

parichay min parichay

Volume 13 Number 1
Date of Publication: 3rd January 2004
Registration No. 54810192

EDITORIAL

Editor
Pranoti Pimpalkhare

•

Executive Editor
Dr. Shweta Shinde

•

Asst. Editor
Maitri Parikh

•

Members
Shruti Singhi

•

Editorial Address :
NIS, 35 - B, Miniland
Nrityanjali Marg
Bhandup (W)
Mumbai 400 078
Tel : 2561 7388, 2595 3606

•

Published by :

Dr. Tushar Guha
on behalf of
Nrityanjali
Information Service
(NIS)

•

Printed at :

Bidyut Art Printers
(India) Pvt. Ltd.
Miniland
Bhandup (W)
Mumbai 400 078.

Dear Readers,

Congratulations to all the winners & participants of Nrityanjali Fest. Thanks to all the parents, teachers, principals & school management who have encouraged & guided the students.

Today, education is not limited just to the books. These competitions go a long way in the healthy & all round development of a child. Participation, in the right spirit requires courage. It is a process, winning & losing are just the end results. Hence, Nrityanjali honours every participant with a Certificate of Appreciation. It encourages the child to perform better next time.

I request all the students to save these certificates. They are your stepping stones to success.

In this noble cause of ours, we have received encouragement and support from "SWADESHI" & "TRANSWORLD GROUP OF COMPANIES" as our Sponsors. We humbly acknowledge their contribution for being with us.

This PMP issue, provides insight about Nrityanjali - its philosophy and activities, SPDC and our far reaching programmes through Talks & Chat Shows which normally are not known to most by virtue of Nrityanjali's multi dimensional activities.

Thank You & a very Happy New Year.

Pranoti Pimpalkhare



Parichay Mein Parichay

Volume 13 Number 1

REACTIONS - SPDC 14

Sentiments, emotions and experiences run riot - read on - all about Nrityanjali's strength, service and commitment.

UDAIPUR MAITRI SANGH 9

A Powerful, powerpoint presentation prepared by our perfect gentleman - Cdr.Pratap Mehta - common executive to Nrityanjali & Udaipur Maitri Sangh.

The presentation is on the talk " Good Living ".

INTERACTIONS	1
THE NEWS	2
KING AND THE HAWK	5
FOUR WORDS	6
POETRY	5
CONFUSION	11
WEAVER'S TALE	12
KHANA-KHAZANA	13
RIB TICKLER	18
DID YOU KNOW !!!	19

S TOP BEING..... 07

Our dynamic Assistant Editor - Maitri Parikh, searched and comes out with a view, shared by few, on an issue that is loving, confusing, stressful, enjoyable, exciting and fulfilling.



Editorial



MAIL BAG

Dear Sir,

I highly appreciate the Nrityanjali festival. Though there is no doubt regarding the success of the programme but as a parent, I would like to give some Suggestions.

1. As parents are not supposed to accompany the child for competition, we are not aware of their performance and what judges expect from them. My request is that at the time of Prize Distribution function, the students who stood first in particular event should be given a chance to perform his art. This practice is seen in many institutions and it will work as a guideline for other parents also.

2. It is not understood that how many participants were present in the particular event / category. When results are declared it should be mentioned in that chart itself.

3. A special event just like " Kuch Kar Dikhana Hai" can be added in the list of events so that other hidden talent can be explored.

I once again congratulate the team of Nrityanjali for their full cooperation and support and organising this mega event year after year.

Rajeshwari Arya
Mumbai 400 075

Thank you for your appreciation. Our Director, Dr. Tushar Guha had addressed the parents and teachers on the 7th December at the venue of the competition at the central zone in this regard. We are indeed happy to receive your suggestions.

Suggestion No.2 is immediately being implemented and number of participants are being indicated.

Suggestion No.1 - Because of lack of space, we cannot permit parents much as we would like to. Events of Fancy Dress, Dance and Vocal are open to parents. Performing during the prize distribution was practiced by us for the first five years but had to be discontinued due to the large number of category of events and expenses being incurred by parents for dance, vocal etc.

Suggestion No.3 is excellent and we could have it as an open event from next year. If possible, we would like to interact with you.

We are indeed grateful to you for your support.

- Nrityanjali

Dear Sir,

Congratulations. Nrityanjali has really grown. I have attended your Inter-School Competitions in the 90s for my daughter. This year I again visited along with a friend. I was indeed amazed at the growth.

I could not see Mr. Guha any where and some of the old time executives were so relaxed. The whole show continued so smoothly.

I must concede that the sleekness of the 90's remained intact and that is very creditable.

Best Wishes

Parag Mehta, Ghatkopar (E)

Nrityanjali, Mumbai

Dear Sir,

Your course Perspective Development, taught at our Institution is really very helpful.

The Science of Mirror, is an amazing idea and we are floored.

Great teaching by your faculties Ms. Zenobia Nankani, Ms. Anonna Banerjee and Mr. Girish Dalvi.

Yours Faithfully

Zubin

Students

K.C. Institute of Management Studies & Research
Churchgate, Mumbai

Respected Dr. Tushar Guha,

We are privileged to have had you as our faculty for our programme on 'Personal Assistants And Executive Secretaries' held in Mumbai on October 13,2003.

We are happy to inform you that the participants have evaluated your lectures very highly. Please accept our heartfelt appreciation and looking forward to your continued faculty guidance.

