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# Parichay Mein Parichay



**Nriyanjali**<sup>®</sup>

*Leader in Personality Developments & Emotion Management*

# Parichay Mein Parichay



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**Dear Readers,**

**January** is the New beginning as per the Gregorian Calendar and here we Welcome New Year 2025 with hopes in our hearts, dreams in our eyes and embrace fresh opportunities. A fresh start and an honor to me of becoming the Editor of Nriyjanjali's Parichay mein Parichay magazine from this issue onwards.

The inspirational quote by Spryte Loriano "*Every great story on the planet happened when someone decided not to give up but kept going no matter what*" is what Nriyjanjali always believed, and continues to be committed. From cherishing and capturing special experiences to creating valuable and lasting memories, this magazine is our ultimate source of inspiration, reflects deeper understanding and broadening our horizons.

We believe in recognizing the potential of younger generation and motivating them. Thus, we celebrated the 38th year of the Nriyjanjali Fest Inter-school competitions 2024, catering to visual arts, literary arts and the performing arts, where we witnessed huge participation in all the 4 zones.

Do read the article on our National Anthem actions which is approved by the Supreme Court and played in the theatres. There are inspirational articles on Career development, experiences shared by our Kathak students and the learning and new challenges by students of Study Exchange Programme at South Australia.

The year 2024 opened up new dimensions in the management training introducing financial planning through *Humsafar* programme of HPCL.

We look forward to wide range of activities and expect more contribution from the readers and members.

Nriyjanjali family wishes Happy New Year 2025 to one and All !

**Mini Pillai**

## **Parichay Mein Parichay Life Membership (10 Yrs.)**

<b>April'15 Vol.24 No.2</b>	Revathi Sethuraman
<b>Oct'15 Vol.24 No.4</b>	Trivedi Falak
<b>April'16 Vol.25 No.2</b>	Chowdhary Nitasha, Manju
<b>Oct'16 Vol.25 No.4</b>	Geeta Chandrasekaran
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<b>Oct.'24 Vol .32 No.4</b>	Guha Tushar, Radha
<b>April'24 Vol .33 No.2</b>	Narvekar Rutuja, Nivedita Chatterjee, Mini Pillai
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**Members are requested to please check and renew their Life membership**

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**Head** : Mrs. Geeta Chandrasekaran

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# ACCOLADES

**Mr. Girsh Dalvi,**

On behalf of the Fine Arts Society, I wish to extend our heartfelt gratitude to you for judging the Natya Tarang Inter School Dance Group Competition held on August 18th 2024. Your knowledge and careful consideration were invaluable to the success of the event. We deeply appreciate the time and effort you dedicated to this competition helping to inspire and encourage the young participants through your insightful feedback. Thank you once again for your support and we hope to work with you in future events. With Regards.

**Mrs. Radhika Ananth Kumar**  
President, Managing Committee  
The Fine Arts Society, Chembur

**The Managing Director, Nriyjanjali**

It was our immense pleasure to be a part of Swachata Pakhwada 2024- Swachhata Hi Seva (Sept-Oct 2024) driven by Nriyjanjali. Our students look forward to many more such projects that are for the betterment of society. Our students are honoured to receive volunteering certificates. Thank you

**I/C Principal**  
Shri Ram College of Commerce, Bhandup (W)

**Hello Ma'am.**

Thank you for making me a part of your esteemed Nriyjanjali Competition. Had a great time. "feel honored. Please give my regards to Sir and Girish Sir too. Regards

**Behnaz Todiwala**  
Bharatnatyam & Folk Expert and Folk Dance Judge  
- Nriyjanjali Fest 2024, Central Zone

**Dear Dr. Anonna Guha**

Thank you for inviting me to judge the Inter School Final Fancy Dress Competition of Central Zone It has been a wonderful experience for me. Regards.

**Mrs. Radhika Ananthkumar**  
President The Fine Arts Society, Chembur

**Dear Dr. Anonna Guha Madam,**

Thank you and your team for conducting such a wonderful Two days Training Programme - Personal Excellence. It will definitely help us to improve our personal excellence.

I must appreciate the way you chanted the "Sanskrit Slokas" so fluently and melodiously (...Narayani Nama Stute). It shows that being modern, we should not forget our roots. All the best. Regards.

**Pratap Kumar Mandal**  
Dy.General Manager-VLIF  
Hindustan Petroleum Corpn. Ltd.

**Dear Dr. Anonna Ma'am,**

Thank you and your Team for the wonderful Personal Excellence Training program. We will remember these 2 days for a long time. With best regards.

**Soma Kar**  
Chief. Manager-Customer Service / LPG SBU-HB  
Hindustan Petroleum Corpn. Ltd.

**Good Evening Anonnaji,**

It was a great experience to serve as a judge for Speech Competition at IDUBS school, Bhandup. Thank you to you and Nriyjanjali team for giving this opportunity and for extending such a warm welcome. I truly enjoyed it. Regards to Dr. Tushar Sir for positive insights. All the best to Nriyjanjali team for achieving grand success today and always !

**Rupam Bharati**  
Sr. Manager Bharat Heavy Electricals Ltd

**Dear Dr. Anonna Ma'am,**

Today I saw some very good folk dances,.. could feel the colourful India on one stage. In my school days, I was one of the participants, of Nriyjanjali Fest, to bag the prize. And today I was a judge. Feels great that it is still having high standards and cut through competition. Thank you for inviting me. I must mention Smt. Behnaz Todiwala (co judge), we shared same vibes and enjoyed thoroughly.

**Ms. Gayatri Bhat**  
Bharatnatyam Expert, Folk Dance Judge  
- Nriyjanjali Fest 2024, Central Zone

# FOOT PRINTS...

*Nrityanjali News upto 31st December 2024*

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

- The special programme **Humsafar - Body, Mind & Soul, Yoga & Exercises, Nutrition & Diet, Creating & Managing Personal Wealth and Family Orientation** - celebrating 50 years **Hindustan Petroleum Corporation Ltd**, continued at Khandala.

The Programme commenced on 18th September 2024. Till October 2024- a total of five sessions were completed.

**From 11th to 13th November 2024 the 6th session was conducted**

The Training Team - Dr. Tushar Guha along with Dr. Anonna Guha, Mr. Girish Dalvi, Mrs. Maitri Khedekar, Mrs. Geeta Chandrasekaran, Mr. Sudipta Sengupta, Mrs. Harsha Andan and Mrs. Vasanti Anand conducted the programme.

- Two days training programme on **Personal Excellence** for HPCL was conducted at MDI, Nigdi by Dr. Anonna Guha, Mrs. Vasanti Anand and Mrs. Harsha Andan **on 18th, 19th November 2024**
- One day training programme on **Leadership with Emotional Intelligence** for **USV Pharmaceuticals** was conducted in Mumbai- for two batches . Dr. Anonna Guha, and Mr. Girish Dalvi conducted the same on **16th and 18th December 2024**
- The special programme **Humsafar of HPCL** was conducted from **16th to 18th December 2024 in Shiliguri** for the officers and **19th to 21st December in Kalimpong** for officers with spouses by Dr. Tushar Guha, Mrs. Vasanti Anand, and Mrs. Maitri Khedekar
- The special programme **Humsafar of HPCL** was conducted for officers with spouses on **24th and 25th December 2024 in Visakhapatnam** by Dr. Tushar Guha, Mrs. Vasanti Anand, and Mrs. Maitri Khedekar

## FACULTY DIVISION

- ABGMV Examinations Written Examinations for Bharat Natyam, Kathak, Hindusthani Sangeet, Tabla and Harmonium was held on 17th November 2024. Nrityanjali Bhandup Centre of the University conducted the same with 100 students appearing for the examination.

The Practical Examinations were held on 25th, 26th, 28th, 29th November, 3rd, 6th, 7th, 8th, 14th, 18th, 19th, 20th and 21st December 2024

- Under the joint venture of NCPA and Nrityanjali. lessons on Kathak Dance continues at Shree Saraswati Vidya Mandir - Bhandup and Vidyadeep Vidyalaya, Vikhroli

# FOOT PRINTS...

*Nrityanjali News upto 31st December 2024*

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

## For Students

- Life Skill Programmes were conducted at Little Angel High School, Sion from 25th to 28th November and 16th December 2024
- Personality Development Programmes were conducted at Ideal English Medium High School, Bhandup and Ideal Hindi medium School Bhandup from 2nd December 2024. A total of 12 sessions will be held for students of Std.VII, Std.VIII and Std.IX till March 2025
- Personality Development Programmes were conducted at Cosmopolitan School, Andheri from 3rd December 2024. A total of 12 sessions will be held for students of Std.VII, Std.VIII and Std.IX till March 2025

## Social Service Activities

- **Unnat Yuvati - the signature project of Nrityanjali** commenced the training sessions in **Spoken English and Computer Awareness for 35 girls students of Shree Saraswati Vidya Mandir, Bhandup** from 14th August 2024. The sessions will be held every Wednesdays and Saturdays at Nrityanjali premises at Bhandup.

