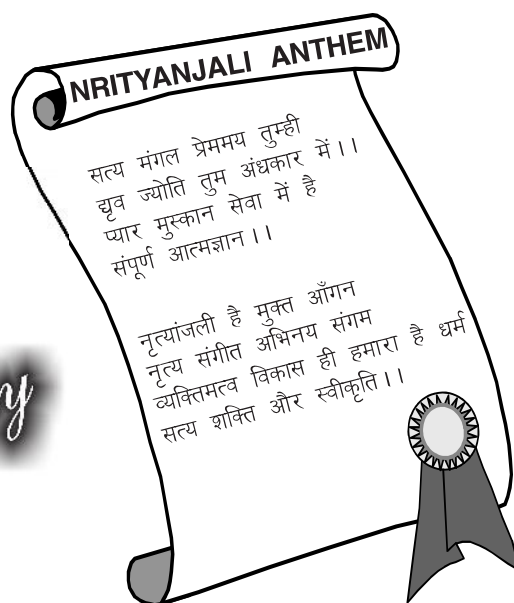


*Parichay
Mein
Parichay*



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Editor:

Maitri Khedekar



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Dear Readers,

Greetings! It gives us immense pleasure to accomplish a very responsible but challenging task of handling the dance section of Kala Ghoda Arts' Festival 2017, with flawless administration, for the second consecutive year too. This has held our heads high up and made every person who worked for it feel very proud.

The prize distribution functions held in the month of January 2017 also earned a tremendous applause from the schools, parents and children.

Nrityanjali's belief in moving constantly without any stopping has helped us in acquiring immense trust and love from our well-wishers. Nirjhar - The Life and Work of Dr. Tushar Guha, the documentary film made on Dr. Tushar Guha, is being received with lots of love and praises by each and everyone. It can be said that now Dr. Tushar Guha's life has been opened like a book for every common man to read.

Maitri Khedekar

Parichay Mein Parichay Life Membership (10 Yrs.)

Oct'07 Vol.16 No. 4	Shalini Saksena / Charushila Samjiskar
Jan'08 Vol.17 No.1	Kalyani Srinivasan / Sanjukta Guhathakurta
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July'12 Vol. 21 No.3	Tanuja Patil
Oct'12 Vol.21 No.4	Khedekar Anurag, Maitri / Desai Hetal, Paresh, Priyadarshi
Jan'13 Vol.22 No.1	Sagar Gangurde , Chandrakant Minkudale , Manish Tiwari
April'13 Vol.22 No.2	Anonna Guha / Miran Mahajan
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Oct.'14 Vol. 23 No.4	Guha Tushar, Radha / Dharmesh Rana
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April'15 Vol.24 No.2	Revathi Sethuraman
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One Year Membership

July'16 Vol.25 No.3	Vasanti Anand , Neelima Sonkusale , Bhavana Shrivastava , Tapasi Saha
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Members are requested to please check and renew their Life membership

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Governing Body,
PMP Membership List*

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Connectivity V/s Connection

Written by Dr. Kalpana Gopinath.
She is the Executive Editor and
one of the Senior Faculty with Nrityanjali.
She is also a very active social worker.



Communication to this day remains the single most important facet in one's interpersonal relationships. Every living being communicates in different ways to convey the feelings, requirements and needs. Human beings of course have the ability to verbally express their thoughts and feelings in different languages along with other modes of communication like written communication, body movements and other expressions. The discovery of telephone is probably one of the most important and landmark events in the history of the world communication and evolution. The telephone even in its primitive form enabled people to be in touch with one another even though miles apart, and it also marked the beginning of the modern age communication style. Within no time technology connected the entire world and in the last decade or so the world is literally within one's closed fist! All one requires is the tap of a finger and the information highway floods one with data. Be it a medical condition or the name of an exotic animal or plant or the route to reach a particular address or details of the best colleges around the world or a unique recipe from a little known town in some far away land, the search engines can literally place all before us within minutes of asking.

If the advent of home computers was revolutionary, epic levels of transformation have set in with the introduction of mobile phones. Graham Bell's telephone has undergone a sea change and today a smart phone has replaced everything else. The post office, Bank, Grocery, shopping, medical records and everything one can think of as

needed for daily life is bundled in the hand held instrument and with just a few taps every chore can be accomplished. Such is the marvel of modern day technology and science. If our epics spoke of sending messages through the clouds or through mind (telepathy) and which we thought were more imagination than real, now it is proven beyond doubt that it is indeed real. Cloud storage is a reality now, storing tons of data no longer requires huge storage devices, our small but efficient phone can store thousands of details for us. Sending messages, contacting people, gathering information, talking to people miles apart live on video is done within minutes. Offices that have branches world wide no longer have to send their employees to different places for work, as video conferencing can handle any meeting with anyone in any corner of the world in any time zone. It is indeed a boon and advantages are manifold! Yes, human beings have come a long way from sending messages through pigeons and later letters, and waiting for days for a reply. Now it is instantaneous.

"Instant" is the key word, connectivity is superfast, how about the connection? The connection between the two people communicating? Everything is now in short messages. Some felt there was no emotion in the messages so Emoticons were introduced. Just tap on the relevant smiley face or any graphic that suits the occasion and send instantly bereft of any personal touch! The sad state of modern communication is the fact that there is no emotional connect between the sender and the receiver. Birthday wishes or anniversary wishes or condolence message,

everything is mechanical, brief and with the standard graphics, impersonal. While brevity is a welcome trait, it is important that personal messages come from the heart! It is sad to see youngsters, old and young almost everyone glued to their phones even when in a group. They are more comfortable “talking” on social media/chat platforms than talking in person. All those who are adept in computer usage and experts in the knowledge of cyber space are woefully poor in interpersonal relationships and socially very awkward. This is a very unhealthy trend that has spread like a virulent virus across the globe. People literally have withdrawal symptoms akin to that of a drug addict whose daily dose of drug is not available. Everyone feels lost without a phone or the internet. All that our grandparents used to talk to us or the stories through which they taught us the values can now be easily accessed through search engines, any recipe, any home remedy, any song lyric anything and everything which would have normally made us either call a friend, or our mother ,or someone else, to ask , now is available at our fingertips, and therefore we do not need any extended relatives or casual friends. Each one of us is becoming an island unto himself where there is no space for any visitor. At best a family consisting of parents and just their children can be in that space. The warmth in relationships has vanished. Almost all interactions are need based and to the point.

What is the fall out of this? People are stressed, with no recourse for heart to heart talks or sharing of thoughts. If we just fine tuned our heart connections like the super speed of network connectivity, most of us would not need blood pressure and diabetes medications! Spending less time on the gadgets and more time with real people would

also reduce carbon foot prints and keep the environment cleaner!

This concept is well practised in Nrityanjali where communication is of the highest degree. Everyone is made to feel important, love, knowledge, care and discipline are all communicated in the most acceptable and effective ways:- Life skills through the SPDC(Special Personality Development Course Level I, II and III) classes, Sunday classes convey the strong message, age, sex, status and education are no bar for reaching your goals if you are willing to work hard. Encouragement is readily available at the Institute. Dr.TusharGuha's regular meetings with the faculty members even if there is no important agenda, ensures that people have a sense of belonging with the place and the work. It is therefore heartwarming to know that at least somewhere human relationship is still valued. If every individual who is /has been a part of this institute emulates all that is being taught here, surely the world can become a better place to be in. It is said charity begins at home and change should come first to the person who wishes to change people around him, so let us now communicate with one another, simply by saying hello how are you even if it is not a birthday/anniversary or any other occasion. There need not be a reason to talk to a person who is dear to you.

2G,3G,4G or 5G connectivity has no meaning if one's heart is not in that communication!

Children would be looking forward to the Nrityanjali camp coming up in May, another awesome mode of communicating values to the little ones, keeping them engaged at the same time! Best wishes to all the faculty members!