With Warm regards,

Yours Sincerely

V. Meera

Director,

Management Study Centre, Chennai

Nrityanjali News



Nrityanjali's Special Personality Development Course at I.I.T.B, Powai, Mumbai
for the Doctorate students commenced from 8th November 2003.

This certificate course is conducted in ten sessions per batch of 25 students.

Seen in the photograph are the students with Prof. N.L.Sarda - Dean Academics, IIT, Dr. Tushar Guha and other faculties of the course Ms. Zenobia Nankani, Ms. Vasanti Anand.

Radio City
FM91
featured an
interview on
Personality
Development
and
Nrityanjali
with our
Director
Dr. Tushar
Guha
on 17th
October
2003

The Management Study Centre, Chennai conducted
Nrityanjali's Programme "Role Excellence" for Executive
Secretaries in Mumbai on 13th October 2003.

SWADESHI
Where Dreams Come True...
Sponsored
Nrityanjali Fest 2003
Central Zone

OUR SPECIAL PERSONALITY DEVELOPMENT
COURSE (SPDC) WHICH COMMENCED AT
BHANDUP ON 21st SEPTEMBER '03 ENDED ON
2ND NOVEMBER 2003.
THE NEXT BATCH COMMENCES FROM
22ND FEBRUARY 2004

Indiatimes Chat
invited
Dr. Guha for a
45 minutes
chat session on
Relationship
on
18th October
2003.
The details
of the session
are reproduced
in this
issue of PMP

Nrityanjali News.....

On 30th November
Sanjukta Dey
 &
Arnab Guhathakurda
 were engaged to be married on
 22nd February'04. - Congratulations.

The ABGMV Examinations in
 Bharat Natyam & Violin were
 conducted at our Centre in December'03.
 155 students in Bharat Natyam
 and 9 students in Violin appeared
 at the examinations.

Ms.Poornima Parkhi - a corporate executive and our senior member
 - Founder Treasurer of All India SPDC Alumni Association,
 was invited to speak to the youth from Pune on her Marathi language article
 "Akarshanache Niyam" which received critical acclaim. - Congratulations

Chitra & Sandeep Thaker
 were blessed with a son
 on 13th October 2003
 - Congratulations

TRANSWORLD GROUP OF COMPANIES

Nivedita & Ajay Damle
 were blessed with a daughter
 on 15th October 2003
 - Congratulations

Sandesh & Radhika Kadam
 were blessed with a son
 on 30th October 2003
 - Congratulations

Sponsored the
 Nrityanjali Fest 2003
 Navi Mumbai Zone

Mehul & Jigna Sanghavi
 were blessed with a son
 on 8th December 2003
 - Congratulations

Mrs.Radha Vaidyanathan - a very senior student of Nrityanjali SPDC,
 a teacher with North Bombay Welfare Association's School, Ghatkopar
 received the Mayor of Mumbai's BEST TEACHER AWARD 2003.
 - Congratulations

Sanjukta Dey
 was invited to judge the
 Inter-School Singing Competition
 for the MMC - A Ward
 on 18th, 19th & 20th November 2003
 at Bai Kabibai School, Fort, Mumbai

Udaipur Maitri Sangh
 an organization of the Rajput community
 in Mumbai invited Tushar Guha
 on 9th November 2003
 at Ahura Centre, Andheri
 to speak on Good Parenting & Good Living.

Vilobha Joshi married Prafulla Kukde
 on 29th October 2003 in Nagpur.
 They have settled down in Chembur, Mumbai
 - Congratulations

Nrityanjali News.....

Nrityanjali's programme "Motivation & Challenge" was conducted on 28th & 29th November 2003 for the HPCL non-management staff in Mumbai.

"Reality Living" and "Passion for Positivity" - the Nrityanjali Management Programmes were conducted for the Directors and General Managers of IBP Co.Ltd, in Mumbai on 20th & 21st October 2003.

Nrityanjali Fest '03 -

Inter-School Competitions conducted 92 categories of events for students from all over Mumbai, Navi Mumbai & Thane District.

The events commenced from 29th November & ended on 21st December 2003.

23051 students participated.

Copies of the book '*Perceptions of Personality*' in Hindi, Marathi and Gujarathi languages, written by Dr.Tushar Guha were distributed at an impressive ceremony on 23rd December 2003 to the teachers of various municipal schools of Mumbai. Ms. Charusheela Samjiskar, the Municipal Counselor, MMC, who is also a senior Nrityanjali member organised the function and presided over the same.

Poonam Mehta & Vikesh Doshi

were married on 18th December 2003
- Congratulation



The Personality Development Course - Sr for students of Bai Kabibai Jr. College conducted by Nrityanjali, ended on 19th December 2003. Sixty students completed the course

Nrityanjali Management Trainings, Presentation Skills and Communication were conducted for officers of IBP Co. Ltd. on 20th and 22nd Oct '03.

Short Story - King and the Hawk

(Courtesy : The Divine Life)

A king had trained a hawk for the purpose of hunting. He used to take the hawk with him whenever he went out. Once the king and his huntsmen were riding home through a valley between the desert dunes. The king felt very thirsty. As he rode along the valley he found, to his great joy, some water dribbling down the edge of a rock. He at once dismounted and held out his silver drinking cup to collect some water. Meanwhile, his pet hawk which he carried with him flew out and began to circle over the dunes.

After some time when the cup was full, the king raised it to drink the crystal clear water. But before he could do so, the hawk suddenly swooped down from above and flapped its wing against the cup, so that all the water was spilled.

The king looked up and saw his pet hawk alight upon the top of the rock from where the water trickled down.

