

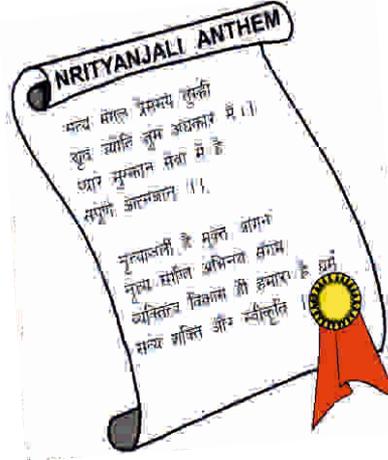
# Parichay Mein Parichay



**Nriyanjali**<sup>®</sup>

*Leader in Personality Developments & Emotion Management*

Parichay  
Mein  
Parichay



**Volume 34 No.3**  
Date of Publication:  
27<sup>th</sup> JULY 2025  
Registration No. 54810192

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**Published by:**

Dr. Anonna Guha on behalf of  
Nriyjanjali  
Information Services (NIS)

Printed at  
**Kumud Printers**  
LBS Marg, Bhandup (W)  
Mumbai 400 078

**Dear Readers,**

Wishing All Nriyjanjali-ites a Very Happy 63rd AGM!

The guiding philosophy of Nriyjanjali — “*Love, Care, and Share*”, no matter how little we have — continues to be upheld beautifully by all our dedicated members.

The first half of the year has been vibrant and action-packed. A highlight was the fundraiser program for the girl child, featuring the awe-inspiring dance drama “*Chaitanya Mahaprabhu*” scripted, directed and enacted by our Sir, Dr. Tushar Guha. The heartfelt support in the form of adding to the fund’s project, and the overwhelming appreciation from our well-wishers have found a special place in our latest magazine edition.

Nriyjanjali **Residential Summer Camp** 2025 marked a vibrant return post-Covid, with enthusiastic students aged 11 to 17. Special thanks to HPCL for their huge participation. The 4-day camp was a resounding success. While our faculty team rejoiced the teaching experience they missed; our children found the experience both inspiring and enriching.

We celebrated **Swachha Bharat Pakhwada** 2025 (July 1st–15th) with immense enthusiasm. From conducting workshops on Health & Hygiene, Waste Segregation, and ‘Know Your Plastic,’ to performing *Nukkad Nata* and *Prabhat Pheris* at various locations and organizing health camps — the spirit of community service shone through in every activity, under BPCL initiatives.

This quarterly issue focuses on “**The Self**” — exploring themes such as Meditation, Self-determination, and Ayurveda-based treatments for individuals and includes the AGM report of Nriyjanjali. A truly enriching read!!

Let’s continue to spread our message of unity, compassion, and positive action.

**Mini Pillai**

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

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<b>July '24 Vol .33 No.3</b>	Dinesh Singh, Sonali Badalwadi

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## ACCOLADES

**Dear Anonna Madam,**

1st June 2025, evening's performance was absolutely spectacular, amazing and shall be ever-memorable.

Guru Dr. Tushar Guha ji completely captivated us with his divine aura and blissful smile... Each and every aspect of the dance drama conceived by him was complete and simply outstanding.

Ma'am as you frolicked on the stage as Radharani, we were mesmerized... When you wept as Vishnupriya when Nimai took sanyaas, we were in a state of catharsis.

All the performing artists including small Nimai delivered their part with utmost sincerity... The set design was simple, notably devoid of unnecessary gimmicks.

Kudos to the Costume and makeup artists - they enhanced the performance of the artists and were not overpowering. The makeup, wigs and dresses were so perfect that we could not distinguish the girls playing the *sanyaasis*. In all, ma'am it was a great delight to the *rasiks*. We thank you all so much for this dance drama, 'Chaitanya Mahaprabhu'.

**Mr. Kritea Rana**  
Odissi Dancer

**Dear Nrityanjali Artists,**

My heartfelt appreciation for the wonderful programme held on 1st June. Girish Sir's portrayal of Lord Krishna was truly graceful and divine. Ms. Aditi Bhagwat's Kathak performance was equally charming and appealing. And the role of Sri Chaitanya Mahaprabhu by Sir created a spiritual and uplifting atmosphere within the auditorium.

It was delightful to witness three generations of the family performing together on stage, a memorable moment. Each and every artist was outstanding and their dedication and hard work clearly reflected in every performance. The choice of colours in costumes enhanced the show.

I thoroughly enjoyed the entire programme. The coordination, effort and passion behind the entire programme is truly commendable.

**Mrs. Mini Pillai**  
Nrityanjali Faculty Member & Editor - PMP

**Hello Dr. Anonna Guha,**

It was indeed a great pleasure to watch Nrityanjali's art performance, especially you and Dr. Tushar Guha were magnificent. Strong interpretation of the story through your movements, expressions and dance were really great. You and the entire team for sure made a spectacular performance. Loved it.

Thank you and it was nice to have been associated with you. Would love to see your performances in future as well ... Thank you

**Ms. Priyanki Meda**  
Devotee, Gaudiya Math, Bandra

*Chaitanya Mahaprabhu filled our hearts. My daughter Ria was mesmerised and said Sir is incarnation of Shri Chaitanya. Pranam*

**Guru Latasanadevi**  
Manipuri Dance Exponent

Flawless performance of Chaitanya Mahaprabhu. Mesmerised.

**Mr. Amit Kumar**  
Audience, From Lodha Imperia CHS, Bhandup

*Would like to watch Chaitanya Mahaprabhu more and more. So beautiful.*

**Mr. Arindam Ganguli**  
Playback Singer for Dance Drama Chaitanya Mahaprabhu

Chaitanya Mahaprabhu is an out of the world production, I loved it so much - can't express in words. Even for a minute could not look anywhere else. Behind us were two chinese guests, we explained to them. Was really surprised to see them attending. Very very contented.

**Ms. Swagata Bannerjee**  
Director, Euro Group of Educational Institutions

*We liked the dance ballet a lot You looked so beautiful. Dr Tushar Guha is very impressive.*

**Ms. Minakshi Rana**  
Audience, from Juhu

## ACCOLADES

**Dear Ma'am / Sir,**

I am Rithikaa Garud's mother. I would like to thank one and all, who have taken so much care to make the children comfortable and enjoyable camp, which will be cherished throughout their life. I wanted to extend my heartfelt thanks and appreciation for the wonderful arrangements made for the event.

Everything right from the planning and coordination to the hospitality and smooth execution was truly impressive. The attention to detail, punctuality, and the warm, welcoming atmosphere made the experience thoroughly enjoyable and memorable. It was evident that a lot of effort went into ensuring everything ran seamlessly.

Congratulations on a successful event, and thank you once again for your dedication and hard work. Looking forward to future events with the same excellence! Thank you once again from the bottom of my heart. Keep up the great work every year. Looking forward next year. Thank you and regards,

**Mrs. Lalitha Garud**  
Parent- Nriyjanjali Summer Camp, Bandra

**Dear Nriyjanjali**

Thank you very much for providing my daughter Vanshi Sheth a memorable and wonderful experience in the summer camp. She thoroughly enjoyed the time making new friends and gained experience and learned life lessons which she will cherish for long long time. Thanks once again.

The organising part was also flawless with timely updates in form of messages, photos, and videos. It was a truly professional event. Regards.

**Mr. Kamlesh Sheth**  
Parent of Nriyjanjali Summer Camp

**Dear Dr. Anonna Guha Madam,**

Thank you very much, while travelling back to Vasai I have been discussing with Theon about the residential summer camp organised by Nriyjanjali, and he shared extraordinary memories and excellent feedback. Thank you to your team. I also want to know whether your institution conducts such a camp for outsiders also?

**Mr. Christopher Rodrigues**  
Parent- Nriyjanjali Summer Camp &  
HPCL Employee

**Dear Sir,**

A heartfelt thank you to Nriyjanjali and Dr. Tushar Guha Sir for nurturing my passion for dance and giving me the incredible opportunity to perform abroad in Switzerland. I'm deeply grateful to Anonna Ma'am for her constant encouragement and for believing in me.

A special thanks to Girish Dalvi Sir and Sangita Sawant Ma'am for making this experience so smooth and memorable—their support, patience, and warmth gave us the freedom to enjoy every moment of the journey.

Cultural Tour to Switzerland was a peaceful, beautiful trip, made even more special by the country and the company. From chit-chatting along the way to exchanging thoughts and learning from one another, this journey was truly enriching in every sense. My love and well wishes to Nriyjanjali and our team, always and forever grateful

**Ms. Ketaki Naik**  
Nriyjanjali Artist &  
Marketing Professional with Bonaza Portfolio Ltd., Mumbai

**Dear Sir,**

Thank you from the bottom of my heart for giving me this opportunity to perform on the international stage.

I am forever grateful for everything Nriyjanjali has given me. I always feel blessed to be the part of Nriyjanjali family.

**Ms. Ankita Narkar**  
Nriyjanjali Artist  
& Research Executive – SIRO Clinpharm Pvt. Ltd., Thane

**Dear Sir,**

As always, the show on 8th June 2025, was outstanding, people moved out of the hall with the Hari Bol song. Every artist was excellent in their performance.

The choreography was par excellence and every song and dance were mesmerising. In spite of having seen the show before it looked so new and fresh and divine at the end.

**Mrs. Geeta Chandrasekaran**  
HR Head, Nriyjanjali Group

## ACCOLADES

**Dear Sir,**

Very fortunate to have witnessed such a great performance on 8th June. You have incredible energy and positivity. Blessed are us.

**Dr. Shital Mohite**  
Orthopedic and Neurosurgeon

**Respected Sir,**

I loved the entire show. Choreography, light music, costumes everything was so synchronised and each and every artiste gave their best.

I loved the most when you unveiled yourself and appeared as Sage Chaitanya Mahaprabhu, your expressions were amazing I felt overwhelmed and I got connected to the character (Chaitanya Mahaprabhu ji in the divine state of heart and mind) I am grateful to you. Thank you

**Mrs. Kirti Shukla**  
Artiste & Corporate Professional

**Namashkaar Tushar Guha Ji**

My honour and privilege to share stage with you and your team and spend two fabulous evenings doing what I love the most - DANCE. Thanks to Anonna Ji for bringing us together. Many more to come. Lots to learn from you Sir

**Aditi Bhagwat**  
Renowned Kathak and Lavni Dance Artiste

**Dear Sir / Madam,**

Watching Chaitanya Mahaprabhu on 1st June at Bal Gandharva Auditorium was a spiritual treat. When Sir transforms as Sage Chaitanya its goosebumps. Splendid

**Mrs. Vasanti Anand**  
Counselor, Corporate & Education Trainer with NRITYANJALI

**Respected Sir,**

It gave me immense joy to be part of one of Nrityanjali's flagship performances: Chaitanya Mahaprabhu.

Kudos to Sir—while watching the video of the last scene, I couldn't help but notice that his steps had the highest bounce and precision, even at 78. Truly inspiring. Honestly, instead of looking above the audience for the right expression of bhakti, I found it while watching Sir perform—what determination and

grace. He truly deserves every bit of the audience's and his students' admiration. A mini milestone for me—when Sir stood in as a proxy for my dance partner. I got to dance with him for those 2-3 minutes. I was beyond nervousness and excited—I'll always cherish it.

Little Aarush is so lucky to have his blessings as an artist so early in life.

Girish Sir as Krishna—felt like the real Krishna had stepped on stage. Divine.

And Anonna Ma'am, is a star. You shine from every corner of the stage. I hope to imbibe your confidence and precision someday—nowhere near but WIP

If I fell short in any way, I sincerely hope we still did justice to your vision, Sir. I consider it a privilege to be a part of Chaitanya Mahaprabhu and to have shared the stage with you.

Thank you to all team members and Sir for every experience I have with you all. It makes life easier.

**Mrs. Ketaki Naik**  
Artiste In Chaitanya Mahaprabhu  
& Marketing Professional with  
Bonaza Portfolio Ltd., Mumbai

**To Nrityanjali NGO**

On behalf of the school and students, I would like to express our heartfelt gratitude for you NGO's collaboration with BPCL in generously sponsoring the dental check-up in our school and providing dental kit to our students. Your thoughtful gesture of donating goodies to our non-teaching staff is truly appreciated.

Additionally, your contribution of cleaning equipment to the school has made a significant impact, especially during the **Swachha Pakhwada** celebrations. Your kind act has touched our hearts, and we are truly thankful for your support.

Please accept our sincerest appreciation for your kindness and generosity. Your contributions have not only benefitted our students but also our entire school community.

**Smt. V M Dhuri**  
Head Mistress  
Rochiram T. Thadani High School  
For Hearing Handicapped, Chembur

## ACCOLADES

### Dear My Nrityanjali Family Members

As promised, I want to share my honest view watching Chaitanya Mahaprabhu on the 8th June. I have been a part of the performances all the times in the past, as Sakhi with Radha Krishna, as Village Girl, Sadhu and graduated to playing lead role as Laxmipriya. Naturally Sir, I am too emotional.

This is the first time I sat in the audience and watched our Chaitanya Mahaprabhu.

To start with, I could not fall asleep that night because "Hari Bol Hari Bol;" kept running in my mind throughout the night. I was filled with nostalgia, having been part of this dance drama, and it remains dear to my heart.

My Sir - I have seen you on stage many times, but this time I was in awe. Seeing you in your late 70s was nothing short of a miracle. Chaitanya Mahaprabhu Himself could not inspire such strength and vitality. Sir, I have not seen Chaitanya Mahaprabhu but for me it is "YOU";

In Sadhu dance when you turn in that music showcasing Chaitanya Mahaprabhu with all focus on you - that scene - everyone was experiencing that divine energy with eyes full of tears.

I am too small to talk about seniors. Girish Sir, Sangita Madam, Shoma Di (Anonna Madam) - their expressions make a big difference on stage.

Nivedita Di, Manasi Di, Kalaji, Maitri Di - I could really feel the depth of their connection with you and with Chaitanya Mahaprabhu.

Special recognition to Param who played the role of Keshav Kashmiri Pandit. He did it really well. And the girl who played role of Nityanand.

The Sakhi dance of Radha Krishna (we refer the dance as Manipuri) is very close to my heart. I first performed this dance. The dupatta is now changed but it looked awesome on stage. Sir, Manipuri dance is all about grace and soft loving movements, I remember you teaching us even the movements of our eyelids... except Radha Krishna only Sangita and Manasi Madam this was visible. The younger Girls needs more practice in that. Other than this all the dances were fabulous.

