

Vol. 34 No.2
APRIL 2025



Parichay Mein Parichay



Nrityanjali®

Leader in Personality Developments & Emotion Management

APRIL 2025

*Parichay
mein
Parichay*

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Dear Readers,

Greetings!! It gives us immense pleasure to accomplish the 38th Inter School Competition with great enthusiasm and zeal from the schools, parents and children. The high participation and competitiveness from all zones contributed to a positive impact.

The Kala Ghoda Arts Festival 2025 also earned us tremendous applause from the audience and the artists, celebrating the 25th year. It became all the more memorable with the artists sharing their experience and joy with us.

Nrityanjali gained success in felicitating the Educational leaders at Mood-Omics conference held in IIT Bombay in the beginning of this year and the reports are shared in the magazine.

Our CSR work in the area of Education and Sanitation in Mumbai and Pune are successfully completed.

With the rapid changes taking place in the corporate environment, staying abreast with emerging trends and technologies is imperative. Continuous learning and developing knowledge and skills require openness to accept new ideas and approaches. Our magazine has highlighted few corporate details which can be of major significance and special interest to the readers.

Nrityanjali has always believed in promoting Cultural Arts as they make one feel more expanded and think differently. We publish herewith an article as to how music therapy works on our brain and engaging in music activates various parts of our brain.

It being summer time- a spectacular season, a break to relax, rejuvenate and recharge ourselves for our 63rd AGM as well as gear up for the New academic year in schools.

Mini Pillai

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ACCOLADES

Dear Dr. Tushar Guha,

It was wonderful getting introduced to you and interacting with you at our Humsafar Training Programme. You are a complete package and what a great way to communicate and connect with people...!! "I was entangled in few things and could not send a message immediately on my return. You are spirituality, contentment and youthfulness, bundled in one person. Would like to be in touch with you. Warm regards,

Mr. Vijay K. Agashe

Executive Director
Hindustan Petroleum Corporation Ltd.

Dear Dr. Anonna Guha,

Greetings! Thank you for delivering such a well-structured and engaging training session, on Leadership & Emotional Intelligence. Your expertise and clear explanation really helped us to gain valuable new skills. It was insightful and useful. Thanks & Regards,

Rahul S. Walzade

Asst General Manager - Corp Quality Compliance
USV Private Limited | Mumbai | India

Dear Mrs. Nivedita Damle Madam,

I am glad to have been in such a place filled with positive energy over the last three days. It truly felt like a temple created by Sir, where the divine is honoured through dance, dedication, and good work. I also want to express my thanks for the warm hospitality. Please convey my heartfelt gratitude to Sir and Dr. Anonna ji as well.

Dr. Gauri Ponshe

Bharat Natyam Dance Examiner,
Akhil Bharatiya Gandharva Vidyalaya, Miraj

Dear Sangita Sawant Ji,

Was extremely wonderful to meet a passionate Guru like you. Respect and best wishes. Do stay in touch whenever.

Dr. Gauri Ponshe

Bharat Natyam Dance Examiner,
Akhil Bharatiya Gandharva Vidyalaya, Miraj

Dear Dr. Tusharji, Anonnaji, Niveditaji and Nrityanjali

I thank you from the bottom of my heart for this opportunity to perform for 25 years of KGAF – Silver Sitaare. 25th January KGAF show was a grand success. You have an amazing team, and I have enjoyed every rehearsal and interaction with you and your students and teachers. Best wishes from me and my Guru Dr Siri Rama and Kanaka Sabha.

Sarikha Ajay

Kuchipudi Dance Exponent

Dear Anonna Madam,

Thank you for the opportunity to perform at the Kala Ghoda Arts Festival. My pranam to Tushar Guha ji for his wonderful words of appreciation. It matters a lot coming from a senior guru. Pls convey our respects to him.

Geetha Vijayshankar

Mohiniattam Dancer at KGAF

Dear Anonna Guha Madam,

Thank you Nrithyanjali full team for giving us this opportunity. Due to train problem, we hurried back. It was amazing. With the blessings of Tushar Sir, the whole project was fantastic.

Dr. Chitra Vishwanathan

Renowned Choreographer,
Founder Abhinaya Institute, Vasai

Dear Sir and Madam,

Thank you so much Sir and Ma'am for giving my little Samrddhi such a big stage at this age. Me and Ratish couldn't control our emotions. The show overall was just superb. It was only possible because of all the teams' hard work and dedication. And the efforts that you have put in ...cannot even imagine. I've seen personally in spite of being fully tired from morning the energy and passion you have is really really inspiring. It was such a difficult task ... The audience just loved it. Thank you.

Laxmi - Mother of Samridhi

Student and Dancer in Nrityanjali

Respected Tushar Sir,

I wanted to take a moment to express my heartfelt gratitude and blessings for your invaluable guidance throughout the practice. Thank you Anonna ma'am for giving me the opportunity and trusting me for being a part of the Silver Sitaare KGAF '25. Thank you so much Nivedita Mam from the bottom of my heart, for your support and help for everything. I had a really wonderful time being with all the amazing artists, it was a great vibe to be with everyone. Thank you Team Nrityanjali for helping and organising everything so effortlessly, I was thrilled to be a part of KGAF '25. Thank you.

Sumit Chauhan

Choreographer & Performer

Respected Sir,

Nrityanjali performance - Ek Jhalak on 2nd February 2025 at Tata Theatre, NCPA. was outstanding. Ek Jhalak was the high light of the finale of Mumbai Dance Season. Keep blessing us Sir.

Guru Latasena Devi

Exponent, Manipuri Dance

Dear Anonna Guha Madam,

Congratulations on the beautiful performance that you created!! I watched the full show, and it was magnificent. I hope it was better than what you envisioned! I wanted to thank you firstly for trusting me, and having us perform with your team at this prestigious platform. We are grateful to you, Tushar Sir, and Nivedita Ma'am for giving us this opportunity, love and warmth during this entire process. I also wanted to tell you that you are such an amazing rehearsal director, as well as Choreographer. Observing you and Tushar Sir take rehearsals, I feel like I have learnt so much from the both of you. You are inspirational, and we had the best time working together. Thank you once again for this. And ofcourse if there are any more such opportunities, please do not hesitate to give me a call. I am more than happy to come back to Nrityanjali for shows/classes! I hope you have fabulous shows at KGAF this year and we are looking forward to performing on Tuesday.

Yuteka Trripati

Contemporary Dance Exponent from Pune

Dear Anonna Madam,

CONGRATULATIONS to Tushar Da, you, and the entire Nrityanjali team for a fantastic presentation at NCPA on 2nd February. I absolutely loved it—the Ganpati procession, Tushar Da's portrayal of Chaitanya Mahaprabhu, the Bhangra, and the Kathak performance.

Tushar Da's energy and stamina were phenomenal! The way he executed the steps first in a single beat and then in double—what an electrifying performance! He was absolutely FULL ON!

Your Kathak performance was impressive, and I really liked your costume, look, and makeup. Your daughter danced beautifully and synchronized well with the rest of the team.

Ankur Ballal

Odissi Dance Exponent

Dear Sir,

I want to express my heartfelt thanks to you and Anonna Ma'am for believing in me and giving me the opportunity to perform at KGAF. It was such an honour, and I'm so glad to know that both of you loved the performance and the choice of music. It's incredibly satisfying when hard work pays off, and I'm beyond happy that it resonated with you. My goal has always been to shift the narrative around belly dance, and Kala Ghoda provided the perfect platform to bring this vision to life. The response from the audience—men, women, and children alike—has been amazing, and I'm still receiving wonderful feedback. I'm truly grateful for your constant guidance and mentorship. Already missing the rehearsals with Nrityanjali and looking forward to working together again soon. Best wishes and lots of love.

Enaakshi Kotwal

Renowned Belly Dancer

Dear Anonna Guha Ji

Heartfelt Congratulations to Nrityanjali, Tushar Da, and Anonna Guha ji for orchestrating a beautiful and successful show yesterday. I am deeply grateful to Nrityanjali for granting me the golden opportunity to perform at Silver Sitare. It's a Memorable One to be a small part of Kalaghoda 25. Every aspect of the event was truly remarkable. Tushar Da and Anonna Guha ji, your meticulous approach to rehearsals, and the thoughtful arrangements of delicious snacks, lunch, and tea as well as AC buses showcased your care and dedication. The love, respect, passion, and attention you showered on each artist were truly inspiring. Hats off to Nrityanjali!

A special note of gratitude to **Nivedita Damle ji** for skillfully conducting rehearsals both online and offline, and for ensuring the costumes were perfect. Congratulations, Nivedita ji, on your exceptional performance—you were absolutely amazing! I am overjoyed to have met all the talented artists. Chitra Akka (Vishwanathan), your team was outstanding! It was such a delight to see you. To my friend **Girish Dalvi**, thank you for your support and congratulations to you as well! "**Sumit**, your team delivered an incredible performance—congratulations to you all for being so remarkable and phenomenal. Once again, congratulations to each and every artist who contributed to the success of **Silver Sitare**. Hats off to Nrityanjali for this unforgettable experience!"

As Phil Jackson says - The strength of the team is each individual member. The strength of each member is the Team

Ankur Ballal

Odissi Dance Exponent

Hello Anonna Ji

Beautiful, Bhishon shundor, Ek Jhalak - You missed the appreciation... After the programme everyone was only talking about Nrityanjali performance. Sir is Sri Chaitanya Dev incarnate... Soumya...epitome of positivity.... And my little Aditri danced so well. All Nrityanjali artistes were excellent - inspite of such hectic schedule of Kala Ghoda etc, you all performed so smoothly and at ease. Sir's training reflects in the way you all multitask with a smile on your face

Swapnokalpa Dasgupta

Head Dance, NCPA, Mumbai

Respected Tushar Guha Sir and Anonna Ma'am,

It was truly an honor to perform at KGAF (celebrating 25 years and being part of bringing 25 dance styles on one Stage). My deepest gratitude to both of you for unwavering belief in me and my art. I feel incredibly blessed to have had the opportunity to work with you and the Nrityanjali team. The way your vision was transformed on stage is awe inspiring and I learnt a lot from it. Working together has not only been enriching, but also an experience that leaves me fulfilled, content, and deeply happy. Every time, I learn so much from the way everything is organised — professionalism, seamless execution, and the perfect balance of fun and focus. It's truly inspiring. Thank you **Nivedita Damle Ma'am, Girish Dalvi Sir, Sangita Ma'am** for all the support! Nrityanjali will always hold a special place in my heart. Thank you for all the care. Best wishes.

Enaakshi Kotwal
Renowned Belly Dancer

Thank you Dr. Tushar Guha ji,

You have choreographed and danced so well. I am really proud of your wonderful team 2025. You have researched the topics well and brought out history which is rarely found in history books. I could see the National Pride on the artistes' faces. A togetherness which was a pleasure. That is our dance community only to be found in Mumbai. Believe me. None of the groups let us down. You have stood top class in the faith that we had put in you. Jayashri and I thank you for your cooperation and humility. Thank you Darshanaben. Thank you Tusharda. Bless all the dancers that they have the spirit and inner strength that you possess. Nataraja Kripa on all

Malati Agneeswaran
Dance Curator,
Mumbai Dance Season, NCPA

Yes Malati, you have voiced my thoughts. We are so happy that each group we reached out took the effort to make a study of a historical episode and structured it to suit their style. It was a pleasure connecting with all of you. We are also happy that we could welcome some young established artistes, to this wonderful NCPA stage. Our *Pranams* to Darshanabenji and Tushar ji for blessing the event with your beautiful performances. Thank you, Jhelum, Prateesha and Jayantimalaji for your productions. Thank you all so much for making this Closing Ceremony of NCPA Dance Season 2025 a grand success.

Jayashree Rajagopalan
Dance Curator,
Mumbai Dance Season, NCPA

Dear Dr. Anonna Guha

Thank you so much for the opportunity on 15th February at IIT Bombay. Your performance yesterday was mesmerizing. Such flawless movement. I wished that your dance should never end.

Mrs. S. Jaykar
Trustee, St. Lawrence School, Santa Cruz

Sir and Madam

Balmiki Pratibha at KGAF on 1st February was gripping, spell bounding, flawless performance and beautiful narration of transformation of the dacoit to Valmiki, so well scripted and choreographed by you. My husband thoroughly enjoyed it All the artists acted so naturally and there was no moment of pause or dullness. Mishti was so good and the backdrop and the subtitles came alive depicting the story.

Geeta Chandrasekaran
Head - HR, Nrityanjali Group

Respected Sir,

15th February 2025 - What an experience at IIT Bombay! As a first-time experience, I had mixed feelings of learning and getting to know new things. Meeting new people of all ages the younger crowd as students and handling them as a teacher and volunteer, on the other hand meeting highly educated people from varied fields and also listening to them is an honour and learning too.

