



# KAASH KONNECT

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AN INITIATIVE BY



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## 11<sup>TH</sup> INTERNATIONAL SYMPOSIUM ON REIMAGINING, RECREATING AND RESTORING OUR ECOSYSTEMS: THE WAY FORWARD TO A SUSTAINABLE ENVIRONMENT

by Shoumik Rahate

*The one who plants trees, knowing that he will never sit in their shade, has at least started to understand the meaning of life.*

- Rabindranath Tagore

In the above quote, Nobel Laureate Rabindranath Tagore simply puts forth the essential co-existence of humans with nature and the compassion that arises while protecting the environment. The thought that the seeds of our actions shall bear fruits in the future has been propagated for several years now. But still, we read that 'Ecosystems are degrading', 'Forest fires are killing

thousands', 'Floods are wiping away settlements'. With such dreadful headlines flashing in the newspapers, the urge to act upon our thoughts and the gravity of environmental degradation is realised. The destiny of future generations is held in our hands. It is high time that global citizens should collaborate and initiate creative solutions for an eco-friendly world. Since 1974, the international community has taken up the responsibility of encouraging awareness and protecting the environment. The United Nations Environment Programme (UNEP) celebrates World Environment Day on 5<sup>th</sup> June every year to rejuvenate the spirit of humankind to take responsible action against degradation.

This World Environment Day, **KAASH Foundation's Centre for Academic and Professional Development (CAPD)** had organised its **11<sup>th</sup> International Symposium on 'Reimagining, Recreating and Restoring our Ecosystems: The Way Forward to a Sustainable Environment'** in collaboration with the **United Nations Environment Programme (UNEP)**. This great endeavour towards initiating a dialogue also received support from the Centre for Aromatic Plants, Department of Horticulture, Government of Uttarakhand and the National Service Scheme Unit, University of Mumbai. With the efforts of all the collaborators and KAASH Foundation, the Symposium was held on 5<sup>th</sup> June 2021, from 4 PM to



# LETTERS OF APPRECIATION



UN Environment Programme Country Office, India



03 June 2021

Message to youth

World Environment Day 5<sup>th</sup> June, 2021  
Shri Atul Bagai, UNEP India Head

I wish to extend my greetings to all of you at the Kaash foundation on this World Environment day and congratulate you on holding your 11<sup>th</sup> International symposium under the theme 'Reimagining, Recreating and Restoring our ecosystem – A way forward to a sustainable environment' on this auspicious day.

Today is the World Environment Day, an important day led by the United Nations Environment Programme for encouraging worldwide awareness and action for the protection of our environment. Since it began in 1974, the World Environment Day (WED) has grown to become a global platform for public outreach that is widely celebrated across the world.

The theme of this year's World environment Day is 'Ecosystem Restoration'. Ecosystem restoration means assisting in the recovery of ecosystems that have been degraded or destroyed, as well as conserving the ecosystems that are still intact. Healthier ecosystems, with richer biodiversity, will yield great benefits such as fertile soils, bigger yields of timber and fish, and larger store houses of greenhouse gases.

Starting today all efforts for the next 10 years (2021-2030) will be dedicated towards restoring and preserving our ecosystems.

The rationale behind choosing this theme is the fact that our Biodiversity is collapsing. One million species are at risk of extinction.

35% of India's population are youth. They are a major stakeholder in co-creating innovative solutions to address the burgeoning environmental challenges faced by the country. Talent and innovation exist in India, it only needs to be nurtured. This is your time.

We cannot turn back time. But we can grow trees, green our cities, rewild our gardens, change our diets and clean up rivers and coasts. We need to make peace with nature. On this day I would like to call out to all youth to support us by reimagining, recreating and restoring nature with a strong voice and bold actions.

With regards

Yours sincerely,

(Atul Bagai)  
Head, UNEP Country Office, India

UN Environment Programme Country Office, India  
55, Lodhi Estate, New Delhi-110003  
Tel: +91 11 4653 2363  
[www.unenvironment.org](http://www.unenvironment.org)

Shri. **Atul Bagai, Head, India Country Office, UN Environment Programme, New Delhi**, congratulating KAASH Foundation for organizing the 11th International Symposium on 'Reimagining, Recreating and Restoring our Ecosystems: The Way Forward to a Sustainable Environment', to mark World Environment Day on 5th June 2021.



UN Environment Programme



05 June 2021

World Environment Day 5<sup>th</sup> June, 2021

Dear Dr. Avkash Jadhav,

We would like to thank you for your invitation to Regional Director, Ms. Dechen Tsering, to the World Environment Day 2021 event.

We would like to take this opportunity to wish you a successful event.

Best regards,

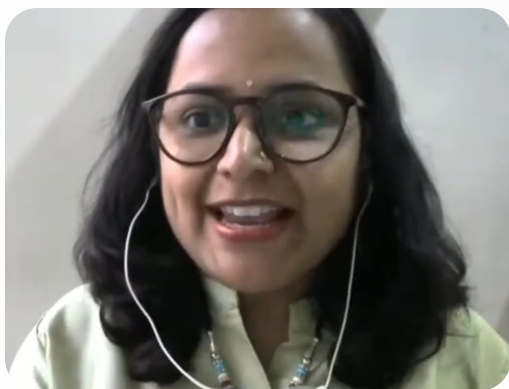
Regional Director,  
Ms. Dechen Tsering,  
United Nations Environment Programme  
UN Building, Rajdamnern Nok Avenue, Bangkok 10200 Thailand  
Tel: +662 288 2608

Fax: +662 280 3829

<https://www.unenvironment.org/regions/asia-and-pacific>

A message from **Ms. Dechen Tsering, Director, Asia and the Pacific Office, UN Environment Programme, Bangkok, Thailand**, to KAASH Foundation for the 11th International Symposium

7 PM on its YouTube Channel.



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



**Gauravi Pradhan**  
Youth Brigade Member  
KAASH Foundation

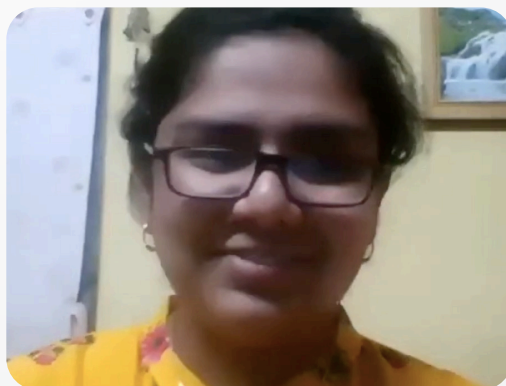
The event began with **Gauravi Pradhan**, a Youth Brigade Member of KAASH Foundation, welcoming the audience which had gathered from across the globe. After introducing the Foundation's work in varied sectors, a tribute to **Sunderlal Bahuguna** – An Indian Environmentalist and the Leader of the Chipko Movement, was extended. The environmental ethos lost Bahuguna on 21<sup>st</sup> May 2021. His struggle and thoughts while leading the Chipko Aandolan in the hills of Uttarakhand shall motivate every person to walk on the path of environmental conservation. Gauravi Pradhan further passed the baton to **Ms. Kavita Pandey**, Joint Director (Environment), KAASH Foundation and Editorial Board Member, International Journal of Concerns, Complexities and Dialogues who congratulated the collaborators and ran

through the achievements and struggles of KAASH Foundation since its initiation. The success of the 'Save Aarey Movement' and KAASH Foundation's role in resisting the construction of a Metro Car Shed was appreciated. Ms. Pandey also emphasized on keeping hopes and creating scopes for future generations.



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

Further to accelerate the Symposium, **Dr. Geeta Ajit**, Joint Director (Education), KAASH Foundation, Editor-in-Chief of KAASH Konnect and Coordinator, CAPD familiarised the audience with the intent of CAPD which is to help the youth possess a professional calibre. The needs of the future remain strongly with projects like the CAPD. Its motto 'Time to Renew, Reinvent and Reinvigorate is Now!' stood very relevant with the environmental theme which was going to be dealt with further in the seminar.



**Pamela Dhonde**  
Core Committee Member  
KAASH Foundation

To direct our listeners to the aims set for the evening, **Pamela Dhonde**, Core Committee Member of KAASH Foundation explained the concept behind organising this Symposium. The idea of bringing several international and national scholars from different walks of life, but with a heart that beats for the one true cause: Environment; its protection and preservation, was put forth by Pamela. Her time on screen widely focussed on making people aware of the recent environmental degradation faced by humankind due to ecological disturbances. She also emphasized on 'Reimagining, Recreating and Restoring' as a viable solution to the current problems.

#### INAUGURAL ADDRESS



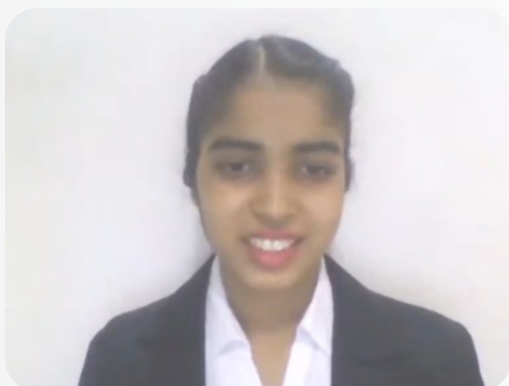
**Ms. Inger Andersen**  
Executive Director  
United Nations Environment  
Programme  
Nairobi, Kenya

The evening began its discourse with the *Inaugural Address* by **Ms. Inger Andersen** who was introduced by **Maria Noronha**, a Youth Brigade Member of KAASH Foundation. Ms. Andersen is the Executive Director of the United Nations Environment Programme in Nairobi, Kenya. Her audio-visual message focussed on taking 'deliberate steps' towards 'mass-scale restoration' and attaining the Sustainable Development Goals. The binary attention given to human health and natural health became the highlight of her address. She passionately believed and stated that, "People and Nature can definitely heal together".

After such a powerful deliberation, **Titiksha Kabra**, a Youth Brigade Member of KAASH



**Maria Noronha**  
Youth Brigade Member  
KAASH Foundation



**Titiksha Kabra**  
Youth Brigade Member  
KAASH Foundation

Foundation took charge of the Symposium. She called upon **Shirley Fernandes**, another Youth Brigade Member of the Foundation to introduce **Ms. Dechen Tsering** who has held management and leadership positions with the United Nations and has had over 30 years of experience in national government and intergovernmental organizations including the World Bank. Currently, she serves as the Regional Director at the UNEP Asia and the Pacific Office. Ms. Tsering extended her good wishes to our audience and congratulated KAASH Foundation for planning such programmes.

Further, **Mr. Atul Bagai**, Head of India Country Office, UN Environment Programme, New Delhi, India was introduced by **Ar. Ayushi Motiwalla**, Editorial Board Member, International Journal of Emotions, Expressions and Dialogues (IJEED), for the **Introductory**



**Ms. Dechen Tsering**  
Director, Asia and the Pacific Office  
United Nations Environment  
Programme (UNEP)  
Bangkok, Thailand

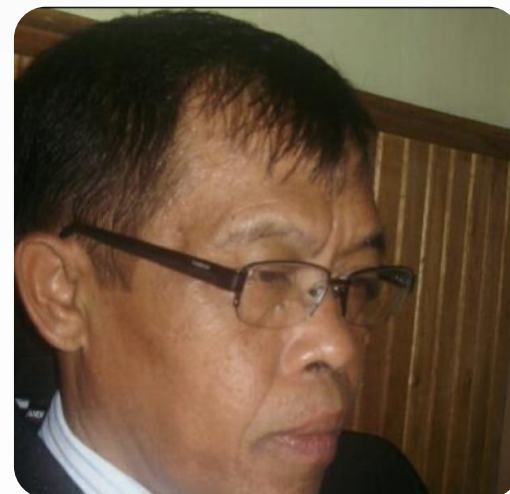


**Mr. Atul Bagai**  
Head, India Country Office  
UN Environment Programme  
New Delhi, India

**Address.** Ar. Motiwalla read his views on environmental action against degradation. In his message, Mr. Bagai spoke of the World Environment Day to be a global platform for change. His words focussed upon looking in the future and striving harder to bring Ecological Habitat Restoration. All the efforts towards the next ten years by everyone and especially the youth shall bring about richer biodiversity for everyone.

The Symposium progressed with **Pranati**

#### KEYNOTE SPEAKER



**Dr. I Gede Ketut Adiputra**  
Senior Lecturer  
Department of Biology  
Faculty of Information Technology and  
Sciences  
Universitas Hindu, Indonesia

**Trivedi**, a Youth Brigade Member of KAASH Foundation introducing the **Keynote Speaker** for the day, **Dr. I Gede Ketut Adiputra**. Dr. Adiputra works at the Department of Biology, Faculty of Information Technology and Sciences in Universitas Hindu, Indonesia. He is an expert in plant physiology and biochemistry. Dr. Adiputra addressed the aspect of '**Sustaining Trees and Forest Function to mitigate the Current Global Environmental Problems**' in his deliberation. He initiated the talk by simplifying the phenomenon of air pollution and global temperature rise. He made people aware that plants reduce the intensity of such problems and increasing their capacity to do so is important. Basic



**Pranati Trivedi**  
Youth Brigade Member  
KAASH Foundation

elements like leaf litter and local rain water cycle have great impact in tackling major issues. He also pointed out that the intake of Nitrogen Dioxide and Sulphur Dioxide by plants isn't an organic process and is harming plant life. Thus, continuous tree growth and increasing its capacity to protect us becomes the central solution to several problems. Apart from mitigating pollution, agro-forestry, reforestation and urban forest are some of the subsidiary solutions that we can undertake. In conclusion, Dr. Adiputra carefully knitted environmental issues with current impairment of alveolar immunity during COVID-19. His technical knowledge and practical expertise in improving plants' capacities enlightened the audience.