Mishti (Aditri) and Kavya were so cheerful - both, in bathing scene and Wedding scenes. The thieves acted very well. Watching Tushar, Satyasheel, Manjula -make me very proud, I guess they are now the Seniors. We could feel that confidence. My friend was with me. She could not believe that Sir is going to dance.

The last dance made me cry. From start to end, it was really mesmerizing. The finale was simply outstanding, Harsha

Madam was calling out the names of artistes and everyone was coming one by one and was standing in their given position it was so flawless

As a part of this dance drama, I could imagine the backstage rush to change costumes and getups.

Though I was not dancing but I enjoyed being the audience while relishing being one amongst you in the past. Thank you so much for this experience.

**Ms. Sampada Sakpal**

Sr. Nrityanjali Member Artiste, Bharatnatyam Exponent and Finance Manager, DHL Global Forwarding

### Dear Dr. Tushar Guha,

I was overwhelmed by your immense love and honour bestowed on me... Please accept my deepest gratitude to you and Nrityanjali

**Mrs. Rekha Vijayakar**

Senior Director ADAPT

### Dear Dr. Tushar Guha Sir,

We extend our heartfelt gratitude to you and your team for taking out time from your busy schedule to conduct the workshop on 'Grooming and Etiquette' for our staff members from Four Pawar Public Group of Schools, Mumbai on 3rd June, 2025.

The session was truly enriching and provided valuable guidance on personal presentation, social manners and professional conduct. Your practical tips and thoughtful interaction made the session enjoyable and impactful for all the participants.

Your expertise and engaging presentation style made the learning experience enjoyable and memorable. We believe that it will significantly improve our professional image and social interactions. We are happy to share with you the glimpses of the workshop conducted. We look forward to many more such positive interactions with you in the future. - Regards,

**Mrs. Suma Das**

Principal- Pawar Public School, Bhandup

### Dear Dr. Tushar Guha Sir

I need to thank you for always accepting our invitation. We feel enriched and rejuvenated with your energy and positivity. Thank you is too small, a word, to express our gratitude for helping the staff to reflect on their attitude, work habits and the critical role they play in building the school climate. Regards

**Mrs. Ishita Chowdhury**

Principal- Pawar Public School, Dombivli

## ACCOLADES

Dear Sir,

It was a pleasure to be a part of such a meticulously planned and executed event - the Annual Meet of Open Forum for Principals, India on 25th June 2025 at NGMA, Mumbai. The crispness and the precision of the event truly brought to the forefront the organisational skills, the team spirit & expertise of Nriyanjali family.

Every segment was engaging and offered something worth cherishing. Right from Nidhi ma'am's encouraging & inspiring words to the exciting and interactive Game time each part of the days event was worth appreciating. Loved the way in which Revathi ji calmly and eloquently enlightened the educators about the nitty gritty of mentoring.

Hearing you is always a joy and pleasure. We all felt you should have spoken a little longer. Thank you for honouring our organisation. We are truly humbled.

Chiragbhai hardly attends such event but he came here (a rear happening!) Both the brothers were truly happy. It means a lot to receive this recognition from Nriyanjali *Thank you* will be too small a word to express everything we feel. Would like to conclude by just saying "GRATITUDE GRATITUDE GRATITUDE."

**Mrs. Seema Shaikh**  
Trustee Pargnya Bodhini School, Goregaon

Dear Dr. Tushar Guha

Greetings from St. Xavier's High School, Dhobi Talao, Mumbai

On behalf of the Management of the School, I sincerely express my gratitude to you for accepting our invitation to conduct Effective Parenting Session during our Annual PTA Meeting on 8th July 2025.

Your session was deeply insightful, engaging, thought provoking, with practical strategies and valuable perspective you shared were not only enlightening but also empowering for our parents. Your ability to connect with the audience and address their concerns with empathy and expertise made a lasting impression.

We truly appreciate the time, effort and dedication you devoted to making the session meaningful experience for all present.

Thank you once again. and Regards

**Sis. Thresia Sini**  
Head Mistress St. Xavier's High School, Dhobi Talao



Nriyanjali artists along with the artists of Abhinaya Institute of Research & Fine Arts, Vasai celebrating Krishna Consciousness 'Harinam' during the Roadshow at Winterthur organised by ISKCON, Zurich in April 2025

## FOOT PRINTS...

*Nrityanjali News up to 15th July 2025*

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

- On 2nd June 2025 Dr. Anonna Guha and Mrs. Harsha Andan conducted Full Day Training Programme on **Leading Self** for 42 officers of **Bank of Baroda** at their Training Centre in Andheri, Mumbai
- On 9th June 2025 Dr. Anonna Guha and Mrs. Maitri Khedekar conducted Full Day Training Programme on **Manojet - 3.0** for 48 staff members of **Bank of Baroda** at their Training Centre in Andheri, Mumbai
- On 12th June 2025 Dr. Anonna Guha, Mrs. Maitri Khedekar and Mrs. Sreekala Velambath conducted Full Day Training Programme on **Manojet - 3.0** for 54 staff members of **Bank of Baroda** at their Training Centre in Ballard Estate, Mumbai
- Bank of Baroda invited Nrityanjali Management Services to conduct Management Trainings on 14th, 15th & 16th July 2025 at their Training Centre in Andheri, Mumbai. The training was to train **CASA Champions on Communication, Customer Negotiations and Relations**. Dr. Anonna Guha, Mrs. Maitri Khedekar conducted the same.
- On 17th July 2025 Dr. Anonna Guha conducted four hours training on **Team Dynamics, Interpersonal Skills and Art of Delegation** for the officers of **Bank of Baroda** in Mumbai.
- Hindustan Petroleum Corporation Ltd designed a special programme **HUMSAFAR** to honour the dedicated services of its employees during its Golden Jubilee Year 2024-2025. **Humsafar** covers the topics - Harmony of Body, Mind and Soul, Yoga and Nutrition, Fitness, Creating and Managing Wealth and Family Orientation. Fifteen programmes of Humsafar were conducted by Nrityanjali Management Services between August 2024 to January 2025 in Khandala (7), Visakhapatnam (1), Siliguri (1), Kalimpong (1), Dharamshala (1), Jim Corbette (2), Hyderabad (1) and Chilka (1). The Second round of HUMSAFAR programme commenced at Khandala. The programme was conducted by Dr. Tushar Guha, Mr. Sudipta Sengupta, Mrs. Geeta Chandrasekaran and Mrs. Harsha Andan on 17th, 18th and 19th July 2025.

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

- Life Skill Programmes for Students were conducted at Little Angel High School, Sion
- Life Skill Programmes for students of Std. 1<sup>st</sup> to 4<sup>th</sup> commenced from July 2025 at Bai Kabibai English School, Fort

### Workshop for Teachers

- On 13th June 2025, Mr. Girish Dalvi conducted one hour workshop on **Being Effective Learners** for 104 teachers of **Vivek Vidyalaya, Goregaon**
- On 28th June 2025, Dr. Tushar Guha conducted two workshops of two hours duration each on **International Grooming** for 90 Teachers of **Pawar Public School, Chandivali**.  
Mrs. Maitri Khedekar and Mrs. Mini Pillai were the co-faculty members
- On 30<sup>th</sup> June 2025, Dr. Tushar Guha conducted 3 hours workshop on **International Grooming** for 60 teachers of **Sir J.J. Girls' School, Fort and Sir J.J. Boys' School, Fort**.

## FOOT PRINTS...

*Nrityanjali News up to 15th July 2025*

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

### Workshop on Effective Parenting

- **Indradeosingh International School, Ghatkopar** invited Dr. Tushar Guha to conduct two sessions on **Effective Parenting** on 28th June 2025.
- **Kapol Vidyanidhi International School, Kandivali** invited Dr. Tushar Guha to conduct three sessions on **Effective Parenting** for the parents of Std.9th & 10th on 5th July 2025
- **St. Xaviers High School, Dhobi Talao, Mumbai** invited Dr. Tushar Guha to conduct one session on **Effective Parenting** on 8th July 2025

### Workshop for School Administrative Staff

- Dr. Tushar Guha conducted two workshops of three hours duration each on **Etiquette & Grooming for 90 Administrative Staff members of four Pawar Public Schools - Bhandup, Chandivali, Dombivli and Kandivali** on 3rd June 2025.  
Mrs. Geeta Chandrasekaran joined Dr. Guha in conducting the workshop. Mrs. Maitri Khedekar and Mrs. Mini Pillai assisted

### OPEN FORUM for PRINCIPALS (OFP)

- Dr. Tushar Guha conducted three hours workshops on **Leadership for Principals** of 28 schools on 24th April 2025 hosted by **Pragnya Bodhini School, Goregaon**.  
The workshop is the first in the series of **Leadership** programmes to be conducted round the year as per the consensus decision of Principals at the Meet held on 28th March 2025 at **Smt. Sulochanadevi Singhania School, Thane** where 35 Principals attended.

### OFP will continue to organise workshops as follows-

1. Leadership (for Principals),
  2. Etiquette and Grooming (for Principals, Teachers and Administrative Staff of Schools),
  3. Handling Relationships - Teachers, Students & Parents Programme for Principals Relationships - Teachers, Students & Parents Programme for Principals
  4. Creating and Managing Wealth (for Principals) and
  5. POC SO (for Principals)
- **On 25th June 2025 the Annual Meet of Open Forum for Principals (OFP) - India was held in collaboration with National Gallery of Modern Art (NGMA), Mumbai, Ministry of Culture, Govt. of India.**
    - Dr. Suresh Nair - Chief Coordinator OFP Maharashtra and Advisor of Vivek Vidyalaya, Goregaon invited the dignitaries to inaugurate the Meet by lighting of the Lamp.
    - The Host Principal delivered the Welcome Address.
    - Dr. Anonna Guha (Treasurer OFP & Managing Director Nrityanjali Group) along with Mr. Girish Dalvi (Secretary- Chief Administrator OFP & Director Operations Nrityanjali Group) made a detailed presentation of OFP activities
    - Madam Nidhi Choudhuri (IAS), Director of NGMA, Mumbai gave the welcome address, setting the tone for the day.

## FOOT PRINTS...

*Nrityanjali News up to 15th July 2025*

- The Founder Chairperson of OFP Dr. Tushar Guha in his address spelt out the future plans of OFP.
- Dr. Revathi Srinivasan, National Convenor of OFP conducted a session on Mentoring of Teachers.
- During the Open House Discussion, all Principals shared their suggestions and acknowledged the contribution of OFP conducted through various Workshops as follows:
  1. Workshops for Principals on Leadership
  2. Workshops for Principals & Teachers on Handling Relationships with all the Stake holders
  3. Workshops for Principals on Creating & Managing Wealth
  4. Workshops for Principals on Awareness on POCSSO
  5. Workshops for Principals & Teachers on Etiquette & Grooming
  6. Workshops for Teachers on subjects - Mathematics, Geography, Vedic Math, English Language, Marathi Language.
  7. Local Exchange Programmes of Students and Teachers
  8. International Exchange Programmes of Students and Teachers

The Meeting ended with the Vote of Thanks by Dr. Chandrakala Mishra followed by lunch.

### **HUMAN RESOURCE DEVELOPMENT**

- ✓ Regular HR Meet for the faculty members were held.
- ✓ **The 16 days Special Personality Development Course Level 1 (SPDC 1) physical class Batch 2 - 2025** commenced from 3rd May 2025 and ended on 7th June 2025

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

**The 16 days Special  
Personality Development  
Course Level 1 (SPDC 1)  
physical class Batch 3 - 2025  
will commence on  
7th September 2025**

### **SOCIAL ACTIVITIES DIVISION**

1. On 30th April 2025, **Nrityanjali artistes** Mrs. Sangita Sawant, Mrs. Maitri Khedekar, Ms. Tanvi Kadam, Ms. Khushi Bhone along with dancers from **Abhinaya Institute entertained inmates of Old Home at Virar**

## FOOT PRINTS...

*Nrityanjali News up to 15th July 2025*

### SOCIAL ACTIVITIES DIVISION

2. After the Covid Pandemic, Nrityanjali organised the 21st Residential Children Summer Camp at Dew Drop Resort, Igatpuri from 4th to 8th May 2025

72 Children from age 7 years to 17 years joined the Camp which had 14 Faculty Members and included the following activities: Meditation & Yoga, Swimming, Poetry Reading, Voice Modulation and Singing, Drama, Street Play, Warli Painting, Flower Making, Folk Dances, Aerobics, Zumba and Western Dance.

We express our deepest gratitude to the following Faculty members who volunteered to managed the Camp.

- |                            |                         |                           |
|----------------------------|-------------------------|---------------------------|
| 1. Dr. Anonna Guha         | 6. Mrs. Rutuja Narvekar | 11. Ms. Sakshi Jadhav     |
| 2. Mrs. Maitri Khedekar    | 7. Mrs. Diksha Bhat     | 12. Mr. Balkrishna Sawant |
| 3. Mrs. Sangita Sawant     | 8. Mrs. Shilpa Jadhav   | 13. Mr. Tushar Rahate     |
| 4. Mrs. Sreekala Velambath | 9. Ms. Anika Sakpal     | 14. Mr. Dinesh Singh      |
| 5. Mrs Harsha Andan        | 10. Ms. Shreya Pal      |                           |

Our Sir Dr. Tushar Guha and Smt. Radha Guha remained present during the entire Camp. Mr. Girish Dalvi and Nrityanjali Office Staff kept monitoring the arrangements

3. As one of **Nrityanjali's Social Initiative**, on 19th May 2025, **Nrityanjali Members** Mrs. Sangita Sawant and Mrs. Maitri Khedekar, conducted three hours **Workshop on Good Living** for 50 inmates of **Women's Jail at Thane**
4. Nrityanjali commenced a new project – Unnat Yuvak to include Boy – Child Education, from 16<sup>th</sup> July 2025 onwards.

### Programme Division

Nrityanjali held Two Fund raising Programme for our unique **Project - Unnat Yuvati** -where we have been teaching, Spoken English and Computer Science. The lessons are conducted free of cost and students are provided snacks.

The two **Fund Raising Programmes** were held at **Bal Gandharva Auditorium, Bandra** on 1st June 2025 and at **Birla Matushri Sabhagar, New Marine Lines** on 8th June 2025.

