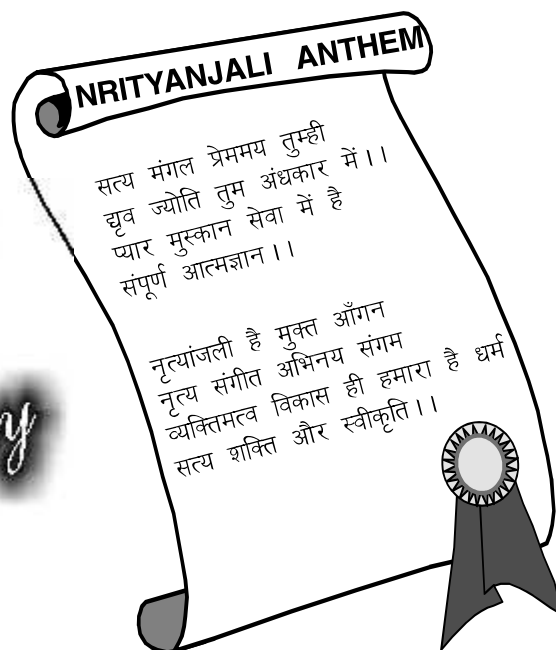


*Parichay  
Mein  
Parichay*



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**Editor:**

Maitri Khedekar

**Editorial Board:**

Kalpana Gopinath  
Charushila Samjiskar  
Hetal Desai

**Editorial Address :**

NIS, 35-B Miniland  
Nrityanjali Marg  
Bhandup (W)  
Mumbai - 400 078  
INDIA  
Tel.: 25967388,  
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Dear Readers,

Happy Nrityanjali Foundation Day to all the readers! Nrityanjali has completed 52 years. Yes, the journey seems so long but it feels as if the institute is not 52 years old, but 52 years young. It's a very nostalgic feeling for all of us when we look back at the long and successful years that we all have spent in the institute.

The enthusiasm and spirit of each and every member here is just incomparable. This all has definitely percolated from our Founder Director Dr. Tushar Sir. It's our duty and responsibility to continue the same and keep the flame of success burning always.

With the beginning of a new academic year, activities in Nrityanjali have been geared up and we are aiming at reaching new heights. With our usual activities of Nrityanjali Fest Inter-School Competitions 2015 on its way, it's a humble request to all the dear members to volunteer their time and talent in whatever little way possible for them!

*Maitri Khedekar*

## Parichay Mein Parichay

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**Members are requested to please check and renew their Life membership**

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## MIND MATTERS.

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.

### TWO FOR FOUR AND FOUR FOR TWO-

This tag line in a newspaper article caught my attention. The article was about changing times and this sentence captured the crux of the matter! From an entire family travelling in a bicycle ( this can be seen still in remote places) to a sedan meant for four people being not “comfortable enough” for even three to travel, times have changed indeed! This led to a thought process and I started counting how many such utilities have undergone a sea change and how priorities have shifted in our lives without us even realising!

All those deemed as luxuries two decades ago are now necessities that one can not do without. What was once considered the domain of the rich and the famous alone is now accessible to the so called common man thanks to the extraordinary advancement of technology. A remote village may not have basic sanitation facility but every household has a mobile phone. While at the old time land line telephone united people ( one phone instrument shared by the family and at times even used by neighbours!) the cell phones have literally drifted people apart! As the name suggests the “CELL” phones have made every individual an island unto himself!

There is no need to ASK anyone for any information , no need to consult the elders on any issue , ask recipes from mothers or

grandmothers, all activities that build bonds and bridges amongst people, for the palm sized instrument can give everything one wants at the press of a button!! Communication is reduced to short cut messages with some emotion icons thrown in for that personal touch. At times I wonder if the person even thinks about the recipients of his birthday/anniversary/congratulatory message and his/her relationship with them and their moments together! Well change is the only constant and yes every change is not bad and every modern technical innovation is not evil and despite the lament about how people are getting distanced from one another no one can refute; the advantages of these are far more than their negatives.

While the people in our country have acclimatised very well to the emerging new technologies and material comforts and all that money can buy , how far have we actually understood the changes in the modern world as regards human behaviour? It is amusing at times but largely disconcerting that most of us are still stuck in the bygone eras as far as our mental attitudes are concerned. May be it is not so pronounced in the metros and big cities where people are forced to keep their opinions to themselves mostly, but India is still a large country whose majority lives in small towns , villages and other rural areas. Modern amenities and high cost of living are the only similarities here with the rest of the world. An interesting episode opened my eyes to this paradox. While I found it interesting and

amusing, the actual people concerned were indignant and agitated. I was visiting my mother who lives in a small town that is now becoming an industrial hub, with villages clustered around it.

We have two mango trees in our garden, that were in full bloom and laden with hundreds of mangoes. We obviously could not eat/use all of them even if we tried. Most relatives & acquaintances nearby are senior citizens with numerous ailments and can not therefore consume the fruits. Being vacation period, the village kids had a gala time enjoying the mangoes that they plucked using various devices, the other villagers too had their fill. I saw an old woman who could easily be in her late sixties take an entire green mango that had fallen down and bite into it and eat,, a feat which I realised I could not do given my weak teeth!! It was what our neighbours and relatives said about the “free “mango mela that was eye opening! They were grudging and cursing the act of “these low class” people who want everything free and are ready to grab everything. They however did not think twice before taking a few mangoes for themselves which obviously they felt they deserved!

How does a person who with no effort from his side is born in an upper caste house and has done nothing to nurture the mango tree and does not own the mango tree deserve the mango as a neighbour and a villager who is similar to him in all respects except that he does not have the benefit of belonging to the upper caste is a thief if he takes the mango? These caste/ class ideas are so deeply ingrained in people's

mind that they have lost the ability to think logically. It is sad that even after nearly seven decades of freedom from the shackles of foreign rule we are still bound firmly and willingly to more dangerous chains of self creation. A nation that still has majority of its populace not showing any respect for a fellow human being can not attain glorious heights despite advancements in various fields on par with the rest of the world. One feels sad when people from the so called upper class lament how the times have degraded as the “low class” no longer revere them. A relative angrily remarked that her brother's services were terminated by his employer without even considering that he is a fellow Brahmin! Is being a Brahmin a requisite skill set to work in an accounts department? Later I learnt that the “Brahmin brother” had resigned from his job as he could not travel the distance every day!

We who live in the cities are ensconced in glass buildings with beautiful views and all the creature comforts that cushion us from harsh realities. We do not even touch the surface of the boiling cauldron of issues ranging from poverty to illiteracy to discrimination that are simmering in the other parts of the nation. Even talking to the city dwellers would bring out the deep sentiments of class caste every individual still harbours in his/her heart but shies away from publicly proclaiming the same.

It is time that each one of us worked towards motivating people to match their tech savvy & material comfort loving lifestyle and attitude to real expansion and opening up of the mind and heart to more humane and inclusive attitude in their lives. After all, the world

however advanced it may be ,comprises of human beings and the irrefutable fact is only one human being can help another irrespective of the barriers that we have created in the form of cast class and religion. Each one of us requires the warmth of a person in flesh and blood in times of crisis. This alone is reason enough for us to understand and emulate that respect and love for a fellow human being is a major factor for progressing both in our personal and professional and national levels.

Monsoon in Mumbai is magic and best wishes to all the students in various classes and courses who begin their new academic year.



## Nrityanjali Picnic



*Nrityanjali Social Activities had organised a one day picnic to National Park, Borivli on Sunday, 5th April 2015. There were around 35 members who had joined. We had some old members too who joined us. That made the occasion more memorable. One of our senior most members Mrs. Kavita Sharma, would like to share her experiences of the picnic.*

When I received an invitation to join the Nrityanjali family for a picnic at the Borivli National Park,I was in two minds.But I finally decided to attend at some urging by my younger sister who could not join due to work obligations.On 5th April we all met at the gate of the park and soon the fun begin .

Although I was not familiar with most of the members, I was welcomed heartily by all.The warmth and the friendliness bowled me over.

As picnics go it was an old fashioned one,the kind that we used to have in childhood before the water parks and amusement parks came on the scene.Every one was seated in a circle under a shade.Every one came with home cooked food. It was such fun tasting food from every ones tiffin.

The old fashioned games of Antakshari,Standing KhoKho,Sakli,Dog and the bone and many more took me back to a bygone era of my childhood when such games were the order of the day.A had a wonderful time.It was with a heavy heart that I came home after a joyous day of fun and frolic.I will not hesitate to join again.



Mrs. Kavita Sharma is a member of Nrityanjali right from 1963. A very senior member, she is a par excellent actress and a dancer. She is a complete social worker too. A very good human being, she is a die hard Nrityanjaliite.

