



KAASH KONNECT

ISSUE NO.7: JULY - SEPTEMBER 2021

AN INITIATIVE BY



Content

- **14th International Conference Indigenous Peoples: Challenges of Validation And Inclusion** 1
- **A Visit To Uttarakhand: Unravelling The Experiences From Dev Sanskriti Vishwavidyalaya, Haridwar And Parmarth Niketan, Rishikesh** 18
- **Editor's Desk | Founder's Desk** 21
- **Weight Loss Program** 22
- **Certificate of Appreciation** 25
- **KAASH Creative Corner** 26
- **Upcoming Event** 28
- **Birthday Wishes** 29

14TH INTERNATIONAL CONFERENCE INDIGENOUS PEOPLES: CHALLENGES OF VALIDATION AND INCLUSION

by Tirtha Samant, Pranati Trivedi and Amruta Doke

Indigenous peoples are practitioners of unique cultures which have a harmonious connection with the society they live in, their ancestors and the environment around them. Their belief systems, traditional knowledge, cultures, language and ways of life have always been an invaluable resource for all mankind. But these cultures of the indigenous peoples are in stark contrast with the ones practiced by dominant societies. And it is this cultural difference that has been the root cause of their discrimination and marginalization, where they have been facing extreme conflict and threat, to the point of extinction. They have been disposed of their traditional land and livelihood

and their rights have been violated in almost all parts of the world. Today, the international community has recognised that special measures are necessary to protect the rights of indigenous peoples and respect their distinct way of life. The United Nations commemorates the International Day of the World's Indigenous Peoples on 9 August every year, and this year, the theme is "Leaving no one behind: Indigenous peoples and the call for a new social contract."

Therefore, with an aim to highlight the challenges faced by indigenous peoples as they try to find a place for themselves in the dominant society while retaining their tradition, culture, and way of life, KAASH Foundation's Centre for Academic and Professional Development (CAPD) organised its 14th International Conference on **Indigenous Peoples: Challenges of Validation and Inclusion**. The two-day conference, held on 9th August and 10th August 2021, was organized in collaboration with:

- All India Denotified and Nomadic Tribes Welfare Sangh, Madhya Pradesh
- University of Kashmir, Srinagar
- Jiwaji University, Gwalior, Madhya Pradesh
- St. Joseph's College (Autonomous), Devagiri, Kerala
- S.S.L.N. Government Panchvalley P.G. College, Parasia, Madhya Pradesh



On 9th August 2021, KAASH Foundation officially released the second issue of its two international journals; **The International Journal of Concerns, Complexities and Dialogues (IJCCD)** and **The International Journal of Emotions, Expressions and Dimensions (IJEED)**.

Both, IJCCD and IJEED are high quality, peer reviewed, multidisciplinary research journals.

For further details, kindly visit www.kaashcapd.com > Publications > IJCCD/IJEED



DAY 1: 09TH AUGUST 2021

The first day of the 14th International Conference began with a welcome address by **Ms. Lippika Podar**, a Team Member of KAASH Foundation. Sharing a brief overview of the Foundation's initiatives and achievements over the last two years, she invited Dr. Avkash Jadhav, the Founder – Trustee, to shed light on the Foundation's aims and objectives. This was followed by a brief explanation of CAPD's vision and the concept note of the conference by Dr. Geeta Ajit, Joint Director (Education), KAASH Foundation and Coordinator, CAPD.



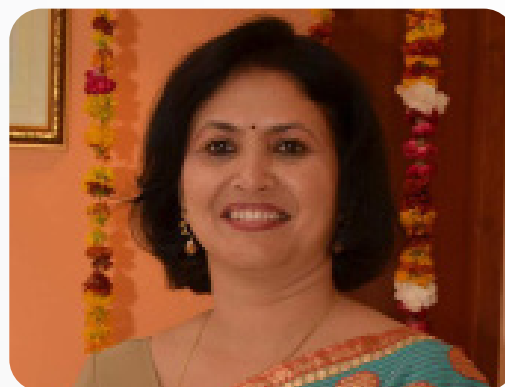
Ms. Lippika Podar
Team Member,
KAASH Foundation

The **Chief Guest** for the evening, **Prof. Shakil A. Romshoo**, Dean (Research), University of Kashmir, Srinagar emphasized on the United Nations' theme of 'Leaving No One Behind' and the true purpose of observing the day. He spoke about the diversity of indigenous communities with respect to cultures, traditions, languages, the system of self-governance, the implementation of policies and provisions, access to technology and services, health care and medical facilities, and at the same time, the inequalities and marginalization faced by them. He also reiterated and emphasized on the need of a new social construct, further elimination of social gaps and the need of paradigm shifts.

This was followed by our **Guest of Honour**, **Dr. Sangeeta Shukla**, the Vice-Chancellor of Jiwaji University in Gwalior, Madhya Pradesh. Dr. Sangeeta spoke about how indigenous people are real practitioners of unique cultures and how they've retained



Prof. Shakil A. Romshoo
Dean (Research),
University of Kashmir,
Srinagar



Dr. Sangeeta Shukla
Vice-Chancellor,
Jiwaji University,
Gwalior, Madhya Pradesh

their social, political and traditional values. However, as human activities are damaging the ecosystem, the survival, identity and livelihoods of these people are at risk and therefore, it is extremely important that the indigenous cultures are protected. Dr. Shukla, at the end, congratulated the organisers for their efforts and concluded her address by saying that this two-day conference would be an opportunity for people all over the world to know more about the significance and struggles of the indigenous peoples. After her deliberation, Dr. Sangeeta launched the second issue of KAASH Foundation's two International Journals: International Journal of Concerns, Complexities and Dialogues (IJCCD) and International Journal of Emotions,

Expressions and Dimensions (IJEED).

Prof. Shabir Ahmad Bhat, Former Dean (Academic Affairs), University of Kashmir, Srinagar then shared his **Inaugural Remarks** for the conference. Firstly, he reiterated the importance of observing the International Day of the World's Indigenous Peoples and how they are primarily and inherently the true practitioners of culture as well as the true caretakers of humanity and the environment. He stated that they have been able to retain the social culture, economic and political systems which are distinct from the existing dominant ones and thus, they need to be preserved and taken care of with due respect towards the indigenous groups.



Prof. Shabir Ahmad Bhat
Former Dean (Academic Affairs),
University of Kashmir,
Srinagar

Dr. Sabu K. Thomas, the Principal of St. Joseph's College (Autonomous), Devagiri, Kerala took the conference forward with his **Inaugural Remarks** on the highly important topic of indigenous peoples and their challenges. He spoke about how the day of the indigenous peoples is a very happy occasion and needs to be de-stereotyped. He highlighted the existence of numerous indigenous communities in India and how we Indians in a way, are also indigenous. He very interestingly spoke about the evolution of man from homo-erectus to homo-sapiens and then connected it to the knowledge, education and technological advances that we get to experience and use and the lack of those when it comes to the indigenous people. We as communities, therefore, should strive and try our best to

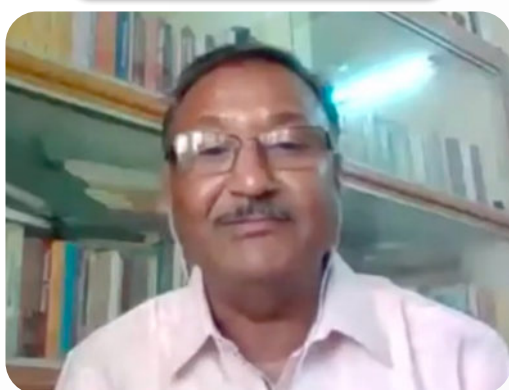
INAUGURAL SPEAKER



Dr. Sabu K. Thomas
Principal,
St. Joseph's College (Autonomous),
Devagiri, Kerala

bridge these gaps as much as possible by understanding, accepting and supporting the indigenous people.

INAUGURAL SPEAKER



Dr. P.R. Chandelkar
Principal
S.S.L.N. Government Penchvalley P.G.
College
Parasia, Madhya Pradesh

The conference was then graced by **Prof. P. R. Chandelkar**, the Principal of S.S.L.N. Government Penchvalley P.G. College, Parasia, Madhya Pradesh. In his *Inaugural Speech*, he appreciated KAASH Foundation for organising a conference on such a highly sensitive yet important issue. He also spoke about why indigenous people are also known as the First People/ Original People/Native people/Adivasis (in India) and the strong roots that they have connected with the environment around as well as the past. He spoke of their characteristics and the way they are characterized by the historical link that they have with ancestral practices and traditions.