He picked up the cup and held it again to collect his dribbling drops. He had to wait a long time until the cup was full, and then when he was about to drink the water, the hawk dived down as before and knocked out the cup from the king's hand.

The king grew very angry. He collected the water again with great patience and for the third time the hawk did not allow the king to drink it.

The King was furious by now. He drew out his sword and shouted at the hawk : "This is the last time. If you prevent me from drinking the water, you will pay with your life". He collected the water patiently. As he raised the cup to drink the water, the hawk did come down again and knocked out the cup. As it

did so, the king cut off its head with a quick sweep of the sword.

As he looked down for his cup, he saw that it had fallen inside a crevice where he could not reach. So he began to climb up the rock to drink from the source.

When he reached the top, he found there a pool of water inside which there was a dead poisonous snake. The King was shocked.

He no longer remembered his thirst but only thought of his hasty action which resulted in the killing of his dear hawk which saved his life.

The king regretted his hasty action.

MORAL : Haste is Waste.

INSPIRATION

*Early choir of innumerable birds herald
the advent of dashing dawn
and the bright dawn and the bright baby -
sun sitting and smiling
smiling and sitting, over the brim of the earthy
cup
causes shiver in the shoes of deep dense
darkness which instantly takes to heels.*

*The brooding brilliance spreads its
luminosity to bring life to all,
showers energy on lazy limbs to invigorate,
instills towering confidence,
infuses dauntless courage,
inspires ambitious resolutions to rebuild a
bridge out of the broken strewn dreams to
sail the ship again,
exhorts to rise high and embrace the inspirer*

- By Dr.M.V.Atre

FOUR WORDS

Contributed by **Captain Kiriti Guha**

Chairman & Managing Director

Wilco Shipmanagement & Travels Pvt. Ltd.

A king called all of his wise men and counselors together for a meeting. He addressed them and said, "I want you to go and think, read, and research. Consult the wisest and most learned men in the land. Spare no expense."

"I want you to find the ONE statement that will get me through all situations in life. Whether I am on top of the world or in the pits, find that statement." "I don't want to learn long and complicated philosophies. I want one simple statement. Find it or write it; I don't care, just bring me the statement." The men left and consulted for months. They finally returned and handed the King a scroll. The King unrolled the scroll. On it was written four words

"THIS TOO SHALL PASS"

That was it. The wise men explained. When you are on top of the world, that is but a fleeting moment, things change, always remember, this too shall pass. When you are in the pits, all nights are followed by day, at your lowest moments remember also, this too shall pass. All external circumstances and material things change. No matter what your circumstances, remember,

THIS TOO SHALL PASS!

The wise men reminded the great King that this would get him through his earthly things but the truly wise knew there were things beyond this earth and life. . . Things that were eternal.

True wisdom they reminded the King was in the ability to recognize the fleeting temporal things of the material world from the truly eternal things. O Great King they said, "Most of the things that you worry or gloat about are temporary and our four words apply." For most of your situations. . .

THIS TOO SHALL PASS!



LOOK OUT FOR:

16 DAYS

**SPECIAL PERSONALITY DEVELOPMENT COURSE
(SPDC)**

**Commencing : 22nd February 2004
at NRITYANJALI, Bhandup**

STOP BEING A PERFECT MOTHER YOU CAN NEVER BE

Contributed by Ms. Maitri Parikh

Motherhood is indeed a beautiful experience, though it brings a whole truckload of lifelong responsibilities with it. No matter how much help you seek from your elders, and how many books and periodicals you refer to, every mother and every child share a completely different relationship and different set of problems and solutions, laughter and joy.

In today's turbulent times, the problem arises when mothers let go of their genuine motherly instincts and instead aim at achieving superhuman levels in bringing up their children.

During infancy, when the stress is more on precaution and hygiene, the extra effort to have everything perfect is quite commendable, but as the child outgrows its diapers and feeding bottle, problems for the mother start to multiply.

At this vulnerable point of time, the real problems begin. The attempts to do everything for the child in the best possible manner - to give him the best food, the best toys, the most patient ear, to try to give him all the available time, to try never to scold him, as he is a mere innocent child are laudable.

When you raise your voice at him, you are weighed down by feelings of guilt and always hold yourself responsible for anything good or bad.

However try to understand the fact that all these things, slowly but steadily, start playing havoc with your life. You stay under tremendous self-constraint and it only results in putting dark patches and damp spots on whatever you wanted to do for your child. So, then the best thing to do is to just be "you," as you are, a loving, caring mother to your children. Never copy anybody and never feel that you are not doing enough for your kids.

Never forget the fact that you are a human being and not a machine. You also get angry, feel pained, get tired and do lose your cool.

Once the children start growing up, they become a

sponge and every action taking place and every word spoken around them affects them. Children growing in a normal household always become better human beings.

If you scold your six year old for not finishing his milk or give him a severe punishment, it is no big crime. May be you want to finish with the supper fast or you are not in a placating mood today or you do not want to miss your favourite serial on TV.

The reasons may be many and you do not need to explain them to anyone. The main point being, to do what is correct at that point of time.

Don't you think it is better to let one loud voice do the trick than to drag it on and on?

And believe me, children also prefer this method; not only does it save time and instill a sense of discipline, it also makes them feel that, since mummy scolds, he also cares – simple logic, but certainly very effective.