# THE ACCOLADES

**Dear Dr. Anonna Guha and Mr. Girish,**

Thank you so much for gracing our humble initiative **Matheran Green Festival** with so much love and enthusiasm. I always admire your passion towards your work. Hearty thanks for performing again when requested "once more" for audiences. Everybody there just loved Nrityanjali performance. Please find attached few videos of the glimpses of the performances at the event. Wish you a beautiful day and a bright bright future!

Best regards,

**Prachi Gawand**  
Creative Director  
The New Bombay Design  
Crafting Timeless Creations  
Navi Mumbai

**Dear Dr. Anonna Guha,**

Your 5 day **Residential summer camp** is a very good idea and an opportunity for boys and girls and very reasonably priced too! All the best. Great social work.

Regards,

**Ajay Dhagat**  
Former Chairman-  
EMCO Ltd., Mumbai

**Dear Mr. Girish Dalvi,**

The Workshop on '**Effective Classroom Interaction & Rapport Building**' was conducted by

Mrs. Geeta Chandrasekaran, from your esteemed Institute, for the BJPCI

Teachers on 18th June, 2015. An enriching and refreshing Workshop, it witnessed an active participation of all the attendees. The energy level of the Resource Person was just infectious. A very well executed workshop. An afternoon well spent !

We teachers feel much more equipped personally, to connect to our students, in a better way.

We also wish to extend our heartfelt thanks to the Nrityanjali Institute for helping our teachers and arranging just the right Resource Person for the workshop.

With Regards,

**Mrs. Pavana Anchees**  
Principal  
Byramjee Jeejeebhoy Parsee Charitable (BJPC)  
Institution  
Charni Road, Mumbai

**Dear Mr. Girish Dalvi,**

Thank you for so much conducting the workshop on '**Perspective Development**' at Mora, Uran for our employee's children who are studying in 8<sup>th</sup>-9<sup>th</sup>-10<sup>th</sup>-11<sup>th</sup> standard. Children had a great time in the session.

**Priti Sinha**  
Human Resources  
[www.grindwellnorton.com](http://www.grindwellnorton.com)

**Dear Dr. Anonna Guha,**

It was a great opportunity and learning experience being part of '**Art of Delegation**' workshop conducted by you in Delhi.

I am sure that this knowledge gained will not just end there only ,but will continue to enlighten and enriching us not just on

## THE ACCOLADES

professional front but on personal front as well.

I, on the behalf of whole team and Jet Airways would like to wish all the best and good luck to Nrityanjali Team for your endeavors in educating individuals and society meaning of life and way of living it.

Thanking you,

Sincerely,

**Rajendra Kumar**

Manager – Line Maintenance  
Jet Airways

**Dear Mr. Girish Dalvi,**

The program (**Positive Resourcing through Emotion Management**) by Dr. Tushar Guha has helped me a lot in understanding the fundamentals of Emotions Management & how to use emotions intelligently according to the time & place.

Regards,

**Malay Rakesh**

Group Head MMD & Civil  
The Tata Power Company Limited

**Hello Mr. Girish Dalvi,**

Though I could not attend the 5 days camp for children on '**Creativity Exposition**' programme, I got a very good feedback about the programme from the parents and happy to organise such programmes in future.

We have a different requirement at this point of time. 1<sup>st</sup> Sept is our raising day and we would like to prepare our internal talents with some creative performance to show

case on 1<sup>st</sup> Sep'15 before our top management. May please request if you could help us in this regard to prepare amateur individuals from among our employees & their family to perform on this occasion.

Regards,

**Mr. Sriballav Singh**

Head - HR, IR & ES&A  
Maithon Power Ltd., (A Joint Venture Company of  
Tata Power & DVC)  
Jharkhand, India

**Dear Dr. Annona Guha,**

The **training workshop for teachers** by

Dr. Tushar Guha was superb, motivating and inspirational. we are very thankful to you for this workshop and I am sure it will be taken up very enthusiastically and energetically by all teachers. Hope to have some more again next year.

Thanking You

With warm regards.

**Neelam Wani.**

Principal  
S T Mehta School, Ghatkopar

**Dear Dr. Anonna Guha,**

It was a pleasure indeed to attend the '**Art of Delegation**' programme. Thank you very much for your efforts. Truly great insight into our daily routine job functions. Now, we step in the war zone with a totally new perspective.

My best wishes to Mrs. Hetal Desai. Congratulations to your father on this remarkable organization.

Regards

**Samir Kapadi**

Station Manager - Kuwait  
Jet Airways

# FOOT PRINTS.....

*Nrityanjali News*



## Nrityanjali Management Services

conducted the following management training programmes

PROGRAMME & DATE	COMPANY	FACULTY
<b>April</b>  1. One day programme on <b>Stress Management</b> for executives on 24th April 2015.	Reliance Emergy Ltd., Mumbai	Mrs. Geeta Chandrasekaran
<b>May</b>  2. One day programme on <b>Business Communication Skills</b> for executives in two batches on 15th and 16th May 2015  3. One day programme on <b>Recharging Self</b> for executives on 22nd May 2015	Glenmark Pharmaceutical Ltd., Chandigarh  Larsen & Toubro Ltd., Uthan	Dr. Anonna Guha  Dr. Tushar Guha, Dr. Anonna Guha, Mr. Girish Dalvi and Mrs. Jyoti Manral.
<b>June</b>  4. Two days programme on <b>Leadership</b> for senior most executives on 18th and 19th June 2015  5. Two days programme on <b>Positive Resourcing and Emotion Management</b> for executives on 24th and 25th June 2015  6. Two days programme on <b>Art of Delegation</b> for executives on 25th and 26th June 2015	Viraj Profiles Ltd., Mumbai and Tarapur  Tata Power Ltd., Mumbai  Jet Airways, New Delhi	Dr. Tushar Guha, Dr. Anonna Guha, Mr. Girish Dalvi and Ms. Falak Trivedi.  Dr. Tushar Guha, Mr. Girish Dalvi and Mrs. Priyanka Joshi  Dr. Anonna Guha and Mrs. Hetal Desai

# FOOT PRINTS.....

*Nrityanjali News*



## Nrityanjali Management Services

conducted the following management training programmes

PROGRAMME & DATE	COMPANY	FACULTY
7. Two days programme on <b>Team Building</b> for executives on 2nd and 3rd July 2015.	Jet Airways, Mumbai	Dr. Anonna Guha and Mrs. Hetal Desai
8. Two days programme on <b>Creativity and Problem Solving</b> for executives on 7th and 8th July 2015.	Sandoz Ltd., Mumbai	Dr. Anonna Guha, Mrs. Priyanka Joshi and Ms. Falak Trivedi
9. Two days programme on <b>Leadership - the 2nd Step</b> for senior most executives on 10th and 11th July 2015.	Viraj Profiles Ltd., Mumbai & Tarapur	Dr. Tushar Guha, Dr. Anonna Guha, Mr. Girish Dalvi and Ms. Falak Trivedi



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*We groom thoughts*

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*Nrityanjali News*



## **Nrityanjali Education Services Division**

conducted the following activities

### **Life Skill programmes for students are being conducted for the following Schools :**

- 1 Pragnya Bodhini School, Goregaon
2. Gundecha Academy, Kandivali
- 3.Scholar School, Colaba
4. MKES School, Malad
- 5.Kapol Vidyanidhi International, Kandivali
- 6.Vivek Vidyalaya, Goregaon
7. Mahapragya School, Kalbadevi
- 8.Vidya Niketan, Thane
- 9.H N M School, Andheri
- 10.J J Academy, Mulund

On 1st April 2015, Mrs. Geeta Chandrasekaran, Mrs. Neeta Parekh and Mrs. Revathi Sethuraman conducted 2 workshops on Classroom Management at DAV Public School, Panvel.

Whole day **Anger Management Session** was conducted for the children of employees of **L&T, Powai** on 27th April 2015 by Dr. Anonna Guha & Mrs. Harsha Andan

**Personality Development Sessions** were conducted for the Std.IX students of **Pragnya Bodhini School, Goregaon** on 29th, 30th April, 5th, 6th, 8th, 9th, 16th & 18th June 2015 . The faculty members are Mrs. Vasanti Anand and Mrs. Revathi Sethuraman.

### **Workshops for Parents were conducted :**

On 6th June 2015, at Ryan International School, Nashik

On 20th June 2015, at S M Shetty School, Powai

On 27th June 2015, at Rizvi Springfield School CBSE, Bandra

On 4th July 2015, at Kenia & Anchor School, Chinchpokli

On 8th July 2015, at Pragnya Bodhini School, Goregaon





# FOOT PRINTS.....

*Nrityanjali News*



## **Nrityanjali Education Services Division**

conducted the following activities

**Little Angel School, Sion**, hosted the Meeting of the **Open Forum for Principals** on 11th April 2015. Principals from 32 schools attended. **Issues of Child Abuse and Legal implications** related to heads of schools were discussed.