Yesterday got all of these together and felt nice. After the second half, a little energy was low but then came the storming dance show which made me awestruck and brought the fire back in us.

Starting with Maitri Ma'am who as a speaker nailed it. She seemed to be standing in place of Guha Sir and made him proud by her fluent speech which was very interactive too. The new dance style by Anonna Ma'am was breathtaking. Girish Sir was fully active throughout the day managing and also then dancing. Listening to eminent speakers, being at a prestigious campus, being a part of the big show made me feel special. I would like to thank Dr, Guha our Guru who had the confidence in us and brought the potential back. Thank you everyone once again.

Simmi Mohan
Faculty Nrityanjali

Heartfelt Gratitude for Your Contribution to APT-2025 & MOOD-OMICS

Dear Dr. Annona Guha and Mr. Girish Dalvi,

I extend my heartfelt gratitude to you for being an integral part of APT-2025 and MOOD- OMICS, making it a truly unforgettable experience. Over four incredible days, APT- 2025 brought together brilliant minds through 12 parallel workshops, an engaging biotech session for schoolchildren, the vibrant MOOD-OMICS event, and a world-class international conference. With over 2,500 attendees from 16 countries, the event was a true celebration of collaboration, innovation, and scientific excellence. Amidst the discussions and discoveries, your classical dance performance added something truly special—soul, rhythm, and artistic brilliance that touched every heart in the audience. It created moments of joy, offering a refreshing pause from the intensity of the conference and leaving everyone inspired.

Your efforts in the biotech workshop and your dedication to connecting with so many schools and teachers were truly commendable. Undertaking such a monumental task reflects the profound impact of Dr. Tushar Guha's legacy—an institution of learning and culture that has flourished across the country.

Thank you for sharing your talent, passion, and energy with us.

This time, your role extended beyond performance to a meaningful partnership and shared responsibility for APT-2025, making the experience even more humbling and special.

I have shared your videos and pictures, and your performance will be remembered as one of the highlights of this remarkable gathering! With deepest appreciation.

Prof. Dr. Sanjeeva Srivastava
IIT Bombay
Chief Convenor – MOOD-OMICS 2025

Dear Anonna Madam,

I have checked with our Vadodara site for Training Feedback of 'Training the Trainer' Programme on 17th & 18th February 2025. All are very happy and satisfied with the overall outcome.

Please share the same with Sir. Thank you.

Adinath Bade
Head Training, Corporate Office
USV Pharmaceuticals

Respected Sir,

Yesterday 15th February, was a hectic day but to be in the convocation Hall of IIT Bombay is a dream of many and today I got an opportunity to be in that Institute as a volunteer. It is indeed a proud moment. The event was very informative listening to all the speakers related to our health and best part is we had our Maitri Ma'am as one of the speakers today at IIT Bombay. She was fantastic with full of energy as always. "Thank you Sir for all the good things I get to do through Nrityanjali.

Mini Pillai
Faculty and Nrityanjali Member
Editor - PMP

Look Out For

NRITYANJALI's

**64th
ANNUAL GENERAL
MEET**

to be held at
**KALIDAS NATYA MANDIR,
MULUND**

*Students of Kathak
Bharatnatyam, Music, and
Sunday class will be performing.*

FOOT PRINTS...

Nrityanjali News upto 15th April 2025

Nrityanjali Management Services conducted the following management training programmes:

- The special programme **Humsafar of HPCL** was conducted for officers with spouses on **7th - 8th January 2025 in Dharamshala, Himachal Pradesh** by Dr. Tushar Guha, Mrs. Vasanti Anand and Mrs. Maitri Khedekar
- The special programme **Humsafar of HPCL** was conducted for officers with spouses on **8th - 9th January 2025 in Chilka, Odisha** by Dr. Anonna Guha, Mrs. Geeta Chandrasekaran, Mrs. Harsha Andan and Mr. Sudipta Sengupta
- The special programme **Humsafar of HPCL** was conducted for officers with spouses on **15th - 16th** and for Officers without spouses on **16th - 17th January 2025 at Jim Corbett Park in Uttarakhand** by Dr. Tushar Guha, Mrs. Vasanti Anand and Mrs. Maitri Khedekar
- The special programme **Humsafar of HPCL** was conducted for officers with spouses on **23rd - 24th January 2025 in Hyderabad, Andhra Pradesh** by Dr. Anonna Guha, Mrs. Vasanti Anand and Mrs. Maitri Khedekar.
- The special programme **Humsafar of HPCL** was conducted for officers with spouses on **23rd - 24th January 2025 in Khandala** by Dr. Tushar Guha, Mrs. Geeta Chandrasekaran, Mrs. Harsha Andan and Mr. Sudipta Sengupta.
- On 13th February 2025, Dr. Anonna Guha and Mrs. Harsha Andan conducted full day session - **Manojeeet - 02 - covering Stress Management and Work Life Balance** for 53 officers of **Bank Baroda** at Ballard Pier, Mumbai.
- Two days **Train the Trainer programme** for officers of **USV Pharmaceuticals** was conducted in **Vadodra** on 17th and 18th February 2025 by Dr. Tushar Guha and Mrs. Harsha Andan.
- Two Batches of Full Day sessions - **Manojeeet - 02 - covering Stress Management and Work Life Balance** was conducted for the officers **Bank Baroda** at Andheri, Mumbai on 17th and 18th February 2025 by Dr. Anonna Guha and Mrs. Maitri Khedekar.
- Two days **programme Mentor Mentee** for officers of **RCF Ltd** was conducted in **Chembur, Mumbai** on 3rd and 4th March 2025 by Dr. Anonna Guha, Mr. Girish Dalvi and Mrs. Harsha Andan.
- On 7th March 2025, Mrs. Vasanti Anand conducted One-hour Online programme for **Bharat Petroleum Corporation Ltd**, titled **Harmony in Hustle** in celebration of **International Women's Day**.
- On 29th March 2025, 3 Hrs. session on **Anandmay Pathshala** was conducted for the Pathshala Project of **Hindusthan Petroleum Corporation Ltd., in Mumbai** by Mr. Girish Dalvi and Mrs. Geeta Chandrasekaran.

FOOT PRINTS...

Nrityanjali News upto 15th April 2025

Nrityanjali Education Services conducted the following programmes:

- Life Skill Programmes for Students were conducted at **Little Angel High School, Sion**
- Life Skill Programmes for Students were conducted at **NKES High School, Wadala**
- Personality Development Programmes for students of Std.VII, Std.VIII and Std. IX supported by USA based **NOV (India) Pvt. Ltd.** Ended in March 2025 as follows –
 1. Ideal English Medium High School, Bhandup
 2. Ideal Hindi Medium School Bhandup
 3. C.D. Barfiwala School, Andheri
 4. Anand Vidya Niketan, Pune
 5. Somnath Vidyarniketan, Pune

• **Mr. Girish Dalvi** was invited by **Oxford University** to conduct three sessions on **Life Skill Programmes** for students of Std.9th and 10th. The three hours sessions were held on 30th January 2025 in Hyderabad, on 31st January 2025 in Chennai and on 1st February 2025 in Mumbai – Congratulations

• **Workshop for Parents were held at NKES School, Wadala as follows:**

1. One session each for parents of 1st Std and 2nd Std. on 14th February 2025 by Dr. Tushar Guha and Mrs. Maitri Khedekar
2. One session each for parents of 3rd Std and 4th Std. on 17th February 2025 by Mrs. Geeta Chandrasekaran and Mrs. Mini Pillai

• **Two Workshops for Secondary Teachers and Primary Teachers on Professionalism** were conducted at **Christ Church School, Byculla, Mumbai** on 11th March 2025 by. Dr. Tushar Guha and Mrs. Harsha Andan

• The **NES-Open Forum for Principals** – India held Principals' meet on 28th March 2025. **Smt. Sulochanadevi Singhania School, Thane** hosted the event. 30 Principals joined the Panel Discussion on **Education & the Evolving Trend** and collectively deliberated on Road Map of NES-OPF.

• Physical Career Guidance Counselling for 3 students was conducted on 1st April 2025 by Mrs. Vasanti Anand at Nrityanjali office.

FACULTY DIVISION

• **ABGMV Examinations Results are as follows:**

Bharat Natyam Dance, Kathak Dance, Hindusthani Sangeet, Tabla, Harmonium, Pakhwaj (Total 314 students)

Distinction	-	72
First Class	-	181
Second Class	-	30
Pass Class	-	7

• Under the joint venture of **NCPA and Nrityanjali**. Lessons on **Kathak Dance** ended in February 2025 and the students of **Shree Saraswati Vidya Mandir – Bhandup** and **Vidyadeep Vidyalaya, Vikhroli** appeared for the Diploma Examination conducted by **Bharata College of Fine Arts and Culture Affiliated to Kavikulaguru Kalidas Sanskrit University, Ramtek, Nagpur**

• **Internal Nrityanjali Diploma Examinations** were held in January 2025 for the students of Bharat Natyam Dance, Kathak Dance and Vocal

• **Parent Teacher meetings** were held on 10th, 12th and 13th March 2025

FOOT PRINTS...

Nrityanjali News upto 15th April 2025

SOCIAL ACTIVITIES DIVISION

Prize Distribution Functions for Nrityanjali Fest 2024 Inter School Competitions were held as follows –

On 5th January 2025 for **Western Mumbai Zone and South Mumbai Zone** at Birla Matushri Sabhagar, New Marine Lines, Mumbai. Mrs. Madhu Wadke, Principal – Gopi Birla School, Walkeshwar, Mumbai was the Guest of Honour

On 19th January 2025 for **Central Mumbai Zone and Navi Mumbai Zone** at Kalidas Natya Mandir, Mulund. Mrs. Revathi Srinivasan – Director – Singhanian Group of Schools, and Mrs. Aditi Bannerjee – Dean, Lodha World Group of Schools were the Guests of Honour

On both occasions, Nrityanjali Sunday Class students presented a short cultural programme



FOOT PRINTS...

Nrityanjali News upto 15th April 2025

SOCIAL ACTIVITIES DIVISION

- **Saraswati Puja** was held on 3rd February 2025 at Nrityanjali premises at 9 A.M. Khichadi Bhog was served
- **Unnat Yuvati** – the signature project of Nrityanjali with training sessions in **Spoken English and Computer Awareness** for 35 girl students of **Shree Saraswati Vidya Mandir, Bhandup** ended on 1st February 2025. The Project Unnat Yuvati charges no fee and the students are provided with snacks,
- **Under the CSR Project** – funded by USA based NOV MFG (India) Pvt. Ltd.
- **Nrityanjali took up the following activities**
 1. Building 4 Toilets & Septic Tank at Zilla Parishad School, Vangaon, Boisar
 2. Building 4 Toilets at Nere School, Panvel Raigad
 3. Providing Benches to Gyan Mandir School, Powai, Mumbai
 4. Providing Benches to Anand Vidya Niketan, Viman Nagar Pune
 5. Providing Benches to Somnath Vidyalaya, Viman Nagar Pune
 6. Providing Chairs to Somnath Vidyalaya, Viman Nagar Pune
 7. Building Septic Tank at Zilla Parishad School, Khed, Chakan, Pune
 8. Building 4 Toilets at Zilla Parishad School, Khed, Chakan, Pune
 9. Building 4 Toilets for Girls at Pratik Vidyalaya, Mavan, Nigdi, Pune
 10. Building 4 Toilets for Boys at Pratik Vidyalaya, Mavan, Nigdi, Pune
 11. Building 4 Toilets at Zilla Parishad Primary School, Memanewadi, Pune



Nere High School, Panvel



Zilla Parishad School, Memanewadi, Daund, Pune

FOOT PRINTS...

Nrityanjali News upto 15th April 2025

SOCIAL ACTIVITIES DIVISION

On 15th February 2025 at the **APT 2025** – BIOQUEST, Biotechnology Innovation Challenges 2025, Conference at **IIT Bombay** Powai, **Nrityanjali** conducted workshop for 1000 students on **Personality Development**. **Mrs. Maitri Khedekar** conducted the workshop.

Fifteen Nrityanjalis volunteered their services to manage the event. The Volunteers were Mr. Girish Dalvi, Ms. Maitri Khedekar, Ms. Sangita Sawant, Ms. Geeta Chandrasekaran, Mr. Tushar Rahate, Ms. Mini Pillai, Ms. Rutuja Narvekar, Ms. Simmi Mohan, Ms. Diksha Bhat, Ms. Sakshi Patil, Ms. Anushri Khadye, Ms. Dhanashri Nagap, Ms. Gauri Keny, Ms. Riddhi Ghag, and Ms. Sangita Garud Kamble.