**The Project Unnat Yuvati charges no fee and the students are provided with snacks, Our Faculty Members** are Dr. Anonna Guha, Mr. Girish Dalvi, Mrs. Maitri Khedekar, Mrs. Sangita Sawant, Mrs. Sangita Garud, Mrs. Mini Pillai, Mrs. Diksha Bhat, Mrs. Rutuja Narvekar, Mrs, Priri Ghai. Ms. Gauri Keny.

**The training session will continue through the academic year - March 2025**

- **Mrs. Vasanti Anand** and **Mrs. Mrs Maitri Khedekar** conducted two hours workshop on **Marvel of Science for the children of employees of Larsen & Toubro Ltd.** on 28th October 2024

- **Nrityanjali Fest 2024 commenced from August 2024 and the Finals were held as follows :**

**On 22nd September 2024** Western Zone at St. Xaviers School, Poonam Nagar, Andheri (E)

**On 23rd September 2024** Central Zone at Shivai Vidya Mandir, Nahur (E)

**On 23rd November 2024** Western Zone at St. Xaviers School, Poonam Nagar, Andheri (E)

**On 23rd November 2024** Western Zone at Vasai

**On 24th November 2024** South Mumbai Zone at Bharda New School, Fort, Mumbai

**On 30th November 2024** Central Zone at Shivai Vidya Mandir, Nahur (E)

**On 30th November 2024** Central Zone at Tilak Vidya Mandir, Dombivli

**On 1st December 2024** Western Zone at St. Xaviers School, Poonam Nagar, Andheri (E)

**On 8th December 2024** Central Zone at IDUBS School, Bhandup (W)

**On 15th December 2024** Navi Mumbai Zone at St. Lawrence School, Vashi

# FOOT PRINTS...

*Nrityanjali News upto 31st December 2024*

## HUMAN RESOURCE DEVELOPMENT

- The 16 days Special Personality Development Course Level 1 (SPDC 1) physical class will commence from 9th February 2025 - Fridays, Saturdays and Sundays - 7.30 A.M. to 10.30 A.M
- Regular HR Meet for the faculty members was held on 26th November 2024

## Programme Division

- IIT Bombay organised Conference on **Pioneering the Future of Healthcare and Diagnostics Using 4D-OMICS** on 12th November 2024. The Theme was **Mother & Child Care and Cancer Care.** **Nrityanjali** was invited to present the cultural programme in keeping with the theme. Nrityanjali artistes performed two dances with the theme of love & care. The dances were on popular Bollywood songs performed in traditional Bharat Natyam dance and Kathak dance styles.

On 4th December 2024  
**Dr. Tushar Guha**  
was invited as the  
Chief Guest  
at the Annual Function of  
**DAV International School, Kharghar**  
at Vishnudas Bhave Auditorium, Vashi

***LOOK OUT for....***

**SARASWATI PUJA**  
on  
**Sunday**  
**2nd February 2025**  
**9 A.M.**

**the 16 Days**  
**Special**  
**Personality**  
**Development**  
**Course Level - 1**  
**(SPDC -1)**  
**in February 2025**  
**Friday, Saturday, Sunday**  
**7.30 A.M. to 10.30 A.M.**

*Why ?*

**Over the years, we have seen Nriyanjali Felicitating & Honouring Educators - Principals & Teachers. It feels good. It feels great.**

**Often, the thought of Why the Felicitating , Why the Honour, crossed our minds. The Why includes - the purpose and the criteria of bestowing the honour.**

**The Editorial Board Members are often asked this Why.**

**We pondered over the Why - then approached Nriyanjali Group Trustee and Director Operations Mr. Girish Dalvi with our Why. The smiling popular Girish Sir suggested we speak to Sir - Dr. Tushar Guha.**

**We thought and felt, why not feature the answer to the Why in PMP. And who better than Sir to be asked. We prepared our Questions and approached Sir. An ever willing Sir offered explanations to all our Why's. Read on.....**

**Q. Over the years Nriyanjali is felicitating and honouring educator. Why Sir?**

**Ans.** The philosophy of Nriyanjali is Motivation and Service - service through art and education. We believe in Giving completely and from Within. Very abstract philosophy and ideology. But we have been able to translate this to action and it is possible only through inspiration and motivation. Honouring and felicitating is public appreciation and sets an example for the noble service offered by such noble people

**Q. Yes Sir, but why only educators - principal and teachers ?**

**Ans.** They are the epitome of service.

**Q. What are the criteria to be felicitated.**

**Ans.:** Passion, Dedication and Simplicity.  
**All round development**

**Q. How is the selection finalised ?**

**Ans.** The track record of the individual. Years of service, the acceptability by students, parents, peers, management and society at large.

**Q. But how do you find out ?**

**Ans.** We research and check. Interact with the individual informally. Observe over the years. And their services speak of work.

**Q. Nriyanjali has a selection committee for this ?**

**Ans.** No formal committee is set up. It is a process. If you know the working of Nriyanjali, you will understand how we work. Nriyanjali Administration is formal in set up but our working and dealings are warm and informal, flexible and open.

**Q. It sounds very complex, who selects the awardees ?**

**Ans.** The answer is pretty long. Our senior members, our administrative officials including me, our faculty members and our associates keep interacting with students because of our life skill programmes. With teachers, parents and principals for various workshops and education officials of the Government and various Educational Boards as we are in the main stream of education and organise seminars and conferences. Through NES- Open Forum for Principals, India .

These interactions are absolutely open and warm. All stake holders interact freely and Nriyjanjali creates an atmosphere of oneness.

Nriyjanjali holds regular HR Meet and various other meetings. In all these forums, after the formal professional issues are deliberated, Nriyjanjali has a practice of having an informal session with all present which I describe as " Time Pass" session where we speak nonsense.

In these Time Pass interactions, our Divisional Heads and all senior members make an informal note of various developments in various institutions including the services of individuals.

Later, naturally, in a very casual manner such people and contributions are discussed may be one to one or otherwise.

**This is the tradition in Nriyjanjali.**

As and when we decide to honour people, such inputs are considered.

**Q. Is the felicitation regular - like every year ?**

**Ans.** No. It is absolute relative. Some times it happened in consecutive years. Some times with a gap of number of years. Frankly, this happens when any member or official refers or suggests the name of any individual. We then set the process in motion i.e. gathering information, checking, feedbacks, recall discussions etc

**Q. Do you invite applications or nominations ?**

**Ans.** No, I explained how we work. It is not a job. **And Award is awarded not applied for.**

**Q. Sir, do you have any plans to felicitate people from other fields like dancers etc.**

**Ans.** We have felicitated dancers too. They also are teachers. Infact I believe that dance is the highest form of education

**Thank you Sir. Our Why's are answered**

## SPECIAL PERSONALITY DEVELOPMENT COURSE (SPDC)

(Certificate Course) Level 1. Also Followed by Level 2 & 3

**For: Youth, Students, Professionals, Parents, Senior Citizens, & Homemakers**

*The Course material provided is the approved reference book by Government of Maharashtra on Personality Development – **Perceptions of Personality** in 1996*

**Course Content:** Group Discussions, Presentation Skills, Communication Skills and Voice Culture, Group Dynamics and Human Relations, Counselling, Facing Interviews, Public Speaking, Grooming & Etiquette - International, Study of Emotions, Psychology and more...



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

Programme Mentor: **Dr. Tushar Guha**,  
First doctorate in Personality Development, USA

Interviews have begun. Selection only after an Interview.

**Tel:** 9702457535, 46036174 **Email:** [nriyjanjali1963@nriyjanjali.org.in](mailto:nriyjanjali1963@nriyjanjali.org.in)



**Next Batch  
FEB 2025**

***Nrityanjali Founder Dr. Tushar Guha*** was invited as an honoured Guest and ***Dr. Anonna Guha*** - Trustee and Managing Director of Nrityanjali Group was invited to present a Paper and also perform Rabindrik style of dance at ***the Asia Dance Festival held in Seoul, South Korea on 22nd & 23rd October 2024.***

*Dr. Anonna Guha presented the Paper titled - **Stravati (the flow) - Breaking Boundaries** and shares about INDANS, an intellectual platform on Arts and Culture. The PMP Editorial Board reproduces the contents of the paper as presented by Dr. Anonna Guha which was ably supported by 12 years old **Ms. Aditri Dutta** through demonstrations and exercises. Read on .....*

## ***Stravati (the flow) - Breaking Boundaries***

Rhythm is universal. The rivers flow, the breeze blows, rains pour. Man breathes, speaks, walks. He fights, laughs, cries and he cook, plays, sings and dances.