DO AWAY WITH FALSE PRETENCE

Most mothers forcibly thrust upon themselves not to lose their cool with the children, no matter what happens. Admittedly, it is very noble, but is it quite practical? With a sharp decline in the number of joint families, domestic help is a far cry. With both the parents working, is it possible to sit patiently and explain a certain query (yes, yes, we all know that children's queries should always be answered) or to even play a noisy game of hide and seek?

If you are exhausted with the washing or by your paperwork, do not be swayed by their weebegone faces, instead explain your problem.

If you are blackmailed into, "but you had promised," do not hold back but go ahead and shout at them. Ask them to go and play in their room or to just leave you alone.

You will feel better doing this, the most normal reaction, than to try to pull yourself up with a false gaiety.

The children will be quick to sense the pretence and your "holier than thou" attitude will eventually backfire, because children, more than adults, seek a normal and balanced outlook on life.

TOO MUCH, TOO BAD

Another thing, which happens with most mothers, is that they try to do everything associated with their children by themselves.

Of course, the love and the care that a mother feels for her child, particularly her first-born, is really unparalleled but she completely omits the fact that she also gets tired, she needs some time for herself and there are people to help her to take better care of herself and her child.

It is an age old saying that once you have a child, your worries and care never stop; but that does not mean you throw a fit if your child goes out to play or wishes to spend a day with his grandparents.

There are women instructing their husbands on how to take care of their own kids even if the children are big enough to respond to their body's demands.

What do they achieve by this? Nothing, except worrying too much and inadvertently cutting a bridge between the father and the children.

There is also a degree of insecurity and possessiveness in some mothers. They are obsessed with the idea of doing everything for the child by themselves. If the father gives a bath to the child, it is observed as a deprivation of motherly rights and faults are quickly pointed out.

If the granny makes the cake for the first birthday of the child, she feels guilty of not doing as much as possible. If her son remarks that the tiffin was not very tasty today, she feels that her whole being is worthless completely, forgetting that her children have been thanking her for sumptuous meals all the time.

There are some mothers whose nobility and martyrdom runs over when they hold themselves totally responsible for their child's poor grades. Of course, you have to guide and teach your child, but

do not forget the capacities of children differ and small children need time to grasp the methods of education.

Then there are mothers who are perpetually on a sacrificial trip. They keep doing this their whole life. It begins with sacrificing a trip to the theatre, because the baby is separated from her. Then the trip with the husband is cancelled because she feels that the children may feel bad if they are left at home.

PAINFUL REALITY

She overlooks the fact that her husband felt bad, the children felt bad because they wanted to be on their own, and even their grandparents or relatives, with whom the children were about to stay, felt bad because they felt that they had not been entrusted with taking care of the children.

And even the mother feels bad because, she too had needed the break. As an intelligent individual, she understands the deeper impact of her irrational decision but remains stubborn. And then a life under tremendous mental strain continues for her.

In order to remain a perfect mother for the kids, her married life, social life and even personal life is torn apart. Since she gives such a lot, naturally she expects the same in later years. At times the degree of expectation is higher than those of returns because circumstances do change. This setback in the later life is indeed difficult to swallow. The spirits sag, the shoulders droop and she starts withdrawing into her own self. The self-proclaimed nobility turns into self-pity and worthlessness.

So, let us understand the fact that every person has a nature different from the rest; particularly mothers and even more particularly, mothers of the first-born. Some are fussy, some calm, some patient, some shout, some nag, some scold and some are extremely soft-spoken, all the times.

But it does remain a fact that all children get adjusted to their mother's temperaments.

And more importantly, all mothers care deeply for their children and let this love form the base of this lovely relationship, instead of constantly comparing and worrying whether one is being a complete, competent and correct mother for her child.

Cdr. Pratap Mehta presents



Udaipur Maitri Sangh is an organization by the people and of the people of Udaipur, for the people at large. UMS organizes talks on life important issues, cultural shows and is involved in social service activities.

TUSHAR GUHA

A pragmatic leader Dr.Guha uses his welath of experience to inspire, guide and train organisations and individuals to become successful in their professional and personal lives. A brilliant orator and a great presenter, Tushar Guha communicates with ease to a wide range of audience - from CEOs to housewives



Dr Tushar Guha being welcomed with flowers by Mrs. Rajmani Jain of Udaipur Maitri Sangh



Mrs.Radha Guha, Mrs.Shail Mehta & the Secretary of Udaipur Maitri Sangh

ACCEPTANCE....

->Accept a person as he or she is

->Not as you want him or her to be

SELF ESTEEM

- A person must first know himself
- Be truly aware of his existence and identify
- Fee a sense of pride about his existence and identify

*Have you ever looked at your own self into a mirror after a bath?
Do it today!*

Self Confidence comes with

- SELF PRIDE
- FAMILY PRIDE
- COMMUNITY PRIDE
- NATIONAL PRIDE

* If I am not beautiful in my own eyes, how
can I be beautiful in the eyes of others?
(towards self discovery)

&

* Who am I to sit on a judgement of a fellow
human being?
(towards humility)

Epilogue ...

Be friendly with your children



and not their friend!

Dr.Tushar Guha



Our senior member Cdr. Pratap Mehta, who is also a founder member of Udaipur Maitri Sangh, has prepared the power point presentation of the address by Dr. Tushar Guha on the 9th November 2003. Cdr. Mehta, an ex-Navy personnel, is a Faculty for Navigational Training to various Marine Colleges and is also a Model. His wife Mrs. Shail Mehta is also our active member.

Sixty percent members of Udaipur Maitri Sangh are chartered accountants along with corporate executives, engineers and doctors..



