

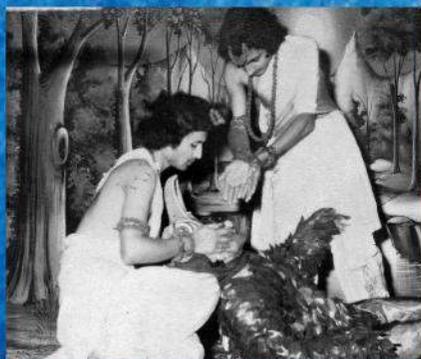
Jan - 2026
Vol 35 - No.01



Nrityanjali

*Leader in
Personality Development
& Emotion Management.*

**Parichay
Mein
Parichay**





SOCIO - CULTURAL AFFAIRS

Nriyanyjali is a registered **Public Charitable Trust** and an **Institution** of Performing Arts, Education, Personality Development & Management Services established on 19th July 1963

Nriyanyjali Membership is through Invitation and has no Fees.

Individuals from different walks of life and age (from 10 years to 70 years) work together for Social Service & Education through the medium of Music & Dance.

Nriyanyjali Human Resource Development (NHRD) Division

Conducts Training for Faculty Members in Life Skills Programmes & Behavioural Sciences on modules based on the 32 years research of Dr. Tushar Guha

Nriyanyjali Social Activities (NSA) Division

organises Inter - School Competitions every December for students from KG to Std Xth.

The Competitions are -

Drawing , Essay, Handwriting, Recitation, Story Telling, Elocution, General Knowledge, Debate, Fancy Dress, Vocal - (Hindustani, Carnatic, Light Solo, Samuha Geet), Dance (Indian - Folk & Classical, Western), Mono Acting

NSA entertains inmates of Old Homes, Orphanages and Patients of Hospitals.

Nriyanyjali Programme Division

Arranges Cultural Shows of Folk Dances of India, Classical Dances, Music & Drama. These shows are presented by the students of the "SUNDAY CLASSES" - the centre of activity (2.00 P.M. to 6 P.M.). People of all ages learn varieties of art form **Free of Cost, under the Founder Director Dr. Tushar Guha.**

Conducts Workshops in Drama, Indian Classical & Folk Dances
Special programmes are presented for foreign dignitaries.

Nriyanyjali Faculty Division

offers courses in Performing Arts and is affiliated to ABGMV Mandal, Miraj.
Nriyanyjali Diploma courses are also conducted.

Nriyanyjali Information Services (NIS)

Publishes Quarterly House Magazine "PARICHAY MEIN PARICHAY".
Nriyanyjali Web Services are offered to members.



CORPORATE AFFAIRS

Nriyanyjali Initiative Division

initiates different projects to create an awareness and implement Nriyanyjali's ideals.
Camps for Children, Youth, Women, etc. and Marketing

Nriyanyjali Management Services (NMS) Division

conducts Training Programme for the Corporate Sector in Behavioural Sciences. The modules are based on the 32 years research on Human Relations and Psychology by Dr. Tushar Guha

Nriyanyjali Education Services (NES) Division

caters to **Personality Development & Life Skills programmes** for students. Provides training to Principals and Teachers through the Department of Education.

The Open Forum for Principals (OFF)

initiated by NES caters to creating a pool of teachers on different academic subjects

Sunday Classes

Start attending at 1:30 P.M. at Bhandup every Sunday.

Nriyanyjali Yahoo Group

Login to join by registering your email ID at our website

Membership

Visit : Sunday afternoon or week days evenings
Meet any official .
Fill in Application Form.
Participate in activities.
Membership follows

Jan 2026

Parichay
Mein
Parichay



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Dear Readers,

New Year Greetings to All Our Readers!

Nriyjanjali embraces the year 2026 with renewed dedication and a commitment to achieving even greater milestones. This edition of our magazine highlights the enormous work accomplished during the last quarter of the year, reflecting our passion and collective effort.

The **39th year of the Nriyjanjali Fest** was truly a year of celebration—filled with people, joy, and togetherness. The emotions and memories created during the festival is beautifully captured through the accolades shared by our esteemed judges, supportive parents, and our wonderful students. The event featured numerous *Corporate professionals* and renowned *Personalities from the field of Performing arts* as our judges. The entire Nriyjanjali team deserves heartfelt appreciation for managing the session with remarkable enthusiasm, coordination, and dedication.

The magazine proudly highlights the first PhD scholar of Dr. Tushar Guha Sir, who has successfully completed a remarkable entrepreneurial journey in **Leadership- Genetics and Human Behaviour research**. This inspiring journey showcases the powerful integration of academic excellence with real-world leadership practice and how leadership theories can create meaningful impact in real life scenarios.

On the educational front, we have placed special emphasis on **Special Education and Psychology**, recognizing their vital role in understanding individual needs, nurturing emotional well-being, and fostering holistic development.

In today's fast pace world, reconnecting with **Nature through Nutrition** is more important than ever. Nature and Nutrition together are considered a powerful pathway to a healthy individual and a healthy planet. The magazine has highlighted on few essential healthy tips for a better living.

Looking ahead, the entire Nriyjanjali team eagerly awaits the **Kala Ghoda Festival**, commencing **on 31st January**, where we look forward to exploring and celebrating the rich cultural activities through art, performance, creative expression and meeting with great performers.

A year filled with learning, creativity and shared success.

Happy New Year 2026!

Mini Pillai

Parichay Mein Parichay Life Membership (10 Yrs.)

April'16 Vol.25 No.2	Chowdhary Nitasha, Manju
Oct'16 Vol.25 No.4	Geeta Chandrasekaran
Jan'17 Vol.26 No.1	Chirath Harinakshi
April'18 Vol.27 No.2	Yewale Sunanda
July'18 Vol.27 No.3	Jattani Hemakshi
Oct'18 Vol.27 No.4	Singh Bindu
Jan'19 Vol.28 No.1	Sonkusale Neelima / Damle Nivedita
April'19 Vol.28 No.2	Nathwani Bhavika
Jan'20 Vol.29 No.1	Damle Manasi / Sawant Balkrishna / Samjiskar Charushila / Mane Shweta
July'20 Vol.29 No.3	Pingle Samir
April'23 Vol.32 No.2	Manisha Singh
July'23 Vol.32 No.3	Farhat Khan / Anonna Guha / Girish Dalvi & Sangita Sawant
Oct.'24 Vol .32 No.4	Guha Tushar, Radha
April'24 Vol .33 No.2	Narvekar Rutuja,Nivedita Chatterjee, Mini Pillai
July '24 Vol .33 No.3	Dinesh Singh, Sonali Badalwadi

PMP Subscription

One Year- Rs.200/- (4 Issues)

Life Subscription (10 Years) - Rs.1000/- (40 Issues)

Members are requested to please check and renew their Life membership

NRITYANJALI BOARD OF TRUSTEES w.e.f. 21.07. 2024

Permanent & Managing Trustee : Dr. Tushar Guha
Trustees : Mrs. Radha Guha, Dr. Anonna Guha
Mr. Girish Dalvi, Mrs. Nivedita Damle,
Permanent Invitee : Mrs. Sangita Sawant, Mrs. Maitri Khedekar

•
Permanent Executive Secretary: Mrs. Manasi Damle w.e.f. 26.05.2016

Nomination Board w.e.f. 01.04.2024

Chairman: Mr. Girish Dalvi **Member**: Mrs. Nivedita Damle

CENTRAL ADMINISTRATION w.e.f. 19.07.2023

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Director – Operations : Mr. Girish Dalvi
Kolkata Office : Dr. Anuradha Chatterjee
Head Operations : Mrs. Maitri Khedekar

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Initiative (Marketing, Projects)

Nrityanjali Management Services (Trainings in Corporate & Professional Institutions)

SOCIAL & EDUCATION - Education Services

Nrityanjali Education Services - (Training in Schools & Colleges, Camps)
(Open Forum for Principals)

•
Faculty Division (Performing Arts Courses)

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•
Programme Division (Sunday Class, Cultural Programmes)

Head: Mrs. Sangita Sawant **Coordinator** Mrs. Avani Chakravarty

Cell Members: Mrs. Ketki Sarang, Mr. Satyashil Jadhav

•
Social Activities Division (Fest, Old Homes, Orphanages, Hospitals)

Under Central Administration

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Mrs. Maitri Khedekar (CZ, SM) Mrs. Sangita Sawant (WZ, NM)

Fest Coordinator: Mr. Tushar Rahate.

Activities Coordinator: Mrs. Rutuja Narvekar

•
Nrityanjali Information Services (Publications & Archives)

Head: Mrs. Maitri Khedekar

Cell Members: Mrs. Diksha Bhat

PMP - Editor - Mrs. Mini Pillai

Editorial Board Members- Mrs. Nivedita Chatterjee,

Mrs. Rutuja Narvekar, Ms. Dhiya Patel

•
Human Resource Development (Research, SPDC, In-House Training)

Head: Mrs. Geeta Chandrasekaran

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Dec - 2025 : Celebrating International Day for Persons' with disabilities with RCF Ltd



Dec - 2025 : Celebrating International Day for Persons' with disabilities with Bank of Baroda (BOB)



Nov - 2025 : Humsafar and Future planning for HPCL

CULTURAL ENGAGEMENTS under NRITYANJALI PERFORMING ARTS



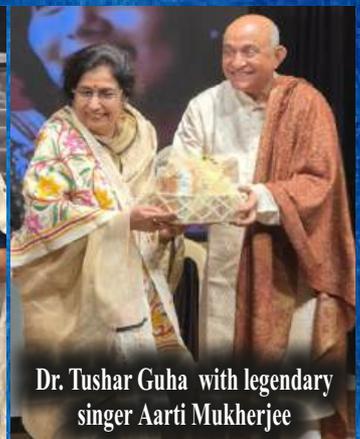
LOVE YOU ZINDAGI skit performance celebrating Safety Day with BPCL



Bharatnatyam students performed at the Ghat Sandhya event, Varanasi



Nriyanjali Team executed Annual Day of Finland International School, Thane



Dr. Tushar Guha with legendary singer Aarti Mukherjee

ACCOLADES

Dear Dr. Anonna Guha Madam,

Thanks to you, Dr. Tushar Guha Sir and the team for delivering such an insightful and engaging session on emotional wellbeing and family bonding during our Family Day event. Dr. Guha Sir's expertise and thoughtful approach greatly enriched the experience for our employees and their families. Everyone really enjoyed it, and we truly appreciate the time given by Dr. Guha Sir & Mr. Girish Dalvi Sir to be with us. Thank you, Regards.