Highlighting the discrimination faced by them, Dr. Chandelkar appealed that they should be given an equal amount of respect and recognition as ultimately, they also belong to the same human race.

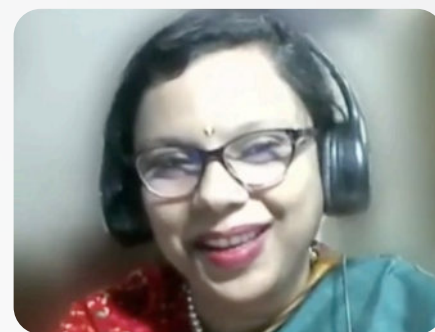
KEYNOTE SPEAKER



Dr. Kemal Cebeci
Lecturer, Faculty of Economics
Department of Public Finance
Marmara University
Istanbul, Turkey

The Inauguration was then followed by the **Keynote Session** with **Dr. Kemal Cebeci** as the *Keynote Speaker*. Dr. Cebeci is a Lecturer in the Faculty of Economics at Marmara University, Istanbul, Turkey. He commenced his deliberation by explaining how significant is the Silver Fern (species of medium-sized tree fern) for New Zealanders, and then spoke about the *Government Policies and Actions for Indigenous Peoples in the case of the Maori in New Zealand*. His presentation was highly supported by primary and statistical data to justify his deliberations about the Government Social Policy, Financial Policies, social needs and social administration. He then provided information of the 'Maori' people, their population, and lifestyle. He also explained some of the important legal laws, treaties and provisions like the New Zealand Bill of Rights Act, 1990 and Privacy Act, 1993. He further highlighted the contemporary concerns of the Maori People and the multiculturalism policy index and the provisions it covers. This was again supported with a commendable amount of verified statistical data. It was indeed a wonderful insight, comparative data and statistics for the audience and other dignitaries to ponder upon. Dr. Avkash Jadhav then thanked and commented on the insights of the Keynote Speaker which then marked the end of the Keynote Session.

CHAIRPERSON - PLENARY SESSION I



Dr. Protiva Rani Karmaker
Associate Professor and Former
Director, Institute of Modern
Languages (IML)
Jagannath University
Dhaka, Bangladesh

PLENARY SPEAKER



Dr. Arvind Tiwari
Professor and Dean
School of Law, Rights and
Constitutional Governance
Tata Institute of Social Sciences
Mumbai

Plenary Session I was chaired by **Dr. Protiva Rani Karmaker**, an Associate Professor and Former Director of Jagannath University in Dhaka, Bangladesh. She remarked on 'Language and Identity' as an important reflection of History, Life and Territories, and stated that learning a new language is like getting new eyes. Dr. Karmaker then invited the *First Plenary Speaker: Dr. Arvind Tiwari*. Dr. Tiwari is the Professor and Dean of the School of Law, Rights and Constitutional Governance at the Tata Institute of Social Sciences, Mumbai, and he deliberated on the *Tribal Justice System & Alternative Dispute Resolution (ADR): Synergy, Challenges & the Way Forward*. He commenced his speech by explaining how important it is for the nomadic tribes to ascertain their identity. He also elaborated on how programmes and policies drastically changed the lives

of indigenous people during the British Period as they were declared 'Nomadic' and were deprived of their basic rights. He further spoke on the system of justice and the alternative dispute resolution strategies. He provided a detailed insight on how the tribal chief assisted by the elders of the community leads the system and is respected and followed by everyone in the community leading to a peaceful conflict-less habitation.

The **Second Plenary Speaker** for the session was **Dr. Arzuman Ara**, an Assistant Professor at The English and Foreign Languages University's Shillong Campus in Meghalaya. Dr. Ara spoke on how indignity is shown while exploring her topic: *Representing Indigeneity: Reading Desmond Kharmawphlang's 'The Golden Vine'*. This was a very important and interesting narrative. She mentioned a book published by the Sahitya Akademi – 'The Folk Songs and Tales' which provides an insight into the representation of indigenous people. As she explained various characteristics of the indigenous communities, Dr. Ara also read a few excerpts about the '*Panchmahabhoota*' or the 5 basic elements of nature from the book.

PLENARY SPEAKER



Dr. Arzuman Ara

Assistant Professor
The English and Foreign Languages
University
Shillong Campus, Meghalaya

Thereafter, our **Third Plenary Speaker: Prof. Adhya Bharti Saxena** was invited by Dr. Karmaker to share her research on the *Coastal Communities*. Prof. Saxena is the Dean of the Faculty of Arts at The Maharaja Sayajirao University of Baroda in Vadodara, Gujarat. She briefly explained the lifestyles and challenges that the tribes living in coastal regions face and

PLENARY SPEAKER



Prof. Adhya Bharti Saxena

Dean, Faculty of Arts
The Maharaja Sayajirao
University of Baroda
Vadodara, Gujarat

also spoke about the hardships they go through, specifically due to negligence and discrimination that takes place against the communities. She also emphasized the need of giving equal recognition to the indigenous tribal communities and thus making the commemoration of this day an actual success. Dr. Karmaker then presented her thoughts on the topic and emphasised the need of sensitizing indigenous identities and the recognition that should be given to them.

PLENARY SPEAKER



Dr. Avkash Jadhav

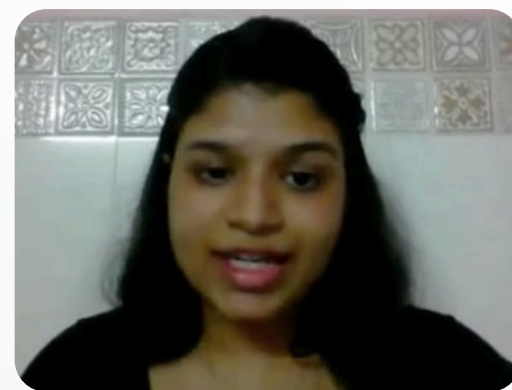
Head and Associate Professor
Department of History
St. Xavier's College (Autonomous)
Mumbai

As the **Fourth Plenary Speaker, Dr. Avkash Jadhav** expressed his thoughts on the *Twisting Kaleidoscope of Indigenous Communities: Challenges for Sustainability*. Dr. Jadhav is the Head and Associate Professor of the Department of History at St. Xavier's College (Autonomous),

Mumbai. Through his deliberation, he wished to present the diverse identities of indigenous communities and their dedication towards retaining their ethos, traditions and knowledge.

Dr. Protiva then thanked all the Plenary Speakers which brought the First Plenary Session to an end.

Post an exchange of ideas and opinions in the First Plenary Session, the Technical Sessions were held. Technical Session I was chaired by Dr. Prasanth V.G., Department of English, R Shankar Memorial College, Kerala and was moderated by Dr. Anamika Purohit, Editor, IJEED, KAASH Foundation. The session consisted of 10 Paper Presentations. Technical Session 2 was moderated by Pamela Dhonde, Core Committee Member, KAASH Foundation and was chaired by Dr. Javaid Aziz Bhat, Department of Linguistics, University of Kashmir. This session too consisted of 10 Paper Presentations. This was followed by Technical Session 3 which was moderated by Dr. Kiran Sawant, Editorial Board Member, IJCCD, KAASH Foundation and chaired by Dr. Shanti Dev Sisodia, Department of AIHC and Archaeology, Jiwaji University, Gwalior. The session consisted of 11 Paper Presentations. With 11 Paper Presentations, Parallel Technical Session IV was chaired by Dr. Avkash Jadhav, Founder - Trustee, KAASH Foundation.