THE ACCOLADES

Respected Dr. Tushar Guha Sir,

Congratulation for the amazing movie - Nirjhar. which very well describes you, sir!

Dr. Tushar Guha = Nrityanjali = Nirjhar.

So well written and understood. There is hardly any difference to point out between the waterfall and you, sir. Like the waterfall plays various vital roles to every life. Similarly, you play many important roles in each one of our lives; irrespective of who has been associated to you in some way or the other, or not. You are a waterfall with vast information, that keeps flowing silently yet making noise with success and achievements after hitting hard on rocks and pebbles on the ground; bearing all the pain and agony, yet walking tall and strong.

What a lovely message sent to the masses! Captured your entire life and work in 90 minutes video, commendable work! The youngsters are really blessed to know you and study you in depth to produce this beautiful piece - Nirjhar!

It was a pleasure and proud moment for all of us to witness Nirjhar; be it your own students, faculty or staff at Nrityanjali. I believe each one of us had moist eyes with a heavy heart to see our Guru's life exploding from a box full of knowledge; to a bright light shining, as bright as the reflection from a diamond onto the white cloth called the screen in a beautiful ambience. I was touched, witnessing the journey of a gem, my guru - Dr. TusharGuha. Bliss and blessed!

I would like to thank the entire team for producing such a beautiful reflection of your life - Nirjhar.

NishantGosavi,
Researcher and Teacher.

Dear Dr. Anonna Guha,

On the onset, let me appreciate you for the most wonderful, interactive and informative training program that I have attended since my inception in Glenmark which I would say is 21 yrs in total. The entire session took me home

with a very rich experience of having learnt so many new things.

First of all the Communication Chart was a very informative learning tool.

Ma'am, wish for Glenmark to give me yet another opportunity to get trained by a renowned trainer (that's you) on many more training programs like this.

Thank you and Regards

Sandy Jacinto
Sales & Marketing Coordinator
Glenmark Pharmaceuticals Limited

Dear Dr. AnonnaGuha,

I was present for the Prize Distribution Ceremony of Nrityanjali Fest Central &Navi Mumbai Zone on 14th January 2017. My daughter represented DPS School, Nerul.

Very well organised programme, indeed a great endeavour.

Regards

Shivani Khanna
Head - HR
Tata Consultancy Services

Dear Girish Sir,

Thank you for the workshop conducted for our teachers. It was highly interactive, very spontaneous and extremely relevant to the work situation.

Your faculty member – Mrs. Geeta Chandrasekaranji is highly energetic and passionate about her belief in Dr. Tushar Guha's work and this got translated into the workshop. Very impressive and a trend setter.

We could see Tushar Guha Sir through Geeta ma'am. She has again brought the 8 number smile.

We thank Nrityanjali & Geeta ma'am for motivating our teachers.

Regards,

Mrs. Vandana Roghay
Principal
– Diamond Jubilee School, Dongri

FOOT PRINTS...

Nrityanjali News



Nrityanjali Management Services

Conducted the following management training programmes:

PROGRAMME & DATE	COMPANY	FACULTY
JANUARY 2017		
1. One day programme on Secretarial Excellence for the Executive Secretaries on 11th January 2017.	Glenmark Pharmaceuticals Ltd., Mumbai	Dr. Anonna Guha and Mrs. Geeta Chandrasekaran
2. One day programme on Recharging Self for the officers on 23rd January 2017.	Sun Pharma Ltd., Raichak, Bengal	Dr. Anonna Guha and Mrs. Geeta Chandrasekaran
3. Two days programme on Team Dynamics for the officers on 24th and 25th January 2017.	Hindusthan Petroleum Corporation Ltd., Nigdi	Dr. Tushar Guha, Mrs. Harsha Andan and Mrs. Vasanti Anand
FEBRUARY 2017		
4. One day programme on Recharging Self for the officers on 6th February 2017.	Sun Pharma Ltd., Kerala Kerala	Dr. Tushar Guha and Mrs. Geeta Chandrasekaran
5. Two days programme on Positive Resourcing and Lifestyle Management for the officers on 15th and 16th February 2017.	Hindusthan Petroleum Corporation Ltd., Nigdi	Dr. Tushar Guha, Mrs. Geeta Chandrasekaran and Mrs. Charushila Samjiskar
6. Three days programme on Professional Quotient for Graduate Engineer Trainees from 20th to 22nd February 2017	Larsen and Toubro Ltd., Mhape, Navi Mumbai	Mrs. Geeta Chandrasekaran and Mrs. Hetal Desai. Dr. Tushar Guha addressed the participants on the inaugural day

FOOT PRINTS...

Nrityanjali News



Nrityanjali Management Services

Conducted the following management training programmes:

PROGRAMME & DATE	COMPANY	FACULTY
MARCH 2017		
7. One day workshop / training for the women employees on Stravati - Dance your way to Health and Creativity and Innovation on 7th March 2017.	Indian Oil Corporation Ltd., Mumbai	Dr. Anonna Guha and Mrs. Falak Trivedi
8. One day workshop/training for women employees on Pilates Body Workout, Handcrafted Jewellery and Stress Release Painting on 9th March 2017	Indian Oil Corporation Ltd., Mumbai	Pilates by Mrs. Falak Trivedi and Mrs. Sangita Sawant Handcrafted Jewellery by Mrs. Hetal Desai Stress Release Painting by Mrs. Maitri Khedekar.
9. Two days programme on Leadership and Team Dynamics for the managers on 14th and 15th March 2017.	USV Pharmaceuticals Ltd., Chiplun	Dr. Tushar Guha and Mrs. Geeta Chandrasekaran

Nrityanjali Human Resource Development Division

The Special Personality Development Course Level - III (SPDC-III) commenced from 1st April and will end on 23rd April 2017

The 32 Sessions Special Personality Development Course Level - I (SPDC--I) will commence from 12th May 2017 and will end on 11th June 2017

Nrityanjali Faculty Members conducted workshops on Multiple Intelligence from 16th to 31st March 2017

1. At New Horizon Public School, Airoli - 14 Days
2. At New Horizon Scholar School, Airoli - 13 Days
3. At New Horizon Scholar School, Thane - 12 Days
4. At New Horizon Scholar School, Panvel - 12 Days

Meeting of all Nrityanjali Faculty Members was held on 11th & 29th March 2017

FOOT PRINTS...

Nrityanjali News



Nrityanjali Education Services

Life Skill programmes for students are being conducted regularly ...

- **Vidya Vikas School, Andheri** - Courtesy Nrityanjali
- **Saraswati School - CBSE, Mahim** - Courtesy Nrityanjali
- **Vivek Vidyalaya, Goregaon** - Courtesy Nrityanjali
- **Kapol Vidyanidhi International School, Kandivali** - Courtesy Nrityanjali
- **Ryewood International School, Lonavala** - Courtesy Nrityanjali
- **MKES School, Malad** - Courtesy Nrityanjali
- **Kenia & Anchor School, Chinchpokli** - Courtesy Nrityanjali
- **Little Angel High School, Sion** - Courtesy Nrityanjali
- **DAV Public School, Airoli** - Courtesy Nrityanjali
- **Christ Church School, Byculla** - Courtesy Nrityanjali
- **Saraswati Vidyalaya, Ghodbunder Road & Rabodi, Thane** - Courtesy NiE
- **DAV International School Thane** - Courtesy NiE
- **Lokpuram School Thane** - Courtesy NiE
- **Sadhana Vidyalaya, Kalwa** - Courtesy NiE
- **Arunodaya School, Thane** - Courtesy NiE
- **St. Mary School, Asalfa** - Courtesy NiE
- **Diamond Jubille School, Masjid Bunder** - Courtesy NiE
- **Sri Ma Vidyalay, Thane** - Courtesy NiE
- **Sri Ma Bal Niketan, Thane** - Courtesy NiE
- **Anjuman Islam School, CST** - Courtesy NiE
- **Hiranandani School, Powai** - Courtesy NiE
- **Gopal Sharma School, Powai** - Courtesy NiE
- **Fatima High School, Sewri** - Courtesy NiE
- **Bombay Cambridge School, Andheri** - Courtesy NiE
- **Mother Teresa High School, Malad** - Courtesy NiE

FOOT PRINTS...