Students from the following schools were invited to attend the event.

- | | |
|---|-------------------------------------|
| 1. Nasheman Urdu School, Bhandup | 7. Pragnya Bodhini School, Goregaon |
| 2. Ideal High School, Powai | 8. S M Shetty School, Powai |
| 3. Sandesh Vidyalaya, Vikhroli | 9. Little Angels School, Sion |
| 4. Anjuman Khairul Islam Urdu School, Ghatkopar | 10. Pawar Public School, Bhandup |
| 5. Shobhadevi Singh Vidya Mandir, Powai | 11. C.D. Barfiwala School, Andheri |
| 6. Green Lawns School, Goregaon | 12. Saraswati Vidyalaya, Kanjurmarg |

On the occasion **14 Educators and 33 Teachers** were felicitated.

List of Educators:

EDUCATORS	INSTITUTION
Mrs. Husnara Khan- Trustee & Principal	Nasherman Urdu School, Bhandup
Mrs. Kalyani Chaudhuri- Principal	Don Bosco High School, Nerul.
Mrs. Manasi Damle- Coordinator	Omkar English School, CBSE, Dombivli
Mrs. Nivedita Damle- Senior Teacher	Rochiram Thadani School for Hearing Impaired, Chembur
Mrs. Suma Das-Principal	Pawar Public School, Bhandup
Mrs. Vidya Purov- Academic Director	Cosmopolitan Education Society's C.D. Barfiwala High School, Andheri
Mrs. Shamina Pramod Jayakar	St. Lawrence High School, Santacruz
Mrs. Sangeeta Mehrotra	Indradeosingh International School, Ghatkopar
Mrs. Sheeja Menon- Principal	Vivek Vidyalaya, Goregaon
Dr. Reshma Hegde- Academic Director & Principal	Kapol Vidyanidhi International School, Kandivli
Mrs. Priya Mehta- Coordinator	Angels Education Trust, Sion 12. Mrs. Vijayalakshmi Shetty - Principal, Omkar English Medium School, Dombivli
Ms. Reshma Rao- Principal	S.M. Shetty School, Powai
Mrs. Alka Vora- Chairperson	Kapol Vidyanidhi International Group of Schools

FOOT PRINTS...

Nrityanjali News upto 15th April 2025

SOCIAL ACTIVITIES DIVISION

List of Teachers:

INSTITUTION	TEACHER AWARDEES
Sandesh Vidyalaya, Vikhroli	Mrs. Pushpanjali Sonawane, Mr. Mahesh Sarode
Pragnya Bodhini School, Goregaon	Ms. Vaishali Sonawane, Mr. Vikas Waghari
S M Shetty School, Powai	Ms. Juli Singh, Ms. Laxmidevi Gupta Ms. Sharon Sequiera, Ms. Vandana Singh Mr. Akhilesh Singh
Ideal School, Powai	Ms. Naushin Ansari, Aashna Sayyed Ms. Rubiya Shaikh
Green Lawns School, Filter Pada	Ms. Muskan Israr Khan, Laxmi Bhagwan Das Gupta, Aruna Laxman Gaikwad, Anjali Umashankar Yadav, Zeba Shahid Mohd Khan, Anita Vijay Sharma, Sadhana Piyush Mishra, Rajkumari Shrinath Pal, Hifzashan Zamir Shah, Sabiha Sultan Shaikh, Aslam Abdul Hamid Faridi
Omkar English School, Dombivli	Khushboo Mirani, Tushar More
Saraswati Vidyalaya, Kanjurmarg	Chandrakant Damale, Deepali Patil
Pawar Public, Bhandup	Mr. Sachin Kathe, Mr. Mayooresh Sathaye Mr. Ratnakar Sahu, Ms. Prachi Sule Ms. Shilpa Sankpal, Ms. Sonami Pandey

HUMAN RESOURCE DEVELOPMENT

- **The 16 days Special Personality Development Course Level 1 (SPDC 1) physical**

Class commenced from 9th February 2025 and ended on 16th March 2025

- Regular HR Meet for the faculty members was held on 15th March 2025

- **The 16 days Special Personality Development Course Level 1 (SPDC 1) physical**

class Batch 2 - 2025 will commence from 3rd May 2025

- **The 8 days Special Personality Development Course Level 2 (SPDC 2) physical** class Batch 1 - 2025 will commence from 9th August 2025

FOOT PRINTS...

Nrityanjali News upto 15th April 2025

PROGRAMME DIVISION

DATE	EVENT	BRIEF
12 th January 2025	Sanskriti Festival, Thane	Nrityanjali performed Folk Dances of East and North East of India. Nrityanjali performed dances from Odisha, Assam, Mizoram and Sikkim
5 th January 2025 and 19 th January 2025	Prize Distribution of Nrityanjali Fest 2024 Inter-School Competitions	Nrityanjali Sunday Class students presented a short cultural programme with dances - on song of Kavi Nazrul Islam, then Bihu Dance from Assam, Raungaboti from Odisha, Bamboo from Mizoram, Mangala Gaur from Maharashtra, Rai Dance from Sikkim and Garba from Gujarat
25 th January 2025	The Silver Jubilee Inauguration of Kala Ghoda Arts Festival	<i>Silver Sitare</i> was presented by 65 dancers that included 40 Nrityanjali artistes. Silver Sitare was choreographed by Dr. Anonna Guha (Dance Curator KGAF) and Mrs. Nivedita Damle (Asst. Dance Curator KGAF) with support of Nrityanjali Team that included Nrityanjali's Technical Team, the Programme Division and the Administrative Team
1 st February 2025		Nrityanjali's 20 Dance Artistes performed Tagore's Dance Drama-Balmiki Pratibha at KGAF
2 nd February 2025	NCPA Mumbai Dance Season 2025	Nrityanjali performed BHARAT KA ITIHAAS - EK JHALAK in keeping with the theme Itihaas. The ten minutes performance depicted Social, Religious, Political, Non-Violence and Cultural history of India. <i>Ek Jhalak</i> was choreographed by Dr. Tushar Guha and performed by a team of 40 Nrityanjali artistes including Sir.
15 th February 2025	APT 2025 - BIOQUEST	Biotechnology Innovation Challenges 2025, Conference was held at IIT Bombay Powai. Nrityanjali was invited to present the cultural programme in keeping with the theme and performed the following Dances <ol style="list-style-type: none"> 1. Bamboo dance from the Province of Mizoram 2. Confluence - of Kathak dance from India and Flamenco Dance from Spain by Dr. Anonna Guha and Ms. Paris Laxmi respectively 3. Creative Dance on Bollywood Song 4. Students of Omkar English School, Dombivli performed

		Mallakambh 5. Students of St. Lawrence School, Santa Cruz performed Madya Dance from the Province of Madhya Pradesh
On 25th February 2025		Students of Saraswati Vidya Mandir, Bhandup who learn Kathak Dance under the auspices of NCPA & Nrityanjali, performed at NCPA. Students of Nrityanjali Sangeet Class Mukti Koyande and Aditri Dutta rendered the song along with live music led by Dr. Anonna Guha and Mrs. Sangita Sawant
On 27th February 2025	Students of Vidyadeep Vidyalaya,	Vikhroli who learn Kathak Dance under the auspices of NCPA & Nrityanjali, performed at NCPA. Student of Nrityanjali Sangeet Class Mukti Koyande rendered the song along with live music led by Dr. Anonna Guha and Mrs. Sangita Sawant accompanied by Mr. Atul Godse on Tabla & Mr. Satej Karandikar on Flute.
5 th April 2025	Rang Barse 2025	Nrityanjali represented Indian culture and art through the Folk Dances of India at the event organised by Indian Association Geneva, Switzerland . Nrityanjali performed Kathak, Sikkim, Lavani, and Bollywood dances
12 th April 2025		Nrityanjali celebrated spirituality, divinity and love by performing at the Iskcon Tempel, Zurich and also participated at the Roadshow organized by Iskcon Langenthal at Wintherthur, Switzerland. Nrityanjali performed on devotional songs in praise of Lord Krishna.
13 th April 2025		Nrityanjali celebrated spirituality, divinity and Bhakti by performing at the Sri Sivasubramaniam Tempel, Adiswil, Zurich. Nrityanjali performed on devotional songs in praise of Lord Krishna.



On 10th January 2025

Mr. Girish Dalvi

was invited as the **Guest of Honour** at the Annual Function of **R N Shah International School, Juhu** held at the school premises.

Pragnya Bodhini High School, Goregaon

held their Golden Jubilee Function on

4th February 2025 at

Dinanath Mangeshkar Auditorium, Vile Parle.

Dr. Tushar Guha

graced the function as the **Chief Guest**

Brainfeed Magazine, Hyderabad
organised

Brainfeed Exemplary Women in Education Award 2025

in Mumbai on 2nd March 2025

Dr. Tushar Guha

graced the function as the **Chief Guest** and delivered the

On 5th April 2025 **Dr. Anonna Guha**

was invited as a **Chief Guest** for

Miraaya Kathak's Utsav

Presentation at Sophia College Auditorium, Breach Candy.

EVENT REPORT



'EMPOWERMENT STARTS WITH THE SELF'

Delivering the keynote address, **Dr. Tushar Guha**, Founder & Chairman, Nrityanjali Institute of Performing Arts blended wisdom, humour, and deep reflections from his nearly 80 years of life experience — 60 of which have been dedicated to education.

He spoke about the power of apology in cultivating inner strength and contentment, highlighting how such qualities contribute to true empowerment.

Drawing from psychological theory, Dr. Guha introduced the concept of "Integrity vs. Despair," he reminded the audience that wisdom isn't confined to age; even young minds can exhibit profound insight. He underscored that empowerment starts with the self, regardless of gender. He challenged the traditional idea of teamwork, rather than relying solely on collective strength, what if each individual stick (person) were strong on their own? Such personal strength, he suggested, makes the collective even more powerful — reflecting the federal structure of India, where strong states create a resilient nation.

He pointed out that everyone knows what should be done, but success lies in how it's done. He defined the line between ordinary



and extraordinary as "the little extra" effort that transforms individuals and leaders.

Challenging the age-old advice of being "Master of one, Jack of none," Dr. Tushar proudly declared himself a "Jack of all trades and Master of one." From economist to dancer, singer, psychologist, corporate trainer, and even a "damn good cook," he advocated for embracing multidimensionality. Over time, he argued, a person can evolve into a master of many — a concept especially relevant

to school leaders, who juggle numerous roles daily.

He introduced the concept of "GMQ - General Market Quotient," urging educators to stay updated on global social, economic, cultural, and political changes. Dr. Guha rejected the notion of a "generation gap," redefining it instead as "generation diversity." He stressed that it's the elder generation's responsibility to bridge this gap by learning the language and mindset of the youth, sharing humorous anecdotes of misunderstood abbreviations like "GOAT" (Greatest of All Time) and "POV" (Point of View). His takeaway: "If I want to empower, I must think and speak the language of the next generation."

Dr. Tushar also highlighted his role as Chairperson of the Open Forum for Principals (OFFP), a global network promoting student and teacher exchange programmes. He passionately spoke about the importance of cultural exchange, asserting that one must first understand and take pride in their own culture before exchanging ideas internationally.

He spoke about "Shower Principle" explaining that leadership must flow from the top and urged principals to lead by example, not by lectures, emphasising that empowerment happens through action and demonstration. "Empowerment isn't about changing others; it starts by empowering ourselves first — and inspiring by example," he said.



The First OFP Meet of 2025- a report

The First OFP meet for the year 2025 was hosted by Smt. Sulochanadevi Singhanian School, Thane on Friday 28th March 2025 from 10am onwards. The meeting was attended by Principals and Educators from Schools across Mumbai and Navi Mumbai.

The programme started with Dr. Dhanya Uttumadathil, Principal of Karthika High School introducing Mrs. Revati Srinivasan, Director of Smt. Sulochanadevi Singhanian School, Thane and Dr. Anonna Guha, Managing Director Nriyjanjali felicitated her with great respect and honour.

Mrs. Revati Srinivasan welcomed Dr. Tushar Guha, the founder, Chairperson of OFP, and founder, Chairman of Nriyjanjali group, Mr. Girish Dalvi Trustee and Chief Administrator, Principals and the Educators to the School. She emphasized the importance of collaboration, learning and openness to new ideas, during the OFP meetings. Every institute and every school is different, having their own motto and vision. She encourages everyone on Unity and Growth, where Educators, Principals and Institutions can share their experience, insights and vision to make the meeting more impactful and meaningful to everyone involved. The ultimate goal is to create an actionable plan as it is for and by the Principal and ensure it serves the educational community more effectively.