### Workshops for Teachers were conducted

**NiE of Times of India and Hindustan Times has tied up with Nrityanjali to conduct Trainings for Teachers and Life Skill Programmes for Children of various schools in and around Mumbai.**

On 25th April 2015, Dr. Tushar Guha conducted workshop on **Sensitivity in Classroom** at **S T Mehta High School, Ghatkopar**. Mrs. Harsha Andan and Ms. Falak trivedi were the co-faculty members.

On 25th April 2015, Mrs. Revathi Sethuraman and Mrs. Neeta Parekh conducted two programmes on **Communication Skills** for the Secondary & Primary Teachers of **DAV Public School, Panvel**. - courtesy **Hindustan Times**.

On 27th April 2015, Mrs. Revathi Sethuraman conducted two workshops on **Emotion Management & Understanding Student's with Behavioural Problems** at the two Branches of **Kalsekar English School, Mumbra**. Mrs. Neeta Parekh was the co-faculty member. - Courtesy **NiE**

On 28th April 2015, Dr. Tushar Guha conducted workshop on **Mentoring** at **IES Manik Vidya Mandir, Bandra**. Dr. Anonna Guha, Mrs. Vasanti Anand and Dr. Kalpana Gopinath were the co-faculty members. were the co-faculty members.

On 28th April 2015, Mrs. Hetal Desai conducted two workshops on **Classroom Management** at **Crescent English School, Mumbra**. - Courtesy **NiE**.

On 28th May 2015 Dr. Tushar Guha conducted 3 hours workshop on **Management for all** - SSC Board Principals and Supervisors of **Ryan International Group of Schools** in Mumbai.

On 2nd June 2015, **Lexicon Global School, Dahisar** held workshop on **Goal Setting & Positive Attitude** by Mrs. Vasanti Anand - Courtesy **NiE**.

**Kapol Vidyanidhi International School, Kandivali** held workshop on **WE The Teachers** on 3rd June 2015. Dr. Tushar Guha, Mr. Girish Dalvi and Mrs. Vasanti Anand conducted the same.

On 5th June 2015, **Lilavatibai Podatr Sr. Secondary School, Santacruz** held workshops on **Teachears as Counselors** by Mrs. Geeta Chandrasekaran, **Value Education** by Mrs. Revathi Sethuraman and **Activity Based Learning** by Mrs. Jyoti Manral - Courtesy **NiE**

## FOOT PRINTS.....

*Nrityanjali News*

## Nrityanjali Education Services Division



conducted the following activities

On 6th June 2015, **Al Hidayah Public School, Bhiwandi** held workshop on **Understanding Children - Academic Difficulties & Parent Teacher Relationship** by Mrs. Geeta Chandrasekaran and Mrs. Priyanka Joshi - Courtesy **NiE**.

**Al Hidayah Public School, Mumbra** held Workshop on **Voice Modulation, Body Language, Stress Management & Relaxation Technique** by Mrs. Hetal Desai and Mrs. Priyanka Joshi on 8th June 2015 - Courtesy **NiE**.

On 9th June 2015, Mrs. Hetal Desai conducted workshop on **Team Building** at **Anand Vishwa Gurukul, Thane** - Courtesy **NiE**.

**MVM Education Campus, Andheri** held workshop on **Documentation Skills, Preparing Report & Proposals** by Mrs Revathi Sethuraman on 10th June 2015 - Courtesy **NiE**.

On 10th & 11th June 2015, Mrs. Geeta Chandrasekaran and Mrs. Priyanka Joshi conducted workshop on **Enhancing Self Potential, Parents Teachers Relationship, Teachers as Counsellor and Classroom Management** at **Synergy National School, Ambajogai, Latur**.

On 11th June 2015, Mrs. Vasanti Anand conducted workshop on **Planning, Time Management & Presentation Skills** at **H N M School, Andheri**. - Courtesy **NiE**.

**Oxford Public School, Kandivali** held workshop on **Presentation Skill** by Mrs Vasanti Anand on 12th June 2015 - Courtesy **NiE**.

**Fatima High School, Ambernath** held workshop on **Teacher Student Relationship** by Mrs. Priyanka Joshi on 13th June 2015 - Courtesy **NiE**.

**St. George School, Mulund** held workshop on **Building Pathways to Innovation & Change** by Mrs. Sagarika Basu on 13th June 2015 - Courtesy **Hindustan Times**

**Symbiosis Convent School, Mumbra** held workshop on **Classroom Management** by Mrs. Geeta Chandrasekaran and Mrs. Neeta Parekh on 13th June 2015 - Courtesy **NiE**

On 18th June 2015, Mrs. Geeta Chandrasekaran conducted workshop on **Classroom Management** at **BJPC School, Mumbai**.

On 27th June 2015, Mrs. Sagarika Basu conducted workshop on **We Can Make a Difference** at **DAV International School, Thane** - Courtesy **Hindustan Times**

Three Hours **Perspective Development** Session was conducted for the children of employees of **Saint Gobain, Uran** on 27th June 2015 by Mrs. Vasanti Anand & Mrs. Priyanka Joshi.

## FOOT PRINTS.....

*Nrityanjali News*



### **Nrityanjali Education Services Division**

conducted the following activities

**Wadia High School, Andheri** held workshop on **Etiquette & Grooming** by Mrs Geeta Chandrasekaran on 29th June 2015 - Courtesy **Open Forum for Principals**

**St. Anthony High School, Versova** held workshop on **Sensitivity in Classroom** by Mrs. Revathi Sethuraman on 29th June 2015 - Courtesy **Open Forum for Principals**

On 4th July 2015, Mrs. Priyanka Joshi conducted workshop on **Memory Building** at **Tilak Junior College, Nerul** - Courtesy **Hindustan Times**

On 4th July 2015, Mrs. Vasanti Anand conducted workshop on **Teacher Student Relationship** at **Fidai School, Andheri** - Courtesy **Open Forum for Principals**

**Vivek Vidyalaya, Goregaon** held workshop on **Etiquette & Grooming** by Mrs. Hetal Desai on 4th July 2015 - Courtesy **Open Forum for Principals**

**Farooq Ahmed School for Girls, Jogeshwari** held workshop on **Etiquette & Grooming** by Mrs. Vasanti Anand on 11th July 2015 - Courtesy **Open Forum for Principals**



Perspective Development Session for Saint Gobain, Uran

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*Nrityanjali News*



## Nrityanjali Social Activities Division

37 children of the age group 7 to 17 years  
attended

### **Nrityanjali Summer Camp**

from 2nd to 6th May 2015

at **Elysium Resort, Panchgani**

The main theme was knowing about

**Kerala and Italy**

*(attire, food, games, music & dance, living, language)*

*Other activities included*

*Meditation & Yoga, Swimming, Handicrafts,*

*Prose & Poetry Reading*

*Anger Management*

*&*

*Visit to Mapco for Icecream.*



**Maithon Power Ltd, Maithon, Jharkhand**  
organised 5 Days Camp on **Creative Exposition**  
from 9th to 13th June 2015 for the children of  
the employees.

*The Camp included Painting of T-Shirts,  
Journalism, Handicrafts, Songs & Dances,  
Street Play.*

*Our faculty members were :*

*Mrs. Maitri Khedekar*

*Mrs. Sangita Sawant*

*Mr. Balkrishna Sawant.*

*Dr. Tushar Guha graced the occasion during  
the Closing Ceremony on the last day.*



**Personality Development  
Programme** was conducted for  
street children at **Thane Shelter  
Home, Wagle Estate, Thane** from  
15th to 25th June 2015. Our

faculties were:

Mrs. Sangita Sawant,

Mrs. Nivedita Damle,

Mrs. Sreekala Velambath

Mrs. Chhaya Salian.

# FOOT PRINTS.....

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## Nrityanjali Faculty Division

On 12th May 2015, Team Nrityanjali - Dr. Anonna Guha, Mr. Girish Dalvi, Mr. Balkrishna Sawant, Ms. Aishwariya Salian, Ms. Ashwati Rajiv and Ms. Falak Trivedi conducted Demo-Workshop on **Kathak Dance & Folk Dances of India** at **IIT Bombay**.

Eight Days **Workshop on Kathak Dance** at **IIT Bombay** was conducted by Team Nrityanjali - on 21st, 22nd, 23rd, 24th May and 11th, 12th, 13th & 14th June 2015.

Nrityanjali commenced **One hour Public Speaking Classes** at **New Horizon Public School, Airoli** from 1st July 2015. The class will be held every Wednesday round the year except Diwali and Summer vacations. The course includes : **Art of Reading, Voice Modulation, Body language technic, Finer elements of Public Speaking, Debate and Group Discussion**. Mrs. Maitri Khedekar is the Faculty.