**Sahil Jahagirdar**  
Youth Brigade Member  
KAASH Foundation

Further, Dr. Geeta Ajit, Joint Director (Education), KAASH Foundation; Editor-in-Chief of KAASH Konnect and Coordinator, CAPD launched the Fifth Issue of KAASH Konnect. This newsletter, which documents KAASH Foundation's activities, gives our readers a glimpse of all the activities that were planned or conducted during that quarter of the year. Dr. Ajit introduced her team of senior and junior reporters before asking **Sahil Jahagirdar**, the Chief Designer of KAASH Konnect to speak about the nuances of newsletter designing.

After the launch of the newsletter, **Stutee Pritesh**, Youth Brigade Member, KAASH Foundation spoke about the innovative strategy formulated by the Foundation on the occasion of World Environment Day. The Foundation has organized 'Plant a Sapling' initiative under its Environment

Vertical to encourage everyone to plant saplings and nurture it. The plan began with a promotional video of a song composed by the Youth Brigade Members. It spoke of the recent cyclone damage and the importance of planting trees. A 'Bingo Challenge' to engage the youth of today served as a great medium of awareness. The motive behind this initiative is to create a competition and a sense of achievement amongst people to plant as many saplings as possible. Students will achieve a credit to every sapling planted and nurtured. The student with the highest number of credits until the next World Environment Day shall attain the title of a 'Plantdemic Warrior'. It is hoped that this year-long programme will definitely bear sweet fruits.



**Stutee Pritesh**  
Youth Brigade Member  
KAASH Foundation

The *Guest of Honour*, **Dr. Nirpendra Chauhan**, Director of the Centre for Aromatic Plants, Department of Horticulture, Government of Uttarakhand, India was invited to share his experiences and details about his work in conserving the environment. His successful stories in regards to rural development in Uttarakhand were shared by Dr. Zaffar Haider, a scientist at the Centre for Aromatic Plants. The title of the deliberation was '*Aromatic Sector: Role of Aromatic Plants in Conservation of Environment*'. The tradition of aromatic plants in Uttarakhand derives from the mythical references of Sanjivani Parvat in The Ramayana. With an abundance of hilly land in Uttarakhand, around 5.31% of it was cultivable waste land. Dr. Haider focuses upon this targeted waste land and tries to maintain an ecological balance with the help of aromatic plants.

#### GUEST OF HONOUR



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



**Dr. Zaffar Haider**  
Scientist, Centre for Aromatic Plants  
Department of Horticulture  
Government of Uttarakhand  
India

Aromatic plants like Damask Rose, Lemon Grass, Chamomile, Cinnamon, Japanese Mint, Vetiver, etc. are solutions to various problems in the mountainous terrain. These plants suit the environment as they are stress tolerant, suitable for unirrigated land, safe from animals and perennial in nature. It also checks soil erosion and maintains higher carbon sequestration capacity. The issues within the economy of Uttarakhand can also be tackled by aromatic plants as their processing units can be set on the farms; they are easy to transport and receive great demand and price in the market. The ecological solution of aromatic plants under Dr. Chauhan and the Centre for Aromatic Plants has been a saviour for around 21,000

farmers in Uttarakhand. Dr. Haider's address stressed upon simple creative solutions to solve complex problems.

The Symposium continued with **Tirtha Samant** and **Krishna Sawant**, Youth Brigade Members of KAASH Foundation taking the dialogue ahead. The **First Special Guest** for the day was **Prof. Sudhir Puranik**, Director of the National Service Scheme Unit, University of Mumbai, India. Prof. Puranik spoke mainly about '**Role of the Youth in Environment Protection**'. He has been working for years under the National Service Scheme to create responsible youth who would be aware and actively involved in good causes. NSS volunteers in collaboration with KAASH Foundation have pledged to plant at least 50,000 saplings under 'Plant a Sapling' initiative. Their contribution is tremendous and has to be appreciated. Prof. Puranik, along with



**Tirtha Samant**  
Youth Brigade Member  
KAASH Foundation



**Krishna Sawant**  
Youth Brigade Member  
KAASH Foundation

## SPECIAL GUEST



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

his volunteers, has also planned to actively lead water literacy and water conservation programmes in rural Maharashtra. The NSS, like always, has never let down the spirit of the youth while being aware of the environmental concerns of the time. Prof. Puranik says and is indeed true that 'an informed youth is the biggest solution to most problems.'

After Prof. Puranik, it was time for our **Second Special Guest, Dr. Avkash Jadhav**, Head and Associate Professor of the Department of History, University of Mumbai, St. Xavier's College (Autonomous), Mumbai, India to share his experiences. Dr. Jadhav is also the Founder-Trustee of KAASH Foundation, Director of the CAPD and an environmental activist. His address to the Symposium emphasized on his experiences of starting **Initiatives to Promote and Protect Ecosystems for Sustainable Development**. During the deliberation, Dr. Jadhav did not view the environment in isolation but instead undertook a holistic analysis. He believed in taking actions from every sector of human life. Educational institutions have been his area of focus. Being a professor of History, his ideas of Heritage Activism gave a new perspective to the Symposium. Dr. Jadhav has been instrumental in the process of making the Sanjay Gandhi National Park in Borivali, Mumbai a 'No Plastic Zone'. Since the early 2000s, he and his students have been working to limit trash at the

## SPECIAL GUEST



**Dr. Avkash Jadhav**  
Head and Associate Professor  
Department of History  
St. Xavier's College (Autonomous)  
Mumbai, India

Kanheri Caves in Borivali. The sense of responsibility for protecting our own resources was highlighted in his talk. During his tenure as a Municipal Councillor from 2012-2017, his efforts to initiate dialogues to protect the Mangroves of Mumbai has been commendable. In his deliberation, he constantly pointed out the involvement of his students in coming up with simple and creative solutions. This shows the importance of environmental action from within the educational institutions. Dr. Jadhav concluded his talk by stating, "Let us nurture nature, so we have a better future."

The Symposium continued with **Ayesha Mujawar**, Youth Brigade Member, KAASH



**Ayesha Mujawar**  
Youth Brigade Member  
KAASH Foundation

## SPECIAL GUEST

**Dr. Shanti Dev Sisodia**

Associate Professor, Department of  
AIHC and Archaeology  
Jiwaji University  
Gwalior, Madhya Pradesh, India

## SPECIAL GUEST

**Shri. Zoru Bhathena**

Environment Activist  
Mumbai, India

## CHIEF GUEST

**Dr. Zakir H. Molla**

General Manager and Head of  
Sustainability, Hindustan Petroleum  
Corporation Limited  
Mumbai, India

Foundation bringing in perspectives of various religions which state the importance of protecting the environment. After reciting verses from The Quran, Ayesha Mujawar went ahead to introduce our **Third Special Guest, Dr. Shanti Dev Sisodia**, who is an Associate Professor in the Department of AIHC and Archaeology at Jiwaji University, Gwalior, Madhya Pradesh, India. Dr. Sisodia focused on **'Reflections of our Ecosystems through Indian Art and Architecture.'** Dr. Sisodia, with his great knowledge of history and archaeology, viewed the inter-relation of humans and nature through various periods. Prehistoric paintings from sites like the Bhimbetka caves and Burzahom paintings depicted human interactions with nature. Nature was given a sacred status by prehistoric humans. Later, Harappan sites signify the fear of nature and the importance of the ecosystem in everyday life. The Vedic Period too gave literary references to forces of nature like *Panchamahabhuta*. The fire, water, wind, earth and sky revolved around human life. In the Buddhist Stupa art too, notions of fertility attached with nature are observed. Buddha was worshipped in the form of a Bodhi-tree and this symbolic significance speaks a lot. Rock Cut Architecture and Temple Architecture too, later on, continues to display the intermingling of humans with the ecosystem. Dr. Sisodia states that the cultural heritage of India is a message for

future generations to protect our livelihood and environment. The cultural environment too deserves attention and protection in this world.

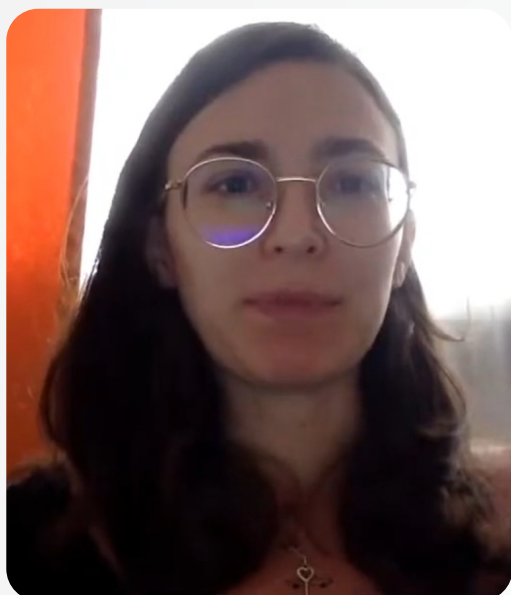
The **Fourth Special Guest** at the Symposium was **Shri. Zoru Bhathena**, an Environment Activist from Mumbai. He is known for filing public interest litigations and saving trees of the city. Mr. Bhathena has saved at least 8000 trees from being cut and has played an instrumental role in leading the Save Aarey Movement. In his short address, Mr. Bhathena made people aware of the destruction happening in Mumbai in the name of development. There is not a sight where no construction is happening. Such rampant 'development' with no ecological sense shall bring difficult days for Mumbai. He rightly puts forth the question of whether, **'Mumbai is developing or decaying?'** It is observed that the administration has been giving less importance to environmental concerns when it has come to Aarey Metro Carshed and the Coastal Road project. It is high time that we plan our cities properly. The notion that environmental protection and development cannot go hand in hand shall be changed. Mr. Zoru Bhathena stated that, "This is a daily battle and not just about the 5<sup>th</sup> of June."

The Symposium advanced with the deliberation of our **Chief Guest, Dr. Zakir H. Molla**, who is the General Manager

and Head of Sustainability at Hindustan Petroleum Corporation Limited, Mumbai, India. Dr. Molla expressed his views upon **'Corporate Initiatives on Environmental Sustainability'**. Dr. Molla had to walk a tough line to conserve the environment whilst working in a capitalistic setup. And still, he strongly believes that the responsibility to align people with sustainability is necessary and possible with the help of corporate institutions. The coming of business and industrial revolution has created a great impact on human life. Poverty has reduced and literacy has increased. But now, it is also important to maintain the biocapacity. Dr. Molla highly emphasizes the cornucopia of consumption in the global economy. The consumption of products needs to be concise to maintain the ecological balance. Sustainable Businesses should be promoted with sustainable solutions like the use of ethanol and non-traditional sources of energy. Dr. Molla's deliberation was of great relevance as it talked about the right balance to be maintained in this capitalistic world. However, the set up of society is that the environment can always be protected.

The **Valedictory Speech** for the 11<sup>th</sup> Symposium on 'Reimagining, Recreating and Restoring our Ecosystems: The Way Forward to a Sustainable Environment' was extended by **Dr. Valeria Cocco**. Dr. Cocco is

## VALEDICTORY SPEAKER

**Dr. Valeria Cocco**

Teacher Assistant in Tourism  
Economics

Sapienza University of Rome, Italy

a Teacher Assistant in Tourism Economics at the Sapienza University of Rome, Italy and she spoke about **'Over-tourism and Mass Tourism in Rome: Perspectives after the Pandemic'**. Dr. Valeria expressed the concern of tourism deteriorating the social ethos of Italian cities. Too many people visiting Italy has resulted in a lower quality of tourism. This tourism has imposed homogeneity by tourists visiting only Rome, Venice and Florence. Dr. Valeria observes that a halt in tourism has improved the environmental condition of these cities. The latter part of her dialogue focussed upon the opportunities and the need to reframe our tourism plans post the pandemic. She believes that promotion of different territories and development of small enterprises shall shape a sustainable tourism for all with zero waste. Dr. Valeria puts forth her vision of development with 'environmental conservation, education, accessibility and inclusion'.

The Symposium came to an end with Dr. Geeta Ajit, sharing her concluding remarks of hope and sustainable action. Ms. Kavita Pandey, gave a brief overview of the entire 11<sup>th</sup> International Symposium and extended a vote of thanks towards all the organisers, collaborators and audience members. This environmental deliberation has definitely left people with a hope and spirit of action towards making a better future for everyone.

The '11<sup>th</sup> International Symposium' on

the theme 'Reimagining, Recreating and Restoring our Ecosystems: The Way Forward to a Sustainable Environment' organized by KAASH Foundation's Centre for Academic and Professional Development (CAPD) on this World Environment Day was a successful venture. Its achievement lies in making people realise the importance of environmental concerns and motivating them to take viable actions. KAASH Foundation extends gratitude towards its primary collaborator, United Nations Environment Programme (UNEP). It is also grateful for the support extended by the Centre for Aromatic Plants, Department of Horticulture, Government of Uttarakhand and National Service Scheme Unit, University of Mumbai. This Symposium was honoured to have Dr. Nirpendra Chauhan, Director of the Centre for Aromatic Plants, Department of Horticulture, Government of Uttarakhand, India; Dr. Avkash Jadhav, Head and Associate Professor of the Department of History, University of Mumbai, St. Xavier's College (Autonomous), Mumbai, and Prof. Sudhir Puranik, Director of the National Service Scheme Unit, University of Mumbai, India as its Program Directors. The backbone of this initiative lies in the guidance of Dr. Geeta Ajit and Ms. Kavita Pandey. Pamela Dhonde, Core Committee Member, KAASH Foundation was the Associate Coordinator. Finally, it was the Youth Brigade of KAASH Foundation who stood as pillars of this Symposium. It involved Ruchira Sarma, Pranati Trivedi, Megha Patel, Krishna Sawant, Rohan Hegde, Aapulki Jadhav, Titiksha Kabra, Ayesha Mujawar, Srushti Joshi, Maria Noronha, Yash Batra, Stutee Pritesh, Tirtha Samant, Shoumik Rahate, Punit Nagpal, Shirley Fernandes and Gauravi Pradhan.