LOOK OUT FOR:

Nrityanjali

Personality Development Camp for Children
(7 years to 16 years)

5 days from - 5th May to 9th May 2004
at

Apollo NUSI Wellness Centre, Panvel

THE WEAVER'S TALE

- contributed by, Ms.Maitri Parikh

About 2000 years ago, on a hot summer morning, a weaver wended his way through the market area in Mylapore, a suburb of Chennai.

He had done brisk business on that day, by selling quite a few sarees and dhotis (more commonly known as lungis).

People always trusted him with the goods, since he was a saintly soul, who was very upright and straightforward. But a certain spoilt young man, thought that this weaver was pretending to be a sadhu, by sporting a beard and a matted hair.

He wanted to expose the fake sadhu in the crowded market in front of everybody. He moved towards the weaver and asked him, rather arrogantly. "Hey you! I want to buy a dhoti, show me a good one."

The weaver took a dhoti from his bundle and holding it before the youth said with utmost politeness, "Sir! I hope this will be to your liking." The youth took the dhoti in his hands and felt its texture; so soft and so smooth. He asked for its price and was told that it cost eight annas.

He unfolded it and suddenly tore it in the middle making two halves of it. The youth said, "I want one piece, what is its price?" "Sir, it is four annas", said the weaver calmly.

Again the youth tore the half piece into two equal pieces and asked for its price. The weaver answered him without a trace of annoyance in his face or voice. "Two annas, Sir."

The youth realized that he had failed in his attempt to rouse the anger of the weaver, but he was determined to upset him. So, yet again the young man tore the quarter piece into two pieces and asked for the price of one piece. Again the weaver coolly replied that its cost was one anna.

By this time, the people in the market crowded around the youth and the weaver. Being familiar with the weaver, they were very angry with the behaviour of the youth.

The youth collected the torn pieces and said, "Useless stuff! What can I do with these tatters? You can take your stuff and go. I don't want this."

The weaver did not exhibit even the slightest shade of anger. However the people who were watching all this, rebuked the youth severely.

The weaver pacified them and turned to the youth. "Sir, may God bless you! This dhoti has become a mass of rubbish. It will be of no use either to you or to me. I will throw it in the waste bin." Having said this, the weaver packed his bundle and began to move away.

The youth's conscience pricked him, "Oh! in my arrogance, what have I done to this pious weaver? I have done him unpardonable injustice."

The youth thus regretted and expressed his remorse, "Sir! In my habitual arrogance, I have spoiled your dhoti. Let me give you eight annas as compensation."

The weaver smiled as he gently said, "The stuff has become useless, moreover you have not bought it. So, don't bother about paying for it."

By now, the youth was tearful and prostrated before the weaver saying, "Sir! I have unnecessarily tested your greatness. Before you, I am a mere fly."

The weaver gave him an understanding look and said, "Dear Sir, what is the meaning of compensation? Do you know how many people have toiled to make this dhoti? The peasant has continuously worked for six months to procure the cotton from the seed. It took quite some days to separate the cotton. Further, many days were spent in cleaning the cotton and making spindles. The spinners have spun the yarn carefully. The weaver has woven the cloth, working day and night. The dyer has spent his own time and energy in dyeing and making colourful designs. You have taken but a few minutes to destroy all the efforts. If you realize that you have committed a mistake then it is well and good. Please don't brood over this."

Saying this the weaver picked up his bundle and moved away from the place. The people who had gathered there went back with a message deeply etched in their memories.

Patience and love can transform the roughest ruffians.

KHANA - KHAZANA

STUFFED CAULIFLOWER

By Dr.Tushar Guha

Ingredients -

Cauliflower - 4 Nos.
Kheema (minced meat) - 1/2 Kg
Egg - 2 Nos. / Onion - 2 Nos. / Garlic - 6 pieces.
Turmeric Powder, Chilli Powder, Ginger paste,
salt, sugar - as per taste./ Oil - 1/2 Litre

Method-

Clean the Cauliflower and keep it intact. Steam it adding little salt but not soften it. Keep aside.

Minced Meat (Kheema) - Clean the Kheema. Chop and fry onion and garlic till brown in oil. Add turmeric, chilly powder, ginger paste. Add Kheema and then salt and sugar. Stir well till brown.

Add water in the pressure cooker and close the lid. After three whistles, switch off the gas. The Kheema should be in almost in a dough form.

Beat the eggs and keep separately.

Now stuff the Cauliflower (in between each flower) with the cooked Kheema. Pierce 2/3 tooth peek for a grill.

Dip the Cauliflower into the egg and fry in oil. Serve Hot with tomato sauce.

GOLDEN FROTH (Drink)

By Shruti Singhi

Cooling drink with taste of orange. Makes 4 glasses

Ingredients

2 bottles - Fanta / Mirinda
3/4 teaspoon lemon juice / Crushed Ice
2 tablespoons Vanilla Ice-Cream

Method-

Mix the fanta / Mirinda, lemon juice and ice cream. Blend for One minute in a liquidiser / mixer. Serve with crushed ice.

CORN BHEL - By Shruti Singhi

Ingredients -

3 teacups boiled corn / 4 boiled potatoes
2 chopped onions / 2 chopped tomatoes
1 teaspoon cumin seeds (*rai*)
4 tablespoons chopped coriander (*dhania*)
juice of 2 lemons / 6 tablespoon oil
4 teaspoon sugar / salt to taste.

For Decoration -

1 teacup sev / 1/2 grated coconut.