Mr. Girish Dalvi and Dr. Anonna Guha addressed the key elements of the OFP event:

- Initiation of OFP in 2007
- The Primary theme and the Logo
- Activities conducted for students along with the pics
- Topics of Life skill Activities
- OFP Activities till date for Teachers
- OFP Activities for Students- Local Student Exchange
- Interschool competition – Nriyjanjali fest
- Initiation of Kala Ghoda festival since 2016, beyond Academics
- Dance performance by different Schools
- Study tour to South Australia
- Corporate Social Responsibility
- Shared the OFP activities for the Academic year 2024-25

Mr. Girish Dalvi insisted on having Local Student Exchange Program on a regular basis aiming to help students overcome their fears and make their learning experience more challenging. This initiative could be a great way to encourage students to interact with peers from different backgrounds or schools, pushing them outside their comfort zones while learning and growing in the process.

Dr. Tushar Guha Sir mesmerised the audience with words of wisdom and anecdotes from his experiences. His focus on breaking stagnation and adapting to change is crucial in today's fast evolving world. The idea of learning be made joyful to the students as it can create curiosity and passion in students. He highlighted the importance of both individual and collective growth. Personal development is important and being part of a larger community, nurturing growth together, leads to a stronger outcome for everyone. His suggestion to include culturally sensitive programs for students in every school like visiting orphanages and old age homes, is a beautiful way to instill kindness and social responsibility in students.

The purpose to have workshops for Principal is to learn from each other, from every different board and share knowledge and practice that can benefit their schools and students. The Educators can create more holistic and adaptive educational environment.

There was a panel discussion on Education and Role of Educators:

Moderator- Mrs. Seema Shaikh- Pragnya Bodhini School
The Panelist – Dr. Chandrakala Mishra – Diamond Jubilee School - Mazgaon
 Mrs. Sangeeta Bhattacharya – Former Principal
 Mr. Suresh Nair – Vivek Vidyalaya School- Goregaon
 and Mrs. Sunita Pant – Global English School, Sion.

Each panelist introduced themselves and shared their contribution as educationists, emphasizing their roles in shaping and evolving the educational landscape, identifying as change-makers within the field.

Mrs. Sunita Pant discussed the importance of gratitude and parental involvement in the education process. She noted that schools often overlook the value of showing appreciation for parents. She introduced a unique initiative – a song for parents, alongside Saraswati Vandana and the National Anthem. She stressed that effective teacher-parent interaction is important for the well-being of the child. Teachers should present themselves as caring and nurturing figures. Education is not only about academic growth but also a development of moral and ethical values.

Mr. Suresh Nair shared his personal journey of accepting the challenge of becoming the Principal of Vivek Vidyalaya School after starting his career as a lecturer at KC College. He highlighted that the behaviour and approach of educators, including teachers, staff members, and even parents, significantly impact the overall environment of the school. He has established an open-door policy, allowing teachers, students and parents to visit his office whenever

needed, however with clear boundaries in place. This approach has strengthened his relationship with them by eliminating the fear of interacting with him, more of comfortable environment. The way we interact and connect with each other as part of the educational ecosystem directly influences the students' learning and development

Mrs. Sangeeta Bhattacharya emphasized on Equality as understanding every child in the classroom is essential for effective learning. Children come from diverse background and it is important for teachers to connect and collaborate with them on a personal basis. She has implemented a system where every class teacher is required to interact with each child in the beginning of the year. Building relationship with students will help them in their academic as well as emotional and social development.

Dr. Chandrakala Mishra points that the teacher's role needs to be passive as in today's world every student has access to vast amount of information through the internet. Teachers should focus on guiding and encouraging critical thinking rather than just delivering information. She has introduced teaching in a more practical way in her school so it helps students to explore topics on their own and it promotes independent learning.

The discussion ended with the Moderator – Mrs. Seema, suggested introducing the following topics in schools as it stands out highly essential.

Financial literacy, Astronomy, Media, Our constitution and Global Leadership. These subjects can enhance students in understanding of the world as we live in a polarised world and it can help them become responsible individuals.

Adaptability, out of box thinking and teachers who approach education without blinkers are essential in creating an environment where learning is continuous. The mind set of Life -long learning helps both educators and students grow together.

Education is not restricted to academics; it has multiple canvases.

A discussion with Dr. Anonna Guha- Managing Director Nriyjanjali, a renowned researcher in the field of market trend and who has conducted extensive corporate training. She shared valuable insight on what the corporate world is seeking and how we can better prepare our students to meet these demands.

Dr. Guha emphasized the importance of public speaking as a crucial skill, highlighting its role in helping individuals connect effortlessly with their audience. She suggested that the schools should focus on implementing this skill among students. Additionally, she proposed incorporating performing arts- such as elements of drama, dance and

music for high grade students to enhance their communication and creative skills.

Mrs. Revati Srinivansan enthusiastically shared her perspective that as Principals, we must have a thorough understanding of both the administration and finance of the school. It's essential to know the budget, how to plan it and execute it effectively. She also suggested that each school should consider adopting five economically backwards schools in their area and working towards empowerment and development.

The OFP meet proved to be a great success offering a platform for new ideas and approach to leadership. It has also led to the formation of a vibrant network of educational leaders united to advancing excellence in education.

Nriyjanjali Education services and Smt. Sulochanadevi Singhanian School, Thane are commended for their dedicated efforts in organizing the First OFP meet 2025 that will have a great impact on everyone present.

The Vote of Thanks by Mrs. Priya Mehta – Coordinator, Angel's Education Trust.

The Schools who attended the Meet are Diamond Jubilee Girls High School, Anand Vishwa Gurukul, Sharon English High School - Mulund, Little Angels High School - Sion Kopol Global Academy-kandivli, Arya Gurukul – Kalyan, Nalanda Public School- Mulund, Saket Vidya Mandir-Kalyan, Shri Indradeosingh Intl. School – Ghatkopar, Bengallee Education Society School - Churchgate, St. John Technical Campus - Palghar, Karthika High School-Kurla, Vivek Vidyalaya Goregaon, Cosmopolitan School – Andheri.



The meet served as a dynamic platform for education leaders to share insights, foster collaboration, and shape the future of education in the region.

JOURNEY WITH UNNAT YUVATI - 2024-25

(A report by **Mrs. Diksha Bhat**, SPDC-Level 1 &2, Alumni, faculty for Life skills, Career Counsellor with Nrityanjali)

Unnat Yuvati, an initiative in Education and Skill Development for young girl students initiated by Nrityanjali in the year 2022, successfully completed the third year in 2025. The session was conducted for girls from the Marathi medium school in the 8th and 9th grade of Shree Saraswati Vidyamandir, Bhandup. The closing ceremony was on 1st March 2025.



As usual we had the sessions on every Wednesday and Saturday for Spoken English programme and Computer skills programme respectively. The syllabus was designed under the guidance of our Chairman - Dr. Tushar Guha with a combination of activities including grammar lessons, Reading and Writing skills, Conversation, Etiquette and grooming in a more entertaining manner and also basic knowledge on MS word and Excel.

Like the previous years, this year too we had several Nrityanjali well-wishers who have expressed their interest in coaching these girls and the same was guided by our Project Head - Mrs. Maitri Khedekar. The faculty members involved Mrs. Diksha Bhat, Mrs. Rutuja Narvekar, Mrs. Mini Pillai, Mrs. Kanchan, Mrs. Simi Mohan, Mrs. Gauri Keny. We also had Mr. Hemant Narvekar, the

Vice-President of Siemens Ltd. to volunteer and he educated the girls on Internet and Emails



It was indeed a great experience to all of us as we brought in different assignments for the students and enjoyed taking the sessions. Initially we found it a little difficult to get the girls involved in the different activities planned for them but we could see the change in the students who were very regular in attending the class. Their confidence has increased and they have started to speak in English.

The closing day celebration was on 1st March 2025. The Faculty team played various games with the girls and made the closing day very entertaining, with delicious snacks and refreshments. The take away messages from the girls are they learnt the art of reading, to introduce oneself with confidence. They are happy with our method of teaching and the personal attention given by the faculty. Girls gained practical experience in handling Computers. Our Chairman Dr. Tushar Guha Sir, Dr. Anonna Guha Ma'am, Girish Dalvi Sir along with the faculty members wished them success in their upcoming exams.

It brings us enormous happiness to see even the little change in them with these sessions.



MOODOMICS CONFERENCE IN IIT BOMBAY- APT 2025

Written by Mrs. Simmi Mohan, SPDC –Level 1, Alumni and Faculty with Nrityanjali

The philosophy adopted by Nrityanjali is Motivation and service – service through Art and Education. Nrityanjali recently organized and executed the event Mood-Omics conference (APT) 2025 in IIT Bombay on 15th Feb 2025. It was indeed a thrilling day decorated by the precious gems from all around the world as speakers who enlightened the students with their speech. Students from more than 12 schools all over Mumbai were benefitted.

A sincere thank you to **Dr. Tushar Guha Sir** for masterfully organizing and executing the recent show, making it a resounding success. The Faculties and Performing Arts team of Nrityanjali Institute as volunteers had put up the best show by maintaining decorum in the auditorium. Speaker Mrs. Maitri Khedekar from Nrityanjali actually

stole the show with her practical talk on Personality Development. Dr. Anonna Guha and Girish Sir with their utmost efforts made the conference a huge success followed by the delightful dance performances which created a spark among the audience.



The conference started with the below mentioned speakers who threw light on the topics in which they specialize.

Fostering enthusiasm and providing good leadership was the prime agenda of IIT Bombay to felicitate 14 Edu-Leaders on 15th Feb 2025.

TOPIC	SPEAKER	STUDENT INTRODUCERS
Education & Personality Development	Dr. Bipin Nair	Ms. Vanshi – C.D. Barfiwala School, Andheri
	Dr. Nirupama Srivastava	Ms. Zia Khan – C.D. Barfiwala School, Andheri
	Mrs. Maitri Khedekar	Ms. Avni Joshi – Pawar Public School, Powai
Medical Biotechnology	Dr. Sanjiv Dinghra	Mst. Pratyush Devalkar – Pawar Public School, Bhandup
	Dr. Bernd Wollschied	Mst. Armaan Surve – Pawar Public School, Bhandup
	Dr. Arun Wiita	Ms. Falak Hoda – S. M. Shetty School, Powai
OMICS, Big Data, AI/ML	Dr. Jochen Schwenk	Ms. Anushree Padave – Pragnya Bodhini High School, Goregaon
	Dr. Judith Steen	Ms. Anusha Jain – S.M.Shetty School, Powai
	Dr. Graham Ball	Ms. Zareen Khan – C.D. Barfiwala School, Andheri
Plant Biotechnology	Dr. Niranjan Chakaborty	Ms. Shivani Parulekar – Pragnya Bodhini High School, Goregaon
	Dr. Ansgar Poetsch	Ms. Likisha Sood – Pragnya Bodhini High School, Goregaon
Magic of Science	Dr. Anil Kumar	Mst. Vedanth Vijaykumar – Pawar Public School, Bhandup
Advanced Maternal and child care using OMICS	Dr. Judith Steen	Ms. Asmi Patil – Pawar Public School, Bhandup
Empowering India's Global future through Education	Dr. Bipin Nair	Mst. Aarnav Gupta – Pawar Public School, Bhandup

These Edu-leaders (recognized in the Footprints of the magazine) were acknowledged and appreciated for working towards holistic development of their students.

As part of personality development exercise, Nrityanjali

encouraged students of select schools to introduce the esteemed Global speakers

A learning experience with Nrityanjali and IIT Bombay. This is one occasion I will always cherish.

KGAF – 2025 A PHENOMENAL EXPERIENCE

It gives me immense joy to hear our Artists of KGAF pour out their heartfelt thoughts about their experience.



I am **Geetha Vijayshankar**, an 'A' grade Mohiniattam artist of Doordarshan from Mumbai. My disciples had a wonderful opportunity to perform at the Kala Ghoda festival on 28th January. The festival was curated by Dr Anonna Guha and assisted by Smt. Nivedita Damle. We performed *Ramasaptam* which depicts the story of Ramayan. The episodes which were highlighted were *Sitaswayamvar*, Rama going to forest to fulfill his father's promise to his wife Kaikeyi, Parasuram challenging Rama for breaking *Trayambakam* and realizing Rama is incarnation of lord Vishnu, killing of *Mareecha*, abduction of Sita by Ravan, the final war between Rama and Ravan and Pattabhishekam.

The arrangements were meticulous where we were greeted by a team of organizers and given facilities for green room and snacks. The light and sound arrangements made were of great quality. We received lots of appreciation from the audience. I would like to mention specially the comments of Dr Tushar Guha ji about the performance. We are grateful to him for his words of appreciation. My students were excited to perform at this wonderful stage and have shared their experiences.

