



PARICHAY MEIN PARICHAY



1963 - 2023



Nrityanjali
Leader in Personality Development & Emotion Management.

JULY 2024

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*Parichay
Mein
Parichay*



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Dear Readers,

Wishing all Nrityanjalites warm and loving wishes for 61st Foundation Day. Such a happy and proud moment for all of us. Growing older each day deepens our roots and makes us more stronger.

With the new academic year having commenced, Nrityanjali activities in Education Services have geared up . Nrityanjali Fest 2024 Inter - School Competitions has also entered its initial phase with the brochures already being sent to schools. We are very well balancing our responsibilities and contributions in every field be it social , management , education and performing arts.

With elections happening across the globe and new and existing governments taking the countries forward, we too feel honoured to have our new Advisory Committee for the 38th Nrityanjali FEST 2024. Our earlier advisory board has been encouraging and gracious to hand over the baton to our new members who would hence forth apprise us and guide in framing and affirming the framework we have been devising for our Nrityanjali Fest since 1987. We also welcome our new and active members who are desirous to learn and take over responsibilities and promote this platform and allow the students to blossom.

Nrityanjali feels proud to give a platform to 8 of our brilliant and excellent Bharatnatyam dancers through the **Arangetram** programme and thus acknowledge the dedication and devotion of our Guru Smt.Sangeeta Sawant. Finally, the dream has come true for our Founder, Dr. Tushar Guha who has been keen to celebrate the achievements of our Bharatnatyam section with this milestone.

We continue to do our little bit in promoting Swachha Bharat Abhiyaan through *Nukkad Nataks*, Workshops, *Prabhat Pheris*, etc. We look forward to continue our services.

Maitri Khedekar

Parichay Mein Parichay

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ACCOLADES

Dear Tushar Da,

I should thank you....not you...you are amazingyou have created such a great following of dedicated workers all respecting you, praising you.....your warm hospitality was awesomesaw your perfect organization with peaceful mind.....

The saree is beautiful, very artistic, sobre, and rich - very nice choice of Anonna.....

You spoke very well with emotions.....my speech became long ,do not know whether could convey properly my views or not.....I am not good speaker like you....Was happy to meet your wife,Anonna and her daughter.....Warm Regards

Padmashri Guru Darshana Jhaveri

Chief Guest at Bharat Natyam Arangetram
on 21st May 2024

Respected Darshana Ji - You spoke wisdom and from your heart - we felt blessed. Pranam

Tushar Guha

•

Respected Tushar Guha Sir,

I would like to thank you from the bottom of my heart for giving us the opportunity to conduct our Arangetram. Your guidance directly and indirectly through Sangita ma'am has been essential in our life. I feel it also played a crucial role in what we are today as well.

Thank you for painstakingly planning out the event, conducting meetings and organising the girls to help us out. Every individual present helped us execute our dance to the best of our ability.I only feel gratitude whenever I think about your presence in my life and the impact you've had on me as an artiste and as an individual.

Ms. Rashmi Panikulam

Bharat Natyam Student:

Thank you **Dr. Annona Guha Ji** - for conducting a wonderful session on Conflict resolution.

The feedback is very positive and I am sure the learnings will help participants in their professional as well as personal life.As usual, I was amazed with the energy level of Three beautiful ladies in ethnic Indian saree.

My gratitude to you,- Geeta Chandrasekaran
Madam and Harsha Andan Madam Thank you

Mr. Adinath Bade

Country Head - Training
USV Pharmaceuticals

Dear Anonna Ma'am,

Thank you so much for encouraging Sammy to join both the dance workshops. She really had a great time to learn new dance forms and also advanced kathak. She also realised how hard she has to work in the future to become a good dancer. Keep organising such workshops Ma'am.. Thank you sooo much

Mrs. Lakshmi Ratish

Mother of Samriddhi, Dance Student

Dear Anonna Ma'am,

SPDC 1 course has helped me to know myself and look at the world with a different and positive perspective. There is a lot more, that words cannot describe. SPDC 1 is full of understanding ourselves and others; and making the world a better place.

Mrs. Kanchan Gandhi

Homekaer and SPDC May 2024 Batch Alumni

Dear Anonna Ma'am,

SPDC is an amazing life changing course. As an SPDC 1 and 2 Alumni, I thoroughly enjoyed and do recommend it to anyone who wants to have better life and rational thinking!! Dr. Tushar Guha Sir is an amazing mentor.

Mrs. Nivedita Chatterji

HR Professional and SPDC 1 & 2 Alumni (2023)

ACCOLADES

Dear Tushar Dada & my Dear Anonna

Couldn't wait to express myself.No words to write that how happy I am to meet dynamic, passionate and very YOUNG Tushar Dada and You lovely Anonna.

I am not only impressed but inspired to see how one can expand in association with Arts.

I strongly believe that Arts do not stand alone, It has to dissolve, merge and evolve to do the aspects of LIFE. Arts cannot be excluded and treated as mere subject just like any other academic subject. It is about education of experience and enlightenment and not mere skills and information.

Performing Arts especially our Dances are not mere skills but more about science of LIFE.I was amazed to see how you All have been able to include LIVES of many to further grow.“Service through ARTS for the cause of HUMANITY can be the goal of Arts.Thank you for giving me this experience.

Guru Shila Mehta

Renowned Kathak Dancer
& Faculty for Nrityanjali Kathak Dance
Workshop in May 2024

Dear Anonna Ji,

It was such an enriching experience at Nrityanjali for me. The last 4 days were a learning curve for me, along with the participants. They took keen interest and were enthusiastic bunch of students.Thanks for giving me this fruitful opportunity.

Guru Namita Bodaji

Renowned Bharat Natyam Dancer
& Faculty for Nrityanjali Bharat Natyam Dance
Workshop in May 2024

Dear Team Nrityanjali

I would like to extend our sincerest gratitude for conducting the workshop on Enhancing Multiple Intelligence. The children had a fantastic time and benefited greatly from the engaging sessions.

We kindly request that you provide us with a brief one-page write-up on the workshop for publishing in our internal magazine.

Thank you once again for a successful workshop, and we look forward to collaborating with you in the future. Thanks & Regards,

Ms. Neha Agwekar

Larsen & Toubro Ltd.

Respected Anonna Madam,

It was really a great experience. Those three days of Dance Workshops felt like they should not have ended. It has increased my knowledge and developed my perspective.Blessed to be a part.It was an honour to be with them.Thankyou so much Ma'am.

Ms. Swananda Bharadkar

Kathak and Sunday Class Student

Dear Anonna,

Thank you for your support and good wishes and of course for the absolutely mesmerising performance of Balmiki Protibha. Kiddo - Aditri was our super star,, I just could not believe the level of maturity her abhinay had ... very very talented .. And her voice ..uff... *ki je bhalo*. Sir, Madam *aar tomader efforts sarthok ... ei production ta aro koro* (your efforts are really worth) More of this production should be staged.

Ms.Swapnakalpa Dasgupta

Odissi Exponent
Head Dance Programming - NCPA, Mumbai

Hi Anonna Didi,

It was lovely to hear Sir speak on Balmiki Protibha. Such rich stories, I am so looking forward to the presentation

Aanchal Shetty

NCPA - Dance Section

FOOT PRINTS...

Nrityanjali News upto 17th July 2024

Nrityanjali Management Services conducted the following management training programmes :

- Twenty One Days, three hours session, on **Spoken English and Grooming** was conducted by Mrs. Geeta Chandrasekaran for executives of **Elegant Collection** from 26th February to 18th April 2024.
- Three hours workshop on **Managing Wealth** was conducted at Nrityanjali, Bhandup by Mr. Sudipta Sengupta, former CFO of USA based company NOV India Private Ltd. on 27th April 2024.
- Two days programme on **Personal Excellence** was conducted by Dr. Anonna Guha, Mrs. Vasanti Anand and Mrs. Maitri Khedekar at **Hindusthan Petroleum Corporation Ltd, Nigdi** on 29th & 30th April 2024
- Two days programme on **Personal Excellence** was conducted by Dr. Anonna Guha, Mrs. Vasanti Anand and Mrs. Harsha Andan at **Hindusthan Petroleum Corporation Ltd, Nigdi** on 6th & 7th May 2024
- One day programme on **Conflict Management** was conducted by Dr. Anonna Guha Mrs. Geeta Chandrasekaran and Mrs. Harsha Andan for **USV Pharmaceutical** at their Factory premises in Deonar, Mumbai on 23rd May 2024
- One day programme on **Conflict Management** was conducted by Dr. Anonna Guha Mrs. Geeta Chandrasekaran and Mrs. Harsha Andan for **USV Pharmaceuticals** at their Factory premises in Deonar, Mumbai on 24th May 2024
- Training programme on **Enhancing Self Potential** was conducted by Dr. Tushar Guha Dr. Anonna Guha, Mr. Girish Dalvi, Mrs. Geeta Chandrasekaran, Mrs. Sangita Sawant and Mrs. Maitri Khedekar for **Life Care Medical Systems** in Mumbai on 29th & 30th June, and 5th, 6th, 19th, 20th July 2024
- Training programme on **Enhancing Self Potential** was conducted by Dr. Tushar Guha Dr. Anonna Guha, Mr. Girish Dalvi, Mrs. Geeta Chandrasekaran, Mrs. Sangita Sawant and Mrs. Maitri Khedekar for **Life Care Bio Medical Pvt. Ltd.** in Mumbai on 29th & 30th June, and 5th, 6th, 19th, 20th July 2024
- One day programme on **Role Excellence for Executive Secretaries** was conducted by Mrs. Geeta Chandrasekaran and Mrs. Sreekala Velambath for **Bharat Petroleum Corporation Ltd, Mumbai** on 2nd July 2024
- Two days programme on **Personal Excellence** was conducted by Dr. Anonna Guha, Mrs. Vasanti Anand and Mrs. Maitri Khedekar at **Hindusthan Petroleum Corporation Ltd, Nigdi** on 5th & 6th July 2024

FOOT PRINTS...