He performs innumerable acts with a flow of speed that is sometimes slow, medium or fast in keeping with his sense of urgency.

His actions and movements reflect grace and unknown to him, he rises to be beautiful. This is rhythm. Dr. Tushar Guha (Cif Quote Unquote, 2006)

Rhythm is intrinsic to dance, to music, to all Art forms and intrinsic to Life, itself. There is rhythm when we breathe, rhythm when we walk, rhythm when we meditate, when we cut vegetables, when our hearts beat, when we play a sport and when we talk and have conversations.

When we perform, when we dance, there is rhythm and there is aesthetics.

Under the mentorship of my Guru / Teacher and Founder - Chairman Nrityanjali – the institute of performing arts, education, personality development, social and management services, established in 1963, I believe that dance is the highest form of education. Nritya in India, in the Hindi Language, means Dance and Anjali means – paying obeisance. Nrityanjali therefore implies veneration of Dance.

Through Dance we learn mathematics, history, geography, literature, physics, chemistry, biology, music. In fact at Nrityanjali we have a dance – theatre for 30 min duration, which is about the Role and Function of dance based on my first Ph. D Thesis in Sociology titled ‘Dance in the Urban Culture’. The production is called Nritya Shakti – The Strength of Dance.

Dance can be classified as presentational and participatory. In India, presentational dance is the one where the dancer has to acquire the skill and is trained in classical dance with rigour and discipline. Participatory dance includes community dances, which can be done without rigorous training, but which bring people together to rejoice, pray and take forward the customs and traditions of the community; like folk dances (e.g. Garba Dance during Navratri – the Nine Day Festival dedicated to Goddess Amba).

Dance today is a cultural industry. This is now an integral aspect of India, Asia and the World. Ralph Linton states that ‘The culture of a society is the way of life of its members; the collection of ideas and habits which they learn, share and transmit from generation to generation’. Culture has two essential qualities, first - it is learned, second - it is shared. Without it there would be no human society.

When we look at dance as culture, we find that dance epitomizes

- a. Skill and Aesthetics,
- b. Music and movement to express beliefs of society,
- c. The traditions and attire of society,
- d. History, Geography, Literature of the region and country,
- e. Change that society wants to bring in

Dance therefore helps us to see the tangible or the material culture and the intangible the non-material culture. For ex. We identify a dance form in India basis the costume the dancer is wearing, which is the material culture or the tangible.

We human beings across Asia and the globe have emotions and this emotions and feelings help us to connect with each other. The feeling of respect, the feeling of admiration, the emotion of Desire, makes one want to understand the current trends and variations

and the similarities that help us appreciate the special qualities of other cultures and countries. The emotions are then the intangible aspects, that the dance draws from and also portrays.

The feelings and emotions - the 'Rasa' that dominate Indian dance and Indian dancers have three dimensions:

- The felt feeling of the artiste·
- The expression of the emotion by the artiste - *abhinaya*
- The experience that it creates for the audience/ spectator

The Nava Rasa or the 9 emotions are a unique aspect of Indian dance presentations. While emotions bind all of us, human beings. In Indian dance, emotions are displayed explicitly and in an animated fashion. The demonstration will delineate the same.

Another dimension of Indian dance is the worship and depiction of the Almighty which



takes place both in the solo dance format and the group dance format. This is common across several Asian cultures and dance performances.

Through my dance performance tomorrow, based on the timeless musical compositions of Rabindranath Tagore, I will also be displaying this devotional aspect of Indian dance in creative dance style, where the language of the song will be in Tagore's mother tongue, i.e. Bengali.

As a dancer trained in Dr. Tushar Guha's Nrityanjali, (which completed Diamond Jubilee / 60 years in 2022-2023) in Kathak, Creative dance, Folk dance, Popular dance, Rabindrik style and Western dance forms, I look at dance as an inclusive genre that expresses aesthetically the skill, body control, virtuosity of the dancer along with his/her thoughts, ideas, emotions, culture and knowledge.

Dance is one of the three performing arts, the other two being music and drama. And like every performing art form, a dancer's presentation also revolves around the impact it creates on the audience, the audience response and applause. That helps the dancer to draw energy from the people, combine it with one's inner energy and present and perform to one's optimum level.

One brilliant avenue in India, to create this connect with the audience is the Kalaghoda Arts Festival in Mumbai, which is celebrating 25 years in 2025. With 14 verticals across dance, music, theatre, film, visual arts and more, this Festival is free for the audience spread over 9 days and dance is one of the big verticals spread over 5-6 days. At the helm is Hon. Chairperson Brinda Miller, a brilliant fine artist.

The Dance section sees varied dance performances from India and the world held at Cross Maidan, in Mumbai, India. Visitors include students, children, professionals, senior citizens. Dance Performances include recitals by amateur artistes, upcoming artistes, established dancers and veteran dancers. Indian Classical dances, Folk Dances, Popular dances from Bollywood, Contemporary style, Latin American style, Ballet are some of the dance forms that are presented on this huge canvas.

Through Festivals and Conferences, dance and dancers are able to share, interact, appreciate, ideate, get inspired and discover. IDANS is one such intellectual platform where artistes and non-artistes understand cultural relativism; get richer in knowledge, take home wider perspectives and different ways of looking at things and create in their own mind, perceptions about their own culture, country and Asia at large.

## The Study Tour to SOUTH AUSTRALIA

### *OFF delivers International Learning experience for School Students in South Australia*

Ryan Group in collaboration with OFF (Open Forum for Principals), India organised an immersive South Australia Educational Study Tour. The tour was headed by Mr. Girish Dalvi, Chief Administrator of Open forum for Principals, India and Hon. member with the Department of education and Child Development (DECD), Govt. of South Australia since 2013. This experience offered a group of young learners from Ryan International Schools, a chance to explore diverse cultures, engage in international school activities, and witness the rich natural and historical landscape of Australia. Mr. Girish Dalvi (OFF) and (DECD) have been organising these study tours for Indian students for the past 12 years.

The tour began with excursions in Sydney, including the visit to Sydney Eye Tower, the Blue Mountains and Bondi Beach. The group then travelled to Adelaide where they were welcomed at the airport by Ms. Pixie Yeap, the International Business Development Officer, International Education Services, DECD, Govt. of South Australia. Reaching the host institution, Charles Campbell College, the Indian group was received by Ms. Bobbie Taylor Assistant Principal - Wellbeing, Inclusion and International Programs. She then introduced each student to their host family members who were eagerly waiting at the school to host their respective Indian students for a week.

During the stay in Adelaide, students were welcomed at Charles Campbell College with an official ceremony, introducing them to buddy classmates for a week of shared learning and cultural exchange. The school program included interactive classes across subjects, ranging from arts and sports, to technology and cooking. Students also enjoyed excursions to iconic sites such as Gorge Wildlife Park, Melbas Chocolate

Factory, and the Aboriginal section of the Adelaide Museum, as well as visits to local landmarks like Botanical Garden, Central Market and Rundle Mall. The immersive experience was capped with a cultural exploration at Morialta Conservation Park and a heartfelt farewell ceremony organized by the host school. The journey concluded with a heartfelt farewell, marking the end of a transformative adventure that fostered lifelong memories and international camaraderie.

On the last day, the closing event witnessed a special performance, reflecting Indian culture, by our Indian students. Special Punjab flavour was demonstrated through the Gidda and Bhangra dance performances, a brief presentation on Ryan Group and its most awaited event, the International Children's festival in December, by Ryan Patiala teacher, Mrs. Raminderjeet Kaur. She further extended the invitation of participating in the festival to the host institution. In reciprocation the College Principal Mr. **Kevin O'Neil**, expressed his joy of having Indian students in his campus and the opportunity for his students to interact with these Indian students. He also appreciated the wonderful presentation made by the Ryan students and extended his invitation to revisit again soon.

Every student who participated was then awarded a Certificate of participation. The event ended with members of the host families, Ryan team and CCS team celebrating the experience over refreshments. It was indeed overwhelming to witness the love that Ryan students shared with some of the CCS students. The campus was filled with moist eyes, the warm smiles, and happiness around.