Method-

Boil corncobs in pressure cooker until corn is tender and then take out corn from the cobs using knife. Cut the potatoes into small cubes.

Heat oil in a vessel and add cumin seeds. Add onions, tomatoes and fry for few mins.

Add corn, potatoes, green chillies, coriander, lemon juice, sugar and salt. Cook for few minutes. Serve Hot decorated with grated coconut and sev.

Paneer Jalebi - By Dr.Tushar Guha

Ingredients- Paneer - 1/2 Kg

Maida - 1/3rd of Paneer / Sugar - 1^{1/2} kg
Oil - 150 ml / Baking Powder - 1/2 teaspoon

Method-

Paneer - buy it or if to make then, boil 2 ltrs. of milk. At the boiling point reduce the flame, add fresh lime juice or alum water. As the milk splits into water (greenish in colour) and paneer, pour plain water and switch off the flame. Strain the water.

The Paneer is to be mashed into a smooth paste. Add the Maida and the Baking Powder and make a dough.

Make separate balls, around 20 in number, roll it with the palm of the hand on a platform, in elongated shape. Now turn the elongated shape into a circle and join the ends smoothly.

Heat the oil and deep fry till brown and keep it aside. This is paneer jalebi.

Make sugar syrup (sweethness as desired), cool it. Soak the fried Paneer Jalebis.

The soaked jalebis will swell in size. Serve.

SPDC - the Special Personality Development Course

Devised by Dr. Tushar Guha, our beloved Sir, after twenty years research and ten years of implementation, SPDC is a force to reckon with today. Being taught informally since 1980, by Sir himself, without a fee, the course received acceptance since 1990 and since 1993 the course is recognized as a Post Graduate Diploma Course. Around 4000 individuals have completed the study till date.

SPDC is being taught on a regular basis at I.I.T. Bombay, Powai, at several Management Colleges, all educational Institutions. Several modules have been evolved from the research work of Dr. Guha, which are conducted as Training Programmes to number of Corporate houses - HPCL, IBP Co.Ltd., Shaw Wallace & Co.Ltd., Wallem Shipmanagement Ltd., Tata SSL., NTPC, Management Study Centre - Chennai, Bangalore, Hyderabad, Mumbai.

SPDC has benefitted people from different walks of life (Executives, Chartered Accountants, Doctors, Engineers, Professors & Teachers, College Students, House Wives) and ages (22 years to 70 years).

All India SPDC Alumni Association was set up by the students since 2000.

Today, SPDC has six faculties and continuous In-house training is provided to 52 faculties for various courses derived from SPDC for ladies, youth, children and the corporate house.

NIS reproduces the experiences and sentiments of students of SPDC :

Dr. Manjiri Bhusari, M.B., D.V.D., M.A.I.M.S., FICA (USA) -
Skin Specialist, Venereologist, Leprologist, Cosmetologist

February 2002 Batch of SPDC

For me SPDC was simply rejuvenating. Meditation the technique was a soothing experience. Meditating with Sir's cassette still has a calming effect on me. The different ways of Laughter and screaming do help a person to get the strain off his nerves. One never realises, how one starts trusting the colleagues in such a short time, who were strangers few days back. Then there's the Painfull Story (dukh ki kahani) where everyone comes out with their sob stories in life which helps to reduce one's grief. One realises that there are many others, who appear quite happy on the exterior, harbouring some grief internally. It helps to come out of self pity.

I never realised how I developed so much trust in Sir that I could open up myself & discuss my problems. He is more than a mother to me. Whenever I have stressful situations, when I feel desperate & frustated, just thinking that I have Sir, to count on, gives me an immense sense of relief.

Yes the course did help to boost my self esteem & my confidence. Public Speaking was something that I had always shied away from since childhood. After the course I realised that I could speak on any topic in front of an audience. The project report was also a learning process which helps in management. The different types of exercises does change ones body language and brings in more confidence in ones step.

Overall, I think the SPDC course has been, well thought out, scientifically planned with fantastic results. I am sure that anyone who would go in for this course would definetly benefit on some way or the other.

Mr. Abhijit Ghosh - Manager, HPCL

February 2001 Batch of SPDC

SPDC is a rebirth with awareness to live life completely, wholly.

Ms. L.R.Sudha - Executive IBP Co.Ltd.

December 2001 Batch of SPDC

I am from Kolkata and found the same warmth in SPDC flowing through. I have no words, I have evolved, grown even at this age. This is the spirit of SPDC.

Mr.Sadanand Eppaturi - Retired as Chief Manger - Union Bank
Advisor to - Stock Holdings Corporation Limited

September 2003 Batch of SPDC

Nrityanjali the Performing Arts institute of repute under the able guidance of Dr.Guha is a dynamic force, has been doing a great and wonderful job in training the youngsters and others including the corporates for more than a decade.

Dr.Guha's commitment to this noble cause and his dedication to the entire training programme either it be music, dance, dramatics or personality development including the corporates management services, has earned him deserving accolades from all quarters including the government and the governed. **Dr Guha's unflinching personal deep involvement is the unique feature in all the programmes.**

To know the depth of impact, of his personality and his formulated Special Personality Development Oriented Programme **one has to experience oneself by becoming a participant.** Now I know what I missed all these years but as the saying goes, " Better late than never", I'm happy , I have taken the right and good decision in joining the S.P.D.C.