Nrityanjali **Kathak Dance Class** commenced at **New Horizon Public School, Airoli** from 7th July 2015. The class will be held every Wednesday except Diwali and Summer vacations. Mrs. Sangita Sawant is the Faculty.

**SNDT University & Arya Global and CHINH Cooperative (Delhi)** have teamed up to hold **International Chinh India Kids Film Festival & Forum** in Mumbai from 27th to 30th November 2015. Dr. Tushar Guha has been invited to be in the Panel of Advisors. The first **Meet of Media Literacy Forum for Education** was held on 26th June 2015 at **SNDT University campus, Juhu**. Dr. Tushar Guha spoke on **Culture & Media**.



**!!!!CONGRATULATIONS!!!!**

**Dr. Anonna Guha**  
takes charge as  
**Curator (organiser) for Dance**  
( Incharge of Dance Section)  
at the **KALA GHODA FESTIVAL 2016**

# FOOT PRINTS.....

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## **Nrityanjali Human Resource Development Division**

**Nrityanjali Special Personality Development Course - Level II (SPDC - II)** 8 Days - 20 Hours, was conducted from 11th April to 1st May 2015.

The 32 Sessions, **Nrityanjali Special Personality Development Course Level I (SPDC - I)** was conducted from 8th May to 7th June 2015.

The next Batch of **Nrityanjali Special Personality Development Course - Level II (SPDC - II)** 8 Days - 20 Hours, will be held from 8th to 30th August 2015.

The next Batch of 32 Sessions **Nrityanjali Special Personality Development Course - Level I (SPDC - I)** will be held from 12th September to 18th October 2015.

**Nrityanjali Special Personality Development Course - Level III (SPDC - III)** 8 Days - 20 Hours, will be conducted from 31st October to 22nd November 2015.

### **Career Guidance ...**

**Individual Career Guidance sessions** are being regularly conducted at Nrityanjali premises.

**Carmel Convent School, Kalamboli** conducted **Career Guidance sessions** for their students on 11th July 2015. Experts from Nrityanjali conducted the same.

The first **Nrityanjali HRD Meet** of the academic year 2015-2016 was held on 30th June 2015 for the Faculty members.

**Career Guidance sessions** will be conducted by Nrityanjali Counsellors in All Ryan International Schools in Mumbai, Navi Mumbai, Thane District and in SM Shetty School, Powai in this academic year.



### **LOOK OUT FOR**

**SPDC LEVEL II**

**Course beginning from 8th August**

**SPDC Level III**

**Course beginning from 31st October**

For further details or registration please contact :

Tel. No. 25967388/ 25953606/ 9987002658

visit our website: [www.nrityanjali.vsnl.com](http://www.nrityanjali.vsnl.com)

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## **Nrityanjali Human Resource Development Division**

The 7 Days

**Nrityanjali's Personality Development Course- Jr(PDC-Jr)**  
was conducted for children from the age of 7 to 17 years

at **St. Mary's Convent School, Mulund** from 13th to 22nd April 2015.

Mrs. Maitri Khedekar conducted the same.

Dr. Shweta Mane was the Chief Guest at the Closing Ceremony

at **S T Mehta School, Ghatkopar** from 13th to 22nd April 2015.

Mrs. Sangita Sawant and Mrs. Harsha Andan conducted the same.

Mrs. Revathi Sethuraman was the Chief Guest at the Closing Ceremony

at **Nrityanjali premises at Bhandup** from 20th to 28th April 2015.

Mrs. Geeta Chandrasekaran and Ms. Ashwati Rajiv conducted the same.

Mrs. Revathi Sethuraman was the Chief Guest at the Closing Ceremony

at **Dominic Savio School, Ghatkopar** from 2nd to 9th May 2015.

Mrs. Geeta Chandrasekaran and Ms. Ashwati Rajiv conducted the same.

Mrs. Revathi Sethuraman was the Chief Guest at the Closing Ceremony

at **Nrityanjali premises at Bhandup** from 25th May to 2nd June 2015.

Mrs. Hetal Desai conducted the same.

Mrs. Revathi Sethuraman was the Chief Guest at the Closing Ceremony

Parents were invited at the Closing Ceremony where the students show cased their learnings.



Excited participants with their certificates

# FOOT PRINTS.....

*Nrityanjali News*



## Nrityanjali Programme Division

Nrityanjali organised two  
**Charity Shows Folk Dances of India**  
 and **Dance Drama Chaitanya Mahaprabhu**  
 On 29th May 2015, at **Kashinath Ghanekar Auditorium, Thane** and  
 On 31st May 2015 at **Savitribai Phule Auditorium, Dombivali**  
 Eminent personalities were felicitated on the occasion  
 In Thane Dr. Medha Bhawe - Plastic Surgeon  
 Mrs. Nayana Hivarkar - Educationist  
 Ms. Kashmira Trivedi - Bharat Natyam Dancer In Dombivali  
 Dr. Ravindra Bagool - Educationist & Vocalist  
 Mr. Bharat Mullick - Educationist  
 Mr. Madhukar Chakradev - Secretary, Dombivali Gymkhana  
 Guru Vasanttha - Bharat Natyam Dancer

Nrityanjali Artistes were invited performed at the **Matheran Festival** on 23rd May 2015. Our artistes presented Nandi and Lavani dance from Maharashtra Dhunuchi from Bengal, Adivasi Dance from Tamil Nadu, Marwari dance from Rajasthan and Hum Ek Hain on National Integration on the Bollywood song "Ban Than Chali".



**Dance Drama Chaitanya Mahaprabhu** will be staged at **ISKCON, Juhu** at 3.30 P.M. on Sunday 2nd August 2015.  
**Open Invitation to ALL**



# Expressions....

20<sup>th</sup> Show of Chaitanya Mahaprabhu on  
2<sup>nd</sup> August 2015 at ISKCON, Juhu

*This year we completed 19th show of the Dance Drama Chaitanya Mahaprabhu. Due to public demand, we organized two shows in Mumbai, which were really enjoyed by the people. We, at Nrityanjali, would like to take this opportunity to thank all the audience for their encouragement and acknowledgement.*

*Since the audience's appreciation of the show has been phenomenal, Nrityanjali Information Services, decided to give the readers a glimpse of the birth of the Dance Drama 'Chaitanya Mahaprabhu'.....*

## **Dr. Tushar Guha's journey..**

As early as when Dr. Guha was 5 years old, he played a role in the Tagore's play "Daak Ghar" and also "Balmiki Pratibha", and got influenced and it sowed a seed of the spiritual path. Thereafter at the age of 8, he played a role of Lord Buddha for which he received an International Award. Throughout his childhood he was exposed to lives of Lord Krishna, Lord Rama and Shri Ramkrishna Paramhansa, which further strengthened his spiritual desire.

At the age of 15, he set up Nrityanjali, an institute of music, dance and dramatics. He started scripting, composing and directing many dance and dance dramas, which did not require much finance. He had a strong desire to portray the life of Chaitanya Mahaprabhu through his creation. However due to financial and other personal hurdles he could not implement it

in those early days.

But he did not leave it at that. Dr. Guha pursued in whatever resources available to him; research about the life of Chaitanya Mahaprabhu was the biggest investment. He left no stone unturned and his research spread across the canvas. He definitely is very grateful to Late Mr. Sanjeev Chakraborty, who helped him in this great task. He also thanks the ISCKON and the Gouriyo Math for providing him every little details that they could to help him.

Dr. Guha wanted to maintain the authenticity of the era of 15th century during which Chaitanya Mahaprabhu was born. Pt. Ronu Majumdar helped him to score the best music along with the authenticated sankeertan music which used instruments like Khol, Manjeera and so on. With such intensive research work, the cost of the dance drama really became very grand. Dr. Guha wanted to give a very glamorous look to this entire creation unlike his other works. To achieve that he had to really invest a handsome amount of money in costumes, hair wigs and most importantly the music.

The next major task that Dr. Guha had to face was of preparing the artistes team. As they were very young to get them feel a divine feeling was also very difficult for him. Every rehearsal he would have to scold them and then there would be tears rolling down and a lot more, but all this did repay as the final

product that was presented on stage left the audience in tears, and they were tears of joy, happiness and a feel that they sensed through the performance.

This feeling of divinity was not only observed by the audience but also each and every artiste, young or old, felt it. They live each moment of this dance drama. As time has moved, there are a few changes in terms of artistes, as the old ones have been replaced by new ones and so on, but that's a part of stage.