Janice Lobo

Youth Brigade Member
KAASH Foundation

This was followed by the **Cultural Session** which was hosted by **Janice Lobo**, Youth Brigade Member, KAASH Foundation. The event began with Dr. Santosh Rathod, Core



Kokali Performance by the Kattunayakan Community in Kerala



Bean Performance by the Sapera Community



Performance by 'We the Folk' from Shillong, Meghalaya, blending the musical styles and sounds of the Khasi and Jaintia Hill Tribes



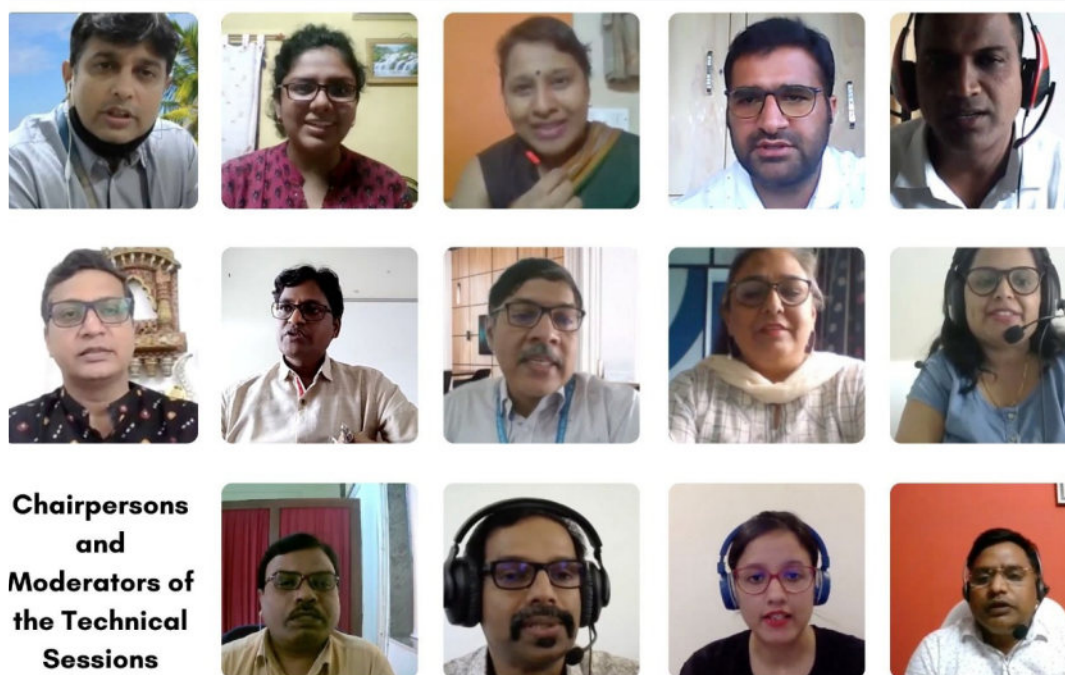
Dr. Santosh Rathod, Core Committee Member, KAASH Foundation, reciting two of his poems in 'Godboli'

Committee Member, KAASH Foundation reciting two of his poems in 'Godboli' - a language of the Banjara tribes, who reside in different parts of India and have this common language without a script. The first poem was titled, 'Tham Tham Godboli' where the language is personified as an old woman, and the second poem titled 'Tamaro Satyanas Jao (curse you all)' was a narrative of a Banjara person who succumbs to dominant cultures. Then a pre-recorded audio-video performance by 'We the Folk' from Shillong, Meghalaya was presented. The performance was a beautiful combination of instruments, sounds and

styles of the Khasi and Jaintia Hill Tribes of Meghalaya. Dr. Prasanth V.G., Head and Associate Professor, Department of English, R Shankar Memorial College, Kerala then introduced the next performance by the Kattunayakan Community of Kerala. The audio-visual performance was then screened which was indeed a very insightful and interesting watch. This was followed by Dr. Ranu Chhari from Madhya Pradesh who shared her insights on the local tribes of Madhya Pradesh. It was a very sensitive and insightful presentation with the aid of videos that were played, imparting knowledge about the local tribes of Madhya

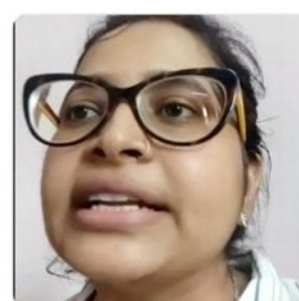
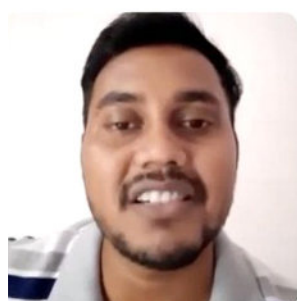
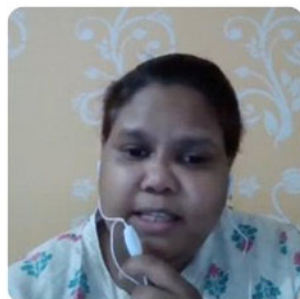
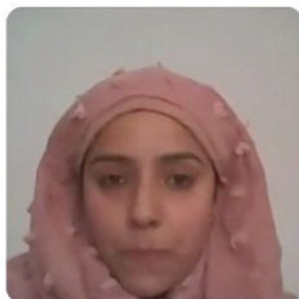
Pradesh. The videos were a true example symbolizing the cultural amalgamation and rich heritage of our country. While depicting the beautiful uniqueness of the indigenous tribes, the videos were intriguing enough to let the audience ponder over why such rich culture is being neglected and undermined, thus, kindling a strong desire in the minds of the viewers to strive and do their bits in recognizing and respecting the indigenous people and their cultures, traditions and lifestyles.

Janice Lobo then extended the Vote of Thanks while thanking all the guests, dignitaries, attendees, paper presenters, the keynote speaker, resource persons, all the participants, organizers and the audience. This concluded Day 1 of the 14th International Conference.



Chairpersons and Moderators of the Technical Sessions

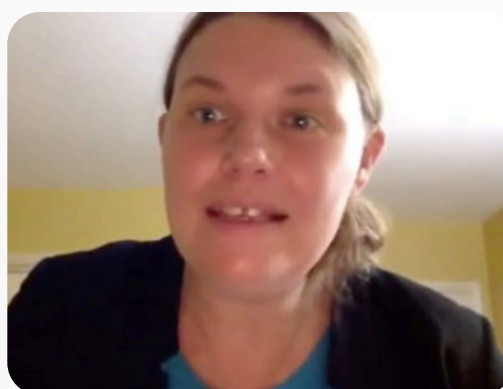
Paper Presenters of the Technical Sessions



DAY 2: 10TH AUGUST 2021

The second day of the 14th International Conference on Indigenous Peoples: Challenges of Validation and Inclusion was convened bright and early by the welcome address of Dr. Avkash Jadhav, the Founder-Trustee of KAASH Foundation. He welcomed the audience and expressed his enthusiasm for another invigorating day of the conference. Dr. Geeta Ajit, Joint Director (Education) and Editor-in-Chief of KAASH Konnect invited the **Special Guest - Dr. Sara Wylie**, Associate Professor of Sociology/Anthropology and Health Science, Social Science Environmental Health Research Institute (SSEHRI), Northeastern University, USA. She is also the co-founder of Environmental Data and Governance Initiative (EDGI) – a network of academics and non-profit organizations to preserve the federal environment data and monitor changes in the federal environment policies through bid tracking and interviews. Additionally, Dr. Sara is also the co-founder of Public Laboratory for Open Technology and Science – a non-profit that develops open source, DIY tools for community based environmental analysis. She is the author of

SPECIAL GUEST



Dr. Sara Wylie

Associate Professor of Sociology/
Anthropology and Health Science,
Social Science Environmental Health
Research Institute (SSEHRI),
Northeastern University U.S.A.

an award-winning book titled “Fractivism: Corporate Bodies and Chemical Bonds”. The book is an ethnographic study of the role science-based NGOs played in the emergence of public concerns about the human and environmental health impacts of chemicals used in natural gas extraction,

particularly hydraulic fracturing. Dr. Wylie presented her deliberation on *Unfracking the Future through Indigenous Agriculture and Relational Research*.

Through her presentation, Dr. Wylie examined how extractive industries (primarily, in the context of the United States of America) create environmental and human inequalities. She commenced her deliberation on a powerful and conscious note – by acknowledging that she is a recent “settler” in the ancestral land of the Nipmuc (Massachusetts) Pawtucket peoples. She cited the works of feminist Donna Haraway and indigenous climate activist Kyle Whyte to highlight the harmful effects of “settler colonialism” and the importance of relationality. The speaker segregated her talk in 4 systematic parts so as to build upon various ideas of just reciprocal relationships, climate action and accountability.

