



# KAASH KONNECT

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AN INITIATIVE BY



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On 8 March 2021, KAASH Foundation launched its two international journals; **The International Journal of Concerns, Complexities and Dialogues (IJCCD)** and **The International Journal of Emotions, Expressions and Dimensions (IJEED)**. Both, IJCCD and IJEED are high quality, peer reviewed, multidisciplinary research journals.

For further details, kindly visit [www.kaashcapd.com](http://www.kaashcapd.com) > Publications > IJCCD/IJEED



## CELEBRATING INTERNATIONAL WOMEN'S DAY WITH कृतज्ञ: GRATITUDE

by Pranati Trivedi

"There is no limit to what we, as women, can achieve" – these powerful words by former First Lady of the U.S.A., Michelle Obama, set the tone for KAASH Foundation's annual event on International Women's Day, 8 March 2021, with the theme, कृतज्ञ: Gratitude - to honor the relentless efforts and contributions by women to improve the lives of humanity. The event was organized in tune with the UN Women's 2021 theme and included a panel discussion on "Women in Leadership".



KAASH FOUNDATION MUMBAI

celebrates

INTERNATIONAL

Women's Day



AN EVENT TO HONOUR WOMEN FOR THEIR RELENTLESS CONTRIBUTION TOWARDS THE SOCIETY

In tune with United Nation's theme for International Women's Day 2021, the event would consist of a Panel Discussion on the theme

*Women in Leadership*

**Date :** The event will be live streamed on **Time :**  
**8th March 2021** Kaash Foundation's YouTube Channel **4:00 PM to 6:00 PM**

Website: [www.kaashfoundation.org](http://www.kaashfoundation.org)  
Website: [www.kaashcapd.com](http://www.kaashcapd.com)

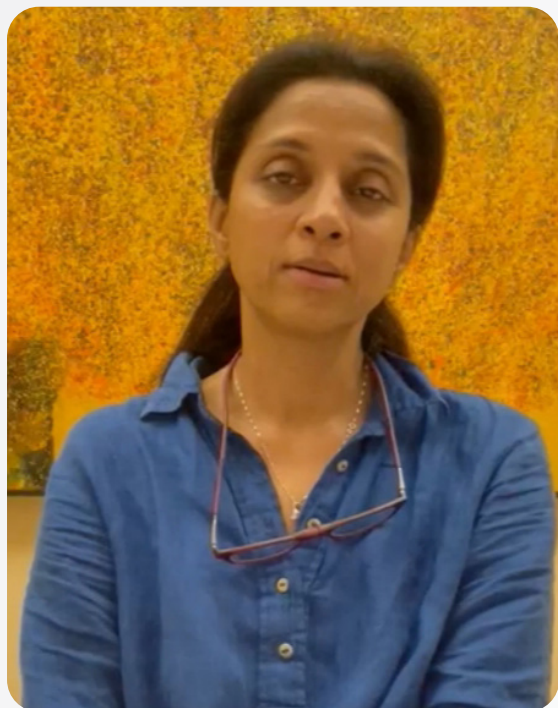
The event commenced at 4:00 pm, with Youth Brigade Member, **Janice Lobo**

KEYNOTE  
SPEAKER



**Smt. Supriya Sule**  
Honourable Member of  
Parliament (Lok Sabha)  
Baramati Constituency, India





practice to this date. Dr. Geeta also spoke about the crimes against women augmented with official statistics. Keeping in mind the theme of the event, she also listed the Foundation's commitment to the cause as numerous departments of the Foundation are helmed by women, including the organization and preparation of the event.

Dr. Ajit introduced the **Keynote Speaker** - **Smt. Supriya Sule**, Hon. Member of Parliament (Lok Sabha), Baramati Constituency, India. Smt. Sule has paved the way in social upliftment and women empowerment. Many campaigns have been organised by her against dowry and female foeticide. Since the Parliament was in session at the time of the event, Smt. Sule sent a pre-recorded speech for the viewers. She began her speech by emphasising on the importance of equality and humanity. Smt. Supriya threw light on the various challenges posed to women – from lack of safety, high crime and dowry. She urged the youth to tackle gender issues and praised the Foundation's efforts. Our Keynote Speaker expressed her optimism and hope for a better tomorrow.

Ms. Tirtha Samant, Youth Brigade Member,

**KAASH FOUNDATION MUMBAI**

**Kaash Foundation Mumbai celebrates International Women's Day**

with its annual event

**कृतज्ञ : GRATITUDE**

(An event to honour Women for their relentless contribution towards the society)

In tune with UN Women's theme for International Women's Day 2021, the event would consist of a Panel Discussion on the theme

**Women in Leadership**

**Date:** 8th March 2021 **Time:** 4.00 pm to 6.00 pm

The event will be live-streamed on **Kaash Foundation's YouTube Channel**

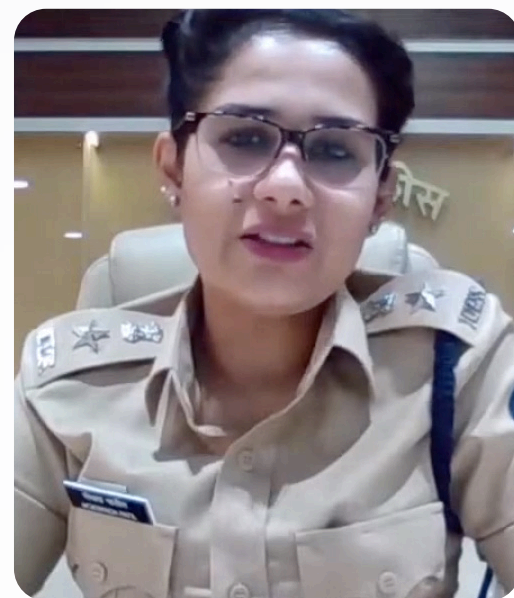
For further details, kindly visit our websites:

[www.kaashfoundation.org](http://www.kaashfoundation.org)  
[www.kaashcapd.com](http://www.kaashcapd.com)

welcoming the viewers. The audience was apprised of the Foundation's journey since its inception in 2019. Ms. Lobo then introduced the youngest Youth Brigade Member, **Aapulki Jadhav**, to recite a poem written by her on the struggles faced by women. Her poem was very superbly recited and well-received. Next, **Dr. Geeta Ajit**, Joint Director (Education), KAASH Foundation; Coordinator, CAPD, and Editor in Chief of KAASH Konnect, was called upon to introduce the annual event. Dr. Ajit highlighted the need to ensure representation of women, and society's failure to do so despite centuries. She cited the example of the Dowry Act passed six decades ago and how it is still a prevalent

introduced the **Chief Guest** of the event – **Smt. Mokshada Patil (IPS)**, Police Superintendent, Aurangabad Division, Maharashtra. Smt. Patil is known for her discipline and strong moral compass. She is fluent in a number of foreign languages and has also presented a paper at the All Police Summons Congress. She has conducted various workshops to spread awareness on gender issues and has worked tirelessly

### CHIEF GUEST



**Smt. Mokshada Patil (I.P.S.)**  
 Police Superintendent  
 Aurangabad Division  
 Maharashtra, India

during the pandemic.

It was time to release the two international journals of the KAASH Foundation. **Ar. Mildred Jose**, Joint Director (Heritage), introduced the first issue of the **International Journal of Concerns, Complexities and Dialogues (IJCCD)** on behalf of the Editorial Board. She explained the origins, inspiration and trajectory of the journal. The second International journal, viz. **International Journal of Emotions, Expressions and Dimensions (IJEED)** was presented by **Ar. Ayushi Motiwala**, member of the Editorial Board. She introduced the journal to the audience.

Our Chief Guest, Smt. Mokshada Patil, did the honours of unveiling and launching both the journals, after which she addressed the audience. After thanking the Foundation for giving her this opportunity, she spoke about her journey into the present position. Smt. Mokshada also reminisced about her days spent as a student at St. Xavier's College, especially Dr. Avkash Jadhav's history class. Smt. Mokshada drew attention to the stereotypical celebrations and wishes on Women's Day, and instead, urged viewers to understand the role of women throughout the year. She spoke about the importance of initiating dialogues to spread awareness, particularly in various professions where women are often discriminated against by their male counterparts, citing a few instances from her own experiences.



**Dr. Geeta Ajit**  
 Joint Director (Education)  
 Coordinator, CAPD  
 KAASH Foundation





**Ar. Mildred Jose**  
Joint Director (Heritage)  
Editorial Board Member, IJCCD  
KAASH Foundation



**Ms. Renuka Vyas**  
Joint Director (Health)  
Coordinator  
KAASH Swaasthya Manthan  
KAASH Foundation



**Ar. Ayushi Motiwalla**  
Editorial Board Member, IJEED  
KAASH Foundation

She advised young girls and women to start asking uncomfortable and thought provoking questions to destigmatize women empowerment. She shed light on the plight of rural girls, especially in Maharashtra, and cases of domestic abuse. According to Smt. Patil, recognizing the patriarchal mindset and adhering to the constitutional framework are essential to weave one's path. The chief guest, when asked to share some of her struggles and learnings, elaborated upon the power of influence and observation to overcome certain barriers. Smt. Mokshada Patil ended her address by stressing on the significance and need to portray women in their real sense in the media and how the role of a father is as important as that of a mother in raising girls to be strong, independent women.

After this session, **Ms. Renuka Vyas**, Joint

Director (Health), introduced the *Guest of Honour*, **Dr. Smt. Mangala Gomare**, Executive Health Officer, Public Health Department, Municipal Corporation of Greater Mumbai, Mumbai. Dr. Gomare holds an M.B.B.S. in Medicine and Surgery from Marathwada University, Aurangabad. Her areas of interest include Health Administration, Public Health, Maternal and Child Health, Immunization, Dispensaries and Specialized Hospitals. With her appointment as the Executive Health Officer in July 2020, Dr. Gomare holds direct control and coordination over all branches of the Public Health Department in the Municipal Corporation of Greater Mumbai. In the wake of the COVID 19 pandemic in March 2020, Dr. Gomare was at the forefront of Mumbai's Health Services. Moreover, she is an active member of the Indian Medical Association (IMA) and serves as the Chairman of Sexual Harassment at Workplace Committee.

Dr. Gomare began her presentation by outlining the contribution of women in the Public Health sector. She spoke about her perception of Mumbai as a young doctor and how the reality in terms of basic necessities was a massive shift when she started working with the MCGM. Regarding the COVID-19 pandemic, she informed the audience of her team's successful work at Dharavi, where 60% of the department's workforce was women. Another change that the speaker noted is that an increasing number of women are now volunteering to work in the cemeteries in the wake of the pandemic. She also spoke about the Public Health Department's

## CHIEF GUEST

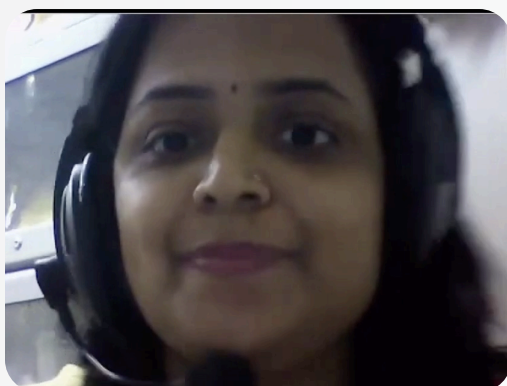


**Dr. Mangala Gomare**  
Executive Health Officer  
Public Health Department  
Municipal Corporation of Greater  
Mumbai (MCGM)  
Mumbai, India

efforts in ensuring safety and health of commercial sex workers. The spirit of the Department is to work from "womb to tomb". Dr. Gomare shared a presentation that expounded on the functions of the Department. The slides also listed in detail the contribution of women in the department by way of organising outreach programmes, spreading awareness, immunization activities, volunteering as ASHA workers, and the work of nurses and midwives. She shared many photographs with the audience, projecting women officials in action, along with achievements in healthcare and women trailblazers in the sector. She concluded her speech by urging women to be strong and self-reliant, and celebrating their individuality.

To take over the proceedings for the next session, **Ayesha Mujawar**, Youth Brigade Member, called upon **Ms. Kavita Mishra Pandey**, Joint Director (Environment), KAASH Foundation. Ms. Kavita introduced the *First Special Guest* - **Prof. Nandini Sardesai**, Activist and Former Head, Department of Sociology, St. Xavier's College (Autonomous), Mumbai and Visiting Faculty of Mass Media. An M.A. in Sociology from SNDT University, Prof. Nandini Sardesai's Ph.D. research focused



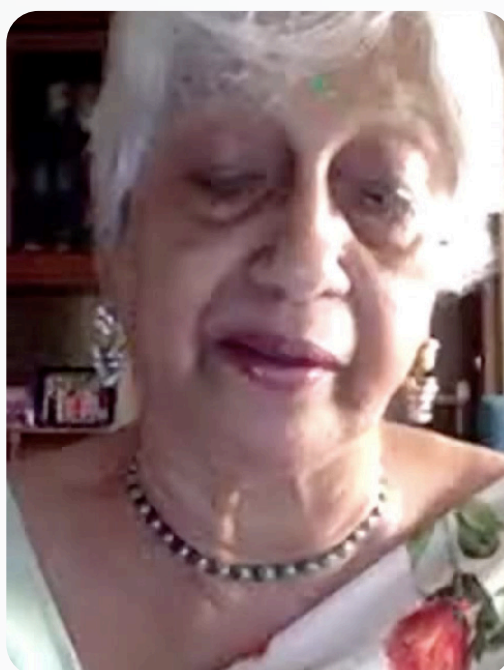


**Ms. Kavita Mishra Pandey**  
Joint Director (Environment)  
Editorial Board Member, IJCCD  
KAASH Foundation

on 'Sociology of Sports'. Thereafter, she worked as a Research Associate to Dr. Cashman of Sydney University for his book, 'The Phenomenon of Indian Cricket'. In 2003, Prof. Sardesai successfully led a movement to achieve gender parity at the Bombay Gymkhana. This resulted in women receiving the right to vote and electoral representation for women members in the hitherto exclusive male Managing and Balloting Committees. Since then, she has been actively involved in issues of social concern and consequently, has established a network at all levels of society. From 2005 - 2015, Prof. Sardesai was a Representative of Maharashtra Women's Commission on the Consumer Complaints Council of the Advertising Standards Council of India. Currently, she is on the Advisory Board of Population First and Dignity Foundation; she is a Board Member of the Censor Board of Film Certification; a Member of the Anti-Corruption Cell of the Indian Merchants Chamber and a Visiting Professor to Jai Hind College, HR College and KC College for Bachelor of Mass Media Program.

Prof. Sardesai commenced her presentation with her favourite quote. "God made man and woman, and she created them equal." She emphasized on the importance of "observing" Women's Day until the utopian dream of equality is realized. Prof. Nandini delivered an emphatic and emotional speech, lamenting about the double standards that Indian women are subjected to in a patriarchal society – considered as "Griha Lakshmi" at home, but restricted in public places, under the tutelage of the males. She very rightly pointed out how several forces

### CHIEF GUEST



**Prof. Nandini Sardesai**  
Activist and Former Head  
Department of Sociology  
St. Xavier's College (Autonomous)  
Mumbai and Visiting Faculty of Mass  
Media

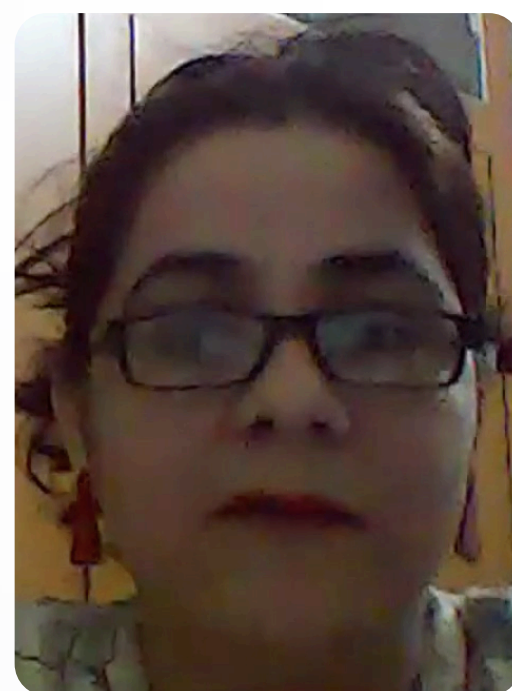
have "infringed upon the woman's right to life and liberty" and how "religion and caste have been distorted and rewritten in favour of men". Prof. Nandini emphasized on the most heinous and savage attack on women ('s bodies) by the males preying on them – rape – and how instead the woman is always held accountable for being attacked with her attire, relations, character being questioned and blackened. While she applauded the progressive legislations in India's Constitution against dowry, child marriage etc., Prof. Sardesai also noted that they are relevant on paper only, with reforms needed in the judicial system. She further went on to point out that a woman wants gender parity – to be recognized as an entity in her own right, to fulfil her own potential. Prof. Sardesai recounted her own experiences while fighting for parity – she recalls being labelled with "unsavoury terms" and being threatened, but she was determined to see the fight through and get what she set out to do. The audience was made aware of the distinction between equality (which has a sexual connotation) and parity (which is a gender issue). Prof. Nandini urged women to be their true

selves and not be silenced. She encouraged women to embrace their womanhood.

The session was followed by the recital of a poem written by **Tirtha Samant**, titled "I am a Woman", which was truly insightful, powerful and intuitive.