With participation from **160+ Universities**, **50+ Institutes** and **150+ Colleges** across the globe, KAASH Foundation's 11<sup>th</sup> International Symposium on the occasion of World Environment Day 2021 gave everyone something to ponder upon. A word of guidance and spirit of enthusiasm is all which makes us do great things. The hope to have a better environment and health was instilled amongst everyone. In changing perspectives lies the triumph of this initiative. As Richard Roger states, "The only way forward, if we are going to improve the quality of the environment, is to get everybody involved".

*Earth provides enough to satisfy every man's needs, but not every man's greed.*

**-Mahatma Gandhi**

*To me a lush carpet of pine needles or spongy grass is more welcome than the most luxurious Persian rug.*

**-Helen Keller**

*One of the first conditions of happiness is that the link between man and nature shall not be broken.*

**-Leo Tolstoy**

## H E A L T H

## KAASH SWAASTHYA MANTHAN

## INTERNATIONAL YOGA WEEK

by Gabriella D'souza, Shoumik Rahate and Ruchira Sarma

*Yoga is to still the patterning of consciousness.*

*-The Yoga Sutra of Patanjali*

The above quote truly exemplifies Yoga as a subtle science which aims to unite one's mind, body and soul. Often misunderstood as a practice with just postures and breathing exercises, Yoga also includes deep meditation and focused concentration along with a sense of withdrawal from

worldly desires. Through these processes of *Pratyahara*, *Dharna* and *Dhyana*, Yoga strives to achieve self-realization to overcome all kinds of sufferings.

As we continue to live in the midst of the COVID19 pandemic, facing restrictions or lockdowns in various parts of the globe, confining people to the four walls of their homes, 'Physical' and 'Mental' Health has gained utmost significance. Considering this, and the vital role that Yoga plays in connecting the two, the United Nations declared 'Yoga at Home, Yoga with Family', as the theme for this year's International Day of Yoga.

Last year, KAASH Foundation's KAASH Swaasthya Manthan had organized a three-day health series on Yoga in collaboration with Kaivalyadhama, Mumbai. And this year, the Foundation decided to expand its horizons by celebrating the International Yoga Week from 15<sup>th</sup> June 2021 – 21<sup>st</sup> June 2021. The week-long gala consisted of intriguing International Symposiums, informative Health Webinars and fantastic performances of Mallakhamb, Meditation and Deep Yoga. It witnessed notable dignitaries and eminent scholars imparting their knowledge and expertise in the field of Health and Yoga; and sharing their insights with our eager viewers.

This grand event was conducted in collaboration with:

- Central Council for Research in Yoga and Naturopathy (CCRYN), Ministry of AYUSH, Government of India
- Morarji Desai National Institute of Yoga (MDNIY), Ministry of AYUSH, Government of India
- NAPLNO Dance and Yoga Centre, Prague, Czech Republic
- Institute of Yogarts, Harrow, United Kingdom
- Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand

The event was also generously supported by:

- Tatva (Elements of Healing)
- Institute of Wellness Engineering
- Arogya Yoga and Naturopathy Institute
- Silver Innings
- Pride Age India
- Shree Samarth Vyayam Mandir
- Mandapeshwar Utsav Samiti

DAY 1: INAUGURATION | 15<sup>TH</sup> JUNE, 2021

The celebration commenced with the Inauguration of the International Yoga Week, anchored by **Titiksha Kabra**, Youth Brigade Member, KAASH Foundation. She began the event by inviting **Harsh Arkal**, another team member of the Foundation, to recite a Sanskrit *Shloka* which aimed to revive our deep historical connection with yoga.

**Megha Patel**, Youth Brigade Member, KAASH Foundation, was then invited to brief our audience of the various Health Webinars organized by the Foundation's KAASH Swaasthya Manthan. Her briefing was a detailed yet concise recap of all the Webinars since the conception of KAASH Foundation back in 2019. This was followed by **Ms. Renuka Vyas**, Joint Director

(Health), KAASH Foundation, reiterating the importance of how the thought and practice of yoga should not be in isolation but in sync with psychology, dietary and the inner self.

Continuing on, **Ms. Alpa Mehta**, Core Committee Member, KAASH Foundation, acquainted the audience with KAASH Swaasthya Manthan (KSM). She elaborated

## INAUGURAL SPEAKER

**Dr. Raghvendra Rao**

Director, Central Council for Research  
in Yoga and Naturopathy  
Ministry of AYUSH  
Government of India

addresses Vedic Philosophy, Ayurveda and other Indian intellectual interests. Dr. Pandya could not address our audience live due to his prior commitments; but he was too generous to send a message wishing KAASH Foundation the very best for the International Yoga Week. The message was read by our anchor, Titiksha Kabra. In his audio-visual deliberation on *The Relevance of Yoga*, Dr. Pandya mentioned how man makes efforts, but is often misguided. These actions further entangle him into the worldliness of life, instead of setting him free from the vicious cycle of life and death. Only when man dedicates his efforts towards ridding himself of his attachments to the world, i.e. achieving salvation, does he truly become a practitioner of yoga. And to attain this salvation, one has to be aware and live in the present instead of agonising over the past or the future. Dr. Pandya rightly pointed out that one must neither mourn the past nor fantasize about the future, and the only way one can achieve this is by practicing yoga diligently.

## CHIEF GUEST

**Dr. Ishwar V. Basavaraddi**

Director, Morarji Desai National  
Institute of Yoga  
Ministry of AYUSH  
Government of India

on how KSM is actively involved in the bettering and uplifting of every member of society, by creating awareness around the natural way and means of health and well-being; as she says, "Its main aim is to remove the "DIS" from the "DISEASE" and to live with "EASE". Ms. Mehta also explained how Yoga is the union of individual consciousness with universal consciousness as it helps to keep our minds, bodies and souls in harmony.

**Pamela Dhonde**, Core Committee Member, KAASH Foundation, further continued the discourse on the International Yoga Week. The practice of Yoga, as denoted by her, is the journey of self realization. She spoke about how the entire world, by going through this tough period, has started questioning the undue importance given to mental well-being. This led the United Nations to declare the previously mentioned theme for the International Day of Yoga 2021.

The **Guest of Honour** for the International Yoga Week was **Dr. Chinmay Pandya**, the Vice-Chancellor of Dev Sanskriti Vishwavidyalaya in Haridwar, Uttarakhand. Dr. Pandya is the Chairperson of the International Festival of Yoga, Culture and Spirituality and has been invited as a Yoga expert to the World Health Organization. He is also the Editor of Dev Sanskriti, an international interdisciplinary journal that

## GUEST OF HONOUR

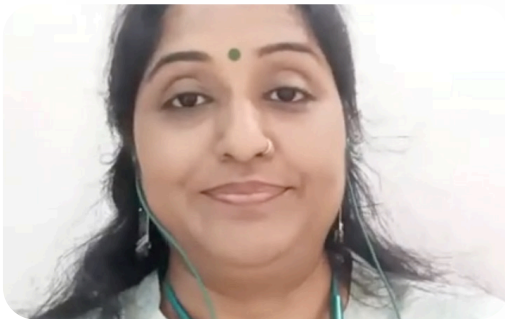
**Dr. Chinmay Pandya**

Pro Vice-Chancellor  
Dev Sanskriti Vishwavidyalaya  
Haridwar, Uttarakhand, India

This was followed by a deliberation by our **Chief Guest, Dr. Ishwar V. Basavaraddi**, the Director of Morarji Desai National Institute of Yoga, Ministry of AYUSH, Government of India. As mentioned by Ms. Lippika Podar, Team Member of KAASH Foundation, Dr. Basavaraddi, is

known as one of the Yoga Masters of India. With a Ph.D. in Yoga philosophy and 32 years of experience, Dr. Basavaraddi was instrumental in formulating the Common Protocol, which is now prescribed by the Ministry of AYUSH, Government of India, to celebrate the International Day of Yoga. Since 2018, Dr. Basavaraddi has played an important role in the establishment of 159 Yoga wellness centers, 4 Yoga therapy centers in tertiary hospitals, 20 Yoga wellness centers in CGHS dispensaries and 4 yoga centers in SAI. Deliberating on **Yoga: Our Ancient Wisdom and its Relevance Today**, Dr. Basavaraddi highlighted the immortal existence of Yoga in the Indian subcontinent; right from the Vedic period to the 21<sup>st</sup> century. He attributed the success of Yoga to its ability of modifying across time and space, as a result of which, it has become not just a mere routine, but a way of life. Dr. Basavaraddi spoke of how yoga may have been an integral part of people's lives during the Indus Valley Civilization, as seen in the various evidence that has been found. Reflecting on the literary representations of Yoga over centuries, he divided its evolution in three phases: Period of the Vedas and Upanishads, the psychological interventions of Buddha and Maharshi Patanjali and the tantric tradition. And now, with the use of Yogic Detoxification Practices, Naturopathy, Ayurveda and

Asanas during the pandemic, the practice has integrated across systems and is utilized to increase immunity. He narrated how Yoga has helped people suffering from stress and anxiety to rehabilitate themselves. Dr. Basavaraddi also specified the types of Yoga to be practiced for specific needs: *Hatayoga* for Physical needs, *Kriya Yoga* for the needs of *Pranna* (universal energy) and finally, *Patanjali Yoga* for the needs of the mind. Before denoting the five states of the mind in order to understand one's own nature, he emphasized on the importance of *Premma* (love and affection) and *Bhakti* (unconditional devotion and respect).



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



**Ms. Alpa Mehta**  
Core Committee Member  
KAASH Foundation

After Dr. Ishwar Basavaraddi's in depth discussion on the legacy and relevance of Yoga, Ms. Podar invited our **Inaugural Speaker, Dr. Raghvendra Rao**. Dr. Rao is the Director of the Central Council for Research in Yoga and Naturopathy, Ministry of AYUSH, Government of India. He has over 89 international research publications and has completed several research projects

in Rheumatoid arthritis, Pre-diabetes, Diabetes and CVD risk prevention, using both yoga and naturopathy interventions at Swami Vivekananda Yoga University, MS Ramaiah Hospital and HCG Bangalore Institute of Oncology. Dr. Rao commenced his deliberation on ***The Role of Yoga in COVID*** by speaking about the research conducted at RGSSH, Lady Hardinge, AIIMS Delhi and AIIMS Rishikesh. A surge of anxiety was felt by the society due to many misconceptions and mismanagement as COVID raised its ugly head. The underlying iceberg concept, as Dr. Rao explained, is how the virus affected the population, with some experiencing severe or mild symptoms and some experiencing no symptoms at all. He reiterated the importance of an effective home isolation and distinguished between the old and new COVID symptoms (that have arisen out of the second wave). Dr. Rao denounced the various myths surrounding the virus (for e.g. eating garlic can prevent infection), and the impact that ignorance and misinformation (for e.g. villages deeming COVID patients as untouchables) has had on our society. He then concluded his segment by sharing his findings on the effects of stress caused by the pandemic and how a supervised administration of oxygen therapy and basic yoga *asanas* can help prevent any further aggravation of COVID in patients.

Ms. Priti Saboo, Team Member, KAASH Foundation and Coordinator, Kolkata Chapter, was called upon by Titiksha Kabra to invite our **First Special Guest, Dr. Om Jee Upadhyay**. Dr. Upadhyay is the Director of Research and Administration at the Indian Council of Historical Research in New Delhi, India. With the experience of more than 18 years, Dr. Upadhyay has participated in more than 120 National and International seminars as a Resource Person, Distinguished Speaker and Keynote Speaker. He has been associated with the publication of six books (authored and edited). Some of his major published books are: 'Indian Culture and Heritage in South and South-East Asia', 'Vijayam (Probing in Indian History)' and 'Nath Pant aur Bhakti Andolan'. Dr. Om Jee Upadhyay commenced his deliberation on Yoga: ***The Only Path for a Holistic Wellbeing*** by describing the long and rich history of the practice as well as its development through the centuries. He mentioned its references in the Vedas, the Upanishads,

#### SPECIAL GUEST



**Dr. Om Jee Upadhyay**  
Director (Research and  
Administration)  
Indian Council of Historical Research  
New Delhi, India

*Yogasutra* of Patanjali, the Bhagavad-Gita as well as in Jain and Buddhist canonical scriptures, which define Yoga as a unifying force. He also reiterated the importance of Yoga as an intangible cultural heritage and explained how it serves as a guide and restrainer to the functions and actions of the inner conscience. Yoga, as Dr. Upadhyay brilliantly put it, is more than just twisting and bending the body into various poses; rather it is the medium through which we can experience things the way it is.

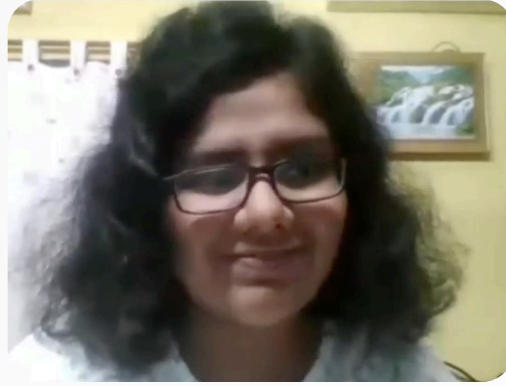
After Dr. Upadhyay concluded his intriguing session, Ms. Saboo introduced the **Second Special Guest, Dr. Avkash Jadhav**. Dr. Jadhav is the Head & Associate Professor of the Department of History at St. Xavier's College (Autonomous), Mumbai, as well as the Founder-Trustee of the KAASH Foundation. As a nominated Municipal Councillor in the Brihanmumbai Municipal Corporation (BMC) from 2012 to 2017, Dr. Jadhav played an integral role in policy making decisions of various government bodies. He was also appointed the District Coordinator of Mumbai to conduct the International Yoga Week in 2019. Dr. Avkash Jadhav began his deliberation on ***Emotional Management through Yoga***, by explaining the huge impact that unchecked emotions and subconscious have on our daily lives. He stated, "Until we make the unconscious conscious it will direct your life and you will call it fate. And this is where Yoga helps." This perfectly illustrates

## SPECIAL GUEST



**Dr. Avkash Jadhav**  
Head and Associate Professor,  
Department of History  
St. Xavier's College (Autonomous)  
Mumbai, India

how the practice of yoga and meditation can aid in aligning oneself with the world and people around them. By embracing what life has to offer, Dr. Jadhav said, we are rewarded with high emotional intelligence which makes us patient, less impulsive, a good listener and allows us to become more constructive and empathic in nature. Life, as he explained, has a way of leading our personalities in many different ways. Yoga can be used as a tool to help us figure out who we can be. Dr. Jadhav also dived into the topic of Gaslighting and its various types. Gaslighting is a type of psychological abuse where the victim is made to question their sanity, memory and perception. He said that many individuals experience gaslighting in their daily lives but are completely unaware of it. He concluded by highlighting the role of Yoga in achieving



**Pamela Dhonde**  
Core Committee Member  
KAASH Foundation



**Titiksha Kabra**  
Youth Brigade Member  
KAASH Foundation



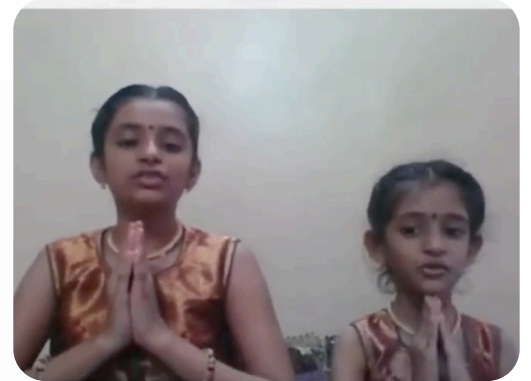
**Harsh Arkal**  
Member  
KAASH Foundation

a sense of self realization and the power of the subconscious mind.