Firstly, Dr. Sara explained the inherent unaccountability in the fracking industry due to the current social and technical systems and also shed light on the process

of hydraulic fracturing and horizontal drilling – which enables the removal of oil and gas from unconventional reserves. The development of these processes has now allowed fracking to occur 10 times more than usual in the USA – employing gallons of water and creating tremendous pressure in the ground. The waste stream from such drilling and fracturing has become a long-standing topic of debate pertaining to health concerns. Dr. Wylie focused on the role of extractive data systems in creating oppressive relationships that “dislodge data from communities without consent” and how regulatory exemptions allow data about various oil and gas processes to remain hidden, thus making accountability impossible. Global mapping practices such as seismic imaging provide ample opportunities for the oil and gas industry players to plan their work in all major reserves in the world, thereby enabling the continuation of “colonial extractive legacy” and manipulate regulatory laws. The special guest cited the example of the 2005 US Energy Policy Act which exempted disclosure and monitoring of chemicals and their impact – creating major gaps in research and public protection measures.

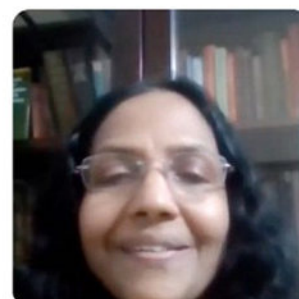
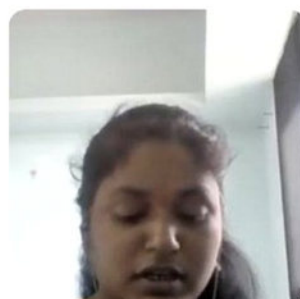
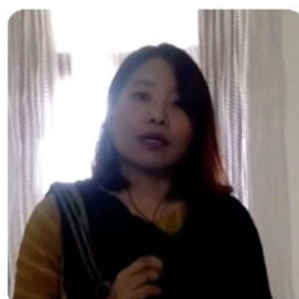
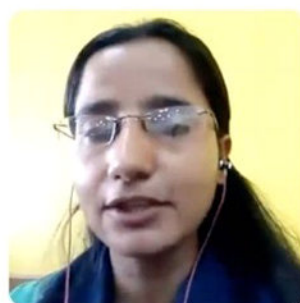
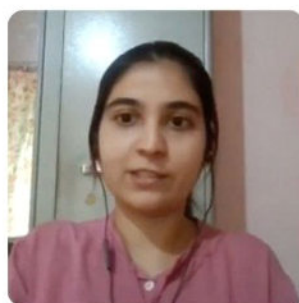
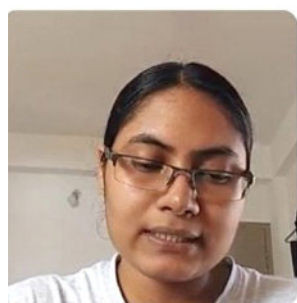
To keep up with the fracking process, massive waste evaporation pits have emerged to permit the industry to speed up the evaporation process of the millions of gallons of water used for drilling. Based on her investigative work and experience in Colorado, Dr. Sara found numerous communities displaying undefined health problems due to the presence of oil & gas wells as well as waste pits. She shared the story of one of the members that she interacted with during her research - Laura Amos and her family. Initially an advocate for energy independence, the explosion of a water well on her property (which was leased to a drilling company) due to the ongoing fracking operation changed matters. The explosion contaminated her water with methane and guppy and the firm denied its operation as the cause for the same. Laura was also diagnosed with a rare form of adrenal tumour and through her independent research, she could attribute it to water contamination by 2 BE (2-butoxyethanol) which was proved to be carcinogenic. This brought to light the overlapping gaps in the industry – in the way of regulatory, legal, scientific barriers – which prevents accountability. When Laura

attempted to prove the same, she was faced with innumerable obstacles ranging from a lack of state/federal monitoring, expensive legal discovery, presence of academic disinterest, no sampling collection of the contaminated water, proprietary data and dismissive regulators while being tremendously burdened with health issues. She was left with no choice but to sign a Non-Disclosure Agreement –one of thousands of marginalised residents across the USA.

In the next segment of Dr. Wylie’s talk, she brought to the forefront the reality of fracking actually sustaining fossil fuels while the extractive industries claim to be actively “decarbonising”. On the contrary, the boom of unconventional energy has “re-entrenched the dependency on petrochemicals” by various companies like Shell, Chevron and ExxonMobil among others, which consequently contributes adversely to climate change.

Dr. Sara proceeded to explain how the academia tide is shifting from “harm to desire-based research” which helps in demonstrating the various ill-effects of fracking on public health and climate.

Paper Presenters of the Technical Sessions



However, she also expressed her concern over the stagnation of any effective solutions beyond production and publication of data. Here, the speaker drew on the strong words of indigenous researcher and Professor Eve Tuck's letter titled "Suspending Damage" wherein she calls upon the "long term impact of 'damage-centred' research that documents people's pain". Professor Tuck reasons that such research emerges from a "flawed theory of change" since it stimulates unfair leverages and the incorrect perception of marginalized communities as "depleted, ruined and hopeless". The speaker also adduced to the work of Robin Wall Kimmerer who has provided the metaphor of the Three Sisters (corn, bean and squash) to shift to desire-based research that could potentially promote the "emerging relationship between indigenous knowledge and western science".

The final part of the deliberation was focused on how indigenous polyculture could unsettle fossil fuels and associated industries. Herein, Dr. Wylie applied the analogy of the corn, bean and squash crops literally in the US context – i.e. how the production of these crops could potentially alter the present oil and gas industry dynamics. She recommended, backed by research, that growing bean and corn together has the potential to massively eliminate the need for fertilizers – which have extreme dire consequences in the long run – as well as prevent environmental justice and diminish fossil fuel demand. Furthermore, polycultures also reduce the need for herbicides and pesticides – the use of which has severely impacted the health of amphibians and humans in parts of the US. The production of the Three Sisters together is also very feasible in terms of integration.

Drawing on the important work done by indigenous researchers such as Elizabeth Hoover, Dr. Wylie raised relevant questions and points about transforming the focus of research and policy to shed the spotlight on consent, accountability and reciprocity as the main targets to reduce dependency on petrochemicals. The need of the hour is to "center indigenous knowledge and values" while also "designing systems for evaluating relational justice". In this regard, academic, political and cultural investments are essential. Dr. Sara Wylie concluded her presentation by leaving the audience to ponder upon the means in which the world

can inculcate balance and harmony.

The session by Dr. Sara Wylie was extremely insightful, eye-opening and thought-provoking. The talk was brilliantly delivered and the knowledgeable and experienced speaker touched upon a host of significant issues ranging from climate change to indigenous research and state-public dynamics. Dr. Sara's expertise and hands-on research shone through the manner in which a technical and complex topic as petrochemicals was linked to agriculture and ultimately, the indigenous community. It was indeed an honour to have had Dr. Wylie as the Special Guest and the audience was left much more informed and aware.

CHAIRPERSON - PLENARY SESSION II



Dr. Tikaram Poudel

Coordinator
(Research and Innovation Centre),
UGC - Nepal Focal Person for
School of Education,
Kathmandu University, Nepal

This was followed by **Plenary Session II** with **Dr. Tikaram Poudel** as the **Chairperson**. Dr. Poudel is the Coordinator of Kathmandu University's Research and Innovation Centre as well as a UGC-Nepal Focal Person for the University's School of Education. Sharing his opinions on the theme of the Conference, Dr. Poudel invited the **First Plenary Speaker** of the session: **Dr. I Amenla Changkija**. Dr. Changkija is an Assistant Professor in the Department of Linguistics at The English and Foreign Languages University's Shillong Campus in Meghalaya. With her presentation titled, *Indigeneity and Northeast India: Exploring its Cultural and Linguistic Signifiers*, Dr. Changkija focused on the indigenous communities of North-East India and spoke extensively about the need to develop and preserve knowledge from a cultural and linguistic point of view. She highlighted the cultural significance of the north-eastern states and their urge to

PLENARY SPEAKER



Dr. I Amenla Changkija

Assistant Professor
Department of Linguistics
EFL University
Shillong Campus, Meghalaya

preserve this knowledge which is imparted through everyday practices. Through some examples, she further pointed out the common ground of solidarity that these states share in claiming for their indigenous rights. Her instances clearly explained the differences between the counting and measuring system between the sister states. It also brought attention to the fact that there seems to be a connection between some specific words of different languages which signify the dynamics of gender and power which is prevalent in their culture. Dr. Changkija moved on to the exploration of cultural and linguistic signifiers in the indigenous communities which contribute to the exhibition and consolidation of their identities. She concluded with the need of the hour that language needs to be developed and preserved as a part of fulfilment of human rights.