**Dr. Anamika Purohit**, Editorial Board Member, International Journal of Emotions, Expressions and Dimensions, KAASH Foundation, introduced the **Second Special Guest - Dr. Alka Singh**, Assistant Professor of English, Dr. Ram Manohar Lohiya National Law University,

### SPECIAL GUEST



**Dr. Alka Singh**  
Assistant Professor of English  
Dr. Ram Manohar Lohiya National Law  
University  
Lucknow, Uttar Pradesh

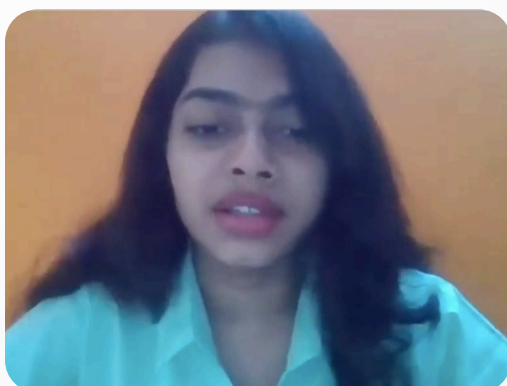
Lucknow, Uttar Pradesh, India. Dr. Alka Singh has completed her postdoctoral research work as a Visiting Scholar to Maison des Sciences de l'Homme, Paris, France under Indo- French Programme of Cooperation in Social Sciences. Her areas of teaching, research and doctoral supervision include ESP, Communication Studies, Gender and Culture, Canadian Literature, New Literatures, India Studies, Law and Literature, English for Aviation and Language through Literature. Besides her publications in reputed journals, she has published some of the following books: Women Empowerment (2018),





**Dr. Anamika Purohit**  
Editorial Board Member, IJEED  
KAASH Foundation

Women: Issues of Exclusion and Inclusion (2018) and Women Society and Culture (2018). She has been a member of various committees, such as: Gender Justice Cell, Sexual Harassment Complaints Committee, Anti-Ragging Committee and Proctorial and Student Grievances Board, all of which primarily focus on providing mechanisms to combat these ever concerning issues. As part of community and extension services, Dr. Alka Singh has been sensitizing the public on women's issues, health issues and other socio-cultural issues through radio-broadcasts, seminars, workshops and



**Gauravi Pradhan**  
Youth Brigade Member, KAASH  
Foundation, reciting a poem penned by  
Dr. Avkash Jadhav titled: 'मत पूजो मूझे...'

literary engagements in newspapers and periodicals.

Dr. Singh began her presentation by shedding light on the 2021 UN Women's theme. She spoke about the contribution of women in different walks of life and the importance of literature, legality and culture in perpetuating the idea of empowerment and equality, as well as bridging the generational gap. Dr. Alka spoke about the feminist movement and broke down the empowerment concept. Dr. Singh vehemently pointed out how women are the centres of creativity, productivity and enforcers of human values.

**Gauravi Pradhan**, Youth Brigade Member, KAASH Foundation, recited a poem titled "मत पूजो मूझे" - penned by Dr. Avkash Jadhav, Founder and Trustee of KAASH Foundation. It was an inspiring poem, beautifully worded and remarkable.

Ar. Mildred Jose welcomed the **Valedictory Speaker** - **Dr. Nasreen Rustomfram**, Professor, Centre for Lifelong Learning, Tata Institute of Social Science, Mumbai, India. Prof. Nasreen Rustomfram holds a Doctoral degree from the Tata Institute of Social Sciences, Mumbai, India. Her area of study was Management of Human Service Organisations. Having completed her post-graduation in Social Work from the same institution, she has worked for 42 years - since 1977, beginning her career with an NGO for 7 years, before joining the Tata Institute of Social Sciences in 1985. Throughout her career, Prof. Rustomfram has been guided by values of people's struggles, social equality and secularism. During her period in academia from 1985 to 2020, Prof. Nasreen's substantive areas have been community health, educational technology, gerontology and social aspects of geriatric care, leadership programs for women, mental health, organisational behaviour and people skills. Having been the administrative head of the Centre for Lifelong Learning for two decades, Prof. Rustomfram has had the opportunity to learn academic administration, budgeting and liaising with administrative units. She has chaired and/or been a member of several inquiry committees on issues of discipline and sexual harassment with students, faculty and administrative staff. As a project leader, Prof. Rustomfram has worked on task groups and research projects with Ministries, government departments

## VALEDICTORY SPEAKER



**Dr. Nasreen Rustomfram**  
Professor  
Centre for Lifelong Learning  
Tata Institute of Social Science  
Mumbai, India

and UN bodies. She has served on the Standing committee of the UGC for Adult Education, Board of Studies in Non Formal Education of SNDT Women's University and the Academic Council of its affiliated colleges as also the Academic Council of TISS.

Dr. Nasreen integrated the themes of Gratitude and Let's All Choose to Challenge. She lauded the silent struggles of thousands of women, mothers and men who have enabled the evolution of women as a reality. Dr. Rustomfram outlined her experiences with the women she interacted with over the years - their inner strength, resilience, struggles, and successes. She correctly pointed out how women in different positions have to juggle personal and professional lives, while facing endless discrimination. She supplemented her observations with anecdotes from the teaching leadership programmes her team undertook. She outlined the challenges that the society must undertake - challenge the archaic views, beliefs, practices in regards with women, participate in collaborative dialogue to enforce equality and empowerment, and balance the powers,





**Janice Lobo**  
Youth Brigade Member  
KAASH Foundation



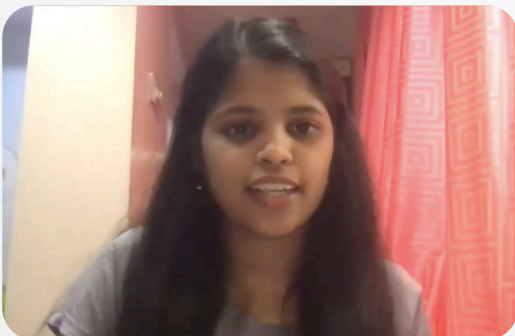
**Ms. Pamela Dhonde**  
Core Committee Member  
KAASH Foundation



**Aapulki Jadhav**  
Youth Brigade Member  
KAASH Foundation  
reciting her self-composed poem titled:  
*Struggle of a Woman*



**Ayesha Mujawar**  
Youth Brigade Member  
KAASH Foundation



**Tirtha Samant**  
Youth Brigade Member, KAASH  
Foundation, reciting a poem titled:  
*'I am a Woman'*

and finally, develop agencies to promote inclusion and diversity.

**Ms. Pamela Dhonde**, Core Committee Member, KAASH Foundation, delivered the Concluding Remarks, followed by the Vote of Thanks and signing off by Ayesha Mujawar.

This brought an end to the highly successful, insightful, thought-provoking three-hour webinar by KAASH Foundation. It was an honour to have such powerful, intelligent, resilient women and speakers who strive endlessly to ensure a more equitable tomorrow.

The Foundation is extremely grateful to the moderators, the technical team, the

PR team and the organising committee for their perseverance and labour. The webinar was attended by a live audience strength of nearly 1000. It is sincerely hoped that every attendee left the session feeling empowered, provoked and challenged to put women at the forefront.

And lastly, on a special note, KAASH Foundation would like to extend its gratitude to **Ms. Revati Sule** for her efforts and contribution towards this event.

“

*When there is oppression,  
the only self-respecting  
thing is to rise and say  
this shall cease today,  
because my right is  
justice. If you are  
stronger, you have to help  
the weaker boy or girl  
both in play and in the  
work.*

**-Sarojini Naidu**

”



# A TWO-DAY WEBINAR ON CHANGING DYNAMICS OF BUREAUCRACY IN DEMOCRACY AND THE RIGHT TO INFORMATION

by Anuja Augustin and Tirtha Samant

Day 1 (1<sup>st</sup> February 2021) – Changing Dynamics Of Bureaucracy In Democracy

*Bureaucracy is not an obstacle to democracy, but an inevitable complement to it.*

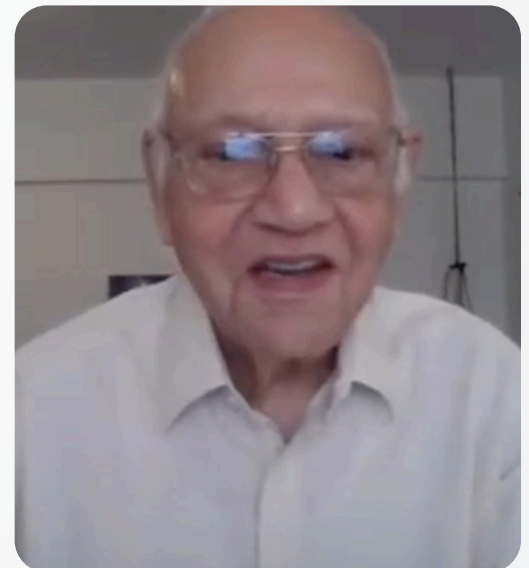
-Joseph A. Schumpeter

The above quote by Joseph A. Schumpeter - an Austrian political economist, befits the vitality of bureaucracy as an indispensable asset to a nation's democracy. In India, the Civil Services Examination is considered as the one of the prestigious, for which, lakhs of aspirants apply. However, very few determinant and consistent aspirants make it to the final stages of the examination. But over the past few years, we have been witnessing various changes in the roles and functions of bureaucracy in Indian democracy and therefore, it was necessary, especially for the youth, to understand the different dynamics of bureaucracy in democracy.

**Development and Public Concern for Governance Trust (PCGT) in association with the Department of History, St. Xavier's College (Autonomous), Mumbai and PCGT National Youth Parliament** organized a webinar on 1<sup>st</sup> February 2021. The topic of the webinar was **Changing Dynamics of Bureaucracy in Democracy**. This webinar was graced by two dynamic retired Civil Service Officers: Shri. Julio Ribeiro and Shri. V.P. Raja



**Dr. Geeta Ajit**  
Joint Director (Education)  
Coordinator, CAPD  
KAASH Foundation



**Shri. J.F. Ribeiro**  
Ex-IPS  
Founding Trustee  
PCGT

## KAASH FOUNDATION MUMBAI



**Kaash Foundation's  
Centre for Academic and Professional Development (CAPD)**

and

**Public Concern for Governance Trust (PCGT)**

in collaboration with

**The Department of History,  
St. Xavier's College (Autonomous), Mumbai**

and

**PCGT National Youth Parliament**

are organising a webinar on

## CHANGING DYNAMICS OF BUREAUCRACY IN DEMOCRACY

Date: 01 February, 2021 (Monday)  
Time: 4:30PM - 6:30PM

### Program Director

Dr. Geeta Ajit,  
Joint Director (Education)  
Kaash Foundation  
Coordinator, CAPD  
Editor-in-Chief, Kaash Konnect

### Youth Coordinator

Ruchira Sarma  
Youth Brigade Member  
Kaash Foundation

Kaash Foundation Youth Brigade: Megha Patel, Rohan Hegde, Anuja Augustin  
Titiksha Kabra, Neeti Baheriya, Maria Noronha and Yash Batra

The session will be live streamed on Kaash Foundation's YouTube Channel

### Registration Link:

<https://forms.gle/93WNNNTbLYSVhPxy6>

For more details kindly visit

<http://kaashfoundation.org/>

And

<https://kaashcapd.com/>

In view of this, **KAASH Foundation's Centre for Academic and Professional**

The webinar began with a warm welcome by **Titiksha Kabra**, Youth Brigade Member, KAASH Foundation and was followed by an introductory speech by **Dr. Geeta Ajit**, Joint Director (Education), KAASH Foundation; Coordinator, CAPD and Editor-in-Chief, KAASH Konnect. While **Bianca Chettiar**, Campus Ambassador, St. Xavier's College (Autonomous), Mumbai, elaborated on the initiatives and program of Public Concern for Governance Trust (PCGT), **Ruchira Sarma**, Youth Coordinator of the webinar, shared details about the Department of History at St. Xavier's College, Mumbai. Thereafter, **Ms. Pallavi Smart**, a Senior Correspondent at The Midday Newspaper

was invited to moderate the session. Ms. Pallavi warmly introduced and welcomed the first Resource Person, **Shri. Julio Ribeiro**, Ex-IPS and Founder - Trustee of PCGT.

## KEYNOTE SPEAKER

**Shri. J.F. Ribeiro** graduated in Commerce from Sydenham College and Law from Government Law College. He joined the Indian Police Service in 1953 and rose to the Commissioner of Police, Mumbai, from February 1982-1985. Later he served in quick succession as Director General, Central Reserve Police Force, Director General of Police-Gujarat, Special Secretary to the Government of India's Home Ministry, Director General of Police - Punjab and finally Advisor to the Governor of Punjab. Besides other awards, he is the recipient of the Padma Bhushan in 1987. Post Retirement, he was appointed as Ambassador to Romania where he served



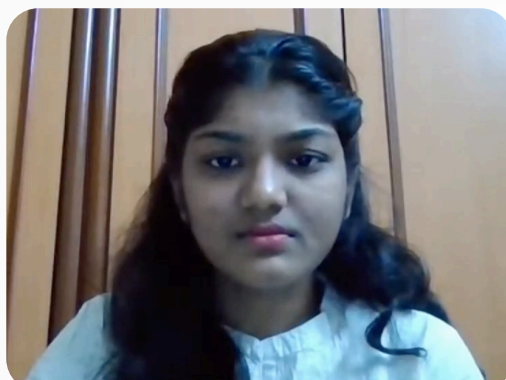
for four years from 1989 to 1993. The then Prime Minister Shri Atal Bihari Vajpayee had asked him to be Governor of Jammu & Kashmir but he declined because of his involvement in social work in his native city of Mumbai. He is the Founding Trustee of Public Concern for Governance Trust and also heads the Mohalla Ekta Committee which works for communal harmony.



**Titiksha Kabra**  
Youth Brigade Member  
KAASH Foundation

Travelling down memory lane, Shri. Julio Ribeiro narrated incidents during his time of the nature of bureaucracy during his tenure in the 1960s-1970s and then compared it with the present scenario. When he was first transferred to Bharuch, Shri. Ribeiro recalled that during those days, young police officers were posted by the government in huge administration setups and were mentored and monitored by the seniors. Throughout the course of his deliberation, Shri. Ribeiro shared a lot of instances from his service and he also shared some of his childhood anecdotes with the audience. All the stories and instances were really inspiring and encouraging to many young students, especially to the students who aspire to enter the Civil Services of India. Reiterating the power of compassion while being a civil servant, Mr. Ribeiro said, "The greatest reward for an officer is when people remember him/her even after his/her retirement from service." He also mentioned that the tactics of politics do not work when officers stand up for what is right. Mr. Ribeiro pointed to the differences between the approach of the officers in service during his time and the present condition, where he observed that the power of compassion was very high during

his days compared to now. Reaffirming his belief that Civil services means administrators are servants of the people, he said that it is their responsibility to work for the welfare of the society. Sadly, this attitude is also declining in today's officers. Shri. Julio Ribeiro concluded his speech by mentioning the two most important values that an officer must acquire while in service: TRUTH and JUSTICE.



**Bianca Chettiar**  
Campus Ambassador  
St. Xavier's College (Autonomous),  
Mumbai  
Vice-President  
PCGT National Youth Parliament 2021

After this inspiring and invigorating speech, Ms. Pallavi then welcomed the Second Resource Person for the day, **Shri. V. P. Raja**.

**Shri. V. P. Raja** is an Ex- IAS and Chairman of PCGT. After obtaining two post graduate degrees in Physics from Delhi University and Columbia University (U.S.A) respectively, **Mr. Raja** joined the Administrative Service in 1974. While in service, he completed a M. A. in Rural Development Planning from the University of East Anglia (U. K.). He further obtained a M. Phil in Social Sciences from the Indian Institute of Public Administration, New Delhi. As an IAS Officer of the Maharashtra Cadre, he has worked in various assignments at the District, State and Centre. Mr. Raja had been the recipient of the Distinguished Government Administration Award, in recognition of his outstanding contributions to administrative reforms, both while working as the Collector of Satara and also as the Transport Commissioner of Maharashtra. He retired as the Principal Advisor to the Department of Atomic Energy in September 2008. Thereafter, he was the Chairman of the Maharashtra Electricity Regulatory Commission for a period of

### KEYNOTE SPEAKER



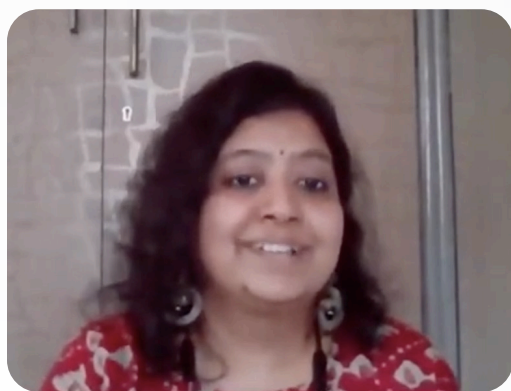
**Shri. V.P. Raja**  
Ex-IAS and Chairman  
PCGT

five years. Presently, he is the Chairman of Public Concern for Governance Trust, a registered trust in Mumbai that works for promoting transparency and accountability in governance.

Shri. Raja spoke about the various dynamics, experiences and challenges faced by the Indian bureaucracy. He mentioned that though the dynamics of Indian bureaucracy is changing, the service provides an excellent opportunity for everyone. Sharing various instances from his service, Shri. Raja mentioned that a civil will have to rise and act as per the circumstances, as many emergencies will take place where a civil servant will have to spontaneously take decisions. According to him, the beauty of the service lies in the kind of confidence you gain by dealing and managing crises that arise, with ease. Speaking about the relationship between administration and politics and how important they are to a country's functioning, Shri. Raja compared them to the two wheels of a vehicle. He concluded his speech with an emphasis on the two roles of a civil servant: ADVISORY and IMPLEMENTARY.