Ms. Asavari Patankar

Medical & Welfare Department
Larsen & Toubro Ltd, Powai

Dear Dr. Anonna Guha Madam,

Thank you for your association with us. Students and Parents are very happy and have shown interest for Spandan - the joint Project of KalaGhoda Association and Nriyjanjali. We appreciate your efforts towards the upliftment of our society. Looking forward for such association. All the best for the same. Thank you,

Smt. Charushila Samjiskar

Head -MCGM VCP Parel English School

Dear Nivedita Madam,

It was really a blessed day at Nriyjanjali Centre today a feeling like I had come home.

Guru Sunila Potdar

Bharat Natyam Dance Examiner
for Gandharva Examinations &
Founder & Artistic Director of Eklavya Art Forum

Dear Mr. Girish Dalvi,

Congratulations on a beautifully organised event on 21.12.2025. The entire programme was very well managed, punctual and seamless. Our Art of Speech parents were truly overwhelmed. Kudos to the entire Nriyjanjali team. We look forward to the results and the next year events.

Mrs. Reena Shah

Radio Jockey &
Founder-Principal of Art of Speech, Ghatkopar

Respected Anonna Madam,

Thank you so much for choosing me as a judge. Thank you for considering me worthy of this role—it really means a lot to me. To be very honest, I felt a little awkward when you and Sir addressed me as "Madam". Please convey my heartfelt thanks to Sir.

Mrs. Sanchita Ambre

Corporate Professional with Sun Pharma Advanced
Research Company, Mumbai
Judge at Nriyjanjali Fest 2025

Respected Sir,

Thank you, Sir, for considering me and extending this invitation to be the Judge at our Nriyjanjali Fest. It is not just an honour, but a deeply emotional moment for all of us to return to this fest. For many, it may seem like just another school competition, but for us, it is a celebration — a festival of people, fun, and togetherness. The warmth and spirit of this event have remained unchanged over the years, and being part of it again truly means a lot.

Mrs. Sampada Sakpal Talekar

Brilliant Bharanatyam, Folk and Western Dancer
Finance Project Manager – DHL Global Forwarding GSC

Respected Sir,

Thank You for the wonderful experience. Thank you very much for inviting me as a judge for the Speech event on 30th November. I sincerely appreciate the warm hospitality extended to me by the entire NRITYANJALI team. I would be happy to volunteer or support similar events in the future. If you have any upcoming programs—especially on Sundays—I would be glad to join and contribute. Thanks,

Mrs.Kavita Maru

Special Educator & Teacher with Rochiram Thadani
School for Hearing Impaired
Judge at Nriyjanjali fest 2025

Dear Girish Dalvi Sir,

Thank you so much for inviting me on Sunday, it was an honour to be part of the judging panel. I truly enjoyed witnessing such amazing talent, and the folk dances were absolutely spellbinding. I would be delighted to contribute to more events in the future. Wishing you all the very best for the upcoming programs.

Ms. Enakshi Kotwal

Corporate Professional, Bharatnatyam & Kathak Dancer,
Internationally renowned Belly Dancer,
Judge at Nriyjanjali Fest 2025

FOOT PRINTS...

Nrityanjali news upto 21st December 2025

Nrityanjali Management Services conducted the following programmes:

- On 8th November, Dr. Anonna Guha and Mrs. Harsha Andan conducted Retirement Programme - Future Planning - for Hindusthan Petroleum Corporation Ltd. at Nigdi.
- Dr. Tushar Guha, with a team of eight members, conducted two hours session on Family Day Celebration for the Employees of Larsen & Toubro Ltd at AMN Towers, Powai on 15th November 2025. The Team Members were Mr. Girish Dalvi, Mrs. Maitri Khedekar, Mrs. Charushila Samjiskar, Mrs. Sangita Sawant, Mrs. Harsha Andan, Mrs. Sreekala Velambath, and Mr. Solomon Tharakan
- Hindusthan Petroleum Corporation Limited's special Humsafar programme (with topics - Harmony of Body, Mind and Soul, Yoga and Nutrition, Fitness, Creating and Managing Wealth, and Family Orientation) was held as follows :
 - The **19th Programme** was held at Vishakapatnam on 10th and 11th October 2025 for Employees (without Spouse) who completed 15 years of service.
 - The faculty team was headed by Dr. Tushar Guha with Mrs. Maitri Khedekar and Mrs. Harsha Andan.
- On 3rd December 2025, **RCF Ltd** celebrated **International Day for Persons with Disabilities** at their premises. Mr. Girish Dalvi, Mrs. Geeta Chandrasekaran, and Mrs. Harsha Andan conducted three hours session in the morning on Happiness for 25 participants.
- **Bank Of Baroda** celebrated the **International Day for Persons with Disabilities** on 3rd December 2025. Dr.Tushar Guha, Mr. Girish Dalvi, Mrs. Maitri Khedekar and Mrs. Harsha Andan conducted two hours session, **Spandan**, for 80 employees of The Bank from 3.30 pm to 5.30 pm.

Nrityanjali Education Services conducted the following programmes :

- **Life Skill** Programmes for Students of Std 1st to Std 4th continue at **Bai Kabibai High School, Fort, Mumbai**
- **Life Skill - Joyful Learning** Programmes for Students of Std 1st to Std 4th continue at **Pragnya Bodhini High School, Goregaon** from August 2025
- **Spoken English Classes** for Std. 8th and 9th continue at **Shakti Yogashrama, Lonavala**
- **Spoken English Classes** for Std. 8th and 9th continue under **Project Unnat Yuva** at **Guru Nanak English School, Bhandup**
- **Career Guidance sessions** for Std.10 Students of **Little Angel High School, Sion**, were conducted on 15th November 2025. The Counsellors were Mrs. Geeta Chandrasekaran, Mrs. Vasanti Anand, Mrs. Nivedita Chatterjee, Mrs. Mini Pillai, Mrs. Yogeeta Khanna, Mr. Yogesh Khanna, Ms. Dorothy Joseph, Mrs. Salma Tharakan, Ms. Purvashri Bandekar, Mrs. Suvarna Potdar, and Mrs. Simmi Mohan
- **Life skill** Programmes continue at Little Angels commenced from 8th to 12th December 2025.
- **Life Skill** Programmes for Students of **Vivek Vidyalaya, Goregaon** commenced from October 2025, under the auspices **USA USA-based NOV India Pvt. Ltd.**
- **Life Skill** Programmes for Students of **Cosmopolitan School, Andheri** commenced from October 2025, under the auspices **USA USA-based NOV India Pvt. Ltd.**
- **Mr. Girish Dalvi** was invited as the Speaker by the **Navi Mumbai Mahanagarpalika Corporation (NMMC) Education Department** for a session on Personality Development for Heads of Schools, under NMMC, on 19th December 2025.

FOOT PRINTS...

Nrityanjali news upto 21st December 2025

FACULTY DIVISION:

Akhil Bharatiya Gandharva Mahavidyalaya held the **Annual Written Examinations** on 16th November 2025. The **Practical Examinations** commenced from 19th November 2025 and ended on 23rd December 2025.

The details of the Examinations and the number of students who appeared are given below-

	<u>Bharat Natyam</u>	<u>Kathak</u>	<u>Tabala/Pakhwaj</u>	<u>Gayan/Vadan</u>
Prarambhik	48	49	10	43
Praveshika Pratham	50	42	08	23
Praveshika Purna	03	09	04	01
Madhayama Pratham	00	02	01	11
Madhyama Purna	04	10	01	01
Visharad Pratham	02	01	00	01
Visharad Purna	07	02	01	03
TOTAL	114	115	25	83

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 3 - 2025 commenced from 20th September 2025 and ended on 19th October 2025
- The 16 days Special Personality Development Course Level 1 (SPDC 1) First Batch in 2026, will commence from 7th February 2026 and will end on 15th March 2026
- The next batch of 8-day Special Personality Development Course Level 3 (SPDC 3) for International Grooming and Leadership will commence from 4th April 2026 and will end on 26th April 2026. SPDC Level 3 is held once in 4.5 years. It was last held in January 2021.
- The 16 days Special Personality Development Course Level 1 (SPDC 1) Second Batch in 2026, will commence from 9th May 2026 and will end on 14th June 2026
- The next batch of 8-day Special Personality Development Course Level 2 (SPDC 2) for Counsellors will commence from 1st August 2026 and will end on 23rd August 2026.

FOOT PRINTS...

Nrityanjali news upto 21st December 2025

SOCIAL ACTIVITIES DIVISION:

- In collaboration with the **National Centre for Performing Arts (NCPA) Mumbai, Nrityanjali** continues imparting lessons in Kathak Dance in Saraswati Vidya Mandir, Bhandup, and Vidyadeep High School, Vikhroli, as follows:
Senior Batch - students who have already completed three years of training
Junior Batch - New students
- Nrityanjali's Special Programme **Unnat Yuva** - Free training to students in Spoken English and Computer Science continues at **Guru Nanak School (Hindi Medium), Bhandup**
- In collaboration with **Kala Ghoda Association Mumbai, Nrityanjali** continues imparting lessons in Kathak Dance in St. Mary's Convent School, Mulund, and Bharatnatyam in MCGM School, Parel
- Nrityanjali members will volunteer to manage the Dance Section of **Kala Ghoda Arts Festival** at Cross Maidan from 31st January to 8th February 2026
- Nrityanjali took up social projects of **Building Public Toilets, providing Benches** to schools in Mumbai and Pune, with support from **USA-based NOV India Pvt. Ltd.**
- Nrityanjali Fest 2025 - Inter School Competitions commenced from the month of September 2025 in individual schools of all the Zones for Drawing, Hand Writing, Essay and General Knowledge. The total number of students participation for the above events are as follows -
Central Zone - **97066** students
Western Zone - **62322** students
Navi Mumbai Zone - **42300** students
South Mumbai Zone - **11500** students

The Zone wise **FINALS** for all events are as follows-

- Saturday 22nd November 2025 – Western Zone at St. Xaviers School, Poonam Nagar, Andheri (2440) and BKS English School, Vasai (1200)
- Sunday 23rd November 2025 – South Mumbai at New Bharda School, CST (4230)
- Sunday 30th November 2025 – Western Zone at St. Xaviers School, Poonam Nagar, Andheri (7522)
- Sunday 7th December 2025 – Central Zone at Shri Indradeosingh International School, Ghatkopar (564) and Tilak Vidyalyaya, Dombivli (1454)
- Sunday 14th December 2025 – Navi Mumbai Zone at St. Lawrence School, Vashi (1300)
- Sunday 21st December 2025 – Central Zone at IDUBS School, Bhandup (7660)

Total number of 239558 students from 703 schools participated from September to the finals, in December.