Thereafter, our **Second Plenary Speaker**, **Dr. Geeta Ajit** was invited by Dr. Poudel to share her research on the *Khalasis of Beypore: Preserving the Heritage of Accumulated Wisdom through Traditional Skills and Indigenous Practices*. Dr. Ajit is an Assistant Professor at the VES Institute of Technology in Mumbai and the Joint Director of Education at KAASH Foundation. In her deliberation, Dr. Ajit reasoned that traditional practices provide a better understanding of knowledge and creative efforts. Narrating the railway tragedy at Peruman, and the efforts of the Khalasis in the rescue mission, she drew attention to the techniques used by the Khalasis to pull out the submerged train compartments; something which even

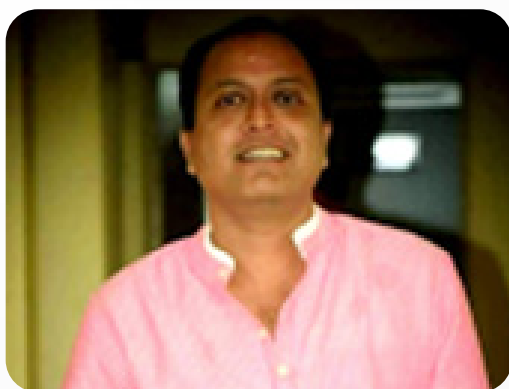
PLENARY SPEAKER



Dr. Geeta Ajit
Assistant Professor
V.E.S. Institute of Technology
Mumbai

the concerned authorities weren't able to partake in. Adding to this, she also narrated a recent accident in Kerala, where the Khalasis turned to be of huge help. Further, she dwelled deeper into the cultural history and the indigenous techniques of the Khalasis. She shared her concluding statement by expressing her concern on the diminishing number and the possibility of this community coming to its end very soon.

PLENARY SPEAKER



Dr. Sib Sankar Majumder
Assistant Professor
Department of English
Assam University (A Central
University)
Silchar, Assam

The *Third Plenary Speaker* was **Dr. Sib Sankar Majumder**, an Assistant Professor of the Department of English at Assam University in Silchar, Assam. His area of research includes theatre and the folk tales of the indigenous communities. Deliberating on the *Reflections of Indigenous Life-Worlds in Folktales from Northeastern*

India, he segmented folklores into four genres, indicating the aspirations, beliefs and social sanctions of the communities, especially the non-literate sections. He stressed on how folklores have not only sustained the knowledge systems but have also helped in the oral exchange of knowledge. To stress on the importance of folk tales to the community, he spoke of how in the communities from Tripura, Mizoram and a hilly region in Bangladesh the practice of story-telling is passed on from one generation to another. Further, he showed how the various functions include understanding the ways of the universe and form the basis for rituals and religions. An example of the Khasis was taken to reveal how folk tales sustain the belief world of the community. He concluded by citing a few lines from the translated version of an indigenous poem.

PLENARY SPEAKER



Dr. Pratiba Naitthani
Head and Associate Professor
Department of Political Science
St. Xavier's College (Autonomous)
Mumbai

The session was further continued by our *Fourth Plenary Speaker: Dr. Pratiba Naitthani*. Dr. Naitthani is the Head and Associate Professor of the Department of Political Science at St. Xavier's College (Autonomous), Mumbai. Her presentation centred on *The Conflict between Traditional Forest Rights and Conservation Policies - The Case of Bhotiya Tribe in Uttarakhand*. She started with a quick review of the state of Uttarakhand and the Bhotiya tribe, especially the role of women and their dependence on the forests. She then elaborated on how the Indo-China War of 1962 disrupted their trade with wool and made them turn to tourism as an alternative. Further, in 1974, the Chipko Andolan

Movement evoked in them a new spirit of inspiration to preserve the environment. Dr. Pratiba also spoke of the time when the Nanda Devi Peak was declared as a National Park by the Uttarakhand Government and subsequently, entry into its precinct was banned, thus, impacting the lives of the Bhotiya Tribe. Finally, she even listed out the adverse effects of various development policies and construction projects on the environment and the community. She brought her topic to an end by suggesting the framing of policies in such a way that the environment doesn't get affected.

Dr. Poudel concluded the Plenary Session by reiterating the need to dive deeper in order to find and preserve these indigenous communities in the hinterlands of India.

Post an interesting and excellent exchange of ideas and dialogue in the Second Plenary session, the **Technical Sessions** were held. Technical Session V was chaired by Dr. Premanand M.E., Department of Language and Literature, St. Joseph's College (Autonomous), Devagiri and the Moderator for the same was Dr. Ravinder Kaur Cheema, Editorial Board Member, IJEED, KAASH Foundation. 11 papers were presented in this session. For Technical Session VI, 10 papers were presented. The Chairperson for this session was Dr. Aejaz Mohammed Sheikh, Department of Linguistics, University of Kashmir, and Prof. Kavita Mishra Pandey, Joint Director (Environment), KAASH Foundation, was the Moderator. The chairperson for Technical Session VII was Dr. Nishikant Jha, Core Committee Member and Special Projects Coordinator, KAASH Foundation, and Vice-Principal, Thakur College, Mumbai with Dr. Dhanaram Uikey, Core Committee Member, KAASH Foundation as the Moderator. 11 research scholars presented their papers in this session. The final and penultimate Technical Session's (VIII) Chairperson was Prof. Anil Bankar, IDOL, University of Mumbai and the Moderator was Ms. Vibha Hasija, Department of Foods, Nutrition and Dietetics, College of Home Science, Nirmala Niketan, with a total of 11 presenters.

Four Technical Sessions and nearly 40 presentations later, Dr. Avkash Jadhav invited our **Valedictory Speaker, Dr. Ritu Dewan**. Dr. Dewan is the Vice President of the Indian Society of Labour Economics, Vice President of the Indian

VALEDICTORY SPEAKER

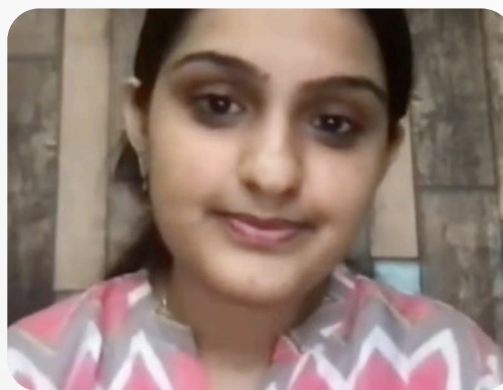


Dr. Ritu Dewan
Professor & Director (R),
Department of Economics,
University of Mumbai

Society for Agricultural Economics, a Visiting Professor at the Institute of Human Development, Trustee of the India Forum and President of the Indian Association for Women's Studies. She gave a detailed insight into the De-Indianisation of the indigenous population whose major reasons are privatisation and monopoly corporatisation. She touched upon the concept of majoritarian appropriation which refers to the attempt to take away everything from the life of the indigenous people - by citing the issue of Kashmir, Jharkhand and Lakshadweep. In Kashmir, she focused on the lives of the Bakarwals and the Gujjars, especially on the conditions of women and children. She drew attention to the deteriorating livelihood of these communities caused by the government's unwillingness to introduce forest laws for their benefit after the abrogation of Article 370. Moreover, in Jharkhand, she criticised the manner in which the identity of Birsa Munda was blurred on the basis of religion and his struggles were used as a political weapon by many. Finally, she touched upon the double identity issue of the minorities of the tribes in Lakshadweep. The banning of dairy products and the authority taken by Amul provides a classic example of the majoritarian appropriation Dr. Dewan talked about earlier. She further talked on the plight of the local people and the considerable impact on the environment due to the schemes introduced to increase tourism and the various developmental activities enacted by the government. She ended her deliberation by making us dwell deeper on how several laws have been

passed which further support the cause of a majoritarian approach.