Thereafter, Titiksha Kabra shared the concluding remarks for the evening and delivered the vote of thanks. Lastly,



**Megha Patel**  
Youth Brigade Member  
KAASH Foundation



**Niharika and Vrisha Malvankar**  
Members  
KAASH Foundation

**Niharika and Vrisha Malvankar**, Team Members of KAASH Foundation recited a Sanskrit *Shloka*, signifying the importance of happiness in one's life. This gave a fitting end to the Inauguration of the International Yoga Week.

## DAY 2: 12<sup>TH</sup> INTERNATIONAL SYMPOSIUM | 16<sup>TH</sup> JUNE, 2021

Anchored by **Ms. Priti Saboo**, Day 2 of the International Yoga Week commenced with the recital of a Sanskrit *Shloka* by **Yashita Rane**, Team Member, KAASH Foundation. The *shloka* attributed Good Health to be the greatest blessing for any individual. Ms. Saboo then proceeded to invite the Founder-Trustee Dr. Avkash Jadhav to brief the audience on the 12<sup>th</sup> International Symposium and to extend a warm welcome to the eminent speakers that were present. After the introduction of

KAASH Swaasthya Manthan by Ms. Alpa Mehta, **Dr. Chintan Jadia**, Core Committee Member, KAASH Foundation was called to invite and moderate our **First Special Guest**, **Dr. Suresh Lal Barnwal**. Dr. Barnwal is the Dean and Head of the Department of Yogic Sciences and Human Consciousness at Dev Sanskriti Vishwavidyalaya in Haridwar, Uttarakhand. He has an experience of over two decades in teaching and research guidance in the field of Yoga. So far, he has attended over 80 International and

National Seminars, Conferences and Workshops. He also has publications in over 20 International and National Journals to his credit. Dr. Barnwal's book 'Yoga aur Mansik Swaasthya' (Yoga and Mental Health) was published for the university students in 2002. For the Symposium, Dr. Barnwal discussed on **Yogic Lifestyle in the present scenario**. He commenced his session by illustrating the importance of vedic lifestyle and its importance in today's time. Dr. Barnwal mentioned *ahar* (food) as

the first step to a yogic lifestyle. To support this, he quoted a verse from the Upanishads which states that only food purifies us from within. It is through this purification we undergo a complete self development. This purification also removes all our sorrows and miseries. In *hatt* yoga, this purification is achieved through *asana*, *mudra*, *pranayama*, *pratyahara* and other yogic methods. He also described the various benefits of *pranayam* and meditation. However, Dr. Barnwal pointed out that due to ignorance or *avidya* we are unable to see the miseries around us and this forms the root of all mental illnesses. These illnesses can be cured with *Surya Namaskar*, *Chakrasana* and *Shadkarma Kriya*. Therefore, Yoga works on the root of all problems and according to the *shastras*, once the individual becomes aware that he is not the body, but the soul, he becomes free of all miseries.

After the enriching session, Dr. Jadia thanked Dr. Barnwal and shared his insights on the importance of Yoga. Thereafter, Ms. Saboo invited **Pamela Dhonde**, Core Committee Member, KAASH Foundation



**Ms. Priti Saboo**  
Team Member  
KAASH Foundation  
Coordinator, Kolkata Chapter



**Dr. Chintan Jadia**  
Core Committee Member  
KAASH Foundation

## SPECIAL GUEST



**Dr. Suresh Lal Barnwal**  
Dean and Head, Department  
of Yogic Sciences and Human  
Consciousness, School of Indology,  
Faculty of Yoga and Health, Dev  
Sanskriti Vishwavidyalaya, Haridwar,  
Uttarakhand, India

to introduce our **Second Special Guest, Ms. Jana Bagarova**. Ms. Bagarova, is the Founder of NAPLNO Dance and Yoga Centre in Prague, Czech Republic. She is not only a professional artist but also a certified yoga instructor. Ms. Bagarova was joined by her friend Ms. Zuzana, who has an Iyengar background and teaches the Vinyasa dynamic flow. She believes in integrating mobility training and anatomy education in her classes.

Ms. Bagarova commenced her session on the ***Elucidation of Life through Yoga in Czech Republic***, by showcasing the various programs offered by her studio and how Yoga in Czech Republic has become a catalyst for families to bond; for individuals to find a natural way to inner peace and improve their overall well-being. Ms. Bagarova recounted her meditation sessions in India, where she felt the need to build a safe community of individuals across backgrounds, ages and genders who could find their inner potential by learning to live to the fullest. This, of course, was the birth of NAPLNO. Ms. Zuzana, who lived in Bali for 3 years, expressed how she rediscovered a rich community in the healthy and exciting atmosphere of NAPLNO when she returned to Prague. Ms. Bagarova spoke about the benefits of their self-produced lavender products. She went on to explain that one of her inspirations to start NAPLNO was when Vaclav Krejick

## SPECIAL GUEST



**Ms. Jana Bagarova and Ms. Zuzana**  
NAPLNO Dance and Yoga Centre  
Prague, Czech Republic



**Yashita Rane**  
Member  
KAASH Foundation

brought the first studio to Prague in 1992. She highlighted the efforts of the youth and the country's gorgeous landscape as major factors for Yoga's popularity in the Czech Republic. Ms. Zuzana and Ms. Bagarova explained that sharing your opinions while at the same time listening to others without prejudice can really be a healing and wonderful experience. Yoga, as Ms. Zosanna said, has grown exponentially in the past couple of years, but still has a long way to go.

After their extremely interesting segment concluded, Pamela Dhonde thanked Ms. Bagarova and Ms. Zuzana for reflecting the importance of Yoga in their country. Thereafter, Ms. Saboo called upon Ms. **Sana Gaikwad** to recite the Sanskrit *Sloka* which brought an end to the Second Day of the International Yoga Week.

## DAY 3: 19<sup>TH</sup> HEALTH WEBINAR | 17<sup>TH</sup> JUNE, 2021

The anchor, **Ms. Bhavana Pancholi**, Team Member, KAASH Foundation commenced Day 3 of the International Yoga Week by briefing the audience about the past two days' event. She called upon **Tanisha Nar**, Team Member, KAASH Foundation, to continue the tradition of reciting a meaningful *sloka* which marked the start of the 20<sup>th</sup> Health Webinar. The *Shloka* emphasized on the role of exercise in burning out excess fat from our body. After this, Ms. Pancholi passed the baton to Ms. Renuka Vyas, Joint Director, KAASH Foundation to elucidate about the Foundation's excellent work in the field of health and women empowerment. After



**Ms. Bhavana Pancholi**  
Team Member  
KAASH Foundation

the introduction of KAASH Swaasthya Manthan by Ms. Alpa Mehta, Ms. Pancholi called upon **Ms. Pooja Malkar**, a Practicing Naturopath and Core Committee Member, KAASH Foundation to invite and moderate our **First Special Guest** for the Day, **Shri. Vijay Kukreja**. Shri. Kukreja is YCB Certified by the Ministry of AYUSH, Government of India. He is also a Yoga Teacher, Lecturer, Consulting Naturopath and Yoga Consultant as well as the Founder of Arogya Yoga and Naturopathy Institute, Maharashtra, India. He has authored various books such as, *Lose Weight Not Hope*, *Yoga and Wellness – Level 1*, *Yoga and Wellness – Level 2* and *Yoga and Youth*. Shri. Kukreja is also the recipient of the Jeevandeept Gaurav Puraskar and has been awarded a Lifetime Naturopathy Practitionership by All India

### SPECIAL GUEST



**Shri. Vijay Kukreja**  
YCB Certified, Ministry of AYUSH  
Government of India  
D.N.Y.S., Naturopath  
Yoga Teacher, Lecturer, Consulting  
Naturopath and Yoga Consultant.  
Founder, Arogya Yoga and Naturopathy  
Institute  
Maharashtra, India

Nature Cure Federation.

Speaking on ***Yoga: A Catalyst to Boost Immunity Levels***, Shri Kukreja started his segment by explaining how the current scenario has left many of us worried and stressed not only about the state of our immunity levels but also, the safety of loved ones. This has urged a majority of individuals, whose busy lives have led them to neglect themselves, to seek out the different ways of improving and uplifting their mental as well as physical health. He spoke about the holistic ways of doing so. Shri Kukreja also discussed the importance of sleep, more importantly, undisturbed deep sleep and the vital role it plays in determining how strong our immunity is. He explained how sleep deprivation can lead to the reduction of an essential cell known as cytokines resulting in immunity vulnerable to infectious diseases. The T cells, he continued, are another set of cells that are responsible for keeping infections at bay, and are also affected by lack of sleep. He also went on to explain the five types of brain waves and how traditional yogic techniques of meditation and relaxation can help in regulating the waves, thus, resulting in the reduction of anxiety, stress

### SPECIAL GUEST



**Shri. Uday Deshpande**  
Chief Trainer and Hon. Chief Head,  
Shree Samarth Vyayam Mandir,  
Mumbai, India

and increase in concentration etc. Finally, he concluded his deliberation with the relevance of *Pranayama*.



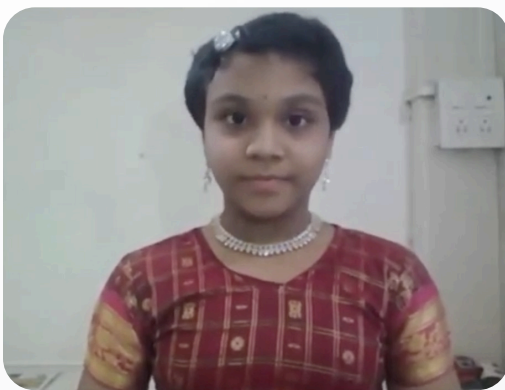
**Ms. Uma Parab**,  
Team Member  
KAASH Swaasthya Manthan

Ms. Pancholi then called upon **Ms. Uma Parab**, a Natural Therapist, Yoga Trainer and Committee Member, KAASH Foundation to invite and moderate our **Second Special Guest**, **Shri. Uday Deshpande**. Shri. Deshpande is the Chief Trainer and Hon. Chief Head of Shree Samarth Vyayam



**Ms. Pooja Malkar**  
Core Committee Member  
KAASH Foundation

Mandir in Mumbai. He has been a part of various international and national bodies, to promote the practice and training of Mallakhamb. Committed to promoting Mallakhamb abroad, he was instrumental in the formation of Mallakhamb Federation USA in 2015 and Malaysia Mallakhamb Federation in 2019. At the national front, he has been organising Mallakhamb Camps in all Indian States and providing technical assistance to establish State Mallakhamb Associations. As a coach, he has also trained differently abled children, adivasi and vanvasi students, jawans and commandos of the Central Industrial Security Force.



**Tanisha Nar**  
Member  
KAASH Foundation

Shri. Deshpande deliberated on, *Mallakhamb: An Extension of Yoga on Poles and Ropes*. Commencing with the trajectory of how the International Day of Yoga came into existence in 2015, Shri. Deshpande also recounted the proposal



**Mahek Kapoor**  
Member  
KAASH Foundation

put forth by him to have Yoga declared as a subject in all schools; to establish a Yoga Vidyapeeth in the state and to declare a standard criteria to qualify and certify all Yoga teachers and instructors. He then proceeded to explain that the practice of Mallakhamb has various dimensions. While at times, it is practiced as a form of martial or performing arts; at times, it is also performed as an extension of Yoga on Poles and Ropes. According to Shri. Deshpande,

just as yoga *asanas* are performed on ground, they can also be performed on ropes and poles, which in fact, increases the strength of the body, concentration of the mind and neuro-muscular coordination. The session was then followed with a live demonstration of Mallakhamb by the members of Shree Samarth Vyayam Mandir. While the boys performed yoga *asanas* like *Shirshasana* (hanging the body upside down which increases blood flow to the brain), *Halasana* (Plow Pose), *Padahasthasana* (standing forward bend) and *Vrikshasana* (Tree Pose) on the Mallakhamb Pole, the girls performed *Savasana* (Corpse Pose), *Dhanurasana* (Bow Pose), and the inverted version of *Natarajasana* (Dancer Pose) on the Mallakhamb Rope. The girls as well as the boys ended their demonstration by forming a human pyramid on the rope and the pole to showcase team spirit and coordination.

Thereafter, Ms. Pancholi shared the vote of thanks and invited Mahek Kapoor, Team Member, KAASH Foundation to recite the Sanskrit *Shloka* which was an appeal to the universe to help live our lives with satisfaction. This brought an end to the 19<sup>th</sup> Health Webinar.