Central Zone	covers	Sion to Karjat- Kasara
Western Zone	covers	Mahim to Vasai
South Mumbai Zone	covers	Colaba to Matunga - Matunga Road
Navi Mumbai Zone	covers	Airoli, Vashi to Panvel

SOCIAL INITIATIVES under NRITYANJALI SOCIAL ACTIVITIES

SPANDAN project Supported by KalaGhoda Association



NRITYA PARICHAY project supported by NCPA, Mumbai



Leadership through Personality Development for students of Cosmopolitan and Vivek Vidyalaya, supported by NOV (India) Ltd.



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FOOT PRINTS...

Nrityanjali news upto 21st December 2025

PROGRAMME DIVISION:

- **Ghat Mahotsav Committee in Varanasi** invited eight students of **Nrityanjali's Bharat Natyam Class** to perform at the Ghat Mahotsav. **Guru Sangita Sawant Ji** conducted the programme on 7th November 2025. **The performance received critical appreciation.**

The eight students made Nrityanjali proud. – **Congratulations!**

Ms. Yogita Gawde
Ms. Krutika Adkar
Ms. Neerja Panicker
Ms. Bhoomi Dhuri
Ms. Shreya Salian
Ms. Prachi Ardekar
Ms. Manvi Sonar
Ms. Riddhi Totla

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from Nrityanjali Counselors

Contact our office for details or write to us at
nrityanjali@nrityanjali.org.in

We test the – **Aptitude, Personality and SISV**

INDIVIDUAL:

- **Mr. Girish Dalvi** was invited as the Panel member by the **Kala-Eidos-Scribe for a virtual Panel Discussion** on Literature and Art - its Interdependence and Correlations on 15th December 2025.
- **Mr. Girish Dalvi** was invited as the Chief Guest at the **Bosco Cultural Fest of Don Bosco School, Nerul** on 14th October 2025.



In-house Social initiative '**UNNAT YUVA**' in progress at **Guru Nanak School (Hindi Medium), Bhandup**. Mrs. Diksha Bhat, Mrs. Rutuja Patil, Mrs. Mini Pillai, and Mrs. Simmi Mohan are the regular faculty members along with Mrs. Maitri Khedekar and Mr. Girish Dalvi

Nrityanjali Fest 2025

A Celebration of Young Talent and Togetherness

Nrityanjali Fest, an Inter-School Competition that began in 1987, proudly celebrates its 39th year with great enthusiasm. The entire Nrityanjali team—along with students, parents, and judges—come together each year to make this event special. We eagerly await this celebration every year.

A Vision of Confidence and Grace, initiated by Dr. Tushar Guha, Founder Chairman of Nrityanjali, the Fest embodies his noble vision: to help children shed inhibitions, nurture self-confidence, and embrace the spirit of healthy competition. As he reminds us, “One must try to win, but if not, one must learn to lose gracefully.” He welcomed the participants and parents with his motivational words, “The participation is not about winning but celebrating talents.”

The fest takes place across all four zones—the *Central Zone, South Mumbai Zone, Western Zone, and Navi Mumbai Zone*—where the entire Nrityanjali team comes together to welcome children from **Jr. KG to Std. X**. The campus comes alive with youthful energy, creativity and camaraderie as students from every grade and various Schools come together by zone to participate in a variety of competitions and performances, transforming the host school’s campus into a center of excitement and discovery.

Cultural performances: Dance, music, Mono Acting and Fancy Dress brought the stage alive, reflecting both tradition and modern flair. Creative Competitions: Art, Poetry, handwriting and storytelling contests gave students a platform to express their imagination. Knowledge and skills: General Knowledge, Quiz, Elocution and debates encouraged curiosity and critical thinking.

The audience, comprising parents, applauded the children’s enthusiasm. They beamed with pride as each performance reflected not only creativity but also teamwork and confidence. The energy was infectious, leaving everyone inspired and excited about the bright future of our budding stars. Exuberance filled the air as the results of the various events were announced. Apart from the prize winners, every participant was issued a Certificate of Appreciation.

The organizing committee of Nrityanjali ensured every detail that reflected a commitment to the holistic growth of young talents. The volunteers were on their toes, and the judges, with a smile on their faces, mirrored the pride of the participants. We gratefully share below a few valuable feedback responses from parents.

Parent of Nirvaan Moily from St. Gregorios School, Chembur- The competition was very well organised and the kids are taken care of very well. Nirvaan had fun and thoroughly enjoyed himself. Thank you for all your efforts.

Parent of Agastya Mehta from P C Garodia School (ICSE), Ghatkopar- Thank you so much ma’am for all of your efforts. Kids really enjoyed the competition. The arrangements were very good at the school. Kids as well as parents were comfortable.

Parent of Swara Mehta from Universal High School, Chembur – I enjoyed the fest. Volunteers were very supportive. Judges were nice. We feature a few of our Winners’ essays in our magazine.

Overall, the Fest is a celebration of imagination, collaboration, and the joy of coming together as a school community.

By Editorial Team

A DAY WITHOUT WATER

Thinking deeply and putting those thoughts into words within 30 minutes is a challenge in itself. When the topic is demand-ing, the task can feel even more intimidating. Yet, some of our participants participating in Essay competition at the Nriyranjali Fest 2025 embraced the challenge and expressed their ideas so beautifully that we simply had to feature a few of them in our magazine. We believe these writings will inspire thoughtful reflection among adults and show case the perspective of young minds—the future caretakers of our planet.

We share with you three of the winning essays – English, Marathi and Hindi languages, that compel us to think and retro-spect on our relationship and responsibility with WATER. Happy reading!

The world is like a garden and to keep it going, water is essential. Water is one of the prime components of nature. The world without water is just like a song without melody, a body with-out soul, a painting without colours.

Knowing about the importance of water, a thought rushes in my mind, how would 'A Day without Water look like!' This thought is disturbing but there is a huge possibility this scenario becoming a reality.

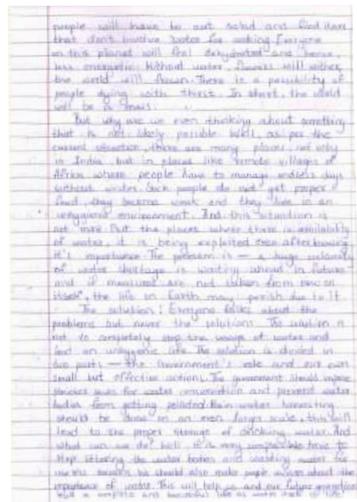
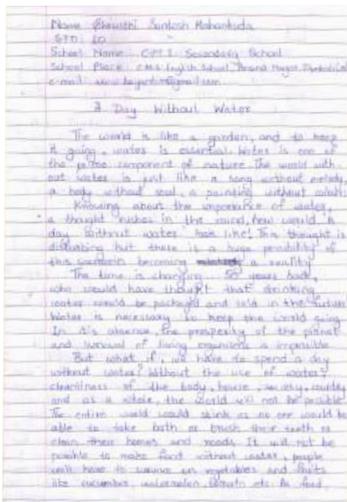
The time is changing 50 years back, who would have thought that drinking water could be packaged and sold in the future! Water is necessary to keep the world going. In its ab-sence the prosperity of the planet and survival of living organisms is impossible. But what if, we have to spend a day without water? Without the use of water, cleanliness of the body, house, society, country and as a whole, the World will not be possible. The entire world would stink as no one would be able to brush their teeth, take bathe, clean their homes and roads. It will not be possible to make food with-out water, people will have to survive on vege-tables and fruits like cucumber, watermelon, tomato etc... As food people will have to eat salad and food items that don't involve water for cooking. Everyone on this planet will feel de-hydrated and hence less energetic. Without water, flowers will wither and the world will frown. There is a possibility of people dying with thirst. In short, the world will be a mess.

But why are we thinking of something that is not likely possible. Well, as per the current situa-tion, there are many places, not only in India, but in places like remote villages of Africa where people have to manage endless days without water. Such people do not get proper food, they become weak and they live in an unhygienic environment. And this situation is not rare. But the places where there is availability of water, it is being exploited even after knowing its importance. The problem is —a huge calamity of water shortage is waiting ahead in future and if measures are not taken from now on itself, the life in Earth may perish due to it.

The solution! Everyone talks about problems but never the solutions. The solution is not to completely stop the usage of water and lead an unhygienic life. The solution is divided in two parts — the Government's role and our own small but effective actions. The Government should impose stricter laws for water conservation and water bodies from getting ed. Rain water harvesting should be done on an even larger scale. This will lead to the prop-er shortage of drinking water and what else can we do? Well, it is very simple. We have to stop littering the water bodies and wasting water for useless reasons. We should also make people aware about the importance of water. This will help us and our future generation to lead a complete and beautiful life as water itself is Life.

Shruthi Santosh Mahakuda

(Std.10) C M S Secondary School - Dombivli (W)



पाण्याशिवाय एक दिवस

नाव: वेद गवस (इयत्ता ८वी)
पराग विद्यालय, भांडुप

दैनंदिन जीवनात आपल्याला पाण्याची गरज असते. आपण पाणी पिल्याशिवाय एक दिवसही राहू शकत नाही, तसेच आपण अन्न खाल्ले नाही तर काही काळापर्यंतच जीवित राहू शकतो. म्हणून पाण्याला आपल्या जीवनात खूप महत्त्व आहे.

आजकालच्या जगात पाणी खूप अस्वच्छ झाले आहे. 'यमुना' सारखी एक पवित्र आणि शुद्ध नदी ही आता अस्वच्छ झाली आहे ते फक्त आपल्या मानवजातीमुळे. जर तसेच चालू राहिले तर आपल्याला रोज पाणी पिण्यासाठी काट-कसर करावी लागेल.