Nrityanjali News upto 17th July 2024

Nrityanjali Education Services conducted the following programmes :

For Students

- Individual Career Guidance Counselling was held on 27th April and 2nd May 2024

Workshop for Teachers

- Workshop on **English Literature for Teachers** was held on 24th April 2024 at Mahapragya High School (CBSE), Kalbadevi under the auspices of **Open Forum for Principals**. Mrs. Vanita Mansukhani conducted the workshop. Fifty Teachers from different schools attended the same..
- Workshop **for Teachers** was conducted on 24th, 25th and 26th April 2024 at National Kannada Education Society (NKES) High School, Wadala by Mrs. Geeta Chandrasekaran and Mr. Girish Dalvi
- Workshops **for Teachers** were conducted on 16th and 18th July 2024 at NKES High School, Wadala by Dr. Tushar Guha

Workshop for Parents :

- St. Mary's Convent School, Mulund, organised workshop for Parents on 18th June 2024. Mrs. Geeta Chandrasekaran conducted the same.
- NKES School, Wadala, organised workshops for Parents of students from Std. 9th, 10th and 12th on 20th June 2024. Dr. Tushar Guha conducted the same.
- NKES School, Wadala, organised workshops for Parents of students from Std 7th and 8th , on 25th June 2024. Dr. Anonna Guha conducted the same.
- NKES School, Wadala, organised workshops for Parents of students from Std.5th and 6th on 26th June 2024. Mrs. Geeta Chandrasekaran conducted the same.



Mrs. Geeta Chandrasekaran conducting the **EFFECTIVE PARENTING** session for **St. Mary's Convent School, Mulund**

FOOT PRINTS...

Nrityanjali News upto 17th July 2024

HUMAN RESOURCE DEVELOPMENT

- The 16 days Special Personality Development Course Level 1 (SPDC 1) physical class was held from 11th May to 16th June 2024 - Fridays, Saturdays, Sundays - 7.30 A.M. to 10.30 A.M
- Regular HR Meet for the faculty members was held on 29th April 2024
- The 16 days Special Personality Development Course Level 1 (SPDC 1) physical class will be held from 21st September to 27th October 2024 - Fridays, Saturdays and Sundays - 7.30 A.M. to 10.30 A.M

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, 25967388 **Email:** nrityanjali1963@nrityanjali.org.in

Next Batch of SPDC 1 - From 21st September 2024
Friday, Saturday, Sunday - 7.30 A.M. to 10.30 A.M.

FOOT PRINTS...

Nrityanjali News upto 17th July 2024

Social Service Activities

- **Seven days Three hours Personality Development Workshop for Children** was conducted by Mrs. Maitri Khedekar at Nrityanjali premises from 22nd to 28th April 2024. 33 Children in the age group of 7 years to 17 years participated in the same.
- **One Day Personality Development Workshop for Children** was conducted by Mrs. Maitri Khedekar and Mrs. Harsha Andan for the children of employees of **Larsen & Toubro Ltd**, at their Powai premises on 4th May 2024.
- **Five days Three hours Personality Development Workshop through Art & Grooming for Children** was conducted by Mrs. Maitri Khedekar and Mrs. Harsha Andan at HP Colony, Vashi Naka, Mumbai under the auspices of **HP Pathshala Project of Hindusthan Petroleum Corporation Ltd** from 13th to 17th May 2024. Mr. Girish Dalvi - Trustee & Director Operations of Nrityanjali presided over the Closing Ceremony on 17th May 2024 where the participating children showcased their learnings.

LOOK OUT for ...

38th NRITYANJALI FEST
Inter School Competitions 2024

We WELCOME the

NEW ADVISORY
COMMITTEE MEMBERS of
38th NRITYANJALI FEST

CENTRAL ZONE DATES

29th September 2024
30th November 2024
8th December 2024

WESTERN ZONE DATES

22nd September 2024
23rd November 2024
1st December 2024

SOUTH MUMBAI ZONE DATES

24th November 2024

NAVI MUMBAI ZONE DATES

15th December 2024

COMPETITIONS HELD EVERY YEAR:

Drawing, Handwriting, Essay, General Knowledge, Recitation, Story Telling, Elocution, Debate, Kathak, Bharanatyam, Odissi, Western Dance Solo, Western Dance Group, Folk Dances, Mono Acting, Hindustani Sangeet, Carnatic Sangeet, Light Solo Vocal, Samuha Geet, and Fancy Dress.

This year we announce a special event for Senior KG students.

To know more visit our website: <http://nrityanjali.in/nrityanjali-fest.html>



38th Nrityanjali Fest 2024 COMPETITION TABULATION

60 Years of
Nrityanjali
Diamond Jubilee Year
2022 to 2023

DANCE SOLO			DANCE		
KATHAK / BHARAT NATYAM / OSISSI			FOLK		
GROUP	Class	Time (min)	Fees (Rs.)	Time (min)	Fees (Rs.) Participants
3rd, 4th		5-7	100/-	5-7	400/- 8-16
5-6-7th		5-7	100/-	5-7	400/- 8-16
8-9-10th		5-7	100/-	5-7	400/- 8-16

- 1) FOLK DANCE PARTICIPANTS MUST HAVE **KNOWLEDGE OF THE DANCE**. QUESTIONS WILL BE ASKED.
 2) **Participants to make own arrangements for playing Music** 3) No lighting effect permitted.
 4) Authenticity will be favourably considered.
 5) Judges can stop the performance under conditions of deference to the rule or unacceptable standard of performance.

WESTERN DANCE	SOLO		GROUP		
Group Classwise	Time(min)	Fees(Rs.)	Time (min)	Fees (Rs.)	Participants
1-2nd	5	150/-	5	400/-	8-16
3-4th	5	150/-	5	400/-	8-16
5-6-7th	5	150/-	5	400/-	8-16
8-9-10th	5	150/-	5	400/-	8-16

1. **NO INDIAN FILM MUSIC PERMITTED FOR WESTERN DANCE.**
 2) **Participants to make own arrangements for playing Music** 3. No lighting effect.
 4. Judges can stop performance under conditions of deference to the rule or unacceptable performance

VOCAL HINDUSTANI/CARNATIC /LIGHT (SOLO)	SAMUHA GEET	
Group Classwise	Time (Min) Fees (Rs.)	Time(Min) Fees (Rs.) Participants
3-4th / 5-6-7th / 8-9-10th	3 50/-	3-5 400/- 8-12

- 1) Light songs include bhajans, gazals, folk etc. 2) Songs in English, Hindi, Marathi will be treated as combined.
 3) Harmonium / Sudhi / Tanpura / Tabla permitted. 4) No Film songs permitted.
 5) Number of Musicians accompanying the participant will be **THREE** only
 6) Karoke Tracks NOT PERMITTED

MONO - ACTING		
Group Classwise	Time (min) Fees (Rs.)	TOPICS :
3-4th / 5-6-7th / 8-9-10th	3 100/-	Your Choice TWO Characters in one Act

DEBATE (ENGLISH)	
8th-9th-10th	1) Each Group MUST prepare both "For & Against". 2) Lots will be drawn to choose "For or Against". 3) Each Group should have maximum 2 (two) participants only. 4) Topic :- Chat GPT v/s Creativity
Fee : Rs. 100/- per Group	

NOTE :

ALL Participants will be awarded 'Certificate of Appreciation' **WITHOUT** the NAME of the PARTICIPANT

Presence of Parents / Guardian / Others NOT PERMITTED during Competitions of Vocal, Drawing, Recitation, Story Telling, Elocution, Hand Writing, Essay, GK, Solo Dances, Mono Acting and Debate



38th

we groom thoughts

Nityanjali Fest 2024 COMPETITION TABULATION -

60 Years of
Nityanjali
Diamond Jubilee Year
2022 to 2023

DRAWING			
Group (Classwise)	Subjects	Time	Fees (Rs.)
Jr. K.G.	Indian National Flag (Colouring)	30 minutes	50/-
Sr. K.G.	An Open Umbrella (Colouring)	30 minutes	50/-
1st-2nd	Vehicle	30 Minutes	50/-
3rd-4th	Joker in Action	30 Minutes	50/-
5th-6th-7th	Cover Page of Novel	1 Hour	50/-
8th-9th-10th	Unity in Diversity	1 Hour	50/-

Note : 1) **Crayon** for 1-2nd / 3-4th. **Poster colours** for 5-6-7th / 8-9-10th
2) **Paper** will be supplied
3) Jr. & Sr. K.G, only colouring on sketch provided. 4) No Stencils & Sketch Pens.