*We present to you some feelings of:*

1. *Former participants*
2. *Participants who are still continuing,*
3. *The newcomers*

#### **Former Participants**

**Q. *What role have you played in Chaitanya Mahaprabhu dance drama?***

**A. Mr. Ashit Thakkar:** I played the role of one of the zamindar who threw a stone on Chaitanya Mahaprabhu's devotee.

**Mrs. Abhilasha Saxena:** I played the role of Radha and Chaitanya Mahaprabhu's second wife - Vishnupriya.

**Q. *What were your experiences at that time?***

**A. Mr. Ashit Thakkar:** The role which I played was such that inspite of what I did I was not scolded instead I was forgiven due to which a change happens in my life.

**Mrs. Abhilasha Saxena:** Being an integral part of Nrityanjali, itself meant a lot to me. I had the opportunity to be a part of many such intense and big productions.

The intense dance choreography, music, the team work, the passion and the love

and respect for our Sir, to support him get his thoughts into reality made the production so successful.

**Q. *How do you feel when you are not performing and when you see someone else in your place?***

**A. Mr. Ashit Thakkar:** I will not be able to see anyone else doing that role except me.

**Mrs. Abhilasha Saxena:** Definitely, I feel sad that life has put me miles away from my motherland and my people, but I am equal satisfied that the journey of taking the hard work and efforts of our Dearest Sir ahead by the new artists is still on.

**Q. *Do you wish to tell anything to the new artistes who perform in this dance drama?***

**A. Mr. Ashit Thakkar:** I would like to tell all the new artistes who perform any part in any play, to please understand what Sir wants to say and then think several times and then do it from your heart.

**Mrs. Abhilasha Saxena:** The efforts, Sir took shouldn't go waste. The motive of spreading the teachings of Lord Krishna through this production to the masses should be as intense as it was in its premiere show, everywhere and every time.

**Q. *Did you ever get any divine feeling when you used to perform this dance drama? If yes, can you recall in which part?***

**A. Mr. Ashit Thakkar:** I was in trance while performing the dance drama at Goriyo Math in Navadweep, West Bengal, which is the birth place of Sri Chaitanya Mahaprabhu.

**Mrs. Abhilasha Saxena:** I always have, In fact even rehearsed with the same intensity every time. It was never me, but always either the beautiful Radha dancing with her beloved

Krishna, while doing the Radha Krishna dance. Or Vishnupriya who selflessly walked along with her husband Nimai. But yes being in the holy place of his birth. Nawa Dweep and performing between hundreds and thousands of Chaitanya Mahaprabhu's followers was definitely an experience of our lifetime. Everything at that time could make me think about, nothing else but only - Lord Krishna.

**Participants who are still continuing:**

**Q. *What is your role in this particular Dance Drama?***

**A. Ms. Sreekala Velambath:** My role is a middle aged lady who is very close to sacchidevi and a blind devotee of Chaitanya.

**Mr. Naresh Pukale:** In Chaitanya Mahaprabhu I am having 3 different character roles.

In first part when Chaitanya is small I am one of the thieves who try kidnapping Baby Nitai, Later on I am seen as one of senior person in family during Nitai's wedding with Laxmipriya & later with Vishnupriya in second part. Also I play the role of Jogai (Jogai Madhai) to stop the prachar of Nitai by throwing stone at Nityanand.

**Mr. Anil Singh:** I am playing the second phase of life of Nimai (Chaitanya Mahaprabhu), the lead character of the dance drama. In this phase Nimai's feeling of loneliness, his second marriage and confrontation with Keshav Pandit are major.

**Mr. Balkrishna Sawant:** Initially I used to play the role of one of the assistants of Keshav Pandit and then a devotee of Chaitanya Mahaprabhu. In the later

stages I started playing the role Nimai (Chaitanya) at the 3<sup>rd</sup> stage of character. Recently, I do the role of Keshav Pandit, too.

**Q. *Since you were a part of it right from the time it has been conceptualized, how do you feel?***

**A. Ms. Sreekala Velambath:** I feel very close to the dance drama. Feels very good as I have done all the shows till date.

**Mr. Naresh Pukale:** I had known since 1990 that Dr Guha always wanted to do Chaitanya Mahaprabhu, he used to tell very often that he will do a drama on life of Chaitanya Mahaprabhu one day. He did his research & conceptualized this drama, it is very nice feeling to see & be part of something right from concept to realization. Sagar, Aatank & Reach for the sun- these are other creations which I have witnessed & been part of- since all other popular creations viz. Kalomegh, Buddham, Kuhakini, Parichay were done earlier.

**Mr. Anil Singh:** I always requested Guru Dr. Tushar Guhaji to give visual form to his creative, interesting concept. When he started the project Chaitanya Mahaprabhu, I personally explored the multi-dimensions of his talent right from penning it on paper till its presentation on stage. It had really given me a lot to learn in it. I feel so proud to be a part of this dance drama.

**Mr. Balkrishna Sawant:** Right from its conception I have seen how each and every character plays his role. My part of role has been progressing over these years, so I really feel good.

**Q. *Over these years do you find any change in the performances of the artistes?***

**A. Ms. Sreekala Velambath:** The change I have noticed is that the performances have become better with each show.

**Mr. Naresh Pukale:** I am associated with Nrityanjali for last 3 decades, I was lucky to dance & perform with various seniors-earlier things were different the members were bonded with common interest & were very close since most of us were emotionally close to uncle, but later on as time passed the priorities changed earlier members got busy some stayed some new members came in who had fresh sets of priorities & reasons to be part of Sunday classes, performances etc. Nowadays the new members are very clear as to how much or how little they want to be involved with Nrityanjali to achieve their own personal goals.

**Mr. Anil Singh:** I feel every concept and its visual on stage have some uniqueness which should not change and I also feel that every artist has different styles, skills, stamina to portray a performing concept given to them. Yes, there has been changes in the style of performance than earlier but today I feel the uniqueness of the drama still remains the same.

**Mr. Balkrishna Sawant:** There is not much change in the performance as Sir wants all to follow a particular style of acting and emoting so even new artistes come they have to follow it.

***Q. Do you find any change in the Dance Drama?***

**A. Ms. Sreekala Velambath:** Slight changes have taken place only because of the number of participants sometimes gets added and reduced but the essence remains the same.

**Mr. Naresh Pukale:** As far as the performances are concerned the more the shows the more the improvisation as each character has brought their own creativity to the roles performed, but sometimes as Sir has also felt during rehearsals that some changes are so much so that the originality conceived by Director seems to miss which should not happen.

**Mr. Anil Singh:** As I said before, on the first visual presentation of this dance drama it became unique and it cannot and will not change.

**Mr. Balkrishna Sawant:** No, I don't find any change in the dance drama.

***Q. Any difference between this and other dance dramas that you have been performing?***

**A. Ms. Sreekala Velambath:** I have done other dance dramas but chaitanya is very close to my heart as it is spiritual.

**Mr. Naresh Pukale:** There can not be comparison between Chaitanya & other dramas, since Chaitanya is a biopic. Where there are certain compulsions like period, lifestyle, characters, practiced rituals etc. Each drama has its own treatment & presentation as per director's view.

**Mr. Anil Singh:** Well, I had been a part of Guru Dr. Tushar Guha's other dance drama productions too, but I found none of them as difficult as this to perform. I still remember Sir telling each and every artist to get expressions which have a divine feeling and it was very difficult for all.

**Mr. Balkrishna Sawant:** Yes, definitely, in this dance drama I have character roles so its very close to my heart and I too have given a lot of hard work in terms of long hours of rehearsal, as compared to other dance

dramas.

**Q. Did you at any time get any divine feeling while performing the dance drama? If yes, when and in which part?**

**A. Ms. Sreekala Velambath:** I have got the divine feeling many times and it is very difficult to say which part I felt so maybe because I don't actually act I live it from start to end.

**Mr. Naresh Pukale:** In Chaitanya the climax is the last scene when Nitai changes to Chaitanya Mahaprabhu after Diksha which is also the highlight of presentation - last scene where every one joins for Sankirtan – this is the most divine scene, where every actor has to get that feeling & it comes very naturally & hence the audience is held spell bound culminating into standing ovation...

**Mr. Anil Singh:** Yes, I got a divine feeling during the conversation of Nimai with Pandit Keshav Kashmiri where in he pointed out certain errors in his expressed Sanskrit verse. In order to perform this part, I needed to be spiritual, divine, confident yet poised. This gave me tremendous joy and satisfaction.

**Mr. Balkrishna Sawant:** The time I play the role of Keshav Pandit and when he realizes his mistake, is very emotional and makes me feel very divine. Also when I hug Chaitanya Prabhu as his friend Nitai, makes me feel very spiritual.

**The Newcomers:**

**Q. How did you feel being a part of this dance drama?**

**A. Ms. Falak Trivedi:** The feeling was of being a part of something larger,

something meaningful. A group communication and a story right out of history, much significant. I was a small thread of this weave but I was still important enough for the completion of a beautiful picture.