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**DEV SANSKRITI  
VISHWAVIDYALAYA**

**Dr. Avkash Jadhav**  
Director  
Centre for Academic and Professional Development (CAPD)  
Founder – Trustee  
KAASH Foundation

*Atinaya Dr Jadhav Ji*

At the outset, let me first congratulate you for the initiative by KAASH Foundation's KAASH Swaasthya Manthan to celebrate the International Yoga Week from 15<sup>th</sup> June 2021 – 21<sup>st</sup> June 2021. The present times has indeed necessitated the organization of such initiatives, to promote and propagate the vitality of Yoga in our lives.

The diligence and dedication with which KAASH Swaasthya Manthan has been working in the Health Sector is indeed incredible and fabulous. We, at Dev Sanskriti Vishwavidyalaya, have learnt of the various projects and endeavors undertaken by KAASH Foundation on its Four Verticals of Education, Environment, Health and Heritage, since its inception in October 2019.

Once again prayers to Param Pujya Gurudev, Pt. Shriram Sharma Acharya ji for the success of your event and well-being of all.

Sincerely

*Chinmay P.*

**Dr Chinmay Pandya**

## DAY 4: 20<sup>TH</sup> HEALTH WEBINAR | 18<sup>TH</sup> JUNE, 2021

**Ms. Jaanhavi Malkar**, the anchor for the 20<sup>th</sup> Health Webinar, commenced the Fourth Day of the International Yoga Week with a recap of the past three days gone by. This was followed by **Hrudaya Vartak** reciting a Sanskrit *Shloka*, to mark the beginning of the webinar. The *Shloka* highlighted the importance of a 'Guru' or a 'Teacher' in one's life. After the introduction of KAASH Foundation and KAASH Swaasthya Manthan by Ms. Renuka Vyas and Ms. Pooja Malkar respectively, Ms. Jaanhavi called upon **Ms. Alpa Mehta** to invite and moderate the *First Special Guest* for the evening, **Dr. Surendra Kumar**.

Dr. Kumar is the Head of the Department of Yogic Sciences at Gurukula Kangri (Deemed to be University) in Haridwar, Uttarakhand. He has over 29 years of experience in teaching yoga philosophy and 20 years of experience in guiding research scholars. Along with this, he has two published books and 28 research papers to his credit. In 2018, Dr. Kumar was the recipient of the Yoga Shirimani Award for his contribution to the field of Yoga. He commenced his session on

by reiterating the relevance of Yoga in the present scenario. As we continue to live in the midst of the COVID 19 pandemic, people are experiencing a lot of emotional turmoil. Referring to the *Shastras*, Dr. Kumar mentioned that our mind is the source of both, *dukkha* and freedom. He compared our mind to the lens of a camera. According to him, just as a better resolution lens would capture



**Ms. Jaanhavi Malkar**  
Team Member,  
KAASH Foundation

### SPECIAL GUEST



**Dr. Surendra Kumar**  
Head, Department of Yogic Sciences,  
Gurukula Kangri (Deemed to be  
University)  
Haridwar, Uttarakhand  
India

high quality photographs of things that fall into its range, a refined and a strong mind would capture the positive energy around. This positive energy would then help breed good thoughts and knowledge and bring us closer to happiness and freedom. But Dr. Kumar also highlighted that when the mind is in a state of turmoil due to certain factors, it binds us. He mentions that according to Allopathy, *raag*, *dvesh*, stress, anxiety, depression and phobia are some of the factors that lead our mind into turmoil, while Ayurveda states greed, jealousy, desires and negative energy as reasons for mental instability. All of this, as Dr. Kumar argues, can be resolved with Yoga. The practice can help change one's approach towards life which could result in a stronger and a stable mindset.

After Dr. Kumar concluded his riveting session, Ms. Mehta then proceeded to introduce and moderate our *Second Special Guest* for the day, **Dr. Rajvi Mehta**. Dr. Mehta, who studied directly under Guru B.K.S. Iyengar, is a Senior Yoga Teacher at Iyengar Yogashraya. Ms. Mehta is an advisor to the Ministry of AYUSH and Founder-Editor of the magazine 'Yoga Rahashaya', which has a subscriber base in over 40 countries. She has completed her doctorate in reproductive biology and is an

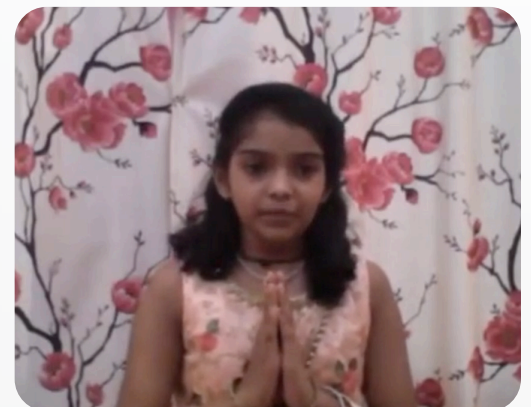
### SPECIAL GUEST



**Dr. Rajvi H. Mehta**  
Senior Yoga Teacher  
at Iyengar Yogashraya

expert in the field of Assisted Reproductive Technologies. Currently, she is a consultant to Trivector Biomed and CooperSurgical India as well as an Executive Member of ACE.

Dr. Mehta commenced her session on *Yoga under Extreme Adversities* by appreciating Dr. Kumar's session, especially his focus on the vital role played by our mind in controlling our emotions and actions. Her objective for the session was to create awareness on how the practice of yoga helps



**Hrudaya Vartak**  
Member,  
KAASH Foundation

to overcome the most adverse situations. Dr. Mehta spoke of how the pandemic has left many feeling stressed and depressed, emotionally as well as physically. Yoga, as Ms. Mehta explained through the words of B.K.S. Iyengar makes it much easier for people to handle themselves in the midst of adverse circumstances (e.g. COVID 19 Pandemic) as it aligns our body with the mind and inner-self. She shared an example of a study whose findings showcased individuals to have reduced levels of mood swings and anxiety disorders due to the practice of Yoga. Another study, as

explained by Dr. Mehta, proved that the prefrontal cortex of yoga practitioners has an increased blood flow as compared to non-practitioners.

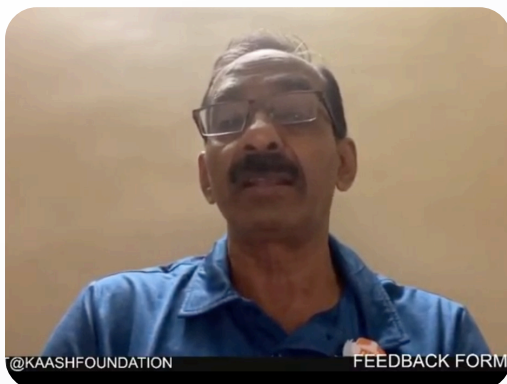
Dr. Mehta also shared inspirational examples of yoga practitioners such as war veterans and even amputees using yoga to cope as well as assist themselves on their quest for a healthy lifestyle with the help of a teacher. She also recounted an amazing story of a cancer patient, Shirley Eckert who sailed through her journey with the practice of yoga. These remarkable instances, as

Dr. Mehta concluded, are examples of individuals, who along with their practice were able to alter their approach towards life which changed how they interacted with the world around and within themselves.

Thereafter, Ms. Alpa Mehta thanked Dr. Mehta for her wonderful session and invited Ms. Jaanhavi Malkar to share the closing remarks. As always, Day 4 of the International Yoga Week ended with a beautiful Sanskrit *Shloka* by Hrudaya Vartak which appealed for peace to reign in the universe.

## DAY 5: 13<sup>TH</sup> INTERNATIONAL SYMPOSIUM | 19<sup>TH</sup> JUNE, 2021

Ms. Ranjita Lodha, the anchor for the Fifth Day of the International Yoga Week, commenced the session with a recap of the events that were held since 15th June 2021. After the introduction of KAASH Foundation and KAASH Swaasthya Manthan by Dr. Avkash Jadhav and Ms. Alpa Mehta respectively, Ms. Lodha invited Sana Gaikwad, Team Member, KAASH Foundation to recite a Sanskrit *Shloka*, which reflected on the importance of exercise in strengthening and stabilizing the body. This marked the start of the 13th International Symposium.



**Mr. Alkesh Shah**  
Core Committee Member  
KAASH Foundation

Thereafter, Mr. Alkesh Shah, a Practicing Naturopath, Sujok Therapist and a Core Committee Member of KAASH Foundation, was asked by Ms. Ranjita to invite and moderate the First Special Guest for the evening, Ms. Panna Panchal. Ms. Panchal is the Founder of Panna Yogarts in Harrow, United Kingdom. She works extensively to enhance focus and teach various meditation methods. She has worked with people



**Ms. Panna Panchal**  
Founder, Panna Yogarts  
Harrow, United Kingdom

across various categories, including the differently abled and people with physical and mental issues. In 2018, at the request of her students, Ms. Panchal wrote a book titled, 'Spread your Wings with Panna' which contains all her tips, instructions and a whole lot of inspirational quotes. Over the years, Ms. Panchal has been organizing yogic trips around the world. These tours include sightseeing, knowledge, and history about the culture of that place, some yoga, Ayurveda and Naturopathy therapies. Ms. Panchal commenced her segment on Integrating Yogic Tips and Philosophies into our Lifestyle by urging individuals to



**Ms. Jana Patil**  
Yoga Instructor  
Prague  
Czech Republic

evolve beyond the perception of yoga as a mere form of exercise and onto a more spiritual level by weaving the wise words and works of yogis into the fabric of our daily lives. This, according to her, not only improves one's physical health but also, any underlying emotional or mental hindrance. She emphasized on how one need not live in an isolated forest to achieve this spiritual way of life and wade themselves of the negativity. It may be difficult, but it is possible to do so in your very own society. The key, as she concluded, is to be honest and open with yourself, be simple in thought and most importantly, laugh.



**Ms. Ranjita Lodha**  
Team Member  
KAASH Foundation

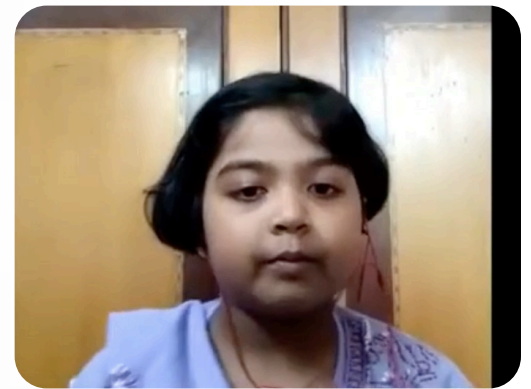


**Ms. Ramaa Subramaniam**  
Founder  
Pride Age India

sessions conducted on the island behind Charles Bridge as well as the many events celebrated by the Indian Embassy in Prague. She also explained about yoga studios in Czech Republic and the different types of Yoga courses (in Iyengar Yoga, Bikram Yoga and Vinyasa Yoga) offered by them. She also elaborated on some of the influential figure heads in Czech Yoga like Rudolf Skarnitzl, Misa Tomasova and Eduard Tomas, Mila Mrunstikova and Milan Polasek. Being married to an Indian man, Ms. Patil spoke of how she practices yoga everyday and how it has helped her in her daily life. She also briefed the audience on the various Yogic Mudras.



**Sneha Wadhwa**  
Member  
KAASH Foundation



**Sana Gaikwad**  
Member  
KAASH Foundation

After Mr. Alkesh Shah thanked and appreciated Ms. Panchal for her enthralling session, Ms. Lodha then called upon Ms. Rama Subramaniam, the Founder of Pride Age India and the Joint Affiliate Partner for the International Yoga Week to invite and moderate the Second Special Guest for the evening, Ms. Jana Patil. Ms. Patil is a business

professional, mentor and a coach from the Czech Republic. She started learning and practicing Yoga during her days as a university student and her love for it has made her continue its practice even today. Ms. Jana Patil has been actively involved in organizing Indian festivals and events as part of an organization called Bharat Sangh Czech Republic, in conjunction with the Indian Embassy in Prague, through which, she has been regularly participating in International Yoga Day events. This has indeed brought her in contact with various Yoga organizations, camps, runners groups and gyms. Ms. Jana Patil believes that Yoga has brought peace, calmness, enlightenment, fitness, understanding and compassion into her life. And in relation to this, Ms. Patil decided to share her experiences about the practice of Yoga in Czech Republic and in her Life. She commenced her session by delightfully introducing herself in Hindi and expressed the overwhelming love that the Czechs have for yoga. She then elaborated on their work in collaboration with the Indian Embassy, such as yoga

Thanking Ms. Patil for her insightful deliberation, Ms. Subramaniam concluded the session with a small prayer. Thereafter, Ms. Renuka Vyas was invited by Ms. Ranjita to share her concluding remarks, after which Sneha Wadhwa, Team Member, KAASH Foundation recited a Sanskrit Shloka. The Shloka, signifying the presence of goodness and humanity in the world, marked an end to the 13th International Symposium.

## DAY 6: 21<sup>ST</sup> HEALTH WEBINAR | 20<sup>TH</sup> JUNE, 2021

The 21<sup>st</sup> Health Webinar was chalked out with the deliberations of two eminent professionals. It began with **Ms. Lippika Podar**, our anchor for the day, introducing the audience to the Sixth Day of the International Yoga Week. She recapped the past five days of the week and welcomed all the audience members. To set a great tone to the event, **Jiya Matkar**, a young Team Member of KAASH Foundation recited a very beautiful Sanskrit *Shloka* which emphasized on looking after our digestive

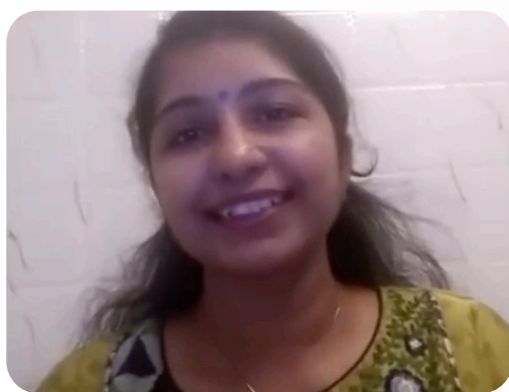
systems for a smoother life.