The Adelaide itinerary also included engaging experiences like pairing with host families, school interactions, and excursions to local wildlife parks of Adelaide where students

encountered native Australian animals, including kangaroos, koalas, and wombats. The students also got the opportunity to visit the Parliament house where they learnt the history and working pattern of the Upper house and Lower house. "The Australia Study Tour provided our students an invaluable opportunity to broaden their global perspectives and build connections beyond borders," said Mr. Dalvi.

Dr. Snehal Pinto, Director, Ryan International Group states, "Ryan International Group feels proud of preparing world class citizens through the diverse learning and experiences that students benefit through such excursions. I also feel proud of my students and teachers who represent their institution and India with dignity and enthusiasm. I thank my parents who express their gratitude to Ryan Group, commending their children's growth and maturity gained through this unique experience.

Open Forum for Principals (OFP), India's Founder and Chairperson Dr. Tushar Guha extends his deepest gratitude to **Chairman Sir, Dr. A.F. Pinto, and Managing Director Madam, Dr. Grace Pinto**, whose unwavering vision and support have made such enriching opportunities possible for Ryanites. Their commitment to holistic education continues

to empower young minds, fostering future global citizens.

Mr. Girish Dalvi also had the opportunity to visit the International Education Services office through whom he has been organising these study tours. He had the opportunity to meet the newly deputed Executive Manager, International Business & Student Programs - Mr. Andrew Glasson along with his team members - Ms. Pixie Yeap and Dr. Zhenmin Wang.

On 13th November, Mr. Andrew Glasson visited Mumbai and was given a tour of Indian schools - Don Bosco Senior Secondary School, Nerul and Little Angels International School, Sion.

He also had a brief interaction with a few other Principals during his visit. This included – **Dr. Alok Katdare** - Principal, Reliance Foundation School, Kopar Khairne.

**Mrs. Suma Das** - Principal, Pawar Public School, Bhandup

**Mrs. Caroline Vaz** - Principal, Green lawns School, Breach candy

**Mrs. Sangeeta Mehrotra** - Principal, Shri Indradeosingh International School, Ghatkopar.

We do hope to organise a similar experience for a new batch of students from India during the May vacation and so encourage interested schools to reach out to us.



## Nrityanjali Fest 2024

Written by Ms.Dhiya Patel , a volunteer with Nrityanjali & Member of the Editorial team

Nrityanjali Fest - Inter School Competitions began in the year 1987 celebrating the Silver Jubilee year of Nrityanjali. Since then it has completed 38 years and will continue for years to come.

I have been a volunteer of this event since 2022 and enjoyed every bit of the experience. The enjoyment was in the form of reflection when I would recollect the varied emotions that I experienced during the events.

The first excitement felt was the 'Awe' about the number of events that were offered to the students and the planning because of which we could complete 102 categories of events in 1 day for Navi Mumbai and South Mumbai Zones, for they being the recent ones, and 2 days for Western and Central Zones.

Central zone being the oldest attracts and infuses great excitement and energy which grooms youngsters like me to be more patient, calm, and always smiling.

Nrityanjali Fest has always been supported by Educationists who believe in holistic development of students, and believe that dance, music, drama and sports are the most effective mediums of holistic development, preparing students to acquire the most talked 21st Century skills like - Creativity, Communication, Collaboration, and Critical thinking. It also develops a great ability to accept failure sporting and walk towards a new beginning.

Our Founder Advisory members were: Mrs. H.N. Pal (Director- J J Schools, Fort), Mrs. Rekha Vijaykar (Senior Director - ADAPT, Bandra), Mr. M. P

Sharma (Founder Principal - G D Somani School), Dr. Ravindra Bagool (Reader, University of Mumbai & PhD. Guide to Agricultural University of Dapoli), and Mrs. Shalini Saxena (Reader, University of Mumbai)

Nrityanjali fest 2024 witnesses a new set of such great educationists who have been silent supporters and promoters of this celebration. The new Advisory members are- Mrs. Revathi Srinivasan (Director & Principal, Singhanian Group of Schools), Dr. Suresh Nair (Advisor, Vivek Education Society, Goregaon), Dr. C. R. Pathak (CEO & Principal, HVB Global Academy, Marine Lines), Mrs. Kalyani Chaudhuri (Principal, DON Bosco Senior Secondary School, Nerul), Mrs. Seema Maindiratta (Assistant Regional Officer, DAV Institutions -Maharashtra & Gujarat region Principal DAV International School, Kharghar), Mrs. Pratibha Mishra (Principal, Shri Harshad C. Valia International School, Andheri), and Mrs. Suma Das (Principal, Pawar Public School, Bhandup).

As new member of the Editorial team, this year I had a different perspective to look at things which are influenced by my experience. My ears were more active to what I could catch from the various stakeholders during the event. What I gathered from students, parents, school teachers and my dear volunteers about the interschool competition in a number of ways including :

The information shared by the **Students** can be regarded as essential by gaining pride and accomplishment from participating.

Taking part in the competitions for 5-6 years consecutively has helped them develop action plans and discipline. It is a great learning and new experience from their success and errors competing with the students of other Schools. It also helped them that how winning or receiving recognition boost their confidence.

I connected with the **Parents** and they expressed that Fest had always been a great event and it gave children a chance to explore. Since the competition involves cultural and literary arts, the child gets new experiences through participating in their interesting fields. Even if the child speak for 2 minutes it still has a positive effect on him/her.

They have seen growth and development in their child as it offers great platform for children to not only participate but also learn from the new environment. The age bifurcation for the events is well planned as it creates an environment of good competition. They have also praised the management for organising the event so well and on time. The features of fest, like its originality, its simplicity and the accessibility it provides because of the fees being so minimal which is not very common in today's industry and that makes it even more approachable.

The **School Teachers** view the Fest as a well planned and organised event which is held on time, everything is punctual and the division of events is very well done. The Teachers have expressed their deepest gratitude to our Sir Dr. Tushar Guha for the opportunity given to students to show case their talents and creativity in various art forms and all these can contribute to the overall development of the child and help in their academic performance. They have also appreciated and thanked the whole

team of Nrityanjali for proper guidance to the parents and students. The parents and the teachers would prefer permission to watch the performance of the students in future.

Finally the feedback from the **volunteers** are It's been a very scintillating experience volunteering under the guidance of such lovely and supportive seniors and mentors. They are very approachable and are a sigh of relief to us. Well organised and structured and the Fest journey taught Alert ness, Time management, Team Work and interactive Skills and also work with patience. Learnt to make quick decisions, use presence of mind. Also improved on communication skills, handling large crowds, planning and executing an event, which can be of help in future in their profession.

Overall the Fest has a gigantic influence on the general development of a child and I am so proud and happy to be a part of Nrityanjali family. The constructive feedback received from different angles always helps to improve by providing actionable suggestions and outlook.

As mentioned above we can see the high level of energy and popularity of the Fest in the pictorial presentation made at the centre page of this PMP magazine.

Thank you.

## Nrityanjali, KATHAK students inspiration speaks.....

### My Three Years Journey with Kathak - NCPA and Nrityanjali

Pooja Rakesh Jadhav - Std.iX



Art has the power to shape our lives and for me, Kathak has been that transformative art form. Almost three years ago, our school introduced a free Kathak course in collaboration with the National Centre for Performing Arts (NCPA). Little did I know then that this course would become such a significant part of my life.

**A Journey of Learning:** - As a beginner I was unsure of how I would Over the years I have learned so much - from basic hand movements, gestures, postures and footwork to complex taals and expressions.

**Impact on my Life** – Kathak has taught me discipline, patience and the beauty of storytelling through dance. It has also boosted my confidence - I got the chance to perform on big stage of NCPA.

**The Role of our Teachers:** - Our respected teacher, 'Sangita Sawant' has been instrumental in our journey. Not only taught us the technicalities of Kathak but also instilled a deep respect for this classical art form. Her encouragement and dedication have been truly inspiring. Sangeeta teacher also told us the experience of Kathak and their childhood stories.

**What I learned :-** In these three years, I have learned so much. Right from mastering the basic tatkar(footwork) to performing intricate tukras, heel tatkar, hand movements, teentaal, bol chakradhar tode, Amad that, Paran – Judiamad etc What fascinated me the most was the story telling aspect of Kathak – how each movement and

expression could narrate tales from mythology or everyday life. We also performed a story of Shree Ganesha which is known as 'Ganesh Parikrama'. Performing these type of stories taught me to feel the emotions behind every step. It was like painting a picture with my movements.