This was followed by a Q&A session wherein questions on the impact of lateral entry in administration, doubts regarding the UPSC examination, hardships and challenges faced during the service and weakening of the Chief Secretary's power etc. were raised. Our honourable resource persons very elaborately and patiently answered all the

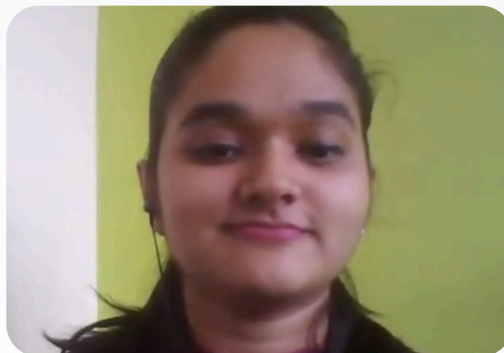




**Ms. Pallavi Smart**  
Senior Correspondent  
Mid-Day

questions asked by the audience.

Thanking our eminent resource persons for their insightful and experience filled speeches, Ms. Pallavi requested Titiksha



**Ruchira Sarma**  
Second Year Bachelor of Arts  
St. Xavier's College  
Youth Brigade Member  
KAASH Foundation

Kabra to take over the final segment of the webinar. Titiksha then invited Ruchira Sarma and Bianca Chettiar to deliver the concluding remarks. Ruchira Sarma

extended her gratitude to Shri. Julio Ribeiro and Shri. V.P. Raja for their thoughts and insights which, according to her, would really encourage the youth to actively work for the betterment of our country. Bianca Chettiar highlighted some of the differences between bureaucrats and politicians in the past and present which were dealt with by our resource persons.

Finally, the webinar ended with a Vote of Thanks by Titiksha Kabra who thanked KAASH Foundation's CAPD; Department of History, St. Xavier's College (Autonomous), Mumbai; Public Concern for Governance Trust (PCGT) and its National Youth Parliament for organizing such an insightful webinar to enlighten the young generation of India. She also thanked the audience for actively listening to and participating in the webinar.

## Day 2 (6<sup>th</sup> February 2021) – The Right To Information

The Third President of the United States, **Thomas Jefferson**, had once said, '*Information is the currency of democracy.*' Taking cue from this, KAASH Foundation and Public Concern for Governance Trust organised a webinar on another important aspect of a nation's democracy i.e. INFORMATION. Access to information is one of the keys to a country's successful democracy as it facilitates transparency and encourages public participation. While the

right to access public documents was first granted by Sweden to its citizens in the 18th century, it was only on 12th October 2005 that the Right To Information Act in India was enforced. While the act has enabled citizens to access public information and has helped whistleblowers to burst anti-national activities such as corruption, many still avoid making use of the act as they believe that it is a tedious and long process involving a lot of paperwork.

In order to dispel such misconceptions and generate awareness about the act, especially amongst the youth, **KAASH Foundation's Centre for Academic and Professional Development and Public Concern for Governance Trust (PCGT) in association with the Department of History, St. Xavier's College (Autonomous), Mumbai and Legal Aid Committee, Government Law College, Mumbai** organized a webinar on the **Right to Information**. The respected resource person for this webinar was Shri. Shailesh Gandhi - a Former Central Information Commissioner, very well known for solving over 20,000 cases during his tenure.

The webinar began with a warm welcome by **Bianca Chettiar**, the Campus Ambassador for St. Xavier's College, Mumbai and Vice President of PCGT's National Youth Parliament. This was followed by an introductory segment with Bianca Chettiar,

### KEYNOTE SPEAKER



**Shri. Shailesh Gandhi**  
Right to Information Activist  
Former Information Commissioner,  
Central Information Commission,  
New Delhi

**Pamela Dhonde**, Core Committee Member, KAASH Foundation; **Ayesha Mujawar**, First Year Student of St. Xavier's College and **Devang Mhatre**, Campus Ambassador, Government Law College representing PCGT, KAASH Foundation, Department of History and Legal Aid Committee respectively. Thereafter, Bianca Chettiar introduced and welcomed the key speaker

**KAASH FOUNDATION MUMBAI**



Kaash Foundation's  
**Centre for Academic and Professional Development (CAPD)**  
and  
**Public Concern for Governance Trust (PCGT)**  
in collaboration with  
**The Department of History,  
St. Xavier's College (Autonomous), Mumbai**  
and  
**Legal Aid Committee,  
Government Law College, Mumbai**  
are organising a webinar on

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**RIGHT TO INFORMATION**

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**Date: 06 February, 2021 (Saturday)**  
**Time: 4:30PM - 6:30PM**





**Ayesha Mujawar**  
First Year Bachelor of Arts  
St. Xavier's College  
Youth Brigade Member  
KAASH Foundation



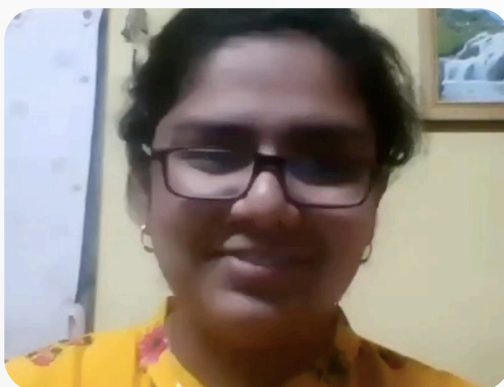
**Dewang Mhatre**  
Campus Ambassador  
Government Law College  
Mumbai

for the day: **Shri. Sailesh Gandhi**, who was also a part of the committee that formed the national act of the Right to Information.

Mr. Shailesh commenced his speech by addressing the audience as 'Citizens of India' and reminded them of Democracy as the rule 'Of the People, By the People and For the People'. In this case, he questioned if every Indian citizen feels like a 'Ruler' or 'Badshah' or 'Begum' in terms of the treatment they receive on visiting government offices, especially when India is called the largest democracy in the world. Explaining this distinctive feature of our nation, Shri. Gandhi touched upon the factors of Independence, Sovereignty and Election Mechanisms and also, stated that India, in fact, has a Defective Elective Democracy. While recalling one of his speeches from the past and a question put forth by a student back then - "Can the country work with 130 crore kings and queens in it?" - he illustrated his answer

with two appropriate examples of the U.S.A. and South Africa. In contrast to the Indian scenario, even an immigrant in the United States who has applied for a green card/citizenship, is answered accurately and rationally by the government officials. Whereas, when M.K. Gandhi was thrown out of the train in South Africa, he was boarded onto the next train within 24 hours of his complaint. According to Shri. Gandhi, these examples are a lot about 'Being a Human; an Individual Citizen', rather than merely Right to Information and thus, every Indian in this aspect, owns everything in the country in partnership with the 130 crore fellow Indians. Furthermore, Mr. Shailesh Gandhi, through a very detailed and easy-to-understand presentation, explained each section of the RTI Act and its provisions.

This was followed by a Q & A session with Shri. Shailesh Gandhi wherein questions on the process of filing an RTI, corruption acting as a barrier in the transparent functioning of a government and what does an 'opinion' exactly mean with respect to the act etc. were raised. Through the Q & A session, Shri. Gandhi also revealed that in a few cases, RTI applications are repeatedly filed by people as a means of harassment, thus, highlighting the ways in which people can misuse the act.



**Pamela Dhonde**  
Core Committee Member  
KAASH Foundation

This was followed by Ms. Pamela Dhonde, Core Committee Member, KAASH Foundation, sharing her concluding remarks for the session. Ms. Pamela first thanked Shri. Shailesh for conducting an insightful session on this topic. She also thanked Mr. Devang for meticulously engaging the Q & A session. She pointed out

the fact that Democracy is a system where every individual is a sovereign in his/her own right. She also highlighted the aspect of Human Rights by quoting Aruna Roy who has been of the opinion that the 'Right to Information' is the 'Right to Live' and that if 'Living' is a Human Right then 'Seeking Information' is also a Human Right. She also appreciated the appropriate illustrations and examples that Shri. Gandhi gave throughout his presentation and speech. She highlighted the responsibility that lies on the citizens to ensure the appropriate use of the RTI and thanked Shri. Gandhi for the elaborative session.

As the Vote of Thanks, Bianca Chettiar then spoke about the success of the first webinar conducted on 1st February which was streamed live for more than 2 hours and had a successful viewership of more than 1400 viewers. She also thanked Shri. Shailesh Gandhi for accepting the invitation to grace the event as the Key Speaker. She expressed gratitude towards Dr. Avkash Jadhav, Founder - Trustee of KAASH Foundation for his constant support. She thanked Ms. Rajvi Gandhi, Mr. Devang Mhatre, Ms. Ayesha Mujawar and Ms. Pamela Dhonde for their help and support throughout. Lastly, she also thanked the participants and audience for their participation and presence because of which the two-day webinar was a success.

KAASH Foundation extends its gratitude to Bianca Chettiar and PCGT for their tremendous support in the organisation of the two-day webinar. It also extends its sincere appreciation to the Principal of St. Xavier's College, Mumbai for approving the collaboration of the History Department in the webinar. The Foundation specially thanks Ruchira Sarma, one of its most dynamic youth brigade members, for meticulously coordinating Day 1 of the webinar. Last, but not the least, the technical expertise of Megha Patel, Rohan Hegde and Maria Noronha ensured a smooth live streaming of the webinar, and the creative instincts of Yash Batra ensured that the webinar found its way to a larger audience on social media. However, this entirely would not have been possible without Dr. Avkash Jadhav who has been a constant pillar of strength for the members of the Foundation, and Dr. Geeta Ajit for efficiently helming the webinar as its Director.



# HEALTH

## KAASH SWAASTHYA MANTHAN

# 18<sup>th</sup>

## HEALTH SEMINAR: SUJOK THERAPY AWARENESS CAMP

by Shoumik Rahate

*We love Sujok because it simplifies the entire Universe.*

*-Park Jae Woo*

With living conditions becoming fast paced and dynamic, health has become a great concern to all human beings. To ensure good health to deal with the challenges of life, people have begun choosing unconventional ways, shifting away from the usual ones. There exist many alternative therapies which have tremendous health and healing benefits. One of the most popular therapies is '*Sujok*' - a healing method that can be practised by the patients themselves. *Sujok* is a simplified combination of two Korean words; namely, "Su" meaning 'hands' and "Jok" meaning 'feet'. Thus, *Sujok* refers to a treatment method which is focused on the hands and feet. *Sujok* acupuncture is a natural therapy of healing without drugs or medications. Here, one can get instant and effective relief without medication, in

addition to being absolutely safe, without any side effects. *Sujok* is a treatment, where one massages the hands and feet and is used to treat several conditions like bronchitis, asthma, headaches, dizziness, migraines, gastritis, ulcers, diabetes and also, mental disorders like depression etc. Furthermore, *Sujok* is also known to be effective in weight loss.

To spread awareness about this wonderful treatment based on natural elements, KAASH Foundation's KAASH Swaasthya Manthan (KSM) organised a '*SUJOK* Therapy Awareness Camp', its 18th Seminar on Health Wellbeing on Friday, 5th February 2021. The treatment, which is an amalgamation of Ayurvedic, Chinese and South Korean methods was held at Sant Tukaram Udhyan, next to Khalsa Sabhagruha, Matunga (West), Mumbai from 4:00 pm to 6:00 pm. The program was based on the theme: 'An Awareness Session on Alternative Health Therapy'.

This awareness programme was possible because of the special efforts of Mrs. Hansaben Shah, Deputy Chief of Ekta Mahila Mandal. Mrs. Hansaben Mehta herself was a beneficiary of the *Sujok* therapy. Because of its quick wellbeing and no extreme reactions, she really wanted to take this therapy to the masses. With her assistance, KAASH Swaasthya Manthan was able to get Ekta Mahila Mandal on board, where a group of more than 50 women attended the camp. The Ekta Mahila Mandal Group has worked in the realm of women's healthcare for the last 30 plus years.

The session began with an introductory address of Ms. Renuka Vyas, Joint Director (Health), KAASH Foundation, where she presented a brief overview of KAASH Foundation's Health Vertical which has



**Ms. Renuka Vyas, Joint Director (Health), KAASH Foundation and Coordinator, KAASH Swaasthya Manthan, presenting a brief overview of the Foundation's Health Vertical**

been working tirelessly since the conception of the Foundation. She also acquainted the audience to alternative health therapies available to them. Ms. Vyas is a firm believer that nature is where we come from and nature is where we will find our cure. Sharing some information on how to stay healthy by following the basic principles of Mother Nature, she gave various tips to stay healthy without medicines by using the available natural resources. This insightful address, driven by the spirit of nature gave a great start to the *Sujok* Awareness Camp.

The awareness camp was honoured to have an experienced professional like Dr. Suresh Jadhav as the Resource Person, who has devoted himself to *Sujok* Therapy and its treatment. Dr. Suresh Jadhav has spent more than 35 years in the journey of attending and healing thousands of patients through this effective drugless therapy. An



**KAASH FOUNDATION**

**Kaash Swasthya Manthan**

**SUJOK AWARENESS SESSION**



**Speaker**  
**Dr. Suresh Jadhav**  
 Sujok Practitioner - Trainer (ISA)  
 Mob.: 9920494064

**Co-ordinator**  
**Alkesh Shah - 9867386650**  
**Renuka Vyas - 9833629379**

**Friday, 5th February, 2021**

Sant Tukaram Udhyan Matunga (W), Mumbai





**Dr. Suresh Jadhav, Sujok Practitioner, Trainer and Lecturer of the International Sujok Association (ISA), sharing his expertise of Sujok Therapy through demonstrations**

official lecturer of the International *Sujok* Association (ISA), Dr. Jadhav is a trainer and a well-known *Sujok* practitioner. His work in this field is phenomenal and his guidance has helped scores of people improve the quality of their lives. After being introduced to the audience by Ms. Renuka Vyas, Dr. Suresh Jadhav, turning back the pages of history, narrated the story of Prof. Park Jae Woo - the originator and pioneer of *Sujok* Health Therapy. A graduate from Seoul National University, Prof. Park Jae Woo is presently the President of *Sujok* Academy at Moscow and Honorary President of *Sujok* Academy in India. He is also a Visiting Professor at Somaiya Medical College, Mumbai and the Zoroastrian College, Mumbai in India. Prof. Park Jae Woo's realisations, methods and techniques were elaborately explained by Dr. Suresh Jadhav. He elucidated the meaning of *Sujok* and showed how we can take care of our

health with the help of simple procedures by using colours, seeds, small magnets etc. and applying them on our palms/feet.

Explaining the main principle behind *Sujok* which states that the flow of energy in our body is continuous, systematic and uninformed, Dr. Suresh Jadhav pointed out how *Sujok* aims at balancing this imbalanced energy in the body, the tissues, the cells and the organs. *Sujok* is a treatment that involves a variety of methods of stimulating the hands and feet by fingers, seeds, round objects, etc. The advanced *Sujok* treatment (also known as 'Six ki Treatment') which makes use of needles and harmonizes the physical, emotional and the Indian origin Chakra plane, is highly beneficial. He asserted that, "This simplified therapy can be also conducted by the patients themselves, once they acquire the knowledge of the correct practical application of it. This is the best feature of *Sujok* Therapy."

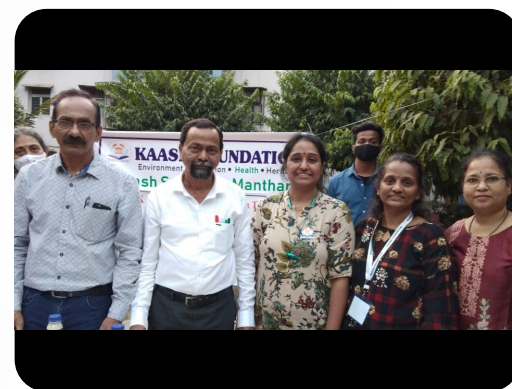


**An attendee seeking Sujok treatment for temporary relief**

Under the guidance of Dr. Suresh Jadhav, the awareness camp had also offered to give practical demonstrations of *Sujok* therapy to the attendees. The women who had attended came ahead to get relief from some of their basic problems. The magnet method was applied for women having backache and knee pain. This treatment showed immediate results which left the women feeling completely relieved and comforted. Many expressed their reaffirmation of faith in *Sujok*, thanks to this practical demonstration. With these overwhelming results and knowledgeable insights shared by Dr. Suresh Jadhav, the main awareness session came to an end.



**Members of Ekta Mahila Mandal gathered for the Sujok Awareness Camp**



**From L - R: Mr. Alkesh Shah, Core Committee Member, KAASH Foundation; Dr. Suresh Jadhav, Ms. Renuka Vyas, Ms. Uma Parab and Ms. Pooja Malkar of the KAASH Swaasthya Manthan Team**

Mr. Alkesh Shah, the Event Coordinator and Core Committee Member of KAASH Foundation extended his gratitude towards Dr. Suresh Jadhav and thanked Mahila Ekta Mandal for making this event possible. Ms. Pooja Malkar and Ms. Uma Parab who have been active Committee Members of the KAASH Swaasthya Manthan Team also attended the awareness camp. The entire responsibility of the session was handled by Mr. Alkesh Shah along with Ms. Renuka Vyas and Dr. Avkash Jadhav. KAASH Foundation is grateful to all the contributors, from those who were responsible for creating the promotional materials to coordinating with the speaker and executing the event. The curtain drew to a close with KAASH Swaasthya Manthan aiming to take the *Sujok* Therapy Awareness Campaign to greater heights with a wide scope in the coming months.