After the introduction of KAASH Foundation and KAASH Swaasthya Manthan by Pamela Dhonde and Ms. Renuka Vyas respectively, the event took a head start with **Ms. Dixita Parmar** (B.optom), inviting and moderating our **First Special Guest** for the webinar, **Dr. Urmi Shah**. Dr. Shah is a Cataract Surgeon and a Medical Retina Specialist. She consults out of 2 clinics in Mumbai – Eye

Solutions at Kemps Corner and All Doctors Clinic at Walkeshwar. After completing her MBBS at the prestigious Seth GS Medical College and KEM Hospital in Mumbai, Dr. Urmi went on to pursue her Masters in Ophthalmology at St. John's Medical College and Hospital, Bangalore. She treats various retinal diseases like Diabetic Retinopathy, Retinal vein occlusions and Age Related Macular Degeneration by giving intravitreal injections, Intravitreal implants or Retinal Laser. Other than retinal conditions, she



**Ms. Lippika Podar**  
Team Member  
KAASH Foundation



**Ms. Dixita Parmar**  
Team Member  
KAASH Swaasthya Manthan

#### SPECIAL GUEST



**Dr. Urmi Shah**  
General Ophthalmologist and Medical  
Retina Consultant

has great expertise in managing general ophthalmology problems like Glaucoma, eyelid problems, eye infections, dry eyes and Uveitis. With most of the activities taking place digitally due to the COVID19 pandemic, thus resulting in a longer screen time, it was best suited for Dr. Shah to deliberate on ***Eye Care in times of COVID***. Her talk addressed three vital issues: Conjunctivitis and COVID, Mucormycosis and Eye Care.

‘Conjunctivitis is one of the symptoms for COVID19’ is a misconception that has arisen in this situation of the pandemic. Dr. Shah began her session by dispelling such myths. Conjunctivitis does not spread with eye contact, but only with physical contact. It is a viral infection. If conjunctivitis is not accompanied by any other COVID symptoms like cough or fever, then it can be derived to be a plain case of conjunctivitis. In this paranoid environment, one has to remember that severe eye pain and redness without sticky discharge isn't conjunctivitis. Dr. Shah refers to certain precautions

like frequent hand washing and separate napkins to keep conjunctivitis at bay. She also recommends antibiotic drops without steroids to be the best cure.

Further, Dr. Shah dealt with the evolving illness of Mucormycosis. This condition happens after 3-4 weeks of being tested positive for COVID due to high sugar levels. The fungus Mucor always stays around us but attacks only when our immunity drops. It starts with attacking the nose, sinuses, eyes and finally the brain. Proper monitoring and control of sugar can help us avoid Mucormycosis. An early detection of this condition becomes very important for better health. A prompt hospitalised treatment, amphotericin injections and surgery (if required) can help the patient.

Dr. Shah further addressed a frequently asked question about taking care of our eyes due to the increasing screen time. Young kids develop optical numbers while older kids and adults face digital strain. It further results in headache, eye strain, blurry vision, neck pain and dry eyes which is a matter of concern. The prevention of such troubles due to digital factors can be dealt with using a technique of ‘20-20-20’ as professed by Dr. Shah. “If every 20 minutes we take a break of 20 seconds and focus on something 20 metres away from us then

digital strain won't be a problem”, stated Dr. Shah. To address this medical condition, use of lubricating eye drops 4-6 times a day with doctor's recommendation is helpful.

A new phenomenon called Mask Associated Dry Eyes (MADE) has taken prominence in current times. This issue happens when the upper end of the mask leaves some open space. We breathe out warm air and it reaches our eyes directly and continuously. It leads to heavy dryness and redness. Hence using masks with nose clips which do not leave any upper space and lubricating eye drops is the solution. With work from home and online classes taking control of our lives, we must also address the problem of increasing optical numbers. Dr. Shah also emphasized over the right way to work at the computer. She recommended sitting on a chair and table, keeping the screen-top at eye level, having your back straight, and keeping the device 1.5-2 feet away.

According to Dr. Shah, children should inculcate the habit of conscious blinking and avoid rubbing eyes constantly. Dr. Shah's expertise in various areas helped everyone to know more about our sight. Without such proper guidance, taking good care of our eyes in such times would have become really difficult. Giving a few healthy lifestyle tips, Dr. Shah ended her deliberation.

The evening was taken ahead by Mr. Alkesh Shah, a Naturopath and Sujok Therapist. Mr. Shah introduced our ***Second Special Guest, Shri. Vinayak Paranjpe***. Shri. Paranjpe is a holistic health healer. He deliberated on ***Yoga and Acupressure: Two Sides of the Same Coin***. This fascinating title needed some explanation before going ahead. Mr. Paranjpe elaborated that the coin we are talking about is the body. The key concern of this talk is to find parallel differences and significance of these ancient practices.

As we know ‘Acupressure’ is an ancient healing art that is based on the traditional Chinese medicine practice of acupuncture. On the other hand, ‘Yoga’ stands witness to the ancient Indian knowledge of the land. The speaker defined Yoga using various literary references. According to Patanjali, *Yogaha Chitta Vrutthi Nirodhaha* which means yoga controls the soul and the mind. It is the connection of our minds and the cosmos. It involved full involvement of all the elements. The Yoga propounded in classes at urban centres rely heavily on *Hathayoga* which helps us deal with

## SPECIAL GUEST



**Shri. Vinayak Paranjpe**  
Holistic Health Healer

physical problems. But this simple term is far more complex than we think.

Yoga according to Patanjali is based on *Ashtangas*- the eight vital elements. These are *Yama*, *Niyama*, *Aasana*, *Pranayama*, *Pratyahara*, *Dharna*, *Dhyan* and *Samadhi*. The first four elements address a body's relation with external factors but the next four help us to look within ourselves. The ultimate aim of *samadhi* is reduced to only flexibility and fitness.

The *aasanas* which are controlled body movements and postures undertake a huge task of letting the free movement of *pranashakti* - life energy in the body. This life energy looks after every miniscule cell of ours. *Aasanas* are simple life energy movers. The Acupressure also believes in the life energy concept and has several similarities.

The ancient Indian wisdom stated that life energy moved through 72,000 '*Naadis*'- invisible carriers in our body. While Acupressure propagates the idea of 14 meridians with similar functions, Shri. Paranjpe looks at 14 meridians as the condensed version of 72,000 '*Naadis*'. The *Naadis* like *Ida* and *Pingla* are very much similar to 'Ren' and 'Du' meridians. The *Chandra Naadi* and *Surya Naadi* resembling

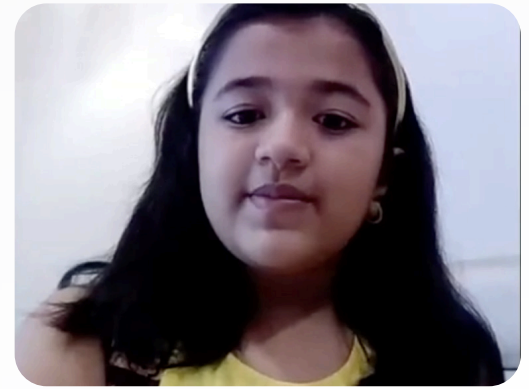
coolness and warmth can be observed as conceptual vessels and governing vessels in the domain of Acupressure.

But there stands a difference when it comes to the presence of *Sushmana Naadi*. The yogic wisdom believes that when *Chandra Naadi* and *Surya Naadi* balance, then the life energy moves through the *Kundalini Shakti* and all 7 Chakras before reaching the *Sushmana Naadi* which connects us to universal consciousness. The element of *Samadhi* in Yoga tends to be missing in Acupressure.

In both, the practice and the movement of life energy is very important. According to Shri. Paranjpe, they both work to remove diseases - which are the traffic jams in the *Naadi/meridian* circuit. Acupressure exerts external pressure to take away congestion while a combination of different *asanas* ensures better flow. The prime difference however remains, as yoga is something that one has to practice on their own. No external help can assure yogic benefits, but Acupressure can be practised by someone else too. Speaking about this extensive relationship between yoga and acupressure, Shri. Paranjpe firmly believes that yoga and acupressure should be complementary to each other. If one gets treated with acupressure it becomes easier to practise yoga in the longer run.

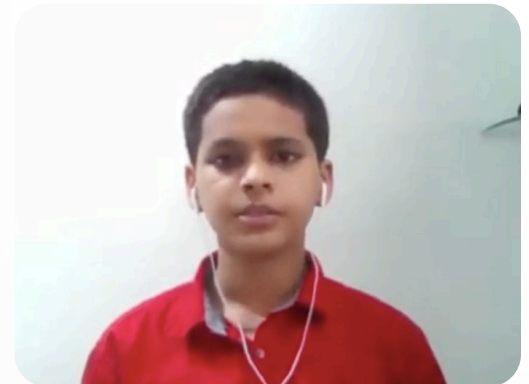
Mr. Paranjpe also discussed his own research which focuses on better eyesight without glasses. This study relies upon personal experiences. Sharing anecdotes, Shri. Paranjpe mentions using glasses for 20 years after being diagnosed for retina haemorrhage. But after that he changed his approach and gave up glasses. The optical number hasn't significantly dropped but he is free of glasses now. The '*pranik* energy' reaching his eyes has made such a great change.

Before sharing a few techniques to get rid of glasses, Shri. Paranjpe suggested two books for further references. He mentioned Dr. Bates's 'Better Eyesight without Glasses' and 'Kashala Hava Toh Chashma' by Dr. Balakrishna Khare which helped him understand the topic better. The exercises which he referred to were palming (giving warmth to eyes), focusing on near and distant objects, eye rotations and stargazing. Along with these movements of finger tips over the orbit of the muscles around the eyes can help us stimulate the acupoints



**Jiya Matkar**  
Member  
KAASH Foundation

there. He also recommended recitation of Chakshu Upanishad Mantra 12 times in the morning to attain positivity. Shri. Paranjpe congratulated KAASH Foundation for their efforts and ended his deliberation on that note.



**Kabir Gokhale**  
Member  
KAASH Foundation

At the end it was **Kabir Gokhale**, Team Member, KAASH Foundation who recited a Sanskrit *Shloka* for the evening. The *shloka* recommends exercises for body growth, better digestion and removal of 3 *doshas* (defects). Finally, Ms. Lippika Podar took over and extended a vote of thanks to the speakers, program directors, collaborators, Kaash Foundation members and the audience. The 21<sup>st</sup> Health Webinar and the 6<sup>th</sup> Day of the International Yoga Week Celebration left everyone with tremendous knowledge and techniques to imply in their daily lives.

## DAY 7: INTERNATIONAL DAY OF YOGA | 21<sup>ST</sup> JUNE 2021

21st June 2021 marked the seventh and the last day of the International Yoga Week, which coincided with the International Day of Yoga. The seventh day began with Harsh Arkal, Team Member, KAASH Foundation, reciting a Sanskrit *Shloka* which paid reverence to the great Sage Patanjali who is considered to be one of the greatest yoga masters of all times, the author of the principle text on yoga — the Yoga Sutras, in whom is present the soul of all great masters of yoga who practiced, taught and lived yoga in their lives.

Next, Ms. Megha Patel, team member of the Youth Brigade of KAASH Foundation, guided the audience through a summary of the past 6 days of the International Yoga Week. Then, Dr. Avkash Jadhav, Founder-Trustee, KAASH Foundation shared his views on the event and expressed his happiness and gratitude towards all the collaborators who helped make this event possible and triumphant. After the introduction of KAASH Swaasthya Manthan by Ms. Renuka Vyas, Titiksha Kabra, our anchor for the day, took the proceedings ahead with the first performance of the day.

Gauravi Pradhan, Youth Brigade Member, KAASH Foundation, shed light on the concept of Deep Yoga and introduced the first performance of yoga for the day. Deep as Yoga is considered to be the best way to

increase concentration and calming the mind. This practice requires one to have a completely still mind, as even the slightest of the movements would render the lamp unstable. The performance of Deep Yoga by Ms. Jaanhavi Malkar, Ms. Pooja Malkar and Ms. Uma Parab was riveting. Their movements were elegant and graceful that integrated the beneficial aspects of yoga with beauty and thrill. Their demeanor was calm which evoked a similar emotion in the audience. Even when these talented women twisted and turned themselves to recreate the various asanas, the diya between their forehead never once wavered.

Thereafter, Ms. Priti Saboo, Team Member, KAASH Foundation and Coordinator, Kolkata Chapter, introduced the concept of Surya Namaskar (which literally translates to Sun Salutation). Surya Namaskar is a practice in yoga incorporating a flow sequence of some twelve gracefully linked asanas. The basic sequence involves moving from a standing position into Downward and Upward Dog poses and then back to the standing position, but many variations are possible. The set of 12 asanas is dedicated to the solar deity Surya. In some Indian traditions, the positions are each associated with a different mantra. There are many benefits of performing Surya Namaskar regularly. It tones muscles and improves flexibility, helps in hormonal balance,

increases energy and awareness levels among many other things.

Members of the Institute of Yogarts in Harrow, United Kingdom, demonstrated the Surya Namaskar. They were guided by Ms. Panna Panchal, the Founder of the institute. Ms. Panchal has been teaching different types of yoga, relaxation and meditation for over two decades. The three members began the sequence, by starting in *Pranamasana* or the Prayer pose. They went through the next 11 steps of *Hasta Uttanasana* (Raised arms pose), *Hastapadasana* (Standing forward bend), *Ashwa Sanchalanasana* (Equestrian pose), *Dandasana* (Stick pose), *Ashtanga Namaskara* (Salute with eight parts or points), *Bhujangasana* (Cobra pose), *Adho Mukha Svanasana* (Downward facing dog pose), *Ashwa Sanchalanasana* (Equestrian pose), *Hastapadasana* (Standing forward bend), *Hasta Uttanasana* (Raised arms pose) and finally, *Tadasana* (Mountain Pose).