Sindhu Sreekumar

I sincerely thank the entire Kala Ghoda Arts Festival team for the incredible opportunity given to perform at such a prestigious event. It was an honour to be part of this celebration of art and culture. The seamless organization and support from your team made the experience truly enjoyable. Your dedication and effort in ensuring smooth operations did not go unnoticed, and I deeply appreciate it. Wishing the entire KGAF team continued success in bringing art to life.

Poornasree Nair

Personally, this event was a bliss to be able to participate in. This festival brought together many other artists and art lovers, to enjoy. A big heartfelt thanks to the organizers and facilities given to us. Really blessed to be able to perform at Kala Ghoda Art Festival; a delightful experience I would never forget. An earnest 'Thank you' for this opportunity!

Veda Raghupalan

It was a beautiful experience performing there it was a dream come true. Our teacher has always encouraged us to perform on stages. It's a very beautiful program

featuring cultures of India. I was much honoured to get an opportunity to perform there. Moreover, a special Thanks to the organizers and the staff for their hard work to organize this event. Once again Thank you so much for this opportunity.

Roma Motwani.

Performing on the esteemed Kala Ghoda stage has been a dream of mine since I was a 12-year-old girl, and the entire team of KGAF made that dream a reality. As a Mohiniattam dancer, having the opportunity to share my art on such a prestigious platform was an honour. Thank you for being so dedicated to the arts, creating a space where tradition thrives, and for giving artists like us a moment to shine. This experience will remain in my heart forever.



Sailakshmi Ravikumar

Being part of the Kala Ghoda Arts Festival was a truly memorable experience. The energy of the venue, the warmth of the audience, and the overall atmosphere made it a joy to perform alongside my group. It was inspiring to share our art with such an engaged and appreciative audience, who connected deeply with the essence of Mohiniattam. A heartfelt thank you to the organizers for their meticulous planning and dedication in bringing together such a well-curated event. Their efforts in providing a platform for artists to showcase their work in such a prestigious space are truly commendable. It was an honour to be a part of this celebration of art and culture.

Rishika Pillai

I would like to extend my heartfelt gratitude for the opportunity given to us to perform at the "Kala Ghoda Arts Festival". It was truly an honour to be a performing at such a prestigious event. I also want to sincerely appreciate the excellent arrangements made, which ensured everything ran smoothly. Thank you again for the chance to showcase our talent in such a fantastic festival.

SPEAK YOUR THOUGHTS...

At Nrityanjali, We Groom Thoughts.

The pages of "Speak your Thoughts" are for All Nrityanjali-ites- thoughts that are positive, encouraging, different and constructive.

I am Mini Pillai, a faculty and volunteer with Nrityanjali, and the proud Editor of *Parichay mein Parichay*, our quarterly house magazine. Today, I would like to share my journey with Nrityanjali, a journey that has brought immense personal growth, fulfillment, and a deeper connection to the community.

My connection with Ashutosh Narvekar, the son of a close friend and now a pilot with Air India, marked the beginning of this journey. I was deeply struck by Ashutosh's remarkable transformation under the mentorship of Dr. Tushar Guha, the renowned founder of Nrityanjali. After years of not seeing Ashutosh, I was amazed by the profound changes in him. He attributed this transformation to Dr. Tushar Guha's guidance, which truly inspired me.

In February 2022, I was introduced to SPDC Level 1 course, aimed at Personality Development. I felt a strong urge to participate. The course began with an interview by Dr. Guha, where he saw potential in me and suggested that I will be trained as a Counsellor. This was the beginning of my incredible journey with Nrityanjali.

With over 15 years of experience in the corporate world, followed by my involvement in my husband's business, I had always felt an urge to give back to the society through social work. I had previously taught underprivileged children, worked with Chembur Children's Home, and engaged in waste management initiatives within my community. Additionally, I am a trained yoga practitioner from Isha Foundation, which further nurtured my desire for holistic development.

The SPDC Level 1 and Level 2 courses have been life-changing, helping me to better understand myself first and then others, enhancing my confidence and ability to connect with people. They taught me valuable lessons in self-analysis and self-improvement, which I carry with me every day.

Nrityanjali's mission is vast and impactful, from performing arts to life skills workshops, to educational support and social initiatives like the Swachh Bharat Abhiyan etc. As a faculty member, I am deeply honored to contribute to the organization's work by conducting life skills activities in schools across Mumbai. I grabbed this opportunity and decided to do my best.

Volunteering has been a new learning and experience for me. My journey as a volunteer led me to meet people from diverse cultures and walks of life. The Major events like Nrityanjali Fest – an Inter School competition, Open Forum for Principals, Kala Ghoda arts festival has been a profoundly rewarding experience for me. I learned to appreciate the way events are conducted by Nrityanjali - the planning, execution and co-ordination. It helped me to improve my personal skills of successful planning, handling people of different age groups, presence of mind, team work, time management and above all a beautiful smile always.

The encouragement and guidance from Dr. Tushar Guha Sir and the wonderful team members— Dr. Anonna Guha, Ma'am, Girish Sir, Geeta Ma'am, Maitri Ma'am, Vasanti Ma'am have been invaluable. Their strong support and approachability, even in their busy schedules, have made my journey even more fulfilling.

Today, as I reflect on my journey with Nrityanjali, I am proud to be part of an organization that is making a meaningful impact on individuals and communities. I am excited to continue contributing to the grand vision of improving lives and helping others realize their potential. It is my way of giving back to the society and its lovely people I would like to express my heartfelt gratitude to Dr. Guha Sir for establishing such a prestigious institution, which has recently celebrated its Diamond Jubilee year. His vision continues to inspire individuals like us, allowing us to pursue our passions and evolve as a person along the way.

As I step into the role of an Editor of the PMP magazine from the year 2025, I invite all fellow Nrityanjali-ites to come forward and share the journey you have experienced, and how the lessons learned at this esteemed Institute hold immense value. Let us together highlight the good work being done and give recognition to such institutions.



सोशल रेस्पॉन्सिबिलिटी (CSR): समाज और व्यापार का संतुलन

आज के समय में कॉर्पोरेट सोशल रेस्पॉन्सिबिलिटी (CSR) सिर्फ एक कानूनी बाध्यता नहीं, बल्कि कंपनियों की समाज और पर्यावरण के प्रति जिम्मेदारी निभाने एक महत्वपूर्ण तरीका बन गया है। अब उपभोक्ता और निवेशक भी उन्हीं कंपनियों को प्राथमिकता देते हैं जो अपने व्यावसायिक लक्ष्यों के साथ सामाजिक कल्याण और पर्यावरण संरक्षण को महत्व देती हैं। CSR सिर्फ मुनाफे तक सीमित नहीं है, बल्कि यह व्यापार की दीर्घकालिक सफलता और ब्रांड की प्रतिष्ठा को मजबूत करने का एक प्रभावी माध्यम बन चुका है।

CSR के तहत किये जाने वाले कार्य

भारत में कंपनियों के लिए यह अनिवार्य है कि वे अपने वार्षिक शुद्ध लाभ का 2% सामाजिक कार्यों पर खर्च करें। ये कार्य निम्नलिखित क्षेत्रों में किये जा सकते हैं :

- शिक्षा : स्कूलों, कॉलेजों और प्रशिक्षण केंद्रों के लिए सहायता।
- स्वास्थ्य सेवाएँ : अस्पताल, दवा वितरण, और स्वास्थ्य जागरूकता कार्यक्रम।
- पर्यावरण संरक्षण : जल संरक्षण, स्वच्छ ऊर्जा, और वृक्षारोपण।
- कौशल विकास : बेरोज़गारों और युवाओं के लिए व्यावसायिक प्रशिक्षण।
- महिला सशक्तिकरण : महिला उद्यमिता और वित्तीय सहायता।
- ग्रामीण विकास : बुनियादी सुविधाओं का विकास और कृषि सुधार।

कंपनियाँ इन कार्यों को प्रभावी रूप से लागू करने के लिए सरकारी एजेंसियों, गैर-सरकारी संगठनों (NGOs), और स्थानीय समुदायों के साथ मिलकर काम करती हैं।

CSR को प्रभावी बनाने के लिए मुख्य चरण

CSR को सफलतापूर्वक लागू करने के लिए कंपनियों को एक सुव्यवस्थित और चरणबद्ध दृष्टिकोण अपनाना चाहिए। नीचे CSR के कार्यान्वयन के लिए महत्वपूर्ण चरणों को विस्तार से समझाया गया है :

> आवश्यकता का आकलन (Needs Assessment)

CSR कार्यक्रम शुरू करने से पहले, कंपनी को यह समझना चाहिए कि समाज और पर्यावरण के किन क्षेत्रों में सबसे अधिक सहायता की आवश्यकता है।

- समुदाय की प्रमुख समस्याओं की पहचान करने के लिए सर्वेक्षण करें।
- स्थानीय प्रशासन, गैर-सरकारी संगठनों (NGOs), और हितधारकों से चर्चा करें।
- सरकारी नीतियों और सामाजिक मुद्दों के ट्रेंड का अध्ययन करें।

> रणनीति और योजना (Strategy & Planning)

CSR कार्यों की प्रभावशीलता बढ़ाने के लिए स्पष्ट लक्ष्य और एक ठोस कार्ययोजना बनाना आवश्यक है।

- उन क्षेत्रों को प्राथमिकता दें जिनमें कंपनी की क्षमताएँ सर्वश्रेष्ठ रूप से योगदान दे सकती हैं।
- CSR के लिए एक निश्चित बजट तय करें।
- CSR उद्देश्यों को कंपनी की व्यावसायिक रणनीतियों के साथ संरेखित करें।

> हितधारकों की भागीदारी (Stakeholder Engagement)

CSR का उद्देश्य तभी सफल होता है जब इसे स्थानीय समुदायों, सरकारी एजेंसियों और कर्मचारियों का समर्थन मिले।

- CSR गतिविधियों में कर्मचारियों को शामिल करें।
- सरकारी निकायों, NGOs और अन्य कंपनियों के साथ साझेदारी करें।
- स्थानीय लोगों की ज़रूरतों के अनुरूप CSR योजनाएँ बनाएँ।

> कार्यान्वयन और निष्पादन (Implementation & Execution)

योजना को वास्तविकता में बदलने के लिए व्यवस्थित कार्यान्वयन आवश्यक है।

- हर CSR पहल के लिए एक समर्पित टीम बनाएँ।
- नियमित रूप से CSR कार्यक्रमों की प्रगति की निगरानी करें।
- पारदर्शिता बनाये रखने के लिए विस्तृत दस्तावेज़ीकरण करें।

> प्रभाव मापन और मूल्यांकन (Impact Measurement & Evaluation)

CSR परियोजनाओं की प्रभावशीलता को समझने के लिए मूल्यांकन और सुधार आवश्यक है।

- CSR गतिविधियों के पहले और बाद की स्थिति का तुलनात्मक विश्लेषण करें।
- हितधारकों और लाभार्थियों से फीडबैक लें।
- यदि कोई पहल अपेक्षित प्रभाव नहीं डाल रही है, तो उसमें आवश्यक संशोधन करें।

> संचार और रिपोर्टिंग (Communication & Reporting)

CSR गतिविधियों को प्रभावी बनाने और कंपनी की सकारात्मक छवि बनाने के लिए उनकी रिपोर्टिंग और प्रचार ज़रूरी होता है।

- CSR की उपलब्धियों को वार्षिक रिपोर्ट में शामिल करें।
- मीडिया और सोशल मीडिया के माध्यम से CSR कार्यों का प्रचार करें।
- सार्वजनिक रूप से CSR की सफलता की कहानियाँ साझा करें।

CSR को सफल बनाने के लिए आवश्यक कौशल

सरकारी संस्थाओं की सक्रिय भागीदारी।

3. **परियोजना प्रबंधन** : समय-सीमा, बजट और संसाधनों का उचित उपयोग।

4. **प्रभावी संचार और ब्रांडिंग** : CSR कार्यों को जनता तक सही तरीके से पहुँचाना।

5. **मापन और मूल्यांकन** : CSR पहलों के प्रभाव का विश्लेषण और आवश्यक सुधार।

CSR को प्रभावी बनाने के लिए सही मानसिकता

CSR केवल एक औपचारिकता नहीं है, बल्कि इसे एक नैतिक जिम्मेदारी के रूप में अपनाया जाना चाहिए।

- **सहानुभूति और समावेशन** : समाज के वंचित वर्गों की मदद करना।
- **सतत विकास की सोच** : दीर्घकालिक और स्थायी प्रभाव डालने वाली योजनाएँ बनाना।
- **नवाचार और तकनीकी एकीकरण** : डिजिटल शिक्षा और हरित ऊर्जा समाधान जैसी नई तकनीकों का उपयोग।
- **सहयोग और साझेदारी** : कंपनियाँ, NGOs, और सरकारी निकायों के बीच सहयोग।

CSR के लाभ

CSR न केवल समाज के लिए बल्कि कंपनियों के लिए भी लाभकारी होता है। इसके कुछ मुख्य लाभ इस प्रकार हैं :

- **ब्रांड छवि में सुधार** : CSR कंपनियों की प्रतिष्ठा को बढ़ाता है।
- **कर्मचारियों की संतुष्टि** : CSR में शामिल कर्मचारी गर्व महसूस करते हैं।
- **नए उपभोक्ताओं का आकर्षण** : उपभोक्ता सामाजिक रूप से जिम्मेदार कंपनियों को पसंद करते हैं।
- **निवेशकों का भरोसा** : CSR कंपनियों की दीर्घकालिक स्थिरता को दर्शाता है।

HPCL की CSR पहल और दृष्टिकोण

एचपीसीएल (HPCL) ने हमेशा साझा मूल्य (Shared Value) सृजन और समाज में



Written by : **Mr. Yogesh Gupta**. He is Chief Manager Capability Building at HPCL, Mumbai. He is working with HPCL, Mumbai for the last 18 years and also worked in Marketing and Business Operations role.