**One of the most thrilling experiences:** - In the second year of Ghungroo comes in my journey, the first experience of ghungroo was little painful but unique experience. The next most thrilling experience was performing on stage. Wearing the kathak dress with ghungroos wrapped around my ankles, I could feel the power of every spin and every beat. The applause from the audience was not just encouraging – it was reminder of how far I had come in Kathak

**Another enriching part :-** In this journey I was also meeting students from other classical dance forms. Their grace and dedication inspired me and it was fascinating to see how every classical dance form has its unique beauty while sharing the same cultural roots.

**At Last:** - Kathak has not just taught me dance; it has taught me life skills. It has shown me the value of persistence and importance of rhythm not just in dance but in life itself, it has also deepened my appreciation for Indian culture and classical art forms. As I move into my third year, I feel grateful for this opportunity, NCPA, Nrityanjali and my school have given me a platform to grow as a dancer and as a person. Kathak is no longer just a course I attend – It has become a part of who I am.\*Thank you\*

नाव : दिशा संतोष घुमे.

शाळेचे नाव : श्री सरस्वती विद्यामंदिर.

इयत्ता :- ९ वी

तुकडी :- निशिगंध

हजेरी क्र- ४.



नृत्यकला म्हणजे "नाचण्याची उर्मी" मानवी अत्यंत संवेदनशील, पारदर्शीपणाचे दर्शन, मनाच्या अंतः मनाच्या तरल अनुभवाने प्रगटीकरण, शारीरिक हालचालींच्या रुपाने पण तेही आनंद दायक स्वरूपात जेव्हा होते तेव्हा त्याला 'नृत्य' असे संबोधले जाते.

नमस्कार, मी एक कथक नृत्य शिकणारी विद्यार्थिनी आहे. मी गेले २२ वर्ष कथक शिकते. एन.सी.पी.ए च्या सौ. संगीता सावंत मॅडम मला कथक शिकवतात. मला कथक शिकायला खुप आवडते. कथक हा एक उत्तर भारत चा प्रसिद्ध नृत्य प्रकार आहे. कथक मध्ये मी खुप काही शिकले जसे : तोडे, तुकडे, चक्कर, आमद, परन, गट भाव, गतनिकास, ताल, लय, सम, अजून सांगायला लागले तर संपणारच नाही. कथक ही नृत्यकला शिकून माझ्यामध्ये खुप बदल झाले. जसे की, माझी बॉडी मुहमेन्टस् चांगल्या प्रकारे होते, मला शास्त्रीय नृत्याची माहिती व त्याबद्दल खुप चांगल्या प्रकारे कळाले. माझ्या बोलीत-चालीत ही बदल झाला. माझ्या मनातले नृत्यबाबतचे प्रेम अजून जास्त वाढले.

मला नृत्य शिक्षिकांकडूनही खुप गोष्टी शिकायला मिळाल्या. माझ्या नृत्य शिक्षिका सौ. संगीता मॅडम च्या प्रत्येक वाक्यात शिकवण आहे आणि ती मला मिळाली नृत्य च्या व्यतिरिक्त माझे अजून काही छंद आहेत जसे की, मला खेळायला आवडते, मला थोडीफार गायची ही आवड आहे आणि आईची कामात मदत करणे या गोष्टी मला खुप आवडतात.

मी खुप भाग्यवान आहे की मला एन. सी. पी. ए. कडून कथक नृत्य शिकायला मिळाले. माझे हेच स्वप्न आहे की मी एक मोठी नृत्यांगना बनू आणि त्यासाठी मला खुप मेहनत तर करावी लागेल पण मला सौ. संगीता मॅडम ही मदत करतील अशी माझी खात्री आहे. तर मला माझ्या भावना व्यक्त करून खुप छान वाटले. मी मनापासून माझ्या शिक्षिका सौ. संगीता मॅडम ना धन्यवाद देते आणि एन.सी.पी.ए ला पण खुप धन्यवाद.

धन्यवाद !!

## कर्णबधिरांचे राष्ट्रगीत एक अनोखी पर्वणी

'कर्णबधिर' हा शब्द तुम्हाला कदाचित माहीत असेल अथवा नसेल पण 'बहिरा' हा शब्द सर्व जगात प्रसिद्ध आहे. आपल्या भारतीय नागरिकांच्या तनामनात राष्ट्रगीत फुललेले असते. राष्ट्रगीत ऐकताच आपल्या मनाला आनंद होतो व साहजिकच सैनिकांचे कष्ट डोळ्यांसमोर साकार होऊन मनोमन त्यांना आपण मानवंदना देतो. या प्रकारची भावना या बहिऱ्या मुलांच्या मनात पण असू शकते. फक्त त्यांना व्यक्त करण्याची एक संधी मिळाली पाहिजे, या एका ध्येयाने प्रेरित होऊन मूक भारतीय राष्ट्रगीत ची निर्मिती झाली.

डॉन बॉस्को, माटुंगा येथील शाळेत 05 डिसेंबर 2010 रोजी या राष्ट्रगीताची मुहूर्तमेढ रोवली गेली. एकूण चार शाळांमधील सुमारे दीडशे विद्यार्थ्यांचा या राष्ट्रगीतामध्ये सहभाग होता. रिलायन्स एन्टरटेन्मेंट, मुद्रा कंपनी प्रस्तुत या राष्ट्रगीताने संपूर्ण भारतात लोकप्रिय झाली.

14 ऑगस्ट रोजी या राष्ट्रगीताची रीतसर सुरुवात झाली. 15 ऑगस्टच्या पूर्वसंध्येला टीव्हीवर प्रथमतः कर्णबधिरांचे राष्ट्रगीत झळकले. त्यानंतर सिलसिला सुरू झाला यालोकप्रिय

अनोख्या राष्ट्रगीताचा, Live परफॉर्मन्सचा. Big B अर्थात अमिताभ बच्चन, माधुरी दीक्षित, शबाना आजमी, हर्ष भोगले यांच्या समोर हे राष्ट्रगीत सादर झाले. त्यानंतर Big Cinema च्या थिएटर्स मध्ये सलग आठ वर्षे हे राष्ट्रगीत झळकत राहिले, लोकांची वाहवा मिळवत राहिले.

लोकांना या राष्ट्रगीतामधील मुख्यतः भावली ती त्यांची ट्युन. ही ट्युन ऐकताच लोकांच्या डोळ्यांत पाणी, अंगावर रोमांच उठू लागले. आजमितीस पण हे राष्ट्रगीत ऐकून डोळ्यात येणारे पाणी थांबायला तयार नसते. हम किसीसे कम नहीं, आमच्याही मनात तुमच्यासारखे किबहुना तुमच्याहून जास्त राष्ट्रप्रेम जागृत आहे अशी भावना कर्णबधिर व्यक्तींकडून व्यक्त होते. बघता-बघता राष्ट्रगीताच्या आलेख उंचावत गेला. आतापर्यंत या राष्ट्रगीताचे मी 700 ते 800 कार्यक्रम केले आहेत. कार्यक्रम लहान असो वा मोठा आम्हाला आमंत्रण मिळत गेले, मुलांना प्रसिद्धी मिळत गेली.

गोवा, दिल्ली, हैदराबाद व मुंबई या ठिकाणी आंतरराष्ट्रीय परिषद चे उद्घाटन आमच्या राष्ट्रगीताने झाले. मुलांना विमानाचा, AC ट्रेनचा प्रवास घडला.

3 stars हॉटेलमध्ये राहायला मिळाले. दृष्टी पाहणे करता आले. डॉ. ए.पी.जे. अब्दुल कलामजी यांच्यासमोर हे राष्ट्रगीत सादर झाले. त्यावेळचे त्यांचे भावनिक उद्गार "आज मेरा दिल भर गया" आयुष्यभर माझ्या मनात बिंबले गेले. सौरव गांगुली, शत्रुघ्न सिन्हा, सलमान खान, राजकुमार हिरानी, डॉ. पतंगराव कदम, हर्षवर्धन पाटील, डॉ. रघुनाथ माशेलकर, लालकृष्ण अडवाणी, स्मृती इराणी, वर्षा उसगांवकर, शरद पोंक्षे, सुशांत सिंह, बाबा सिद्दीकी, गणेश नाईक, नारायण मूर्ती, आदेश शिंदे, महेश कोठारे, अनुपम खेर, रवीना टंडन, दिया मिर्झा, जया भादुरी, आलिया भट, भरत दाभोळकर या दिग्गजांसमोर आमचे राष्ट्रगीत सादर झाले. आमच्या मुलांमध्ये आत्मविश्वास निर्माण झाला. त्यांचे भावनाविषय समृद्ध झाले. हे राष्ट्रगीत माझ्यासाठी व माझ्या विद्यार्थ्यांसाठी अनोखी पर्वणी ठरले.