	ESSAY		HAND WRITING		GENERAL KNOWLEDGE	
Group (Classwise)	Time (min)	Fees (Rs.)	Time (min)	Fees (Rs.)	Time (min)	Fees (Rs.)
1-2nd / 3-4th	-	-	15	50/-	-	-
5-6-7th / 8-9-10th	30	50/-	15	50/-	15	50/-

Note : 1) Essay & Hand Writing - **Individual Prizes** for English, Hindi and Marathi Languages.
2) Essay Topic will be given on the spot. 3) Not more than **500 words** for Essay.
4) Paper will be supplied 5) General Knowledge - **any Language - COMBINED Prizes.**

FANCY DRESS		
Group (Classwise)	Subject	Fees (Rs.)
Jr. K.G.	Domestic Animal	50/-
Sr. K.G.	Folk Dancer of any State / Country	50/-
1st - 2nd	Fairy Tale Character	50/-
3rd - 4th	Marvel Avengers	50/-
5th- 6th -7th	Famous Historical Personality across the world	50/-

Note : No Dialogues. Only Originality & Neatness of the Dress.

SPEECH	ELOCUTION		RECITATION / STORY TELLING	
GROUP (Classwise)	Time (min)	Fees (Rs.)	Time (min)	Fees (Rs.)
Sr. KG / 1-2nd /	-	-	2	50/-
3-4th / 5th -6th	-	-	2	50/-
7-8th / 9-10th	3	50/-	-	-

Note : 1) English, Hindi & Marathi - **Individual Prizes** for Each Language. 2) **Please mention LANGUAGE**
3) Participant to select own Poem / Story. 4) Elocution to be prepared for both the following topics but will speak only on the Topic announced on the day of the competition.

TOPIC : 7- 8th - Importance of Reading in a Student's Life OR

All work and no play, makes Jack a dull boy

9-10th - AI and Education **OR**

A young budding Indian author I discovered

FOOT PRINTS...

Nrityanjali News upto 15th April 2024

Programme Division

- Nrityanjali was invited by Bangladesh Consulate to present cultural programme on the occasion of Bengali New Year on 14th April 2024

- Nrityanjali organized the following Dance Workshops :

Kathak Dance - Basic & Advanced by **Guru Shila Mehta** on 2nd and 3rd May 2024

Bharat Natyam Dance - Basic by **Guru Namita Bodaji** on 2nd,3rd.May 2024.

Bharat Natyam Dance - Advanced by **Guru Namita Bodaji** on .4th and 5th May 2024.

Rabindrik Dance - by **Guru Dr. Tushar Guha** on .4th and 5th May 2024.

Indian Folk Dance (Gujarat, Rajasthan, Kerala) - by **Guru Dr. Tushar Guha** on .30th and 31st May, 1st and 2nd June 2024 respectively

- Nrityanjali was invited to perform at the **Tagore Festival** organised by **National Centre for Performing Arts (NCPA), Mumbai** on 12th May 2024 at their Experimental Theatre.

Nineteen Nrityanjali Sunday Class students of Dr. Tushar Guha performed the iconic creation of **Gurudev Rabindranath Tagore in 1881 -Dance Drama Balmiki Protibha.** .

Dr. Tushar Guha directed the dance drama which had English sur-titles on screen for the better understanding of the Bengali dialogues..

Seventeen artistes among the nineteen who performed the opera were Non Bengali

Nrityanjali received appreciation and kudos for the performance and for spreading Tagore Philosophy among the cosmopolitan society

- The **first Bharat Natyam Dance Arangetram of Nrityanjali** was held on 21st May 2024 at Kashinath Ghanekar Auditorium, Thane

Eight disciples of **Guru Sangita Sawant Ji** performed in the august presence of **Padmashri Guru Darshana Jhaveri ji, Guru Dr. Tushar Guha Ji, Guru Radha Guha Ji** and other dance exponents..

Nrityanjali Bharat Natyam Dance students mesmerised the audience.

Our heartiest congratulations to :

Ms.Swapnali Patkar,

Ms.Gunjita Bhandari,

Ms. Rashmi Pannilulam,

Ms. Manjula Parshram,

Ms.Jaee Prashant Kamat

Ms.Krina Haria.

Ms. Siddhi Wakkar and

Ms.Neerja Panicker

- **Workshop on Folk Dances of Kerala,Gujarat and Rajasthan** were conducted by Dr. Tushar Guha Sir at Nrityanjali premise, Bhandup on 30th, 31st May and 1st, 2nd June 2024. Dr. Anonna Guha, Mrs. Sangita Sawant and Mrs. Maitri Khedekar assisted the same

Nrityanjali 62nd Annual General Meet on Sunday 21st July 2024 **REPORTS**

Permanent Executive Secretary

- Mrs. Manasi Damle

1. Appointment of the Board of Trustees- We welcomed the re-appointed members of the Board of Trustees whose term expires in July 2027

2. On behalf of the Board Of Trustees, we feel honoured that The Chembur Fine Arts will felicitate and honour our Founder and Dear Sir Dr. Tushar Guha, celebrating Guru Purnima and having invited our Managing Director - Dr. Anonna Guha Ma'am and Nrityanjali artistes to present a Kathak recital.

3. Nrityanjali Fest dates have been declared and approved by the Board Of Trustees.

4. This year, the Board of Trustees passed the resolution of acknowledging three educators who have looked beyond academic and for all round growth that include all stakeholders of the educational fraternity.

5. Nomination Board has welcomed new members in the institution.

6. All the divisions carried out the activities, as per Trust objectives during the entire year. The divisions did the needful with good participation from other members.

7. Special projects 'Swaccha Bharat Abhiyan' and 'Sanitation' projects were carried out.

8. Heads of the Divisions have submitted their respective reports to the Central Administration.

Faculty Division

- Head -Mrs.Nivedita Damle

*

ABGMV Written & Practical Examinations were held in November - December 2023 , Total 172 students including 16 students from affiliated institutions appeared for Tabla, Hindusthani Sangeet, Kathak and Bharat Natyam Dance

The Result

Distinction - 28

First Class 109

Second Class 13

Pass Class 6 = 156

***Internal Diploma Examinations** were held in February - March 2024

***Total strength** of our students is : 381

Bharat Natyam Dance - 176

Kathak Dance - 155

Hindusthani Sangeet - 47

Rabindra Sangeet - 3

* Parents Teacher Meeting was held in March 2024

*Gandharva examinations - Written and Practical will be held in November- December 2024.

*Nrityanjali is in the process of initiating affiliation with University of Mumbai for Graduate and Post Graduate Courses in Bharat Natyam Dance, Kathak Dance, Hindusthani Sangeet, Tabla and Harmonium

Human Resource Development

- Head - Mrs. Geeta Chandrasekaran

* Special Personality Development Course Level 1 was held in September 2023 and May 2024

* Special Personality Development Course Level 2 was held in August 2023

* Career Guidance was conducted for students of Little Angel School, Sion and 32 individuals.

* 10 Regular HR Trainings for Life Skill Faculty members were held

* In Education Sector following Trainings were held during the year :

For Students -. Life Skills - Little Angel School - Sion, Vivek Vidyalaya - Goregaon. St John School (SSC, ICSE) Borivali, S A Public School

For Teachers

1. Professionalism - Ryan School, Nasik
2. Motivation - Saraswati Vidya Mandir, Bhandup
3. English Grammar - St. John ICSE, Borivali
4. Lead the Change - Principal of CBSE Schools
5. Perspective Development - NKES Wadala

Workshop for Parents -

- S A Public School- Powai,
S T Blossoms English School- Churchgate,
NKES - Wadala,
St. Mary's Convent School - Mulund

Principals Meet - OFP

- Don Bosco School - Nerul

*. English Literature - OFP - Mahapragya Public School, Kalbadevi

Programme Division

- Head - Mrs. Sangita Sawant

Following programmes were held 2023-2024

1. Tarapur Bengali Association
2. Bangladesh Deputy High Commissioner on Liberation Day
on International Mother Language Day,
on Bangladesh New Year
3. Sanskruti Festival Thane
4. Inaugural Lezim dance, choreographed at Kala Ghoda Arts Festival
5. Nrityanjali Fest Prize Distribution
6. Musical Nite at NMACC, Mumbai
7. Mood-OMICS Conference - IIT Bombay
8. Arangetram of eight Bharat Natyam students
9. Dance Workshop Bharat Natyam was conducted by Guru Namita Bodaji,
10. Dance Workshop Kathak was conducted by by Guru Shila Mehta,
11. Dance Workshop Rabindra & Folk Dance was conducted by Guru Dr. Tushar Guha
12. Balmiki Pratibha Dance Drama was performed for Tagore Festival at NCPA
13. Invocation Song sung by Dr. Anonna Guha & Mrs. Sangita Sawant at the Inauguration of Kala Ghoda Arts Festival 2024
14. Kathak and Flamenco performance by Dr. Anonna Guha & Ms. Paris Laxmi for Spanish Tourism at the Kala Ghoda Arts Festival 2024. Live Music - Vocal - Mrs. Sangita Sawant, Tabla - Mr. Atul Godse, Clapbox - Mr. Shailesh Sawant .