The programme was as follows:

**1. Prem Bhakti Nritya** by **Dr. Anonna Guha and Mr. Girish Dalvi.**

**2. Kathak Dance Recital** by **Aditi Bhagwat Ji**

**3. Dance Drama Chaitanya Mahaprabhu** by Nrityanjali artistes

Music of Chaitanya Mahaprabhu is scored by **Padmashri Pt. Ronu Majumdar**

The Fund-Raising Programme was supported by **Allarch India Pvt. Ltd** and **Individual Donors Late Mrs. Parnoti Guha, and Captain Deepak Guha.**

### Individual

- **Pawar Public School, Palava** Celebrated their Annual Cultural event on 30th April 2025 at Savitribai Phule Auditorium, Dombivli. **Dr. Tushar Guha.** graced the occasion as the Chief Guest and **Dr. Anonna Guha** was the Guest of Honour
- **Mr. Girish Dalvi** was invited as a **Panelist at the Education Leadership Conclave 2025** organised by CED Foundation on 12th July 2025 in Mumbai.

# 63<sup>rd</sup> Annual General Meeting

## - a report

### Permanent Executive Secretary

- Mrs. Manasi Damle

1. Appointment of the Board of Trustees- We welcomed the Board of Trustees for the fifth consecutive year. Mrs. Nivedita Damle is our new addition to the BOT.

Mrs. Nivedita Damle Madam is the senior teacher with Rochiram Thadani school for Hearing Impaired - Chembur, active member, volunteer, and artist of Nriyanjali, for over 30 years. She also holds the office as the Head of Nriyanjali Faculty Division and is also the Member of the Nriyanjali Nomination Board.

Mrs. Nivedita Damle is an accomplished Bharatanatyam, Kuchipudi and Folk Dancer and is the Assistant Dance Curator of Kala Ghoda Arts Festival since 2023.

2. The Nriyanjali Fest dates have been declared and approved by the Board of Trustees. The dates are mentioned in our magazine and on the website.
3. Nomination Board has welcomed new members in the institution.
4. All the divisions carried out the activities, as per Trust objectives' during the entire year.
5. Special projects 'Swaccha Bharat Abhiyan' and 'Sanitation' were carried out this year too.
6. Internal Audit was conducted by PES office with the Heads of the Divisions last year.

### Faculty Division

- Head, Mrs. Nivedita Damle

1. From July 2024 to July 2025 the strength of Students are as follows -  
Bharat Natyam - 205  
Kathak - 142  
Hindusthani Sangeet - 43  
Rabindra Sangeet - 3
2. The Results of Examination held through **Akhil Bharatiya Gandharva Mahavidyalaya** (ABGMV) are as follows -  
Distinction - 72 Students  
First Class - 191 Students  
Second Class - 30 Students

Pass Class - 7 Students

The includes the affiliated institutes and courses of Bharat Natyam, Kathak, Hindustani Sangeet, Harmonium, Tabala, Pakhwaz and Synthesiser

3. Our Academic Year is January to December
4. Held Parent Teacher Meet on multiple dates in the month of March 2025
5. Internal Diploma Examinations were held in February 2025
6. Our classes are held in our premises at Miniland, Nriyanjali Marg, Bhandup (W) and Sahayadri Vidyalata, Shivaji Talao, Bhandup (W)

### Human Resource Development

- Head, Mrs. Geeta Chandrasekaran

1. Two batches of 16 days Special Personality Development Course Level 1 (SPDC1) were conducted from 9th February to 16th March and from 3rd May to 8th June 2025
2. **Career Guidance** Sessions for students of std. X of Little Angels High School, Sion was conducted - Courtesy Nriyanjali.
3. Career Guidance Counselling was done for individual students- Courtesy Nriyanjali.
4. Intensive training is being conducted for our 182 faculty members from Performing Arts, Education or Corporate field. The team documented programmes conducted for education and management.
5. **Regular HR** meet for the faculty members were held on 15th March, 21st April and 17th June 2025
6. **Life Skill** Programmes for Students were held from July 2024 to July 2025:
  1. Little Angels High School, Sion,
  2. NKES School, Wadala,
  3. L B Joshi School, Bhiwandi,
  4. Lokpuram Public School, Thane,
  5. Bai Kabi Bai School, Fort
7. **Adolescence Issues** and Motivational workshops for Students of -

1. Pawar Public School, Dombivli,
2. A K Munshi Special School, C P Tank

**8. Personality Development Programmes** were conducted in -

1. Ideal School, Bhandup,
2. Cosmopolitan's CD Barfiwala School, Andheri,
3. Anand Vidya Niketan, Pune,
4. Somnath Vidyaniketan, Pune

**9. Workshops for Teachers and Administrative Staffs** were held for -

1. Christ Church School, Byculla
2. A K Munshi Special School, C P Tank
3. Sir J J Girls School, Fort,
4. Sir J J Boys School, Fort,
5. Vivek Vidyalaya, Goregaon,
6. Pawar Public School - Dombivli, Bhandup, Chandivali and Kandivali,

**10. Workshops on Effective Parenting** were conducted in -

1. Pawar Public School, Dombivli
2. Indradeo Singh International School, Ghatkopar,
3. St. Xaviers High School, Dhobi Talao
4. Kapol Vidyanidhi International School, Kandivali,
5. NKES School, Wadala

**11. Oxford International Curriculum (OIC) Symposium for Educators on Shaping sustainable futures: transformative education for a transforming world,** for Oxford University Press in Hyderabad, Chennai and Mumbai.

**Ensuing Programmes**

1. The 8-day Special Personality Development Course Level 2 (SPDC 2) Physical class Batch 1 - 2025 will commence from 9th August 2025. This course qualifies an individual to be a counselor.
2. The 16-day Special Personality Development Course Level 1 (SPDC 1) Physical class Batch 3 - 2025 will commence from 7th September 2025.

**Programme Division**

- Head, Mrs. Sangita Sawant

1. Nrityanjali celebrated 62nd AGM on 21st July 2024 at Kalidas Natya Mandir. 350 Students of Bharat Natyam, Kathak and Sangeet Classes performed.
2. 26th July 2024 The Fine Arts Society, Chembur Felicitated Guru Dr. Tushar Guha on the Occasion of Guru Purnima where our Kathak Guru Dr. Anonna

Guha presented Kathak Recital along with the students.

3. On 11th October 2024 we performed folk dances of India and Tagore's Balmiki Pratibha at Durgotsav Festival, Poonam Nagar Andheri.
4. Nrityanjali Artist performed theme base classical dance at IIT Powai for 4D-OMICS Conference on 12th November 2024.
5. 12th January 2025 we performed at Sanskruti Festival Thane.
6. On 5th and 19th January 2025 our artistes performed for Prize Distribution ceremony of Nrityanjali Fest.
7. Kala Ghoda Arts Festival celebrated 25 years. Nrityanjali artistes performed in the Inaugural function Silver Sitaare on 25th January 2025.
8. On 1st February 2025 we performed Dance Drama Balmiki Pratibha at Kala Ghoda Festival.
9. Nrityanjali Artistes performed Bharat Ka Itihas – Ek Zalak at NCPA Mumbai Dance Season 2025 on 2nd February 2025
10. On 15th Feb 2025 we performed for APT 2025 BIOQUEST Conference at IIT Powai.
11. At the NCPA Nritya Parichay Finale, students of Saraswati Vidya Mandir, Bhandup trained by Nrityanjali performed at NCPA on 25th February 2025.
12. At the NCPA Nritya Parichay Finale, students of Vidyadeep School, Vikhroli, trained by Nrityanjali performed at NCPA on 27th February 2025.
13. On 5th April 2025 Nrityanjali Artistes performed Folk Dances at Indian Association Geneva, Switzerland.
14. On 12th April we performed at ISKCON Temple Zurich and also performed a Road Show in the Sankirtan Rally.
15. Our team performed devotional songs at the Sri Sivasubramaniam Temple, Adiswil, Zurich on 13th April 2025.
16. On 30th April we also performed at Old Home Vasai.

17. Fund Raising Programmes were held at Bal Gandharva Auditorium, Bandra on 1st June 2025 and at Birla Matushri Sabhaghar, New Marine Lines on 8th June 2025 for our Project Unnat Yuvati. Chaitanya Mahaprabhu Dance Drama was performed along with Prem Bhakti nritya. Famous Kathak and Lavni dance artiste Guru Aditi Bhagwat performed Kathak dance.

## Social Activities Division Head

- Mrs. Maitri Khedekar

1. **Unnat Yuvati** - the signature project of Nriyanjali continued to impart lessons in Spoken English and Computer Awareness for students of Shree Saraswati Vidya Mandir, Bhandup for the academic year till March 2025. No Fee is charged to the students of Unnat Yuvati.
2. In association with **National Centre of Performing Arts (NCPA)** imparted Kathak lessons for students of Shree Saraswati Vidya Mandir, Bhandup and Vidyadeep Vidyalyaya, Vikhroli.
3. In association with the **Govt. Of India undertaking Bharat Petroleum Corporation Ltd., (BPCL)** engaged 100 students and 50 ladies for the cleanliness drive activity as a part of Swachha Bharat Pakhwada that commenced from 14th September to 2nd October 2024.
4. Conducted an Origami workshop for the employees of **Hindustan Petroleum Corporation Ltd. (HPCL)**, Mumbai as a part of Swachha Bharat Pakhwada.
5. **Fest 2024 - Inter School Competitions** were conducted on the following dates.
  - Western Zone - 22nd September, 23rd November, 1st December
  - Central Zone - 29th September, 30th November, 8th December
  - South Mumbai Zone - 24th November
  - Navi Mumbai Zone - 15th December
  - Prize Distribution function for the same was held on 5th January 2025 for Western Zone and South Mumbai Zone and 19th January 2025 for Central Zone and Navi Mumbai Zone.
6. Conducted workshop on Marvel of Science for the children of L & T
7. **Saraswati Puja** was held on 3rd February 2025.
8. **Conducted workshops at the APT 2025** - on Personality Development\_14 Educators and 33 teachers were felicitated on the occasion.
9. **Nriyanjali artistes** along with students of Abhinaya Institute, Vasai entertained the Inmates of **OLD HOME in Vasai** on 30th April 2025
10. **Nriyanjali Summer Camp** was held from 4th to 8th May 2025 at Dew Drop Resort, Igatpuri. 72 Children from the age of 7 years to 17 years attended the Camp which included activities of Meditation, Yoga, Swimming, Poetry & Prose Reading, Public Speaking, Dance - Zumba, Western & Folk, Vocal & Voice Modulation, Poster Making, Paper Flower Making, Warli Painting, Stree Plays, Treasure Hunt and Games.
11. **16 Nriyanjali-ites** volunteered to serve as Faculty Members.
12. **Two Hours Workshop** on Good Living was conducted for the Inmates of Women's Jail, Thane on 19th May 2025.
13. **Swachha Bharat Pakhwada** was held from 1st to 15th July 2025. Over 30 Volunteers conducted various events -
 

1. Nukkad Natak	2. Swachahta Pledge
3. Best of Waste	4. Prabhat Pheri
5. Public Awareness Video	6. Distribution of Kits
7. Workshop on Yoga	8. Drawing Green India
9. Drawing Clean India	10. Workshop on Health & Nutrition
11. Workshop on Waste Segregation	
12. Workshop on Hygiene	13. Dental Check up
14. Workshop on Plastic Awareness	
15. Webinar	
16. Installation of Dustbins etc	

The Project was supported by **Government of India Undertaking Bharat Petroleum Corporation Ltd.**

## Nriyanjali Information Services - Under Central Administration

1. Printed the Third Edition of **Vyaktimatwa Vikas - Ek Drishtikon** - in Marathi Language. The Book is authored by Dr. Tushar Guha and is the Approved Reference Book on Personality Development by the Directorate of Education, Government of Maharashtra.

2. Printed the Third Edition of the Book **Second Thought** - in Marathi Language. The Book is authored by Dr. Tushar Guha. The content of this Book was regularly published every week for three years under the Column Pragati fast - Second Thought in Maharashtra Times, Times of India in the year 2004-2006
3. The Archives are updated to include the latest activities and events of Nriyjanjali.
4. Arranged **Reference Exhibitions** of Nriyjanjali activities from 1963 onwards through **Pictorial display and Archive Folders** on the occasion of the FundRaising Programmes for **Project Unnat Yuvati** on 1st and 8th June 2025 at Balgandharva Auditorium, Bandra and Birla Matushri Sabhaghar, New Marine Lines, respectively
5. **Published** four Issues of the In-house Quarterly House Magazine of Nriyjanjali - **Parichay Mein Parichay** the contents are covered in three languages - English, Hindi, and Marathi
6. **Parichay Mein Parichay** has Nriyjanjali News, Articles by Members and Eminent Personalities and covers multiple aspects of life including Education, Performing Arts, Science & Technology, Cookery, General Knowledge, Sports, Finance, Humour and Literature. The Magazine is circulated free; **however Voluntary Subscription is WELCOME.**

The January and July Issues are **hard copy publication** while April and October Issues are **Digital publication.**

## Director Operations

**Mr. Girish Dalvi**

### NES -Open Forum for Principals

1. **Annual OFP Meet** on 4th September 2024 in association with National Gallery of Modern Art (NGMA), Mumbai
2. **Fifteen Days Students Study Tour** Programme with Charles Cambelle College, Adelaide, South Australia
3. **OFP Meet** at Smt. Sulochanadevi Singhania School, Thane
4. **Inaugural session on Leadership** under **OFP** was held at Pragnya Bodhini High School, Goregaon
5. **Annual OFP Meet** on 25th June 2025 in collaboration with National Gallery of Modern Art (NGMA), Mumbai

## Nriyjanjali Management Services

### Hindustan Petroleum Corporation Ltd.

1. Fifteen **Humsafar** programmes were held during August 2024 to January 2025 in

Khandala (7)  
Visakhapatnam (1)  
Shiliguri (1)  
Kalimpong (1)  
Dharamshala (1)  
Jim Corbett (2)  
Hyderabad (1)  
Chilka (1) and

### Now July 2025 – 1

2. Personal Excellence – 2
3. Anandmay Pathshala

### USV Pharmaceuticals

1. Leadership with Emotional Intelligence in Mumbai
2. Train The Trainer in Baroda

### Bank of Baroda

1. Customer Orientation
2. Comprehensive Branch Management
3. Front Line Officers
4. Two Programmes on Branch Brilliance - Empowering Success
5. Two Programmes Stress Management & Work Life Balance
6. Three Programmes on Communication, Customer Negotiation, Customer Relation

### Rashtriya Chemical Fertilisers (RCF) Ltd

1. Programme on Mentor - Mentee

### Bharat Petroleum Corporation Ltd.

1. Online Programme Harmony in Hustle

## Managing Director Dr. Anonna Guha

Our gratitude to Government of India and the various Government Undertakings for believing in Nriyjanjali's selfless service and making Nriyjanjali a partner to all service initiatives of the Government.