After a packed day with various experienced speakers presenting their deliberations, it was time for the **Cultural Session** which was held for viewers to learn about the various communities through a myriad of art forms. Pranati Trivedi, Youth Brigade Member, KAASH Foundation and Senior Reporter, KAASH Konnect initiated the segment by inviting Ustaad Shabir Ahmad Shahnawaz and his team Itfana Yousuf, Rehana Yousuf and Gulshan Ara to present their Sufiyana music performance, live from Kashmir. The performance consisted of two compositions – Kashmiri poetry and Persian poetry. It was a mesmerising and soul-stirring rendition that was greatly appreciated by the viewers. This was followed by a melodious Kashmiri song performed by research scholar Sajad Ahmad Teli. The song spoke of love and devotion, and it was a wonderful recital. These lyrical acts were followed by a brief presentation by Dr. Dhanaram, Core Committee Member, KAASH Foundation and Coordinator, Madhya Pradesh Chapter, on the various tribes in the tehsils of Madhya Pradesh along with their core values and roots. Dr. Dhanaram also showed a video clip of a program hosted by the tribes of Balaghat, on the 9th of August. He also spoke about the progress achieved by the local tribes.



Pranati Trivedi
Youth Brigade Member
KAASH Foundation

Prof. Shabir Ahmad Bhat, Former Dean (Academic Affairs), University of Kashmir, conveyed his feedback for the 2-day event. Prof. Bhat congratulated



Live Performance of Sufiyana Music
(curated by Ustaad Shahnawaaz)



Live performance of a Kashmiri Song (written by Ruslu Mir – a 19th century Kashmiri poet) by Sajad Ahmad Teli



Celebration of the International Day of the World's Indigenous Peoples by the Gond Community in Balakot, Madhya Pradesh
(curated by Dr. Dhanaram Uikey)

the Foundation for hosting a successful conference and expressed his appreciation on the quality and quantity of presentations and deliberations by various scholars. He emphasized on the need to learn and unlearn about important indigenous issues and also highlighted the plight of the tribal women and girls in India. Prof. Shabir stressed on the collaboration of “mind and knowledge” and the role that universities and educational institutions play in creating awareness about the indigenous communities and

involve themselves in issues faced by these marginalised people. Prof. Shabir Bhat also invites future collaborations of Kashmir University with various organizations and scholars to ensure an active engagement in uplifting the communities. The Foundation is extremely grateful to Dr. Bhat’s words of appreciation and looks forward to hosting many more partnerships.

Dr. Avkash Jadhav and Dr. Geeta Ajit, the Chief Architects of the two-day conference

delivered the Vote of Thanks and expressed their gratitude to the team and the presenters for the relentless work poured in to ensure the seamless flow of events. The conference was an integration of ideas, dialogues, and recommendations to provide a platform for the indigenous communities. The global community has a long road before the marginalised are given the voice and rights they are entitled to, rightfully, but endeavours such as these are definitely the right step forward.



Department of Management Studies

UNIVERSITY OF KASHMIR

HAZRATBAL SRINAGAR, KASHMIR-190006

Ph.0194-2422554, Fax-0194-2420029

(NAAC Accredited Grade “A+”) www.kashmiruniversity.net

I would like to place on record my deep sense of appreciation for the two day International Conference on “Indigenous Peoples: Challenges of Validation and Inclusion,” organized by KAASH Foundation’s Centre for Academic and Professional Development (CAPD) in collaboration with the University of Kashmir, Srinagar and other institutions of higher learning in the country from August 9 to 10, 2021. The conference was organized to commemorate the World’s Indigenous Peoples. Around 250 faculty members, scholars, representatives from various organizations from more than 60 universities across the globe participated in the conference. Apart from keynote and plenary sessions, several technical sessions were held wherein more than 80 research papers were presented on the different aspects of the lives of indigenous peoples. The conference emphasized on the need to maintain the integrity and dignity of indigenous communities, the major issues and challenges being faced by them, their case studies, social and heritage value, contributions in the field of medicine, and their role in retaining the cultural diversity and ecosystem. The conference highlighted the importance of cultural heritage of the indigenous peoples in the overall global landscape and the need for its protection and preservation. During the Inaugural and plenary sessions, the experts deliberated upon the several measures necessary to protect the rights of Indigenous people and respect their unique culture, traditions, belief systems, language, values and way of life. The efforts of Dr. Avkash Jadhav, Director, Kaash Foundation and other organizers of the conference were deeply acknowledged by the keynote speakers and it was desired that the mission should be carried forward and the representatives from KU expressed their willingness to be a partner in all such future endeavors. The conference also emphasized upon the need to promote dialogue among Indigenous Peoples, local communities, climate experts, policy makers, and other relevant actors to safeguard their interests. The conference provided a perfect platform to interact with people from across the globe in online mode, exchange ideas and knowledge, and the possibility of working together in the future on several areas of research pertaining to “Indigenous People.”

Prof. Shabir A. Bhat

Deptt. of Management Studies,

Former Dean (Academic Affairs),

University of Kashmir

**Letter of Appreciation from University of Kashmir, Srinagar, congratulating
KAASH Foundation for successfully organizing the 14th International
Conference on 9th August and 10th August 2021, to mark the International Day
of the World's Indigenous Peoples**

जीवाजी विश्वविद्यालय, ग्वालिअर (म.प्र.) JIWAJI UNIVERSITY, GWALIOR (M.P.)

प्रोफेसर संगीता शुक्ला
डी.एस.सी.
कुलपति

Professor Sangeeta Shukla
D.Sc.
Vice Chancellor



Phone (O) : 0091-751-2442701
2341348

Fax : 0091-751-2341450
e-mail : vcjugwlr@hotmail.com
website : www.jiwaji.edu

No.VC/JU/2021/ 1141

Date: 28th September 2021

To,
Dr. Avkash Jadhav,
Director, CAPD
Founder – Trustee,
KAASH Foundation

Subject: Letter of Appreciation

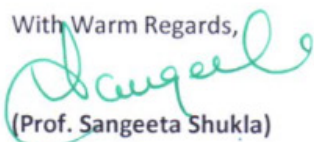
Dear Dr. Jadhav,

Firstly, I would like to congratulate you for successfully organising the 14th International Conference on 'Indigenous Peoples: Challenges of Validation and Inclusion' on 9th August and 10th August 2021. Associating with KAASH Foundation on this initiative to celebrate the International Day of the World's Indigenous Peoples, was incredible. The conference witnessed scholars from the United States of America, Turkey, Russia, Pakistan, Bangladesh and Nepal, as well as from the Indian States of Maharashtra, Kerala, Kashmir and Madhya Pradesh etc. deliberating on a myriad of topics about the world's indigenous communities, thus, rendering an element of diversity to the conference.

All of us at Jiwaji University have been equally happy to learn of the strides that KAASH Foundation has made in the last two years. The Foundation has managed to leave an indelible mark by building a community where intellectual stimulation is the key, and working at the grassroots through its on-field activities. Once again, on behalf of everyone at the University, I would like to extend my heartfelt wishes to you and the entire KAASH Foundation Team. The extraordinary grit and determination shown by each one of you in organising the conference has simply been astounding.


We, at Jiwaji University, would always like to associate with KAASH Foundation for such initiatives in the future.