Social Activities

- Head - Mrs. Maitri Khedekar

Following activities were conducted during the year

1.Kathak dance lessons under auspices of NCPA at Vidyadeep Vidyalaya, Vikhroli & Shree Saraswati Vidya Mandir, Bhandup

2.Nritya Arogya Workshop

3. Classes in Spoken English, Computer Awareness round the year under Nrityanjali **Unnat Yuvati** project training 150 girl students of Shree Saraswati Vidya Mandir, Bhandup

4. Nrityanjali Fest 2023 Inter School Competitions-

South Mumbai Zone -

75 Schools with 22500 Students

Central Zone -

210 Schools with 78020 Students

Western Zone -

165 Schools with 56005 Students

Navi Mumbai Zone -

82 Schools with 31350 Students

Total 532 Schools with 187875 Students

6. Saraswati Puja was held

7. Folk Dance Workshop for Amar Kaur Vidyalaya, Bhandup auspices NCPA

8. Kala Ghoda Arts Festival 2024 -

Volunteer for Back stage management

9. Entertaining Inmates of Home for the Aged, Andheri

10. Personality Development Workshop for children - L & T Powai

11. Personality Development Workshop for children - at Nrityanjali premises

Nrityanjali Information Services

- Head - Mrs. Maitri Khedekar

* Published Quarterly House Magazine Parichay Mein Parichay
January and July Issue - Hard Copy
April and October Issue Online

* Archives updated

Address by Director Operations

- Mr. Girish Dalvi

Educational Services Division

conducted the following International Students Exchange Programme

* To South Australia in October 2023

* To NASA, USA in May 2024

* The next visit to Australia will be in September 2024

* The next visit to NASA will be in November 2024

Management Services Division

conducted the following Corporate Management Trainings

1.Viraj Profiles Ltd

Effective Communication

2.Elegant Collection

Spoken English - 2 Batches

3.USV Pharmaceuticals in Daman. and

Chiplun - Train The Trainers for 2 Batches

4.USV Pharmaceuticals in Mumbai

Time Management

5.Bank of Baroda - Bhandup & Andheri

BoB Shining Stars

6. Larsen & Toubro Ltd

Team Dynamics - Doctors

7, Hindusthan Petroleum Corpn. Ltd

Personal Excellence - 5 Programmes

8. Hindusthan Petroleum Corpn. Ltd

Retirement Programme for Spouse

9. Bank of Baroda - English & Maths

10. Jassani India Pvt Ltd

Perspective Development

11. Hindusthan Copper Ltd

Positive Resourcing & Life Style mgt

12. RCF Ltd. Alibaug

Discover the joy of Life

13. Bharat Petroleum Corpn. Ltd

Interview Readiness. Role Excellence for Secretaries

14. USV Pharmaceuticals in Mumbai

Conflict Management 2 Nos

15. Managing Wealth

16. Life Care Medical System

Enhancing Self Potential



NCPA Mumbai Dance Festival



L.R. Guru Dr. Tushar Guha, Guru Sandhya Purecha, Director Sangit Natak Academy, Delhi, Padmashri Darshana Jhaveri, Manipuri Exponent

**Nritya Parichay
Prize Distribution Function**



Guests of Honour: Mr. Gautam Dey - CEO, Goa ICT Pvt. Ltd. & Mrs. Ruma Dey - Dy MD & Group Compliance Officer - State Bank of India



Artistes curated for NCPA Dance Season by Curators - Dr Tushar Guha and Padmashri Darshana Jhaveri

NRITYA PARICHAY - Vidyadeep School, Vikhroli



NRITYA PARICHAY - Saraswati Vidyamandir, Bhandup



International Mother Language Day - Dy. High Commission, Bangladesh



SANSKRITI FESTIVAL



FLAMENCO-KATHAK @KGAF 2024



BAMIKI PRATIBHA DANCE DRAMA AT NCPA



NRITYANJALI invited to celebrate
Bangladesh Independence day



Performance at Dy. High
Commission, Bangladesh





Kathak and Bharatnatyam workshop organised by Nrityanjali



Kathak and Bharatnatyam workshops organised by NRITYANJALI



Personality Development camp for HP Pathshala students



Personality Development Camp organised by L & T Welfare Dept



Personality Development camp - 1



In-house project - Unnat Yuvati



NASA Study tour organised by Nrityanjali - Ryan Students at Washington



**OFP meet - Mrs. Vanita Mansukhani,
Director, Mahapragya Public School,
Kalbadevi felicitating Dr. Tushar Guha,
Chairperson - Open Forum of Principals
(OFP), India**

Maha Pragma



आचार्य तुलसी सभा गृह



Teachers workshop conducted under OFP, India

Educators become learners

Rose International Network, an agency with 100 offices, organized and executed the development workshop on Internet-based marketing. This workshop was coordinated by Dr. Christine Gibson, Executive Director of the International Society for e-Business. Her team created a list of the top 100 e-business sites in the world. The primary objective of the workshop was to provide the participants with a solid understanding of the Internet and how to use it to grow their businesses and to create an effective marketing plan.

[illegible]

the 100 used by many researchers, half of us) growth is definitely necessary and tends to be necessary.

First, getting together as groups is usually an open, free-wheeling, unstructured activity. There's nothing to holding everyone

trial benefited patients (2000b) and (c) cost-benefit ratio. With patients in a clinical trial, the physician's role is to provide appropriate information, to discuss the treatment options, and to encourage the patient to make a decision. The physician's role is to provide information, to discuss the treatment options, and to encourage the patient to make a decision. The physician's role is to provide information, to discuss the treatment options, and to encourage the patient to make a decision.

A showcase of talent from around the world



Researchers have found that the use of a computer-based system to monitor and control the environment of a hospital room can reduce the risk of infection and improve patient safety. The system, called the "Smart Room" system, was developed by researchers at the University of Michigan and the University of California, San Diego. It uses a network of sensors to monitor the room's temperature, humidity, and air quality, and can automatically adjust the room's environment to maintain optimal conditions for patient care. The system also includes a central control unit that can be accessed by healthcare providers via a computer or mobile device. The researchers found that the Smart Room system significantly reduced the risk of infection and improved patient safety, and they believe that the system could be used in other hospital settings to improve patient care.



Inaugural Open Forum for Principals (OFP) Meet hosted by Don Bosco Senior Secondary School, Nerul

[illegible]

Principals, Paul Menneman, and Christopher's sons, Robert and Michael, and Peter Menneman presented the program, representing many towns such as Davis Middle School Academy, North Little Angels High School - Iowa, D.D. Davis Public School - Kansas, Academy Episcopal School - Missouri, St. Francis, Prince of the Peace School, Kansas City, Power Public School, Oklahoma, Fremont International School, Florida, NEPA

Participant: Education Network is a membership organization established for

United Nations Sub-Commission (1997) in 1997. Their collective goal is to share the knowledge of their working experience, creating another <http://www.unhcr.org/refworld/docid/3a6e222e.html>.

visual activities, sports, performing arts, long arts, and interpretive work
 low mathematics

The 2010 CB Process, organized by Maryland's Education Secretary and State Board of Education, was a landmark opportunity for

its dedicated efforts. The press is encouraged to launch a healthy competition all over the world.

[illegible]

cluded a meaningful model component, while principals extended their thinking on learning styles for the total student through present studies. The first longitudinal activity, based on a 14-item study, allowed principals to log into their existing sites. The data also captured a specific, active, promising strategy—discovery, teamwork, and responsibility among the school—

CONTINUED ON PAGE 10

Nrityanjali Fest culminates in a spectacular prize distribution ceremony



To collect them
The grassy banks of many
rivers and streams are often covered
with mosses, particularly with a
dwarfing plant distribution
commonly in the *Saxifraga*
hypnoides, *Saxifraga*, *Saxifraga*
in the *Saxifraga*.

[illegible]

Phyllis Kufner, regional chairman for women's leagues, says WFLA, Tampa, is the best newspaper, and WFTS-TV is the best television station in the area.

Therapeutic Index: A measure of the relative safety of a drug, calculated as the ratio of the toxic dose to the therapeutic dose.

South Mountain Forest
U.S. Bureau of English
School, Birmingham
Enrollment: students, and
single women government for the
unemployment students all work
winning school during the
recession.

**Universal Riverways and
Paved Interstates:** The great
bureaucratic conspiracy with a
supervising office, engineering
and construction by technical
personnel. The railroad program

Jewelry: Japanese Imperial Household Agency issued its August 1986 guidelines for Imperial Court Jewels. The new guidelines are based on the Imperial Household Agency's collection of traditional court jewels and are intended to provide a basis for the design of new court jewels.

Discontinued Items with Percentages: That article was generated by the editorial process of changes of Hootman, Allen, Warner (1991, Chapter 1, Managing change: use of Social Work of Justice, and 1991, 1992, 1993, 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664,

W. T. and C. M. Townsend School of Engineering, Department of Structural Steel Design, School of Structural Engineering, Polytechnic Institute of Brooklyn, Brooklyn, New York.

Appreciation for Efforts: I thank the members of American Union, ME of Vietnam, for the evening symposium with appreciation of appreciation, appreciation, and towards the dedicated efforts of members, members, and parents in their children and families in a...

CSR Projects with NOV (India) Ltd



Donated benches to R Shinde School, Pune



Donated books to Library of Jondhale School, Pune



Nrityanjali's first Bharatnatyam Arangsetra



Spoken English (Batch 2), Elegant Collections



Address by Managing Director**- Dr. Anonna Guha**

Nrityanjali was founded as a socio-cultural organisation. We have been undertaking social projects since 1963 like Eye Camp, Blood Donation Camp, Gardening, Library etc creating and utilising our funds and on occasions through sponsorship.

From the time CSR projects are mandatory for corporate houses, Nrityanjali social activities increased and we have been receiving support and sponsorship from the Government and individual corporate houses.