## EDITOR'S DESK



The first quarter of the year 2021 has seen KAASH Foundation stretching its boundaries and extending its work to the states of Gujarat and Uttarakhand. We have now fledged our wings higher, to reach directly to those who need us the most – be it the Dhordo women or the members of the Bharot community – KAASH Foundation has identified the path to help them to overcome their predicament. In Uttarakhand, KAASH Foundation collaborated with a local NGO, Uday Ek Naya Sawera, to empower their women. We also conducted Health workshops at Dehradun, to guide the women in food and nutrition. More significantly, on March 8, 2021, on International Women's Day, we conducted a seminar, inviting women from all aspects of life to share their outlook - Ms Supriya Sule, Member of Parliament; Smt. Mokshada Patil (IPS), Police Superintendent; Dr. Smt. Mangala Gomare, Executive Health Officer, Public Health Department and many more powerful women who have achieved prominence in their field. To understand the changing dynamics of bureaucracy in democracy and find further insight to the Right to Information we had stalwarts, Shri. Julio Ribeiro, Ex-IPS and Founder - Trustee of PCGT and Shri. V. P. Raja, Ex-IAS and Chairman of PCGT addressing our audience.

This year also saw the launch of our two peer-reviewed international journals, IJCCD and IJEED as we begin our journey into the world of research and exploration.

Our Health Wing has been advancing in strength as it went on to conduct numerous Health Awareness camps, the notable ones being the Sujok Therapy Awareness camp conducted in Mumbai, where again, several women found immense relief to some of their chronic ailments.

It was also time to review the past, and the Core Committee found itself taking stock of the past and carving their paths for future, improved developments.

We also bid a sad adieu to Anil Dharker, a towering personality, whose presence will be greatly missed in the literary circle of India. In our tribute, we salute this great stalwart of Indian language and literature, for his efforts and contribution to widening the Indian literary circle.

Our creative section abounds in the celebration of work by the budding artists and we invite our readers to take pleasure in surfing through their world.

The business is clear: When women are at the table, the discussion is richer, the decision-making process is better, and the organisation is stronger.

## FOUNDER'S DESK



Take up one idea. Make that one idea your life—think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success.” —Swami Vivekanand.

At KAASH Foundation we envisioned the idea of generating Hope and Scope within the society. As we look back into our year-long journey, we see how the Foundation has surpassed and overcome many hurdles, challenges and adverse situations with determination and conviction. We believe that there is always a scope of improvising and hope, to make that consistent and constructive difference from within and without. The Foundation has successfully managed to stimulate intellectual discussions through its academic initiatives. The orientation and introduction of new paradigms of teaching and learning was achieved by conducting various skill-based programs. The efforts to restore back our tangible and intangible heritage was witnessed with the initiative of World Heritage Week. It has conducted a series of health workshops for all age groups, where the aim was to stabilize the physical and mental health conditions. The field for research scholars was opened by the launching of two international journals, so that both, veteran and young researchers, can share their insights and contribute to the process of learning.

I remember the quote of Brian Tracy: 'Develop an 'Attitude of Gratitude'. Say thank you to everyone you meet for everything they do for you.'

So, on behalf of the KAASH Foundation Family and Team Members, we extend our gratitude to all our collaborators, well-wishers and friends for their belief and trust in us. We owe our success to all of you, and we appeal that this love and confidence prevails and continues into the future as well.

## KAASH KONNECT TEAM

**Founder :-** Dr. Avkash Jadhav

**Editor-in-chief :-** Dr. Geeta Ajit

**Designers:-**

Sahil Jahagirdar (Head)

Yash Batra

**Senior Reporters:-**

Pamela Dhonde (Head)

Pranati Trivedi (Senior Reporter)

Krishna Sawant (Senior Reporter)

**Junior Reporters:-**

Ayesha Mujawar

Anuja Augustin

Tirtha Samant

Shoumik Rahate



# GUJARAT STATE VISIT

by Krishna Sawant

*Gujarat is truly vibrant. Be it handicrafts, folk music, art, costumes or food – the state offers the best of everything.*

– Shreya Ghoshal

The above quote by the noted Indian Playback Singer, Shreya Ghoshal, truly exhibits the richness of Gujarat that the KAASH Foundation Team experienced

while on their journey to the state in the months of December 2020 and January 2021. This trip was indeed an eye opening experience for the members of the Foundation. **Dr. Avkash Jadhav, the Founder-Trustee** and **Ms. Renuka Vyas, the Joint Director (Health)** learnt the nuances of Gujarat's tangible and intangible heritage and the dire need to preserve and protect

them. This visit was initiated with an aim to help and guide the local communities, especially the women, towards a sustainable livelihood, and in turn, empower them. To document all the initiatives undertaken during this visit, the report has been divided into three segments: a) Aid provided to weavers' families b) *Bharots* of Jamnagar and c) Jamnagar Health Camp.

## 27th DECEMBER : AID PROVIDED TO WEAVERS' FAMILIES

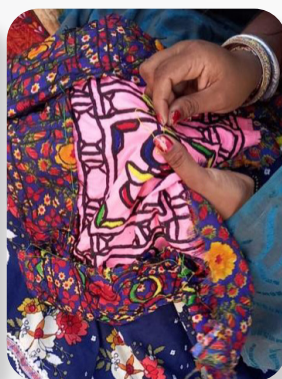
The first segment of this visit was initiated at Dhordo in Kutch, Gujarat on 27 December 2020. A meeting with Ramji Bhai, the Village Sarpanch, helped Dr. Avkash Jadhav learn and understand the condition of the weavers' community in Dhordo. The community is well known for making pillow cases, and other small decor. Through the conversation, Dr. Jadhav realised that the weaving business which supports more than 90 families in the village, unfortunately, has been facing a series of drawbacks in the past couple of years. It was observed that the trends of low monetary returns, poor value for money and an acute shortage of buyers for the textiles added to the woes of the weavers. The root cause of this drawback was found to be the lack of basic education and high financial illiteracy rates,

as it resulted in the weavers being duped or tricked into charging a lower price for their skill, labour and capital, to the point where it barely covered their cost. The financial losses had been running so deep, that many families have given up and migrated to metropolitan cities in the hopes of finding more lucrative jobs. Though these issues had been prevailing for the past many years, the community had still managed to hold their ground, until the pandemic hit! With the nation-wide lockdown, they found themselves on deep end; where, on one hand, the meagre income they had hitherto received through their sales met a complete dead-end, on the other, they were unable to find another temporary occupation.

KAASH Foundation endeavoured to mobilise their business as one group instead

of 90 separate businesses, and also tried to prepare them for the varied challenges that they would face in future by providing them with a multitude of alternative markets, training the weavers in financial literacy and improving women's skills.

The KAASH Foundation Team also noticed that, even in a non-pandemic situation, whenever faced with a financial crisis, it was always the education of the girl child that was compromised. To change this, the Foundation has proposed to sponsor higher education and accommodation of the girls from these communities. The Foundation is optimistic that this incentive will motivate them to provide the girls with at least the basic education.



Women of the weaving community in Dhordo, Kutch, Gujarat presenting their artistic skills



Dr. Avkash Jadhav, with Ramji Bhai (the Village Sarpanch) and his family.



28th DECEMBER : **BHAROTS OF JAMNAGAR**

In the second segment of the journey, the KAASH Foundation Team went to Jamnagar in Gujarat on 28 December 2020, to visit the Bharots. The Bharots are the chroniclers of family archives in India, which is now slowly becoming a dying profession. The team was told of the time, when families like the Rajputs, the Kutchi Community, the Jain Community and

so forth, would hire them to create and maintain an entire archive of their families and lineage. Unfortunately, as days pass by, these protectors of India's heritage are now faced with financial constraints. KAASH Foundation took it upon themselves to not only felicitate the Bharots, but also, to provide them with financial assistance in the hopes of preserving and continuing the

age-old traditions of our nation that keeps our rich heritage alive. KAASH Foundation would like to extend its gratitude to **Dr. Kamini Gogri** for her efforts and assistance in helping the team connect with the Bharot community and the arrangements for a smooth journey in this space.

## PHOTO GALLERY



Dr. Avkash Jadhav felicitating Shri. Bharat Bhai of the Bharot community (to the left) at Jamnagar, Gujarat



From L - R: Shri. Bharat Bhai and Shri. Navin Bhat of the Bharot community with Dr. Avkash Jadhav



Dr. Avkash Jadhav felicitating Shri. Deepak Bhai of the Bharot community



Shri. Bharat Bhai and Shri. Navin Bhat presenting family documents chronicled by their ancestors nearly 200 years ago



## 29th DECEMBER : GIR VISIT

Here, the KAASH Foundation Team met with Mr. Raj Gadvi, a popular folk artist and folk singer, whose songs often represent the culture, the traditions and various anecdotes of the region. In fact, they are folklores that detail the valour and greatness of the region. Mr. Gadvi belongs to the Rabari Community, which is known for engaging in agrarian activities and coastal business lines. They are a very strong community

that inhabits the areas of Gir and Kutch.

Mr. Gadvi is known to conduct shows where he depicts the lost history through songs, which is something very similar to the Powadas of the Maharashtra state. The KAASH Team felicitated him, in appreciation of his efforts in protecting and projecting the intangible heritage of the land. The team also interacted with the

women of this community, who are quite powerful and have managed to retain the entire heritage of their land with the help of various songs on various occasions. It was a pleasure to watch them sing songs of harvest as they ground the wheat on stone grinders. The songs were full of rich tributes to the wealth and prosperity of their land.

### PHOTO GALLERY



**Dr. Avkash Jadhav felicitating Shri. Rajvi Gadhvi, a folk artist from Gir District, Gujarat**



**Dr. Avkash Jadhav with members of the Rabaari Community at Jamnagar, Gujarat**



**Women of the Rabaari Community have a strong oral tradition of singing songs while grinding wheat**



## 1st JANUARY : DOCUMENTARY

The KAASH Team met Deepak Bhai who was conducting the ritual of naming ceremony for one of the families of the Rabari Community. This is a very elaborate ceremony, where a newborn baby is included into the chronicle by the Bharots. The team, lucky to witness this beautiful ceremony for a new-born girl, shot and documented this entire celebration. It was observed that initially, the women were

shy to come forward and the men did all the talking. But soon the women opened up about their various creative skills and displayed their artwork to us.

By documenting this, the KAASH Team covered the intangible heritage of India. It is a sad fact that due to the use of new technology, all these old traditional skills are slowly becoming obsolete. To appreciate and acknowledge their hard work and

efforts, the KAASH Team felicitated Deepak Bhai, and gave a small monetary gift to the Bharots.

A documentary named '**Bharots: The Chroniclers at Jamnagar, Gujarat**' is in the making. On 1 January 2021, Dr. Avkash Jadhav personally shot bits of this documentary and is overseeing its progress with the aim of attracting and redirecting the youth of our nation towards its roots.

## PHOTO GALLERY



Shri. Deepak Bhai (second from left) performing an elaborate ritual of including the newborn's name to the family genealogy



Dr. Avkash Jadhav shooting the documentary on '**Bharots: The Chroniclers at Jamnagar, Gujarat**'



## 2nd JANUARY : JAMNAGAR HEALTH CAMP

The final task undertaken in Gujarat was the Health Camp for women in Jamnagar on 2 January 2021. This was spearheaded by Ms. Renuka Vyas. Unlike most of our Health Camps, the one at Jamnagar was focused on the issues related to women's health. Alongside, it also aimed to provide more information on COVID, its precautions, and what must one do if they test positive. Topics expanding from prenatal health and

Do's and Don'ts for the same were discussed. KAASH Foundation distributed more than 300 bottles of Arsenic 30 Homeopathy, which is an Immunity Booster for COVID. This Camp was held at the Kuverben Jain Dharma Shala with the help of its local Manager, Shailendra Bhai Shah and the staff of the Dharma Shala. KAASH Foundation ensured an efficient distribution of homeopathic medicine to the participants

of this camp. The Foundation also extends its sincere appreciation to Varsha Vakhariya, Kalpesh Shah and Shailendra Bhai Shah for their support in organising the Health Camp.

In conclusion, KAASH Foundation hopes to extend its social work and carry forward its endeavours and projects in the state of Gujarat with utmost cooperation from its people.

### PHOTO GALLERY



Free Health Camp conducted by Ms. Renuka Vyas, Joint Director (Health), KAASH Foundation, at Jamnagar, Gujarat



Ms. Renuka Vyas (to the right) handing over arsenic homeopathic medicines to Shailendra Bhai - the Local Manager (to the left)



Ms. Renuka Vyas presenting the KAASH Foundation Brochure to Shailendra Bhai - the Local Manager





KAASH Foundation's founder, **Dr. Avkash Jadhav** and **Joint Director (Health), Ms. Renuka Vyas** felicitated **Shri. R. Balki** and **Gauri Shinde**, renowned Indian Film Directors with a memento and a carpet handcrafted by the weavers of Dhordo, Gujarat on 3rd January 2021 at IMPA, Bandra, Mumbai, in appreciation for their undaunted support towards the Foundation's vision and mission.



## KAASH FOUNDATION MUMBAI

Without a sense of caring, there can be no sense of community.  
- Anthony J. D'angelo

Congratulations to all the Family Members of Kaash Foundation for our account has been credited with a **COMMUNITY STATUS** by Instagram!



**Aapulki Jadhav,**  
Youth Brigade Member,  
Kaash Foundation

The commendable force behind this feat lies in the special efforts of our youngest member, **AAPULKI JADHAV** for operating our Instagram page like a pro!

Follow us on Instagram:  
@kaash\_foundation\_org

Congratulations to all the Family Members of KAASH Foundation for our account has been credited with a **COMMUNITY STATUS** by Instagram.



# UTTARAKHAND STATE VISIT

by Pamela Dhonde

*The adventure is not in getting somewhere, it's the on-the-way experience. It is not the expected: it's the surprise.*

## – Ruskin Bond (Roads to Mussoorie)

The above quote from Ruskin Bond's *Roads to Mussoorie* truly amplifies the visit undertaken by the KAASH Foundation Team to the state of Uttarakhand – a land nestled in the lap of the Himalayas and entitled with the tagline, 'Simply Heaven!' for its pristine and scenic landscapes coupled with the warmth, generosity and hospitality of its people. The visit was nothing short of an adventure; it was an enriching experience filled with an unexpected and overwhelming surprise – the start of KAASH Foundation's new chapter.

Spanning across eight days i.e. from **24 to 31 January 2021**, KAASH Foundation's sojourn to the state was initiated by **Dr. Avkash Jadhav, the Founder – Trustee** and **Ms. Renuka Vyas, the Joint Director (Health)**, together with Mr. Ravinder and Dr. Jyoti Marwah. Experiencing the lives of the people, especially the women, in Uttarakhand, through her Women Empowerment Programs in the state and acknowledging the credibility of KAASH Foundation in this arena, Dr. Jyoti Marwah put forth a proposal to Dr. Avkash Jadhav to conduct a few workshops on women empowerment, skill development and naturopathy. Taking this proposal further, Dr. Jadhav and Ms. Vyas scheduled a series of activities in Dehradun, Mussoorie and a few villages of the state.

24th January

## Women Empowerment Workshop, Clement Town, Dehradun

On **24 January**, KAASH Foundation, in collaboration with **Uday Ek Naya Sawera** (a local NGO) conducted a **Women**



**Dr. Avkash Jadhav**  
Founder - Trustee, KAASH  
Foundation, addressing the  
women

**Empowerment Workshop at Clement Town, Dehradun.** This workshop stemmed from the need to help women build their livelihoods. However, Ms. Renuka Vyas was of the opinion that Empowerment and Education are indispensable as one cannot happen without the other. She reiterated the importance of Education to create awareness for responsible behaviour and attain economic self-sufficiency. Thus, this workshop focused on empowering women - making them stronger and confident, especially in controlling their lives, by helping them obtain a sustainable source of income through the activities they are inherently capable of. Ms. Vyas realised the immense potential of the women in attendance there, but she also realised the need to channelize their talents to help them benefit economically. Therefore, on discussing with them, she listed cooking, producing edibles such as jam/sauce (out of fruits native to the state), stitching, weaving and cosmetology as their areas of interest. She then assured these women that they will be given professional training to make them self-reliant.

Before this event, Dr. Avkash Jadhav had conducted a session for the Office Bearers of Uday Ek Naya Sawera on the essentials of running a N.G.O. He guided



**Ms. Renuka Vyas, Joint Director (Health), KAASH Foundation, addressing the women, suggesting ideas on how they can upgrade their skills.**

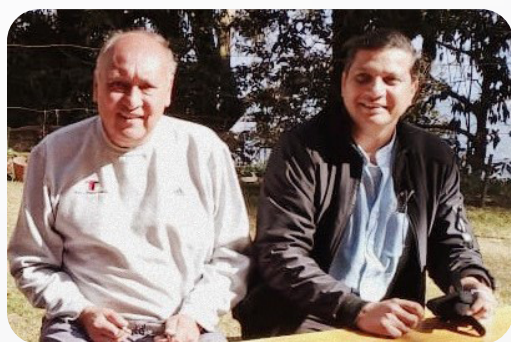


them on streamlining their areas of work, planning and initiating projects in the city of Dehradun and launching various community outreach programs in the rural areas of Uttarakhand. Dr. Jadhav also interacted with the women, encouraging them to embrace financial independence and use their potential to generate income for a better livelihood.