The credit is to the hundreds of Nriyjanjali-ites who offer their services selflessly year after year. I feel humbled to acknowledge that even parents of our students come forward in our endeavour serve society and our Nation.

Apart from the Projects of **Swachha Bharat** in September - October 2024 and July 2025.

Nriyjanjali has been undertaking various social service activities –

1. Building Public Toilets in Mumbai, Navi Mumbai, Raigad District and Pune.
2. Providing Benches to Schools
3. Providing Uniforms to Schools
4. Providing Computers to Schools
5. Digging up Wells
6. Repairing and Colouring School Buildings
7. Lessons in Personality Development in Schools, and

### 8. Planting of Trees

During the year 2024-2025, we received CSR Projects from USA based company NOV MFG India Pvt Ltd and undertook the following services:

#### 1. Built Toilets in -

- Zilla Parishad School - Vangaon Boisar
- Nere School - Panvel
- Zilla Parishad School - Khed, Pune
- Zilla Parishad School - Memanewadi, Pune
- Pratik Vidyalaya Girls- Mavan,Nigdi, Pune
- Pratik Vidyalaya Boys- Mavan,Nigdi, Pune

#### 2. Septic Tank to –

- Zilla Parishad School - Khed, Pune

#### 3. Benches given to -

- Gyan Mandir School - Powai
- Somnath Vidyalaya - Viman Nagar, Pune
- Anand Vidyaniketan- Viman Nagar, Pune

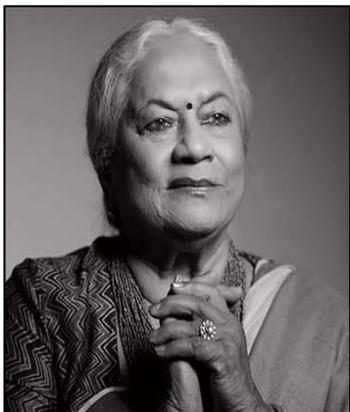
#### 4. Chairs to -

- Somnath Vidyalaya - Viman Nagar, Pune

#### 5. Personality Development Lessons to Schools as mentioned in the HRD Report.

### EFFECTIVE PARENTING SESSION AT INDRADEOSINGH INTERNATIONAL SCHOOL, GHATKOPAR





## Tribute to *Padma Vibhushan* Guru Kumudini Lakhiya Ji

*Beyond replication...*

**Kumudini Lakhiya ji's** work in Kathak and group

choreographies had a deep impact on me when I was in my teens, as it did on most dancers' keen to innovate and absorb. Made me see Kathak in a new light...

The sophistication, the class, the elegance, the simple in the complex, weaving tradition with modernity while utilizing the nuances of Kathak, left me in wonder...

I first met Padma Vibhushan Kumudini Lakhiya ji in 1993, as a 16-year-old.

Kumudini ji and My father and Guru Dr Tushar Guha, were associated through his innovative idea and Conference, & Kumi ben had come to Mumbai at Ravindra Natya Mandir Mumbai to present a paper for CONFEP 93: Conference on Fine Arts, Education, Personality Development, Chaired by Guru Dr. Tushar Guha.

The subtle nuanced *Thaat* that I witnessed post the paper presentation, left me spellbound...

And then again, I was fortunate that my father took me to watch Kadamb's performance in Kumudini ji's presence at the Nehru Center, Mumbai in the 1990s.

I still remember the costumes in shades of green, draped by students of Kadamb and performing *nritta a*, the *abhinaya* piece performed to the lilting music – *thumri Mohe Chhedo na Nand Ke Sun hoo*, by Kumiben's star disciples Maulik Shah ji and Ishira Parikh ji... Ishiraji in orange costume in the finale piece... it was like watching a miniature painting come to life.

Few Kathak practitioners / dancers in Mumbai follow Kumiben's inimitable style....

Again, I was fortunate to learn from Maulik Shah ji, one of Kumudini ji's prime disciples, when he taught at Dr. Tushar Guha's Nrityanjali, Mumbai...when Maulik ji would teach here for a week every month in the 1990s.

By then I had already been learning Kathak for 12-14 years and was completing my #Visharad. But it made me hungry for more.

Subsequently after my Kathak Visharad in 1996, I would learn from Maulik Shah ji and Ishira Parikhji in Ahmedabad for a week every month, very grateful to my father for making it all possible...The fact that both of them are Kathak artistes par excellence as well as excellent teachers really was a rare and beautiful combination. The dance room was adorned that time (1998-99) with Kumi ben's photos in Black & White...

I learnt that when she felt she couldn't give her best as a Kathak performer, she continued with Kathak Choreographies...I spent hours in 1990's at the exhaustive NCPA Mumbai Library, reading about then, upcoming Kumiben's disciples, and now renowned artistes Daksha Sheth, Aditi Mangaldas Maulik Shah, Arjun Mishra & more, mentioned by Late Dr. Sunil Kothari in the fantastic, Marg Magazine, #Marg publications with beautiful images by none other than Avinash Pasricha

..... And watching Aditi Mangaldas's performance in Rangsharda more than 25 years back has also helped me see the evolution in Aditiji's conceptualization and



style of presentation in 2025 Kala Ghoda Arts Festival And then there are so many of Kumiben and Kadamb's students all over the country and the world .....Lajja Sambhavnath, Vaishali Trivedi Prashant Shah ...Akash Naik, Gargi Shah and the list goes on...

Kumudini Lakhia ji has received so much love from her students, has gifted so many skilled and talented dancers to the Kathak world and to India, which itself is commendable...

The journey where many of Kadamb Centre-for Kathak-Dance - Kadamb's students ventured out, to carve out a niche for themselves in Kathak and Dance, is a journey of learning, challenges, joy and success.

Kumi ben, Kumudini Lakhia ji lives on with the innovations she had the audacity to bring about in Kathak, lives on with the acceptance that it gained and continues through the beautiful creations that her disciples are creating in their mind, in their body and On Stage... every moment now and will continue to take this legacy forward, while simultaneously giving it

their own shape....Because that's what every true teacher and parent does, instills the skills and values and then lets the students and children fly and paint, letting them chart their own paths while choosing their own colours.

"Kumi ben Lives on as she leaves behind many direct students and many Eklavyas who have drawn their inspiration from her creations....

- Remembrance from a miniscule someone.

*By Dr. Anonna Guha (MD – Nrityanjali)*

*Dr. Anonna Guha, a double doctorate and double Masters in Sociology and Kathak, has received training in Kumudini Lakhia's Kathak dance style at Nrityanjali under Kumiben's prime disciple Shri Maulik Shah.*

*Post Visaharad she continued her kathak lessons with Shri Maulik Shah and Smt. Ishira Parekh in Ahmedabad.*

*Today, Anonna ji imparts her style and format of Kathak dance form to her students at Nrityanjali.*

## Cultural experience in the Alps

SWACCHA BHARAT ABHIYAAN – celebrated from 1<sup>st</sup> JULY to 15<sup>th</sup> JULY 2025

Health & Hygiene Awareness workshop



Dental Check-up Camp



GREEN INDIA Drawing Competition



NUKKAD NATAK in Progress



- an opportunity Abhinaya Institute availed through Nrityanjali

### **Expressions by students of Guru (Dr.) Chitra Vishwanathan.**

*Dr. Chitra Vishwanathan's **Abhinayaa Institute of Research and Fine Arts**, a revered dance school nestled in the heart of Vasai-Virar; committed to celebrating and spreading the cultural heritage of India through an array of dance forms. She is an alumna of SPDC course conducted by Nrityanjali and has been actively engaged with Nrityanjali for cultural, social, and educational initiatives.*

*Guru Chitra Vishwanathan is an exponent in Bharatnatyam classical dance forms, and Abhinaya institute imparts lessons in Bharatanatyam, Kathak, and various contemporary dance styles.*

*In April 2025, Abhinaya Institute students got an opportunity through Nrityanjali to represent Indian cultural and dance heritage to the Indian and Swiss audience in Geneva and Zurich.*



technique.

I am very grateful and privileged to express my experience and immense pleasure to be a part of a celebration of culture and heritage in one of the best country Switzerland invited by the Indian Association Geneva. We got the best opportunity to represent the Indian classical and folk dances a fusion of Art and

This was a journey of self-discovery and I am very thankful to my Guru and **Nrityanjali** who chose us to represent this beautiful art form. Switzerland, seemed to be a world of beauty and expression to me personally for we experienced the best human hospitality by the Indian Association Geneva and the Zurich Iskcon who gave us another amazing experience of street parade including performance and interact with the people through a dance that touches the soul. Also had a great ambiance at the Murugan temple where we felt the presence of all the deity. The hospitality given to us was very welcoming and had another great experience. Could explore the beautiful sights and all this was possible only because of Our GuruMa Dr. Chitra Vishwanathan who introduced us to Nrityanjali. *We are also thankful to Nrityanjali and Dr. Tushar Guha Sir for giving us this uplifting and exhilarating experience.*

It was a great pleasure and honour to be invited by the Indian Association Geneva, Switzerland, where we could represent the best example of unity in diversity. We were privileged to perform a beautiful classical dance and folklores of our Indian culture.

The street performance at Zurich for the Iskcon group was one of a kind and experience to cherish for the lifetime. Also, the opportunity we got to perform at the Zurich *Murugan Kshetram* was extremely divine. I am very grateful to the entire team of Nrityanjali to have considered me and my team to have performed in Switzerland.

Switzerland is an elegant, natural and refined country and so the people. We experienced a warm welcome and a great hospitality at all places.

Lastly, I am forever grateful to my Guru Dr Chitra Vishwanathan for believing in me and my team for giving an esteemed opportunity like this. The association between Abhinayaa Institute of Research and Fine Arts and Nrityanjali Dance Academy has only and only fostered the cultural aspect of India and build a stronger presence in the dance community not in India but also abroad.



- Ms. Sneha Anujan  
(Bharatanatyam Artist)



*I feel truly blessed and honoured to have had the opportunity to travel to Switzerland and perform in the beautiful cities of Geneva and Zurich. This unforgettable journey was made possible by the invitation from the Indian Association Geneva, and I am deeply grateful for the experience.*

*Our first performance was at Geneva, where we presented dances celebrating the unity and diversity of our beloved country, India. It was an enriching moment to represent our culture on an international stage.*

*From Geneva, we travelled to Zurich, where we had the privilege of performing for ISKCON. This was a unique spiritual experience, as we participated in a yaatra, performing at selected spots along the way, with the kind support and permission of the Indian Consulate.*

*We also performed at the Shivasubramanya Temple in Zurich—yet another divine and soul-touching experience.*

*None of this would have been possible without the guidance and blessings of my Guru Dr. Chitra Vishwanathan, the constant support of the Nrityanjali team, and everyone who worked behind the scenes to make this cultural exchange a reality.*

*I am truly proud of the ABHINAYAA and Nrityanjali teams for believing in me and for being the foundation of this incredible journey. Thank you for making this dream come true.*

- Mrs. Meena Santhosh  
(Bharatanatyam & Mohiniattam Artist)



I feel incredibly grateful to have been part of the dance tour to Switzerland—an experience that has left me with memories for a lifetime. A heartfelt thank you to Tushar Sir's Nriyanjali for taking us there and providing such a beautiful platform to showcase our art on an international stage.

Representing ABHINAYAA Institute, my mother's dance academy and the foundation of my dance journey, made this opportunity even more special. Performing at various venues, especially the ISKCON temples, was deeply fulfilling—each performance brought not only joy but a spiritual connection I'll always cherish.

The audiences were so warm and encouraging, and being able to share Indian classical dance with them felt like a dream come true. This trip has helped me grow as an artist and as a person. It reminded me of why I love dance so deeply and how powerful it is in connecting hearts across cultures.

I return with immense gratitude, new inspiration, and a heart full of devotion to my art. Thank you to everyone who supported this journey.

**Ms. Varsha Vishwanathan**  
(Bharatnatyam dancer and faculty with Abhinaya)

*It was an immense honour and a moment of great pride to be invited by the Indian Association in Geneva, Switzerland. Representing our Indian culture through classical and folk dance on an international stage was not just a performance—it was an emotion, a celebration of unity in diversity.*

*Our journey began in the beautiful city of Geneva, where we showcased the vibrancy of Indian classical traditions and folklores. The response from the audience, their warm welcome, and their appreciation made this experience truly*



*special.*

*One of the most memorable moments was our street performance in Zurich for ISKCON. It was a spiritual journey in itself—dancing in the open, connecting with people from around the world through the universal language of rhythm and expression.*

*We also had the divine opportunity to perform at the Zurich Murugan Temple, where the sacred ambiance and divine energy elevated our art to a whole new level. The experience was soul-enriching, and we felt deeply blessed.*

*I extend my heartfelt gratitude to the entire team at Nriyanjali Dance Academy for selecting and trusting me and my fellow artists with this prestigious opportunity. Switzerland, with its serene landscapes and graceful people, gave us memories we will cherish for a lifetime. The kindness, hospitality, and respect we received were overwhelming and truly humbling.*

*Above all, I am forever indebted to my Guru, Dr. Chitra Vishwanathan, whose unwavering faith in me and tireless efforts to preserve and promote Indian classical arts continue to inspire me every day.*

*This collaboration between Abhinayaa Institute of Research and Fine Arts and Dr. Tushar Guha's Nriyanjali not only fosters the cultural richness of India but also strengthens the global presence of Indian classical arts. I am proud and humbled to be a part of this beautiful cultural movement.*

**-Mrs. Priya Premakumari**  
(Graded Doordarshan Artist)



*Abhinaya Institute artists performing at the Shivasubramanya Temple in Zurich*

# MEDITATION

## The Traditions, Beliefs and Practices



Meditation, as we all know, is a traditional practice with deep cultural roots in many parts of the world. It has been used for centuries as a way to cultivate peace, mindfulness, and connection. While it has strong ties to spiritual and religious traditions. In recent years, Meditation has also gained recognition for its practical benefits, such as reducing stress and improving mental health.