**Mr. Ashutosh Narvekar:** I felt great to be a part of this dance drama as it is one of its kind and you get exposure to a lot of things.

**Q. Since you performed this dance drama for the first time did you have any difficulty performing it?**

**A. Ms. Falak Trivedi:** It was extremely difficult initially, as it is tough to relate to and reproduce the emotions never felt before. e.g., Maa Saraswati. It was difficult to get the emotions right which I tried so hard to reproduce but in a technical manner earlier.

**Mr. Ashutosh Narvekar:** Yes since I performed it for the first time, the difficulty was in co-ordinating with a very big group, remembering who has to enter where and keeping an eye on which scene is going on throughout regular intervals in the 90 minutes.

**Q. Any special efforts you had to take to maintain with other artistes?**

**A. Ms. Falak Trivedi:** Observation and grasping I realised were the efforts which paid off. I had to keep asking innumerable questions to the much senior artistes and synchronise with them in the group performances. Also I had to keep practising individually to feel and internalise the emotions which I had earlier been trying to replicate mechanically.

**Mr. Ashutosh Narvekar:** As a beginner it seemed difficult to keep up with the seasoned artists and co-ordinating with them without

obviously copying them to make it look seamless.

**Q. Have you performed in a dance drama before? If yes how different it is from them?**

**A. Ms. Falak Trivedi:** I have never been a part of a dance drama earlier.

**Mr. Ashutosh Narvekar:** No I haven't performed in any dance drama before, this was the first and the biggest.

**Q. Did you get any divine feeling while performing this dance drama?**

**A. Ms. Falak Trivedi:** Yes. At the end while I bowed down to the audience along with the group, my heart filled with immense gratitude and satisfaction.

**Mr. Ashutosh Narvekar:** Since it is my first time I did not get a divine feeling in me while performing but I could sense the grandeur it created while everybody performed with zeal.

### ***Audience's Emotional Feedback...***

**Dear Dr. Anonna Guha,**

We had a wonderful evening watching the cultural performance by Nrityanjali. It was very beautifully synchronized and an expressive performance of Folk Dances by the entire team. The dance drama was musical and soothing..... Wonderful to watch three generations together ; your father, you and your daughter. You were as expressive as Tushar Sir. We would like to appreciate your daughter, Aditri Dutta, who brought a smile on all the audience's face when she asked the thief to take her... she

knew every step of the act. At this age it's commendable. Please convey my regards and appreciation to the entire team and wishing you all the best in the future endeavours.

Regards

**Mrs. Jyoti Nair**

Director, New Horizon Scholar School

**Dear Dr. Anonna Guha,**

It was really a great experience to witness the saga. It was nice to see you perform. I have known you as a great management guru, and this was another aspect which I could witness. I wouldn't have missed it for anything in the world. Wish you all the best. Please convey my regards to all.

Regards,

**Ms. Asawari**

Teacher, J.K.Singhania School, Thane

**Dear Dr. Anonna Guha,**

We had a great time watching the lovely performance. It was indeed, great choreography, music and direction. Your daughter, Aditri Dutta, was the star of the evening of course!! Starting from costumes, to music, to dance, to the auditorium decor and light arrangements, everything was fantastic. Heartiest congratulations to Uncle, you and Team Nrityanjali for putting up such a wonderful show.

Regards

**Shalini Datta Shuddho DeepChakraborty**

social worker

professional at J.P.Morgan



## Celebrate an Eco-friendly Ganesh Chaturthi

contributed by Mrs. Hetal Desai. She is a Faculty with Nrityanjali Life skills and Management programmes. She loves gardening, cooking and is very good at handicrafts.

Ganesha Chaturthi, the great Ganesha festival, also known as 'Vinayak Chaturthi' or 'Vinayaka Chavithi' is celebrated by Hindus around the world as the birthday of Lord Ganesha. It is observed during the hindu month of Bhadra and lasts for 10 days, ending on the day of 'Ananta Chaturdashi'. During the Ganesh Chaturthi festival, idols are made in great numbers. These are usually made out of clay or metal in all sizes; some of them are even as big as 20 ft. People purchase deities of Lord Ganesha and put them in their homes and worship them for one to ten days.

Ganesh Chaturthi is celebrated with huge enthusiasm in most parts of the country especially in Maharashtra and parts of South India. Preparations start two to three months before the festival. Lord Ganesha is a VIP guest every year.

Festival is to be celebrated in keeping with spirit of ecological sustainment. There are inconsistencies if left unaddressed, could typically undermine the true meaning of celebration of festival in longer term. Let us celebrate this festival by making eco-friendly Ganesh idol at home for our home.

**The benefits are manifold ...** Creating idol at home is a great family activity apart from going the green way. It is eco-friendly because it is made from natural ingredients. Can be made from natural clay like shaadu (Clay for idols), multani mitti, paper, pulp, natural raisin).

The colours used to make these idols are non toxic; turmeric, tree juices, geru, flowers and other natural non toxic colours. The water bodies can be protected from pollution with these idols. They are light weight that is why easy to carry. They can

disintegrate within four to six hours when immersed. If the idol is immersed in a bucket full of water at home, that water can be used for plants.

### Criteria to be followed while making eco-friendly idols ...

- While creating the base structure, keep in mind smaller things which you require on a daily basis like cavity to keep the grass, shoulders created in a way so as to hold the garland, the head provisioned to hold the throne if not being made of clay.
- Avoid delicate or fine accessories for the idol as there is a risk they will come off or break during creation or in daily rituals.
- Creating eyes, teeth etc with clay is tricky so if you are not confident make them with paint as they can be corrected and redone multiple times.
- The base platform is the foundation of the idol and so it should be made in such a way that the idol stands firm on it and does not wobble whenever you put the garland or do the daily rituals.
- Give the structure 4 to 6 days to dry naturally. Note not under the fan, direct sunlight or drier.
- The shape of the idol can be enhanced once the pieces are in place so not to worry if the ear you made cannot be fixed without ruining the shape. Attach them and again reshape them using wet hands. Note any two pieces that needs to be joined, the part where it will join should be made a little rough to bind them easily and keep dipping your hand in the water when giving shape.

### Material required to make eco-friendly idol ...

- ◆ Shaadu (available at any clay shop where

clay water pot is sold or at Khubarwad in Dharavi. They keep 1 Kg packs of shaadu.

◆ Vessels - to create n knead clay from shaadu

◆ Brush - for colouring or to smoothen the idol on completion. Brushes made from artificial fibre are better to use for smoothing.

◆ Colours – natural or water based colours (for natural colours turmeric, multani mitti, geru, beetroot etc...)

◆ Fevicol to mix with the natural colour to make it thick and stick to the idol.

◆ An empty cardboard box – to serve as a mould for the base platform.

◆ Newspapers, plastic sheets - To spread on the floor before you start working - to avoid the mess in your apartment.

◆ Pottery tools - if you are going to make a big idol and use the tools every year then its worth investing. Otherwise we can make the idol without the tools too. Can keep ice-cream sticks, sharp objects, rough textured objects for imprinting designs on the Vastra.

### How to make the eco-friendly idol ..

**DAY 1** - Get the dry mud powder in a vessel and start mixing water. Dig in to make a nice firm dough. Remember the mixture can get very thick making your fingers ache as you try to take off the clay sticking on them.

Knead like kneading the dough for chapatti. This is to remove any air bubble that has formed during mixing. If not removed when dry, if it happens to be in a thin area like an arm it will break easily.

Start filling the cardboard box properly to create the base not leaving any empty pockets.

Smoothen the top layer with hands or some other flat object once the box is filled to a thickness you prefer for the base. Also ensure the box stays in shape and doesn't curve due to overstuffing. Leave the box to settle while you start working on the idol.

Start off with creating a base structure of the idol. For example start with legs and

the back. This would depend on the kind of idol you have in mind.

For the torso create a "T" like mass from a large clay ball and add it on the base. Use your hands to mould it into belly, chest and shoulders. Dip your hands in water to shape up the idol.

Create a head with a trunk and attach this to the torso. Also add hands using smaller pieces of clay.

Finally make the ears to give the Ganesh the final structure.

Lightly scratch the underside of the base and the main base in the cardboard box where the idol will be placed. Place the idol on the main base. This will help the idol to stick to the base as it dries naturally.

**DAY 2** - Start working on the detailing - the folds of the dhoti/pitambar, weapon in hand, the mouse, modak etc. Use small rolls of clay and wet hands. Avoid delicate accessories as there could be a high risk that it may come off later at some point of time.

Tear off the borders off the box carefully so that the whole structure can dry together.

Leave the idol to dry naturally for 4-6 day

**After it has dried** - colouring – natural colours as mentioned earlier can be used or poster colours. Poster colours are water soluble and contain comparatively insignificant percentages of lead/toxins which are harmful for living beings.