यानंतरचा अजून एक छानसा अनुभव पदरी जमा झाला आहे. दिव्यांग क्रिकेट कंट्रोल बोर्ड ऑफ इंडिया या संस्थेची क्रिकेट स्पर्धेसाठी मी महाराष्ट्र चॅंप्रची अध्यक्ष झाले. नुकतीच मला नॅशनल लेव्हलची पदोन्नती मिळाली. संपूर्ण भारतामध्ये होणाऱ्या दिव्यांग स्त्री-पुरुष यांसाठी हे क्रिकेटचे आयोजन केले जाते. राष्ट्रीय व आंतरराष्ट्रीय पातळीवर या स्पर्धा होतात. ज्यामध्ये अंध, एक हात अथवा एक पाय नसलेले, कर्णबधिर, व्हीलचेअर या प्रकारच्या अपंगांचा समावेश होतो.

महाराष्ट्र चॅंप्रची अध्यक्ष म्हणून नुकतीच मी 'सचिन तेंडुलकर जिमखाना' येथे 130 दिव्यांगांची दोन दिवसांची क्रिकेट स्पर्धा भरवली होती. फारच अविस्मरणीय अनुभव होता हा. भोपाळ, गुजरात, उत्तरप्रदेश मधून टीम्स आल्या होत्या. रोहित शर्माचे प्रशिक्षक श्री. दिनेश लाड यांचे आम्हाला अमूल्य मार्गदर्शन लाभले. आता जानेवारी महिन्यात आठ राज्यांतून दिव्यांग स्पर्धक मुंबईत येणार आहेत. आपण पण सर्वांनी जरूर येऊन या दिव्यांगांचे कसब बघावे. त्यांना प्रोत्साहित करावे असे मला मनापासून वाटते.

श्रीमती भाग्यश्री राजेंद्र वर्तक

मुख्याध्यापिका,

रोचिराम टी. थधाणी हायस्कूल फॉर हिअरींग हॅण्डिकॅप्ड, चेंबुर, मुंबई -74.



# Exploring the Field of Instructional Design

Written by **Ms. Shivani Parab** - Shivani is currently working as an Instructional Designer at one of the leading e-learning organisation In Mumbai. She holds a Master degree in Chemistry from K J Somaiya College. With a deep passion for education And arts, she is a dedicated student of Bharat Natyam at Nrityanjali for the past 8 years.



I remember a conversation I had with a lady few months ago. I was heading to work when I ran into her at the gate of our building. She was a lady in her late forties. She smiled and asked where I worked. At the time, I was working with one of the leading sports management institutes in Mumbai, so I told her that. "Oh, wow, you're into sports?" she asked. I smiled and replied, "No, no, I'm working there as an instructional designer." Her eyes widened with interest. "Okay, so you design jerseys?" she asked, raising her eyebrows. I was caught off guard. "Uh, no," I chuckled, "I don't design jerseys." "But you said you're a designer," she insisted, clearly trying to make sense of it. "Yes," I said, "but I'm not a graphic designer. I'm an Instructional designer, it's a different thing," I said, emphasizing the word 'Instructional.' "Okay, have you heard of websites like Coursera or Udemy?" I asked, hoping she might understand. She shook her head. "Okay, have you heard of e-learning?" I tried again. "Yes, yes, I have heard of that," she replied, finally connecting the

dots. "Instructional design is about creating educational courses, like those you find on e-learning platforms," I explained. "Oh, yes, I get it now," she said as if everything made sense. But I could tell she was still a bit confused. Well, that wasn't her fault. Since instructional design is a relatively new field in India, many people don't know what it's about yet.

The conversation stayed in my mind the entire day. This wasn't the first time I had encountered such situations. My mind went five years back when I first learned about this field. Growing up, I was certain I would become a teacher one day. But life had other plans. After completing my master's in chemistry, I got an offer to work as a subject matter expert (SME) in chemistry. My role involved assisting an instructional designer to create educational content in my subject of expertise. This was the first time I encountered the term "Instructional design." I researched more about the field and found it interesting. I decided to give it a shot. I searched and applied for a role where I could combine my SME expertise with instructional design. I landed a job that allowed me to work in both areas, although my projects were initially limited to chemistry. After that, I pursued the course and became a certified instructional designer.



What I love most about this field is its versatility. Unlike SMEs,

instructional designers are not restricted to one subject. They can step out of their comfort zones and work with experts from various domains to create learning experiences.

Now, you might be wondering what instructional design is. Let me explain. As the name suggests, it is all about designing the instructions. It is used to create, develop, and implementing learning materials across various industries, including schools, colleges, banks, corporate organizations, government sectors, and even hospitals. Instructional designers design lesson plans, courses, and assessments based on specific subjects to ensure the learning process is engaging, enjoyable, and effective. Seems similar to what school teacher does. Isn't it?

Then what is the difference between an instructional designer and a school or college teacher? Well, both of them share the same motive of educating people, but their methods are different. I always define instructional designers as advanced teachers who use principles of human psychology along with technologies to create engaging learning experiences. They first analyse who the learners are, identify their needs, and then decide the best methods to teach them. Let me explain this difference using a simple example: Imagine teaching someone how to make a sandwich. A teacher might explain the steps theoretically in the classroom or show a live demo, while an instructional designer would create a video tutorial with visuals, captions, add assessments including animations and scenarios, etc., to reinforce learning, which can be accessed by students anytime. Seems interesting, isn't it?

Today, when I look back at my career as an instructional designer, I find I have already learned many technical skills in these 4

years, like writing scripts, shooting videos on a green screen, and using video editing and animation tools. As I come from a completely different educational background, I never imagined that one day I would gain a basic understanding of these skills. I always say that this field is full of surprises—each new skill I learn has helped me discover more about myself. I have discovered a writer, a photographer and a visualizer within me.

As a Bharatanatyam dancer, I often apply all these skills. I use my writing skills to write theory notes, and trust me it has helped me score well in exams. Sometimes I use my photography skills to snap photos of notes and send them to friends. Just kidding! Learning basic human psychology has helped me understand the lyrics of the songs better, which ultimately improved my Abhinaya skills. I am sure these skills have enriched my life in many other ways that I haven't discovered yet.

In the future, I aim to use my knowledge as an instructional designer to educate poor children. It's my dream to combine my profession with my passion and make a meaningful impact on people's lives.

To conclude, instructional design is not just about creating educational courses, but it is also about improving people's lives through learning. For me, it's been a life-changing journey of discovering myself. In these four years of working as an instructional designer, I have realized that if you have a real passion for teaching and a desire to make learning engaging and meaningful, this field is rewarding for you. After all, a good instructional designer is always a good teacher at heart.

I am excited to continue this journey, and I hope my story inspires others to explore this career and find their own path to learning and growth.

## ***Career in Chartered Accountancy and Its Preparation (CA)***

Written by **Ms.Swananda Bharadkar**

*a CA spirant, cleared CA foundation and currently appearing for CA Intermediate She is a classical dancer and is a Visharad Pratham in Kathak.*



The Chartered Accountancy (CA) exams is conducted by the Institute of Chartered Accountants of India (ICAI). CA is a prestigious professional course, which requires dedication and preparation. Chartered Accountants need in-depth knowledge, critical thinking, and time management skills to succeed. The journey of CA exam can be beautiful with right mindset, hard work and dedication. CA exam is conducted in three levels: foundation, intermediate and final.

This article will provide a comprehensive guide on how to prepare for CA exams inclusive of resources, strategies, tip, etc.

As a student, if you are clear with your ambition you can start as early as possible to succeed efficiently. It's crucial to prioritize subjects like Mathematics, Accountancy, Business Studies, and Economics in your current curriculum. These subjects form the foundation for the Chartered Accountancy (CA) course, and having a strong grasp on them will make the transition to CA level concepts much smoother. By excelling in these subjects early on, you'll build a solid base that will help you understand more complex topics later. This early focus will also give you an advantage when you begin your formal CA preparation after high school or graduation.