Today the **editorial team** takes the privilege of speaking to **Dr. Sunanda Yewale** (SY), whose career began as a Principal and has evolved in a fascinating way to focus on Meditation. It's a real pleasure to learn from someone with great depth of experience in the field of Meditation.

Dr. Sunanda, "Many Congratulations on earning your doctorate in Meditation. Your ambition is very inspiring and we would like to understand and explore how meditation can play a powerful role in both personal and professional life. To begin with:

**Q.:** Could you tell us something about yourself?

**S.Y.:** I am fortunate to have had a childhood that was idyllic and enriching. Growing up in the picturesque Mahindra and Mahindra complex in Malad-East, Mumbai, I was surrounded by nature's beauty and developed a deep love for sports. My school, Mahindra School, was conveniently located just a stone's throw away from my home.

As I grew older, my passion for sports only intensified, and I actively sought out opportunities to develop my skills. My journey with the National Cadet Corps (NCC) was a pivotal moment in my life. I was selected as an NCC Best cadet for three consecutive years, won various awards, attended camps, treks, training in Bhosala Military School, Nasik etc. I received B and C certificates of NCC and rose to the highest rank of Battalion Under officer of 8 Maharashtra Girls Battalion, Mumbai. These experiences not only honed my physical skills but also taught me valuable lessons about discipline, teamwork, and leadership. This shaped my personality.

My professional journey began when I chose to pursue a career in teaching. I was drawn to this profession because I wanted to share my knowledge and skills with others and make a positive impact on young minds. Over the years, I have worked tirelessly to nurture and guide my students, and my efforts have been rewarded with promotions and recognition.

As a Principal of Schools, I have had the privilege of

leading schools in Mumbai and contributing to their growth and development. I have implemented various initiatives and programs aimed at enhancing educational experience for students. My commitment to excellence has earned me appreciation from the management and stakeholders.

In retrospect, I am grateful for the opportunities that got from all my school teachers, College Professors, especially Dr. Deshpande (College Principal) and Lieutenant Dr. Afsar Shaikh, Mr. Dilip Narkar Sir and of course Dr. Tushar Guha and Mr. Girish Dalvi Sir with whom I have met and the experiences that I have had has shaped me into the person I am today. I look forward to continuing my journey with passion, dedication, and a commitment to making a positive difference in the lives of those around me. Since Post Graduation, I have been driven to pursue research that would positively impact the student community of the entire world and empower them for future success. After careful consideration and discussions with Dr. Anuradha Chatterjee, I decided to focus on the topic of meditation, drawn from my personal experience of practicing it for over 15 years.

Through my meditation practice, I have witnessed transformative changes within myself and observed similar positive impacts on a few of my school students. This personal connection sparked my desire to investigate the effects of meditation on students' lives, with the goal of sharing its benefits with a wider audience.

My research aims to explore the potential of meditation to enhance students' academic performance, emotional wellbeing, and social skills, ultimately equipping them with essential life skills for future success.

**Q.:** Tell us about you and your Mentor Dr. Tushar Guha Sir?

**S.Y.:** Dr. Tushar Guha Sir is more than a Mentor and Guide to me; he embodies a divine presence in my life. His exceptional qualities transcend words, and one needs to experience his guidance first-hand to truly comprehend his greatness.

Sir's counsel is invaluable, and his unique communication style requires attentive listening to grasp the depth of his wisdom. His versatility, knowledge, and helpful nature make him an extraordinary individual.

Throughout my thesis journey, he has been an unwavering source of support, offering expert guidance on every aspect, from corrections to presentation techniques including his time in spite of his busy schedules. His insights have been instrumental in shaping my research, write ups, his guidelines to carry out meditations in schools, procedures etc.

I feel fortunate to have Sir as my teacher, guru, and mentor. I aspire to have his guidance not only in this life but in many lives to come. I pray that I continue to receive his blessings, protection, and wisdom, illuminating my path to progress. I would also like to mention Mr. Girish Dalvi Sir; the silent backbone for my research work along with Guha Sir. He is always with me for all the difficulties that I faced in this process and stood like a rock beside me. He along with Guha Sir would always go through the transcripts and discuss everything in detail which I enjoyed the most.

**Q.: There are various forms of Meditation. How different is your approach to meditation and its benefits?**

**S.Y.:** My approach to meditation for children is tailored to their unique needs and developmental stages. While traditional meditation practices often focus on quieting the mind and achieving a specific state, my approach emphasizes creativity, imagination, and playfulness. Moreover, it can be conducted on a daily basis during school hours in the assembly which later on becomes a practice in each student even when they become an adult.

**I incorporate various techniques, such as:**

1. **\*Guided imagery\*:** Using storytelling and visualization to help children imagine and connect with different scenarios, emotions, and experiences.
2. **\*Movement and yoga\*:** Incorporating simple yoga poses, breathing exercises, and movement activities to help children develop body awareness, balance, and coordination.
3. **\*Mindful games and activities\*:** Designing interactive games and exercises that promote focus, attention, and self-regulation.
4. **\*Breathing and relaxation techniques\*:** Teaching children simple breathing exercises and relaxation methods to help them manage stress, anxiety, and emotions.

**The benefits of my approach to meditation for children include:**

1. **\*Improved focus and concentration\*:** Enhancing their ability to pay attention and stay focused in school and daily

activities.

2. **\*Emotional regulation\*:** Helping children develop self-awareness, recognize and manage their emotions, and develop empathy for others.
3. **\*Reduced stress and anxiety\*:** Teaching children healthy coping mechanisms and relaxation techniques to reduce stress and anxiety.
4. **\*Increased self-esteem and confidence\*:** Encouraging children to develop a positive self-image, build self-confidence, and cultivate a growth mindset.

By making meditation fun, engaging, and accessible, I help children develop essential life skills, improve their well-being, and cultivate a lifelong practice of mindfulness and self-awareness.

For Adults, my approach to meditation is rooted in the principles of mindfulness, self-awareness, and compassion. While there are various forms of meditation, my approach is distinct in its emphasis on cultivating a deeper understanding of the interconnectedness of body, mind, and spirit.

Unlike some meditation practices that focus solely on quieting the mind or achieving a specific state, my approach encourages practitioners to explore their inner experiences, emotions, and thoughts with curiosity and kindness. This allows for a more holistic and integrated practice that fosters greater self-awareness, emotional regulation, and spiritual growth.

**The benefits of my approach to meditation include:**

1. **\*Increased self-awareness\*:** By cultivating a greater understanding of their thoughts, emotions, and behaviors, practitioners can develop a more compassionate and acceptable relationship with themselves.
2. **\*Improved emotional regulation\*:** By learning to observe and manage their emotions, practitioners can reduce stress, anxiety, and depression.
3. **\*Enhanced cognitive function\*:** Regular practice can improve focus, concentration, and mental clarity.
4. **\*Spiritual growth\*:** By exploring the interconnectedness of all things, practitioners can cultivate a deeper sense of purpose, meaning, and connection to themselves and the world around them.

Overall, my approach to meditation offers a unique and comprehensive path to greater self-awareness, emotional intelligence, and spiritual growth.

**Q.: Tell us something about your journey during the research?**

**S.Y :** My journey during the research was a transformative and enriching experience that challenged me to grow both personally and professionally.

Initially, I struggled to navigate the complexities of my research topic, but as I delved deeper under the guidance of Dr. Tushar Guha Sir and Mr. Girish Dalvi Sir, I began to uncover fascinating insights that sparked my curiosity and passion. Ms. Laxmi Ramanujam, Ms. Krupa Ramanujam, Mr. Govind Sawant and various libraries helped me with books and reference materials. Dr. Lakhbir Kaur helped me to give her school students for research. The more I learned, the more I realized how little I knew, and this humility fueled my determination to continue exploring. One of the most significant challenges I faced was managing my own biases and assumptions. Through regular meditation and self-reflection, I cultivated a greater awareness of my own thought patterns and emotions, allowing me to approach my research with greater objectivity and clarity. I conducted a comprehensive research study at Guru Harkishan High School in Santacruz -West, by conducting the effects of meditation on teenage students. The study involved 59 teenage students from the seventh standard, who participated in daily meditation sessions from Monday to Saturday for three consecutive months.

The students' enthusiasm and dedication to the study were remarkable. They were eager to learn about meditation and diligently followed the instructions provided. Throughout the three-month period, they demonstrated a keen interest in the practice and enjoyed the meditation process. The outcomes of the study were profoundly positive. Students who continued to practice meditation regularly showed significant improvements in:

1. **\*Academic performance\*:** Enhanced focus, concentration, and retention led to better grades and overall academic achievement.
2. **\*Behavioral development\*:** Students exhibited improved behavior, including increased calmness, patience, and respect for others.
3. **\*Interpersonal relationships\*:** Participants demonstrated enhanced social skills, empathy, and understanding in their interactions with peers, teachers, and family members.
4. **\*Daily activities\*:** Students reported improved time management, productivity, and overall well-being.

This study underscores the profound benefits of meditation for teenage students, highlighting its potential to positively impact their academic, personal, and social development. As I progressed in my research, I encountered many 'aha' moments that helped me connect the dots between seemingly disparate concepts. These moments of insight

were exhilarating and motivated me to continue pushing the boundaries of my knowledge.

Throughout the journey, I was fortunate to have the support of Guha Sir, Dalvi Sir, a network of peers, mentors, and family members who encouraged me to persevere through the ups and downs. Their guidance, feedback, and unwavering support helped me stay focused and committed to my goals.

Ultimately, my research journey taught me the value of resilience, adaptability, and creativity. It showed me that growth and learning are lifelong processes that require patience, dedication, and an openness to new experiences and perspectives.

As I look back on my journey, I am filled with a sense of gratitude and awe for the incredible opportunities I had to learn, grow, and contribute to the existing body of knowledge

**Q.:** You are an SPDC Alumni. How does your research connect to SPDC meditation?

**S.Y.:** As an alumnus of the Special Personality Development Course (SPDC), I can confidently say that the meditation techniques I learned during the SPDC course conducted by Dr. Tushar Guha Sir and the deepest Sadhanas with Deeksha's like Shri Vidhya Sadhanas, Shambhavi Sadhana, Mahamrityunjay Sadhana, AVS Mindfulness Sadhana, Art of Dying Sadhana etc., my Guru Dr. Avdhoot Shivanand who taught me meditation for the past 15 years and gave me Deeksha's have had a profound impact on my research and personal growth. Further to say the SPDC 1,2,3 all these levels are not courses but it is a way of life which helps one to be practical in the outside world. It helped me at each step of my research which I continue to do so. The SPDC meditation practices, which emphasize the cultivation of awareness, self-reflection, and inner transformation, have influenced my research in several ways:

1. **\*Mindfulness and focus\*:** The meditation techniques I learned in SPDC have improved my ability to concentrate and stay focused, allowing me to dive deeper into my research and analyze complex data with greater clarity.
2. **\*Creative problem-solving\*:** SPDC meditation has helped me develop a more creative and innovative approach to problem-solving, enabling me to think outside the box and explore new solutions to complex research questions.
3. **\*Self-awareness and reflection\*:** The self-reflection and introspection encouraged in SPDC meditation have helped me develop a greater understanding of my own strengths, weaknesses, and biases, allowing me to approach my research with greater humility and objectivity.

4. **\*Resilience and stress management\***: The meditation practices I learned in SPDC have also helped me develop greater resilience and stress management skills, enabling me to navigate the challenges and setbacks that inevitably arise during the research process.

In terms of specific research connections, my work explores the intersection of mindfulness, self-awareness, and personal growth, all of which are core themes in the SPDC meditation practices. By integrating these principles into my research, I aim to contribute to a deeper understanding of the transformative power of meditation and mindfulness in promoting human flourishing."

**Q.:** Meditation is an effective tool for mental wellbeing. Do you think it is essential for today's student community?

**S.Y.:** Meditation is highly beneficial for the student community, and I'd argue that it's essential for their mental wellbeing and academic success. Here's why:

1. **\*Reduces stress and anxiety\***: Students face immense pressure to perform well academically, manage social relationships, and navigate personal growth. Meditation helps alleviate stress and anxiety, promoting a sense of calm and clarity.
2. **\*Improves focus and concentration\***: Regular meditation practice enhances attention span, allowing students to stay focused and engaged during lectures, study sessions, and assignments.
3. **\*Enhances emotional regulation\***: Meditation teaches students to recognize, understand, and manage their emotions, leading to better relationships, decision-making, and overall emotional intelligence.
4. **\*Boosts self-awareness and confidence\***: Through meditation, students develop a deeper understanding of themselves, their strengths, and weaknesses. This increased self-awareness fosters confidence, self-acceptance, and a growth mindset.
5. **\*Supports better sleep and physical health\***: Meditation has been shown to improve sleep quality, reduce chronic

pain, and strengthen the immune system, all of which are essential for students' overall wellbeing.

6. **\*Fosters creativity and problem-solving\***: Meditation can help students tap into their creative potential, think outside the box, and approach problems with a fresh perspective.

7. **\*Prepares students for future challenges\***: By developing a consistent meditation practice, students can build resilience, adaptability, and coping skills, essential for navigating the complexities of adult life.

**To incorporate meditation into student life, educational institutions can:**

1. Offer meditation workshops, classes, or online resources.
2. Create designated meditation spaces or quiet areas.
3. Encourage mindfulness practices, such as deep breathing or guided meditation, during classes or study sessions.
4. Invite meditation experts or mindfulness coaches to speak on campus.

By embracing meditation, students can develop essential life skills, improve their mental wellbeing, and set themselves up for success in academics and beyond. Meditation is an effective tool for mental wellbeing. Our ancestors have used meditation for centuries to cultivate inner peace, wisdom, and balance. By embracing this ancient technique, we can:

1. **\*Create a better world\***: By becoming more mindful, compassionate, and aware individuals, we can contribute to a more harmonious and sustainable world.
2. **\*Protect the planet\***: Meditation can inspire a deeper appreciation for nature and motivate us to take action to preserve our planet for future generations.

Let's spread the word about the benefits of meditation and encourage others to adopt this transformative practice!