Nrityanjali News



Nrityanjali Education Services

- **Vidya Sagar International School, Bhayander** - Courtesy Hindusthan Times
- **Sharada Ashram School, Dadar** - Courtesy Hindusthan Times
- **IES Primary School, Andheri** - Courtesy Hindusthan Times
- **City International School, Andheri** - Courtesy Hindusthan Times
- **Airson School, Badlapur** - Courtesy Hindusthan Times
- **Green Lawns School, Worli** - Courtesy Hindusthan Times
- **Adarsh Vidyalaya, Nallasopra** - Courtesy Hindusthan Times
- **Terna School, Koparkhairne** - Courtesy Hindusthan Times
- **Vishwakarma School, Dahisar** - Courtesy Hindusthan Times
- **Our Lady of Good Health School, Dahisar** - Courtesy Hindusthan Times
- **P J Doshi Gurukul, Ghatkopar** - Courtesy Hindusthan Times
- **IES Chandrakant Patkar Vidyalaya, Dombivali** - Courtesy Hindusthan Times
- **St. Xaviers School, Virar** - Courtesy Hindusthan Times
- **St. Francis School, Bhayander** - Courtesy Hindusthan Times
- **J J Academy, Mulund** - Courtesy Hindusthan Times
- **Friends Coop. School, Mulund** - Courtesy Hindusthan Times
- **Hirajbhoy Allarkha & Laljibhoy Sajan School, Masjid Bunder** - Courtesy Hindusthan Times
- **Liberty School, Grant Road** - Courtesy Hindusthan Times
- **Podar School, Poawi** - Courtesy Hindusthan Times
- **RGS School, Ulhasnagar** - Courtesy Hindusthan Times

Effective Parenting Workshop

- On 21st January 2017, **Dr. Tushar Guha** conducted two workshops in **DAV Public School, Panvel**
- On 28th January 2017, **Dr. Tushar Guha** conducted two workshops in **DAV Public School, Panvel**

Teachers Workshop

- **Mrs. Geeta Chandrasekaran** conducted workshop on "How to be a Change Maker" on 7th January 2017, in **Sharada Ashram School, Dadar** - Courtesy Hindusthan Times
- **Mrs. Geeta Chandrasekaran** conducted workshop on "3 - I's" on 10th January 2017, in **Diamond Jubilee School, Masjid Bunder** - Courtesy NiE
- **Mrs. Rekha Vijayakar** conducted workshop on "Stress Management & Public Speaking" on 21st January 2017, in **Union School, Girgaon** - Courtesy NiE
- **Mrs. Revathi Sethuraman** conducted workshop on "Understanding Students" on 21st January 2017, in **IES Primary School, Powai** - Courtesy Hindusthan Times
- **Mrs. Uma Mahesh** conducted workshop on "Understanding Children" on 18th February 2017, in **MUM School, Kamothe, Navi Mumbai** - Courtesy Hindusthan Times
- **Mrs. Revathi Sethuraman** conducted workshop on "Teacher Student Relationship" on 10th March 2017, in **Lok Puram School, Thane** - Courtesy Hindusthan Times
- **Mrs. Geeta Chandrasekaran** conducted workshop on "**Communication Skills**" on 18th March 2017, in **Sharda Gyanpeeth School, Malad**
- **Mrs. Hetal Desai** conducted workshop on "**Time Management & Presentation Skills**" on 20th March 2017, in **Podar School, Kalyan**
- **Mrs. Geeta Chandrasekaran** conducted workshop on "**Healthy Living & Stress Management**" on 27th March 2017, in **Garodia International School, Ghatkopar**
- **Dr. Tushar Guha** conducted workshop on "**Problem Solving Technique & Team Spirit**" on 29th March 2017, in **Garodia International School, Ghatkopar**
- **Mrs. Geeta Chandrasekaran** conducted workshop on "**Grooming & Soft Skills** " on 31st March 2017, in **Arunodaya Public School, Thane**

Nrityanjali Faculty Team conducted Career Guidance Counselling for :

1. Ryan International School, Kharghar on 21st January 2017 for 133 students
 2. Ryan International School, Chembur on 28th January 2017 for 63 students
 3. Ryan International School, Kandivali on 25th February & 4th March 2017 for 201 students
- **Dr. Tushar Guha** conducted two hours **Personality Development** workshop for the science students of **Ruia College, Mumbai** on 9th March 2017

Nrityanjali Social Services

**The Prize Distribution Function of
Nrityanjali Fest 2016 - Inter School Competitions**

**were held
on 7th January 2017 for Western & South Mumbai Zones
at Birla MatushriSabhaghar, New Marine Lines, Mumbai**

Padmashri Darshana Jhaveri & Dr. Swaroop Sampat Rawal

were the Guests of Honour

&

**on 14th January 2017 for Central & Navi Mumbai Zones
at Zaverben Auditorium, Ghatkopar (E), Mumbai**

Guru Smt. Debi Basu was the Chief Guest

Nrityanjali artistes presented

**Anurati- Love through Creative Dance Style
Classical Dance Style (Bharat Natyam & Kathak
Indian Folk Dance & Western Dance**

Photo 1



SARASWATI PUJA was celebrated on
Wednesday 1st February 2017 at 6.30 P.M.
at Nrityanjali premises, Bhandup



Nrityanjali executed the **CSR Initiative of L & T Ltd through NCPA** and trained 54 students from Std VIII to X of **Green Lawns School, Filterpada, Powai in Folk Dances of India** from October 2016 to March 2017

Trained by **Shri Balkrishna Sawant**, the students presented a spectacular performance at NCPA, Mumbai on 8th March 2017 - **Congratulations**



Look out for:

Nrityanjali Summer Camp

FUN & FIESTA

**for Children aged 7 years to 15 years
will be held at Dew Drop Resort, Igatpuri
from 2nd to 6th May 2017**

Nrityanjali Programme Division

Nrityanjali artistes performed

Anurati

(in Creative, Kathak, Bharat Natyam, Folk & Western Dance styles)

at the Prize Distribution Ceremony of

Nrityanjali Fest 2016 - Inter School Competitions

on 7th & 14th January 2017

at Birla Matushri Sabhagar, New Marine Lines and
Zaverben Auditorium, Ghatkopar respectively.



Sanskriti Arts Festival Festival - Thane

invited **Nrityanjali** to present **Folk Dances of India**

on 15th January 2017



Nrityanjali artistes performed

Anurati - meaning Love

at **Kala Ghoda Arts Festival 2017** on 9th February 2017

The performance included,

Creative, Bharat Natyam, Kathak and Folk Dances of India



The Kala Ghoda Arts Festival

invited **Nrityanjali** to perform

Zindagi Ke Phande - Bollywood Style

on 11th February 2017



On 25th December 2017

CCYM's Hashu Advani College of Special Education, Chembur

organised the Annual Meet of its Alumni.

Dr. Tushar Guha was invited as a Guest Speaker

on Personality Development

FOOT PRINTS...

Nrityanjali News



The Alumni Association of St. Mary's Convent School, Mulund
organised Workshop on Decision Making for Std - IX students of the school
on 13th January 2017.

Dr. Anonna Guha and Mrs. Maitri Khedekar
ex - students of the school conducted the workshop



Dr. Tushar Guha
was the Chief Guest at the Annual Cultural Programme of
Ramniwas Bajaj English High School, Malad
on 19th January 2017



Dr. Anonna Guha was invited as a judge for the Folk Dance Competition
of the **Josephite Festival of St. Joseph High School, Wadala** on
20th January 2017 at the school premises.