With Warm Regards,


(Prof. Sangeeta Shukla)

**Letter of Appreciation from Jiwaji University,
Gwalior, Madhya Pradesh**

Registration No. S/3104/SDM/NW/2018



ALL INDIA DE-NOTIFIED & NOMADIC TRIBES WELFARE SANGH

अखिल भारतीय विमुक्त एवं घुमन्तु जनजाति वेलफेयर संघ

32, Krishna Apartments, BH-Block (East), Shalimar Bagh, Delhi-110088 (INDIA)

Tel # +91-9891800614, 8178964991 E-mail:allindiadntwelfaresangh@gmail.com

Sh. Ravindra Kumar Singh
Chairman Cum National President
Mob. # +91-8178964991
+91-9891800614

Sh. Amar Singh
National Sec. General
Mob. # +91-7738044482

Sh. Balak Ram
National General Secretary
Mob. # +91-7087230945
+91-9417244915

Sh. Mahindar Singh
(National Vice President)
Mob. # +91-9868118460

Sh. Sudir Kumar Gihara
(National Vice President)
Mob. # +91-9811141299

Sh. Kripa Shankar
(National Vice President)
Mob. # +91-941502634

Sh. Chander Shekhar
Sisodiya
(National Org. Secretary)
Mob. # +91-9770518055

Dr. Ranu Chhari
(Protocol Officer &
National President)
(Women Wing)
Mob. # +91-7804034018

Mrs. Kaipana Kodekar
(National General Secretary)
(Women Wing)
Mob. # +91-9712684030

Master Zila Singh
(National Secretary)
Mob. # +91-7015092914

Sh. Udai Singh
(National Treasurer)
Mob. # +91-9811479201

AIDNTWS/2021-22/000512 अगस्त 12, 2021

सेवा में,

श्री अवकाश जाधव जी
मुम्बई

विषय:- धन्यवाद पत्र

महोदय,

सर्वप्रथम आपको 14 वें आदिम जाति अन्तर्राष्ट्रीय सेमिनार के सफल आयोजित कार्यक्रम के लिये हार्दिक बधाई देता हूँ ।



अखिल भारतीय विमुक्त एवं घुमन्तु जनजाति वेलफेयर संघ की तरफ से हम आपका धन्यवाद व्यक्त करते है कि आपने इस सेमिनार मे हमे काश फाऊंडेशन सहयोगी बनाकर सम्मानित किया ।

हम सदैव आपके आभारी रहेगें एवं आपके साथ कार्य करने के लिए हमेशा तत्पर रहेगें।

धन्यवाद

भवदीय,

अखिल भारतीय विमुक्त एवं घुमन्तु जनजाति वेलफेयर संघ

रविन्द्र कुमार सिंह
(राष्ट्रीय अध्यक्ष)

**Letter of Appreciation from All India Denotified and
Nomadic Tribes Welfare Sangh, Madhya Pradesh**



Office of the Principal S.S.L.N. Govt. Panch. Valley College Parasia,

Distt. Chhindwara, (M.P.),

{ACCREDITED By NAAC "B+" 27/11/2017}

E Mail ID – hegpvcparchi@mp.gov.in



S.No/ 499 /2021

Parasia, Date: 16-08-2021


Letter of Appreciation

To,

Dr. Avkash Jadhav,
Founder-Trustee,
KAASH FOUNDATION,
Mumbai.

With immense pleasure I would like to congratulate for successful organizing the 14th International Conference on the theme INDIGENOUS PEOPLES: CHALLENGES OF VALIDATION AND INCLUSION. It was highly academic and as per the theme. We appreciate your efforts to highlight the challenges faced by indigenous Peoples as they try to find a place for themselves in the dominant society while retaining their tradition, Culture, and way of life.

We are thankful to you for inviting us to collaborate for this International conference. The college and KAASH Foundation are equally keen to take this project further and collaborate on future course of events.


(Dr. P.R. Chandelkar)

Principal
Govt. Panchvalley P.G. College,
Parasia, Distt. Chhindwara, (M.P.)

— प्राचार्य, वि. पंचवली / १६/०८/२१

**Letter of Appreciation from S.S.L.N. Government
Penchvalley P.G. College, Parasia, Madhya Pradesh**

MEDIA COVERAGE



राष्ट्रीय

**अखिल भारतीय विमुक्त एवं घुमंतू
जनजाति कल्याण संघ एवं काश
फाउंडेशन सहयोग से आदिम
जनजाति पर 14 वां अंतर्राष्ट्रीय
सेमिनार**

11/08/2021/By - अमर भारती



नई दिल्ली। डॉ. अवकाश जाधव ने अपने विचार व्यक्त किए कि स्वदेशी समुदाय अधिक प्रगतिशील, पर्यावरण के प्रति जागरूक और सद्भाव में रहते हैं। उन्हें सम्मान और सम्मान के साथ व्यवहार करने की आवश्यकता है। वैश्विक बनकर हमें अपनी स्थानीय संस्कृति को नहीं खोना चाहिए। विकास से स्वदेशी लोगों का विस्थापन नहीं होना चाहिए। हमें परियोजना के लाभ बनाम स्थिरता के बीच निर्णय लेने की आवश्यकता है।

काश फाउंडेशन मुंबई स्थित एनजीओ विमुक्त और खानाबदोश जनजातियों के लिए निम्नलिखित कार्यक्रम पेश करेगा

- 1) -महिला सशक्तिकरण कौशल 2)-युवा विकास कार्यक्रम
- 3)-वित्तीय साक्षरता
- 4)-कौशल विकास और समन्वय 5)-सॉफ्ट स्किल्स, रौशिक और कंप्यूटर कौशल कार्यक्रम।

सेमिनार में निम्नलिखित देशों ने भागीदारी दी :-

बांग्लादेश, रूस, तुर्की, नेपाल, पाकिस्तान और यू.एस.ए. एवं भारत से 20 राज्यों एवं 4 केंद्र शासित प्रदेश (दिल्ली, पांडिचेरी, लद्दाख और जम्मू-कश्मीर) कुल पत्र प्रस्तुति: 90 कुल भागीदारी: 250 से अधिक द्वारा सांस्कृतिक प्रदर्शन शिवांग के अतिथि: पुलाओं का समूह। मेघालय केरल का प्रदर्शन एवं खानाबदोश समुदाय के बौद्धों जैसे, सपेरा (सपेरा), मरारी (बंदर या भालू के साथ स्ट्रीट परफॉर्मर) आदि।



ऑनलाइन कॉन्फ्रेंस

परासिया, अंतरराष्ट्रीय मूल निवासी दिवस के अवसर पर काश फाउंडेशन मुंबई एवं शासकीय पंचवहली स्नातकोत्तर महाविद्यालय परासिया के संयुक्त तत्वावधान में 14वां अंतरराष्ट्रीय कॉन्फ्रेंस जनजातियों के लिए चुनौतियां उनकी मान्यता और मुख्यधारा से जोड़ने के विषय पर ऑनलाइन कॉन्फ्रेंस आयोजित की गयी। आयोजन के सहसंयोजक डॉ. धनाराम ने बताया कि दो दिवसीय कॉन्फ्रेंस के उद्घाटन सत्र में मुख्य अतिथि प्राचार्य शासकीय पंचवहली महाविद्यालय, डॉ. संगीता शुक्ला वाइस चांसलर जीवाजी विश्वविद्यालय ग्वालियर, प्रोफेसर शकील, रोमशू डीन कश्मीर विश्वविद्यालय श्रीनगर, डॉ. एसबीके थामस प्राचार्य सेंट जोसेफ कॉलेज देवगिरी केरल उपस्थित थे।



2-day int'l conference on 'Indigenous People' concludes at KU

BK News Service

Srinagar : A two-day international conference titled 'Indigenous Peoples: Challenges of Validation and Inclusion' concluded at the University of Kashmir. The online conference was organised by Kaash Foundation, a Mumbai-based NGO, in collaboration with the University of Kashmir, Jiwaji University Gwalior, St. Joseph's College (Autonomous), Devagiri Kerala and S.S.L.N. Government Panchvalley P.G. College, Parasia, Madhya Pradesh. Faculty, scholars and students from seven countries participated in the conference, which was organised to commemorate the International Day of the World's Indigenous People. Prof Shakil A Romshoo, Dean Research, University of Kashmir, was the



University of Kashmir, also represented the varsity and spoke in the inaugural session. In his inaugural address, Prof Romshoo highlighted the importance of cultural heritage of the indigenous people in the overall global landscape and the need for its protection and preservation. He said the conference

dominant society while retaining their values, traditions and the unique way of life. Prof Romshoo said the University of Kashmir has always been at the forefront to collaborate with other institutions on the issues of local, national and international importance. In his address, Prof Shakil A Romshoo highlighted

He stressed on the need to connect with government agencies to protect the rights of indigenous people and hoped that widespread awareness would help change their destiny. Apart from keynote and plenary sessions, technical sessions were held wherein more than 80 participants, including a dozen research scholars from the University of Kashmir, presented their research papers on the different aspects of the lives of indigenous people. Lippika Podar, Team Member, KAASH Foundation formally welcomed the guests while Dr Avkash Jadhav Director CAPD and Founder-Trustee, KAASH Foundation gave a brief about KAASH Foundation and the International Day of the World's Indigenous Peoples. Prof. Ayesha Mohammed

14th Year of Publication • Published from Srinagar • Thursday 12 August 2021 • Vol. 26 • Issue No. 259 • Pages: 12 • Price: ₹ 3/-

Kashmir Images

www.thekashmirimages.com • epaperthekashmirimages.com • facebook/thekashmirimages.com • e-mail: kashmirimages@hotmail.com • Twitter: @Kashmirimages

• AzadiWeather.com • Weather: 1 Day: Partly sunny and clear • Night: Mostly clear with a few clouds • Humidity: 50% • Rain: 0.0 mm • Temp: High 30° • Low: 18° • Sunrise: 5:47 AM • Sunset: 7:30 PM

Int'l conference on 'Indigenous People' concludes at KU

Srinagar, Aug 11: A two-day international conference titled 'Indigenous Peoples: Challenges of Validation and Inclusion' concluded at the University of Kashmir.