25th January  
**A Rendezvous With  
Shri. Victor Banerjee And Mr.  
Ashok Skinner**

On **25 January**, the KAASH Foundation Team visited **Shri. Victor Banerjee** – a distinguished Indian actor of the English, Hindi, Bengali and Assamese Film Industry. Shri. Victor Banerjee is the only person in India to have won the National Award in three categories: as a Cinematographer (for his documentary *Where No Journeys End*); as a Director (for his documentary *The Splendour of Garhwal and Roopkund*) and as an Actor (Best Supporting Actor for his role in Satyajit Ray's *Ghare Baire*). In the meeting, Dr. Avkash Jadhav and Ms. Renuka Vyas discussed the various initiatives and projects that KAASH Foundation has undertaken since its inception in October 2019. Shri. Banerjee was amazed at the Foundation's achievements in the span of one year and conferred his best wishes to all the Members of KAASH Foundation.

Thereafter, Dr. Jadhav and Ms. Vyas visited **Mr. Ashok Skinner** at his home



From L – R: Shri. Victor Banerjee  
and Dr. Avkash Jadhav

in Mussoorie. Mr. Ashok Skinner is a descendent of Colonel James Skinner (1778 – 1841) – a British East India Company Officer known for his two British cavalry regiments (1<sup>st</sup> Skinner's Horse and 2<sup>nd</sup> Skinner's Horse). Today, Mr. Skinner manages a private museum tracing the achievements, feats and legacy of Colonel James Skinner. As Dr. Avkash Jadhav and Mr. Ashok Skinner shared their experience of conserving their legacy and heritage with each other, Dr. Jadhav also discussed the various projects initiated by KAASH Foundation under its Heritage Vertical.



From L – R: Mr. Ashok Skinner  
and Dr. Avkash Jadhav

The KAASH Foundation Team also wished to visit **Mr. Ruskin Bond** – a renowned Indian author and a recipient of the Padma Shri, Padma Bhushan and Sahitya Academy Award for his role in the growth of children's literature in India. Unfortunately, this was not possible due to the ongoing pandemic. However, he generously extended his support and good wishes to the Foundation by personally signing several copies of his work for the Youth Brigade of KAASH Foundation. The members of the Foundation are deeply humbled by Mr. Ruskin Bond's kind gesture.

26th January  
**Visit to St. George's College,  
Mussoorie**

On **26 January**, the team visited **St. George's College, Mussoorie**. Established in 1853, the 168 year old St. George's College is one of



From L – R: Dr. Avkash Jadhav  
with Fr. Belaramain, Rector, St.  
George's College, Mussoorie



Members of KAASH Foundation  
and Staff of St. George's College

the oldest educational institutions in India. Sprawled across 400 acres, the College is a premier boarding school affiliated to the ICSE Council. On visiting the college, Dr. Avkash Jadhav and Ms. Renuka Vyas met its Rector – Fr. Belaramain and gave him an insight into the working of the Foundation. Dr. Jadhav also presented Fr. Belaramain with a copy of KAASH Konnect – KAASH Foundation's Quarterly Newsletter.

27th January  
**Free Health Camp and Skill  
Development Program, Suman  
Kyari, Tehri Garhwal District**

On **27 January**, KAASH Foundation conducted a Free Health Camp and a Skill Development Program at **Suman Kyari** – a quaint little village situated on the banks of River Yamuna in Tehri Garhwal District of Uttarakhand. Held in collaboration with the **Forest Department of Uttarakhand**, the camp and the program were inaugurated by **Ms. Medhavi Keerti**, a Forest Range Officer of Bhadrigaad Range Division. The





**Skill Development Program on Jewellery Designing conducted by Ms. Renuka Vyas at Suman Kyari**



**Team KAASH Foundation with participants of the Free Health Camp and Skill Development Program at Suman Kyari**



**Free Health Camp conducted by Ms. Renuka Vyas at Suman Kyari**

day began with an introductory session by Dr. Avkash Jadhav, wherein he reiterated the importance of women empowerment. Drawing from her expertise in Naturopathy, Ms. Renuka Vyas addressed the usual gynaecological problems faced by young girls and women and how these can be treated with simple home remedies and natural treatment. The main aim of the **Free Health Camp** was to make them realise the medicinal benefits of their native agricultural produce. The next activity was a **Skill Development Program**, wherein women were given professional training sessions on Jewellery Designing by Ms. Vyas. This program focused on building their professional credibility, by improving their inherent skills of designing bangles, necklaces and earrings etc.

### 28th January Free Health Camp, Talogi, Kempty, Dehradun

On **28 January**, KAASH Foundation's journey moved to **Talogi** – a tranquil village situated on the banks of River Yamuna in Kempty, Dehradun. Held in



**Dr. Avkash Jadhav addressing the women and children**



**Free Health Camp conducted by Ms. Renuka Vyas at Talogi**



**Team KAASH Foundation with participants of the Free Health Camp at Talogi**





Women and Children at the Camp

collaboration with the **Forest Department of Uttarakhand**, the **Free Health Camp** in Talogi was inaugurated by **Ms. Neelam Barthwal**, a Forest Range Officer of Talogi Division. Though crops like finger millet (*nachni*) and barley are grown in abundance in these villages, they are not consumed by the local populace. Instead, they are sold off or given to the cattle, because of the misconception that consuming these crops will result in a darker skin tone. Taking cue from this, the free health camp conducted by Ms. Renuka Vyas, aimed to challenge this myth and enlighten people about the benefits of these crops to mitigate the alarming issues of kidney stones, lower back pain and cervical pain. When it was also noticed that out of the 30 odd women in attendance, 7 – 8 women were pregnant, Ms. Vyas conducted a foetal development session for them.

Prior to the camp, Dr. Avkash Jadhav had conducted a session on how the women of Talogi can channelize their talents and creativity to earn a better livelihood.

29th January

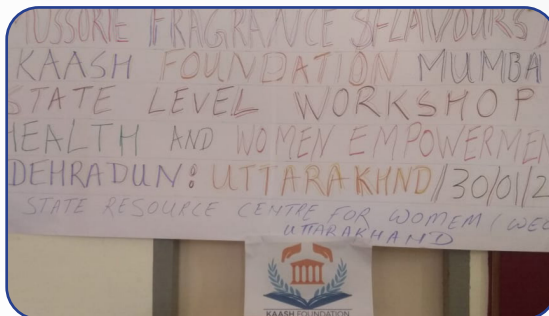
**Meeting with Ms. Kehkasha Khan, Divisional Forest Officer (DFO), Ministry of Forest, Government of Uttarakhand**

On **29 January**, Dr. Avkash Jadhav and Ms. Renuka Vyas visited **Ms. Kehkasha Khan, Divisional Forest Officer (DFO), Ministry of Forest, Government of Uttarakhand**. Ms. Khan felicitated both of them as representatives of KAASH Foundation and awarded them with **Certificates of Appreciation** in acknowledgement of the activities and extensive work done by them

in service of the community.

30th January

**State Level Training Workshop, State Resource Centre for Women (One Stop Centre), Dehradun**



On **30 January**, KAASH Foundation organised a **State Level Training Workshop on Healthcare and Women Empowerment at the State Resource Centre for Women (One Stop Centre)** in Dehradun. The State Resource Centre for Women is an initiative of the Uttarakhand State Government to provide support, assistance and redressal to women affected by physical, sexual, emotional and economic abuse. These afflicted women are given sessions on yoga, meditation and counselling for a period of one week by the staff of the Resource Centre. However, dealing with such women indeed inflicts a certain degree of trauma on the staff themselves. Therefore, it becomes imperative that their mental and physical health also be taken into consideration. In view of this, Ms. Renuka Vyas conducted a special session on **Mental Peace** for the staff of the Resource Centre. The session which began with Dr. Avkash Jadhav laying emphasis on the importance of mental health, aimed to help the staff members maintain their composure while dealing with afflicted women at the Centre. The session was attended by:

- Vimla Makhloga, State Project Coordinator, State Resource Centre for Women, Women Empowerment Department, Uttarakhand
- Supriya Chand, Specialist Gender, State Resource Centre for Women, Women Empowerment Department, Uttarakhand
- Saroj Dhiyani, Women Welfare Officer, Mahila Shakri Kendra, Dehradun
- Maya Negi, Centre Administrator, Sakhi One Stop Centre, Dehradun
- Firdos, Advocate, Sakhi One Stop



**Ms. Renuka Vyas and Dr. Avkash Jadhav at the State Resource Centre for Women, Dehradun, for the State Level Training Workshop**



**State Level Training Workshop conducted by Ms. Renuka Vyas**

Centre, Dehradun

- Ranjana, Para Legal Advisor, Sakhi One Stop Centre, Dehradun
- Meenakshi, Counsellor, Sakhi One Stop Centre, Dehradun
- Rekha Bhadari, Case Worker, Sakhi One Stop Centre, Dehradun
- Sangeeta Upadhyay, Paramedical Staff, Sakhi One Stop Centre, Dehradun
- Anjali Maurya, IT Staff, Sakhi One Stop Centre, Dehradun
- Neetu Tripathi, MIS, Women Helpline 181, Dehradun
- Rekha, Program Coordinator, Rural Litigation and Entitlement, NGO, Dehradun
- Josgin, Project Manager, Rural Litigation and Entitlement, NGO, Dehradun
- Deepika Bangari, Retail Trainer, IL&FS Education and Technology,





Ms. Renuka Vyas with some Staff Members of the State Resource Centre for Women



From L – R: Ms. Renuka Vyas; Mr. Mishra, Officer on Special Duty (OSD), Government of Uttarakhand and Dr. Avkash Jadhav



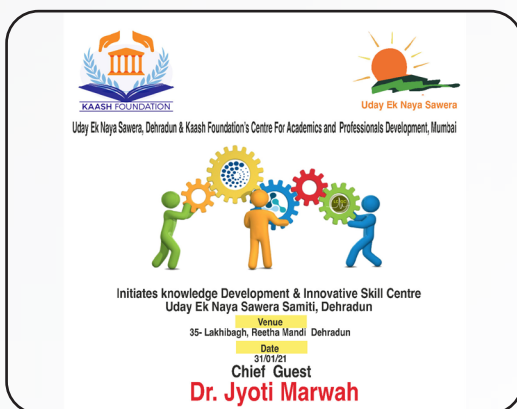
From L – R: Ms. Renuka Vyas receiving Certificates of Appreciation on behalf of KAASH Foundation from Ms. Kehkasha Khan, DFO, Ministry of Forest, Government of Uttarakhand

Dehradun

- Ashotosh Kandwal, Manager, Social Development for Communities Foundation, Dehradun

31st January  
**Inauguration of the Knowledge Development and Innovative Skills Centre, Dehradun**

A pleasant surprise awaited the KAASH



**Banner for the Inauguration of the Knowledge Development and Innovative Skills Centre**

Foundation Team on its last day i.e. **31 January 2021** – the inauguration of the **Knowledge Development and Innovative Skills Centre** at Dehradun. This initiative was a result of the session conducted by Dr. Avkash Jadhav for the Office Bearers of Uday Ek Naya Sawera on 24 January. The Centre will be managed by **Uday Ek Naya Sawera in collaboration with KAASH Foundation's Centre for Academic and Professional Development (CAPD)** with an aim to regularly conduct academic and soft skills classes for underprivileged children below 10 years of age. This initiative intends to curb the high level of illiteracy in the slums of Dehradun and to inculcate good values in the minds of the young.



Ms. Renuka Vyas with the children of the Centre

As seen from above, all the activities of KAASH Foundation at Dehradun, Mussoorie, Suman Kyari and Talogi, aimed at uplifting the women – as they form a



Ms. Renuka Vyas, Dr. Jyoti Marwah (first and second from left) and Prof. John David Nanda, Founder, Uday Ek Naya Sawera (extreme right) at the newly inaugurated Knowledge Development and Innovative Skills Centre, Dehradun

huge number of the overall agricultural and household workforce in Uttarakhand. The workshops and camps have mobilised the women to develop their skills and attain economic independence. The Foundation will initiate a continuous follow-up procedure in order to maintain a consistency of the projects.

The week-long visit to the state of Uttarakhand led KAASH Foundation to launch its first chapter in North India. The Foundation extends its sincere appreciation and gratitude to Brigadier Vikrant Naik of the Central Command; Lt. Colonel Aneel Sarotra, Lt. Colonel Amey, Mr. Ravinder and Dr. Jyoti Marwah; Prof. John David Nanda, Founder of Uday Ek Naya Sawera; Fr. Belaramain of St. George's College (Mussoorie); Ms. Medhavi Keerti of Bhadrigaad Range Division, Ms. Neelam Barthwal of Talogi Division, Ms. Vimla Makhloga of the State Resource Centre for Women and Mr. Mishra, Officer on Special Duty, Government of Uttarakhand, for all their support and assistance during the team's visit to the state. The Foundation seeks to continue this fruitful association with the people of Uttarakhand and looks forward to many more initiatives, projects and endeavours in the future.

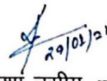


## Certificates of Appreciation awarded to KAASH Foundation



### प्रशस्तिपत्र

**Kaash Foundation, Mumbai** तथा **मसूरी वन प्रभाग** की ओर से दिनांक 27/जनवरी/2021 को मसूरी वन प्रभाग क्षेत्रान्तर्गत भद्रीगाड रेंज स्थित सुमनक्यारी में **Naturopathy and Women Empowerment** विषय पर **Renuka Vyas** द्वारा स्थानीय ग्रामीणों के लिए एक जन जागरूकता कार्यशाला का आयोजन किया गया। मैं इनके द्वारा दिये गये अमूल्य सहयोग की सराहना करती हूँ तथा इनके उज्ज्वल भविष्य की कामना करती हूँ।

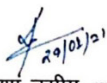
  
(कहकशा नसीम भाण्डसे)  
प्रमाणित वनाधिकारी/वन वन संरक्षक  
जसूरमिन सोनम कसूरी  
मसूरी वन प्रभाग, मसूरी

Certificate of Appreciation  
received by KAASH  
Foundation from The Forest  
Department, Government of  
Uttarakhand



### प्रशस्तिपत्र

**Kaash Foundation, Mumbai** तथा **मसूरी वन प्रभाग** की ओर से दिनांक 27/जनवरी/2021 को मसूरी वन प्रभाग क्षेत्रान्तर्गत भद्रीगाड रेंज स्थित सुमनक्यारी में **Naturopathy and Women Empowerment** विषय पर **Renuka Vyas** द्वारा स्थानीय ग्रामीणों के लिए एक जन जागरूकता कार्यशाला का आयोजन किया गया। मैं इनके द्वारा दिये गये अमूल्य सहयोग की सराहना करती हूँ तथा इनके उज्ज्वल भविष्य की कामना करती हूँ।

  
(कहकशा नसीम भाण्डसे)  
प्रमाणित वनाधिकारी/वन वन संरक्षक  
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Uttarakhand





**निदेशालय**  
महिला सशक्तिकरण एवं बाल विकास विभाग, उत्तराखण्ड  
निकट नन्दा की चौकी, सुबौवाला, प्रेमनगर, देहरादून  
email id-spmu.wcd.ug@gmail.com, uttrakhandsrcw@gmail.com,  
0135.2775992, 2775713



### प्रशस्तिपत्र

Kaash Foundation, Mumbai के टीम द्वारा दिनांक 30/जनवरी/2021 को राज्य महिला संसाधन केन्द्र, राष्ट्रीय महिला हैल्पलाईन, वन स्टॉप सेंटर, महिला शक्ति केन्द्र देहरादून की टीम एवं अन्य स्वयं सेवी संस्थाओं के कार्यकर्ताओं को **Naturopathy and Women Empowerment** विषय पर जागरूकता कार्यशाला का आयोजन किया गया।

मैं इनके द्वारा दिये गये अमूल्य सहयोग की सराहना करती हूँ तथा इनके उज्जवल भविष्य की कामना करती हूँ।

(विमला मुख्तार)

राज्य परियोजना समन्वयक,  
राज्य महिला संसाधन केन्द्र,  
देहरादून।

**Certificate of Appreciation received  
by KAASH Foundation from the State  
Resource Centre for Women, Dehradun**

**A Letter of Acknowledgement from  
Uday Ek Naya Sawera thanking KAASH  
Foundation for the sessions conducted and  
for extending a generous donation**



**Knowledge Development & Innovative Skill Center**

**Managed By- Uday Ek Naya Sawera Samiti**

Regd No: UK06008032019001056 | Registered Under Section 21 (1860)

To,  
Mr Ankaash Tadhav  
Founder  
Kaash Foundation  
Mumbai.

Dear Sir,

We express our gratitude to you for your efforts and encouragement towards initiating the women empowerment and children education programme at Dehradun.

We thank you for your financial assistance of ₹5000/- through Cheque Number 160733 dated 24/1/2021.

Looking for a long relationship with you.