सकारात्मक परिवर्तन लाने की प्रतिबद्धता को बनाये रखा है। कंपनी 'डेलीवैरिंग हैप्पीनेस' (Delivering Happiness) की भावना के साथ विभिन्न पहल कर रही है, जिससे लाखों लोगों के जीवन में सकारात्मक प्रभाव पड़ा है।

HPCL के CSR प्रोजेक्ट्स राष्ट्रीय प्राथमिकताओं और भारत सरकार की नीतियों के अनुरूप हैं। ये पहल राष्ट्रीय स्वस्थ मिशन (National Health Mission), राष्ट्रीय कौशल विकास मिशन (National Skill Development Mission), स्वच्छ भारत अभियान (Clean India Movement) और आकांक्षी जिलों के परिवर्तन कार्यक्रम (Transformation of Aspirational Districts Program) जैसी सरकारी पहलों से प्रेरणा लेते हैं।

इन नीतियों के अनुरूप, HPCL सतत सामाजिक और आर्थिक विकास को बढ़ावा देने के लिए ऐसे प्रोजेक्ट्स का समर्थन करता है जो व्यक्तियों और समुदायों को सशक्त बनाते हैं। कंपनी शिक्षा, स्वास्थ्य, पर्यावरण संरक्षण, कौशल विकास, महिला सशक्तिकरण और सामुदायिक विकास से जुड़े कई कार्यक्रमों को लागू करती है, जिससे समाज के कमजोर और वंचित वर्गों को लाभ मिलता है।

HPCL की CSR रणनीति स्थायी विकास (Sustainable Development) पर केंद्रित है, जिससे समाज को बेहतर जीवन स्तर प्राप्त हो और आर्थिक विकास को नई गति मिले।

निष्कर्ष

CSR केवल एक कानूनी बाध्यता नहीं है, बल्कि यह समाज और व्यवसाय दोनों के लिए लाभकारी है। सही रणनीति, कौशल और मानसिकता अपनाकर कंपनियाँ अपने CSR कार्यक्रमों को अधिक प्रभावी बना सकती हैं। इससे न केवल समाज का विकास होगा बल्कि कंपनियों को भी दीर्घकालिक सफलता मिलेगी। इस प्रकार, CSR एक ऐसा माध्यम बन गया है जिससे कंपनियाँ अपने सामाजिक दायित्वों को पूरा करते हुए एक सतत और समावेशी भविष्य का निर्माण कर सकती हैं।



My Career Journey

Contributed by Mrs. Rashami Panikulam

A Corporate professional who works as a freelance editor and writer in the field of Academic editing and translation business. She is a student of Bharatnatyam and a compere for Nrityanjali events.



In the evolving landscape of professional growth, adaptability has been the cornerstone of my journey. From my early days of academic excellence to navigating dynamic career transitions, each phase has shaped me into a professional who thrives on learning, problem solving, and innovation.


My career began with a strong foundation in English Literature, where I honed my research skills. Early on, I found myself drawn to editorial roles, which allowed me to cultivate expertise in attention to detail, research and analysing trivial data. This experience not only deepened my understanding of the field but also taught me the value of precision, collaboration, and strategic thinking.

As my career progressed, I embraced opportunities across diverse domains, each offering unique challenges and learning curves. Whether it was working in digital advertising or pivoting into academic editing, I gained invaluable insights into how industries evolve and how professionals must stay ahead by continuously upskilling. My experiences were not limited to editorial work; instead, they spanned market analysis, client feedback, quality checks, and audits giving me a multidimensional perspective. I also had an unhealthy obsession with Microsoft Excel and its pivot table functionality!

One of the defining aspects of my journey has been my ability to adapt to changing professional landscapes. Moving back to academic editing as a freelancer has been a rewarding shift. This role allows me to apply my expertise in research and writing while helping scholars and professionals refine their work. Freelancing has not only enhanced my technical skills but also provided the freedom to work on diverse subjects, expanding my knowledge base and sharpening my editorial acumen.

Beyond my professional endeavors, I have always been keen on continuous learning and personal growth. Whether it's being a Visharad in Bharatnatyam or being the Host at Kala Ghoda Arts Festival, every role I have undertaken has reinforced the importance of resilience, curiosity, and the ability to navigate uncertainties. While challenges have been inevitable, they have served as stepping stones towards greater professional fulfillment.

A career, after all is not just about the roles, we undertake but about the journey of continuous Evolution – one that is as enriching as the destination itself.



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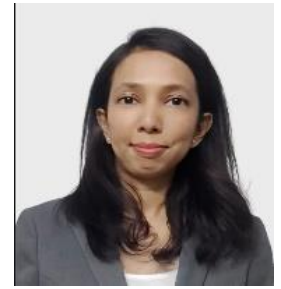
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The Future of Law: Emerging Legal Fields in India

Contributed by Ms. Gauri Keny, Corporate lawyer by profession and working with a US Health care Company. She is associated with Nrityanjali for more than 15 years, a student of SPDC-1 and 2, Alumni and Career Counsellor with Nrityanjali



The legal profession has always been an essential pillar of society, ensuring justice, order, and governance. Traditionally, law was confined to areas like criminal, civil, corporate, and constitutional law. However, with rapid technological advancements, globalization, and societal changes, new branches of law are emerging. These fields address modern challenges, from artificial intelligence and space exploration to genetic engineering and environmental sustainability. For young legal minds in India, these developments present not just challenges but also exciting opportunities.

Space Law: Governing Outer Space

India's achievements in space exploration, led by ISRO and emerging private space companies, have made space law increasingly relevant. As more countries and corporations venture into space, legal regulations are necessary to address issues such as ownership of space resources, liability for Space Debris, space tourism regulations. India is working on the Space Activities Bill, which aims to regulate private sector participation in space missions. As space exploration expands, legal frameworks will need constant updates to keep pace with technological advancements.

Cyber Law and AI Regulation: The Digital Era of Justice

With the rise of artificial intelligence, digital banking, and social media, cyber law and AI regulations are becoming essential. India's Information Technology (IT) Act, 2000, was an important step in governing cyberspace, but it must evolve to address new challenges such as AI Accountability: If a self-driving car or AI-powered medical diagnosis system makes an error, who is responsible- the developer, the manufacturer, or the user? Data Privacy – With companies collecting vast amounts of personal data, India introduced the Digital Personal Data Protection Act, 2023, to safeguard user rights. Cybercrime and Digital Fraud– Online scams, hacking, and deep fake technologies pose growing threats that require stronger legal responses. As India moves towards a digitally driven economy, legal professionals specializing in cyber law will play a crucial role in shaping policies that balance innovation with security.

Environmental and Climate Law: Protecting Natural Resources

With climate change becoming a global crisis, environmental law is more important than ever. India's

Environment Protection Act, 1986, was an early step in regulating pollution and conservation, but modern environmental challenges require new laws. Key areas of environmental law include Carbon Trading and Emission Laws and Sustainability regulation. With India's focus on renewable energy and reducing carbon emissions, environmental law will be a high-impact legal field in the coming years.

Biotechnology and Genetic Law: Regulating Scientific Advancements

Medical and genetic advancements, such as CRISPR gene editing, synthetic biology, and personalized medicine, have introduced new legal and ethical dilemmas. Biotechnology law seeks to regulate these innovations while ensuring safety and fairness. As medical technology advances, legal professionals specializing in biotechnology law will be needed to create regulations that balance scientific progress with ethical responsibility.

Cryptocurrency and Block chain Law: The Future of Finance

The rise of Bitcoin, Ethereum, and block chain technology has revolutionized finance, but it has also created legal uncertainties. India has been cautious about adopting cryptocurrency, imposing a 30% tax on digital asset transactions, but a clear regulatory framework is still needed. Key legal challenges in this field include regulation of Cryptocurrency, Non-Fungible Token (NFT) and Block chain. India's future financial regulations will need to address the balance between fostering block chain innovation and protecting investors from potential scams.

The Future of Law is Here.

The legal profession in India is expanding beyond its traditional boundaries, responding to the challenges of a rapidly changing world. By staying informed and specializing in these fields, they can contribute to shaping the laws that will govern the future. As Krishna reminds Arjuna in the Bhagavad Gita: "Change is the law of the universe. He who understands this is wise." The future of law belongs to those who adapt, innovate, and uphold justice in the modern world.

"संगीत" व संगीताची व्याप्ती:

गायन, वादन आणि नृत्य या तिन्ही कलांच्या संगमाला "संगीत" असे म्हणतात.

॥ गीतम् वाद्यम् तथा नृत्यम् त्रयम् संगीतमुच्यते ॥ - शारंगदेव

संगीत आपल्या जीवनाचा एक अविभाज्य भाग आहे. जन्मापासून ते मृत्यूपर्यंत संगीत आपल्याबरोबरच असते. अंगाई गीत, पाळणा, कोळीगीत, धनगर गीत असे वेगवेगळ्या व्यवसायातले संगीत, वेगवेगळ्या प्रदेशातले शेतकऱ्यांचे संगीत, दळणावरच्या ओवी, सणासुदींचे संगीत, देशभक्तीपर संगीत..... ते शेवटी शोक सभेतील शोक संगीत यांनी आपले जीवन व्यापलेले आहे. कारण आनंद असो वा दुःख असो, आपल्या भावना व्यक्त करण्यासाठी संगीतापेक्षा प्रबल माध्यम नाही.

"संगीत" एक ईश्वरीय देणगी: "संगीत" ही ईश्वराने आपल्याला दिलेली एक देणगी आहे. भगवान नटराज्याच्या हातातल्या डमरूचा नाद, श्री कृष्णाच्या बासरीचे मंजुळ स्वर, सरस्वती देवीच्या हातातल्या विणेची झंकार, नारद मुनींच्या तंबोऱ्यातले घुमत असलेले नाद-स्वर हे सर्व ईश्वरीय संगीतच नाही का? अहो केवळ इतकंच नाही तर ईश्वराने निर्माण केलेल्या निसर्गातही संगीत सामावलेले आहे. सकाळी झुंजुंमुंजुंच्या वेळचा पक्षांचा मधुर किलबिलाट, वर्षा ऋतुच्या आगमनाने कोकिळेचे मंजुळ गान व मोराचे सुरमय केकारव, शिवाय मैना, पोपट, गाय, बकरी इत्यादी प्राण्यांच्या आवाजातले संगीत, समुद्रातल्या एका मागून एक उसळणाऱ्या लाटांचा आवाज सुसाट सुटलेल्या वाऱ्याचा घोंगावणारा आवाज किंवा खळखळ वाहणारा झरा, धो-धो वाहणाऱ्या धबधबा/नदी यांचा तालबद्ध आवाज हे सर्व संगीतच आहे की. सप्तसुरांची नर्मितीच मुळी पक्षी आणि प्राण्यांच्या आवाजातून झालेली आहे. (मोर- षड्ज, चातक-रिषभ, बकरी-गंधार, कावळा-मध्यम, कोकिळा-पंचम, बेडूक-धैवत, हत्ती-निषाद). वैदिक काळामधल्या चार वेदांपैकी सामवेद हे गेय आहे.

"संगीत" व "संगीतोपचार": संगीतामध्ये स्वर, ताल, नाद, राग इत्यादी सामावलेले आहे. संगीतातले गायन आणि वादन हे प्रकार विशेषतः वापरून संगीतोपचार केले जाते.