**LOOK OUT FOR**

**CAREER GUIDANCE**  
help from Nriyjanjali Counsellors.

Contact our office for details or write to us at [nriyjanjali@nriyjanjali.org.in](mailto:nriyjanjali@nriyjanjali.org.in)

*Special Concession for Nriyjanjali students.*

**LOOK OUT FOR**

**ESTEEMED JUDGES**  
for Nriyjanjali FEST 2025  
– Inter School Competitions.

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*Experts from the field of Communication, Dance, Singing, Speech, Folk Dances, Literacy, and Theatre.*

## OUR YOUNG VOLUNTEER AT THE SUMMER CAMP 2025

Volunteering at the Nriyjanjali Summer Camp 2025 was truly a mesmerizing experience. Spanning four incredible days, the camp was filled with vibrant energy, creativity, and countless memorable moments.

The arrangements for the stay, food, and even medical care were thoughtfully and efficiently planned, ensuring a safe and comfortable environment for both the students and volunteers.

For us as volunteers, it was more than just assisting—it was a professional learning experience. We had the opportunity to develop discipline, empathy, and leadership as we guided students through their scheduled activities. It taught us how to be both responsible and encouraging mentors.

The camp was exceptionally well-planned for the students. Each day was packed with engaging activities, learning sessions, and opportunities to explore new skills. From practicing dance and singing to embracing creativity and teamwork, the four-day program gave every child a unique chance to grow, express, and discovery.

Being part of such a vibrant and nurturing environment has been incredibly rewarding. This experience is one that I believe every child—and volunteer—should have, as it opens doors to personal growth, joy, and lasting memories.

Being a part of the Nriyjanjali Summer Camp 2025 as a volunteer was not just about helping—it was a journey of self-growth. I learned the value of patience, teamwork, and the importance of creating a supportive space for children to express themselves. Watching the students grow more confident each day reminded me how impactful a nurturing environment can be. This experience has inspired me to continue working in spaces where learning meets creativity, and where every small effort contributes to something meaningful.



**Ms. Sakshi Jadhav**  
Kathak Student at Nriyjanjali

Being a faculty member at the camp was both a responsibility and a privilege. The days began early, filled with tasks ranging from organizing activities to ensuring the well-being of every child under our care. While there were moments of joy and laughter, but just like two sides of a coin, there were challenges which we all overcame with a grin.

One of the delicate aspects was the significant age gap between us and the children. It took time and effort to connect with them at start but eventually our bond grew beautifully. For the children, being away from home and their parents for four days was no small feat. We could see their initial hesitation and nervousness at first but over time, they began to open up, engage, and truly enjoy the experience.

It was heart-warming to witness their transformation. The camp offered them a space to grow, to express themselves, and to learn valuable life skills like independence, confidence, leadership qualities and teamwork. It was a reminder that such experiences play a vital role in shaping a child's personality and character. Though the responsibility was immense, the emotional reward of seeing the children blossom in just a few days was beyond words. It was a beautiful journey for them and for us as mentors, it was an experience itself.

I'm really thankful I got to be a part of it. Some experiences stay with you, and this is definitely one of them.



**Ms. Arnika Sakpal**  
Kathak Student at Nriyjanjali

Being part of the Nriyjanjali Summer Camp as a faculty member was an experience that exceeded my expectations. The camp was a vibrant and joyful space where over 70+ young learners came together to explore their creativity and passion for learning. What struck me most was the energy and enthusiasm of the children, who were not only eager to learn but also disciplined and well-behaved.

As a mentor, I had the opportunity to guide and learn from these young minds. We engaged in a wide range of activities that fostered creativity, teamwork, and self-expression. From Warli painting to origami, poetry sessions to singing circles, every activity was a chance to discover new skills and bond with the children. The swimming sessions and outdoor games added to the excitement, creating an atmosphere of camaraderie and laughter.

What stood out most about the camp was the spirit of community and learning. The environment was safe, encouraging, and nurturing, allowing children to express themselves freely and grow in confidence. As a faculty

member, being part of their journey was deeply rewarding. The experience taught me valuable lessons about patience, playfulness, resilience, and the joy of learning. The Nriyanjali Summer Camp was more than just an event – it was a transformative experience that reminded me of the beauty of teaching and the wisdom that children possess. I'll carry the memories and lessons from this camp with me. I am grateful for the opportunity, to be a part of it.



**-Shreya Pal**  
Kathak Student at Nriyanjali



## CAREER GUIDANCE

Written by **Dr. Sujata Deorukhkar**.

**Dr. Sujata Deorukhkar** (M.D. Ayurveda – Kayachikitsa from Govt Ayurveda College, Sion) is a passionate Ayurvedic practitioner for over 13 years. She holds expertise in advocating classical Ayurvedic treatments in ailments of Gynaec, Skin, and management of Lifestyle disorders; and is proficient in Panchakarma therapies especially for chronic ailments..

Dr. Deorukhkar has gained international experience, having worked for two years at a renowned Panchakarma center in New Jersey, USA. She has done her Special Personality Development Course (SPDC) Level 1. A very charming personality, she is very passionate in her work.



Ayurveda shows us how to live a **healthy and happy life** by helping us understand:

- **What we eat** and how it affects us
- **How we live our daily life**—like sleep, habits, and routines
- **How nature and seasons** impact our body and mood
- And how to keep our **body, mind, and emotions in balance**

It's not just for when we're sick—Ayurveda helps us **stay well** by living gently, naturally, and in tune with the world around us.

Ayurveda is a guide to living a healthy, natural, and peaceful life by listening to your body and staying connected with nature.

### Ayurveda: Healing by Treating the Root Cause

Ayurveda believes that every individual is a unique combination of the three doshas — Vata, Pitta, and Kapha. These doshas govern all physiological and psychological functions. When they are in balance, the person is healthy. Disease arises when the doshas are disturbed or imbalanced due to poor lifestyle, improper diet, negative emotions, environmental factors, or suppressed natural urges.

- How Ayurveda Treats from the Root:
- Understanding the Individual Constitution (Prakriti): Personalized treatment based on body type.
- Identifying the Imbalance (Vikriti): Focuses on dosha imbalance instead of naming the disease.
- Correcting Agni (Digestive Fire): Strengthens digestion to prevent toxin buildup.
- Eliminating Ama (Toxins): Clears body blockages for natural healing.
- Restoring Balance: Uses herbs, diet, and therapies to rebalance the body.
- Preventing Recurrence: Teaches sustainable habits to maintain health.

### The Five Panchakarma Therapies

- Vamana (Therapeutic Emesis): Removes excess Kapha from respiratory and digestive systems. Used for asthma, sinusitis, and skin disorders.
- Virechana (Purgation Therapy): Eliminates excess Pitta from liver and intestines. Helps in skin diseases, acidity, and ulcers.
- Basti (Medicated Enema): Balances Vata and cleanses the colon. Effective for arthritis, neurological issues, and constipation.
- Nasya (Nasal Administration): Cleanses toxins from the head. Useful in migraines, stress, and hormonal imbalances.
- Raktamokshana (Bloodletting): Purifies blood and treats acne, eczema, and hypertension.

### CAREER WITH PURPOSE AND HEART

Young people today are looking for more than just a paycheck—they want to make a **real difference** in the world. Panchakarma is all about healing: not just curing disease, but helping people reconnect with themselves, overcome stress, and live more vibrant lives. Every treatment you give becomes a moment of service, care, and transformation.

### GLOBAL DEMAND

Ayurveda and Panchakarma are gaining huge popularity across the world—especially in Europe, the USA, Australia, and parts of Asia. Wellness centers, retreats, and Ayurveda resorts are growing fast, and they need trained professionals who understand this ancient science. A skilled Panchakarma therapist or consultant can find work:

- In luxury wellness resorts
- In Ayurveda clinics and hospitals
- As an independent practitioner
- Or even open their own center

### Accessible Education with Deep Learning

For those with a dream to build something of their own, Panchakarma offers the chance to create wellness spaces

that people trust and love. Whether it's a small community healing center, a boutique spa, or an international Ayurveda retreat, there's room to grow and innovate.

Add-on skills like marketing, communication, yoga, or nutrition can further boost one's success.

**A Stress-Free, Spiritually Fulfilling Work Environment**

Imagine working in a peaceful, aromatic setting—surrounded by healing herbs, calming music, and people

genuinely thankful for your help. Panchakarma therapists often talk about the **emotional satisfaction** they get from their work. You're not just earning—you're healing, learning, and growing as a person. A Future-Proof Career

As stress-related diseases, chronic fatigue, lifestyle disorders, and mental health issues continue to rise, the demand for holistic treatments like Panchakarma will only increase. It's a field that's in tune with the future—natural, personalized, preventive.

<b>NRITYANJALI FEST 2025 - Inter School Competitions</b>			
<b>TIME TABLE</b>			
<u>ZONE</u>	<u>DATES</u>	<u>VENUE</u>	<u>REGISTRATION</u>
<b>CENTRAL</b> <i>From Sion to Titwala/ Badlapur on the Central Railway &amp; Chembur and Mankhurd on the Harbour Line</i>	7 <sup>th</sup> December 2025	Shri IndradeoSingh International School, Ghatkopar Tilak Vidyamandir, Dombivli	25 <sup>th</sup> November 2025
	21 <sup>st</sup> December 2025	IDUBS School, Bhandup	
<b>SOUTH MUMBAI</b> <i>From Colaba, Mazgaon, Worli to Matunga/ Matunga Road, King Circle</i>	23 <sup>rd</sup> November 2025	Bharda New High School and Junior College, Fort	13 <sup>th</sup> November 2025
<b>WESTERN</b> <i>From Mahim to Vasai</i>	22 <sup>nd</sup> November 2025	St. Xaviers's High School, Poonam Nagar, Andheri The BKS English School, Vasai	12 <sup>th</sup> November 2025
	30 <sup>th</sup> November 2025	St. Xaviers's High School, Poonam Nagar, Andheri	
<b>NAVI MUMBAI</b> <i>From Airoli / Vashi to New Panvel</i>	14 <sup>th</sup> December 2025	St. Lawrence High School, Vashi	1 <sup>st</sup> December 2025
<b><u>EVENTS</u></b>	<b><u>GRADE</u></b>	<b><u>EVENTS</u></b>	<b><u>GRADE</u></b>
DRAWING	Jr, Sr, 1-2, 3-4, 5-7, 8-10	FANCY DRESS	Jr, Sr, 1-2, 3-4, 5-7
HANDWRITING	1-2, 3-4, 5-7, 8-10	CLASSICAL DANCE	3-4, 5-7, 8-10
RECITATION	Jr, Sr, 1-2, 3-4, 5-6	FOLK DANCE	3-4, 5-7, 8-10
STORY TELLING	Jr, Sr, 1-2, 3-4, 5-6	WESTERN DANCE	1-2, 3-4, 5-7, 8-10
DEBATE	8-9-10	CLASSICAL VOCAL	3-4, 5-7, 8-10
ELOCUTION	7-8, 9-10	LIGHT SOLO VOCAL	3-4, 5-7, 8-10
ESSAY	5-7, 8-10	SAMUHA GEET	3-4, 5-7, 8-10
GENERAL KNOWLEDGE	5-7, 8-10	MONACTING	1-2, 3-4, 5-7, 8-10

## India Triumph at Waves Summit -2025

India's dual reality- violence at home and recognition abroad

Written by **Ms. Mini Pillai**, a faculty with Nrityanjali and the Editor of the PMP Magazine.

As India struggles with the shock of the tragic terrorist attack in Pahalgam on April 22, 2025 that claimed the lives of 26 tourists. Amidst this sorrow, the country is simultaneously being celebrated at the *Waves Summit 2025*, a prestigious global cultural forum. It played a crucial role in positioning India as a global hub for the "Orange Economy" including sectors like media, entertainment and digital content, gaming and music.

Waves – World Audio visual and Entertainment Summit 2025, a land mark event hosted by JIO Convention Centre, Mumbai the fourth day Summit which began on 1<sup>st</sup> May 2025 was inaugurated by our Prime Minister Narendra Modi with the tagline "Connecting Creators, Connecting Countries".

WAVES is not merely an acronym but a wave representing culture, creativity, and universal connectivity. Reflecting on the deep-rooted connection between creativity and human experience, stating that a child's journey begins with the lullaby of a mother, their first introduction to sound and music, Our Prime Minister remarked that just as a mother weaves dreams for her child, creative professionals shape the dreams of an era. He underscored that the essence of WAVES lies in bringing together such visionary individuals who inspire and influence generations through their art. He further stated that the summit show cases the expansive world of films, music, gaming, animation, and storytelling, offering a global platform for artists and creators to connect and collaborate. With over 750 creators from 90 countries, the summit served as a platform for dialogue on creativity, technology, and media.

External Affairs Minister S. Jaishankar emphasized the importance of pluralism and cultural exchange in shaping global narratives. He remarked, "In a world grappling with challenges, India's commitment to diversity and dialogue offers a path forward." The summit's discussions have highlighted India's rich cultural heritage and its role in fostering global understanding.

Reliance Foundation Chairperson Nita Ambani delivered her speech emphasizing the power of culture as a tool for global influence. She highlighted India's rich heritage and the importance of cultural diplomacy in shaping the

nation's global identity. Ambani also spotlighted the efforts of the Reliance Foundation in promoting Indian culture internationally and empowering youth to become cultural ambassadors.

The summit featured Bollywood stars and Industry leaders, including Shah Rukh Khan, Aamir Khan, Ranbir Kapoor, Rajinikanth, Deepika Padukone, and Akshay Kumar. Additionally, global media and technology giants, investors, and policymakers converged to celebrate and shape the future of the global creative economy. Classical ensemble led by legends like Vishwa Mohan Bhatt, Yella Venkateswara Rao, and Ronu Majumdar, performances by the Tetseo Sisters, JHAALA, Shreya Ghoshal, KING x Alan Walker, and a cinematic act by Anupam Kher.

It also featured 43 international finalists from 20 countries, including Argentina, Germany, the United States, Greece, Indonesia, the United Kingdom, and Canada. These creators show cased their talent, with participants ranging from 12 to 66 years old, highlighting the diverse and global nature of the event.

In summary, WAVES 2025 served as a vital platform for international engagement, collaboration, and innovation, marking a significant step in India's journey to becoming a global leader in the media and entertainment industry.

Nrityanjali has always been an institution committed to keeping the Arts alive in the heart of Mumbai. We are proud of our strong association with the Kala Ghoda Arts Festival, under the curatorship of Dr. Anonna Guha, Managing Director of Nrityanjali, since 2015 onwards and also with the National Centre for the Performing Arts (NCPA), Mumbai.