सजीवांना अन्न नाही मिळाले तरी ते काही काळापर्यंत जीवंत राहू शकतात. पण पाणी नाही मिळाले तर ते एक दिवसही जीवंत राहू शकत नाही. आपल्याला थोड्यावर पाणी नाही मिळाले तरीही आपला घसा कोरडा पडतो आणि अशक्तपणा येतो, बरं वाटत नाही. म्हणून आपण आपल्यापासूनच सुरुवात करायला हवी की आपण जमेल तेवढेच पाणी वाचवावे.

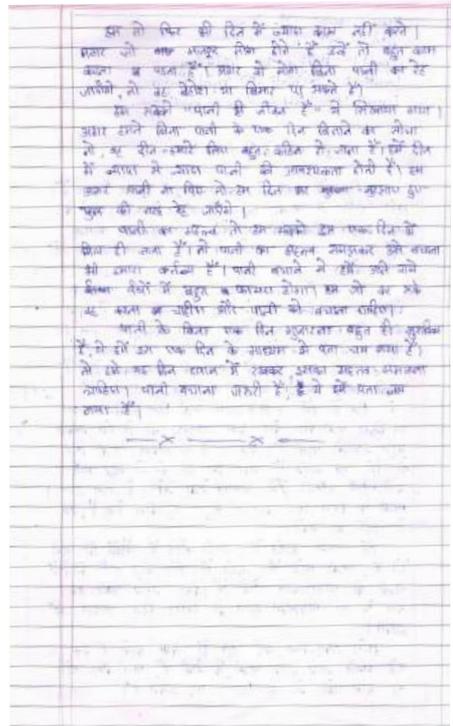
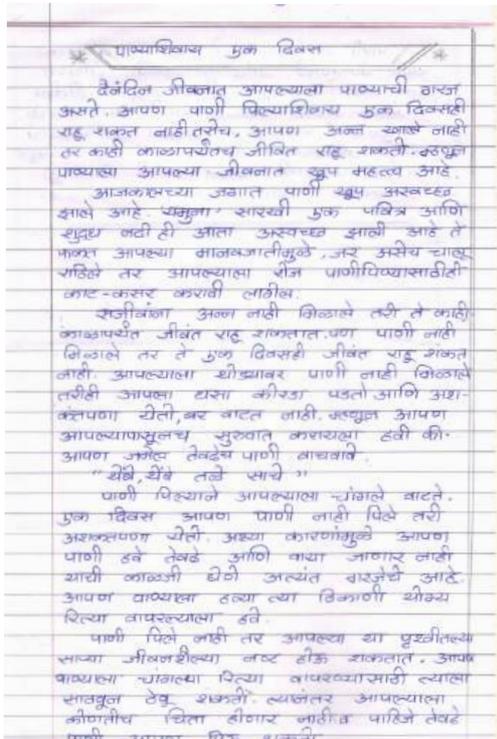
“थेब, थेब तळे साचे”

पाणी पिल्याने आपल्याला चांगले वाटते. एक दिवस आपण पाणी नाही पिले तरी अशक्तपणा येतो. अश्या कारणामुळे आपण पाणी हवे तेवढे आणि वाया जाणार नाही याची काळजी घेणे अत्यंत गरजेचे आहे. आपण पाण्याला हव्या त्या ठिकाणी योग्य रित्या वापरल्याला हवे.

पाणी पिले नाही तर आपल्या या पृथ्वीतल्या साऱ्या जीवनाशैल्या नष्ट होऊ शकतात. आपण पाण्याला चांगल्या रित्या वापरण्यासाठी त्याला साठवून ठेवू शकतो. त्यानंतर आपल्याला कोणतीच चिंता होणार नाही व पाहिजे तेवढे पाणी आपण पिऊ शकतो.

पाणी वाचवण्यासाठी नाही तर बचत करण्यासाठी वेगवेगळे आंदोलन आणि घोषणा करू शकतो. त्यातून लोक जागृत होतील व प्रेरणा घेतील की पाण्याची बचत करावी.

तुम्हाला समजलेच असेल की पाण्याचे आपल्या जीवनात किती महत्त्व आहे. त्यामुळे सर्वांना पाण्याची बचत करावी. त्यासाठी आपल्याला शेवट पर्यंत प्रयत्न करायला हवे



Leadership- Genetics or Nature vs Nurture – a journey of great learnings

Dr. Nitin Malekar, an entrepreneur at heart, has expertise in rural advocacy, scientific marketing and communications, leadership research, perception management, and brand building. He is an alumnus of the SPDC course conducted by the Nriyjanjali Institute and has actively served as a board member managing Asia's largest public health-education event, "Perfect Health Mela," held in Delhi in collaboration with the Delhi government and the Department of Science and Technology.

He has also participated in health education seminars focused on health management for elders' clubs and old age homes.



I had a strong perception of the PhD programme, that it's horrendous; the student literally has to slog day and night under the idiosyncrasies of their guide, who acts like a Landlord (*Jamindar*), treating their students bonded labour (*Bandhava Majdoor*). And this terror continues for almost 5-7 years. I also knew of a few students who left their dream of a PhD after slogging for more than 7 years. They could not take it anymore.

On top of it all, we have been living through unprecedented times. My journey carried its share of expected challenges, but also twists and turns I could never have foreseen. At times, the path felt impossibly difficult. Yet it was the patient guidance of Dr. Tushar Guha that became my anchor, helping me navigate uncertainty with courage and clarity."

My Guru, mentor and guide, Dr Tushar Guha, was literally a God sent *Vibhuti* in my life. With his constant encouragement, I was able to overcome both internal and external challenges. It always gives me immense pride to share that I am his first PhD student to successfully complete the program—in just 3 years and 11 months. "During my viva, an examiner asked how my unique set of challenges during my PhD has shaped me as a research scientist and a transformed person. It was an important eye-opener for me, and here I am trying to answer the same in-depth. Here are the lessons learnt by me:

1 Be innovative & bold.

Being bold does not mean banging your head against the wall until either the wall or your head breaks. True boldness lies in finding an ingenious solution. I have learnt that sometimes it is worth brainstorming creative options to discover a path around, rather than through, an obstacle.

My project has been 'Leadership- Genetics or Nature vs Nurture', what makes a 'Leader', the traits that the person is born with, or the traits that the person

learns after birth. The biggest challenge was getting the expertise of Genetic Technology (which was very expensive). This problem was resolved due to my engagement with a friend's genetic start-up as a strategic advisor. He helped me with the required tech knowledge & expertise as a barter deal.

2 Assume at your own peril.

In an academic career, please do not believe in shortcuts & easy solutions. For example, during my PhD work, I conducted research amongst the leaders from all walks of life, from politics to education, arts, corporates & even from the world of crime. Reaching these leaders & getting the right information from them was a herculean task, especially in Politics and Crime. But the mantra, 'Never Assume,' helped me win over their confidence. I consistently requested, brainstormed outside-the-box solutions, built strong cases, and advocated for myself.

3 Do not get disheartened easily; all dark clouds have a silver lining.

At the end of my first year, I was promoted at work. Balancing a 9-to-7 schedule while pursuing my PhD meant I rarely slept more than four hours a night. My new role demanded extensive travel across geographies—a challenge that could have derailed either my career or my studies. But I was determined not to sacrifice either, nor did I wish to delay my PhD program. And then I found a solution, which added a lot of interesting material to my research. Initially, all my research subjects were from one town, but with this new development, I could reach subjects from multiple towns at literally no additional expenses to me.

Some obstacles come with a hidden blessing; I found a way to benefit from the circumstances.

4 Nobody dies of little overwork.

I always knew I *could* work long hours, but I did not know how much I could enjoy it. I love the easy access to dopamine that comes from accomplishing a

lot in a day. I've discovered that I genuinely don't mind working 12-13 hours a day at times, and I can maintain high productivity on such long days.

People say the PhD programmes are long, strained, thus very boring & uneventful. But my program was filled with not a single boring second. Every moment was a great learning experience & this programme literally changed me from within.

Of course, it was not easy. It was literally a tightrope walk. The concept of work-life balance is known to you all, but this concept of work- study, work life balance had to be planned properly; each PhD student has to keep this in mind. I realized that balance is essential, and time off is not a weakness but an astute necessity—allowing me to return with clarity and renewed energy.

The biggest credit for my PhD programme should go to my wife, Ashwini (of course, after my Mentor). I am married with two kids (and my wife sacrificed her job to look after the family), and I had almost forgotten any time for my family, friends & leisure. Such a strict mandate takes a toll on the student; luckily, I survived to tell my story!

5 Physical & Mental fitness is a must.

I have a chronic Vertigo issue, which used to disrupt my productivity. Over the years, not only did I learn to minimise its impact on my work, but I also learned to defend against it.

Previously, I used to take allopathy to deal with the attacks of Vertigo as a reactive strategy. But, over the period, I adopted the proactive Ayurveda medicines, which helped me strengthen my system, thus not only reducing the periodicity of the attacks but also reducing the intensity as well.

6 Ask for help.

There is a beautiful saying from the 'Harry Potter' movies, the precise wording spoken by Prof. Albus Dumbledore, "*Help will always be given at Hogwarts to those who ask for it*". I sincerely trust these words. If we need help, do not shy away from asking for it. While computing the statistical results, I was getting seriously burdened by the figures & statistical terminologies. The challenge had begun to drain me, occupying far too much of my mental space. Finally, I resolved to reach out to a statistical expert I had known for years. His timely guidance not only resolved the issue with precision but also ensured I

met my deadline. It was a lifesaving intervention — one that reminded me of the profound power of collaboration and the importance of trusting expertise. As a PhD student, I was generally expected to develop various skills, but my learning curve was particularly steep at times. I was surprised by the numerous opportunities I had to develop my crisis management skills during the last semester of my PhD journey.

Deadlines pressed in from every side. When thesis corrections were due, I had thirty days, but I finished them in just four working days. I even organized in-person delivery from out of state, determined to meet the challenge head-on.

Additionally, I encountered unexpected challenges that required quick action to mitigate their impacts. For instance, my PhD defence coincided with the largest crisis at my job, forcing me to reschedule it and ultimately delaying my degree by over a month. I managed to reduce that delay by two weeks, despite the circumstances.

I had not planned to develop these skills during my PhD, yet they became invaluable. They gave me the confidence to face future challenges with clarity and strength.