आता संगीत आणि संगीतोपचार या दोन्ही गोष्टी सारख्याच आहेत का? नाही. या दोन्हीतला फरक काय आहे? जेव्हा आपण एखादं संगीत किंवा गाणं ऐकतो किंवा गातो किंवा वाजवतो तेव्हा आपला हेतू कधी कधी स्वतःचे किंवा इतरांचे मनोरंजन करणे, आपला मूड बदलणे तर कधी नुसतं आपल्याला बरं वाटावं असा असतो. पण संगीतोपचाराचा परिणाम फक्त "कधी कधी" होत नसून तो कायमस्वरूपी राहतो. संगीतोपचार हे भारतीय शास्त्रीय संगीताच्या विज्ञानावर आधारित आहे. असे संगीतोपचार नेहमीच सकारात्मक प्रभाव निर्माण करण्यासाठीच काही तंत्रांसह आत्मविश्वासाने निवडले जाते.

संगीतोपचाराला "मेंदूचे अभ्यंग स्नान" म्हणून परिभाषित केले जाऊ शकते. कारण त्याने मेंदूच्या महत्त्वपूर्ण १७ केंद्रांवरती प्रभाव पडून या सर्व केंद्रांना सक्रिय केले जाऊ शकते. संगीतोपचारामध्ये वापरले जाणारे संगीत हे प्रत्येक व्यक्तीच्या गरजेनुसार निवडले जाते. हे संगीत विविध प्रकारचे म्हणजेच भारतीय शास्त्रीय संगीत, पाश्चात्य संगीत, सुगम संगीत, लोकसंगीत, भक्ती संगीत असे कोणतेही असू शकते. परंतु जर दीर्घकालीन प्रभावी संगीत शोधायचे असेल तर भारतीय शास्त्रीय संगीत अधिक योग्य आहे. आणि ही गोष्ट संगीत चिकित्सकांनी केलेल्या संशोधनातून सिद्ध झाली आहे.

संगीतोपचाराचा प्रभाव: संगीतामध्ये शारीरिक, भावनिक आणि मानसिकतेवर प्रभाव पाडण्याची क्षमता असते. संगीतोपचाराचा उपयोग केवळ मानवांसाठीच सीमित नसून पाळीव प्राणी, वनस्पती, किंवा कोणत्याही सजीवांसाठी होऊ शकतो. शिवाय या उपचारांसाठी कोणत्याही वयाची किंवा लिंगाची मर्यादा नाही. गर्भवती स्त्री, गर्भवती आईच्या पोटात असलेल्या बाळापासून ते ज्येष्ठ नागरिकांपर्यंत संगीतोपचार प्रभावी असल्याचे सिद्ध झाले आहे.

संगीतातल्या सप्तस्वरांपैकी प्रत्येक स्वराची वेगळी कंपनं असल्यामुळे प्रत्येक स्वराची स्वतःची अशी एक वेगळी ऊर्जा असते. आणि म्हणूनच त्या कंपनांचा विविध शारीरिक तसेच मानसिक विकारावर उपचारात्मक प्रभाव पडतो. मधुमेह, रक्तदाब, उच्च रक्तदाब, हायपो/हायपर थायरॉईड, महिलांमध्ये PCOD-PCOS सारख्या हार्मोन्सशी संबंधित समस्या इत्यादी

शारीरिक आजारांमध्ये आणि ताण, नैराश्य, आत्मविश्वासाचा अभाव, सतत भीती ग्रस्त असणे, निद्रानाश, चिंता, अतिक्रोध इत्यादी मानसिक समस्या वर, शिवाय शालेय मुलांमध्ये ADHD-AUTISM इत्यादी विशेष समस्यावर देखील उपचारात्मक प्रभाव पडून शारीरिक मानसिक आणि भावनिक आरोग्य सुधारण्यास मदत होते. इतकेच नव्हे तर कर्करोगासारख्या गंभीर वैद्यकीय समस्या मध्येही वेदना कमी करण्यासाठी संगीतोपचाराची मदत घेतली जाऊ शकते. याशिवाय वंध्यत्व, ० ते ९ महिन्यांपर्यंतची गर्भधारणा आणि त्यानंतर नवजात बाळाच्या मेंदूचा व शारीरिक विकास हे सर्व संगीतोपचाराच्या अंतर्गत येऊ शकते. असा उपचार व्यक्तीच्या शारीरिक, मानसिक, भावनिक या तिन्ही क्षेत्रातल्या प्रभावामुळे त्याचा सामाजिक विकास सुद्धा उत्तम होतो आणि समाजाचा एक महत्त्वपूर्ण घटक म्हणून त्याची इतरांशी चांगल्या प्रकारे वर्तणुक होऊ शकते. संगीतोपचारांमुळे एखाद्या व्यक्तीच्या जीवनाची गुणवत्ता सुधारू शकते आणि एकंदरीत त्याचे चांगले व्यक्तिमत्व घडण्यास मदत होऊ शकते.

भारतीय शास्त्रीय संगीताचा वात, पित्त आणि कफ या त्रिदोषांवर सुद्धा परिणाम होतो. त्रिदोष हे आयुर्वेद शास्त्राचे व्यक्तीच्या आरोग्यासाठी मूलभूत सिद्धांत आहेत. हा परिणाम संगीत शास्त्रज्ञ *शारंगदेव* यांनी लिहिलेल्या भारतीय संगीत आणि कलाकृतींचा ऐतिहासिक ग्रंथ *संगीत रत्नाकर* मध्ये नमूद केलेला आहे. हा ग्रंथ भरतमुनींच्या नाट्यशास्त्रा नंतर संगीतावरील सर्वात महत्त्वाचे ग्रंथ मानला जातो.

संगीतोपचार करण्यासाठी ठराविक संगीत आणि काही विशेष तंत्र वापरले जातात. त्याचे ज्ञान संगीतोपचाराच्या प्रशिक्षणात दिले जाते. तेव्हां प्रशिक्षित संगीतोपचार तज्ञा कडूनच हा उपचार करून घेतला पाहिजे. संगीतोपचाराचे आपल्या देशातले महत्त्व: पाश्चात्य जगाच्या तुलनेत आपल्या देशात संगीताला एक उपचार

म्हणून ओळखण्याची जाणीव पुष्कळ कमी आहे. ऑस्ट्रेलियामध्ये, विशेषतः तिथल्या रुग्णालयांमध्ये Music Therapist नियुक्त केले जातात. तरीही कोविड नंतर भारतातही या दृष्टिकोनात बदल होताना दिसत आहे. किमान लोकांनी Music Therapy (संगीतोपचार) हा शब्द ऐकला तरी आहे आणि हळूहळू त्याची स्वीकृती देखील वाढत आहे. जुन्या काळात "संगीत" हे दैनंदिन जीवनाचा एक भाग होते. पण आता "संगीत" एक उपचार म्हणून निरोगी जीवनाचा आवश्यक भाग बनले आहे. म्हणूनच ते पुन्हा एकदा पुनरुज्जीवित होत आहे. "आपल्याला केवळ औषधेच बरे करतील" या लोकांच्या समजूती व्यतिरिक्त एखादं निश्चित निवडलेले संगीत ऐकून देखील आपण बरे होऊ शकतो यावर विश्वास ठेवणे जरा कठीण आहे. ही मानसिकता बदलण्याची आजची गरज आहे. कारण एखादी व्यक्ती केवळ औषधांवर व त्यांच्या दुष्परिणामावर तरी किती काळ अवलंबून राहू शकते?

संगीतोपचार - एक व्यवसाय : भारतात संगीतोपचार हा व्यवसाय म्हणून एक नवीन क्षेत्र आहे. पण हळूहळू ते अधिकाधिक लोकप्रिय होत आहे. संगीतोपचारामध्ये प्रमाणपत्र अभ्यासक्रम, पदवी अभ्यासक्रम, पदयुत्तर पदविका अभ्यासक्रम तसेच मास्टर्स पदवी असे अभ्यासक्रम उपलब्ध आहेत. ज्यांना या क्षेत्रात रुची आहे त्यांना भरपूर वाव आहे. फक्त "संगीत" कलेत रस असणे आणि इतरांचे जीवन सुधारण्यास मदत करण्याची इच्छा असणे एवढेच काय ते आवश्यक आहे.

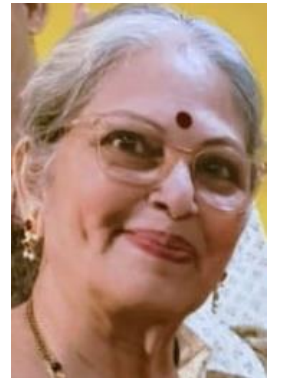
कीर्तना नागर
(संगीतोपचार तज्ञ व योगोपचार तज्ञ)

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CORPORATE TRENDS

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Current world for corporates is described best by the term called “VUCA” or **V**olatile, **U**ncertain, **C**omplex and **A**mbiguous. Technological disruptions, Government policies, geopolitical tensions, trade protectionism, demographical changes, ever changing climates to name few. It is said that change is the only entity that is permanent. However, the speed of change in today’s time is forever growing year by year.

While all corporates navigate their path through VUCA world, questioning and reinventing themselves, we can see some latest overall trends classified in 4 major categories (i.e.)

1. Sustainability
2. Competitiveness through Digitalization
3. Staying relevant in Technology disruption
4. Employee centricity, diversity & inclusion

We will deal with each one in detail to understand the cause and effects in each one. You will also feel their interrelation and effect on each other while we go through all.

Sustainability

This is the one buzzword that’s being heard in corporates from the top. Through various global conferences, the effect of global warming and sense of urgency is being heard with high decibels. Even governments have taken it seriously by defining their respective year of achieving carbon neutrality or Zero emissions. The responsibility is more on corporates as far as sustainability is concerned, due to their size and muscles, everyone is expecting them to lead this topic in industry as well as guide MSMEs (Micro, Small & Medium Enterprises). In this journey of sustainability, there are two major areas viz Decarbonization & Resource usage. While Decarbonization deals with the reduction in CO₂ emissions, Resource usage deals with reducing exploitation of mother earth and promoting circular economy.

For decarbonization, the major focus is on electrification of operations based on CO₂ emissions, along with conversion to direct electric operation due to its intrinsic high efficiency such as hydraulic to direct electric. While on one hand electrification is being focused, on the other hand its sourcing through renewable means such as solar, wind is in full progress. With this all measures of energy saving using smart technology is also in the race. As a corporate policy, everyone has defined their carbon neutrality target and roadmap to achieve the same.

In parallel, there is also a strong trend on resource usage. Reduce, Reuse, Recycle, Rethink, Refuse, and Repair themes are in air. In short, everyone has become conscious about resource exploitation as well as the hazards of reckless disposing of a material or product. Today fortunately, **the thought of “how to dispose at the end of life” comes up while buying any material.** The responsibility of right disposal is being squarely put on the corporate manufacturers. There could be heavy penalties in failing to do so. Hence, all corporates are putting their R&D workforce to switch to alternate “Green” materials for recyclability. There is also a term emerged as “Secondary materials” which is recycled material or has not consumed any primary material.

Along with this sustainability, the sustenance of business is also an important activity that corporates are concentrating upon in terms of ESG. (Environment, Social and Governance). If corporates need their investors to not only stay invested but see their net worth growing, ESG compliance is a must. In this respect, while “E” and “S” being dealt above, “G” (Governance) is also sought powerfully. A defined ethical framework and its strict compliance is being observed.

Competitiveness through Digitalization

There is a fierce competition in the market place which puts pressure on corporates to continuously optimize their input costs as well as differentiate vis-à-vis their competitors to attract customers. While conventional measures are already existing as well as effective, the way of Digitalization is being seen as a strong wave, as well as an effective measure. Digitalization has already given proven results by eliminating wastes in the operation and leading to leaner operation in terms of higher speed, enhanced flexibility, better quality and above all higher efficiency.

End to end digitalization is a new trend, E- Commerce, smart logistics, real time monitoring / tracking of products, services, operations to name a few. Data transparency is leading to miraculous opportunities for improvements. Data entry is of typically two types: Human entered data and Machine entered data. Out of these, machine or automatically entered data is getting huge popularity. It’s mainly due to the fact that there is no fatigue, no human judgement or manipulation involved and possibility to have large number of data points.

Going by the Japanese proverb, “Data convinces, Opinion

confuses", data is the new oil of the economy and large money is being diverted to data acquisition, storage and processing. Along with physical warehouses, large data warehouses are being made. I had come across a 10-storey building where there was no sign of human being. When asked about who stays in this building, a sharp answer came as "Data"!

With increasing digitalization, the trend of Cybersecurity has also gained a lot of importance. With digitalization of money as well as documents, the scope for physical theft of money is becoming obsolete. When did you hear last about a dacoit act? Modern dacoits work in comfortable environments with their laptop and internet to steal money as well as valuable data. Corporates have become sensitized about the same and have established special resources for Cybersecurity to avert the risk of windfall loss through a single cyber-attack. Even though there is a risk, gains of digitalization fairly superpower it for all corporates.