From Std. 8 you can focus on academics, it's important to develop your analytical and critical thinking skills. Engage in activities

like solving puzzles, learning coding, or playing strategic games, as these can sharpen your problem-solving abilities. Furthermore, start familiarizing yourself with the basics of accounting and finance. Consider taking online courses or reading introductory books on these topics to give yourself an early advantage. Gaining an understanding of fundamental accounting concepts will help you when you dive into the more technical areas of the CA syllabus. Firstly, one should understand the pattern of exam. This exam constitutes of MCQ's, descriptive questions, accounting problems, etc. Focusing on the following aspects will help you crack CA exam with ease:

### **Create a Realistic Study Plan with time management**

A well-organized study plan is crucial for systematic CA exam preparation. Start by setting clear goals, like identifying the number of months left before your exam and breaking down the syllabus into manageable sections. Assign deadlines for each topic and ensure you leave a buffer period towards the end for revisions and mock tests. Time management is key: prioritize high weightage topics, allocate extra time for difficult subjects, and don't neglect the easier ones.

Consistency is critical, so aim for 6-8 hours of focused study daily, with regular breaks. Stick to ICAI's study materials as your primary resource, and supplement with reference books and past exam papers.

### **Focus on Conceptual Understanding and Practice**

For the CA exams, understanding concepts is far more important than rote learning. Begin by thoroughly analyzing the official ICAI study material, which lays the foundation for your preparation. Focus on core subjects like Accounting, Auditing, and Taxation, which require a deep conceptual understanding. Practice solving problems regularly to improve your application skills, especially in practical subjects like Accounting and Taxation. The ability to apply theoretical knowledge in real-life scenarios, such as case studies, is essential for success. Ensure you're consistently honing your problem-solving abilities through practice.

### **Regular Mock Tests and Effective Revision**

Taking regular mock tests is crucial for assessing your progress and familiarizing yourself with the exam format. Mock tests help identify weak areas, improve time management, and simulate real exam pressure. After each test, carefully review your mistakes and adjust your study approach accordingly. As the exam date approaches, increase the frequency of mock tests to build confidence. In parallel, focus on revision—start early and schedule dedicated time for it each day. Revise complex topics in detail while doing quick reviews of simpler ones. Utilize flashcards and concise notes for efficient last-minute revision to ensure you retain key concepts.

### **Stress management**

Maintaining your physical and mental well-being is just as important as studying hard during your CA exam preparation. To stay healthy, eat a balanced diet, get 7-8 hours of sleep, and exercise regularly—this helps keep your body and mind sharp. Managing stress is key, so engage in activities like yoga, meditation, or take short breaks to relax and recharge. It's normal to feel

overwhelmed at times, but staying positive, focused, and motivated is crucial. Remember, consistency and hard work will eventually pay off, so keep a positive mind -set and trust the process.

Some of the resources for CA exam preparation are ICAI Modules, ICAI official site, etc. Join a coaching class, which covers all subjects. They can provide with structured study material and notes, doubt-solving sessions, regular tests and feedback. Peer interaction will help in the group learning.

The CA exams are certainly tough, but with the right approach, they are far from impossible. A clear study plan, consistent effort, and regular practice will take you far in your journey to becoming a Chartered Accountant. Remember to stay positive, take care of your health, and stay focused on your goals. With determination and hard work, success in the CA exams is within your reach.

Good luck with your CA preparation! Enjoy and embrace the process !!!

***LOOK OUT for....***

**Nrityanjali performs  
*the popular Bengali  
dance drama***

**'Balmiki Pratibha'**

on

1st February 2025

at

**KalaGhoda Arts festival**

at

Cross Maidan, Churchgate

# The JHANKI of festivals from UTTAR PRADESH

Written by - **Mrs. Manisha Singh**

*Manisha is a member of Nrityanjali and she has completed the three levels of SPDC.*

*Manisha has completed Diploma in Education and has been teaching at SM Shetty High School, Powai for past 10 years.*

*Manisha loves to write and is fond of singing and dancing.*



## Uttar Pradesh : A Vibrant Showcase of Culture and Traditions

Uttar Pradesh, a land of diverse heritage and timeless traditions, is often referred to as the “Jhanki” of India. The term *Jhanki*—meaning a picturesque tableau—perfectly captures the spirit of Uttar Pradesh, where festivals are celebrated with unparalleled fervor, showcasing the state’s rich cultural tapestry. These festivals not only honor religious and cultural traditions but also bring together people in joyous celebration, transcending boundaries of caste, creed, and community.

### Holi: A Riot of Colors in Braj

The Holi festival in Uttar Pradesh, particularly in the Braj region, is world-renowned. Cities like Mathura and Vrindavan transform into a vibrant canvas of colors, music, and dance. The *Lathmar Holi* of Barsana, where women playfully strike men with sticks, is a unique tradition that draws visitors from across the globe. This celebration symbolizes the playful love of Lord Krishna and Radha, making it a standout



event in the cultural *Jhanki* of Uttar Pradesh.

### Diwali: The Festival of Lights in Ayodhya

Ayodhya, the birthplace of Lord Rama, turns into a luminous wonderland during Diwali. The city’s famed *Deepotsav* feature the lighting of millions of earthen lamps, reenacting Lord Rama’s triumphant return to Ayodhya after vanquishing Ravana. The spectacle, accompanied by cultural performances, fireworks, and grand processions, epitomizes the glory of this ancient city and its traditions.

### Kumbh Mela: The World’s Largest Spiritual Gathering

The Kumbh Mela in Prayagraj (formerly Allahabad) is perhaps the most iconic festival



of Uttar Pradesh. Held every 12 years, this spiritual congregation attracts millions of pilgrims from around the world. The confluence of the Ganga, Yamuna, and the mythical Saraswati rivers serves as the sacred site for rituals and dips believed to cleanse sins. This grand event is a true embodiment of Uttar Pradesh's spiritual ethos.

The Taj Mahotsav in Agra is a cultural extravaganza that highlights the art, craft, and cuisine of Uttar Pradesh. This ten-day festival near the iconic Taj Mahal show case folk dances, music, and handicrafts from across the state. It stands as a testimony to the state's rich artistic heritage and its contribution to India's cultural identity.

### **Taj Mahotsav: Celebrating Art and Craft**



### **Ramleela: A Timeless Tradition**

The Ramleela performances in Uttar Pradesh, particularly in Varanasi and Ayodhya, are an integral part of the state's festive landscape. These dramatic enactments of the Ramayana, performed during Dussehra, captivate audiences with their vibrant costumes, dialogues, and devotional fervor. UNESCO has recognized Ramleela as an Intangible Cultural Heritage, further cementing its significance.

## Chhath Puja: A Sacred Celebration of Devotion and Gratitude

Chhath Puja, one of the most revered festivals in Uttar Pradesh and Bihar, is a unique celebration dedicated to the worship of the Sun God (*Surya*) and his consort, *Chhathi Maiya*.

It is a thanksgiving festival where devotees express gratitude to the Sun God for sustaining life on earth. The festival also venerates Chhathi Maiya, believed to bless families with health, wealth, and prosperity. Unlike other festivals, Chhath Puja is devoid of ostentation, focusing instead on purity, devotion, and connection with nature.

In Uttar Pradesh, cities like Varanasi, Gorakhpur, and Lucknow witness grand Chhath celebrations. The ghats of the Ganga are beautifully decorated, and the sight of devotees standing in waist-deep water, praying as the Sun sets and rises, is both serene and awe-inspiring.

**Jitiya (Jivitputrika Vrat):** A Mother's Prayer for Her Children:

Jitiya, also known as \*Jivitputrika Vrat\*, is a significant festival celebrated in Uttar Pradesh, Bihar, and parts of Nepal. Observed by mothers, the festival is a day of fasting and devotion aimed at praying for the long life, health, and prosperity of their children. It is marked by strict rituals, unshakeable faith, and deep maternal love

## Other Notable Festivals:

From the grandeur of *Krishna Janmashtami* in Mathura to the vibrant *Ganga Mahotsav* in Varanasi, Uttar Pradesh is home to countless festivals that add to its charm. The *Lucknow Mahotsav* celebrates the city's Nawabi culture, while *Eidand Bakrid* highlight its



harmonious coexistence of diverse communities.

## A Living Jhanki of India's Soul:

Uttar Pradesh's festivals go beyond mere celebrations; they are living expressions of its people's devotion, creativity, and unity. Each festival is a chapter in the grand *Jhanki* that portrays the cultural and spiritual essence of the state. Whether you're drawn to its spiritual sanctity, artistic grandeur, or colorful festivities, Uttar Pradesh offers an unforgettable experience that resonates deeply with the heart and soul of India.

In the *Jhanki* of Uttar Pradesh, every festival is a vibrant tableau that continues to inspire awe, reverence, and joy in all who witness it.