During the year we have undertaken the following CSR projects

1.Swachha Bharat Pakhwada HPCL, July 2023 & 2024 - Nukkad Natak, Prabhat Pheri, Workshops ,Essay, Quiz, Drawing

2.Swachha Bharat Pakhwada BPCL July, Sept - Oct 2023 - Nukkad Natak, Prabhat Pheri, Cleanliness drive, Cycle Rally Distribution of Re-usable bags, Best out of Waste,Awareness in Slums

3. Life Skill programmes supported by **NOV India Pvt. Ltd** for

Ideal School English Medium,Bhandup
Ideal School Hindi Medium,Bhandup
Seth C D Barfiwala High School, Andheri
Anand Vidya Niketan, Pune

4. Benches to R Shinde Primary School, Pune supported by **NOV India Pvt. Ltd.**

5. Books for Library of Zilla Parishad School, Daund, Pune

6. Toilets in -

Kaner Zilla Parishad School - Palghar, R Shinde Primary School, Pune, Raipada Zilla Parishad School - Palghar, Z P School - Jondhale Nagar - Pune, Z P Primary School, Telewadi, Pune

7. Personality Development Workshop for children - HP Pathshala, HP Nagar, Vashi Naka

नवी दृष्टी

आयुष्यात खूप गोष्टी टाळता येत नाहीत. त्यापैकी एक म्हणजे आजार. छोटा-मोठा आजार प्रत्येकाला होतोच. काही जण मृत्यूच्या दारातून परत येतात, तर काही अजूनही त्याच अवस्थेत असतील. आजारातून तुमच्या हाती काय येतं? जेवणाचं पथ्य, लाइफस्टाइल बदलणं, हे सगळं ओघाने आलंच. पण त्या वेदना खूप काही शिकवून जातात.

तेरा वर्षांचा असताना मी खूप आजारी पडलो होतो. तेविसाव्या वर्षी तर चक्क पॅरालिसिसने विळखा घातला. शरीर काम करेनासं झालं होतं. मि प्रयत्नपूर्वक पॅरालिसिसवरही मात केली. पण आजाराचे ते क्षण अजूनही माझी सोबत करत आहेत. अर्थातच सकारात्मक दृष्टिकोनातून शारीरिक, मानसिक, बौद्धिक अशा प्रत्येक पातळीवर आजारी मनुष्याला परीक्षा द्यावी लागते. मी सुध्दा याच अनुभवातून गेलो आहे. आजाराशा लढताना तुम्हाला दैनंदिन आयुष्यातील कठीण प्रसंगाना सामोरं जाण्याची क्षमता नकळत मिळते. त्या काळात तुम्हाला मानसिक आधार हवा असतो. पण आपण किती जणांना हा आधार देऊ शकलो, या विचाराचाही इथेच जन्म होतो. इतरांच्या दुःखाबद्दल, जाणिवा अधिक सक्षम होतात, तुच्या छंदाचं रुपांतर पॅशनमध्ये व्हायला लागतं. आयुष्यातला वेळ अधिक जाणीवपूर्वक वापरायला पाहिजे, याची दखल घ्यावी लागते. दुःख, वेदनातून सक्षम झालेलं मन तुमच्यापुरतं मर्यादित राहत नाही. आपल्या क्षमतांचा उपयोग इतरांना व्हावा. याच्यासाठी प्रयत्न करू लागतो. या नव्या जाणिवा गाण्यासारख्या एखाद्या कलेपासून तुमच्या वागण्या -बोलण्यापर्यंत सगळ्यात उतरतात. तीच तुमची ओळख होते. चिरकाळ टिकणारा आनंद देण्याची क्षमता दुःखाच्या क्षणात आहे. आजार तुम्हाला अशक्य करत नाही, तर तुमच्या जाणिवा अधिक सक्षम करतात, मृत्यूशी झगडण्याचा हा अनुभव आयुष्याकडे पाहण्याची नवी दृष्टिदेती.



Article written in English by **Dr. Tushar Guha** Founder, Chairman Nrityanjali Group, and translated by Journalist Ms. Kanchan Harmalkar. This article was published in Maharashtra times, Pragati fast supplement under column Second Thought. The entire series has been compiled into a book and available at Nrityanjali.

An Unforgettable Journey: Our NASA Educational Tour to the USA

Written by NASA May 2024 batch participant - Master **Ronish Yadav**
Class 10th - Ryan International School, Chandigarh



Embarking on an extraordinary venture, Ryan International School, in collaboration with Nrityanjali, orchestrated a spellbinding NASA educational tour to the USA. This transformative journey seamlessly intertwined education and entertainment, igniting a fervour for exploration and knowledge that resonated with every participant.

Students from all the northern branches of Ryan International School, including the branch in Mumbai (located in the middle of India), joined this remarkable trip. We were a group of around 40 students and four teachers. As we ventured across the vast landscapes of the United States, each destination unveiled a tapestry of experiences that left an indelible mark on our souls.

Kennedy Space Centre: Touching the Stars

We started our journey at the Kennedy Space Centre in Florida, a key place for space exploration. I was very excited because I have loved space and the universe since I was a child, which is why I signed up for this trip. After the parking lot, there was the most famous NASA logo, everyone rushed to the selfie point. When we entered the Space Centre I started dreaming about the life of astronauts in space and the International Space Station. However, this iconic site has launched every American human space flight since 1968, symbolising human ingenuity and the quest for knowledge beyond Earth. Here, amidst the echoes of history and the whispers of the cosmos, we were entranced by the boundless possibilities beyond our earthly confines. With hearts full of curiosity and minds ready to learn, we began our incredible journey into space.

Exploring the Kennedy Space Centre Heroes and Legends

Our spirits were lifted as we stepped into the Heroes and Legends exhibit at the Kennedy Space Centre, a tribute to the pioneering astronauts who dared to venture into the unknown. The centrepiece, the U.S. Astronaut Hall of Fame, celebrated the bravery and achievements of space farers from the Mercury, Gemini, Apollo, and Space Shuttle programs. Through engaging displays, personal memorabilia, and inspiring narratives, we were drawn into the extraordinary lives of these heroes. There were too many astronauts with names and scriptures on the walls like hundreds and millions, which I did not even know. Interactive elements and immersive storytelling connected us to their journeys, igniting our sense of wonder and aspiration to reach for the stars.

The Saturn V Rocket

Standing next to the Saturn V rocket, we felt humbled by human ambition. This huge rocket, a symbol of human creativity and determination, showed us that the impossible can be achieved. Under its massive structure, we saw the innovation that took us to the moon and beyond. I felt a deep sense of pride and awe at the hard work and creativity behind these great achievements. The rocket was so big that I made a video for my friends and teachers. The video was 2 minutes and 12 seconds long, and I could not fit the whole rocket in one frame. My neck hurt from looking up at it.

This Saturn V Rocket was a model or replica; it was a real rocket made for a mission but never flew. Can you imagine standing under one of the largest rockets in the world? I can't

imagine this even if I think back just 2-3 years. The whole time we were in that hall, I kept looking at every part, even the screws. It was so huge; I can't even explain it.

Astronaut Encounter

Meeting a real-life astronaut was incredibly inspiring. As we listened to their stories of exploring space and facing challenges, we were reminded of the bravery and strength that make humans remarkable. The astronaut, with a twinkle in their eye, confessed to the lingering effects of space travel, jesting that they were "still getting used to gravity". Though I struggled to catch every word due to their American accent, I still felt deeply connected to their journey and it kindled a flame of aspiration within me to one day explore the cosmos myself. Some people in the hall asked him questions related to taking off, landing and life in space and he answered all the questions in a humorous way.

Mars Exploration

Our imaginations soared as we delved into the future of space exploration, particularly the tantalizing prospect of a Martian voyage. At the Journey to Mars: Explorers Wanted exhibit, we charted our course through the cosmos, grappling with the logistical challenges of interplanetary travel. Even the prospect of Martian life couldn't dampen our spirits, as we chuckled at the thought of packing extra socks for the journey. This exploration was as same as the Mars and I was totally curious to know more about it. The discussions we had about the realities of living on another planet sparked lively debates among us students, each contributing ideas and dreams.

IMAX Theatre

In the IMAX Theatre, we were treated to a symphony of sight and sound, as the cosmos unfurled before our eyes in breathtaking detail. With every frame, we were taken on a cosmic

journey, travelling through the vast expanse of space alongside brave astronauts. The 3D effects were so real that we instinctively ducked as a meteorite rushed towards us. I assumed that we were boarding a real space shuttle and about to blast off, but soon I realized I was still on Earth when I saw the familiar faces of my friends, laughing and ducking too. But it was an exhilarating experience that made the vastness of space feel within our grasp.

Rocket Garden

Strolling through the Rocket Garden, we marvelled at the towering monuments of human achievement that dotted the landscape. There were around 5-6 rockets and first of all, I thought they all were real, but soon a guide told me that these were the models. But then also they were too big. Each rocket, with its storied past and monumental significance, stood as a testament to the relentless pursuit of knowledge and exploration. As we walked among these giants, I felt a sense of pride in human innovation and a deep appreciation for the strides we have made in space exploration. I always like to gain more knowledge about the mysteries related to science because of which I liked this NASA Space Centre too-much. Literally, it was beyond my thinking- the technology used here for our better understanding of space and at many spots where real rockets and space shuttles were placed were amazing!

Fun at Disney World and Universal Studios:

After our educational immersion at the Kennedy Space Centre, we revelled in the boundless delights of Disney World and Universal Studios. Amid the magical fun of Disney and it's enchanting worlds and the thrilling rides at Universal, we got caught up in a whirlwind of excitement and joy. Meeting beloved Disney characters like Mickey Mouse and Cinderella made our Disney World experience truly magical, while the spectacular parades and nighttime fireworks left us in awe. And do you know that Disneyland is one of

the world's happiest places and it proved us. The Castle of Disney was enchanting.