Ms. Juhi Trivedi - our student of Kathak and Sunday Class,
performed **Kathak Skate Dance** on 9th February 2017
at **Kala Ghoda Arts Festival, Mumbai**



Ms. Shamal Kadam
(our member and senior artiste)
Wed

Mr. Amiya Biswas
on 2nd February 2017 in Kolkata
- Congratulations

Shamal's mother **Mrs. Nilambari Kadam** is a singer and member
of Nrityanjali since 1982.

Her brother **Siddesh** is also our member and dancer



Mr. Naresh Pukale - our Tustee joined **Mitsu Chem Plast Ltd.**
as General Manager - Sales & Marketing from 1st April 2017

FOOT PRINTS...

Nrityanjali News



Congratulations.....

A proud moment for every Nrityanjalite...

On 5th January 2017

Premiere Screening of the 90 minutes Documentary Film

NIRJHAR

- on the Life & Work of Dr. Tushar Guha

was held at Little Theatre, NCPA, Mumbai at 4 P.M. and 7 P.M.

Produced by Charushila Productions

&

Presented by The New Bombay Design

the film is directed by Mr. Ranjit Kumar Oraon

Producer - Mrs. Charushila Samjiskar

(Member, Censor Board of Film Certification)

Creative Producer - Ujjwal Yashawant Gawand

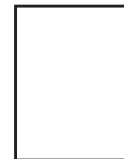
Executive Producer - Prachi Ujjwal

Cinematographer - Rakesh Bhilare

Sound - B Vinaayakk

Review of Nirjhar Life and Work of Dr. Tushar Guha

Written by



Nirjhar – the life and work of Dr. TusharGuha – a documentary film was premiered at Little Theatre, National Centre for Performing Arts (NCPA), Mumbai on 5th January 2017.

The film has been produced by Charushila Productions, producer CharushilaSamjiskar is a member of the Censor Board of Film Certification (CBFC). FTII alumni have been instrumental in putting the film together with Director RanjitOraon, Executive Producer PrachiUjjwal and Creative Producer UjjwalGawand.

The film is about 69 year old Dr. TusharGuha – a dancer par excellence, a Guru and founder of Nrityanjali in 1963, when he was 15 years old – the institute of performing arts, education, personality development and management services, Mumbai.

The film delves into the journey he undertook, the ridicule he faced as a dancer, especially a male dancer and how he overcame the pain and his sickness. Having trained in Kathak, Bharatanatyam, Manipuri, Kathakali in Kolkata, Dr. TusharGuha has evolved his own creative style of dancing that is carried forward by his students. He is also adept at Folk Dances of India, having researched the same for 30 years. His pioneering work on Personality Development is titled- Utilising the elements of performing arts in day to day life along with psychology to make a complete personality.

Nirjhar, the film, keeps your faith going. The film begins with a young boy at the sea shore looking at waves and thinking beyond. This film depicts the very foundation of Dr. Tushar's achievements. Right from his days of youth during which he formed the Cenray Children's Club to the making of Nrityanjali.

The film has interactions with a lot of people. Right from his siblings – his brothers, sisters-in-law, his wife, his daughter, to the people who have met him in his journey, even few of the hundreds of students whom he has not only mentored but to whom he has given a new life altogether – have been featured in the film. All these people have the same things to say about

Sir (Dr. TusharGuha) yet it's so different and amazing to hear these things. His students have described him differently but the underlying meaning remains the same. He has been called – MAA (Mother), Giver, Genius, Complete Personality, Good Human Being, Light, Shama (Lamp that burns itself to give light), Family, God, Love....

This film shows how Sir Conducts classes of Special Personality Development Courses, various dance forms, training programmes and even plays which he personally has written. Sir believes that a person should try to explore various dimensions of self, must keep learning and teaching others to do the same. Sir is a multidimensional personality - he is a dancer, writer, singer, a poet, corporate trainer, educationist, psychologist and even a great cook. The film has captured these moments from Sir's Life and all the things Sir does just seems so wonderful and natural.

The Director and Editor, have done a marvellous job with the Film because it is not easy to compress Sir's multiple dimensions and vast expanse of his life in 90 minutes. The music, the scenic view and every small detail of the film is so perfect that it mesmerizes and even brings tears to everyone's eyes. Even if you don't know Sir personally, you will have tears in your eyes while watching the movie.

This film depicts the very essence of Dr. Tushar Sir's life, his hardship, his commitments, and how he did what he loved doing. It's a flash back of how Sir built his own path to success and achievements while taking everyone along. Once you start watching the film you will not blink your eyes even once, unless the tears flow.

It's a film that gives you hope to carry on. The creative producer UjjwalGawand rightly surmised – “A celebrity is not one, who is a hero amongst thousands. A celebrity is one who makes thousands heroes of their own lives. Dr. TusharGuha is a Celebrity who makes thousands, heroes of their own lives.”

In Defence Of Desi Ghee ...

The following is an abstract picked up from Hindu Vision, December 2016 vol. 13 Issue 2. The complete citation of the article can be found below.

Desi Ghee

In traditional Indian texts of Ayurveda, desi ghee has been prized for its health promoting and healing properties. However, the fear of cholesterol and saturated fat had virtually driven this most revered cooking ingredient out of Indian kitchens. While concerns about oils and fats are justified both respect to their amounts and types, simplistic conclusion drawn on research hypothesis can be hasty and even dangerous.

Fatal Mistake

Condemning desi ghee as a culprit for blocking arteries and replacing it with refined hydrogenated vegetable oils was a fatal mistake. The negative impression of desi ghee is because of several factors including an exaggerated fear of cholesterol. A closer look reveals that such a negative view about this highly nourishing food does not stand the test of scientific logic.

Ghee is produced by heating butter. Heating evaporates water present in the latter. As the temperature continues to rise, the initial white sediment of milk protein and salt turns brown. This imparts an irresistible nutty flavour to ghee. Those who have once tasted this flavour swear by it. Since ghee is derived from milk, it is essentially animal product. Therefore, it contains a certain amount of saturated fat and cholesterol.

Highly Desirable

Although saturated fats are known to have a cholesterol-raising effect, not all have the same effect. In desi ghee, only a few fatty acids have the cholesterol-raising effect. Desi ghee is only 65 per cent saturated. As much as 32 percent fat in desi ghee is MUFA (Mono Unsaturated Fatty Acids). MUFA is a highly

desirable form of dietary fat – the kind that olive oil is rich in. It is perhaps even more desirable than PUFA (Poly Unsaturated Fatty Acids) desi ghee scores over many PUFA-rich oils like sunflower, safflower, corn and cottonseeds oil, whose MUFA content is dismally poor.

Oils/ghee are in the range of 90-95 per cent fat. Those who thought it is higher in calories or fat compared to oils should know that there is no significant difference in calorie values. However, an excessive amount of desi ghee, like any other fat, is undesirable due to its calorie density.

Rich in Minerals

Ghee is also rich in Vitamin A, Vitamin D and riboflavin as well as minerals such as calcium, magnesium, phosphorus, and potassium. Vitamin A helps in maintaining good vision, healthy glowing skin and acts as an important antioxidant too. Vitamin D, Calcium, Magnesium, and Phosphorus form important constituents of the skeletal structure and also play important roles in other physiological functions like nerve conduction, blood clotting etc. Potassium is needed to maintain the delicate fluid and electrolyte balance within cells, to keep heartbeat regular and to maintain normal blood pressure.

Drawing conclusions from a few research findings in the west and applying them in larger contexts in India is not valid. It is important to analyse these to conduct our own research to formulate special guidelines for Indians, rather than simply applying western ones.