Regards

John David Nanda

Bada Bharuwala, Near Masih Mandali Church, Clement Town, Dehradun 248002 (Uttarakhand)

Mob. 9760310303, 8171282353 | johnnanda45@gmail.com | Web. www.uday.com



## A TRIBUTE TO ANIL DHARKER

### THE VOICE OF THE LIBERAL MUMBAI MIDDLE CLASS

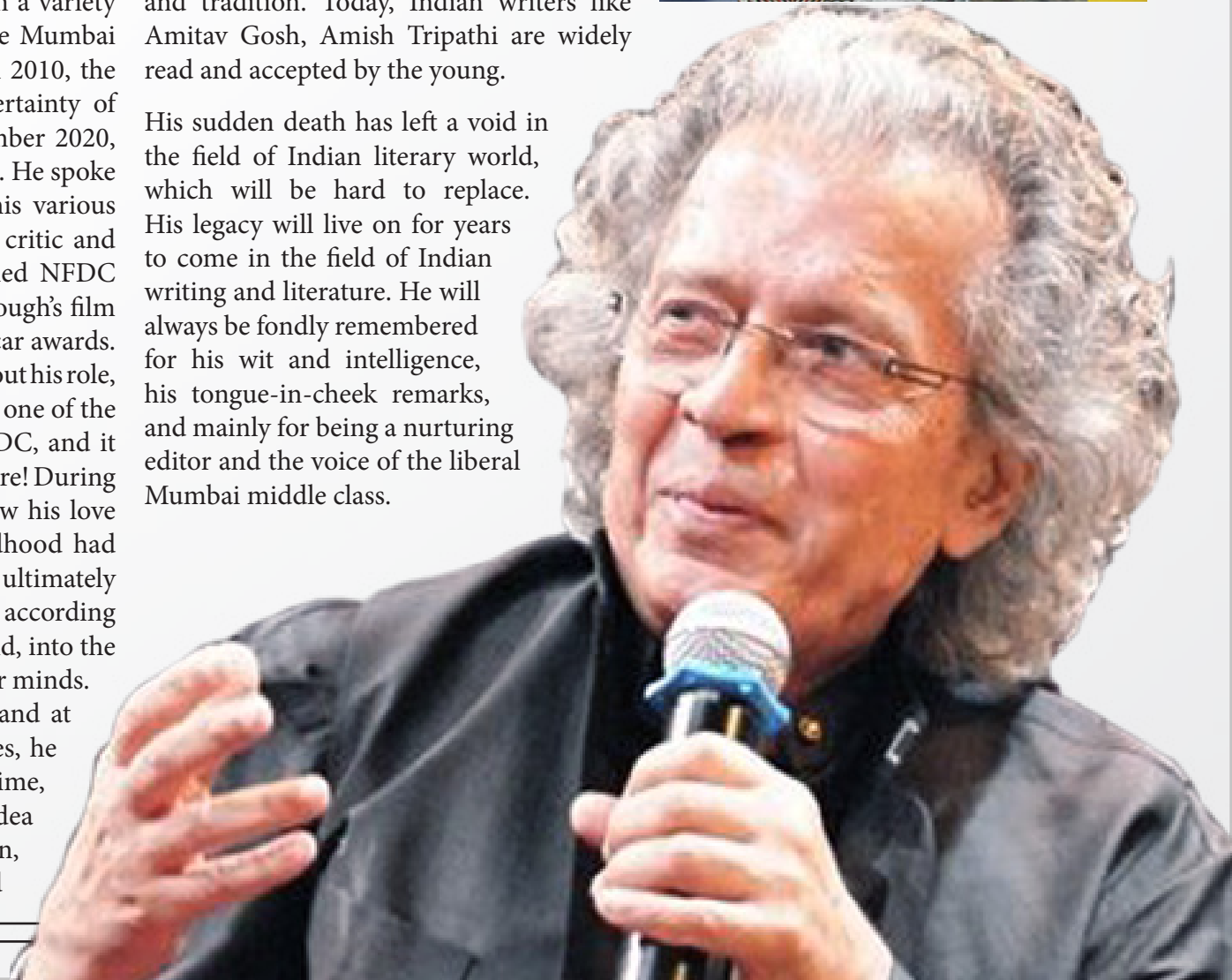
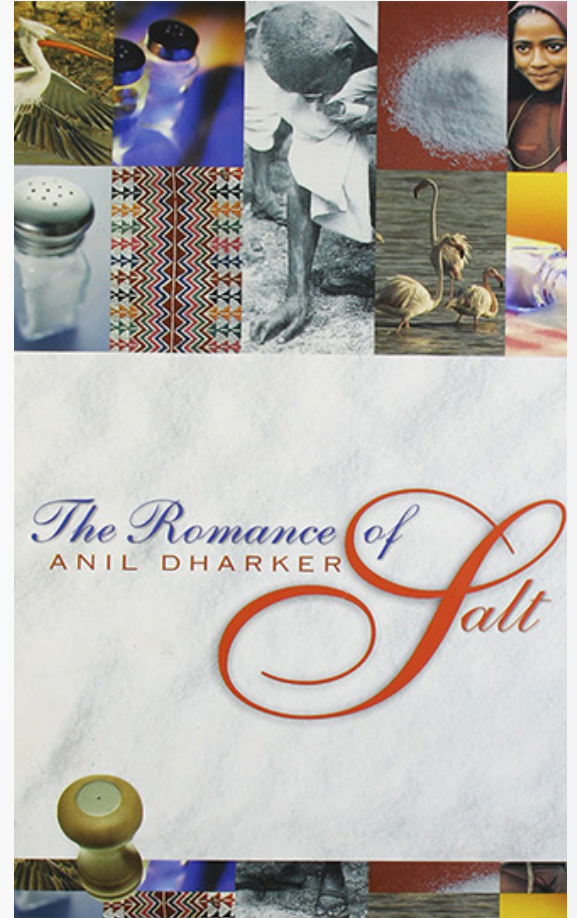
Anil Dharker, a noted journalist, nurturing editor, columnist, author and member of several advisory boards, was the Founder and Director of Mumbai International Literary Festival held in November every year. He was also the Founder and Director of Literature Live! which holds literary evenings throughout the year in the city. With an 'astonishing capacity for suffering the often-wayward revolt of youth', Dharker was one of the great liberal Indian editors, open to the most drastic of ideas, provided it was reasoned and phrased well. These are among the few hats that he donned during his journey on earth. With his demise on Friday, March 26, 2021, India lost one of its best-known editors and a tireless supporter of the Arts.

KAASH Foundation was fortunate to have a live interaction with him on August 24, 2020, during their Third International Faculty Development Program. In a virtual live dialogue with the Founder, Dr. Avkash Jadhav, Anil Dharker touched on a variety of topics, including founding the Mumbai International Literary Festival in 2010, the challenges he faced, and the certainty of the festival being held in November 2020, despite the pandemic constraints. He spoke candidly about his journey in his various avatars; as an editor, columnist, critic and also about his role which enabled NFDC to co-produce Richard Attenborough's film *Gandhi*, which won multiple Oscar awards. Anil Dharker was very modest about his role, but it is well known that this was one of the most significant chapters in NFDC, and it was accomplished during his tenure! During his conversation, he revealed how his love for books during his early childhood had a deep influence on him, which ultimately led him to his calling. Literature, according to him, takes us beyond this world, into the imaginary world and enlarges our minds. Disclosing that he did try his hand at writing fiction two or three times, he admitted that he failed each time, but had not given up on the idea completely. Talking of non-fiction, he narrated the inspiration and

the reflections that went into the making of his book *The Romance of Salt*.

Dharker spoke of his admiration for the works of great writers like Graham Green and Vladimir Nabokov, and also Indian writers like V. S. Naipaul, Ramchandra Guha, Manu Pillai and their influence on the readers. Dwelling on writing techniques, with his critical insight, he pointed how some writers with their provocative words, challenged the readers' thought process, and hence were the catalyst for change of thought, which according to him is what good writers do. Charles Correa, one of his dear friends, also stood apart from other architects because he was always thinking 'provocatively'. Using his sharp acumen, he points out how the Indian readers had the hangover of the colonial era and kept looking to the west for inspiration, and it took the young Indian readers a very long time for them to accept and recognise the richness and abundance of our own culture and tradition. Today, Indian writers like Amitav Gosh, Amish Tripathi are widely read and accepted by the young.

His sudden death has left a void in the field of Indian literary world, which will be hard to replace. His legacy will live on for years to come in the field of Indian writing and literature. He will always be fondly remembered for his wit and intelligence, his tongue-in-cheek remarks, and mainly for being a nurturing editor and the voice of the liberal Mumbai middle class.





# KAASH FOUNDATION'S CORE COMMITTEE MEET

by Ayesha Mujawar

It is often said, 'Reviewing initiatives often lead to more holistic ideas and insights than just finishing it off on time might have done!' With this notion, KAASH Foundation's Core Committee Meet was held on Thursday, 18th February, 2021 at J.P. Naik Bhavan, University of Mumbai, Kalina Campus, Santacruz East, Mumbai. The meeting aimed to review the events and activities conducted by KAASH Foundation in the year 2020 and also, to discuss new projects to be undertaken in the year 2021. This meeting was chaired by Dr. Avkash Jadhav, Founder-Trustee, KAASH Foundation and Director, CAPD and Prof. Anil Bankar, Associate Professor and Program Coordinator, Department of History, IDOL, University of Mumbai and Core Committee Member, KAASH Foundation.



**Pamela Dhonde**

Core Committee Member, KAASH Foundation, sharing an overview of the Foundation's initiatives and achievements in 2020

The meeting began with Dr. Avkash Jadhav welcoming The Chair - Prof. Anil Bankar and all the members of the Foundation. This was followed by **Ms. Pamela Dhonde**, Core Committee Member, KAASH Foundation sharing an overview of all the initiatives and achievements of the Foundation in the year 2020. It was quite overwhelming to hear the numerous varied events that were conducted throughout this long-stretched

year, despite the uncertainties that prevailed all through. This year, particularly, reflected the determination that the Foundation held on to contribute to the society in every way possible. Ms. Pamela Dhonde described how, just in a span of one year, KAASH Foundation successfully organised **ten** International Conferences and Symposiums, **three** International Faculty Development Programs and **eighteen** Health Webinars and Seminars. The Foundation also **received appreciation** from **The Dalai Lama**, the **Director and Deputy Director of the World Heritage Centre, Paris**; **The Ministry of Culture, Government of India** and **The Department of Tourism, Government of Maharashtra**. KAASH Foundation also collaborated with **eight** International and **twenty-four** National Institutes, Organizations, Universities etc. Indeed, the crowning accomplishment of the Foundation, as highlighted by Ms. Dhonde was that, every event the Foundation organised was graced by distinguished people across varied fields: **Shri. Prahlad Singh Patel**, Honourable Union Minister of State for Culture and Tourism, Government of India; **Shri. Aaditya Thackeray**, Honourable Minister of Tourism, Environment and Protocol, Government of India; **Shri. Uday Samant**, Honourable Minister of Higher Education, Government of Maharashtra; **Shri. Anil Dharker**, Founder - Director, Mumbai International Literary Festival; **Mr. R. Balki**, Indian Film Director and National Film Awardee; **Mr. Devdutt Pattanaik**, Indian Author; **Ms. Shobhaa De**, Indian Columnist and Novelist; **Mr. Anand Neelakantan**, Indian Author and Screenwriter and **Dr. Radhakrishnan Pillai**, Founder-Director, Chanakya Institute of Public Leadership (CIPL). With Ms. Dhonde pointing out that 18th February 2021 also marked One Year of KAASH Foundation's 1st International Conference on Transition and Transformation: Cities in Life, Literature and Culture - Mumbai Chapter, held in collaboration with the Institute of Distance and Open Learning, University of Mumbai,

the members of the Foundation were caught in a euphoric celebration, of how far they have come!



**Dr. Avkash Jadhav**

Founder - Trustee, KAASH Foundation and Director, CAPD, chairing the Core Committee Meet

This was then followed by **Dr. Geeta Ajit**, Joint Director (Education), KAASH Foundation and Editor-in-Chief, KAASH Konnect, sharing an overview of KAASH Foundation's Quarterly Newsletter. Dr. Geeta highlighted that with the release of its Fourth Issue (October - December 2020), KAASH Konnect successfully completed One Year of publication. True to its name, this newsletter aims at connecting the Four Verticals of the Foundation i.e. Education, Environment, Health and Heritage. It also aims to help the society connect with the Foundation's initiatives. Dr. Geeta pointed out that there is also a dedicated section in the newsletter which features some beautifully weaved creative pieces by our budding poets. A very thought-provoking section, which announces the upcoming events of the Foundation has also been included, and the newsletter ends with Birthday Wishes to the members of the Foundation.

**Dr. Avkash Jadhav** then spoke on the Women Empowerment Programs undertaken by KAASH Foundation in





**Ms. Renuka Vyas**  
Joint Director (Health)  
KAASH Foundation,

Gujarat in the months of December 2020 and January 2021. He stated that the programs were conducted in Dhordo and Jamnagar wherein he himself connected with the weaving community and the Bharots (chroniclers of family archives). On getting an insight into their issues, Dr. Jadhav assured that KAASH Foundation would provide them with educational and financial assistance in the hope of preserving these age-old traditions and legacies. He also announced the commencement of the Foundation's Madhya Pradesh State Chapter with nearly 100 members on board. This was followed by **Ms. Renuka Vyas**, Joint Director (Health) announcing the commencement of KAASH Foundation's Uttarakhand State Chapter which was the result of a visit undertaken by Dr. Avkash



**Dr. Geeta Ajit**  
Joint Director (Education)  
KAASH Foundation  
Editor-in-Chief  
KAASH Konnect

Jadhav and Ms. Vyas to the state from 24th January - 31st January 2021. She delineated that KAASH Foundation conducted several Health Camps and Skill Development Programs in Suman Kyari, Talogi and Clement Town in Dehradun. In appreciation of their activities, KAASH Foundation also received Certificates of Appreciation from The Department of Forest, Government of Uttarakhand and the State Resource Centre for Women, Dehradun. Ms. Vyas also announced the commencement of the Foundation's Kolkata Chapter which will be coordinated by Dr. Saswati Mutsuddy, Priti Saboo and Surbhi Jain.



**Ms. Kavita Pandey**  
Joint Director (Environment),  
KAASH Foundation, highlighting the  
Foundation's successful association  
with the corporate sector in 2020

This was then followed by **Ms. Kavita Pandey**, Joint Director (Environment) reminiscing her journey at KAASH Foundation, from being a part of the Editorial Board for International Journal of Concerns, Complexities and Dialogues (IJCCD) to being appointed as the Joint Director for the Environment Vertical of the Foundation. Ms. Kavita Pandey has been instrumental in helping the Foundation successfully connect with multiple eminent corporates such as Mr. Pares Seth (Indus1 Advantage), Mr. Amit Goenka (Nisus Finance and Investment), Mr. Makarand Patil (Business Intelligence Group), Mr. Nachiket Naik (Arka Finance Limited), Ms. Maitri Shah (Mind Assets), Mr. Prasad Menon (CIBA), Mr. Karunesh Prasad (Change Et. Al), Mr. Sanjay Phadke (Vayana Network), Mr. Bhaskar Natarajan (Tata STRIVE), Mr. Ashwin Saxena (JSW Foundation) and Mr. Rajesh Kamath (MTHR Global and MTHR Global CxO

Forum), through the 7th International CEO Webinar on Strategy to Strengthen Academia-Industry Collaboration, the 8th International Conference on Startups in India: The Current Scenario and the World Heritage Week 2020.



**Mr. Rehan Ansari**  
Core Committee Member  
Coordinator, Special Projects  
KAASH Foundation

**Mr. Rehan Ansari**, Core Committee Member and Coordinator, Special Projects then took over the platform and expressed his engagement in KAASH Foundation's Corporate Social Responsibility (CSR) Cell which focuses on engaging with corporates and initiating socially responsible projects with CSR Aid. Mr. Ansari reiterated that KAASH Foundation is also open to associations and alliances with organisations, wherein efforts can be made to leverage each one's expertise and contribute to the benefit of the entire society at large.

Further, **Ar. Mildred Jose**, reminisced the journey of International Journal of Concerns, Complexities and Dialogues (IJCCD) as its Editorial Board Member, right from its conceptualization to its compilation and launching. The journal was launched on International Women's Day i.e. on 8 March 2021. Ar. Jose also put forth a proposal of commencing a documentation on Heritage, which could aim to engage the youth and act as a reliable source of information about the field. It could contain research articles, book reviews, placements and opportunities in the field; inspirational stories of professionals in the field and compilation of photos/visuals/art works on Heritage sites, all of which would have to be done with the help of a research team.





**Ar. Mildred Jose**, Joint Director (Heritage), KAASH Foundation and Editorial Board Member, International Journal of Concerns, Complexities and Dialogues (IJCCD), speaking on IJCCD's journey; from its conceptualisation to its launch

The meet was then proceeded by **Ar. Ayushi Motiwalla**, who is the Editorial Board Member of International Journal of Emotions, Expressions and Dimensions (IJEED). She talked about her journey of IJEED as its Editorial Board Member, right from its conceptualization to its compilation and launching.



**Ar. Ayushi Motiwalla**, Editorial Board Member, International Journal of Emotions, Expressions and Dimensions (IJEED), speaking on IJEED's journey; from its conceptualisation to its launch

Lastly, **Prof. Anil Bankar**, Associate Professor and Program Coordinator, Department of History, IDOL, University of Mumbai and Core Committee Member, KAASH Foundation, on behalf of IDOL, congratulated KAASH Foundation on the First Anniversary of the 1st International Multidisciplinary Conference. He suggested that more health camps can be organised with the inclusion of stress management and COVID 19 treatment. He also suggested that the Foundation must

extend its social work to the remote areas of Jawahar, Mokhada and Vikramgad in Palghar District.



**Prof. Anil Bankar**, Core Committee Member, KAASH Foundation, suggesting projects that the Foundation can initiate in 2021

The meeting was indeed gratifying as all the eminent personalities who are the very backbone of KAASH Foundation came



**Team KAASH Foundation at the Core Committee Meet**



**From L - R: Rohan Hegde, Youth Brigade Member, KAASH Foundation; Pamela Dhonde, Mr. Rehan Ansari, Ms. Renuka Vyas, Prof. Anil Bankar, Dr. Avkash Jadhav, Dr. Geeta Aji, Ar. Mildred Jose, Ms. Kavita Pandey; Megha Patel and Kishan Singhania, Youth Brigade Members, KAASH Foundation**

together to deliberate and delegate about the endeavours of the Foundation and also, to discuss the 'Next Step Forward' for KAASH Foundation in the year 2021.