At Universal Studios, we immersed ourselves in the worlds of Harry Potter and Jurassic Park, feeling the thrill of each meticulously designed ride. In reality, I was very scared of roller coasters and high-speed rides, but my lovely friends, who wanted to see me cry and scream, forced me to go on them. After riding a few roller coasters, I felt like my soul had left my body. However, I actually enjoyed the water slides after the roller coasters which were of high speed but after doing the roller coasters, I felt more prepared. I went on 4-5 water slides, getting completely soaked in water from the bottom to head, and also did water rafting 3-4 times, which was the activity-of-the-day. If got a chance to the Universal Studio must do the water rafting. The vibrant themed areas, such as Diagon Alley and Springfield, made us feel like we had stepped into our favourite movies. Every moment was filled with laughter, excitement, and unforgettable memories, making our visits to these parks enchanting. Sharing these exhilarating moments with friends deepened our bonds and made the experience even more special.

Washington DC: A Dive into History

Next on our itinerary was Washington DC, the heart of American history and politics. Our journey through the annals of history brought us to the hallowed grounds of Washington DC. Our visit to the National Air and Space Museum, where we saw the Wright brothers plane and the Apollo 11 command module, was particularly impactful. Seeing these historic artefacts up close made us realize the magnitude of human achievement and the courage it took to make such groundbreaking advancements.

Our city tour included a visit to the White House, where we marvelled at the residence and workplace of the US President. We also

visited The Capitol, the seat of the United States Congress, and learned about the legislative process. Since childhood, whenever we talked about the US, the White House always came up. Finally, I got to see it in front of my eyes. Now, I will show these photos to my friends and they will wonder why they did not sign up for this amazing trip. The Lincoln Memorial, with its majestic statue and inspiring inscriptions, left a profound impact on us, reminding us of the values of equality and freedom.

From the towering monuments of the National Mall to the solemn halls of The Capitol to The White House and The Treasury Department, every step was a testament to the enduring spirit of democracy and freedom. I felt a deep sense of respect for the values and principles that have shaped this nation.

New York City: The City That Never Sleeps

Our final destination beckoned us with the promise of endless adventure and discovery. In the bustling metropolis of New York City, we surrendered to the intoxicating rhythm of urban life, as the city's vibrant streets pulsed with energy and vitality. From the iconic vistas of Times Square, where neon lights and towering billboards create a dazzling spectacle day and night, to the tranquil oasis of the Statue of Liberty, every corner revealed a new facet of the city's boundless charm.

Our adventure to the Statue of Liberty began with a cruise. As we sailed across the shimmering waters of New York Harbor, the iconic lady of freedom gradually emerged on the horizon, her torch held high as a beacon of hope and democracy. The gentle breeze and panoramic views of the city skyline added to the majesty of the experience. Stepping onto Liberty Island, we felt the weight of history and the spirit of the millions who had come before us in search of a new beginning. We took numerous photos here because it's one of the most iconic places. I have seen it countless times in games, but experiencing it in real life

today was truly unforgettable. The highlight was the 360 New York view, we could see every building in New York from the island with a wide river flowing between New York, New Jersey and the statue, looking as if we were in heaven. This picturesque river scene is often featured in movies, and witnessing it firsthand was absolutely breathtaking. It was a humbling moment, and I felt a deep sense of gratitude for the freedom and opportunities we often take for granted.

Times Square, the heart of the city that never sleeps, enthralled us with its kaleidoscope of colours and constant buzz. Street performers captivated passersby with their talents, while the aroma of street food tantalized our senses. Amidst the chaos, we found ourselves mesmerized by the sheer magnitude of the electronic displays, each one vying for our attention, making Times Square a living, breathing entity of its own. The energy of Times Square was infectious, and I could not help but feel a part of something bigger, something vibrant and alive. Just keep your wallet and phone safe otherwise it is very good.

The Empire State Building, another highlight of our journey, offered a breathtaking view from its observation deck. As we ascended to the top, the city's sprawling landscape unfolded beneath us, revealing a mesmerizing tapestry of streets, parks, and skyscrapers. The 360-degree view from the 86th floor left us in awe of New York City's grandeur and its endless possibilities. I like the UN very much, and guess what? From the 86th floor of this building, we could see the United Nations building. It was only a mile away, which means it was very close to us. This was the best thing ever. Whether day or night, the sight was equally captivating, encapsulating the essence of the city in one sweeping glance.

Additionally, we paid our respects at the 9/11 Pentagon Memorial, a solemn tribute to the victims of the September 11 attacks. Although we did not go inside the memorial, creating a

reflective space that reminded us of the resilience and unity that emerged from the tragedy. The experience was both moving and humbling, highlighting the sacrifices made for the nation's security. Standing there, I felt a deep connection to the stories of loss and heroism, and it was a reminder of the importance of resilience and unity in the face of adversity.

Reflections

As we bid farewell to the land of opportunity and embark on our journey homeward, we carry with us more than just memories. We carry a renewed sense of wonder and curiosity, a burning desire to explore the unknown and unravel the mysteries of the cosmos. Our hearts are filled with gratitude to our teachers—Neena Ma'am, Parminder Ma'am, Minaxi Ma'am, and Girish Sir—for their unwavering support and guidance throughout this extraordinary voyage. Together, we have ventured beyond the stars and into the realm of possibility, forever changed by the wonders we have witnessed.

This journey was more than an educational tour; it was a life-changing experience. It taught me the value of curiosity and the importance of dreaming. From this trip, I learned many things not only about our school curriculum but also some important things about life, which I feel are the same as important as school studies which we usually overlook. After, coming from this trip I am feeling 2-3 years more mature.

I have been on numerous school trips both within the country and abroad, and this was my second international trip with the school. Overall, it was incredibly memorable, enriching, and filled with unique experiences that will stay with me forever. This fun adventure has truly opened my eyes and heart to the endless possibilities that await.

"Life is an adventure, and every trip is a chapter waiting to be written."

Arangetram - the first ever in our NRITYANJALI



RASHAMI PANIKULAM

On May 21, we reached a significant milestone in our Bharatanatyam journey by completing our Arangetram. This event marked our debut as professional dancers

and established a tradition for future generations of students at Dr. Tushar Guha's Nrityanjali. This culmination of close to two decades of rigorous training, dedication, and passion was not just a personal accomplishment but also a moment to honor the art form that has profoundly shaped our lives.

We 8 students had a preparation that was intense and demanding. It involved perfecting the intricate movements, mastering expressions, and building the stamina required to perform a full Margam—a traditional Bharatanatyam repertoire. The endless hours of practice, the guidance from our Guru, and the support from our family and friends and Dr. Tushar Guha's Nrityanjali were instrumental in making this event a reality.

As we performed our first piece of the Margam, Pushpanjali - I felt a profound connection to the tradition and the countless dancers who have upheld this legacy before me. The culmination of years of learning and the essence of our journeys were embodied in each movement and expression. Each piece in the Margam holds its significance, weaving together rhythm, melody, and storytelling, showcasing our versatility and depth of understanding of the art form. The presence of Padmashree Darshana Jhaveri, the Chief Guest, added a touch of grandeur to the event. Her speech on the impact of

dance on individuals and society, and the importance of preserving and promoting classical dance forms, was inspiring. She emphasized how dance transcends from being a mere art form to becoming a way of life that fosters discipline, grace, and cultural appreciation.

Completing our Arangetram was not just an end but a new beginning. It was an opportunity to express our gratitude to Dr. Tushar Guha, whose guidance and mentorship have been invaluable. We also remembered the late Gurus, Shri Jatinderpal Singh Bansal and Smt. Rajee Narayan, whose teachings through our Guru Smt. Sangita Sawant continue to resonate in our dance.

The journey to the Arangetram has enriched my life in innumerable ways, instilling a sense of discipline, dedication, and a deep appreciation for the cultural heritage of Bharatanatyam. It has taught me that dance is not just about technical perfection but about expressing emotions and connecting with the audience on a spiritual level.

MANJULA PARSHRAM



With the profound blessings of Almighty Lord Nataraja, the guidance of our supremely talented and graceful Guru Mrs Sangita Sawant, I have finally achieved a milestone, my Arangetram.

We eight girls, from eight different professions in one Arangetram! It seemed like a far fetched dream. It was a task to co-ordinate our timings as office hours of all of us were different. We practised early mornings and late at night for

two months. Finally the day arrived. When we wore our beautiful costumes and exquisite jewellery and the make up team did a fantastic job. The stage was set. I felt nervous and excited. The auditorium was filled with all our loved ones awaiting our performances.

We performed solo and group Bharatnatyam dance. The rhythmic melody of the live music team made it even more serene. As our last performance ended, the audience gave us a loud cheer accompanied by rapturous applause. At that very moment, I realised that our determination, dedication and self-discipline had finally paid off. Our dream had finally turned into reality.

Our felicitation was done by honourable Chief Guest Padmashri Darshana Jhaveri and our dear Founder Chairman Sir of Nrityanjali, Dr Tushar Guha. It was a very emotional moment as our parents were also called on stage. My father, though he was not physically present with us, but I could still feel his blessings with me.

I, Manjula Parshram, want to take this opportunity to thank the entire team of Nrityanjali Institute. The event was organised so beautifully and meticulously. It was indeed an experience of a lifetime.