Citation: Khosla, Ishi. "In Defence of Desi Ghee". Hindu Vision. December 2016, vol. 13 Issue 2, Page 16

Career Guidance for youngsters

Contributed by **Mrs. Nita Parekh** She is a faculty with Nrityanjali life skills programmes and an Alumini of SPDC Level I, II & III. She loves children, cooking and is very good at home remedies



Today's world is full of opportunities. It is just that one has to choose their career options wisely and tap their skills. No doubt that with such varied course offerings there is bound to be confusion galore. We at Nrityanjali guide the students to the right path according to their aptitude, capabilities and capacity to select a course, which shall be fruitful for their future. This series is aimed at exploring different courses for planning the future after Higher Secondary School.

Physiotherapist

If pain is a concern then physiotherapy is the solution. Today so many of us go through some kind of pain or injuries. Career in this field is very much in demand. Research study shows that physiotherapy has been an effective tool versus pains and injuries ranging from minor to significant. Broadly, conditions in spinal cord joints, accident treatment and rehabilitation, back and neck pain, problems affecting children, cancer and palliative care, heart and lung condition, sports injuries and brain injuries comes under a physiotherapist umbrella.

Physiotherapy is a degree-based healthcare profession. It essentially helps patients rehabilitate from a state of incapacity due to genetic defect or the result of an accident in the years or illness. Physiotherapists use their knowledge and skills to improve a range of conditions associated with different systems of the body. Chronic pain, car and sports injuries and challenges with mobility can all be greatly improved with the use of physiotherapy. They

achieve this through a variety of methods, including movement and exercise, education and advice. They take a "whole person" approach to health and wellbeing, keeping the patient's general lifestyle in mind.

The Course

The course focuses on training into areas of neurological, neuromusculoskeletal, cardiovascular and respiratory. The focus is on the anatomy, physiology, pathology and management of upper and lower limb conditions. Further on research methods are introduced to investigate Health Promotion activities. How to manage our own independent profession, critical thinking and problem solving skills are also imparted.

The Skills

During the course you will develop specific and technical skills. Apart from the skills it's important to have physical stamina, patience, understanding nature and strength of mind.

Skills	Description
Interpersonal skills	the ability to communicate or interact well with other people.
Communication skills	how and what to communicate with people. The ability to communicate through words with the correct tone and manner.
Listening skills	the ability to hear attentively and process information correctly.
Problem – solving skills	the ability to find a solution to a problem

Skills	Description
Critical thinking skills Communication skills	it involves solving problems, making decisions, asking questions, construct plans and evaluate ideas ... to think clearly and rationally, understanding the logical connection between ideas.
Analytical skills	gather information, visualize, analyze the problem or situation from different point of view.
Observation skills	good observation skill is necessary to get all the little and subtle non verbal cues others display.

Opportunities

From working for a private hospital, rehabilitation center to setting up your own practice, a degree in physiotherapy opens the door to arrange avenues.

Qualifications	Job Profile	Jobs where your degree would be useful include
<ul style="list-style-type: none"> • Diploma in DPT – Bachelor in PT • Degree in PT – Masters in PT • Masters /PhD in PT 	<ul style="list-style-type: none"> • Physiotherapists • Consultant • Rehabilitation specialist • Sports physiotherapists 	<ul style="list-style-type: none"> • Hospitals • Community health centers • Rehabilitation centers • Sports fields • Private practice • Ngo • Gym

Top institutes

Institute Name	Years	Criteria
Apollo Hospital Campus Hyderabad	4 ½	open to 12 standard students with PCB
Pt. DeenDayalUpadhyaya institute for physically handicapped, New Delhi	4 ½	open to 12 standard students with PCB and English test conducted in the month of June/July.
Indian Institute of Health Education & Research, Patna	4 ½	open to 12 standard students with PCB/M with 50% marks
Post Graduate Institute of Medical Education and Research, Chandigarh	4 ½	open to 12 standard students with PCB
JSS College of Physiotherapy, Mysore	4 ½	open to 12 standard students with PCB

Top institutes

Institute Name	Years	Criteria
KJ Somaiya College of Physiotherapy, Mumbai	4 ½	open to 12 standard students with PCB
KEM Hospital, Mumbai	4 ½	open to 12 standard students with PCB
School of Physiotherapy, C M C., Vellore	4 ½	open to 12 standard students with PCB

Note: Diploma in Physiotherapy duration can vary from 1 year to 2 years
Degree in Physiotherapy duration is 4 ½ years and
A Master's in Physiotherapy demands 1 or 2 years after a degree

The Indian Management Concepts - the Traditions, Beliefs, Ritual Practices



**CMD & Founder
Nrityanjali**

Prof. Dr. Tushar Guha is a practicing Psychologist, counsellor, educationist, Phd. Guide and Corporate Trainer for the last four decades. He has conducted more than 1800 Corporate Training Programmes including programmes for management Institutes. He is the Personality Development Pioneer in India and an author of several management and motivational books. Dr. Guha is the founder of Nrityanjali and has been conducting orientation programmes for parents. He has also been conducting training programmes for principals on Personality Development in his capacity as the expert faculty of HSC Board, Govt. of Maharashtra. Dr. Guha's articles on various life skills are a regular feature in Maharashtra Times, Hindustan Times, Times wellness, Shaadi Times, Mid-Day, HT Brunch, Times Ascent, Economic Times and other publications.

The excerpts below are from the book 'People Management – a training backbone' authored by Dr. TusharGuha, with the blessing of the doyens of Indian Industry, Shri B.K.Birla and Late Smt. Sarla Birla. The extensive research spanning over 40 years on human relations, human emotions, conflicts and communication is shared through this book and was published in September 2014. The book is available at Nrityanjali and its proceeds go to the social cause.

The series shares the views and learnings drawn by Dr. Guha on Indian Management Concepts, useful to professionals, executives, homemakers, entrepreneurs, counsellors and students. This issue discusses on – the Basic Skills – 1) Observation. In the following issue 2) Communication, 3) Understanding and 4) Appreciation will be taken separately.

Basic Skills – 1) Observation

Observation

To be observant is a basic leadership quality. Everyone is a leader within one's given surroundings. Eldest of the siblings, monitor in class, captain of a team, the head clerk, father, mother, class teacher, supervisor, foreman – whoever has a subordinate or younger to interact with is a leader. But an effective leader is one who has a sharpness to see, hear and notice. This is observation.

Reading:

Observation can be developed by reading – newspaper, magazines, journals, fictions and

anything and everything. Each reading provides a scope to understand the depth and learn the connectivity. **(Every trainer must be an effective trainer)**

Newspaper reading enlightens on the happenings around the social, political, economic, educational, cultural, sports and commercial developments – it helps to be updated.

Magazines on different issues provide more specific awareness on the specific subject.

Journals cater to information in detail on specialization and innovations. Fictions provide an understanding of different psyche, about people of different origin, community, religious belief, languages, tradition, economic condition, political, social, commercial, cultural affiliations etc. It further provides a scope to understand the changes and evolution of a community, a tribe, a country and a nation.

All forms of reading enlarges one's horizon. Our perceptions evolve, our views widen.

Writing:

Writing is also an effective tool to cultivate observation skills although it does not appear so. Writing in this context can be connected to Creative Writing or EFT(Emotional Freedom Therapy).

Those who have a flair for writing can pen down imaginative thoughts which turn into an

expression and indirectly compels the writer to analyse the pros and cons. In fact the thought process is activated and options are weighed. Options are alternatives and lead to noting other issues which is ultimately to observation.

EFT as explained earlier is a methodology to empty oneself of undesirable conflicting issues and to seek clarity of thought. Those who do not have a flair for writing, could start the process of EFT. The practice gradually sets into a habit which grows into an analytical approach. The analytical approach weighs the pros and cons and the result lead to observation, as mentioned in the previous paragraph.

(I have personally been a beneficiary of the EFT process. Of course I was not aware of EFT then. It was by default and an experiential learning for me. As a young 20 year old, interest in human relations and human psyche was quite intriguing but had no takers – no understanding and appreciation from any quarters.