Overall, my PhD experience was wonderful. During this time, I expanded my skill set and had the privilege of learning from brilliant mentors and collaborators. I developed my scientific interests and charted a path for my future. Importantly, I also found joy in the journey. I travelled extensively, explored new places, and grew as an individual. I formed friendships that I believe will last a lifetime and discovered new hobbies. I gained a deeper understanding of the person I want to be, both professionally and personally—reminding me that growth is not only measured in degrees earned, but in the lives touched and the horizons expanded."

In realms beyond question, where research data streams flow, my guide, my mentor, Dr. Tushar Guha helped my knowledge grow. Through tangled theories, late-night stress strike, he showed the path, the insights, fresh and bright.

For every paper, every science daze, his steady guidance, through all the academic maze. This thesis done a journey long and deep, his wisdom sown, the promises to keep. I am eternally indebted to Sir.



Dr. Tushar Guha : Chief Guest at Hridaya Bangla organised by Sree Nandi Productions and Angik Dance Academy.

**Dr. Tushar Guha (Sir) & Mrs. Radha Guha (Aunty)
Celebrating 50 years of togetherness**



Beyond performance - Dr Anonna Guha on service through art

Dr Anonna Guha, a choreographer, artist, performer, choreographer, and writer, continues to be a key figure in the world of Indian dance. Her work is not just about performance but also about education and service through art.

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Keeping the Flame Alive - Dr. Anonna Guha on Art, Education and Service



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WHAT'S UP AT SCHOOL?

NRITYANJALI FEST HELD



The Nriyanjali Fest was held at the Nriyanjali School in Vashi. The event was a grand success and was attended by many guests. The students performed a variety of dances and songs, showcasing their talent and creativity.

GLOBAL EYE OUTLOOK Beyond Performance - Dr. Anonna Guha on Service Through Art

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Nriyanjali Fest Interschool Competition grand finale held in Vashi

The Nriyanjali Fest Interschool Competition grand finale was held in Vashi. The event was a grand success and was attended by many guests. The students performed a variety of dances and songs, showcasing their talent and creativity.



शिव की नगरी में शिव को समर्पित हुयी नृत्यांजलि

शिवरात्रि का त्योहार शिव की नगरी में शिव को समर्पित हुयी नृत्यांजलि. The event was a grand success and was attended by many guests. The students performed a variety of dances and songs, showcasing their talent and creativity.

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जूम दिल्ली

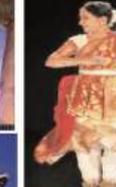
नृत्यांजलि मार्ग से मंच तक - डॉ. अनोन्ना गुहा का योगदान

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पानी के बिना एक दिन

नाव : गोजीरी डोके (१०वी कक्षा)
मंजुनाथ विद्यालय डोम्बिवली

पानी हमारे जीवन में एक महत्वपूर्ण भूमिका निभाता है। हमारे शरीर में पानी ७५ % में मौजूद होता है। पानी के बिना मनुष्य जीवन की या कोई अन्य जीवोंकी कल्पना नहीं की जा सकती। पानी के बिना हम एक दिन भी नहीं जी सकते।

हम सब ने अगर कल्पना की, अगर हम पानी के बिना एक दिन बिता सके, तो वह दिन हम शायद ही काम करने के लिए उत्साहित होंगे। कल्पना करने पर, जब हम सुबह उठते हैं, तब हमें नहाने के लिए पानी लगता है। नाश्ता करते वक्त भी हमें पानी की आवश्यकता होती है, बल्कि नाश्ता बनाने के लिए भी पानी जरूरी होता है।

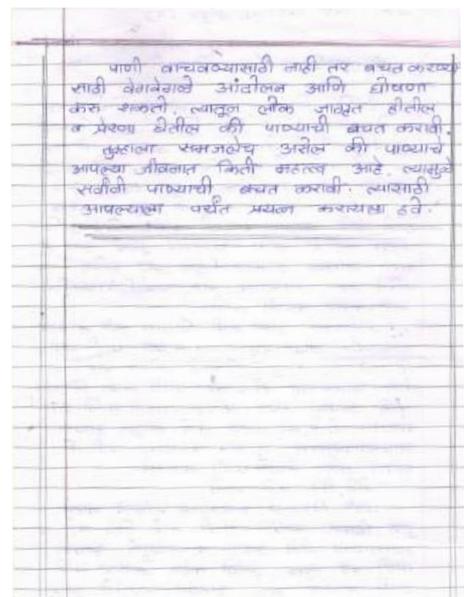
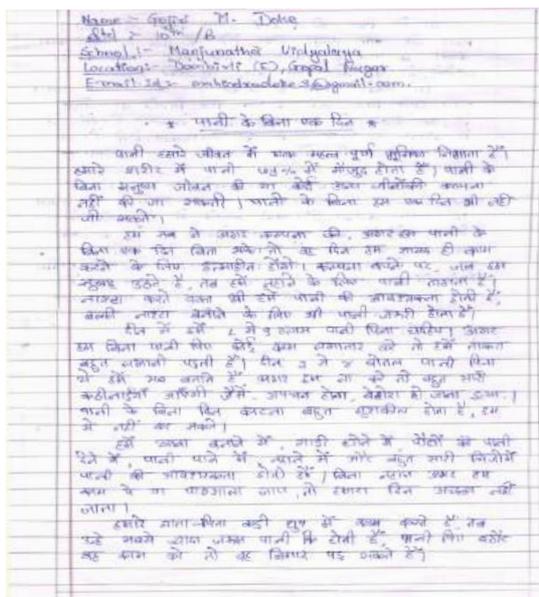
दिन में हमें ८ से ९ गिलास पानी पीना चाहिए। अगर हम बिना पानी पिए कोई काम लगातार करे तो हमें ताकत बहुत लगानी पड़ती है। दिन में ३ से ४ बोटल पानी पीना चाहिए ये हमें सब बताते हैं, अगर हम ना करे तो बहुत सारी कठिनाइयाँ आएंगी जैसे - अपचन होना, बेहोश हो जाना इत्यादि। पानी के बिना दिन काटना बहुत मुश्किल होता है, हम ये नहीं कर सकते।

हमें खाना बनाने में, गाड़ी धोने में, पौधों को पानी देने में, नहाने में, और बहुत सारी चीजों में पानी की आवश्यकता होती है। बिना नहाए अगर हम काम पे या पाठशाला जाये तो हमारा दिन

अच्छा नहीं जाता। हमारे माता-पिता कड़ी धूप में काम करते हैं, तब सबसे ज्यादा जरूरत पानी की होती है, पानी पिए बगैर वह काम करे तो वह बीमार पड़ सकते हैं।

हम तो फिर भी दिन में ज्यादा काम नहीं करते। मगर जो मजदूर लोग होते हैं उन्हें तो बहुत काम करना पड़ता है। अगर वह लोग बिना पानी का रह जायेंगे, तो वह बेहोश या बीमार पड़ सकते हैं। हम सबको "पानी ही जीवन है" ये सिखाया गया है। अगर हमने बिना पानी के एक दिन बिताने का सोचा तो वह दिन हमारे लिए बहुत कठिन हो जाता है। हमें दिन में ज्यादा से ज्यादा पानी की आवश्यकता होती है। हम अगर पानी न पिए तो हम दिन भर मुरझाये फूल की तरह रह जायेंगे।

पानी का महत्व तो हम सबको इस एक दिन में मिल ही जाता है। तो पानी का महत्व समझकर उसे बचाना भी हमारा कर्तव्य है। पानी बचाने से हमें आनेवाले वर्षों में बहुत फायदा होगा। हम जो कर सके वह करना चाहिए और पानी को बचाना चाहिए। पानी के बिना एक दिन गुजारना बहुत ही मुश्किल है, ये हमें इस एक दिन के माध्यम से पता चल गया है। तो हमें यह दिन ध्यान में रखकर, इसका महत्व समझना चाहिए। पानी बचाना जरूरी है, ये हमें पता चल गया है।



अध्यात्मिक यात्रा

Written by **Mr. Dinesh Singh** who is a multifaceted professional, holding a Master's degree in Information Technology and PGDM in IT Project Management. He is an Alumni of SPDC Level 1 and Leve2 from Nrityanjali.

Working as Software Engineer at TCS, Mr. Dinesh Singh is an avid traveller. Student of Bharat Natyam at Nrityanjali, he is also trained into Indian folk and creative dances under Dr. Tushar Guha. Mr. Dinesh Singh is one of the senior artists with Nrityanjali.



नमस्ते, मैं दिनेश सिंह अपनी इस आध्यात्मिक यात्रा में आप सभी का हार्दिक स्वागत करता हूँ। इस यात्रा वृत्तांत में हम वृन्दावन, कृष्ण जन्मभूमि, गोवर्धन और बरसाना के अनुभवों के बारे में बात करेंगे। सबसे पहले मैं आप सभी का आभार व्यक्त करता हूँ कि आप मेरी इस यात्रा के बारे में जानने के लिए यहाँ उपस्थित हैं। चलिए, इस यात्रा की शुरुआत वृन्दावन से करते हैं। यात्रा की तैयारी और प्रस्थान वृन्दावन जाने की तैयारियाँ एक सप्ताह पहले ही शुरू हो गई थीं। मैं सामान की पैकिंग, खरीदारी और ट्रेन टिकट के कन्फर्म होने के इंतज़ार में व्यस्त रहा। अंततः वह समय आ ही गया जब मुझे निकलना था। घर से चलते समय मेरी माँ ने मुझे दो दिनों के लिए पराठे बनाकर दिए और बहुत सारा प्यार व आशीर्वाद भी दिया। मैं समय पर स्टेशन पहुँचा और अपनी ट्रेन की जाँच करने के बाद अपनी सीट पर बैठ गया। भगवान श्री गणेश की वंदना के साथ मैंने अपनी यात्रा शुरू की। लगभग २४ घंटे के सफर के बाद मैं मथुरा स्टेशन पहुँचा। स्टेशन से बाहर आकर मैंने एक ऑटो लिया और सीधे वृन्दावन पहुँचा। वहाँ मैंने पहले से बुक किए गए होटल में चेक-इन किया, थोड़ा तरोताजा हुआ और भोजन के बाद कुछ देर विश्राम किया।

ब्रज भूमि के दर्शन

वृन्दावन, गोवर्धन, बरसाना, कृष्ण जन्मभूमि, गोकुल और नन्दग्राम सभी पवित्र स्थानों को सम्मिलित रूप से ब्रजभूमि कहा जाता है।