Following this, Ms. Renuka Vyas spoke briefly about the International Day of Yoga and the efforts of the Ministry of AYUSH, Government of India to promote the benefits of yoga in everyday life. The Ministry has prescribed the Common Yoga Protocol, which is essentially a guideline that gives information on basic and easy to perform yoga poses and *asanas* that can

### PHOTO GALLERY



Ms. Jaanhavi Malkar, Ms. Pooja Malkar and Ms. Uma Parab, Team Members of KAASH Swaasthya Manthan performing the Deep Yoga



Members of the Institute of Yogarts performing the Surya Namaskar under the guidance of its Founder - Ms. Panna Panchal

be practiced by people of all age groups. Ms. Pooja Malkar and Ms. Uma Parab, team members of KAASH Foundation demonstrated a few yoga practices from the Common Yoga Protocol. They began their performance by first chanting the Gayatri Mantra as it is believed to generate energy in the body. They then performed *sadilaja/cālana kriyas*, i.e. loosening practices that help in increasing microcirculation. After this, various pranayamas were presented. Pranayama is the yogic practice of focusing on breath. The duo showed how *kapalbhati*, *nadiśodhana* or *anuloma viloma pranayama* (alternate nostril breathing), *bhramari pranayama* and *shitali pranayama* are performed. This demonstration ended with a deep chanting of the 'om', the sound of the essence of the ultimate reality, consciousness or *Atman*. Ms. Pooja Malkar guided the entire demonstration in a very adept manner.

Thereafter, Ms. Lipika Podar, Team Member, KAASH Foundation, introduced the value of Yoga and gave a preamble to the performance of "Yoga in daily life" by Ms. Zuzana. Ms. Zuzana, Event Coordinator at NAPLNO Dance and Yoga Centre, Prague, Czech Republic demonstrated yoga practices that one can do in their everyday life. By taking out 15-30 minutes from one's busy schedule, one can incorporate healthy habits such as yoga that will be helpful in the long run. The demonstration by Ms. Zuzana was extremely pleasant and helpful. It had elements that seemed as though they would fit easily into one's daily exercise routine.

Ms. Alpa Mehta, Core Committee Member, KAASH Foundation, introduced the practice of mallakhamb and its demonstration by the members of Shree Samarth Vyayam Mandir, Dadar. Mallakhamb is a traditional sport, originating from the Indian subcontinent, in which a gymnast performs aerial yoga or gymnastic postures and wrestling grips with a vertical stationary or hanging wooden pole, cane, or rope. Under the guidance of Shri. Uday Deshpande, the Chief Trainer at Shree Samarth Vyayam Mandir, various members of the institute demonstrated the practice. The first performance was of Rope Mallakhamb, wherein the participant performs exercises while hanging on a rope suspended from a support at the top. This form of mallakhamb is generally performed by girls. The second performance was of pole mallakhamb which is considered

to be a strictly traditional form of mallakhamb. A free-standing pole made of teak or rosewood and smeared with castor oil is used as the prop. Participants perform various acrobatic feats and poses while hanging on the pole. This form of mallakhamb is generally performed by boys. The third performance was again of rope mallakhamb, however this time, the demonstrators wore nauvari sarees or single nine yard cloth. The coordination between the members while presenting a duet was impeccable.

After this, members of the Institute of Yogarts, Harrow, United Kingdom, gave a performance of yoga and meditation under the guidance of Ms. Panna Panchal. The demonstrators meditated with a brick on their head as it is believed to help one concentrate and connect with the cosmic energy. The activity was extremely calming and helpful.

Before the conclusion of the day, Niharika and Vrisha Malvankar, two of the youngest members of KAASH Foundation recited a Sanskrit *Shloka*. Pamela Dhonde, Core

#### PHOTO GALLERY



**Girls from Shree Samarth Vyayam Mandir performing Mallakhamb on a Rope**



**Boys from Shree Samarth Vyayam Mandir performing Mallakhamb on a Pole**

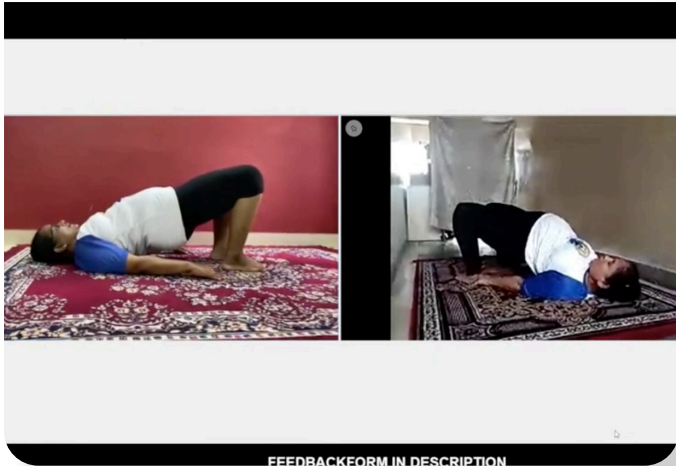
Committee Member, KAASH Foundation, presented the Vote of Thanks. By sharing her concluding remarks, Titiksha Kabra finally concluded the last day of the International Yoga Week.

As we draw the curtains to the weeklong gala celebrating Yoga, KAASH Foundation

would like to extend its heartfelt gratitude and appreciation towards all the collaborators, affiliated partners, resource persons and performers, whose presence and knowledge made this week extremely wonderful. The credit for the event's success also goes to the Organising Committee Members, especially Dr. Avkash Jadhav

and Ms. Renuka Vyas, and all the Youth Brigade Members of the Foundation, with special thanks to Ms. Jaanhavi Malkar for her creative instincts and Megha Patel, Rohan Hegde and Kishan Singhania for their technical expertise.

## PHOTO GALLERY



**Ms. Uma Parab and Ms. Pooja Malkar demonstrating a few yoga asanas from the Common Yoga Protocol as prescribed by the Ministry of AYUSH, Government of India**



**Ms. Zuzana from NAPLNO Dance and Yoga Centre demonstrating a few yoga postures**



**Girls in nauvari sarees performing Mallakhamb on a Rope**



**Members of the Institute of Yogarts demonstrating a few meditation techniques**

## EDITOR'S DESK



As the COVID virus raged over the world, tossing one wave after another, forcing people to retreat further into the four walls that they have been living in for a year and a half, KAASH Foundation continued to proceed forward looking for ways to help improve the lives of those who have been submerged physically and mentally by the pandemic. Our primary attempt was to focus on the health and wellbeing of individuals, especially women, who were now forced to work more hours than ever, as most family members stayed at home 24/7. They had barely any time to take care of themselves as they set about looking after the needs of the ever-demanding family. Reaching out to these women, KAASH Foundation arranged a month-long program to help them recover and maintain healthy weight. It was encouraging to see the women turn up for each of these sessions and share the positive effects they discovered.

The pandemic also found another team of warriors who continued to serve our society 24/7 and who put the citizens of the country above all their personal needs. They are our health workers who worked round the clock as the pandemic brought in one casualty after another. Our Founder, Dr. Avkash Jadhav, decided to celebrate his special day by dedicating to these warriors who put others before themselves. Braving the pandemic and meeting the warriors at their workplace; the COVID war room; he spent time with them, enquiring about their well-being and with little gifts tried to bring cheer into their daily routine which generally is filled with sordid news. This small gesture was able to bring in a ray of light in their otherwise bleak day.

Keeping in tune with the theme of the UN Environment Programme, "Reimagining, Recreating and Restoring our Ecosystem – A Way Forward to a Sustainable Environment", KAASH Foundation celebrated World Environment Day in collaboration with the Centre for Aromatic Plants, Department of Horticulture, Government of Uttarakhand and the National Service Scheme Unit, University of Mumbai, with a symposium where we had eminent speakers share their thoughts, research and information on how we can move forward to save our mother earth. As the world celebrated Yoga on 21 July,

KAASH Foundation felt that one day would not be enough to highlight the greatness of the effects of YOGA. So, we had a week-long celebration of YOGA practice, where each day unlocked the myriad effects of this subtle science. Along with this, we also hope to receive your feedback on our events and articles, so that we may improve upon it in every way we can.

## FOUNDER'S DESK



The astounding success of KAASH Foundation is attributed to its entire team. As rightly said by Andrew Carnegie: Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results. We have tried our best to infuse good energy through our events like the International Yoga Week. The health quotient of our society should always be high and it is this factor that will enable us to design a healthy growth chart. The extensive involvement of the youth during the World Environment Day event witnessed appreciation not just from all over India but even from the United Nations Environment Programme. This event appealed to everyone to plant a sapling and send us a photograph. The youngest participant for this event was just 3 years old and the oldest; 80 years old!

KAASH Foundation continues to grow as we carry on having active affiliations with various national and international institutions and members from all sections of society. The trust and encouragement from all our collaborators and our well-wishers constantly help us to achieve a new benchmark of success.

We will soon be inaugurating our on-field work and act as a catalyst of constructive change. It takes us less time to be a part of the change than to criticize the system and the society around us. It is possible for all of us to contribute and bring forth a society we aspire and wish for the next generation. Ideas without wings and conviction of action are merely a loss of words.

For this, we invite all stakeholders of the global society to join us in the mission of building a holistic and a secure world for our future generations to live in.

Be safe and Be healthy. Let us pray for Humanity.

## 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:-**  
 Gabriella D'Souza  
 Ruchira Sarma  
 Shoumik Rahate

# WEIGHT LOSS PROGRAM

by Krishna Sawant

*Weight loss doesn't begin in the gym with a dumbbell; it starts in your head with a decision.*

-Anonymous

The COVID 19 pandemic has made it extremely important for everyone to have a strong and improved immune system to protect themselves and fight the perils of the virus. It seems to be getting worse with each passing day. Moreover, the work from home scenario for all working professionals, has curtailed one's physical movements even more than before. Obesity and increasing weight along with lack of physical activity with increased screen time, soon became a health threatening problem for many. Keeping this in mind, KAASH Foundation realized that apart from just shedding those extra kilograms, the aim should be to lead a healthier lifestyle. So, it organized a unique workshop that did not just focus on any keto diets or protein supplements, but instead, focused on a balanced diet with homemade food and healthy dishes that could be made

with simple ingredients. This workshop by KAASH Foundation's KAASH Swasthya Manthan was conducted over a month with weekly diet plans and checkpoint meetings every Saturday viz. 20th March, 27th March, 3rd April, 10th April, and the last one on Monday, 19th April. It focused on women as the pandemic had made life increasingly stressful for them to handle professional and personal lives from within the four walls of their homes.

Director (Health), KAASH Foundation introducing KAASH Swasthya Manthan that is undertaken in the Health Vertical of the Foundation. She began by asking the participants: "Is weight loss our main goal, or is there something else that we must focus on?" Reiterating the need to focus on the "something else" she welcomed Ms. Alpa Mehta to take charge of the session.



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



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



**KAASH FOUNDATION MUMBAI**

On the occasion of  
**INTERNATIONAL WOMEN'S DAY 2021**  
KAASH Foundation's  
**KAASH Swasthya 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

|   |  |
|---|--|
| <b>Program Director</b><br>Dr. Avkash Jadhav<br>Founder - Trustee<br>KAASH Foundation | <b>Program Coordinator</b><br>Ms. Renuka Vyas<br>Joint Director (Health)<br>KAASH Foundation<br>Coordinator, KSM |
|---|--|

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

This workshop was initiated by Ms. Alpa Mehta, a Core Committee Member of KAASH Foundation. She has been practicing Naturopathy for more than 20 years and has successfully treated patients with Sujok Therapy. She is also a diet planner and nutritionist.

The first session commenced with Megha Patel, Youth Brigade Member, KAASH Foundation welcoming all the participants to the weight loss program. This was followed by Ms. Renuka Vyas, Joint

Opening the session by thanking KAASH Foundation and its team for inviting her as a Resource Person, Ms. Alpa Mehta went on to enquire with the participants the reason for signing up for the programme and their motivation to lose weight. The response was quite varied; some aimed to get fitter and adopt a healthy lifestyle, while some wanted to avoid lifestyle illness as they were moving towards their forties. There were some who faced different problems like postoperative weight gains, etc. Ms. Alpa went on to reassure the participants that lifestyle illnesses are reversible if one truly works on it. She explained that if participants must



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

make health their priority in the following month, they would soon find positive results which would make them feel fit and healthy.

This was followed by a short discussion about metabolism, on how the keto diet and how the 16:8 fasts negatively affect a person's gallbladder and kidneys. The participants were then asked to avoid sweets, fried food, mangoes, chikoo, and the 3S' (sugar, salt and soda). They were allowed to consume two teaspoons of homemade ghee, 1 teaspoon of oil and 1 teaspoon of sugar or jaggery. Eight hours of sleep, three litres of water, forty - five mins of exercise and a 15-minute walk after lunch and dinner were recommended. People with diabetes were asked to avoid grapes and muskmelons at all costs, and people with thyroid were supposed to avoid cauliflowers, cabbages, and broccoli.

On 19th April (Monday), Dr. Avkash Jadhav gave a motivating speech and congratulated all the participants and the feedback was shared. It was absolutely heartwarming to see how each, and every participant had benefited from the workshop in some manner or the other. Ways and tips for maintaining the weight that had been lost by the participants were shared and with that, the session closed. KAASH Foundation extends its heartfelt gratitude to Ms. Alpa Mehta for sharing her knowledge with a

month-long program. This would not have been possible without the immense efforts of Dr. Avkash Jadhav, Founder - Trustee, KAASH Foundation and Ms. Renuka Vyas. Lastly, the Foundation would like to thank Megha Patel for her constant support during the month-long workshop.