Out of sheer pain and frustration, I would pen down my thoughts and feelings. Gradually, I discovered that my pain and frustration was giving way to solace. I liked the process. The habit of such writing by then got consolidated. Thoughts and words began to flow far easily. Eventually, my EFT writings turned out to be chapters in my training modules. Today I am a writer.)

Visual (look, watch and note):

It is always said “keep your eyes and ears open.” Being able to see things around at the right time and right place is significant in developing observation skills.

It may not be a natural skill and may not be instant. It can be cultivated.

Initially one has to compel oneself to see and look around. Look for funny and silly happenings around. This will bring in wit and

humour. Wit and humour will add interest in pursuing to look and note.

Begin to pen down this observation. It will grow into a skill.

Listening:

The same adage of “keep your eyes and ears open” applies. However, the activity of hearing should not be a casual one. Hearing implies, hearing the right words and sentences. Understanding the right tone and the emotion. Understanding the right situation and finally understanding the right question with the sender.

This naturally calls for an alert and agile mind which is free of stress. To develop an adept listening skill, calming of the mind is necessary. A stable mind, free of worries and emotional overtures makes for an effective listener.

An effective listener can grasp the depth of the conversation, understand the different dimensions. This adds value to observation skills.

Speaking:

This is the last of the criteria for observation skills. One must know what to speak, when to speak, where to speak and how to speak. All of these are critical. A wrong utterance could insinuate different reaction.

While speaking, one is to ascertain the understanding of the listener, the reaction of the listener and may be will have to rephrase the utterances for a conducive acceptance.

Art of Speaking like art of listening and observation skill.

Observation skill develops wit and humour which leads to better communication.

We will address our second basic skills – Communication in the next issue.

Compiled by **Mrs. Geeta Chandrasekaran**. She is the head of Nrityanjali HR Division. She is an Alumni of SPDC Level – I, II & III. She is also a senior faculty for Nrityanjali Life Skills & Corporate Trainings. She was a Former Principal of Fellowship School, Grant Road. A Wonderful Human being she is loved by all.



व्यक्तित्व विकास - एक दृष्टिकोण

प्रोफेसर डॉ. तुषार गुहा एक मनोवैज्ञानिक सलाहकार, शिक्षाविद, पी.एच.डी. गार्ड और कॉर्पोरेट प्रशिक्षक है। उन्होंने प्रबंधन संस्थान के लिए कार्यक्रमों सहित १८०० से अधिक कॉर्पोरेट प्रशिक्षण कार्य क्रमों का आयोजन किया है। वे भारत में व्यक्तित्व विकास के अग्रणी हैं और कई प्रबंधन और प्रेशक पुस्तकों के लेखक हैं।

डॉ. गुहा नृत्यांजली के संस्थापक हैं। नृत्यांजली में माता-पिता के लिए अभिविन्यास कार्यक्रम का आयोजन किया है। उन्होंने महाराष्ट्र के विशेषज्ञ एच. एस. सी. बोर्ड के संकाय, सरकार के रूप में अपनी क्षमता में मुख्यअद्यापकों के लिए प्रशिक्षण कार्यक्रम का आयोजन किया है।

डॉ. तुषार गुहा ने विभिन्न जीवन कौशल पर नियमित रूप में लेख लिखा है - जैसे - महाराष्ट्र टाईम्स, हिन्दुस्तान टाईम्स, टाईम्स वेलनेस, शादी टाईम्स, मिड-डे, एच.टी. ब्रंच, टाईम्स असेन्ट, इकोनोमिक टाईम्स और अन्य प्रकाशन।

साहित्य प्रतिभा

हम सब बहुविमीय हैं और हमें स्वयं के विभिन्न आयामी का पता लगाने की कोशिश करनी चाहिये।

साहित्य प्रतिभा हमारे व्यक्तित्व विकास का एक महत्वपूर्ण पहलू है। हर व्यक्ति में साहित्य प्रतिभा होती

है। ज्ञान सर्वोच्च है और ज्ञान ही शक्ति है। पर ज्ञान कितना भी हो उसकी अभिव्यक्ति होनी चाहिये। साहित्य विकास से हम अपनी भावनाओं की अभिव्यक्ति कर सकते हैं तथा अपने श्रम में भी अनुशासन ला सकते हैं साहित्य का विकास जन्मगत भी हो सकता है और आपने श्रम से भी प्राप्त किया जा सकता है। अपनी अभिव्यक्ति को लिखकर बयान करना भी एक कला है हर इंसान कलाकार है पर सभी कलाकार के रूप में निखर नहीं पाते खिल नहीं पाते। इसी कली के खिलने के लिए निरन्तर परिश्रम की आवश्यकता है जिस व्यक्ति ने किसी कला में प्रतिष्ठा प्राप्त की हो वह दूसरों से हमेशा एक कदम आगे ही होता है। कलाकार संवेदनशील होते हैं और इसी वजह से वह औरों से आगे होते हैं।

यदि लिखने की कला जन्मगत न हो तो छोटे छोटे लेखों से शुरू करें। खास कर अपनी ही भावनायें लिखें। धीरे-धीरे लेखन में प्रगति होगी और अभिव्यक्ति भी स्पष्ट होगी।

साहित्य प्रतिभा के अपने गुण लाभ हैं जैसे लिखकर पढ़ने से अपनी आत्मनिरक्षण क्षमता की वृद्धि होती है। अपने विचारों में आत्मनिरक्षण करते समय आ जाती है। उससे सिर्फ अभिव्यक्ति ही प्रभावशाली नहीं होती हमारी निरक्षण क्षमता भी स्पष्ट होती है क्योंकि हम अपनी ही अभिव्यक्ति का निरक्षण कर पाते हैं।

इस प्रकार साहित्य प्रतिभा से जीवन में लिखने की आदत बनाती है कल्पना शक्ति की वृद्धि होती है और हमारा व्यक्तित्व का विकास होता है।

कहते हैं हर चीज का सर्जन दो बार होता है पहली बार दिमाग में और दूसरी बार वास्तविकता में। अपनी क्षमताओं को जानकर और उनमें यकीन करके ही हम एक बेहतर व्यक्तित्व का निर्माण कर सकते हैं।

Français ...

contributed by **Mrs. Hetal Desai**. She is the head of Nriyjanjali Information Services and a Faculty with Nriyjanjali Life Skills and Management programmes. She is an Alumini of SPDC Level I, II & III. She loves gardening, cooking and is very good at Handicraft.



French pronunciation can be really tricky. Specially when a lot of the sounds are not found in English. But on the other hand think of all the English words that are difficult to pronounce... 'Worcestershire', 'Choir', 'Colonel', 'Lieutenant', 'Paradigm', 'sour' ... Just like English, French also needs a little bit of practice to get it right.

In this issue and following issues we will guide our readers through French pronunciation.

Note that when describing how to pronounce these French words, we make reference to English words that sound similar also.

The infamous French “R”

There is no sound similar in other languages. However, the best way to get the perfect “R” sound, is to not give up, no matter what. It will come. It may be the one that we struggle the most, but eventually becomes the most fun.

To pronounce it, we have to use our throat as if gargling. While gargling make a 'k' sound and pronounce the 'k' with a close throat. The instinct would be to pronounce 'r' as we know it, but sounding French heavily demands getting this sound right, so practice, practice, practice.

Here are some words to practice the 'r' with ...

Words	Same spelling but different pronunciation	Adjectives which are descriptive
Arriver – ā-ree-vay (to arrive)	Nature – nachuoor	Horrible – orriehlah
Vraiment – vrahmahng (really)	Train – traihn	Important – einportan
Sucre – sukr (sugar)	Metro – meintroh	Bizarre – beezhar
Frère – friar (brother)	Fruit – foorrie	Direct – jirek
Trouver – troovay (to find)	Garage - gaarrahj	Adorable – aadorahblah

A useful way to practice this sound is with the sentence 'Regardez mon frère' (rheogahdehmong friar), which gives us four 'r' sounds in different positions; '**Reg**ardez mon fr**èr**e' ... the beginning of a word, the middle of a word before a consonant, the middle of a word after another consonant, and at the end of a word. Happy pronunciation!