“

*The achievements of an organisation are the results of the combined effort of each individual.*

**-Vinci Lombardi**

”



# KAASH CREATIVE CORNER

## DOES IT MATTER?

BY KRISHNA SAWANT

Sitting in a waiting room with twenty other men,  
All waiting for the good doctor to come;  
and then,  
I notice, we've been waiting for half an hour;  
Some worried sick, just sitting with no power  
To help themselves or others in the room;  
Just waiting; and although there's no more room,  
Another one enters.  
No! Sorry!  
A pair;  
Yes!  
Most people come with companions who care;  
Or, pretend to care, and seek relief here.

They say, "He's always late. He has nothing to fear!  
He is a great doctor!"  
But why is he late?!  
Is he watching? Is he smiling at our fate?  
Or, is he sleeping with some pretty goddess?  
When are you going to come Mr. Flawless?!  
Maybe I'm wrong, maybe I'm right; but if I'm right,  
We are all waiting for him to come right?!  
Forget it. This room makes illusions shatter;  
All helpless, no relief; but, does it matter?



## I AM A WOMAN

BY TIRTHA SAMANT

I'm a woman,  
Standing with pride,  
With my head held high,  
With feet grounded to the earth,  
I soar to touch the sky.

I'm a woman,  
Of vigour and valour,  
Dare you try,  
To bring a tear in my eye,  
You'll have to run with fear,  
Or else you are bound to die.

I'm a woman,  
The offspring of mother nature,  
Privileged to be a part of creation,  
I'm the most amazing creature.

I'm a woman,  
Whose birth seems to bring sorrow,  
Yet I'm the one,  
To bring joy in every tomorrow.

I'm a woman,  
The one to face the gruesome injustice,  
The one to spread love and peace,  
The one whose dignity they ruthlessly degrade,  
The one without whom knowledge fades  
The unwanted infant,  
The neglected child,  
The unfortunate girl who they treat like a toy,

Remember: she is nothing less than a boy!

I'm a woman,  
The empowering woman,  
My progress and development,  
Nobody can ever shun.

I'm a woman,  
With numerous emotions,  
Keeping them all to the self,  
On the rest I have my devotion.

I'm a woman,  
Stuck to an unwritten rule:  
The Rest before self and never rest the self!  
I'm happy with it though,  
It makes myself my foe.

I'm the woman,  
Who bleeds to continue the human race,  
Who continues the human race to uplift humanity,  
Yet being treated inhumanely,  
And there's no shame, no pity.

I'm a human,  
Before being a woman,  
Better keep this in mind:  
I am an Equal,  
No discrimination.  
I am a Woman,  
Special; One of a Kind..





## KAASH CREATIVE CORNER

## WHO IS SHE?

BY PAMELA DHONDE



She is the one,  
Who goes through the pain of bringing us into this world,  
But still embraces the event,  
Ever so happily.

She is the one,  
Who nurtures, cares and nourishes us,  
Ever so delightfully.

She is the one,  
Who like a Wonder Woman,  
Maintains a work-life balance,  
Ever so tactfully.

She is the one,  
Who is called her 'Daddy's Girl' and her 'Momma's World',  
Ever so lovingly.

She is the one,  
Who can be called a 'beti' and a 'beta' too,  
Ever so meaningfully.

She is the one,  
Who goes through her phase of shedding every month,  
Right from adolescence to adulthood,  
Ever so gracefully.

She is the one,  
who leaves behind her 'maika' and accepts her 'sasuraal',  
ever so dutifully.

She is the one,  
who prays for her brother's wellbeing on 'Raksha Bandhan' and  
'Bhai Dhooj',  
ever so devoutly.

Who is she?  
She is a WOMAN.

## WE SHALL OVERCOME

BY ANUJA AUGUSTIN



At times it feels the sun won't shine anymore,  
As the enemy, day by day, attacks innocent souls more and more.

The inner self is drowning,  
Its confidence is waning,  
Thousands are dying.  
Even though I'm alive, how can I be smiling?

Day and night, the army is fighting,  
To crush the works of the enemy.  
Though we cannot help the army,  
We can support their orders by obeying.

If we decide together,  
To keep a distance from each other,  
Quickly the enemy brigade will surrender,  
And we shall celebrate the defeat of the offender.

This is all we pray for,  
The end of the war.  
We shall overcome,  
And the good days we welcome.



## KAASH CREATIVE CORNER

## मत पूजों मूझे

BY DR. AVKASH JADHAV



नदियों को मेरा नाम देते हो,  
 पर घर पर शरमसार करते हो,  
 मत पूजों मूझे छट और गंगा मईया के नाम पर,  
 अब तो वह भी प्रदूषित हो गई है, तूम्हारे पाप धोकर,  
 ओढाते हो सूनहरी चूनरीयाँ और करते हो मेरा सोलह शृंगार,  
 और फरि तूम ही, खचितें हो मेरा पल्लू सरे बाजार,  
 मत लो अपने घिनौने मन से मेरा नाम,  
 जो छोटी बच्चीयों तक को ना छोड़े, कैसा तू ईसान,  
 नौ दनि की देवी की तपस्या, फरि ३५६ दनि उसका अपमान,  
 मत पूजों मूझे बना के सरिफ पूतलों के भगवान,  
 ८ मार्च को करते हो मूझ पर अभिमान और मेरा सतकार,  
 इस देश में, हर छः मिनट में होता है मूझ पर बलातकार,  
 ईतहास के पन्नों पर मेरा गौरव पढ़ाया जाता है,  
 लेकिन मेरी आजादी को, सात बजे के बाद, घर के आँगन तक समीत कया जाता है,  
 मत पूजों मूझे सरिफ इन पन्नों पर, थोडा सा मूझे भी साँसे लेने दो,  
 तूम्हारी नीयत गंदी है, तो आँगन तूम्हारा समीत होने दो,  
 मेरे कपड़ों से ना तूम मेरे चरित्र का अनमोदन कया करो,  
 तूम्हारी नंगी सोच को कभी तो सभ्यता के आचरन से ढंका करो,  
 मत पूजों मूझे सरिफ शक्ती का स्वरूप समझ कर,  
 क्यों की ये समाज मूझे धक्कारता है मूझे, अबला और लाचार समझ कर,

अन्नपूरणा, लक्ष्मी सरस्वती है नाम मेरा,  
 तूझे सरिफ कुलदपिक देना नही है काम मेरा,  
 मैं अर्धांगीनी नही, सर्वांगीनी हूँ,  
 तेरे वजूद की मैं पूरी कहानी हूँ,  
 मत पूजों मूझे सरिफ बेटा होने पर,  
 मैं प्रकृती का वरदान हूँ, फक्र है मूझे अपने जनानी होने पर,  
 मूझे तू गर्भ में ही मार देता है मेरे जनक,  
 क्या तूने कभी सूनी है अपने माँ और बहन के पायलों की खनक,  
 मैं मर्दों की बराबरी नही कर सकती किसी भी कमान पर,  
 क्योंकी वह मूझसे कमजोर है हर पायदान पर,  
 त्याग और करूणा का समंदर हूँ मैं,  
 दृढता और स्वाभिमन की लल्कार हूँ मैं,  
 गर मेरी मर्यादाओं को छोडोगे, तो दहकता हुआ अंगार हूँ मैं,  
 मत पूजों मूझे, मैं एक नारी हूँ, मूझे ऐसे ही रहने दो,  
 इस शोषित और खोखली परम्पराओं की दवार को अब तो तोडने दो,  
 मत पूजों मूझे, भगवान समझ कर,  
 एक बार तो महसूस करो मूझे  
 सरिफ ईसान समझ कर .....  
 काश.....

## STRUGGLE OF WOMAN

BY AAPULKI JADHAV



She had stepped on  
 So many times  
 That the footprints left behind  
 Tattooed her beautiful skin

But she wasn't broken  
 She picked herself up  
 And kept going

These were war wounds  
 She was proud of  
 The marks of a champion

With every struggle that she faced  
 She found some reason to embrace hope

Now she has the strength of a warrior  
 Her eyes don't even show the pain  
 Her broken smile  
 Still puts beauty Queens to shame


And absolutely nothing  
 Can stand in her way



# UPCOMING EVENTS

**KAASH FOUNDATION MUMBAI**

On the occasion of  
**INTERNATIONAL WOMEN'S DAY 2021**  
KAASH Foundation's  
**KAASH Swaasthya Manthan**  
is launching a  
**WEIGHT LOSS PROGRAM**  
(A 30 DAY CHALLENGE)



**RESOURCE PERSON**  
**Ms. Alpa Mehta**  
Practicing Naturopath  
Nutritionist, Dietician and Sujok Therapist  
Core Committee Member, KAASH Foundation

**Duration:** 20th March - 19th April 2021  
**Program Fee:** Rs. 399/-  
**Last Date to Register:** 19th March 2021  
**Online Platform:** Cisco Webex  
**Dates and Time for the Online Meetings:** Every Saturday (20th and 27th March; 3rd and 10th April) from 5 PM - 6 PM

**Program Director**  
Dr. Avkash Jadhav  
Founder - Trustee  
KAASH Foundation

**Program Coordinator**  
Ms. Renuka Vyas  
Joint Director (Health)  
KAASH Foundation  
Coordinator, KSM

For further details and registration, kindly visit our websites:  
[www.kaashfoundation.org](http://www.kaashfoundation.org)  
[www.kaashcapd.com](http://www.kaashcapd.com)

**KAASH FOUNDATION MUMBAI**

KAASH Foundation's  
**KAASH Swaasthya Manthan (KSM)**  
is celebrating the  
**INTERNATIONAL YOGA WEEK**

(As per the Common Yoga Protocol by the  
Ministry of AYUSH, Government of India)

**DATE:**  
**15TH JUNE - 21ST JUNE 2021**

All the sessions will be live-streamed on  
**KAASH Foundation's YouTube Channel**

For further details,  
kindly visit our website:  
[www.kaashfoundation.org](http://www.kaashfoundation.org)

## WORLD ENVIRONMENT DAY, 2021

**KAASH FOUNDATION MUMBAI**

This  
**WORLD ENVIRONMENT DAY**  
United Nations Environment Programme (UNEP)  
and  
KAASH Foundation  
in collaboration with  
Centre for Aromatic Plants, Department of Horticulture,  
Government of Uttarakhand  
and  
National Service Scheme Unit, University of Mumbai  
Encourages everyone out there to  
**PLANT A SAPLING**  
in this pandemic and send out  
**PHOTOGRAPHS!**

Mark the Date:  
**05.06.2021**

**Program Director**  
Dr. Nirpendra Chauhan  
Director,  
Centre for Aromatic Plants,  
Department of Horticulture,  
Government of Uttarakhand, India.

**Program Director**  
Dr. Avkash Jadhav  
Founder - Trustee  
KAASH Foundation  
Director, CAPD,  
Environment Activist

**Program Director**  
Prof. Sudhir Puranik  
Director,  
National Service Scheme Unit,  
University of Mumbai, India.

For further details,  
Website:  
[www.kaashfoundation.org](http://www.kaashfoundation.org)

**KAASH FOUNDATION MUMBAI**

UN environment programme  
KAASH FOUNDATION  
CAPD  
UNEP  
UNEP  
UNEP

This  
**WORLD ENVIRONMENT DAY**  
United Nations Environment Programme (UNEP)  
in collaboration with  
KAASH Foundation's  
Centre for Academic and Professional Development (CAPD)  
and with the support of  
Centre for Aromatic Plants, Department of Horticulture,  
Government of Uttarakhand  
and  
National Service Scheme Unit, University of Mumbai  
is organizing the  
**IITH INTERNATIONAL SYMPOSIUM**  
on  
**Reimagining, Recreating and  
Restoring our Ecosystems:  
The Way Forward to a Sustainable  
Environment**

**Date:** 5th June, 2021  
**Time:** 4PM - 7PM

**REGISTRATION IS FREE**  
**Registered Participants will receive an E-Certificate**

**Program Director**  
Dr. Nirpendra Chauhan  
Director,  
Centre for Aromatic Plants,  
Department of Horticulture,  
Government of Uttarakhand, India.

**Program Director**  
Dr. Avkash Jadhav  
Founder - Trustee  
KAASH Foundation  
Director, CAPD  
Environment Activist

**Program Director**  
Prof. Sudhir Puranik  
Director,  
National Service Scheme Unit,  
University of Mumbai, India.

For further details, kindly visit our websites:  
[www.kaashfoundation.org](http://www.kaashfoundation.org)  
[www.kaashcapd.com](http://www.kaashcapd.com)



# NEWS COVERAGE



## काश फाउंडेशन मुंबई एवं उदय - नया सवेरा, देहरादून के संयुक्त

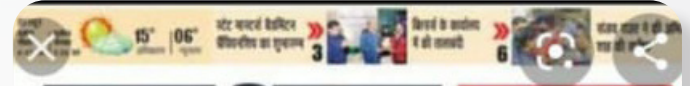
Posted by ADA Jokhim | Date: January 25, 2021 | in: Breaking News, उत्तराखंड | Leave a comment | Post Views: 3398 Views



तत्वाधान में भारुवाला की बेरोजगार महिलाओं के लिये "महिला सशक्तीकरण पर एक वर्कशॉप का आयोजन किया गया। डा. आकाश जाधव, जो कि काश फाउंडेशन के संस्थापक हैं, स्वयं सेंट जेवियर कॉलेज मुंबई इतिहास के प्रोफेसर भी हैं।  
ने महिलाओं को सम्बोधित करते हुये अपनी उन्हें अपनी प्रतिभा पहचानने के लिये प्रेरित किया रेणुका व्यास, जो कि काश फाउंडेशन की सह-संस्थापक होने के साथ Iridology और Naturopathy की एक्सपर्ट हैं, उन्होंने वर्कशॉप में महिलाओं को स्वास्थ्य संबंधित जानकारी दी और अपनी स्वयं की एक पहचान बनाने के लिये प्रेरित किया।

श्री जान डेविड नन्दा एवं श्रीमती सीमा नन्दा, जो कि तुम नन्दा सवेरा के संस्थापक हैं, ने भी महिलाओं से विचार विमर्श कर भविष्य में किये जाने वाले कामों की रूपरेखा तैयार की महिलाओं के सशक्तीकरण के लिए स्किल डेवलपमेंट वर्कशॉप के आयोजन के बारे में भी विचार विमर्श किया गया।

काश फाउंडेशन, मुंबई एवं उदय एक नया सवेरा के सदस्यों ने संयुक्त रूप से भारुवाला क्षेत्र की महिलाओं के सशक्तीकरण के लिये कार्य करने के पर संहर्मुति की और भविष्य में ऐसी और वर्कशॉप करने का निर्णय लिया। भारुवाला क्षेत्र की 30 महिलाओं ने वर्कशॉप में भाग लिया एवम् सभी कार्यक्रमों में उत्साह पूर्वक भाग लिया। उदय नया सवेरा के अध्यक्ष, डा. संजय नन्दा, उपाध्यक्ष श्रीमती एकता एवं युवा सदस्य प्राजल भी कार्यक्रम में उपस्थित रहे।



## उत्तर भारत लाइव

### गरीब बच्चों के लिए खोला गया नॉलेज डवलपमेंट सेंटर

देहरादून। गरीब परिवार के बच्चे जो शिक्षा से वंचित रह जाते हैं उनके लिए रविवार को लखीबाग मुस्लिम कालोनी में उदय नया सवेरा संस्था देहरादून व काश फाउंडेशन मुंबई के संयुक्त तत्वाधान में नॉलेज डवलपमेंट और इनोवेटिव स्कूल सेंटर खोला गया। जिसका उद्घाटन मुख्य अतिथि डॉ० ज्योति मारवा द्वारा किया गया। मुख्य अतिथि डॉ० ज्योति मारवा जो आर्गेनिक फार्मिंग और महिला रोजगार के क्षेत्र में कार्य कर रही हैं। उन्होंने नया सवेरा संस्था देहरादून व काश फाउंडेशन मुंबई द्वारा खोले गये नॉलेज डवलपमेंट और इनोवेटिव स्कूल सेंटर की सराहना करते हुए उन्हें शुभकामनाएं दी क्षेत्रों में भी इस तरह के गरीब बच्चों के लिए सेंटर खोलें। अवकाश जाधव काश फाउंडेशन संस्था के संस्थापक विश्वविद्यालय मुंबई के प्रोफेसर होने के साथ ही सोशल वर्क मानवाधिकार के क्षेत्र में कार्य कर रहे हैं। जिन्हें इंटरनेशनल फेडरेशन ऑफ एनजीओ ने कर्मवीर चक्र से भी सम्मानित किया है।



### महिलाओं को प्रतिभा पहचानने की जरूरत

देहरादून। काश फाउंडेशन मुंबई एवं उदय नया सवेरा देहरादून की ओर से ओर से भारुवाला में महिला सशक्तीकरण पर कार्यशाला हुई। डॉ. आकाश जाधव ने महिलाओं को अपनी प्रतिभा पहचानने के लिए प्रेरित किया। रेणुका व्यास, जॉन डेविड नन्दा, सीमा नन्दा मौजूद रहे।



## बात सही निष्पक्ष कही

संवाद जन सरोकारों का ...



