a medium bowl and mix well.
2. Add oil and butter in a large bowl. Add in the sugar and blend well until all is incorporated.
3. Add the sieved dry ingredients in the large bowl containing the oil mixture. Mix very well.
4. Add in the vinegar, milk, vanilla essence and condensed milk and blend well till it has a cake batter-like consistency. Do not over blend. If it's runny, add some flour but not too much. If thick, add some milk, but in small quantities.
5. Grease a tin big enough to hold the batter. Use loaf or a circular instead of square and heart-shaped. Add in the batter and bake in the middle rack for 35-40 minutes or until a pierced toothpick comes out clean. Make sure that the batter is in the oven max. 10 minutes after the milk and baking powder has made contact. Otherwise it will activate too early and the cake can become dense. Enjoy!





Contributed by **Editorial Team**



### **Why do hot drinks get cold when you blow on them?**

A hot tea or coffee heats the air above the mug that contains it. A warm cushion of air above the mug keeps the tea or coffee hot thus not letting it cool down. When we blow that cushion of warm air away, cool air takes its place and cools the hot tea faster.

### **Why is boiled water tasteless?**

Normal water contains a few substances like gases, sulphates or chemical elements. These constituents impart not only taste but also the hardness to the water. Boiling the water dissolves these constituents and hydroxides are formed which get deposited on the surfaces and the bottom of the vessel as scales. These separated from water make it tasteless.

### **Why are water droplets spherical?**

Liquid droplets tend to be in a state of minimum surface energy which is directly related to the surface area. The force or surface tension which tries to hold the droplets together, tries to reduce the surface area of the droplet. Usually only a sphere has the smallest surface area for a given volume than other geometrical shapes. Thus, liquid droplets usually tend to be spherical.

### **Why does milk have a cream layer on top?**

Milk has water, fat proteins, lactose and minerals. Of this, fat is the lightest as it has a very low density. Cream is the substance rich with fat. Then whenever milk is stored undisturbed for a long period, the fat rises to the top forming a creamy layer as it is the lightest element in the milk.

### **Why is gum chewy?**

Gum base is made of different combinations of rubbers or latex, resins, waxes, and fats. The heat from our mouth causes these ingredients to soften but, because they all resist water, your spit doesn't cause the gum to break down like it does when you eat other foods and become chewy.

### **Why are lemons sour?**

Lemons have their sour taste because they contain a substance called 'citric acid'. Citric acid is an organic substance that occurs naturally in lots of plants. Lemons have more citric acid than most others and so they taste sourer.

### **Why tongues have little bumps?**

The little bumps on your tongue are actually the taste buds. The taste buds work like the nerves in our body. They send messages to your brain about the flavour of the food - sweet, salty, bitter, sour. Most people have approximately 10,000 taste buds!

### **Why does fruit change colour as it ripens?**

Unripe fruits are green because of chlorophyll in their cells. As they ripen, the chlorophyll breaks down and is replaced by orange carotenoids and red anthocyanins. These chemicals give the ripening fruit its colour and help to preserve it, giving signal to animals that they are ready to eat.

### **Why do flowers make people sneeze?**

Plants contain pollen, a special substance that allows plants and flowers to be able to reproduce and make more plants and flowers. Pollen is a part of the plant, and it usually looks like a grainy or flaky powder that is yellow-like in colour. People who sneeze from being around pollens have an allergy to it and the symptoms of a pollen allergy can include itchy eyes, runny nose and sneezing.





## Jokes

Why Do Noses Run But Feet Smell  
Shouldn't They Actually do the Opposite

JAIL and PRISON are Synonyms.  
But JAILER and PRISONER are Antonyms.

Your Fingers have Fingertips but your Toes don't have Toetips  
Yet, you can Tiptoe but not Tipfinger

When you Transport Something by Car, it is called a Shipment.  
But when you transport something by Ship, it's called Cargo.

English is the only language where you drive in Parkways and Park in Driveways  
English is the only language where you Recite in a Play and Play in a Recital.

### An all time favourite conversation

*A mother-in-law was welcoming her newly wed daughter-in-law and explaining the hierarchy:*

Mother in Law: I am Vice President, Home Affairs Minister as well as Finance Minister of this house.  
Your Father-in-law is the President, Defence and Security Minister and Foreign Affairs Minister  
My Son, I mean your husband, runs the Ministry of Demand and Supply, Finance and Economic Affairs and my daughter runs the Planning & Development Ministry.  
Now you tell me, which Ministry would you like to run?

*The daughter-in-law instantly replied with a smile:*

Daughter-in-Law: Dear mother-in-law, I will be the leader of the OPPOSITION

Contributed by

**Mrs. Geeta Chandrasekaran**  
Head HR and faculty member  
with Nrityanjali Education and  
Management Division





## Happy Birthdays

### October

- 1st Yogesh Mandalia  
 1st Deepika Rane  
 3rd Naresh Pukale  
 11th Khushvi Pukale  
 14th Revathi Sethuraman  
 23rd Tirtha Shetty  
 24th Rekha Vijayakar  
 25th Manju Pukale  
 26th Anjum Shaikh  
 26th Sana Parab  
 29th Vikram Notey



### November

- 2nd Shilpa Narvekar  
 3rd Chitra Thaker  
 12th Sagar Damle  
 13th Sandesh Kadam  
 15th Adarsh Mahapatra  
 18th Sagarika Basu



### January

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



### December

- 4th Apoorva Shetty  
 13th Deepa Desai  
 14th Brinda Gopalakrishnan  
 17th Manjula Parshram  
 19th Ashit Thakkar  
 21st Samir Pingle  
 21st Dhanya Uttumadathil  
 21st Dhruvi Mandalia  
 23rd Aishwariya Amin



### You Can Contribute

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





**Nrityanjali®**

13/2, Shopping Centre, Miniland, Gate No.2, Opp. Little Apts.,  
Nrityanjali Marg, Bhandup (West), Mumbai – 400078, Maharashtra, India.  
Te.: 91-22-25967388 / 25953606. Email: nrityanjali1963@nrityanjali.org.in. Web: www.nrityanjali.in