जब मैं सोकर उठा तो शाम हो चुकी थी। ब्रज के नियमों के अनुसार, यहाँ के मंदिर सुबह ७ बजे खुलते हैं और दोपहर १२ बजे बंद हो जाते हैं। इसके बाद वे पुनः शाम ४ बजे खुलते हैं और रात्रि ८:३० से ९ बजे के बीच बंद होते हैं।

वृन्दावन और निधिवन का रहस्य वृन्दावन के बारे में मान्यता है कि यहाँ आज भी श्रीकृष्ण और राधारानी रासलीला करने आते हैं। प्राचीन काल में राधारानी अपनी सखियों के साथ श्रीकृष्ण से मिलने यहाँ आती थीं। कहा जाता है कि निधिवन में आज भी रात्रि के समय रासलीला होती है, इसलिए शाम ६ बजे के बाद निधिवन को बंद कर दिया जाता है और वहाँ किसी का



भी रुकना वर्जित है। मैंने निधिवन और श्री बांके बिहारी जी के दर्शन किए और फिर वापस होटल आ गया।

गोवर्धन और बरसाना की महिमा

दूसरे दिन मैं गोवर्धन के लिए निकला। गोवर्धन पर्वत की परिक्रमा लगभग २१ किलोमीटर की है, जिसे मैंने श्रद्धापूर्वक पूरा किया। पौराणिक कथाओं के अनुसार, श्रीकृष्ण ने इंद्र के कोप से ब्रजवासियों की रक्षा करने के लिए गोवर्धन पर्वत को अपनी उंगली पर उठाया था और इसकी महिमा को अमर कर दिया था।

तीसरे दिन मैं बरसाना पहुँचा। यह वह पावन स्थान है जहाँ राधारानी जी का पालन-पोषण हुआ था। यहाँ राधारानी की माता कीर्ति जी का भी एक सुंदर मंदिर है।

मथुरा और यात्रा का समापन अंतिम दिन मैं मथुरा स्थित कृष्ण जन्मभूमि पहुँचा। यह वही स्थान है जहाँ कंस के कारागृह (जेल) में भगवान श्रीकृष्ण का जन्म हुआ था।

दर्शन के पश्चात मैं मथुरा स्टेशन पहुँचा, जहाँ कुछ देर प्रतीक्षा करने के बाद मैंने अपनी ट्रेन पकड़ी और अगले दिन दोपहर तक सकुशल घर पहुँच गया।

मेरे अनुभव

इस यात्रा ने मुझे बहुत कुछ सिखाया और संतों के सान्निध्य में मुझे आध्यात्मिक जीवन की प्रेरणा मिली। मैंने सीखा कि जीवन में कभी हार नहीं माननी चाहिए। यदि आप कुछ पाने का दृढ़ निश्चय कर लें, तो उसे पूरा करने का हरसंभव प्रयास करना चाहिए। जिस प्रकार केवल नदी किनारे बैठकर उसे पार नहीं किया जा सकता, उसी प्रकार किसी भी कार्य को सिद्ध करने के लिए निरंतर कर्म करना आवश्यक है। हमें अपने लक्ष्य की प्राप्ति तक पूरी निष्ठा से कार्यरत रहना चाहिए।



Special Education and Its Importance for Persons with Disabilities

Article by **Ms. Jyoti Vaman Kharat**, Lecturer in Special Education NIEPID Regional Center, Navi Mumbai. She has served as the Resource person for RCI and conducts extensive sessions on research methodology, academic writing, presentation skills, and publication processes guiding teachers and scholars.

Ms. Jyoti Kharat enjoys reading, loves exploring nature walks and mindfulness activities.

Contributed by Mrs. Nivedita Chatterji, an SPDC Alumni, and HR Professional, Special Educator in the making from NIEPID.



Special education is a system of teaching and learning designed for children and Persons who have disabilities. Every person learns differently, but some individuals need extra support to understand easy things, communicate, move around, or take care of themselves. Special education provides this support in a planned and meaningful way. It helps persons with disabilities learn at their own speed, in their own style, and with the tools that make learning easier for them. Special education is not separate from regular education. Instead, it works closely with schools, teachers, families, and communities to make sure that every child receives the right to education with dignity.

People with disabilities often face challenges in daily life. They may experience difficulty in reading, writing, hearing, seeing, speaking, or moving. They may also face social barriers, such as unfair attitudes or a lack of understanding from society. Special education helps remove these barriers by providing teaching methods, learning materials, and classroom changes that match the unique needs of each learner. This approach is child-centered. It focuses on strengths and abilities, not on limitations. When a student is given the right support, they can achieve more than what many people assume.

In India, the Rights of Persons with Disabilities (RPwD) Act, 2016 plays an important role. This law states that persons with disabilities must get equal opportunities in education, employment, healthcare, and community life. The Act recognizes 21 types of disabilities, including intellectual disability, autism spectrum disorder, specific learning disabilities, hearing impair-

ment, speech and language disability, visual impairment, locomotor disability, multiple disabilities, cerebral palsy, thalassemia, and more. Each disability type has its own characteristics and challenges, and therefore, the educational support needed is also different. The Act clearly says that children with disabilities have the right to free education, reasonable accommodations, and inclusive learning environments.

Special education services use different strategies depending on the needs of the child. For children with intellectual disabilities, teaching focuses on simple concepts, breaking tasks into smaller steps, using pictures, objects, and hands-on activities. For children with autism, structured routines, visual schedules, and communication aids like picture cards are very helpful. Students with hearing impairment often use Indian Sign Language, hearing aids, speech therapy, and visual teaching methods. Those with visual impairment need Braille, tactile learning materials, audio books, and mobility training. Students with specific learning disabilities such as dyslexia need specialised teaching methods, extra time during exams, and supportive learning tools. Every disability group requires specific strategies, but the goal remains the same: to help the child learn independently and confidently.

Inclusive education is now becoming a priority across India. Inclusive education means that children with and without disabilities learn together in the same classroom. To make this possible, schools provide resource rooms, special educators, therapists, assistive

technology, and accessible buildings. Teachers get training to handle diverse learning needs. Parents are encouraged to participate in planning their child's individualized education plan (IEP). Inclusive schools teach all students to accept each other, respect differences, and grow together. This environment prepares every child for real-life social situations.

Special education also focuses on life skills. Many children need support in communication, social skills, mobility, emotional management, self-care and vocational skills. Teaching these skills helps them become more independent as they grow older. For example, learning how to travel safely, manage money, prepare simple meals, or communicate using assistive devices can greatly improve quality of life. Life skills training prepares persons with disabilities for adulthood and employment.

Current practices in special education encourage the use of technology. Assistive technology tools like screen readers, Braille displays, communication apps, adapted keyboards, wheelchairs, and hearing devices play a major role. These tools reduce barriers and allow learners to participate fully in school and society. Digital classrooms, audio-visual materials and online resources make learning more accessible than ever before.

Empowerment is an essential part of special education. Empowerment means giving persons with disabilities the confidence, skills, and opportunities to lead a full and meaningful life. Families, teachers, and communities must work together to support this journey. Awareness programmes help break social myths. Early identification and early intervention services help children progress faster. Vocational training and skill development programmes prepare

young adults for jobs, business opportunities, and financial independence. When people with disabilities are empowered, society becomes more equal and more humane.

Mainstreaming is also an important goal. Mainstreaming means including persons with disabilities in general schools, workplaces, and community activities with the right support. It is not enough to only place a child in a regular classroom. They must receive the additional help they need so they can succeed like anyone else. Mainstreaming spreads the message that disability is not inability. It shows that every person has value and talent.

Special education is more than a teaching approach; it is a human rights mission. It ensures that no child is left behind and that every person with a disability is respected and given opportunities. When society recognizes the potential of persons with disabilities, it becomes stronger and more compassionate. Every school, family, and community has a role to play. Together, through understanding, acceptance, and the right educational support, we can build a world where all people can learn, grow, and live with dignity.

The journey of special education continues to develop. Policies are improving, schools are becoming more inclusive, and teachers are receiving better training. With ongoing effort, we can create an environment where persons with disabilities are not only included but can also thrive. The future of special education is filled with hope, equal rights, and full participation—a future where differences are celebrated and every learner finds their place.

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Career Guidance

Listening to Lives: A Journey into Clinical Psychology

Written by **Ms. Purvashri Bandekar**. She is a Clinical Psychologist and Assistant Professor. She is an Alumini of SPDC Level 1 and II course offered by Nrityanjali. She is also a faculty for Life skill Activities and a Career Counsellor with Nrityanjali. Apart from the above she is pursuing Kathak at Nrityanjali.



From as early as I can remember, I have always observed people — their emotions, their silences, their stories hidden between words. Listening came naturally to me. Long before I knew the term psychology, I was already practicing its essence: observing, understanding, and empathizing.

I completed my 10th standard and then chose the Arts stream for my higher secondary education. I began my journey into psychology in the 11th standard, completed my HSC, and continued forward with determination, clear about the path I wanted to pursue.

For my undergraduate studies, I took admission at S. K. Somaiya College, choosing Psychology as my major. Among nearly 250 applicants, only 24 students were selected for the Psychology program, and I was fortunate to be one of them. This achievement strengthened my belief that passion, when combined with commitment, always finds its way.

After completing my Bachelor's degree, I pursued a Master's in Clinical Psychology from R. D. National College. Clinical Psychology is a specialized branch of psychology that focuses on the assessment, diagnosis, and treatment of emotional, behavioural, and mental health disorders using scientific and ethical methods. It involves psychological testing, clinical interviews, counselling, and therapeutic interventions. Clinical psychologists work across hospitals, educational institutions, rehabilitation centers, NGOs, and private practice, often collaborating with psychiatrists, educators, and families.

I found myself especially drawn to psychological testing and assessment, along with counselling. Understanding individuals through structured tools and helping them make sense of their inner experiences fascinated me deeply.

During my training, internships at Thane Mental Hospital and Kalwa Hospital exposed me to the raw realities of mental health. These experiences were intense, sometimes overwhelming, yet deeply educational. At Kalwa Hospital, I primarily worked with children diagnosed with intellectual disability and learning difficulties. What affected me the most was not just the diagnosis, but the emotional state of their parents. Watching parents struggle to accept their child's condition — oscillating between hope, denial, guilt, and grief — often left my heart aching. I learned that clinical work extends far beyond the individual. It includes supporting families who silently battle emotional and social stigma.