### गरीब बच्चों के लिए खोला गया नॉलेज डवलपमेंट और इनोवेटिव स्कूल सेंटर

January 31, 2021 / bsnkadmin / No Comments

**न्यूज डेस्क / देहरादून।** गरीब परिवार के बच्चे जो शिक्षा से वंचित रह जाते हैं उनके लिए रविवार को लखीबाग मुस्लिम कालोनी में उदय नया सवेरा संस्था देहरादून व कास फाउंडेशन मुम्बई के संयुक्त तत्वावधान में नॉलेज डवलपमेंट और इनोवेटिव स्कूल सेंटर खोला गया। जिसका उद्घाटन मुख्य अतिथि डॉ० ज्योति मारवा द्वारा किया गया।

मुख्य अतिथि डॉ० ज्योति मारवा जो आर्गेनिक फार्मिंग और महिला रोजगार के क्षेत्र में कार्य कर रही हैं। उन्होंने उदय नया सवेरा संस्था देहरादून व कास फाउंडेशन मुम्बई द्वारा खोले गये नॉलेज डवलपमेंट और इनोवेटिव स्कूल सेंटर की सराहना करते हुए उन्हें शुभकामनाएं दी ताकि वे देहरादून के अन्य क्षेत्रों में भी इस तरह के गरीब बच्चों के लिए सेंटर खोलें।

अवकाश जाधव कास फाउंडेशन संस्था के संस्थापक विश्वविद्यालय मुम्बई के प्रोफेसर होने के साथ ही सोशल वर्क मानवाधिकार के क्षेत्र में कार्य कर रहे हैं। जिन्हें इंटरनेशनल फेडरेशन ऑफ एनजीओ ने कर्मवीर चक्र से भी सम्मानित किया है।



शिक्षक व समाज सेवक जॉन डेविड नंदा उदय नया सवेरा संस्था के संस्थापक ने इस अवसर पर सभी बच्चों व अभिभावकों को संबोधित करते हुए कहा कि ये बच्चे हमारे देश का भविष्य हैं। इन्हें शिक्षा का महत्व, संस्कार आदि की जानकारी देना अनिवार्य है ताकि आने वाले समय में एक मजबूत स्तम्भ के रूप में उभर कर इस देश की सेवा कर सकें।

उन्होंने बताया कि केन्द्र सईद अहमद जमाल के घर में खोला गया है जहां उनकी सुपुत्री अमन प्रवीन बच्चों को शिक्षा-दीक्षा देंगी। उन्होंने कहा कि अभी 20 बच्चों ने पंजीकरण कराया है जिन्हें स्लेट, कापी व किताबें, पेंसिल, रबर, आदि सामग्री निशुल्क दी गयी। जॉन डेविड ने आगे बताया कि इन बच्चों को शिक्षा केन्द्र में एक वक्त का भोजन भी दिया जायेगा।

जॉन ने बताया कि इससे पूर्व 24 जनवरी को भारूवाला क्लेमेटाउन में बेरोजगार महिलाओं के लिए एक स्वरोजगार वर्कशॉप का आयोजन किया गया था। जो एक फरवरी से आर्गेनिक उत्पादों से दही, धूप, अगरबत्ती, मोमबत्ती आदि बनाकर स्वरोजगार प्राप्त करेंगी।

इस अवसर पर मदन लाल सामाजिक कार्यकर्ता, ईतात खान पार्श्वद, रेनूका व्यास, हेमन्त उपरेती, आनंद, एकता राव, सीमा नंदा, निशात प्रवीन, सैमयुल पॉल आदि मौजूद रहे।



## गरीब बच्चों के लिए खोला गया स्कूल सेंटर

देहरादून। गरीब परिवार के बच्चे जो शिक्षा से वंचित रह जाते हैं उनके लिए रविवार को लखीबाग मुस्लिम कालोनी में उदय नया सवेरा संस्था व कास फाउंडेशन के संयुक्त तत्वावधान में नॉलेज डवलपमेंट और इनोवेटिव स्कूल सेंटर खोला गया। जिसका उद्घाटन मुख्य अतिथि डॉ. ज्योति मारवा ने किया। इस अवसर पर सामाजिक कार्यकर्ता मदन लाल, पार्श्वद ईतात खान, रेनूका व्यास, आनंद, एकता राव, सीमा नंदा, निशात प्रवीन, सैमयुल पॉल आदि मौजूद रहे।



गरीब बच्चों के लिए खोला गया नॉलेज डवलपमेंट सेंटर



गरीब बच्चों के लिए खोला गया नॉलेज डवलपमेंट सेंटर  
संदीप गोयल/एस.के.एम. न्यूज़ सर्विस

देहरादून 31 जनवरी। गरीब परिवार के बच्चे जो शिक्षा से वंचित रह जाते हैं उनके लिए रविवार को लखीबाग मुस्लिम कालोनी में उदय नया सवेरा संस्था देहरादून व कास फाउंडेशन मुम्बई के संयुक्त तत्वावधान में नॉलेज डवलपमेंट और इनोवेटिव स्कूल सेंटर खोला गया। जिसका उद्घाटन मुख्य अतिथि डॉ० ज्योति मारवा द्वारा किया गया। मुख्य अतिथि डॉ० ज्योति मारवा जो आर्गेनिक फार्मिंग और महिला रोजगार के क्षेत्र में कार्य कर रही हैं। उन्होंने उदय नया सवेरा संस्था देहरादून व कास फाउंडेशन मुम्बई द्वारा खोले गये नॉलेज डवलपमेंट और इनोवेटिव स्कूल सेंटर की सराहना करते हुए उन्हें शुभकामनाएं दी ताकि वे देहरादून के अन्य क्षेत्रों में भी इस तरह के गरीब बच्चों के लिए सेंटर खोलें। अवकाश जाधव कास फाउंडेशन संस्था के संस्थापक विश्वविद्यालय मुम्बई के प्रोफेसर होने के साथ ही सोशल वर्क मानवाधिकार के क्षेत्र में कार्य कर रहे हैं। जिन्हें इंटरनेशनल फेडरेशन ऑफ एनजीओ ने कर्मवीर चक्र से भी सम्मानित किया है। शिक्षक व समाज सेवक जॉन डेविड नंदा उदय नया सवेरा संस्था के संस्थापक ने इस अवसर पर सभी बच्चों व अभिभावकों को संबोधित करते हुए कहा कि ये बच्चे हमारे देश का भविष्य हैं। इन्हें शिक्षा का महत्व, संस्कार आदि की जानकारी देना अनिवार्य है ताकि आने वाले समय में एक मजबूत स्तम्भ के रूप में उभर कर इस देश की सेवा कर सकें। उन्होंने बताया कि केन्द्र सईद अहमद जमाल के घर में खोला गया है जहां उनकी सुपुत्री अमन प्रवीन बच्चों को शिक्षा-दीक्षा देंगी। उन्होंने कहा कि अभी 20 बच्चों ने पंजीकरण कराया है जिन्हें स्लेट, कापी व किताबें, पेंसिल, रबर, आदि सामग्री निशुल्क दी गयी। जॉन डेविड ने आगे बताया कि इन बच्चों को शिक्षा केन्द्र में एक वक्त का भोजन भी दिया जायेगा। जॉन ने बताया कि इससे पूर्व भारूवाला क्लेमेटाउन में बेरोजगार महिलाओं के लिए एक स्वरोजगार वर्कशॉप का आयोजन किया गया था। जो एक फरवरी से आर्गेनिक उत्पादों से दही, धूप, अगरबत्ती, मोमबत्ती आदि बनाकर स्वरोजगार प्राप्त करेंगी। इस अवसर पर मदन लाल सामाजिक कार्यकर्ता, ईतात खान पार्श्वद, रेनूका व्यास, हेमन्त उपरेती, आनंद, एकता राव, सीमा नंदा, निशात प्रवीन, सैमयुल पॉल आदि मौजूद रहे।



कास फाउंडेशन मुम्बई एवं उदय नया सवेरा, देहरादून के संयुक्त तत्वावधान में भरूवाला की बेरोजगार महिलाओं के लिये महिला सशक्तिकरण पर एक वर्कशॉप का आयोजन किया गया। डा आकाश जाधव, जो कि कास फाउंडेशन के संस्थापक हैं, स्वयं सेंट जेवियर कालेज मुम्बई इतिहास के प्रोफेसर भी हैं ने महिलाओं को सम्बोधित करते हुये अपनी उन्हें अपनी प्रतिभा पहचानने के लिये प्रेरित किया रेणुका व्यास, जो कि कास फाउंडेशन की सह-संस्थापक होने के साथ Iridology और Naturopathy की एक्सपर्ट हैं, उन्होंने वर्कशॉप में महिलाओं को स्वास्थ्य संबंधित जानकारी दी और अपनी स्वयं की एक पहचान बनाने के लिये प्रेरित किया श्री जान डेविड नंदा एवं श्रीमती सोमा नंदा, जो कि तुम नमा सवेरा के संस्थापक हैं, ने भी महिलाओं से विचार विमर्श कर भविष्य में किये जाने वाले कामों की रूपरेखा तैयार की महिलाओं के सशस्तीकरण के लिए स्किल डेवलपमेंट वर्कशॉप के आयोजन के बारे में भी विचार विमर्श किया गया। कास फाउंडेशन, मुम्बई एवं उदय नया सवेरा के सदस्यों ने संयुक्त रूप से भारूवाला क्षेत्र की महिलाओं के सशक्तिकरण के लिये कार्य करने का पर संहमति की और भविष्य में ऐसी और वर्कशॉप करने का निर्णय लिया। भारूवाला क्षेत्र की 30 महिलाओं ने वर्कशॉप में भाग लिया एवम् सभी कार्यक्रमों में उत्साह पूर्वक भाग

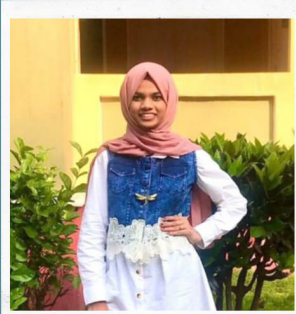


# OUR YOUTH BRIGADE SPEAKS...



## KAASH FOUNDATION, MUMBAI

Kaash Foundation is a place where I learnt, grew and aspired to do something phenomenal each passing day! It has given me immense opportunities to do what I love the most- 'To serve mankind in the smallest way I could.' Being a part of the huge 'Kaash Family', helped me in many ways right from unleashing my hidden potentials to showing me the power of giving and for it, I shall forever be grateful!



Agesha Mujawar

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## KAASH FOUNDATION, MUMBAI

When I think about my journey so far, it's been nothing less than a blessing. Each person taught me something valuable. I met some really wonderful people who inspired me to push my limits, especially Dr. Avkash Jadhav Sir who motivated & supported me at all times. Its 4 verticals E2H2, taught me to think about the society first and myself later. I find a lot of happiness doing my bit for Kaash & for society. I've understood that relationships are not always made through blood, especially after meeting Pamela & the other members of Kaash. I'm indeed lucky to have chosen volunteering & being a part of this organisation.



Farheen Khalid Tai

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## KAASH FOUNDATION, MUMBAI

It has been a privilege working with Kaash Foundation as a volunteer. It has not only provided me with a plethora of knowledge about various aspects of the society but has taught me the importance of diligence, collaboration and self-confidence.



Janice Lobo

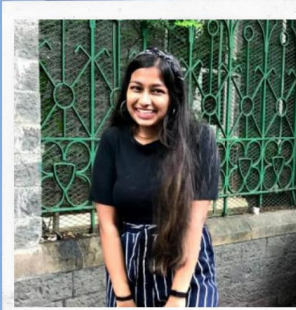
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## KAASH FOUNDATION, MUMBAI

Working under the guidance of Avkash Sir, has always been an huge learning experience, so when Sir offered for me this opportunity of working I jumped on it, and haven't regretted it one bit. Ever since I started working with Kaash Foundation I've grown in ways I didn't know it was possible for me to grow, I've learned so many things and it's been wonderful journey and I couldn't be more grateful!



Krishna Sawant

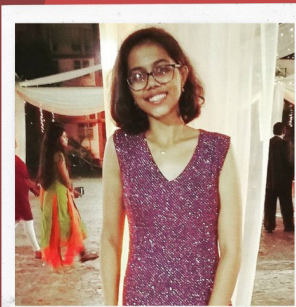
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## KAASH FOUNDATION, MUMBAI

This was my first time working with an official foundation and honestly I was pretty nervous at first about how to create an impression and how to work with people whom I never met. But when the working began I really enjoyed the way we all met on zoom calls and interacted and everyone was so welcoming and all, I really had not expected that. It felt as if I had known these people since a very long time. I was in the technical team and all these other members were so sweet and they guided and explained everything in detail with so much patience, I felt so blessed with such gems around me. Kaash foundation is like a family. They all care for each other and are very calm and great people. I'm very happy to be a part of it.



Maria Noronha

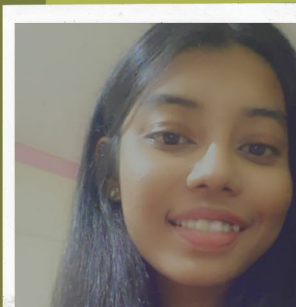
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## KAASH FOUNDATION, MUMBAI

Hello everyone, my experience with Kaash Foundation, well, I don't know where to start. Though my part was very trivial I had the most fun in doing my particular part of transcribing, as I learnt a lot of new things and most importantly the support and guidance I received from my seniors, was amazing and I had one of the best experiences of all times working with the team at Kaash Foundation and my classmates from St. Xaviers College. Thank you for this opportunity!!



Michelle Barboza

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## KAASH FOUNDATION, MUMBAI

Today I feel really great to call myself a part of the Kaash Family!! In this entire journey I've learnt so much from my teammates and seniors every single day. I've literally gone from being a timid, shy kid to a person who can now express her views without any hesitation.

I'm very grateful to Kaash Foundation for giving me this opportunity and allowing me to be a part of this enriching journey. And I know there is a long way to go.



**Mrinmayee Kastur**

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## KAASH FOUNDATION, MUMBAI

Volunteering for Virasaat was a wonderful experience for me. As someone who gets anxious talking on the phone, that was exactly what my job was! It pushed me out of my comfort zone and thus made me learn new things. I made a load of mistakes but my senior helped me sort it all out. Seeing the results of my work made me feel really proud. I am very grateful to Kaash Foundation for providing me with this opportunity and I look forward to work in more such events with them.



**Neeti Baheriya**

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## KAASH FOUNDATION, MUMBAI

My experience with Kaash Foundation has been really great. I was very fortunate, and I got a chance to be a part of two events, one offline and the other online. I met new people and got a chance to learn a lot. Each member of the group is so helpful. This organisation has indeed helped me grow. I've had one of the most beautiful journeys, from where I began.

Thank you Avkash sir for giving me a chance to be a part of it.



**Rachel Menezes**

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## KAASH FOUNDATION, MUMBAI

I am immensely grateful to the Kaash Foundation. Being a part of this family is one of the best experiences and a great exposure that I have received. Working with Kaash Foundation has opened various ways to explore, excel and strive towards perfection. I look forward to working with much more amount of zeal and dedication. I am grateful to Avkash Sir for giving me such a wonderful opportunity and for always being encouraging.



**Shirley Fernandes**

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## KAASH FOUNDATION, MUMBAI

Being a part Kaash Foundation is like being a part of a huge family. Avkash sir and other members of this foundation not only encouraged me to explore my capabilities but also supported me throughout the journey. Working with it gave me the knowledge and experience that mere classroom syllabus would have lacked to. While working with Kaash I also made new friends and got to know more people. I'm grateful to be a member of such a great foundation- "Kaash Foundation".



**Srushti Joshi**

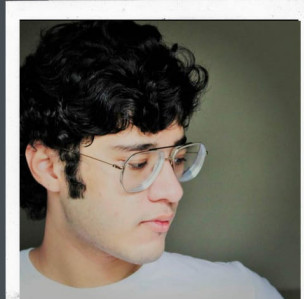
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## KAASH FOUNDATION, MUMBAI

It always feels great to be a part of something that educates, assists and helps citizens. Working with Kaash Foundation has been an awesome experience. Designing the Kaash Konnect newsletter has made me explore new creative skills and it's fun to bond and work with my fellow KF members.



**SAHIL NASEER**

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## KAASH FOUNDATION, MUMBAI

I was a volunteer for MUN. It was a very new experience for me and I got to learn many things. I am looking forward for many more new experiences with KAASH FOUNDATION



Stutee Sonawane

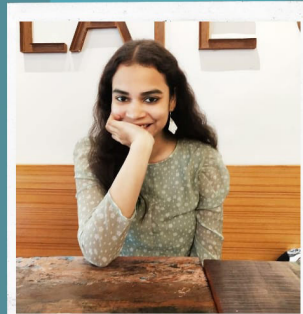
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## KAASH FOUNDATION, MUMBAI

It was an enriching experience to research and learn about new places, their history and culture. Our team was great and we were proud to pull off such a successful event!



Subalakshmi

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## KAASH FOUNDATION, MUMBAI

Kaash Foundation and Avkash Sir has been a family! A family not only to me but also the ones who need help. They have not only made me learn and grow but also, made me realize my own capabilities. They made me take a closer look at the 'Real World', the world that generally nobody talks and cares about. They believe in doing the change rather than just saying what needs to be changed. Its my honour to be working with Kaash and Avkash Sir!



Titiksha S. Kabra

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## KAASH FOUNDATION, MUMBAI

My experience in Kaash has been amazing, I volunteered for fundraising initially as my first thing. Then one opportunity turned into many and I worked in the technical team for the UNESCO Model United Nations. The best part was that our thoughts are as valued as any other age people, even the UNESCO MUN was the idea of Khushi (first year college).



Yash Batra

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**BIRTHDAY WISHES**

**Samiksha-Singh**  
17th January



**Mrinmayee Kastur**  
23rd January



**Nandita Moitra**  
5th February



**Rehan Ansari**  
5th February



**Pooja Malkar**  
17th February



**Alpa Mehta**  
27th February



**Anuja Augustin**  
3rd March



**Vijayalaxmi Jadhav**  
4th March



**Subalakshmi M**  
5th March



**Jinansh Dugger**  
25th March



**Maria Noronha**  
28th March