The French 'U'

What's so difficult about the letter 'U'? the French 'u' has a pronunciation that doesn't exist in English! Along with the 'r' it is one of the most difficult sounds to get right.

To pronounce it, pronounce 'ee' as in 'See' in English and then from there slowly round the lips. In addition, there is also the 'ou' vowel, which is pronounced slightly differently. To pronounce the 'ou' sound, think 'soup'. The best way to distinguish the two in the area of our mouth is to remember that with 'u', our tongue will be out further than with 'ou'.

Here are some words to practice 'u' (vs. 'ou') with ...

French	Pronunciation	English
Tu / tout	Chu / too	You / all
Vue / vous	Voo / voo	Sight / you
Jus / joue	Zhuu / zzhuu	Juice / play

We should be able to hear a difference between the pairs, if not, otherwise we should revisit where we put our tongue (weird... that's the way we will get it!).

Here's one more ... la rue / la roue ... roo (the street/the wheel).

Experience of Juhi Trivedi

fsdfdsfds



The news of getting a chance to perform solo on the Kala Ghoda platform thrilled me and made me nervous too. When people hear about the idea of Kathak dance form on Roller Skates, the expectations are high up. My goal was to satisfy my teacher's expectations and rise to the expectations of the people. The experience, the memories, the feelings I had were the ones I would cherish for lifetime. On the day of my performance, I was stressed out and tensed about my performance, as it was my first solo performance on this international platform. The people of my team were constantly supporting me and kept telling me that the performance will be amazing. However, what soothed my nerves was when Tushar Sir and Anonna Mam wished me and gave me their blessings. From the costume to the practice to the music, I was given support in all these aspects from Nrityanjali and its members. I enjoyed every single moment whether it was backstage or during the performance. The bad moment was while performing I fell down. I went blank. I realized that tears were rolling down my cheeks. When Tushar realized I fell down, his concern was evident when he came running from the backstage to reassure me. After the performance when I came back crying everyone came to me, praised me, congratulated me and consoled me. Everyone's support and warmth overwhelmed me. It was even the day when I gave my first autograph! The next day the response from the common man to famous personalities was something I did not expect. I had thought that the performance would not have been up to the mark as I had fallen down. But the response I received was just amazing. I am unable to express all my feelings in words. It was just fabulous!

Experience of Mrs. Vinita Trivedi (mother of Ms. Juhi Trivedi)

"Skate Dance?" This expression started an event which gave rise to solo performance at Kala Ghoda Arts' Festival 2017. As suggested by Juhi's Skating Instructor Mr. Nihal Prasad, she participated on 6th November 2016, in National skate dance Competition held at Thiruvananthapuram, Kerala. With the blessings and guidance from her coach and Gurus she won the championship.

One early morning, I received a message from Dr. AnonnaGuha Mam, the kathak teacher of Juhi, saying that Juhi has to perform Skate dance at Kala Ghoda Arts' Festival 2017. Then started the bouts of mixed emotions, excitement, nervousness, stress, expectations, gratefulness, sense of responsibility, amazing feeling about her first ever solo performance that too on such a big platform! My entire family was overjoyed. Along with it came a huge responsibility of fulfilling everybody's expectations. All this was giving me sleepless nights. We used to practice in Tara Singh garden, Mulund. During our practice people used to give weird looks. Some used to appreciate us for our efforts. One evening I got a call from Anonna Mam saying that we will get a call from Hindustan Times within 10 minutes. That was Juhi's first interview. Firstly she was very nervous but she managed well after initial inhibitions. After the interview was published the stress level went on to another level.

Finalising the costume that she would be wearing also was a very difficult task. But then it was done with the help of friends and relatives.

On the day of performance we reached the venue by 3.30 p.m. as the family wanted to secure front seats. Sharp at 5.32 Juhi came on stage with a bright smile and confidence on her face. The audience received her with a huge round of applause. I felt like proclaiming to all that she was my daughter, my pride. She started very well but all of a sudden she lost her balance and she slipped..... she quickly got up without losing a minute and continued her performance but now she had tears in her eyes. I was very worried thinking that she won't complete the act. But to my surprise she finished the entire act as it had to be. I was speechless. Tushar Sir also came and tried to motivate her which also calmed my nerves.

When she came back after the performance, everyone from Nrityanjali and the volunteers came to pamper her and console her. That was so touching.

The next morning Hindustan Times published her photo with loads of appreciation which was again a proud moment for all of us.

Rhymes & Verses

Sweet Little One

*Do you know how much you mean to me?
You came from within, just below my heart
And you will remain in it for eternity.
But you've grown so fast that
you send me in a whirl,
Makes me misty-eyed & wonder
"where's my little girl?"
As laughter & joy mixed with a few tears to cry,
As you begin womanhood I struggle & try
To let you fly and find your path
With everyone's love in your heart.
You'll always be my source of pride no matter
where you go
You must stand tall & proud & have no fear
For all your dreams and goals are near.*



Written by Ms. Priya Das Gupta. She is a Commerce graduate and also done her Graduation in Library Science. She is a co-ordinator in Little Angels' High School, Sion

मैत्री

शब्दही न बोलता अबोल साथ करते,
ती मैत्री.
गवगवा न करता एकलेपण मिटवते,
ती मैत्री.
खूप व्याप्त असतानाही
आवर्जून आठवण काढते,
ती मैत्री.
हज्जार शब्द सांगत नाहीत
ते एका शब्दात कळवते,
ती मैत्री.
उद्वेगल्या मनाला शीतल शांतवते,
ती मैत्री .
आपली चूक कबूल करून
मनात राग न धरता
परत पहिल्या सारखी च राहते
ती मैत्री.....

written by Mrs. Maitri

Food Page

contributed by Mrs. Hetal Desai. She is the head of Nrityanjali Information Services and a Faculty with Nrityanjali Life Skills and Management programmes. She is an Alumini of SPDC Level I, II & III. She loves gardening, cooking and is very good at Handicraft



Summer's just round the corner and so are hot days. India is rich with various spices, herbs vegetables and fruits. Many of them are unique to a particular area or region. Thus each area has its own speciality. For example in Bihar their summer drink is a mixture of roasted chick peas and Barley flours known as 'Sattu'. In western and south India coconut water is used to beat the heat. So Hot days call for cool sips! Here comes a few cooooldrink

Ginger Basil Grapefruit

1 Grape fruit; juiced, 3 bottles of chilled ginger soda, 2 cups of ice, ¼ cup basil syrup and fresh basil.

Basil syrup – 1 cup of sugar, basil and water each. Over medium heat heat water and sugar till it dissolves. Add basil cook for 15 minutes. Strain and discard the leaves. Chill for a couple of hours.

Method: fill a tall glass halfway with ice. Pour in the juice, soda and syrup. Garnish with basil leaves.

Pineapple and Thyme Iced Tea

8 bags green tea, 2 sprigs fresh thyme, ½ fresh pineapple.

Method: boil 4 cups of water. Remove from heat. Add the tea bags and the thyme. Place on stove and let it brew for a few minutes on medium flame. Discard tea bags and let it cool. After cooling remove the thyme sprigs. Now stir in cubes of pineapple and 4 cups of chilled water.

Ginger-Peach Soda

1 cup of sugar, 2 tbsp of minced fresh ginger, 2 ripe peaches, 16 to 20 fresh mint leaves.