Once the colour dries, decorate the idol with ornaments.

The immersion of the idol can be done on Ananta Chaturdashi in a bucket at home. Within one hour or so the idol will start dissolving and by evening this water can be watered in the plants at home or in the building garden.

Hope this will inspire many of us to make our idol at home with the family where we will contribute towards an eco-friendly environment for our children ....

**Ganpati Bappa Morya**





## **Living in a rainbow!**

Ms. Falak Trivedi is an Alumni of SPDC Level I & II. She has done her MBA in Marketing and Finance, a dual specialisation. She is a Faculty with Nrityanjali Life Skills and Corporate Trainings. She loves gardening, cooking and reading.

*Every year Nrityanjali organises a residential Summer Camp in the month of May. This year too the camp was organised and the children were taken to Panchgani from 2nd to 6th May 2015. There were 38 students along with 7 faculties. Ms. Falak Trivedi was one of the faculties who went for the first time. The following report has been prepared by her which gives a glimpse of the activities of the camp along with her experiences.*

Yes! I'm going...I'm going for the summer camp on 2<sup>nd</sup> May. It's a Nrityanjali summer camp, it was obviously a pleasure and a much expected one since I'd asked if I can come along and I was allowed. I could not wait for the experiences to unravel. What do I wear, what do I pack, what are my duties? The questions bubbled up as the day drew closer.

The experience started with our journey from Mumbai to Panchgini. I remember watching those cheerful faces, some skeptical faces and some 'I'll miss you ma' faces. I was a child amidst the children. I admit today, as a child I had been so attached to my parents, I never had been to a summer camp. So this was my first one and the feelings I never experienced as a child, I did as a young adult. Butterflies in my stomach, ready to explore a melting pot of emotions, learning and enjoyment. Now as I sit down to express I feel, the colours of the camp that I witnessed were no different than the colours of a rainbow. I experienced



a rhapsody of VIBGYOR in every way – colours, experiences, emotions, learning and appreciation. How? Let me show you.

**Violet is a colour which inspires unconditional and selfless love, devoid of ego, encouraging sensitivity and compassion. A colour of meditation.**

True to the nature of Violet, the camp witnessed first and foremost the encouraging speech of Dr. Tushar Guha which in itself set the base for the days to come. As an individual he exuded, warmth, spirituality, interest of camp and the community before self. Meditation was a daily activity so much so that Dr. Guha would himself conduct the morning sessions. Mornings at the camp were more about knowing and devoting time to self, letting the emotions flow and ridding the mind of all thoughts petty and worrisome. It was a daydreamer's paradise. Learning music amidst the sounds and trails of nature is one of the most spiritual experiences of the camp. The children unanimously with one voice and dedication participated.

**Indigo – Service to humanity is one of the strengths of the color indigo. Powerful and dignified, indigo conveys integrity and deep sincerity.**

Integrity is what kept the objective of the camp clear and undivided. Honesty and undivided principles kept the camp bound together. Service was taught in every little way which

was also joyous and enriching for the children. Be it working together to create a craft from Italy or Kerala or serving food turn by turn at every meal. The camp witnessed children volunteering to serve food which otherwise is considered monotonous and tiresome or looked down upon in certain homes especially for boys. But, this activity placed everyone on the same platform, be it young, old, child, faculty. Service is an emotion. It gratifies...everyone! This was very evident in the joy the children radiated in the activity.

**Blue - Blue is reliable and responsible. This color exhibits an inner security and confidence.**

It was told since the very first day that there will be surprise check of the rooms to ensure cleanliness. As a faculty I was a witness to the diligence with which the children kept their rooms clean, even the very young ones. The philosophy that is propagated during the camp is that responsibility is a habit. There is no right age to be responsible. As an incentive, there was a competition which entailed awards as a result of neat and the most beautiful room. This instilled in the children a feeling of being accountable for something, an ownership.

**Green - From a meaning of colors perspective, green is also the color of growth, the color of spring, of renewal and rebirth.**

The visit to Mapro factory which was one of the attractions of the camp, had children learning a great deal about factory working,

operations and treatment of fruits to finally deliver the much delicious crushes, jams and jellies. They were more than elated to learn about the nuts enrobed in chocolate covers. A process of backward integration of knowledge the visit was received with much excitement. The camp in many ways helped children re-discover themselves where they participated in many activities, they broke many conventions. One of the most glaring examples was the girls won 'tug-of-war' against the boys. The boys took away all the awards for room cleanliness and decoration. Surprising, isn't it? Times are slowly but surely changing. Camp celebrated the renewal of times. The re-birth and role changes of the new generation!

**Yellow - In the meaning of colors, yellow inspires original thought and inquisitiveness.**

The sessions in the camp were bursting with creativity and activities which gave an impetus to thinking. The children were given a task to give names to their respective rooms and create a poster for the same, placing the idea on paper. This saw an array of names and ideas defining approaches of each room. Also the treasure hunt at the end of the camp inspired thinking based on the clues given...thus to reach to the treasure.

**Orange - Orange relates to acquiring knowledge, 'gut reaction' or our gut instincts.**

Knowledge was acquired in each of the activities and various sessions conducted for the children like music, literature, anger management, etc. But, the Kerala festival and

Italy festival held on the second and the third day respectively, gave the camp a feel of those cultures, their art, their food habits, livelihood, etc. I also recollect a particular incident which happened during the day of the campfire, where a girl's leg was trapped between the gutter rods. Team work showed when the faculty, the parents and the children all worked

simultaneously to ease the situation – some with helping her free, some with mental strength and some others with medicines.



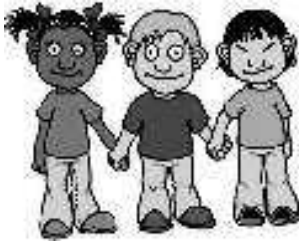
A group photo of camp participants in traditional Kerala attire

**Red - This color is a warm and positive color associated with our will to survive. It is a colour of energy.**

The camp is not complete without volumes of energy and a final performance. So was our summer camp, which witnessed not only games but also various dances – namely hokey-pokey and other cultural performances. The games we played were of various natures...and no the games from Kerala and Italy were not spared as well, giving the children to feel a charm of those. But before signing off I must say, true spirit was displayed by the girls who despite losing to the boys in the play and poster activity were a picture of will. The will to carry on, no matter what!

**The camp for me in all was a spectrum of colours. As a child I always wondered about the fairies that lived in a rainbow. For those five days, I felt like one...**

# Rhymes & Verses



## दोस्ती के लम्हें

आधी अधूरी बातें  
आधी अधूरी मुलाकांते  
काश वक्त हमें मोहलत देती  
काश ठहर जाते वो लम्हें ।

मिलने के मौके बार - बार आएँगे  
रोज मिलने की खुदा से दुआ माँगेंगे  
चाहत है तो दुनिया है  
हमारी चाहतें हमें बार-बार मिलाएँगे।

दुआओं का असर तो देखिए  
मिलने के मौसम आ गए देखिए  
मुद्दतों के बाद मिले हैं सब  
ना जुदा होंगे देखना हम अब।

ये सब सितारों की है साजिश  
जिसने की पूरी हमारी है ख्वाहिश  
वरना जिंदगी तो जी रहे थे सभी  
लेकिन सच्चे दोस्तों की थी कमी।

चाँदनी की रोशनी फैल गई  
वक्त भी कुछ थम सा गया  
यादों ने किया आँखें नम  
बाँटी जब हमने खुशियाँ और गम।

written by Mrs. Bhavana Shrivastava. She is an SPDC Level I Alumni. A Project Manager by profession she has done her B.E.(Production) and PGDBA (Marketing). She loves gardening and reading.

## १ GB माणुसकी.....

१ GB माणुसकी आम्हाला महिनाभर पुरते  
गुड मॉर्निंग, गुड नाईट सर्व काही होते  
वाढदिवसाच्या शुभेच्छा ही त्यातूनच होतात  
वाटतील तेवढे पुष्पगुच्छ ही पाठवता येतात,  
अभिनंदन, स्वागत सर्व सर्व काही करता येते,  
श्रद्धांजलि द्यायला मौन ही धरता येते  
सर्व कसे अगदी ऑनलाइन चालते

१ GB माणुसकी आम्हाला महिनाभर पुरते.....!

फेसबुक Whatsapp आणि काय काय,  
चॅटिंग मधली मजा तुम्हाला कुठे ठायं  
विनोद, मस्ती, असो की जयंती, पुण्यतिथी,  
पोस्टचा वर्षाव होतो साऱ्या ग्रुपमधी,  
शाळेत नसतील शिकवत एवढे ज्ञान मिळते,  
१ GB माणुसकी आम्हाला महिनाभर पुरते.....!