There were moments when parents would ask, "Will my child ever become normal?" — questions for which there are no simple answers. Maintaining empathy while offering realistic guidance taught me the importance of emotional boundaries, professional communication, and ethical sensitivity.

At Thane Mental Hospital, the challenges were of a different nature altogether. I encountered patients with severe mental illnesses who had been abandoned by their families, sometimes for years. Seeing individuals waiting endlessly for someone who might never return was emotionally overwhelming. Some patients no

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longer remembered their past lives, while others remembered them too clearly — clinging to memories of homes, relationships, and identities they had lost.

One of the most difficult lessons was understanding that recovery in mental health is not always linear or visible. Limited resources, overcrowded wards, and long-term institutionalization often slowed progress. Yet within these constraints, small improvements — a smile, a moment of clarity, or a willingness to engage — felt like significant victories.

Soon after, I received the opportunity to work as an Assistant Professor, and later as a Visiting Faculty at R. D. National College — the very place where I had once been a student. Standing on the other side of the classroom was both humbling and fulfilling, allowing me to guide students beginning their own journeys in psychology.

Alongside academics, dance had always lived within me. I had promised myself that once my education was complete, I would return to it. I joined the Friday Kathak batch at Nrityanjali, where I met Guru Anonna Guha, whose guidance and inspiration extended far beyond dance and into life itself.

I was later introduced to the SPDC programme at Nrityanjali. **Through SPDC 1 and SPDC 2, I not only rediscovered myself but also learned counselling in a deeper, experiential way — something I had never imagined earlier. Working at Nrityanjali gave me exposure to**

career counselling, personal development, emotional discipline, and holistic growth. It taught me that a psychologist must continuously work on oneself to truly support others.

Today, I work as a Clinical Psychologist and Counsellor at Vivekanand College, a role that feels deeply aligned with my purpose. **The SPDC certifications have added strength to my professional journey and confidence to my practice.**

Psychology demands patience, discipline, ethical clarity, and continuous learning. It is not an easy profession; the emotional demands are high, progress can be slow, and resilience is essential. Yet it also offers profound fulfilment — the privilege of being trusted with someone's inner world. For students interested in this field, the academic pathway typically includes choosing Psychology at the undergraduate level, followed by a Master's degree in Clinical Psychology or related specializations. Internships and additional certifications play a crucial role in shaping competent professionals. Psychology gave me the power to do what I always wanted — to help, to support, and to listen. I always say: everyone has a story to tell — and I am here to listen.

If you are curious about a career in Clinical Psychology, ask yourself not only whether you want to help people, but whether you are ready to grow with them. And if you need guidance, you are always welcome.

Nature and Nutrition for Life

-From the Editorial Board

Nature has provided many herbs that are useful as home remedies. Our body is like a house, which needs regular cleansing to operate at peak performance. Most important among them are Lemon, Gooseberry, Holy Basil, Ginger, Mint, Carrot, Tomatoes, Onion, Garlic, Cucumber, and Coriander.

These home remedies provide medicinal benefits while doubling as wholesome natural tonics.

Lemon: Drinking lemon juice with water in the morning, before tea, helps cleanse the body. Its qualities shift with the seasons, making it a versatile natural remedy. "Though it is acidic, it pacifies pitta, the burning sensation in the stomach. It interacts with enzymes, and its acidic form becomes a mineral composition.

Lemon has Vitamin C in abundance. It is a beauty aid- Two drops of lemon juice are mixed with a little honey and applied to the face. After 15 minutes, wash your face. The face will glow. In the winter season, the skin gradually loses moisture and feels dry, so add lemon juice to milk and apply it to the feet. The crack gets cured.

Amla: In Ayurveda, Amla is called Amrit Phal, which gives health and longevity. The problems of teeth and gums are cured when powder of Amla mixed with water is taken every day, cures acidity, and improves vision.

Amla is a hair tonic: 1kg of Amla is to be grated with four glasses of water, and ground in a mixer. Strain the Amla Juice. Add sesame oil or coconut oil 4times the juice. Heat it, boil like ghee. Strain the oil and preserve it in a bottle. This oil is to be applied at least three times a week. The hair becomes thick and long. One can add curry leaves, tulsi leaves, and Brahmi leaves while grinding the Amla in the mixer.

Prepare amla powder by grating, drying, and grinding 1 kg of amla. Store in a dry bottle. Mixed with water, it helps relieve throat irritation, itching, and supports digestion."

Mint: Mint has a strong odour. Mint improves the glow of the skin. It can be used in tea and salads. It improves iron in the body. Juice of mint leaves, honey, and lemon juice it to be mixed and taken to cure vomiting and worm problems.

Ginger: Lemon and Ginger decoction is useful in curing cold and phlegm. Dried ginger is ground with jaggery and made into small tablets. A common practice is to take two to three tablets at a time, twice a day." This reduces cholesterol in the blood.

Carrot: to be eaten raw. Carrots are rich in nutrients and are most beneficial when eaten raw each day." Carrot juice can also be taken regularly. It helps strengthen vision, aids digestion, supports kidney function, and addresses night blindness.

Tomatoes, garlic, and turmeric are nourishing ingredients often combined in traditional remedies to support health. Add honey to the juice of a Tomato to cure skin disease. Rub the face with tomato slices, and the face will glow with health.

Onion : Onion has a cooling effect. Hence, in heat problems such as fever, onion juice is rubbed on the palm and feet.

A spoonful of onion juice with honey, three times a day, cures bronchitis and tonsillitis.

Onion : Onion has a cooling effect. Hence, in heat problems such as fever, onion juice is rubbed on the palm and feet.

A spoonful of onion juice with honey, three times a day, cures bronchitis and tonsillitis.

Though Onion is cooked, its food values do not diminish. Hence, Onions should be used generously in the diet.

Garlic: Garlic helps cure asthma and bronchitis. Cures respiratory problems. It is good for the heart, a stimulant to the appetite, and useful in treating leukoderma and worms. Use garlic chutney often, and there will be a magical improvement in many diseases.

Coriander leaves: Coriander adds flavour and provides vitamins A, B, C, and iron. Taken as juice in the morning, it is valued as a natural wellness aid." Drop two drops of coriander juice in the eyes, and the problems of the eyes are cured. These leaves are not to be cooked but used in salads or to decorate food/ eatables. Therefore, the vitamins are saved.

Harda: In Sanskrit, Harda is called Abhaya, meaning to feel fearless. This helps the body to detoxify and maintain its health. Bowel movements are eased, and constipation is cured.

Cucumber: Nature is very kind enough to provide seasonal vegetables and fruits for our convenience. This is the vegetable that gives coolness in summer. Keep the skin on cucumbers – their minerals and vitamins support health and can help prevent dandruff and hair fall. prevented with the use of Cucumber as a salad, juice, etc, Mouth ulcers and acidity are cured. It Cucumber juice can be applied to the nails to support their health and reduce common issues. Cucumber is a storehouse of minerals and Vitamins.

Brahmi leaves: *Brahmi cleanses the blood and supports the function of the heart. Brahmi enhances memory, removes all toxins from the body. Brahmi hair oil can be prepared at home for thick, dark hair. Brahmi can be used in our diet in the form of chutney at least once a week.*

SPECIAL PERSONALITY DEVELOPMENT COURSE (SPDC)

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



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

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

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



Trained over 4,50,000 Individuals

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

Interviews have begun. Selection only after an Interview.

Tel: 9702457535, 25967388 Email: nriyjanjali1963@nriyjanjali.org.in

Next Batch
commences
from 7th Feb

Courses at Nriyjanjali (7.30 AM to 10.30 AM)

SPDC Level 3 – commences from 4th April '26

SPDC Level 2 – commences from 1st Aug '26

Courses ONLINE (11.30 AM to 1.00 PM)

Perspective Development – commences from 7th Feb '26

Leadership – commences from 28th Feb '26

Rhymes & Verses

हर वो वक्त थम जायेगा

हर वो वक्त थम जायेगा,
जिस दिन मेरी कामयाबी का होगा,
आज जो हँस रहे हैं मुझ पर,
कल वही नाम मेरा लेगा ।
रातों की मेहनत बोलेगी,
सपनों का सफर दिखायेगा,
हर आँसू का फल मिलेगा,
जब सपना सच हो जायेगा ।

खुशी से उठेगा सर मेरे अपनों का,
जिन्हें मुझ पर भरोसा था,
मैं गिर के भी संभल जाऊँगा,
क्योंकि ख्वाब मेरा ज़िंदा था ।

वह दिन दूर नहीं अब,
बस थोड़ा और लड़ना है,
हर वो वक्त थम जायेगा,
जब मैं अपनी मंज़िल पाना है ।



प्रवास

उधाणलेला सागर,
फेसाळलेले पाणी,
ती पांढरी शुभ्र गाणी,
ओढ तीस किनारी येण्याची,
आणि हितगुज साधण्याची,
होता परिसापरी स्पर्श पदी,
अलगद हसू ते वदनी.

दर्याची आर्त हाक ती,
लाटेस साद घालती,
घाई तीस परतीची,
भेट ओली ओसरुनी,
वाहे पुन्हा आल्या मागावरी,
क्षणिक प्रवासी लाट ती,
आनंद देई गगनभारी.



Penned by: **Mr. Paras Gupta**

Mr. Paras Gupta is an MBA in Marketing from Jammu and Kashmir. Currently working in Mumbai at Hydro BS India Pvt. Ltd. and believes that life in Mumbai brings a new lesson in self-improvement and confidence building.

Paras is an Alumni of SPDC Level 1 offered by Nriyjanjali. His enjoys cooking and long drives.

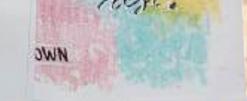
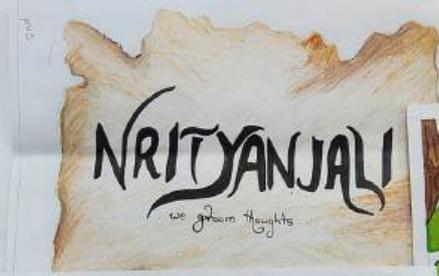
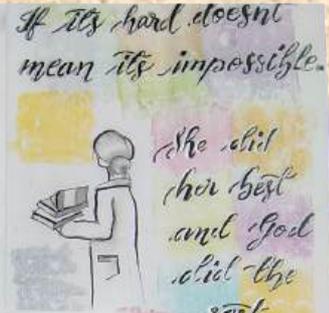
Penned by: **Ms. Pranali Shirsath**

Ms. Pranali Shirsath has graduated as Electronics and Telecommunication Engineer.