# Did U Know.....

*What happens when you sniff this herb...*

*A study found that sniffing **Rosemary** can increase memory by 75%*



*3 **Carrots** give you enough energy to walk 3 miles and they were first grown as medicine, not food.*

*Eating **Pistachios** before bed helps with sleep as they are one of the most melatonin (helps control the body's sleep cycle, and is an antioxidant) rich food.*



*If you have **bay leaves**, there is no need for a pharmacy, as recent scientific studies have shown that bay leaves have many benefits*



*Treat **digestive disorder**, regulates bowel movements. It lowers blood sugar and is an antioxidant. You can boil the leaves and inhale steam to get rid of phlegm and reduce the severity of coughs.*

*Drinking a cup of boiled **bay leaves** twice a day breaks down kidney stones and cures.*

*Blood sugar: **Cinnamon** can lower blood sugar levels, and fenugreek can help control blood sugar and insulin activity.*

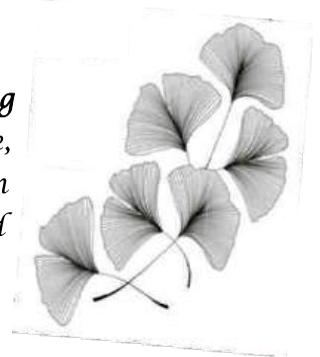
*Brain function: **Sage** can improve brain function and memory.*

*Inflammation: **Turmeric** contains curcumin, which has anti-inflammatory effects.*

*Heart disease: **Garlic** can lower cholesterol and reduce the risk of heart disease.*

*Nausea: **Ginger** can treat nausea, including motion sickness and morning sickness.*

*Blood circulation: **Ginkgo biloba** can treat poor blood circulation.*



*Fatigue: **Ginseng** can treat fatigue, but overuse can raise blood pressure.*



*Anxiety: **Lavender** can help reduce anxiety.*

# Rhymes & Verses

## Christmas cheer

The Snow falls light, the stars aglow  
A world wrapped warm in winter's  
show!

Bells ring clear and hearts take flight  
A season of love, so pure so bright!  
Gifts exchanged with tender care  
Peace and joy fill  
the frosty air!

A time to gather to  
sing, to pray  
And cherish the  
gift of Christmas  
Day!

And when the  
New Year unfolds  
its glaze

We are filled with happiness and  
love and grace!

A hope to cherish, a hope to shine  
bright

A hope that the New year will bring  
divine light!



## जीवन के रंग

पीला कहे तू धूप सा बन जा लाल कहे

सिन्दूरी रंग दे

नीले कहे आकाश छू ले तू हरा कहे धरा से

धैर्य ले

काला कहे हर रात की सुबह है

सफेद कहे पवित्रता ही तेरा निशान है

जीवन के रंग, रंगो से सीखो आत्मा को

खोजो चरित्र को बूझो ।।

इनमें छुपे व्यक्तित्व के राज, ये ना कभी

बदले चाहे कल हो या आज

इनके अमल से जीवन को दो मूल्य, बिना

सिद्धांत के जीवन लगता है एक शून्य



Written by: **Nivedita Chatterji** (SPDC Alumni & Editorial team member) is an HR professional. She holds an MBA from Mumbai University and PGCHRM from XLRI.

Mrs. Chatterji has worked with Pfizer, Sadoz, Cipla and Teva as an HR. She loves reading, writing, coaching and cook.

A doting mother and an individual, she is currently pursuing her higher studies as a Special Educator and resides in Navi Mumbai

# RECIPE

**Mrs. Manju Pal** is a working woman and mother of two children . She loves to read and cook. She has shared a couple of delicious and mouth-watering food recipes .

## Gujiya

### Ingredients:

- 2 cups all-purpose flour
- 1/2 cup ghee / - 1/2 cup khoya
- 1/2 cup sugar / - A pinch of salt
- 1/4 cup chopped nuts (cashews, almonds, pistachios)
- 1/4 cup shredded coconut
- 1/2 teaspoon cardamom powder
- 1/4 teaspoon saffron
- 1/4 teaspoon nutmeg powder

### Method:

1. First, sieve the flour in a large bowl.
2. Add ghee to the flour and mix until the flour is well coated with ghee.
3. Gradually add water to the flour mixture and knead the dough for 10-15 minutes.
4. Let the dough rest for a while.
5. In a separate bowl, mix together khoya, sugar, chopped nuts, shredded coconut, cardamom powder, saffron, nutmeg powder, and salt.
6. Mix the filling mixture well and add a little water to bind it together.
7. Divide the dough into 2-3 portions and roll out each portion into a thin circle.
8. Place a tablespoon or two of the filling mixture in the center of each dough circle.
9. Fold the dough over the filling and press the edges together to seal the gujiya.
10. Heat oil in a deep frying pan and fry the gujias until they are golden brown.
11. Remove the gujias from the oil and place them on a paper towel to drain excess oil.
12. Serve the gujias warm or at room temperature. You can also soak them in syrup for a sweeter treat.



## Gooseberry Jam

### (Amla Murabba)

### Ingredients:

- 500g gooseberries (Amla)
- 300g sugar
- 1/2 litre water
- 4-5 cardamom ( Elaichi)
- 10g fitkari (alum)

### Method:

1. First, wash the gooseberries in clean water. Then use a fork to make multiple holes in the gooseberries.
2. Add fitkari to half a litre of water and boil it.
3. Add all the gooseberries to the hot water, boil for 10 minutes and then squeeze out all the gooseberries. Now dry the gooseberries in the Sun for 4 to 5 hours.
4. Then add 300 grams of sugar to half a litre of water and let it cook a bit.
5. Add all the gooseberries to the water and cover and cook until the color of the gooseberries turns golden.
6. At this point add crushed cardamom to it. When the color of the gooseberries turns golden, turn off the gas and the gooseberry jam is ready.

This can be stored in any earthenware vessel or jar that prevents any loss of quality and taste. The best time to make it is during the summer season.

# LAUGH IT UP

## In a Nursery School Canteen...

There's a basket of apples with a notice written over it: "Do not take more than one, God is watching"  
 On the other counter there's a box of chocolates,  
 A small child went & wrote on it.  
 "Take as many as you want, God is busy watching the apples"  
**NEVER ACT SMART WITH Today's Generation..**



**Lawyer:** I have some good news and some bad news.

**Client:** Well, give me the bad news first.

**Lawyer:** The bad news is that the DNA tests showed that it was your blood they found all over the crime scene

**Client:** Oh no! I'm ruined! What's the good news?

**Lawyer:** The good news is your cholesterol is down to 130

## KID :- Why some of your hair are white dad...?

**DAD :** Every time you make me unhappy, one of my hair turns white...

**KID :-** Now understand why grandpa's hairs are all white...

**Moral :-** Don't be over smart..



## A Man goes over to visit one of his friends.

*While he is at his friend's house it starts to rain very heavily, the type that is not going to stop.*

*His friend tells him to spend the night at his house and go home the next day.*

*When he hears this, he rushes out the door and comes a while later totally drenched and carrying a small bag.*

*So his friend asks "Where did you run off too!"*

*The Man says, "I went home to get my pyjamas."*

**Teacher:** How old is your father?

**Kid:** He is 6 years.

**Teacher:** What? How is this possible?

**Kid:** He became father only when I was born.

**Cool Teenage Martian:** I was at a party on Mercury last night.

**Friend:** Was it any good?

**Cool Teenage Martian:** No! It was really boring.

**Friend:** How come?

**Cool Teenage Martian:** There was no atmosphere.

**January**

3rd	Seema Sabhlok - 9833933836
10th	Yogesh Mandalia
24th	Samarth Kumbhar - 7304702719
26th	Bhavna Gandhi

**February**

2nd	Sangita Sawant
3rd	Sunanda Yewale
10th	Tushar Rahate
11th	Anurag Khedekar
15th	Uttara Chakravorty
23rd	Charushila Samjiskar
25th	Sangeeta KV
27th	Alka Vora
27th	Satyashil jadhav

**March**

11th	Priya Dasgupta
14th	Bhoomi Mandalia
14th	Sanika Gaikwad
15th	Parnika Talekar
23rd	Radha Guha
24th	Rutuja Narvekar

**April**

6th	Sreekala Velambath
8th	Anushri Khadye
9th	Swagata Chatterjee
9th	Chaitrali Dalvi
9th	Avani Chakravarty
20th	Manjushri Keni
24th	Madhura Joshi

**You Can Contribute**

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 Pictures / Sketches in Black & White only  
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