●

Mr. Sandesh Kadam - M.Sc, Professor

September 1997 Batch of SPDC

I have done SPDC twice and want to do it again. It is insatiable - the knowledge, the different dimensions are fascinating. Sir and the younger faculties are so identical. The scientific method of study appeals the most. Every single aspect offers a valid logic. From meditation, voice modulation, mirror, physical exercise, philosophical studies, study of emotions, human relations, communication, time management, teambuilding, planning & project studies everything interspread with games and fun are really motivating.

Dr. Sanjay Chahande - IAS

April 1995 Batch of SPDC

The course is very well designed and very well taught. I learnt that we need to be aware of our human qualities and allow our inner growth and succumb to outside pressures. Guha Sir epitomises this philosophy.

Ms. Poornima Parkhi - M.Sc, Corporate Executive

April 1998 Batch of SPDC

SPDC is wonderful. Till now I cannot forget the experience. Meditation is simply superb, the Voice Modulation, Science of Mirror are such novel concepts. The group discussions, case study are amazing way of developing ones confidence. I am fortunate that I could be Sir's students. He is our Mother and father both.

Mr. Madhav Keswani - Manager, Bank of India, Ghatkopar

September 1994 Batch of SPDC

SPDC made me an effective manager and I am grateful for it.

Mr.Jhonson Titus - Professor

May 1993 Batch of SPDC

I have learnt a great deal and resurrected my confidence level from SPDC. I have learnt to view life from different angles.

Ms. Charusheela Samjiskar-**April 1994 Batch of SPDC**

Mumbai Municipal Councillor & former Principal, Janata Vidyalaya, Bhandup

I would say I have grown here and whatever I am today, the confidence has come from SPDC. I am planning to organise this course even for us- councillors and for all Municipal School Teachers so that the learnings could be passed onto the children. I have remained as a faculty for PDC for over five years and felt happy that I could be of service to spread this knowledge.

On the 23rd December 2003, I am organising a function to distribute FREE the Marathi, Hindi and Gujarathi language Books "Perceptions of Personality" written by our Sir, Dr. Tushar Guha to the teachers of all Municipal Schools of several Wards.

Ms. Brinda Gopalkrishnan - M.Sc. - Microbiology,**September 2003 Batch of SPDC**

Clinical Research Associate - Siro Clinpharm Pvt. Ltd.

I would firstly like to thank Sir for introducing me to this course. Apart from having an enjoyable time, the course for me was a learning lesson about self. The lectures were a mine of information with a lot of practical utility and the course structure by itself was very inspiring. Though this might sound very foolish, I definitely learnt a lot regarding myself. In effect, it was a journey of self-realization. Of course, the journey could not have succeeded without Sir and my friends who were a part of the course.

I always knew I was not perfect and that I had all the normal human frailties. But again I had a lot of contempt for what I perceived to be my failures. I believed they made me weaker. But then I got a glimpse of how my very subconscious feelings of failure was coloring my present and which could also impress upon my future. I believe I have managed to take stock of myself.

Today, I am able to accept myself for what I am and even feel proud about it. I do not cringe anymore when I look at myself in the mirror not because I have undergone a facial reconstruction rather I have learnt to love myself for what I am today. I have realized that one can make mistakes in life, but it is more essential to learn from these mistakes rather than let them rule one's life. So the course certainly cleared my grey cells or as Sir would say "It crystallized my thought processes". I can forgive myself for whatever imaginable mistakes I feel I have made for I am stronger today than I was ever before. The course was like coming face-to-face with my inner self, which proved to be a self-catharsis process.

Ms. Seema Petigara - M.A. now in Michigan, USA**September 1999 Batch of SPDC**

I have completed SPDC thrice and each time found it different - the same subject with different dimensions. Sir, is a friend, mentor and guide.

Ms. Pooja Ruia - M.B.A. Rizvi Management Institute**February 1999 Batch of SPDC**

I learnt so much, evolved so much that I organised SPDC training for our officials at Ruia Hospitality Ltd and Bageecha Restaurant at Malad, Mumbai. I was the student co-ordinator when SPDC was introduced in our MBA course. I was fortunate to interact with Dr. Guha more than the others. He is an institution in himself. All the faculties Ms. Anonna, Ms. Ranjana Rao, Ms. Vasanti Anand, Mrs. Rajani Venkatraman correlated so well. I remember, we did not want the course to end. There is so much of belonging. On the last day we wept, some of us hysterically. SPDC should be compulsory every where - it lets an individual grow within and outside, makes one strong and clear. Every aspect is taken care of and time management is amazing - every chapter, session reflects it.

Ms. Maitreyee Chatterjee - Radio Artiste & Housewife**September 2000 Batch of SPDC**

I lost my mother years ago and found her in Sir - this is SPDC.

Mr. Aditya Save - M.B.A. Rizvi Management Institute

February 1999 Batch of SPDC

Not once were the late comers scolded or asked the reason by Sir. The course always commenced punctually on time. The late comers felt so guilty and gradually every one of us 30 students would always be on time. This is SPDC - no humiliation but love all the way.

Mr. Vikram Dabhade M.Tech. Ph.d.

November 2003 IIT, Ph.d Batch of SPDC

Meditation improved my concentration. Public Speaking, Social & Corporate Projects were very interesting. Helped me to understand my weakness. I am turning out to be a better person. Prof.Dr. T.Guha is a great teacher, a fatherly figure. The course should be continued as it is a great help to us as we loose out on the social aspect.

Mr. Vivek Mutalik MS, Ph.d.

November 2003 IIT, Ph.d Batch of SPDC

Meditation is very relaxing. Science of Mirror is very innovative - wonder why not thought of it earlier. Human relations and how to handle relationship was exemplary.