Art is a powerful medium of expression—be it through music, dance, literature, or visual and performance arts. These forms connect us, evoke emotion, and bring communities together.

As we look ahead, let us step into *Waves* with passion and purpose, ready to explore and show case the depth of our talent.

## SELF DETERMINATION

Written by **Dr. Latha Venkat**, an Educationist and has to her credit three post Graduate degrees- M Phil, PhD and a Diploma in Education, served as a Principal for nearly 22 years. She is committee member of the Open Forum for Principals, India, a Trustee of India Development Foundation (IDF) and is a selfless educationist.

Dr. Latha Venkat is also alumnus of Special Personality Development Course conducted by Nrityanjali.



*This article is a personal experience of offering us an insight into self-belief, hope, and determination.*

There are certain incidents in one's life that leave an indelible mark in their mind for years to come. These experiences can make or mar a person's future fully depending on how one takes it at that point of time.

It was a rainy Saturday in 1994. My grandmother left for her heavenly abode just a few days back. My father the eldest in his family successfully completed the 13<sup>th</sup> day rituals as per Hindu customs and we were all sitting for lunch. My father as always ensured everyone was comfortable and slowly walked over to his plate but instead of reaching the plate just slipped down flat right in the center of the room displacing all the other plates laid ready for lunch. It was shocking and we all tried to lift him up and put him across on the sofa. For a moment none of us realized what had happened. He was unconscious, tongue stuck out and panting for breath.

My uncle called for the Doctor immediately and on examination he declared that he had had a severe brain hemorrhage. The whole family was shaken and arrangements were made and he was rushed to the Arogya Nidhi Hospital at Juhu. He was immediately put on the ventilator and the treatment began.

For the first few days there was not much improvement and we were quite worried. But my father steadily showed signs of improvement. As I broke down and was unable to control my tears My father was still with the oxygen mask and couldn't speak but gestured with his hands and called me close by. I rushed and embraced him tightly. For a moment it was just the warm feeling of fatherly love. Suddenly I felt my father's hands slipped away and I tried to hold it on my chest, but no it fell off loose again. I told my mother what was happening and she immediately called the Doctor on duty.

The doctor arrived with a few nurses and tried to revive Dad's breathing. I was holding his cold legs tight and was

lost in prayers to the Almighty to bring back my father's life. And then came the most shocking statement from the Doctor "Sorry, I can't help."

For a moment I felt I would strangle the Doctor's neck as he covered my father's face with the white cloth and order for the stretches take him away. I screamed and refused to let him go. While we were still in a shock a trainee nurse entered the room on hearing the commotion. She requested the Doctor to permit her to try punching my father on his chest to revive his breath but the doctor replied it was too late. On her pleading and insisting he agreed and allowed her to go ahead. She started punching my father hard on the chest with full hope.

Our eyes were all set on my father, anxious to see him move. And lo! The most unexpected miracle took place. My father's breathing resumed once again. The stunned doctor immediately replaced the lifesaving equipment he had earlier pulled off and congratulated the Nurse. We all embraced the young nurse and thanked her.

The nurse had become a family member till my father's death, seven years later. We owed her a huge debt of seven years of life to a man who was declared dead. She attended the funeral rites of my father like a daughter and broke down emotionally. Today after twenty years she is still in touch with us as for us in the family she is none less than an angel in disguise.

Lessons learned from the incident is Never judge a person's capability by the degree/qualification he/she holds not by age. Seniors should always have faith on their subordinates and provide them the opportunity to exhibit their skills. Always be grateful for services provided by the medical fraternity.

Most importantly do not delay decision making in times of serious illness like my father's. Let us use this platform to bow in gratitude to Ms. Sunita the Nurse who is now an angel for our family. May God give her the courage and strength to save many more lives.

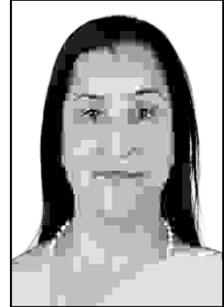
## Investing in Educators for Student Success

Written by **Dr. Sonali Singh**- Headmistress –Primary of Little Angels' High School-Sion

### *Excerpts from the research thesis written by Dr. Sonali Singh.*

**Dr. Sonali Singh**, Headmistress of Little Angels Primary School, Sion is a passionate educator, primarily focusing on nurturing the enthusiasm and interest of teacher community through mentoring. Regular at conducting active engagement with children, demonstrating teachers her passion and innovation in classroom, thereby motivating teachers with ideas and support to explore similar passion and innovation in their class.

Member of the Open Forum for Principals (OFP), India, Dr. Sonali Singh is a silent worker and contributor to education through OFP and similar forums. Her thesis, under **Guide – Dr. Ratnaprabha Rajmane, Smt. Surajba College of Education & Research, Goregaon**, was titled as "Effect of the ability course in the B.Ed curriculum CBCS on the Capacity Building of the students and their attitude towards the course".



Continuous professional development is now more important than ever in the quickly changing educational landscape of today. In addition to teaching facts, educators are supposed to encourage students' creativity, critical thinking, and enjoyment of learning. Building teachers' ability has become an essential part of educational systems around the world in order to satisfy these demands. It encompasses a wide range of projects and activities meant to enhance teachers' capabilities, knowledge, and abilities so they may perform their jobs effectively.

The Ability course, a specialized subject in the B.Ed. curriculum, is intended to help teacher candidates develop their skills and knowledge so they can eventually improve the teaching and learning process. This course focuses on pedagogical approaches, classroom management strategies, technological integration, and even personal development areas like leadership and emotional intelligence in addition to subject-specific information acquisition.

Teachers who participate in ongoing professional development are better able to manage diverse classrooms, present engaging lessons, and adjust to new teaching tools and approaches. Higher academic accomplishment may result from giving kids a more personalized and interesting education. Additionally, it promotes teacher retention since teachers who have support for their professional development are more likely to stay in the sector and stay out of burnout.

A culture of lifelong learning among educators is also fostered via ongoing professional development, and this has a direct impact on the classroom setting. Students are more likely to exhibit curiosity, flexibility, and a dedication to personal development when their teachers exhibit these traits.

Teachers and students actively participate in ongoing self-improvement and development in this dynamic and adaptable learning environment. This way of thinking has the potential to strengthen school communities based on cooperation and common objectives, increase student knowledge, and result in more creative teaching methods. Teachers are also better prepared to meet the challenges of the twenty-first century when interdisciplinary learning and global educational trends are incorporated into professional development programs. Teachers can infuse their classrooms with new and pertinent insights by keeping up with the latest educational research and worldwide best practices. This is particularly crucial in a world that is becoming more and more influenced by technology, environmental issues, and international connectivity. Thus, increasing teacher capacity through focused courses like the Ability course guarantees that teachers are not just good teachers but also progressive mentors who motivate and equip students for a world that is changing quickly.

Overall, enhancing teachers' abilities helps students, schools, and the educational system as a whole, in addition to the teachers themselves, making learning more efficient and equitable for everyone.

### LOOK OUT FOR:

*If you have in you, you are above 16 years old, and you wish to display your talent as an **Anchor**, please contact us to get the opportunity*

Contact our office for details or write to us at [nrityanjali@nrityanjali.org.in](mailto:nrityanjali@nrityanjali.org.in)

## नृत्यांजलि कॅम्प: एक सुखद अनुभव

Written by: **Mrs. Rutuja Narvekar.**

Mrs. Rutuja Narvekar, a homemaker is a Commerce graduate and member of the Editorial team. Alumni of SPDC course offered by Nrityanjali, Mrs. Narvekar is extensively involved in mentoring girls under Nrityanjali's *Unnat Yuvati* – Girl child project. Apart from being engaged with Nrityanjali, Mrs. Narvekar enjoys music, reading, and travelling.



“Love, Care and Share” हे नृत्यांजलीचे ब्रीद वयक्य आहे. नृत्यांजली दरवर्षी समर कॅम्प आयोजित करत होती.

परांतुकोवड मुळेत्यत खांड पडलय. ययवर्षी म्हणजेतब्बल ५ वर्ष्यांनी नृत्यांजलीनेह्यय कॅम्पलय परत सुरु करण्ययच वनर्यार के लय. नैमक्यय ह्ययच कयरणयमुळेहय कॅम्प उत्सुकतेचय आजण चचेचय ठरलय. गेल्यय ५ वर्ष्यात बरेच बदल घडले होतेत्यमुळेपुनः श्व हररओम करतयनय सवयामध्येएक अनयजमक हररु होती.

हय समर कॅम्प ४ ते८ मेदरम्ययन आयोजित करण्ययत आलय. ह्यय सयठी इगतपुरी येथील ड्यूडरॉप ररसॉर्ाहेवनसगारम्य वठकयण वनवडण्ययत आले. ५ ते१५ वयोगर्यतील ७५ मुलेमुली ययांनी ह्ययत सहभयग घेतलय होतय.

कॅम्प सयठी जिस्तबद्ध आजण सूक्ष्म तपिलवयर वनयोजन, सां चयलक मांडळ्यांनी सुरु के ले. ययत अद्यययवत सोयीनां ी सुसज्ज २ वयतयनुकू जलत बसेस, त्यांचेमयगा, स्टॉपस, प्रवयसयत खयण्ययवपण्ययची, प्रथमोपचयरयची सवोतोपरी कयळजी घेण्ययत आली होती.

िवेर्ी ४ मेरववयर हय वदवस उजयडलय. मुलयांचय उत्सयह ओसां डून वयहत होतय, तर पयलक थोडेजचांतयतुर वदसत होते. परांतुमुलयांची कयळजी घेण्ययसयठी फॅ कल्टी मेंबसा ची र्ीम सज्ज होती हेपयहून पयलकयांनय वदलयसय जमळयलय. वयोगर्यमुळेमुलयांचेअवखळ वयगणेहोते, पण मोठ्यांचय सूचनयांचेपयलन होत होते. प्रवयसयत मुलयांनी गयण्ययांचय तयलयवर नयचून खूप मौज मजय के ली. ह्ययत जिक्षक मांडळी देखील सहभयगी होऊन बहयर उडवून वदली.

रववयरी दपुयरी १२:३० लय ररसॉर्ावर पोहोचल्ययवर मुलयमलु ीचां एकय प्रिस्त हॉल मध्येवेलकम वडारक देऊन स्वयगत करण्ययत आले. प्रतेक जिक्षकयकडे ५ मुलयची जबबबदयरी सोपवण्ययत आली होती. ररसॉर्ावर पवहल्यय मजल्ययवर मुलयांची, तर दसु च्यय मजल्ययवर मुलीचां ी व्यवस्थय करण्ययत आली. दपुयरी बरेच उपक्रम घेऊन चयांगली सुरुवयत झयली.

सोमवयरी सकयळी सवाजिक्कयांनय स्वतः चेआवरून, मुलयांनय ०७:१५ पयांत तययर ठेवययचेहोते. त्यांनय प्रतेकी २ जमवनरेपयलकयांिी बोलययची परवयनगी देण्ययत आली. ०७:३० लय मुलयमलु ीनां य हॉल मध्येनेण्ययत आले. तेथेत्यांनय सुया नमस्कयर, प्रयणयययम, योगयसने जिक्कवण्ययत आली. योगयसनयांमध्ये प्रयमुख्ययने तयडयसन, हलयसन, उत्तयनपयदयसन, पवन मुक्तयसन, वृक्षयसन जिक्कवण्ययत आले. योग्य वययत अिय आसनयांच्यय सरयवयनेिरीर लवजचक तर होतेच, पण मन देखील स्थस्थर आजण प्रसन्न रयहते. ययचय मुलयवर दरुोगयमी पररणयम होतो हेही मुलयांच्यय मनयवर वबांबवण्ययत आले.

सोमवयर तेबुर्वयर, ववववर् उपक्रम घेण्ययत आले. त्यत प्रयमुख्ययनेपोहणे, इंग्रजी कववतय वयचन, स्वच्छ भयरत नयकैयचे स्थस्कर, वेगवेगळ्यय ववर्षययवर भयर्षण, भरतनयट्यम, एरोवबक्स, झांब य, कॉम्प्युर जसांडरोम, जमरर एकसरसयईज, वयरली पैवर्ांग, हस्तव्यवसयय, जयत्यवर बनवलेल्यय मयतीच्यय ववववर् वस्तू, ववववर् ववर्षययवर पोस्टर बनवणे, मैदयनी खेळ इत्यदी अनेकववर् कययाक्रम रयबवण्ययत आले.

डॉ गुहय सरयनी ह्यय कॅम्प सयठी घेतलेली मेहनत अप्रवतम होती. प्रतेक गोष्टीत त्यांची कळकळ, मुलयांनय जिक्कवण्ययची तळमळ, एकही क्षण वययय न घयलवतय घेतलेलेश्रम, सवयांनी प्रेमयनेआजण आपुलकीनेवयगणेहेत्यांच्यय कयमयवरील वनष्टेचेआजण श्रद्धेचेप्रतीक होते. त्यांच्यय सोबतीलय ियांत, प्रेमळ, हसच्यय अर्यावगनी रयर्प मेंडम होत्य. त्य अगत्यने सवयांची चौकी करत होत्य. अनोनां य मेंडम, सां वगतय मेंडम, मैत्री मेंडम ययांनी तर चयर वदवस अपयर मेहनत घेतली.

त्यांची कष्ट करण्ययची प्रवृत्ती पयहून, आह्यलय पण प्रेरणय जमळत होती. यय कॅम्पचेअजून एक वैजिष्ट्य म्हणजे, येथे आजयरी पडलेल्यय मुलां मुलीचां ी वविर्ष ममतेनेकयळजी घेण्ययत आली. मुलीवां र तर बयरकयईनेलक्ष ठेवण्ययत आले. त्यांच्यय बरोबर कययम एक जिजक्कय रयहत होती. सवाजिक्क मांडळीनां ी त्यांनय नेमून वदलेली सवाकयमवगारी

चोखपणे पयर पयडली.

आहयरयच्य बयबतीत सयांगययचेझयलेतर, मुलयांनय अवतिय सकस आहयर देण्यत आलय. सकयळी न्ययहयरी, दपुयरी उत्कृष्ट जेवण, सां ध्ययकयळी अल्पोपहयर, वेगवेगळी जमष्टयत्रेओी ववववर प्रकयरच्यय पदयथयांची रेलचेल होती. पोभर जेवययचे, पण अन्न वययय घयलवययचेनयही ओी मुलयांनय सक्त तयकीद देण्यत येत होती. एकां दरीत जेवण रुचकर आजण आरोग्यदययी होते.