Method: Over a medium low-heat saucepan, bring 1 cup of water, sugar and ginger to a gentle simmer to dissolve sugar. Remove from heat, cover it for 30 minutes. Pour over the syrup through a fine mesh sieve. Press the

minced ginger to extract flavor. Refrigerate till well chilled. Distribute peach slices in 8 tall glasses. With the help of a back spoon, lightly press the peaches to release their juice. Pour over 2 tablespoons of chilled syrup. Add ice cubes, top with chilled soda. Garnish with mint leaves.

Kiwi Lemonade

¾ cup sugar, 6 kiwis, 2 cups of lemon juice, 1 cup of chilled water, 1 litre of soda, lemon or kiwi wedges.

Method: purée the sugar and kiwi until smooth. In a jar mix lemon juice and water. Add kiwi purée and stir. Chill until very cold. When serving, pour ½ cup of kiwi mixture, fill with ice. Add about ½ cup of soda. Garnish with kiwi or lemon wedges.



contributed by **Mrs. Deepa Balraj** She is a senior faculty with Nrityanjali Life Skills programmes and also a corporate trainer. She enjoys cooking and is a brilliant home-maker.



Did U know ????

Amazing truth

- Letters 'a', 'b', 'c', and 'd' do not appear anywhere in the spellings of 1 to 99 (Letter 'd' comes for the first time in Hundred)
- Letters 'a', 'b' and 'c' do not appear anywhere in the spellings of 1 to 999 (Letter 'a' comes for the first time in Thousands)
- Letters 'b' and 'c' do not appear anywhere in the spellings of 1 to 999,999,999 (Letter 'b' comes for the first time in Billions)
- Letter 'c' do not appear anywhere in the spellings of entire English Counting

See this Absolutely amazing Mathematics!

$$1 \times 8 + 1 = 9$$

$$12 \times 8 + 2 = 98$$

$$123 \times 8 + 3 = 987$$

$$1234 \times 8 + 4 = 9876$$

$$12345 \times 8 + 5 = 98765$$

$$123456 \times 8 + 6 = 987654$$

$$1234567 \times 8 + 7 = 9876543$$

$$12345678 \times 8 + 8 = 98765432$$

$$123456789 \times 8 + 9 = 987654321$$

$$1 \times 9 + 2 = 11$$

$$12 \times 9 + 3 = 111$$

$$123 \times 9 + 4 = 1111$$

$$1234 \times 9 + 5 = 11111$$

$$12345 \times 9 + 6 = 111111$$

$$123456 \times 9 + 7 = 1111111$$

$$1234567 \times 9 + 8 = 11111111$$

$$12345678 \times 9 + 9 = 111111111$$

$$123456789 \times 9 + 10 = 1111111111$$

$$9 \times 9 + 7 = 88$$

$$98 \times 9 + 6 = 888$$

$$987 \times 9 + 5 = 8888$$

$$9876 \times 9 + 4 = 88888$$

$$98765 \times 9 + 3 = 888888$$

$$987654 \times 9 + 2 = 8888888$$

$$9876543 \times 9 + 1 = 88888888$$

$$98765432 \times 9 + 0 = 888888888$$

$$12 \times 8 + 2 = 98$$

$$123 \times 8 + 3 = 987$$

$$1234 \times 8 + 4 = 9876$$

$$12345 \times 8 + 5 = 98765$$

$$123456 \times 8 + 6 = 987654$$

$$1234567 \times 8 + 7 = 9876543$$

$$12345678 \times 8 + 8 = 98765432$$

$$123456789 \times 8 + 9 = 987654321$$

And look at this symmetry:

$$1 \times 1 = 1$$

$$11 \times 11 = 121$$

$$111 \times 111 = 12321$$

$$1111 \times 1111 = 1234321$$

$$11111 \times 11111 = 123454321$$

$$111111 \times 111111 = 12345654321$$

$$1111111 \times 1111111 = 1234567654321$$

$$11111111 \times 11111111 = 123456787654321$$

$$111111111 \times 111111111 = 12345678987654321$$

LAUGHTER RIOT

contributed by the Editorial Board



Murder of English ...

- Pick up the paper and fall into the dustbin.
- Both of you stand together separately.
- Why are you looking at the monkeys outside, when I am inside.
- Will you hang the calendar or else I will hang myself.
- I have two daughters and both are girls.
- Give me a blue pen of any colour.
- All of you stand in a straight line.
- Open the window – let the AIRFORCE come in.

A six-year-old boy was playing cricket in our building with friends. His four-year-old sister also wanted to play and screamed to be allowed. Later, I saw her stand right behind the batsman. "Were you the wicket-keeper?" I asked the happy little girl after the game was over. "No aunty," she replied. "My brother told me that if the ball hit me, the batsman would be out. I was the wicket."

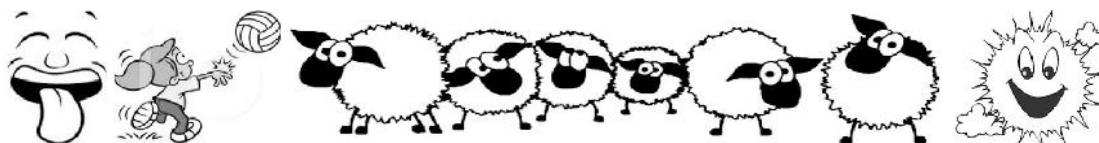
I was in the public toilets and had just sat down. A voice from the next joint said, "Hi!, how are you?" Embarrassed, I said, "I'm doing fine." The voice said, "So what are you up to?" I said, "Just doing the same as you, sitting here!" From next door "Can I come over?" Annoyed, I said, "Rather busy right now!" The voice said, "Listen, I will have to call you back, there's an idiot next door answering all my questions!"

While playing 20 questions in my class, I asked, "Monsters or aliens?" to one of the students. She answered after after much thinking, "Well, I've never met a monster, so I'm going to have to go with aliens."

My sister was relaxed on the sofa with her head comfortably leaning against the crook of her husband's arm, when her cellphone beeped! It was a text message from her husband: 'Move!'

An engineer, a physicist and a mathematician have to build a fence around a flock of sheep. The engineer forms the flock into a circular shape and constructs a fence around it. The physicist builds a fence with an infinite diameter and pulls it together until it fits around the flock. The mathematician thinks for a while, then builds a fence around himself and defines himself as being outside.

I was shopping for some medicines at the chemist, when a middle aged man who was already there picked up a bottle of pills that had a warning sticker on it. Not understanding the warning, he approached the chemist to ask if he thought it was safe for him to take the digestive pills, given that he was lactose intolerant. He looked confused, so the gentleman showed the chemist the label. It read: "Do not take if lactating."



Happy Birthday

April

- 4th Medha Bhawe
 6th Shreekala Babu
 9th Avani Chakrabarty
 17th Aditya Save
 17th Reshma Hegde
 18th Komal Waingankar
 23rd Chhaya Salian
 26th Falak Trivedi



June

- 7th Tanuja Patil
 12th Reshma Rao
 13th Akshay Salian
 14th Vaishali Mandalia
 23rd Geeta Chandrasekaran
 29th Shweta Mane

May

- 2nd Anirudh Gangawane
 11th Deepa Balraj
 12th Amit Shetkar
 14th Prathamesh Salvi
 15th Hemakshi Jethmalani
 23rd Sameer Bharati
 27th Balkrishna Sawant
 27th Nikita Basari
 30th Jasmin Thakkar
 30th Juhi Trivedi

July

- 1st Kartik Viswakumar,
 Harinakshi Chirathi
 2nd Anuradha Chatterjee
 7th Bhavna Shrivastava
 15th Nitasha Chawdhary
 16th Sampada Sakpal
 22nd Manasi Damle
 24th Harsha Andan
 26th Sanjukta Guhathakurda
 27th Sulekha Vasant,
 Swapnali More
 31st Jigna Sanghavi,
 Vinaya Keny

You can contribute

Articles/ Poems / Pictures
 Original or Sourced
 Pictures / Sketches (in black and white only)

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