तसे भेटून बोलणे होत नाही आता फारसे  
तुम्ही ऑनलाइन या ना बोलू मग ग्रुपसे  
गोलात जवळून तर नमस्कार ही करू नका,  
मात्र ऑनलाइन हाय हलो करत जा थोडसे  
Virtual दुनियाच आता हवी-हवीशी वाटते,  
१ GB माणुसकी आम्हाला महिनाभर पुरते.....!

ऑनलाइन जग झाले याची नाही खंत,  
माणुसकी आटत चालली हे मना सलतं,  
भावनेचा ओलावा कोरडा झाला फक्त,  
समुहात राहूनही एकटं एकटं वाटतं,  
नुसत्या शब्दांनी हृद कुठे हलते,  
तरीही.....

१ GB माणुसकी आम्हाला महिनाभर पुरते.....!



contributed by Mrs. Charushila Samjiskar. She is a Former Municipal Corporator. A very senior member of Nriyjanjali, she is a permanent invitee to the Board of Trustees. A trainer to children, teachers and also corporate, she is a wonderful human being.

# Food Page

contributed by Ms. Aishwarya Salian. She is a student of Kathak and is doing her F.Y.B.A. She is also an exponent in Yoga and loves reading, listening to music and cooking.

## Chicken Dumpling Soup!!!

**Ingredients :** chicken stock, Carrots, Five slices of white bread, Chicken breast(200gms), Mushroom, Whole egg(1), Egg yolk (1), Singlecream(100ml), Nutmeg, Salt, Pepper, Parsley.

### **Method:**

**Soup:** start of with chicken stock in a pan. Peel carrots chop them roughly and put in the stock.

**Dumplings :** Cut the crust of the bread. Add bread into the blender along with chicken breast, single cream, one whole egg, one egg yolk, nutmeg, salt and pepper to taste. Then blend it in to a smooth paste.

While the soup is coming to a boil chop the mushrooms. Turn down the soup a little. To make the dumplings, take two spoons take the paste a little and rock it back and forth on the spoon and drop them into the soup. They should be ready in less than five minutes. A minute before they are finished drop in the mushrooms. And garnish with some chopped parsley.

## Corn Lollipop!!!

**Ingredients:** Boiled corn, Boiled potato, Chickpea flour (besan), Chilli powder, Garam masala, Baby corn, Salt.

**Method:** Smash the boiled potatoes and boiled corn seeds in a bowl add the spices and mix dem well, add salt to taste. Make lollipop using the baby corn as the stick. Serve hot with tomato ketchup and schezwan sauce.

## Healthy Spinach Raita!!!

**Ingredients:** Spinach (palak), Olive oil (1tbs), Garlic (7 clove ), Green chilli (2), Mustard seeds (1/4 tbs ), Salt, Curd (100 gm).

**Method:** Chop the spinach roughly and soak it in salt water for 10 minute's. Put olive oil in a pan, chop the garlic finely and add it in the pan, saute for a minute. Drain off the water from spinach completely and add spinach into the pan and cook for a minute only. Switch of the gas and put the lid on for a while. Then add curd and salt to taste.

## Oats Nuts Ladoo!!!

**Ingredients:** Quick cooking oats - 1 cup, Powdered jaggery- 1/3 to 1/2 cup, Ghee as needed, Cashew nuts - 10, Raisins - 20, Almonds - 5, A pinch of cardamom powder

**Methods:** Dry roast oats until it is hot to touch. Cool and powder it. Dry roast cashew nuts and almonds seperately. Chop finely or powder coarsely. In a bowl , mix together oats, jaggery, cardamom powder and nuts. Heat a tsp of ghee, saute the raisins until they puff up and add to the oats mixture. Melt ghee and add to the mixture little at a time. Mix well and make balls. Make sure that the ghee is warm. Store it in an airtight container. Stays good for 15 days at room temperature.



## Did U know ?????

contributed by Mrs. Maitri Khedekar.  
She is the Editor of PMP and head of  
Nrityanjali Social Activities Division.

The Earth's core is about as hot as the sun.

Chicken contains 266% more fat than it did 40 years ago.

Honey is the only that will never rot, it can last 3000 years.

Airplane food is not very tasty as our sense of smell and taste decrease 20 - 50 %.

Whatsapp is cited in nearly half of all Italian divorce proceedings.

37% of Americans think that Global Warming is a hoax.

There is an island in Brazil where civilians are forbidden to go; there are 5 snakes per square meter.

Hippopotamus's milk is pink.

Goats have rectangular pupils.

Before the mid 19th century dentures were commonly made with the teeth pulled from the mouths of dead soldiers.

Europe and Africa are only separated by 14.3 kms. and there are talks of creating the longest bridge ever.

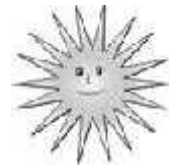
70% of the oxygen we breathe are produced by the oceans.

The Mount Everest grows 0.1576 inches each year. Mount Everest shrank 1 inch due to the April 2015 earthquake in Nepal.



If one yells for 8 years 7 months and 6 days, then one would produce enough energy to heat 1 cup coffee.

2520 is the smallest number that can be exactly divided by all the numbers between 1-10.



# LAUGHTER RIOT

contributed by the Yahoo Group of members

☺ Poodle: "My life is a mess. My owner is mean, my girlfriend is leaving me for a German Shepard, and I am nervous as a cat."

Collie: "Why don't you go and see a psychiatrist?"

Poodle: "I can't. I am not allowed on the couch."



☺ While he was visiting, my father asked for the password to our Wi-Fi. "It's taped under the modem," I said. After 3 failed attempts to log on, he asked, "Am I spelling this right? T-A-P-E-D-U-N-D-E-R-T-H-E-M-O-D-E-M?"

☺ A guy who was hunting house in Bangalore meets old lady who is potential landlord.

Old lady: Where do you work, son?

Guy: I work in Infosys.

Old lady: Oh, that bus company! Sorry, we rent only to good IT people. It would appear that Infosys operates more buses than BMTC in Bangalore.

☺ Why do ENGINEERING students always prefer local author books than REFERENCE books???

The local author says:

'Jack & Jill went up the hill to fetch a pail of water, Jack fell down and broke his crown and Jill came tumbling after'.

And REFERENCE BOOK says:

'2 humans ascended a certain geological protuberance to collect hydride of oxygen whose quantity is not specified. One member Jack, of rapid irregular disturbing movements encounters fatal logical gravitational error leading to complete disarray. Other member named Jill whose scope lies within disarray, descends down the geographical protuberance at an acceleration, whose magnitude is controlled by the force of gravity.' !!!

☺ Are we just saying these things to put the other person at ease?

1. **I'll be there in 5 minutes!**

**Meaning:** I'm running late, I should take approximately 20-30 minutes. I'm not telling you the approximate time because I know you'll freak out.

2. **I've been waiting an hour!**

**Meaning:** I have actually waited 5 to 10 minutes. I'm putting emphasis on an hour so you feel guilty for wasting my time.

3. **I should be home soon**

**Meaning:** I'm still in office/wherever I am. I have no idea when I'm reaching home.

4. **I'm fine. How are you?**

**Meaning:** I'm not fine and I know you don't give a damn so I'm not going to bother telling you the details. I really don't care how you are; it's just social convention after all.



# Happy Birthday

## JULY

2nd Anuradha Chatterjee  
 10th Smita Gandhi  
 15th Nitasha Chawdhary  
 16th Sampada Sakpal  
 22nd Manasi Damle  
 24th Harsha Andan  
 26th Sanjukta Guhathakurda  
 27th Sulekha Vasant  
 31st Jigna Sanghavi

## AUGUST

1st Pranoti Pimpalkhare  
 4th Vilobha Kukde  
 17th Maitri Khedekar  
 20th Girish Dalvi  
 24th Vasanti Anand  
 24th Hetal Desai  
 26th Vidya Madhusudan  
 31st Abhilasha Saxena



## SEPTEMBER

4th Nivedita Damle  
 4th Neeta Parekh  
 6th Anonna Guha  
 6th Poonam Arora  
 10th Daisy Garud  
 12th Tushar Guha  
 12th Shardul Singh  
 14th Shamal Kadam  
 26th Ananya Save

## OCTOBER

3rd Naresh Pukale  
 4th Khushvi Pukale  
 14th Revathi Sethuraman  
 24th Rekha Vijayakar  
 24th Priyadarshi Desai  
 25th Manju Pukale  
 26th Anjum Shaikh  
 29th Vikram Notey

## *You can contribute*

*Articles/ Poems / Pictures*

*Original or Sourced*

*Pictures / Sketches (in black and white only)*

**to the PMP Editorial Board:**

e-mail: [nrityanjali@vsnl.com](mailto:nrityanjali@vsnl.com)