बुर्वयरी सां ध्ययकयळी पयलकयांसमोर कययाक्रम सयदर करयवययचेहोते, त्य सयठी सकयळी सवा कययाक्रमयांची रांगीत तयलीम घेण्यत आली. कययाक्रमयत वेगवेगळी बजक्षसेठेवण्यत आली होती. जसेवक, उत्कृष्ट स्वच्छ रूम, उत्कृष्ट आदरयवतथ, उत्कृष्ट पोस्टर, उत्कृष्ट पोयिख, उत्कृष्ट परस्परयांमध्येसां र इत्यदी

सां ध्ययकयळी मुलयमुलीनां ओी गेल्यय चयर वदवसयत जिकलेल्यय गोश्रीमां रून अप्रवतम कययाक्रमयांचेसयदरीकरण के ले. त्यतून त्यांनी आत्मसयत के लेल्यय कलयांचेप्रदिन झयले. प्रमुख पयहुणयांच्य हस्तेववजेल्यांनय पयररतोवर्षक ववतरण करण्यत आले. रयत्री कॅम्प फययर चय कययाक्रम आयोजत करण्यत आलय होतय. त्यांनंतर हॉल मध्येसवयानी नृत्यचय बेमुरयद आस्वयद घेतलय.

गुरुवयरी सकयळी रॅझर हांवर्रांग हय खेळ ठेवण्यत आलय होतय. त्यचय मुलयांनी खूप आनांद घेतलय. दपुयरी जेवणयनांतर, कॅम्पचय समयरोप करून, सवाजण परतीच्यय प्रवयसयलय वनघून आपयपल्यय घरी सुखरूप पोहीचले.

पयलकयांनी परत आलेल्यय मुलयमलु ओीच्यां य चेहययवरचय ओसां डून जयणयरय आनांद पयहन समयर्यन व्यक्त केले.

कॅम्पमध्ये मुलयांचेअजभप्रयय घेण्यत आलेहोते. त्यत त्यांनी आपयपलय प्रवतसयद वदलय. ययमध्येघेतलेलेसवाउपक्रम, सां चयलक मां डळ आजण जिक्षक मांडळीनां ओी जिकण्ययसयठी दयखवलेली कळकळ आजण प्रेमळ वयगणूक, तसेच ररसॉर्ा मर्ील स्वच्छतय, सुरेख आहयर, प्रिस्त स्थस्वजमगां पूल आजण पवात रयांगयांनी वेढलेलेमैदयन ययांचेतोडां भरून कौतुक के ले. एकां दरीत सवामुलेखुि होऊन त्यांनी ह्यय कॅम्प चय पुरेपूर आस्वयद घेतलय.

वेवरी मलय एक गोष्ट नमूद करयवीओी वयर्तेवक, समर कॅम्प म्हणजेफक्त मौज मजय नसून, ती एक नवनवीन कौल्य आत्मसयत करययची नयमी सां री आहे. जीवनयत मुलयांनय वेगवेगळ्यय स्पयानय सयमोरेजययचेअसतेत्यसयठी त्यांची योग्य ती जडण घडण होणेमहत्वयचेअसते. फक्त पुस्तकी वकडय रयहन चयलत नयही, तर त्यांचेअष्टपैलू व्यस्थक्तमत्व ववकयस होणेगरजेचेअसते. आईवडलांच्यय जिवयय थोडेवदवस लयांब रयहणे, अनोळखी मुलयांच्यय सहवयसयत वेळ व्यतीत करणे, वेगवेगळ्यय उपक्रमयत भयग घेणे, सयांजघक वृत्ती जोपयसणेह्ययमुळेमुलेर्यडसी, स्वतांत्र आजण हुियर होतयत. त्यांच्यय ज्ञयनयच्यय कक्षय रां दयवतयत. त्यमुळेअिय कॅम्प मध्येमुलयांनी भयग घेणेअत्ांत आवश्यक आहे. हेसवाओळखून, नृत्यांजली सयरखी वनस्वयथी सां स्थय आजण त्यचेसवेसवयाडां तुर्षयर गुहय, सां चयलक मांडळ ययांचेकौतुक करयवेतेवढेथोडेच आहे. अिय सां स्थेलय मयझेवनम्र अजभवयदन. परमेश्वर त्यांच्यय सवाववर्ययक कयययांनय उत्तोरोत्तर यि देवो.

मलय ह्यय कॅम्प मध्येसहभयगी होण्ययची सां री वदल्ययबद्दल मी सवयांची आभयरी आहे.



ANNUAL Open Forum for Principals (OFP), India Meet on 25<sup>th</sup> June 2025 in collaboration with National Gallery of Modern Art (NGMA), Mumbai

## Rhymes & Verses

### कला की कलाकारी

कला:

कभी नृत्य की लय में बँधती, कभी मूर्तियों में गूँजती।  
कभी कविता बन शब्दों में ढलती, कभी संगीत में निकलती।  
कला है भावों की चाहत, कल्पनाओं का अनोखा संसार,  
जो मिटाकर सीमाओं को, करता है हृदय का विस्तार।

मैं एक कलाकार हूँ, मुझे रंगों से प्यार है,  
हर लकीर में बस, एक कहानी, या संसार है।  
ब्रह्माण्ड के रंग चुराई, मैंने अपनी छवि में,  
मन के आंगन में सजायी कल्पना, सुनहरी ज़मीन में,

शब्दों से रचूँ एक गीत मधुर,  
या कैनवस पर उतारुन, एक चित्र भरपूर,  
हर शिखर, हर धुन, मेरी पहचान है,

कलाकारी से सजी कहानी मेरी, अंजान है।

स्याही से लिखी, मैंने भावनाओं की दास्तां,  
रंगों से उठाई, दिल की पुकार,  
छोटी हो या बड़ी, ये मेरी ताकत है,  
मेरी कलाकारी, मेरी अनमोल विरासत है।

- गीता चंद्रशेखरन

### पावसाळा

माझ्यासाठी पावसाळा म्हणजे  
लोकल मधली न संपणारी गर्दी  
ढगांच्या गडगडाटानी दिलेली पावसाची वर्दी  
त्या आवाजाने अजूनही वाढणारे,  
हृदयाचे ठोके  
चिखलात भिजलेले माझे बूट ओले  
आणि सर्वत्र पसरलेले पाणी  
हे आठवलं की वाटतं,  
पावसाची आठवण न काढलेलीच बरं  
पण उन्हाळा असहा झाला,  
की माझे डोळे निव्व्या आकाशात,  
एखादा काळा ढग शोधतात, हेही खरं

सांगत नाही कधी,  
पण जुन महिना आला,  
की मी खिडकीत उभी राहून  
माझ्या काळजाचे ठोके वाढवणाऱ्या,  
त्याच गडगडाटाची वाट पाहते

आणि पावसाची पहिली सर आली,  
की धावत गच्चीत जाऊन,  
चिंब भिजून घेते

पावसा, तू घेऊन येतोस,  
चिखल, गर्दी  
वीज कपात,  
पण त्यासोबत येतात  
त्याच जुन्या आठवणी

शाळेच्या, मैत्रीच्या  
डबक्यात सोडलेल्या कागदी होडीच्या  
तुझ्या थेंबाचा आवाज ऐकला  
मातीचा सुगंध दरवळला,  
की वाटते, सतत सोबत आहे आपलेसे कोणी

तू दाटून येतोस बरोबर वेळी  
आणि वाटतं की बोलतोस  
खूप बोलतोस  
सुखात असले तर सर होऊन बरसतोस  
आणि माझ्या डोळ्यात पाणी आले  
की चटकन, वादळ होतोस?  
मी तुझी भाषा शिकत्ये  
पण तू नेहमी माझ्या भावना जाणतोस  
साथ घायला, थेंबाचा  
तालही देतोस  
मनात कल्लोळ झाला,  
की गडगडातोस, ओरडतोस  
आणि विचारांचा आवाज बंद करतोस

मी तुझ्यावर चिडते  
पण शेवटी,  
तुझ्यापाशी येऊनच थबकते  
तुला पाहताना,  
वेळ थांबतो  
तू, मातीचा सुवास आणि मी  
वाटतं कधी कधी..  
की तू माझ्यासाठीच बरसतोस  
तुझी गंमत हीच, सौंदर्य हेच  
की सगळ्यांनाच तू आपला वाटतोस

तसं तुझं आणि कोणाचं  
पूर्णपणे जमत नाही  
आणि तसंच  
तुझ्यावाचून कोणालाच करमत नाही

-Kanak

## RECIPE

Contributed by **Mrs. Vidya Vaidyanathan**, an enthusiastic homemaker and an excellent cook, Volunteer with Nrityanjali and her passion also include Music, Dance and Artwork.



### Green Moong Ladoo Recipe

#### Ingredients:

- 1 cup green moong
- 1 cup coconut
- 1 cup jaggery (grated)
- 1 spoon cardamom powder
- 5 kaju, 5 raisins
- 1/2 cup ghee
- 1 cup maida
- 2 tsp rice powder
- 1/2 spoon salt
- 1 kadai
- 1 cup water

#### Procedure:

1. In a kadai, lightly fry green moong dal for 1 minute.
2. Add water and cook it with a little salt. Smash the cooked moong dal.
3. In a kadai, add 5 spoons of ghee
4. Add cashew nuts and raisins, 1 cup water.
5. Add 1 cup grated jiggery, 1 cup coconut and stir nicely.
6. Finally add the cooked moong dal.
7. Stir nicely till it leaves the pan. Keep it aside and let it cool.
8. Make small balls of the mixture and keep it aside.
9. In a bowl, add 1 cup maida, 2 tsp rice powder, and 1/2 spoon salt.
10. Mix all the above ingredients and make a batter.
11. In a kadai, heat oil.
12. Dip the small balls in the batter and then fry them in the kadai.
13. GREEN MOONG LADOO is ready to serve.  
ENJOY

### Poha Ladoo Recipe

#### Ingredients:

- 1/2 cup poha
- 1/2 cup daliya
- 1/2 cup groundnuts
- 1/2 cup jaggery (grated)
- 1 ½ cup water
- 8 to 10 kaju
- 1/2 cup ghee
- 1/2 spoon cardamom powder
- 1/2 cup coconut (grated)
- Kadai

#### Procedure:

1. In a kadai, stir poha, daliya, and groundnuts separately for 3 minutes.
2. After cooling the above ingredients, grind them smoothly and keep aside.
3. In a kadai add 5 spoons ghee.
4. Add cashew nuts and stir.
5. Add 1 ½ cup water.
6. Add grated jaggery and stir nicely.
7. Add the grinded powder to the mixture slowly.
8. Keep stirring till it leaves the pan.
9. Add 3 spoons ghee while stirring.
10. Cool it.
11. Make small balls of the above mixture.  
Poha ladoo is ready to serve.

# DID YOU KNOW

## Quick Body "Hacks"



To **Calm Nerves**  
– Pinch your nose



To **Stop Nausea** –  
Press your inner wrist

To **Ease Anxiety**  
– Hand on heart +  
deep breaths



To **Wake Up**  
– Chew minty gum



To **Boost Energy**  
– Cold water or brisk walk

To **Clear Nose**  
– Press tongue to  
the roof of mouth



To **Focus Better** – Eat  
something crunchy



To **Fall Asleep**  
– Blink rapidly for one  
minute

To **Improve Memory**  
– Clench your fists



To **Relieve Headache**  
– Press between  
thumb & index finger

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# LAUGH IT UP

**Teacher:** "If I gave you 2 cats and another 2 cats and another 2, how many would you have?"

**Johny:** "Seven."

**Teacher:** "No, listen carefully... If I gave you two cats, and another two cats and another two, how many would you have?"

**Johny:** "Seven."

**Teacher:** "Let me put it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?"

**Johny:** "Six."

**Teacher:** "Good. Now if I gave you two cats, and another two cats and another two, how many would you have?"

**Johny:** "Seven!"

**Teacher:** "Johny, where in the heck do you get seven from?!" **Johnny:** "Because I've already got a freaking cat!"

A boy asks his father, "Dad, are bugs good to eat?" "That's disgusting. Don't talk about things like that over dinner," the dad replies. After dinner the father asks, "Now, son, what did you want to ask me?" "Oh, nothing," the boy says. "There was a bug in your soup, but now it's gone."

*A lady broke the traffic signal.....*

*Police: Stop!.....*

*Lady: " Please let me go.....I am a teacher....."*

*Police: Ahahaa!! I have waited for this moment all my life*

*Now write...*

*I will never break a signal, 100 times.....*

## Husband and wife went for divorce at court.



**Judge:** you have three kids.....how will you divide them?

They both had a long discussion and then came back to the Judge and spoke



"Ok, Sir We will come next year with one more ".

**English Teacher:** Give me the opposite of this sentence

"Children in the dark make mistakes"

**Student:** "Mistakes made in the dark makes children".

The student of **MBBS** were attending their Bio chemistry class. They all gathered around the Lab table with a Urine sample. The Professor dip his finger in the Urine and tasted it in his own mouth. Then he asked the students to do the same.

The students hesitated for several minutes but at last everyone dipped their finger in the Urine sample and tasted it. When everyone finished the Professor looked at them and said "The most important **Quality** is '**Observation**'. I dipped my Middle finger but I tasted my Index finger. Today you just learnt "How to pay attention"

All students shouted.

**Laughing is a big Medicine**

**But if you're laughing for no reason, then you need medicine.**

Pizza always confuses us.... It comes in a square box..... when you open it... its round.....and..... when you start eating it its triangle!

Life and people are also like Pizza.... Look different...appear different and behave absolutely different.....

The facts of life.....

5 Apple .....Rs.60/-

Apple 5.....Rs.60000/-

**POSITION MATTERS.....HAHAHA**

# BIRTHDAY

## July

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



## August

- 1st Pranoti Pimpalkhare  
 4th Vilobha Kukde  
 5th Ketki Naik Sarang  
 12th Ankita Narkar  
 13th Krutika Adkar  
 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 Jayosmita (Mohor) Chatterjee  
 14th Revathi Sethuraman  
 21st Kavya Khedekar  
 24th Rekha Vijayakar  
 26th Anjum Shaikh



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