Mr. Suresh Suralkar MS, Ph.d.

November 2003 IIT, Ph.d Batch of SPDC

I have done SPDC four years back. And now again. I am middle aged person and find SPDC excellent. Self analysis took us to our past, then the present and looking forward to the future. Dr. Guha is a fatherly figure, ideal teacher,mentor,ideal person,satisfied human being, lives whole life, makes society happy, gives his own examples. The other faculties are young 25 to 35 years but are very proficient and have the warmth of Dr. Guha. Worthy teachers, trained rightly for a worthy course.

Dr. Manjusha Kuruwa - Skin Specialist

September 2001 Batch of SPDC

Sir is our Guru. SPDC takes the credit for me & my husband Dr. Rajendra Kuruwa starting our hospital-Sanjeevani in Bhandup. During the industrial project study in SPDC, I had prepared the project of this hospital and subsequently in 2002, the hospital became a reality. I am very proud to be a student of SPDC and belonging to Nrityanjali.

I think every person, from any profession, must undergo SPDC. It is not a course but an experience of a life time.The entire course is so well designed and taught including the infrastructure, the food, the attention, ambience and environment, the course material, the games and the way each is related to the other is to be experienced. SPDC leaves us RICH - in knowledge, awareness, understanding and makes life worth living. Thank you for asking my opinion. I am so grateful to God.

Ms.Vinita Kewalramani - Corporate Manager

February 2002 Batch of SPDC

I do not get impressed easily and am quite skeptical about people. Yes, I was, even for Dr. Guha. I must admit, I changed my attitude. SPDC did wonders to my rigidity, inhibitions, mindsets. I have come out of the shell so tenderly nurtured by me. I concede and bow to Sir, to SPDC, to this new concept of living, this new philosophy of life.I have started living life with zest, hardly critical, hardly skeptical, warm & friendly, communicative and now life is lovely which it was not before SPDC.

We have received unending replies to our queries from the EX-SPDC students and could not publish all for lack of space. Not a single reply said anything other than that is reflected in the reproduced answers. If we would have received even a single reply that expressed different sentiments, we would have published it - simply because Nrityanjali is known for its openness to accepting, publishing and conceding to criticism.

Infact, some of the replies were so gratifying that we were embarrassed by the praises. To the utter dismay of Sir, we the NIS Editorial Board, have for once, got the better of us and published the above letters, inspite of Sir's reluctance.

RIB-TICKLER's

A woman with a small child boarded a bus and asked for one ticket.

The *conductor* said, "Madam, your child is older than five years. You will have to pay half-fare for him."



The *woman* bristled, "But how could he be older than five. I have been married only four years."

"Madam," said the *conductor*, "I am taking fares, not confessions."

■ ■ ■ ■

One day a *little girl* was sitting and watching her mother do the dishes at the kitchen sink.



She suddenly noticed that her *mother* has several strands of white hair sticking out in contrast on her brunette head. She looked at her mother and inquisitively asked, "Why are some of your hairs white, Mom?"

Her *mother* replied, "Well, every time that you do something wrong and make me cry or unhappy, one of my hairs turns white."

The *little girl* thought about this revelation for a while and then said, "Momma, how come ALL of grand-ma's hairs are white?"



A Kindergarten teacher was observing her classroom of children while they drew. She would occasionally walk around to see each



child's work. As she got to one little girl who was working diligently, she asked what the drawing was? The girl replied, "I'm drawing God."

The teacher paused & said, "But no one knows what God looks like." Without missing a beat, or looking up from her drawing, the girl replied, "They will in a minute."

■ ■ ■ ■

The *children* were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples.



The *nun* made a note, and posted on the apple tray: "Take only ONE. God is watching."



Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies.

A *child* had written a note: "Take all you want. God is watching the apples."

AMAZING...DON'T MISS THE LAST ONE

Contributed By - Ms.Anuradha Chakraborty

*Coca-Cola was originally green.

*It is impossible to lick your elbow.

*The name of all the continents end with the same letter that they start with.

***TYPEWRITER** is the longest word that can be made using the letters only on one row ! of the keyboard.

***Stewardesses** is the longest word typed with only the left hand.

*Women blink nearly twice as much as men!!

*You can't kill yourself by holding your breath.

*People say "Bless you" when you sneeze because when you sneeze, your heart stops for a millisecond.

* If you sneeze too hard, you can fracture a rib. If you try to suppress a sneeze, you can rupture a blood vessel in your head or neck and die.



* American Airlines saved \$40,000 in 1987 by eliminating one olive from each salad served in first-class.

*If a statue of a person in the park on a horse has both *front legs* in the *air*, the person died in battle.

*If the horse has one *front leg* in the *air*, the person died as a result of wounds received in battle

*If the horse has all *four legs* on the *ground*, the person died of natural causes.



*Each king in a deck of playing cards represents a great king from history.

Spades - King David

Clubs - Alexander the Great,

Hearts - Charlemagne

Diamonds - Julius Caesar.

*

Elephants are the only animals that can't jump.

*In the last 4000 years, no new animals have been domesticated.

**On average, people fear spiders more than they do death.*

* The electric chair was invented by a dentist.

*What do bullet proof vests, fire escapes, windshield wipers and laser printers all have in common? - All invented by women.

*Wearing headphones for just an hour will increase the bacteria in your ear by 700 times.

*******And finally 99% of people who read this will try to lick their elbow*******

hahahahahahaha right ?