L-R (Standing): Manjula Parshram, Jaee Kudav Kamat, Siddhi Wakkar, Rashmi Panikulam
Centre (L-R): Dr. Tushar Guha, Padmashri Darshana Jhaveri, Mrs. Radha Guha
Sitting (L-R): Krina Haria, Swapnali Patkar.
Our two artistes who are missing in the photograph: Gunjita Bhandari, Neerja Panikar

A Memorable Evening at NCPA Experimental Theatre: The Stellar Performance of “Balmiki Pratibha” by Dr Tushar Guha’s Nrityanjali

Article written by **Tushar Rahate** - Nrityanjali Artiste of the Dance Drama and Cell Member of Nrityanjali's Social Activities Division. Tushar is a corporate professional working as E-Commerce Manager with Harrisons Bags Pvt. Ltd., Mumbai



On the evening of May 12th, 2024, the NCPA Experimental Theatre in Mumbai witnessed a mesmerising performance that left the audience spellbound. The dance drama 'Balmiki Pratibha' by Dr. Tushar Guha's Nrityanjali was brought to life with a blend of music, dance, and drama, engaging everyone present. This grand show, characterized by its flawless execution and the passion of its performers, was a witness to the hard work and dedication that went into its making.

The Beginning of Balmiki Pratibha

The journey of 'Balmiki Pratibha' began several months ago, with a vision by NCPA to bring one of Rabindranath Tagore's finest works to the stage of NCPA. The project was conceived by Dr. Tushar Guha who was determined to highlight the rich cultural heritage of India through this classic dance drama. The aim was to create a production that would not only entertain but also educate and inspire the audience about the transformative journey of the sage Valmiki.

Casting the Roles

Casting for Balmiki Pratibha was a crucial part of our process. Dr Tushar Guha, known for his keen eye for talent, is particular about choosing the right actors for each role. The role of Valmiki was assigned to highly experienced actor Mr. Balkrishna Sawant who portrayed the character and the complex emotions with ease.

The dacoit leader was assigned to the rising star Mr. Dinesh Singh and for the dacoits, selected eight individuals who had the energy and charisma required for these dynamic roles. I was fortunate to be cast as one of the dacoits, and along with all other talented performers, we set out to bring our characters to life.

The Rehearsals

The rehearsals for the dance drama were intense and challenging. The cast met regularly, perfecting each scene and dance sequence under the guidance of Dr. Tushar Guha. The process involved not just memorizing lines and steps but also understanding the deeper meanings behind our characters and their actions. It was very difficult. We dacoits bonded over these sessions, encouraging and pushing each other to perform better. The unity we developed off-stage translated into a seamless and powerful performance on stage.

The Green Room Transformation

The D-day was a flurry of activity. In the green room, we dacoits underwent a remarkable transformation. Our makeup artist, affectionately known as Makeup Dada, did tremendous work in bringing our characters to life. His skillful application of makeup and attention to detail ensured that each of us looked our part perfectly. The transformation was not just skin-deep; it helped us represent our roles more convincingly, adding an extra layer of authenticity to our performance.

The Grand Show

The evening of May 12th was filled with excitement and anticipation. The auditorium was packed with an eager audience. As the lights dimmed and the music began, we dacoits made our entrance with a burst of energy, setting the tone for the evening.

The performance flowed smoothly, with each scene building on the previous one, creating an Intensification of emotions and drama. The audience was enthralled by the story of Valmiki and his transformation, depicted through expressive dance and touching dialogue.

The performance of Balmiki Pratibha by Dr Tushar Guha's Nrityanjali at the NCPA Experimental Theatre was more than just a show; it was a celebration of art, culture, and the human spirit. The dedication and passion of everyone involved, from the cast to the backstage team, made it a night to remember. As the performance ended and the applause echoed through the theatre, we knew that we had created something special - an experience that would stay with us and the audience for a long time.

Experiences and Takeaways:

Dinesh Singh: This was my first major role in a dance drama, and it has been a learning curve. I have discovered new aspects of my abilities and gained immense confidence.

Satyasheel Jadhav: Playing a dacoit was a unique experience. It allowed me to explore a different side of my acting skills, and I enjoyed every moment of it.

Parmeshwaran: I will cherish the memories of this performance forever. It was a wonderful opportunity to be part of such a grand production.

A Heartfelt Thank You:

As I and all of us involved look back, we are filled with gratitude towards everyone who made this performance possible. Dr. Tushar Guha, whose vision and guidance were the backbone of the production; Dr. Annona Guha and Mr. Girish Dalvi, who crafted the beautiful dance sequences; Mrs. Sangita Sawant and Mrs. Maitri Khedekar for the costumes and properties arrangements; Our Anchor Mrs. Harsh Andan and our makeup artists, who transformed us into our characters with skill and creativity.

I am also thankful to the NCPA Dance Section Head Mrs. Swapnokalpa Dasgupta, the Experimental Theatre technical crew for the music and lights, and the team of Dance section for amkign this experience possible and memorable.

A special note of thanks goes to Mrs. Kala Ji and Mrs. Manjula More, whose unwavering support and hard work behind the scenes were crucial to the success of the show.



Festivals! Festivals! Festivals!



by Mrs. Mini Pillai

*Senior Faculty Member at Nrityanjali,
Member of the Editorial Board of PMP and
a Singer*



The Word Festival has a Charisma of its own and it represents bright colours, uplifting music and light hearted feelings of family and neighbourly affection. They enhance our mind and calm our soul and help in increasing socialisation.

As with everything else, India's diverse culture shines through when it comes to festivals. In India the month from August to December is a bag full of festivals. Season change also causes a celebration during Onam and Baisakhi. For us festivals are harbingers of change and hold holy meaning to the Indians all over the world.

India being an agricultural country, festivals generally depict the advent of new harvest. The farmers worship the Gods and Goddess of agriculture and harvest. These festivals make India a single entity as they are celebrated at the same time of the year.

Onam is a harvest festival of Kerala and it brings together a multitude of colours and flavours from across God's own country with unlimited celebration for 10 days. A festival celebrated with joy and enthusiasm by all Malayalees regardless of religion, caste or creed. The harvest festival generally begins between mid-August and mid-September. It holds a great significance as it commemorates the return of the legendary King Mahabali..

The legend King Mahabali, a devotee of Lord Vishnu, was the son of Virochan and the grandson of Pralhad. He was a righteous

and charitable man and treated all his subjects equally. There was no poverty, crime or cruelty during his rule. Despite Mahabali being a demon king, the state was at its glorious phase and his people adorned him. Mahabali's fame grew with each passing day which enraged the devas.

They approached Lord Vishnu and requested him to help them. Lord Vishnu took his fifth avatar- The Brahmin dwarf Vamana. He paid a visit to King Mahabali who was doing yagna. Upon seeing the poor Brahmin boy, Mahabali asked what he desired. The boy responded that he needed land which could be covered in three steps. Mahabali granted the boy's wish. He began to grow in size covering the entire Universe with the first two steps. Mahabali then realised that it is no ordinary boy before him but Lord Vishnu himself. Seeing that there was no more land left the king bowed before the boy offering his head for the next step. Satisfied by the king's devotion Lord Vishnu blessed Mahabali and sent him to Pathala, the nether world. There the King requested the Brahmin to reveal his true identity. Lord Vishnu appeared before the King and granted him permission to visit his subjects once every year.

The place where this incident is believed to have taken place was given the name Thrikkakara. This temple is situated in Kochi. This incident is said to have occurred on the star sign of Thiruvonam in the month of Chengamanad it is this day of the visit of King Mahabali to Kerala that is celebrated as Onam every year. They wish to please the spirit of their King by depicting that his people are happy and wish them well.

Apart from these folktales, Onam is also a celebration of the harvest season. It marks the end of the monsoon and to welcome the harvest season. After the rainy Season, Chingam (17th August to 16 September) is a time of sunny days, a time to ready oneself for the next cycle of farming after a season of celebration, fun and feasting. Chingam arrives after the earth has been drenched in the monsoon rains. The rainwaters would have brought sediments rich in minerals to revitalize the farms. It brings the dawn of a new hope. Onam is a time that brings alive pleasant memories of rich farming tradition. So Onam is celebrated by all Keralites irrespective of religion, caste and creed.

Celebration commences from the first day, Atham. The day is regarded holy and auspicious by the people of Kerala and the notable feature of this day is making of Pookkallam or the flower carpet starts from this day. Attha Poo is prepared in the front courtyard of the house to welcome the spirit of King Mahabali. In the following days more flowers are added to the Pookalam and it turns out to be massive in size on the final day. A swing is slung on a high branch of a tree and decorated with flowers known as 'oonjal' in the courtyards of their home. Families start stocking up their homes with the season's first ever crops as people celebrate Onam with variety of dishes.

Another event is the renowned snake boat race are known as Vallamkali which is held in the Pamba river on the fifth day. People from faraway location come to Kerala to witness and support the participants in this race.

On the 9th day – Uthradam, the festival reaches its peak. According to the legends, King Mahabali arrives in Kerala on this day. Clay statues of Mahabali and Vamana are positioned in the centre of the Pookalam to being the further ritual. The celebration also

includes Kerala's traditional Kathakali, Kaikotikali (a popular dance performed by women around a lighted lamp) , Kummattikali (a dance with heavily painted colorful masks), ThumbiThullal (a fun game performed by women as part of Onam festival) Pulikali or tiger dance (performed by men). People of different genders perform these dance types with separate style and costumes.

The 10th day, Thiruvonamis the most auspicious day and it marks the end of the Onam celebrations. On this day people paint intricate designs on their front doors with rice flour batter to welcome King Mahabali. Women wear Kasavu Sari, a traditional Kerala dress while men wear Kasavu Mundu and shirt and young girls wear Pattu Pudevai. Several dishes are made with recently harvested fresh fruits and vegetables and enjoy Onasadhya, the Onam feast, which often comprises of 20 to 25 dishes served on a banana leaf. The elaborate lavish feast is served in every single home in Kerala which ensures that the message of oneness and hope is spread far and wide.