**Megha Patel**  
Youth Brigade Member  
KAASH Foundation



**Pamela Dhonde**  
Youth Brigade Member  
KAASH Foundation



## Program Reviews



*I would like to thank Ms. Renuka Vyas for taking me through this wonderful path with KAASH Foundation and Ms. Alpa Mehta.*

*I thoroughly enjoyed all the sessions and I really appreciate the knowledge that Ms. Alpa has. She made our dietary patterns even more healthier. She also helped us realize that meals need not be complicated, but it can be really fast and easy. I have started feeling so good with weight loss and the knowledge gained.*

*I will definitely continue this habit in your guidance!*

*-Ranjita Lodha*



*I have lost 3.5 kgs in 30 days. I would like to share a few changes that I have observed on my body. Firstly, my stretch marks have begun to fade away. Secondly, I have had fat lumps on my hands. I did consult a few doctors who prescribed blood tests. However, on following the diet plans and all the other guidelines, the lump has begun reducing in size.*

*I am really grateful to Ms. Alpa Mehta for her guidance and KAASH Foundation for organizing the Program.*

*- Namrata Rajesh Kacha*

# VISIT TO THE COVID WAR ROOM AND ICU CENTRE

by Pranati Trivedi

*Showing gratitude is one of the simplest yet most powerful things humans can do for each other.*

**-Randy Pausch**

The above quote rightly encapsulates the significance of expressing gratitude and compassion in our lives. Its relevance is especially prominent in today's situation, as the pandemic has shed light on the need to acknowledge the efforts and sacrifices of the often-unsung heroes of this war against the pandemic: the medical fraternity and essential workers. The service rendered by them cannot be measured by any yardstick. But the least we can do is to demonstrate our solicitude, sensitivity, respect, and appreciation.

This sentiment was wonderfully put into action by none other than KAASH Foundation's Founder-Trustee - Dr. Avkash Jadhav. While many persons all around have been lamenting over the absence of elaborate birthday celebrations due to lockdown restrictions, Dr. Jadhav strove to set an example by spending his Special Day by visiting the "COVID warriors" in Mumbai.

With the help of Dr. Ishan Thakkar, Dr. Jadhav visited the BMC War Room for COVID at R Central Ward (Borivali West). Here, he interacted with the entire frontline staff – doctors, nurses, administrative staff, data entry operators as well as ambulance drivers. After acknowledging the services rendered by them with complete reverence and gratitude, he thanked each member of the essential service fraternity. Dr. Avkash provided snacks, juice packers, biscuits, dry fruits, chocolates, and other comestibles in bulk to distribute amongst the staff across the various centers he visited.

The frontline warriors were not only extremely appreciative of Dr. Jadhav's gesture but also delighted to be recognized and acknowledged for their service. This graciousness was well articulated by one of the staff members at the center – "It has

been almost a year, since June 2020, that we have been performing our duties behind the curtains. Every day we face abuse and misdirected anger from the people due to the stressful situation, but this visit has indeed brought a smile to our faces. We really appreciate that there exist people like you (Dr. Jadhav) who recognize our efforts. Such recognition goes a long way in boosting our spirits!"

The drive and selfless passion to help people was clearly apparent through the ambulance drivers' earnest statements – "We are on high alert day and night, 24/7, since every patient is a priority for us. Providing them with timely medical help motivates us."

Dr. Jadhav also interacted with the young doctors who expressed their ambivalence with respect to the situation. As much as the doctors were willing and glad to essay their roles efficiently to save thousands of lives, they also fervently hoped for an end in sight so that normalcy might be restored at the earliest.

The COVID ICU Center at Dahisar Kandarpada, often touted to be a "hotspot" was the next stop for Dr. Avkash Jadhav. This center was one of the key places responsible for saving numerous lives in the suburbs of Mumbai. Despite facing clinical challenges in assisting the most critical patients, this particular center has been instrumental in



**Dr. Avkash Jadhav, Founder - Trustee, KAASH Foundation (in white kurta) interacting with the medical team of the R Central COVID War Control Room, Borivali, Mumbai**



**Dr. Avkash Jadhav with the Ambulance Team of the R Central COVID War Control Room, Borivali, Mumbai**



**Dr. Avkash Jadhav (in checkered shirt) in a conversation with Dr. Arvind Singh, Incharge, COVID ICU Centre, Dahisar, Mumbai**



**Dr. Avkash Jadhav on a tour of the COVID ICU Centre's Control Room with Dr. Akash Kalaskar (in blue uniform) from the Nursing Team**



**Dr. Avkash Jadhav greeting Dr. Rukhsana (in red uniform) from the Nursing Team of the COVID ICU Centre**

the sharp reduction in casualty (or fatality) rates among patients. Conversation with Dr. Arvind Singh and his team shed light on the other side of the struggle – the adversities and obstacles faced by the staff daily. The pandemic has mentally and physically drained our heroes, and yet they continue to lift others' spirits and pour in all their efforts into every case taken up by them. When the team of doctors were asked by Dr. Jadhav, how they carved time out for some much-needed relaxation, they replied – “We feel relaxed when our critical patients are discharged and back on their feet.” This sentiment truly captures the dedication of the medical fraternity and the countless sacrifices they make without a moment's hesitation.

It is extremely disheartening to know that, despite the Frontline staff's unwavering service at the heavy cost of tremendous physical and emotional lows, there are reports of severe abuse, even physical, and disrespect meted out to them – oftentimes, for no direct fault of theirs. It is indeed an excruciatingly traumatic and taxing 1.5 years, and lakhs of precious lives have been lost. Throughout this however, we cannot overlook the fact that doctors, nurses, and other essential workers are also humans. Since the onset of this pandemic, this whole team has been working tirelessly, often in challenging and nerve-racking conditions, putting themselves directly in the line of high risk, to save the lives of others. But the adverse treatment meted out to them by ungrateful few, causes great distress and anguish within each one of them.

Dr. Jadhav's conversation with each of the teams highlighted several issues that must be addressed. The medical team and Dr. Jadhav has appealed to the public to allow them to discharge their duties so that they may continue to work with efficiency and efficacy and help those whose lives depend on them. It is heartening to note that even in this appeal, they do not ask anything for themselves, but just a smooth path to serve their countrymen. If only everyone thinks and acts this way, it is sure that our country can triumph over the onslaught of the virus successfully.

We the public should follow these guidelines in order to help our Frontline emergency staff to discharge their duties:

- 1) Be respectful to the medical staff and the other staff members who are assisting us in

combating this virus.

2) Trust the medical team and follow their instructions during the post recovery phase.

3) The relatives should not insist on unreasonable demands from them, especially asking the staff to visit their patients in the ICU.

4) All the government run hospitals don't charge anything, so avoid taking any valuables with you. If you still do so, kindly own the risk of safeguarding rather than blaming the staff for its misplacement.

5) The use of our language must be courteous and polite towards them. They are not our servants, but saviours who equally risk their lives for us.

6) Our attitude towards the female staff should be polite and dignified.

7) The relatives of the patients should also understand that apart from their loved ones, there are other patients too, so any kind of ruckus or unruly behaviour may disturb the atmosphere there.

8) A word of appreciation or even a small gesture of kindness is what we can offer to them for their intensive efforts.

9) At this crucial time, no task is menial. Every member of the fraternity from the ward boy to the allied staff deserves to be addressed with due respect. Their efforts and labour are the backbone of the country currently.

10) Once we recover from the virus, we should also make attempts to help others.

KAASH Foundation thanks all the essential workers for the selfless service rendered throughout this era of pandemic. To the general public, it is our appeal that each one follows physical distancing, wears proper masks and gets vaccinated.

Collective efforts are the only solution to eliminate this virus that lies between us and normalcy. By exercising precautionary behaviour, acknowledging the invaluable and laudatory work of the frontline workers, and raising awareness among peers, we shall be able to hope for a safe, healthy, and virus-free tomorrow.



Dr. Avkash Jadhav with the medical team of the COVID ICU Centre, Dahisar, Mumbai

“

*The best way to find yourself is to lose yourself in the service of others.*

**-Mahatma Gandhi**

*The doctors may be mapping out the war games, but it is the nurses who make the conflict bearable.*

**-Jodi Picoult**

*Doctors and nurses do crazy hours and keep an ideal afloat through the love and care that they have for their craft and their patients and the institution of the NHS. We should be very proud of it.*

**-Benedict Cumberbatch**

”

## KAASH CREATIVE CORNER

## FEAR OF POETRY

BY TIRTHA SAMANT



"Poetry is a political act"  
Says June Jordan  
"Because it involves telling the truth"

I fear Poetry  
I fear words in Poems  
For, poets are crazy-  
Word-ly crazy humans  
Poetry has that worldly power  
To change your mood at any hour

I've sensed goosebumps while reading  
Tagore's- "Where the mind is without fear"  
I've drooled over and over at  
Nissim's - "Pet, Lover, Birdwatcher"  
I've found myself weeping at Henry's-  
"The Rainy Day"  
And feeling bright and gay at Worsworth's -  
"Daffodils"  
I've found myself contemplating  
Over John Donne's "No Man is an Island"

I've found myself staying still  
Reading - re-reading - staring and slowly grinning  
At the Masterpieces of Tagore and Rumi

Poetry is that one magical chest for me,  
Which can make me frown, weep and glee  
It's raw, it's real, it has salty ambiguity of truth and tear  
And the truth is perhaps what makes fear

The Real is always harsh; unlike the reel- we frequently watch  
The Raw is always touching; unlike the cooked- we'll always be  
vouching  
The Ambiguity is always Enigmatic; unlike the 'Okay Google' -  
we'll be searching for  
The Tear is always Uncertain; unlike the smile - we'll be longing  
for

Words have the power which weapons don't  
Poets have the armor which knights don't  
I fear the words in their poems  
I fear Poetry.

## COLONISATION OF THE MIND

BY KRISHNA SAWANT



One day you left your home  
Among with all you hated most;  
You left old lullabies unsung  
And swore you'd lose your mother tongue  
As shivering, small hands still clung  
To one life free of ghosts.

After your ghosts had been released  
You filled up all the holes.  
You lived a life of mostly ease  
And never knew you paid your fees  
For ghosts are mostly memories  
And languages are souls.

## KAASH CREATIVE CORNER

# BEFRIENDING DARKNESS

BY TIRTHA SAMANT



# EXPLORING NATURE

BY KIRTI SAMANT (AGE - 12 YEARS)



# WORLD HERITAGE DAY



**KAASH FOUNDATION MUMBAI**

18th April 2021  
World Heritage Day

“ जब हम धरोहर की बात करते हैं, तो वह हमारे अतीत का, हमारे गौरव का एक प्रतिबिम्ब है - चाहे वह तोड़ा गया हो, या वह सुरक्षित हो। ”

- Shri. Prahlad Singh Patel, Honourable Union Minister of State for Culture and Tourism (I/C), Government of India.

(This statement is taken from Shri. Prahlad Singh Patel's speech at the Inaugural Session of World Heritage Week, celebrated by KAASH Foundation in November 2020.)

Kaash Foundation Mumbai | www.kaashfoundation.org | @kaash\_foundation\_org

#WorldHeritageDay

**KAASH FOUNDATION MUMBAI**

18th April 2021  
World Heritage Day

“ Today, we need to analyse how urban planning and infrastructure development can co-exist with our shared past and heritage. ”

- Shri. Aaditya Thackeray, Honourable Minister for Tourism, Environment and Protocol, Government of Maharashtra.

(This statement is taken from Shri. Aaditya Thackeray's speech at the Inaugural Session of World Heritage Week, celebrated by KAASH Foundation in November 2020.)

Kaash Foundation Mumbai | www.kaashfoundation.org | @kaash\_foundation\_org

#WorldHeritageDay

# UPCOMING EVENTS

## KAASH FOUNDATION MUMBAI



This  
**INTERNATIONAL DAY OF  
THE WORLD'S INDIGENOUS PEOPLES**  
KAASH Foundation's  
Centre for Academic and Professional Development (CAPD)  
in collaboration with  
**All India Denotified and Nomadic Tribe Welfare Sangh,**  
**Madhya Pradesh**  
**University of Kashmir, Srinagar**  
**Jiwaji University, Gwalior, Madhya Pradesh**  
**St. Joseph's College (Autonomous), Devagiri, Kerala**  
and  
**S.S.L.N. Government Panchvalley P.G. College,**  
**Parasia, Madhya Pradesh**  
is organising its

**14th International Conference**  
on

**INDIGENOUS PEOPLES:  
CHALLENGES OF VALIDATION  
AND INCLUSION**

**Date:** 9th August 2021 - 10th August 2021 **Time:** 10 AM - 4 PM (IST)

Participation is Free  
E-Certificate of Participation: Rs.100  
Presentation of Research Papers (Faculty): Rs.500  
Presentation of Research Papers (Research Scholars): Rs.300  
**Registration Fees are non-refundable and non-transferable**

Registration link:  
<https://forms.gle/j7LoXDZCASSfjt6H6>

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



## KAASH FOUNDATION MUMBAI

After the grand success of its First Workshop

KAASH Foundation's  
**KAASH Swaasthya Manthan**

is launching a  
**WEIGHT LOSS PROGRAM  
(30 DAY CHALLENGE)**



### RESOURCE PERSON

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

Duration: 24th July 2021 to 23rd August 2021  
Date & Time for Online Meeting: (Every Saturday - 24th & 31st July,  
7th, 14th August and Monday - 23rd August) from 5PM - 6PM

Online Platform: ZOOM

Program Fees: Rs.499/-

**Last Date to Register: 23rd July, 2021**

Register on: <https://forms.gle/crzjnBkkNBEcp1Dj7>

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

**Program Co-ordinator**  
**Renuka Vyas**  
Joint Director (Health)  
KAASH Foundation  
Co-ordinator, KSM

For further details and registration, kindly visit our websites:

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

**BIRTHDAY WISHES**

**Ruchira Sarma**  
5th April



**Yash Batra**  
11th April



**Renuka Vyas**  
29th April



**Geeta Ajit**  
7th May



**Aishwarya Harish**  
15th May



**Avkash Jadhav**  
15th May



**Neeti Baheriya**  
17th May



**Sahil Jahagirdar**  
30th May



**Jaanhavi Malkar**  
3rd June



**Srushti Joshi**  
3rd June