Staying relevant in Technology disruption and changing world

Following digitalization, data acquisition, processing new Technologies are emerging which are disruptive. So far, Industry revolution 1.0 & 2.0 have replaced muscle efforts of human being and was welcomed by all. Industry 3.0 replaced the logical ability of human being. In the meantime, Information Technology also replaced certain mundane and repetitive human activities leading to windfall productivity. Bank operations is a classic example of the same. However, with Industry 4.0 which connects physical world with cyber world, lot of data availability has led to many disruptions. The quantum leap from programmed data analysis to autonomous data analysis has given rise to areas like AI (Artificial Intelligence), ML (Machine Learning) which are heading for partially replacing human intelligence.

Corporates are cautiously watching these disruptions and accordingly modulating their path to become relevant in this changed environment. Technology and its effect on people have been the prime subject of corporate organizations now. From SWP (Strategic Workforce Planning), the theme is changed to Strategic Workforce Transformation. A continuous review of which roles are going to be phased out and which new roles are emerging is being envisaged. Upskilling, Reskilling, Hiring & Exit are the keywords as far as employee planning is concerned. As a result of this, huge investment in human capital is also being put in terms of extensive learning programs that would help the people & organizations to remain relevant in this technologically ever disrupting world. Digital learning has gained predominant importance in this age.

There is a definite advantage in earlier learning through "Guru" who could individually look into group of students with diverse capabilities and take care of individuals. With digitalized learning, there is a digitalization of "Guru"! One can learn by choosing his/her own convenient time, pace, with repeatability. The learning contents in digital world are enormous. Enhanced & specific learnings by world's renowned professionals are coordinated well for example in LinkedIn Learnings app. In short, the speed with which Technology is advancing, corporates are also striving to remain relevant through constant upskilling and reskilling.

Employee centricity, diversity and inclusion

Above discussions make our entry easy into this area. Any organization exists and known only due to its people and culture. Products and Services are pitfalls of people learning capabilities and collaborating culture. Corporates are awakened to the fact that to tackle VUCA world, we cannot face with a certain stereo typed cohesive thinking group. We need diverse thinking in terms of diverse gender, races, ethnic groups to have a 360-degree outlook of a situation and come out with a concrete solution for the same. Diversity, Inclusion and Equity (DEI) are becoming the lighthouses for setting up working teams.

Along with DEI, a lot of employee centricity is being exhibited by corporates in terms of regular formal Employee feedback, informal feedback, chalk out measures and implementation. Continuous communication of these implemented measures and developments are certain key factors. Social events of celebration are also common way of binding people together with certain corporates.

Along with above, trend of employee's physical and mental health is also being nurtured. Besides providing various wellness checking or preventive health programs, there is a lot of emphasis on mental health also. In today's competitive world, peer pressures, performance pressures are on all-time high. The same is compounded by nuclear families, frequent travelling or staying alone in remote. Hence, anonymous consultation by independent organizations is on rise. There is also an increased focus on safety of employees at workplaces as well as commuting for better productivity.

In general, one can see that the trends in corporates are focused on staying relevant in the continuously changing world. During the journey corporates would continuously bring innovative models that would not only benefit them but also would take care of MSMEs in natural way.

Rhymes & Versus

वर्षा का स्वागत, वर्षा के विहंग

जैसे आई वर्षा ऋतु, मन में आए दो चिड़िया,
 एक करता सुंदर नृत्य, दूजा गाए बढ़िया,
 एक का रंग गहरा नील, दूजा काला सांवरिया,
 नीले काले उस तरह, जैसे घनश्याम बदरिया,
 जैसे आई वर्षा ऋतु, मन को भाए दो चिड़िया,
 पहला नाचता हुआ मोर, दूसरी सुरीली कोयलिया,
 नाच रहा है मोर मगन हो,
 फैला के अपनी पंखिया,
 कोयल गाए मधुर रागिनी, मीठी उसकी बतिया,
 एक साथ दोनों ने वर्षा का स्वागत किया,
 देख इन्हें कवि बोले, आओ गाएँ

मल्हरिया!



**Written & Artwork by
Mr. Shashaank Dey**

A corporate professional working in the field of statutory audits. Shashaank has completed his SPDC Level I Course at Nrityanjali. He is also a budding Compère at the Kala Ghoda Arts Festival.

Whispers of Spring

The frost has melted, the earth
 revives,
 A gentle breeze, the world alive.
 Blossoms dance in hues so
 bright,
 Bathed in golden morning light.
 The brook hums soft, a silver
 tune,
 Beneath the glow of a tender
 moon.
 Birds return with songs so sweet,

 A melody where hearts do meet.
 Fields of green and skies so
 wide,
 Nature wakes with joy and pride.
 Springtime whispers, soft and
 true,
 A promise made in drops of dew.

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She loves to read, write and teach & cook.

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RECIPE

Contributed by Mrs. Mini Pillai,
Editor PMP, a social worker, a Life skill
trainer and career guidance counsellor
with Nrityanjali. She is interested in vocal
music and loves cooking



Kuzhambu Recipe no.1

Sodhi is a well-known traditional Kuzhambu from Tamil Nadu. It refers to a gravy with coconut milk that accompanies the main carbohydrate dish of a meal usually rice or millets.

Ingredients:

- ✓ 1 coconut fresh grated
- ✓ 1 drum stick trimmed, cut into finger length pieces
- ✓ 1 potato medium sized peeled, chopped into small pieces
- ✓ 2 tomatoes, medium sized chopped
- ✓ 2 tsp ginger, peeled finely grated
- ✓ 1 tsp coriander powder
- ✓ ½ tsp turmeric powder
- ✓ 1 tsp red chilli powder
- ✓ 8-10 curry leaves,
- ✓ 4-5 strings coriander leaves
- ✓ Salt to taste

Method:

Place the coconut in the mixer. Add 2 cups of water and grind to a smooth paste. Strain through a thick, clean cloth and extract the first thick milk.

Put the coconut residue in the mixer again and pour 2 cups of water. Grind again to a smooth paste.

Strain through a thick clean cloth and extract the second thin milk. Boil the potatoes for 3-5 minutes and set aside.

Pour the thin coconut milk in a pan. Add the drumstick, potato, tomatoes, ginger, turmeric powder, coriander powder and red chilli powder.

Cook on low heat until the vegetables are cooked. Remove the pan from the heat. Add the thick coconut milk and salt to taste. Stir well.

Heat the oil in another pan, add the mustard seeds. As they begin to splutter add the curry leaves. Pour the tempering on the Sodhi. Add the coriander leaves, mix and serve.

Kuzhambu Recipe no.2

Kadhi (Moar Kuzhambu- gravy with curd)

Ingredients:

- ✓ ½ cup gram flour
- ✓ 2 cups curd
- ✓ 2 tsp ghee
- ✓ ½ tsp fenugreek seeds
- ✓ 1 stick cinnamon, 3 cloves
- ✓ 3 red chilli
- ✓ 10-12 curry leaves
- ✓ ¼ tsp turmeric powder
- ✓ ¼ tsp garam masala
- ✓ Salt to taste

Method:

Place the gram flour with the curd in a deep vessel and mix thoroughly. Add 5 cups of water and mix well.

Heat the ghee in a pan; add the fenugreek seeds, cinnamon, cloves, red chillis, curry leaves and turmeric powder; sauté for half a minute.

Add the gram flour-curd mixture, stir and allow it to come to boil. Once it boils, add the salt and garam masala powder. After 5 mins, remove the pan from heat. Serve hot.

DID YOU KNOW?

The eight forms of Classical Dances recognized by India



KATHAK

It originated from the travelling bards in North India known as *Kathakar* (storytellers) who told stories of Hindu mythology integrating quick pirouettes (*chakkars*) & intricate footwork (*tatkaar*). It evolved through centuries, being influenced by both - Hindu and Mughal traditions. It follows three major schools (*gharanas*): Banaras, Jaipur & Lucknow.

MANIPURI

Rooted in the Vaishnavite tradition of Manipur, it depicts the divine love of Lord Krishna and Radha. It is performed in temple courtyards to date. Female dancers wear the *Potloi* - a cylindrical skirt with detailed embroidery and the music is played on instruments like the *pung* (drum), *kartal* (cymbal), and *bansuri* (flute).

BHARATANATYAM

Originating in the temples of Tamil Nadu over 2000 years ago, this was performed as an offering to the gods, evolving over centuries into an art form appreciated worldwide. Its theoretical foundation is based

on the *Natyashastra*, and features intricate footwork (*adavus*), hand gestures (*mudras*), and expressions (*abhinaya*)

MOHINIATTAM

Rooted in Kerala's temple traditions, it is known for its gentle swaying movements. The name is derived from *Mohini* (an enchantress form of Lord Vishnu) and *Attam*, (dance). The dancers wear traditional white and gold 'Kasavu' sarees, adorned with a neat bun decorated with jasmine flowers.

ODISSI

It traces its origins to temple dance traditions, where it was performed in devotion to Lord Jagannath of Puri, Odisha. It is characterized by the *Tribhangi* stance (three bend stance) and the *Chauka* stance (a centred stance like Lord Jagannath). Dancers wear intricate silver jewellery as it is an integral part of Odisha's traditional craftsmanship.

KATHAKALI

A visually striking dance, it originates from Kerala and is known for its ornate costumes and dramatic expressions. It is a fusion

of dance and drama portraying Indian epics and folklore such as Ramayana and Shaiva stories respectively. The makeup (*vesham*) is colour-coded to represent the characters - green for heroes, red for villains & black for evil.

KUCHIPUDI

It was originally performed by male Brahmin dancers in the village of Kuchipudi in Andhra Pradesh under the Bhakti movement. Over time, it evolved to include newer themes and female dancers. A unique aspect of it is the *Tarangam*, where the dancers balance on the edges of a brass plate and balance a brass pot to the tunes of Carnatic music.

SATTRIYA

Introduced in the 1400s by Srimanta Sankardev, a revered saint of Assam, this dance form centres around devotion to Lord Krishna through *Sattras* (monastic institutions). It is performed to Borgeet, a sub-genre of devotional music composed by Srimanta Sankardev. It was recognized as a classical dance by the Sangeet Natak Akademi in 2000.

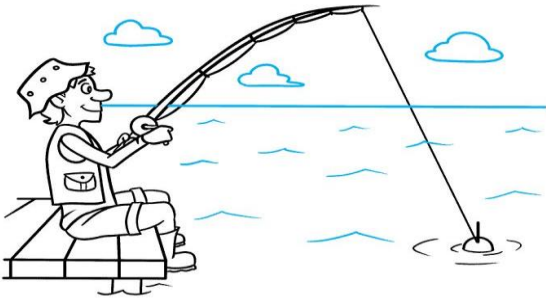
LAUGH IT UP

A woman invited some people to dinner. At the table, she turned to her six-year-old daughter and asked her to say the blessings. "I don't know what to say" the little girl replied. "Just say what you hear Mommy say".



The daughter bowed her head and said "Lord, why on earth did I invite all these people to dinner?"

A wealthy businessman sees a poor man fishing by the river every day. One day, he approaches him and says, "If you worked harder, you could afford a fishing boat!" The poor man nods and asks, "And then what?"



The businessman replies, "You could catch more fish, sell them, and buy a fleet of boats!" The poor man nods again, "And then what?" The businessman, getting excited, says, "You could have a fishing empire and be rich like me!" The poor man smiles, "And then what?" The businessman says, "Then you could relax and fish all day!" The poor man chuckles and says, "Isn't that what I'm doing now?"



Question by a student!

If a single teacher cannot teach us all the subjects, then how can you expect a single student to learn all subjects!



What is Microsoft Excel?

It is a new branch of Surf Excel to clean the Computer.

BIRTHDAYS

April

6th Sreekala Velambath
8th Anushri Khadye
9th Swagata Chatterjee
9th Avani Chakravarty

May

5th Baban Kokate
8th Gautam Dey
12th Rashami Panikulam
27th Balkrishna Sawant



June

2nd Sangita Garud
9th Aditri Dutta
14th Vaishali Mandalia
19th Kirti Shukla
23rd Geeta Chandrasekaran
24th Dinesh Singh
26th Sayali Shinde

July

2nd Anuradha Chatterjee
4th Mrinalini Dey
15th Nitasha Chawdhary
16th Sampada Sakpal
17th Diksha Bhat
21st Gunjita Bhandari
22nd Manasi Damle
24th Harsha Andan
27th Swapnali More
31st Vinaya Keni

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/ Sketches in Black & White only to the
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