Despite the many advantages of celebrating festivals as a community, it is necessary to take a note of the toll it takes on the environment. There is a strong case to be made for us to consciously integrate sustainability practices into the way we celebrate our festivals, **only then can we freely declare that festivals are the harbingers of the GOOD kind of change in all aspects and bring in colours to our Life.**



RECIPE *by Mrs. Rutuja Narvekar - Home Maker, Faculty with Nrityanjali*

RUSHICHI BHAJI

A traditional delicacy from Maharashtra Cuisine specially prepared on Rishi Panchmi, the second day of the Ganapati festival, when the “sapta rishis” are worshipped. A super healthy curry made with 21 vegetables. Nowa days this recipe is made with seasonal vegetables available in the market.

Ingredients:

Leaves... Colocasia, Red Amaranth leaves and their stems
Boiled corn Pieces... 4 -5 cut 2 inches long
Boiled pea nuts..... half bowl
Boiled green peas..... half bowl
Sweet potato, pumpkin, potato, raw banana, suran..one bowl
Snake gourd, ridge gourd.....one bowl
Val papadi..... one bowl
Green chilies... 8- 10 nos
Ginger... 1/2 inch
Tamarind pulp... 2 tbsp (soak for 5 mts)
Fresh grated coconut.....one cup
Butter.....one cup (desi ghee)
Jaggery..... small piece
Salt as per taste

Method:

Heat butter in a large cooking pot and add to it chopped Colocasia and Amaranth leaves along with their stems. Stir it well and further add corn pieces, sweet potato, raw banana, pumpkin, snake gourd, ridge gourd, green peas, peanuts, val papdi and mix well.

Grind one cup fresh grated coconut, ginger, and green chilies to a thin paste. Add this paste to the vegetables and mix it well. Add 2 tbsp tamarind pulp, small piece of jaggery and salt to taste and stir it well. Add enough water and cover it with a lid and allow it to get cooked on medium flame for 15 minutes.

Serve hot with bhakri/rice/roti.

RAGI HALWA



Ragi also known as finger millet or Nachni is a super food rich in calcium, iron, phosphorous and vitamins. A fiber rich food which controls cholesterol and blood pressure. We can make different recipes from Ragi like smoothie, laddu, halwa, roti, dosa etc.... Given below is the preparation of Ragi Halwa.

Ingredients:

Ragi..... 2 cups
Coconut... 1 medium size
Jaggery..... 2 cups,
Cardamom powder... a pinch
Nutmeg powder..... a pinch
Cashew nuts... Few small pieces
Salt as per taste

Method:

Take two cups of Ragi, wash thoroughly and soak it overnight. Next day morning drain the water and transfer Ragi into the mixer jar. Add required water and grind until fine paste. Extract the juice from this paste with the use of a strainer. This process is to be repeated two to three times. Keep aside this mixture.

Grate one medium sized coconut and make a fine paste adding some water. Strain and extract thick coconut milk. Take a large bowl add jaggery, Ragi mixture and thick coconut milk, mix well. Place it on medium flame and add chopped cashew nuts, nutmeg powder, cardamom powder and little salt. Stir continuously to avoid any lump formation and the mixture should become thick. At this point switch off the flame.

Take a flat plate and apply ghee on the surface (to avoid sticking), transfer the hot mixture into the plate and allow it to cool down till it gets a bit solidified. Make pieces of required size by slicing with the help of knife and serve the tasty halwa.

Rhymes & Verses

Cyclone's Fury

This gust of wind here and there,
Doesn't make life any fair.
All the poor plants and trees,
Have to bear more than a small breeze.
None of us like this natural disaster,
As it doesn't really make our life faster.
The cyclone always moves around so free,
And it spoils our faces which were with a
glee.
There is chaos everywhere, because we
don't know what to do,
As surprisingly a cyclone always comes
through.
There is no cyclone without thunder and
lightning,
When it comes, it is so frightening.
We stay at our homes and take a break,
But when the strong wind comes, windows
start to shake.
Alas! The cyclone is gone,
Some people might have thought,
"Where did it come from?"
But in the end, none of us will care,
As the cyclone is gone and there is
happiness to share!



written by Ms. Aditri Dutta. She is the youngest member of Nrityanjali by birth. A student of Kathak and Vocal, she is the youngest artiste of Nrityanjali's Sinday classes. Recently, Aditri acted the lead character of 'Balika' in dance drama Balmiki Pratibha performed at Experimental stage of NCPA

कोई अर्थ नहीं

नित जीवन के संघर्षों से
जब टूट चुका हो अन्तर्मन
तब सुख के मिले समंदर का
रह जाता कोई अर्थ नहीं

जब फसल सूख कर जल के बिन
तिनका - तिनका बन गिर जाए
फिर होने वाली वर्षा का
रह जाता कोई अर्थ नहीं

संबंध कोई भी हो लेकिन
यदि दुःख में साथ न दे अपना
फिर सुख में उन संबंधों का
रह जाता कोई अर्थ नहीं

छोटी छोटी खुशियों के क्षण
निकल जाते हैं रोज़ जहाँ
फिर खुशी की नित्य प्रतीक्षा का
रह जाता कोई अर्थ नहीं ।

मन कटुवाणी से आदत हो
भीतर तक छलनी हो जाए
फिर बाद कहे प्रिय वचनों का
रह जाता कोई अर्थ नहीं ।

सुख साधन चाहे जितने हो
पर काया रोगों का घर हो
फिर उन अनगिनत सुविधाओं का
रह जाता कोई अर्थ नहीं ।



Written by Simi Mohan. She is an alumni of SPDC level I and has been a part of Nrityanjali's volunteer team to conduct various activities for Swatch Bharat Pakhwada . A soft spoken person. She loves to serve the society through various ventures

Did U Know.....

Please Walk

Both the legs together have 50% of the nerves of the human body, 50% of the blood vessels and **50% of the blood is flowing through them.**

Walking is the **largest circulatory network** that connects the body.

Walk daily. Only when the feet are healthy then the convention current of blood flows, smoothly, so people who have **strong leg muscles** will definitely have a **strong heart**.

Aging starts from the feet upwards.

As a person gets older, the **accuracy and speed of transmission of instructions between the brain and the legs decreases**, unlike when a person is young.

In addition, the so-called **Bone Fertilizer Calcium** will sooner or later be lost with the passage of time, making the elderly more prone to bone fractures.

Bone fractures in the elderly can easily **trigger** a series of **complications**, especially fatal diseases such as brain thrombosis.

15% of elderly patients generally, **die** maximum within a year of a **thigh-bone fracture !!**

Exercising the legs, is never too late, even after the age of 60 years.

Although our feet/legs will gradually age with time, **exercising our feet/legs is a life-long task**. Only by regular strengthening the legs, one can prevent or reduce further aging.

Please **walk for at least 30-40 minutes daily** to ensure that your legs receive sufficient exercise and to ensure that your leg muscles remain healthy.

SOME TIPS TO KEEP FEET HEALTHY



LAUGH IT UP

Which Sandwich Would You Get On A Beach?

Peanut butter with some jellyfish

Which Is The Favorite Vacation Spot For The Math Teachers?

Times Square

Why Did The Science Teacher Jump To The Pool?

To test the water

Why Are The Mountains A Funny Place For Vacation?

They are hill-arious!

Why Didn't The Oyster Share Its Pearl?

It's shellfish!

What Does A Toddler Wear For Swimming?

Pool-ups

Why Doesn't The Sun Go To University?

It already has millions of degrees.

What Has Ears But Still Cannot Hear?

A Cornfield

What Does A Pig Say On A Hot Summer Day?

I am bacon!



A day without laughter is a day wasted.

What Starts At The Green And Ends At Red?

A watermelon

What Did The Newspaper Ask About The Ice Cream?

What's the scoop!

What Do The Bees Say In Summer?

It Swarm!

How Can You Prevent The Summer Cold?

By catching it in winter.

Why Do The Robots Need Holidays?

To recharge their batteries.

Why Did The Professor Put On his Sunglasses?

Because his students were bright.

Which Letter Is The Coolest One?

Iced T

Which Glasses Are Used By The Sun?

Sunglasses



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
26th	Sanjukta Guhathakurda
27th	Swapnali More
31st	Vinaya Keni

August

1st	Pranoti Pimpalkhare
4th	Vilobha Kukde
5th	Ketki Naik sarang
12th	Ankita Narkar
13th	Krutika Adkar
16th	Latha Venkat
17th	Maitri Khedekar
20th	Girish Dalvi
24th	Vasanti Anand
31st	Abhilasha Saxena

**September**

4th	Nivedita Damle
5th	Yogita Gawde
6th	Anonna Guha
7th	Satyen Tawde
12th	Tushar Guha
22nd	Damodar Bhat
23rd	Parmeshwaran Vaidyanathan
26th	Devesh Bhat
27th	Uma Mahesh
27th	Bhavika Nathwani

October

1st	Yogesh Mandalia
1st	Sneha Abhilash
1st	Jayosmita (Mohor) Chatterjee
14th	Revathi Sethuraman
21st	Kavya Khedekar
24th	Rekha Vijayakar
26th	Anjum Shaikh
26th	Sanah Parab

●

You Can Contribute

Articles, Poems - Original or Sourced
 Pictures / Sketches in Black & White only
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