She enjoys reading books. Her favourite author is Va Pu Kale, and her favourite poet is Shanta Shelke. She is an Alumni of SPDC Level1 and 2 offered by Nriyjanjali.



**Celebrating 39th NRITYANJALI FEST 2025
Inter School Competitions**





We Don't Just Build Energy. We Build Experiences.

Proud to be recognised for what truly matters –
our people



RECIPE

Ultimate Nutritious Shakes

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

Ultimate Nutritious Shake, a simple high-energy breakfast that can be made in just 3 minutes and consumed in 2 minutes, is especially beneficial for busy office Goers. They combine protein, fiber, healthy fats, and micronutrients to keep you full and nourished.

Simple Groundnut-Banana Shake

Ingredients:

- A handful of groundnuts (peanuts)
- A ripe banana
- Water, to adjust consistency
- A pinch of cardamom powder (optional)
- Honey (optional)

Method:

1. Soak the ground nuts in water for 6 to 8 hours. (Soaking helps soften them and is said to reduce the *Pitta* or heating effect of the nuts)
2. Add the soaked groundnuts, the banana, and water to a blender. Add cardamom powder and honey (optional)
3. Adjust the water for a thinner, drinkable consistency or a thick porridge-like texture that can be eaten with a spoon.

Method:

1. Soak the groundnuts overnight in water.
2. Add the soaked groundnuts, the banana, coconut milk, cardamom powder and honey to a blender.
3. Blend all the ingredients until you achieve a smooth consistency. Enjoy this *pranic*, protein drink in the morning.

Dates Delight

Ingredients:

- Seedless dates – 50 grams
- One sliced banana
- Coconut milk – one cup
- ¼ cup walnuts or other nuts of your choice
- A pinch of salt

Method:

1. Blend the dates, banana and salt in a blender until smooth.
2. Pour the coconut milk and blend again.
3. Add the walnuts and blend one last time until you reach your desired consistency.
4. Serve the smoothie in a glass, garnished with chopped nuts.

Groundnut-Banana Shake with Coconut Milk

Ingredients:

- A handful of groundnuts (peanuts)
- A ripe banana
- Coconut milk – 200 ml
- A pinch of cardamom powder
- A tbsp. of honey



LOOK OUT FOR:

Masters in Bharatnatyam / Kathak

A university programme run by Nrityanjali for aspiring artists who wish to pursue career in Dance.

The degree allows individuals to apply for dance instructors at educational institutions.

Contact us at – nrityanjali@nrityanjali.org.in

DID YOU KNOW

(समूहदर्शक शब्द – Collective Nouns)

पिकत घातलेल्या आंब्यांची : अढी	Stack : of ripened mangoes
उंटांचा : तांडा	Caravan : of camels
उपकरणांचा : संच	Set : of equipment
करवंदाची : जाळी	Bush : of berries
उसाची : मोळी	Bundle : of sugarcane
फुलझाडांचा : ताटवा	Bed : of flowering plants
फुलांचा : गुच्छ	Bunch : of flowers
गवताची : पेंडी	Bundle : of grass
फळांचा : घोस	Bunch : of fruits
केवड्याचे : बन	Grove : of Kevda plants
केळ्यांचा : घड	Stalk : of Bananas
केसांची : बट	Lock : of hair
भाक्यांची : चवड	Stack : of flat breads
माणसांची : गर्दी	Group : of people
यंत्रकरुंची : जत्रा	Fair : of pilgrims
बालवीरांचे : पथक	Troup : of scouts
पत्रावळींचा : ढीग	Pile : of plates (made of leaves)
रुपयांची : चवड	Stack : of Rupee coins
लाकडाची : मोळी	Bundle : of wood
चाव्यांचा : जुडगा	Bunch : of keys
माशांची : गाथन	String : of fish
बांबूचे : बन	Grove : of Bamboo
जहाजांचा : काफिला	Fleet : of ships
लमाणांचा : तांडा	Flock : of Nomads (Lamans)
विटांचा : ढीग	Pile : of bricks
तारकांचा : पुंज	Cluster : of stars
गाईगुरांचे : खिल्लार	Herd : of cattle
द्राक्षांचा : घड	Brunch : of grapes
मडक्यांची : उतरंड	Stack : of pots



LAUGHTER RIOTS

Raju: Papa, tomorrow we will become rich

Papa: How is that?

Raju: Tomorrow, our teacher is going to teach us how to convert paise into rupees.



The town was facing one of the worst storms in history. A man called up the emergency services.

“You have got to help me. I am standing in two feet of water,” he cried.

“Two feet of water? There are people worse off. We need to attend to them first.”

“But you don’t understand I’m up here on the fourth floor!”

Tito went to the vet with her goldfish.

“I think it has epilepsy,” she told the vet.

“The fish seems all right to me,” said the vet, looking at the fish in the bowl.

“Wait till you see it outside the bowl!” said Tito.



Lizy: I get so nervous and frightened during driving tests!

Doctor: Don’t worry about it. You will pass eventually.

Lizy: But, Doctor, I’m the examiner!



Agent: How may I help you?

Caller: I’m writing my first e-mail.

Agent: And what seems to be the problem?

Caller: Well, I have the letter ‘a’ in the email address, but how do I get the circle around it?

A man entered a crowded restaurant and found a seat in a corner. The waiter handed him a menu and then forgot all about him as many other customers were waiting to be served.

Finally, remembering him, the waiter hurried to the table and found that the man had left. Propped up against a glass was the message;

“Gone for Lunch”

Soman arrived a little before half-time at the football match. He asked the man sitting next to him what the score was.

“No goals scored yet,” said the man.

“Thank God for that! Said Soman. ‘ I haven’t missed anything!’”



BIRTHDAY

January

- 24th Samarth Kumbhar
26th Bhavna Gandhi
29th Arnika Sakpal

February

- 1st Kumudini Rana
2nd Sangita Sawant
3rd Sunanda Yewale
10th Tushar Rahate
11th Anurag Khedekar
23rd Charushila Samjiskar
25th Sangeeta KV
27th Satyashil Jadhav



March

- 11th Priya Mehta
14th Sanika Gaikwad
15th Parnika Talekar
23rd Radha Guha
24th Rutuja Narvekar

April

- 6th Sreekala Velambath
8th Anushri Khadye
9th Swagata Banerjee
9th Chaitrali Dalvi
9th Avani Chakravarty

You Can Contribute

Articles, Poems - Original or Sourced
Pictures / Sketches in Black & White only
to the Editorial Board
e-mail: nrityanjali@nrityanjali.org.in



Faculty Division at Bhandup

- Visharad Courses under Gandharva Mahavidyalaya

Bharat Natyam Dance / Kathak Dance / Sangeet / Harmonium - once a week

- Diploma Courses under Nriyanjali

Western Dance / Modern Dance / Film Dance / Folk Dance - once a week

- Special Courses in association with Doordarshan Artistes

Film and Stage Acting / Dubbing - once a week

Nriyanjali Information Service (NIS)

Articles, poems for PMP.

PMP Life Membership

Rs.1000/- for 10yrs

Annual : Rs. 200/-

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Human Resource Development

Conducts Training for Faculty Members in Life Skills Programmes and Behavioural Sciences

Programme

Contacts for Cultural Shows. Join as an artiste.

Social Activities

Initiative and Commitment required. Offer your Time.

Nriyanjali Initiative

Marketing, Summer Camp, Projects

Education Services

Training in Schools & Colleges

Management Services

Management Training in Corporates & Professional Institutes

Personality Development - Sr.

16 sessions (8 days, 3 hrs. each)

(Std. X or 15 yrs to 20 Yrs)

Subjects : Perceptions of Personality, Meditation, Exercise, Literary Tendency, Time Management, Communication, Voice Modulation, Human Relations, Emotions & Expressions, Project Study & Planning, Self Analysis

Special Personality Development Course (SPDC) :

32 sessions (16 days 3 hrs each).

Time : 7.30 A.M. at Nriyanjali

Minimum Qualification S.S.C., 20 yrs

& above (any age)

Selection by Interview Only.

3 Batches a year : Feb. / April / Sept.

Subjects : Perceptions of Personality, Meditation, Exercise, Literary Tendency, Communication (Voice Modulation, Emotions & Expressions, Human Relations, Case Study), Time Mgmt. Project Study & Planning, Self Analysis, Philosophy & Psychology

Personality Development - Jr.

(Std. II to Std. IX)

14 sessions

(7 days, 3 hrs each)

Through Schools

/ Organisations

Subjects : Meditation, Exercise, Communication, (Voice Modulation, Expressions), Self Analysis



Chaitanya Mahaprabhu

(Dance Drama)

Audio CD



Satya - the Truth

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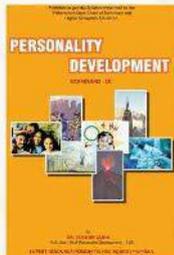
Personality Development & Meditation

NRITYANJALI PUBLICATIONS

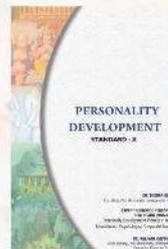
By Dr. Tushar Guha are available with us



Quote Unquote
- in English



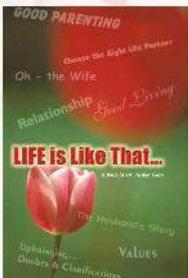
Personality Development Text Book
for Std. IX - in English & Marathi



Personality Development Text Book
for Std. X - in English & Marathi

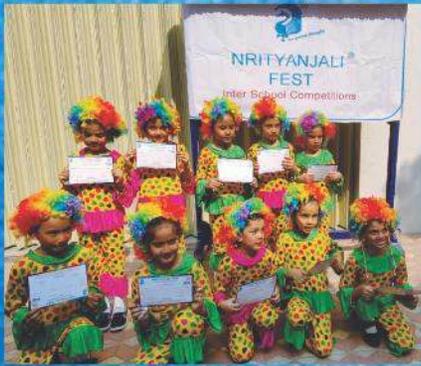


Perceptions of Personality
- in English, Hindi, Marathi & Gujarathi



Life is Like That
- in English

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