The online conference was organised by Kaash Foundation, a Mumbai-based NGO, in collaboration with the University of Kashmir, Jiwaji University Gwalior, St. Joseph's College (Autonomous), Devagiri Kerala and S.S.L.N. Government Panchvalley P.G. College, Parasia, Madhya Pradesh.

Faculty, scholars and students from seven countries participated in the conference, which was organised to commemorate the International Day of the World's Indigenous People.

Prof Shakil A Romshoo, Dean Research, University of Kashmir, was

the Chief Guest in the inaugural session, while Prof Shabir Ahmad Bhat, former Dean Academic Affairs, University of Kashmir, also represented the varsity and spoke in the inaugural session.

In his inaugural address, Prof Romshoo highlighted the importance of cultural heritage of the indigenous people in the overall global landscape and the need for its protection and preservation.

He said the conference sought to highlight the challenges faced by indigenous people as they try to find a place for themselves in the dominant society while retaining their values, traditions and the unique way of life.

Prof Romshoo said the University of Kashmir has always been at the forefront to collab-



orate with other institutions on the issues of local, national and international importance.

In his address, Prof Shabir Ahmad Bhat highlighted the need for people to know their roots and their past and ponder upon the rights of the indigenous people. He stressed on the need to connect with government agencies to protect the rights of indigenous people and hoped that widespread awareness

would help change their destiny.

Apart from keynote and plenary sessions, technical sessions were held wherein more than 80 participants, including a dozen research scholars from the University of Kashmir, presented their research papers on the different aspects of the lives of indigenous people.

Lippika Podar, Team Member, KAASH Foundation formally welcomed the guests while Dr Avkash Jadhav Director CAPD and Founder-Trustee, KAASH Foundation gave a brief about KAASH Foundation and the International Day of the World's Indigenous Peoples.

Prof Aejaz Mohammed Sheikh, Department of Linguistics KU was among the Associate Coordinators of the event.



अभी मास्क भी वैकसीन है...
दैनिक भास्कर

आइए, संकल्प लें, हर घर लहराए तिरंगा
DainikBhaskar.com राष्ट्रीय सम्पादन 03 अगस्त, 2021 कागज प्रतिष्ठान 2, 2019 12 अगस्त 2021

जनजातियों पर अंतरराष्ट्रीय सेमिनार का हुआ आयोजन

ज्वालियर। आज काश फाउंडेशन मुंबई एवं जीवाजी यूनिवर्सिटी के संयुक्त आयोजन में 14 वां अंतरराष्ट्रीय सेमिनार जनजातियों के लिए चुनौतियां, उनकी मान्यता और मुख्यधारा से जोड़ने के विषय पर ऑनलाइन आयोजित किया गया।

सेमिनार के उद्घाटन सत्र में जीवाजी यूनिवर्सिटी की कुलपति प्रो. संगीता शुक्ला ने अपने मुख्य अतिथि उद्घोषण में कहा कि भारत में बहुत सी जनजातियां हैं जो आज अपनी सभ्यता, संस्कृति को खो रही हैं उनके संरक्षण की आवश्यकता है इन जनजातियों का प्रकृति के साथ-साथ दुर्लभ वनस्पति एवं औषधियों के संरक्षण में महत्वपूर्ण योगदान है। इस अवसर पर काश फाउंडेशन के संस्थापक अवकाश जाधव ने प्रो. संगीता शुक्ला का आभार प्रकट किया साथ ही इस अवसर पर प्रो. संगीता शुक्ला द्वारा काश फाउंडेशन के दो इंटरनेशनल जर्नल का विमोचन किया गया। इस कॉन्फ्रेंस में आज चार तकनीकी सत्रों का संचालन किया गया जिसमें 40 से ज्यादा शोध पत्रों का वाचन किया गया।

छिंदवाड़ा एक्सप्रेस

शुक्रवार 14 अगस्त 2021

मूल निवासी दिवस पर हुई अंतरराष्ट्रीय कांफ्रेंस

परासिया जबलपुर एक्सप्रेस। अंतराष्ट्रीय मूल निवासी दिवस के अवसर पर काश फाउंडेशन मुंबई एवं शासकीय पंचवेली स्नातकोत्तर महाविद्यालय परासिया के संयुक्त तत्वाधान में 14वां अंतराष्ट्रीय कांफ्रेंस का आयोजन किया गया। जनजातियों के लिये चुनौतियां उनकी मान्यता और मुख्यधारा जोड़ने के विषय पर यह कार्यक्रम हुआ। दो दिवसीय कांफ्रेंस के उद्घाटन सत्र में मुख्य अतिथि के रूप में डॉ पीआर चंदिलकर, प्राचार्य शासकीय पंचवेली स्नातकोत्तर महाविद्यालय

डीन कश्मीर विश्वविद्यालय श्रीनगर, डॉ. सबुके थोमस प्राचार्य सेंट जोसेफ कॉलेज देवगिरी केरल इस दौरान उपस्थित थे। संगोष्ठी के मुख्य वक्ता इस्तांबुल तुर्की से लॉ फेमल सेवेसी थे। काश फाउंडेशन के फाउंडर डॉ. अवकाश जाधव ने संगोष्ठी के आयोजन के उद्देश्य पर प्रकाश डाला। सह आयोजक के लिए डॉ पीआर चंदिलकर को धन्यवाद प्रेषित किया। आयोजन के 2 दिवस में 7 देश, भारत से 20 राज्य एवं 5 केन्द्र शासित प्रदेश से 200 से ज्यादा रजिस्ट्रेशन हुए एवं 8 तकनीकी सत्र में 80 से ज्यादा शोध



वैश्विक बनकर हमें अपनी स्थानीय संस्कृति को नहीं खोना चाहिए : जाधव

नई दिल्ली, 11 अगस्त (देशबन्धु)। अखिल भारतीय विमुक्त एवं घुमंतू जनजाति कल्याण संघ एवं काश फाउंडेशन सहयोग से आदिम जनजाति पर 14 वां अंतरराष्ट्रीय सेमिनार का आयोजन किया गया। इस अवसर पर डॉ. अवकाश जाधव ने अपने विचार व्यक्त किए कि स्वदेशी समुदाय अधिक प्रगतिशील, पर्यावरण के प्रति जागरूक और सद्भाव में रहते हैं। उन्हें सम्मान और सम्मान के साथ व्यवहार करने की आवश्यकता है। वैश्विक बनकर हमें अपनी स्थानीय संस्कृति को नहीं खोना चाहिए। विकास से स्वदेशी लोगों का विस्थापन नहीं होना चाहिए। हमें परियोजना के लाभ बनाम स्थिरता के बीच निर्णय लेने की



आवश्यकता है। काश फाउंडेशन मुंबई स्थित एनजीओ विमुक्त और खानाबदोश जनजातियों के लिए निम्नलिखित कार्यक्रम पेश करेगा। महिला सशक्तिकरण कौशल। युवा विकास कार्यक्रम। वित्तीय साक्षरता, कौशल विकास और समन्वय, सॉफ्ट स्किल्स, शैक्षिक और कंप्यूटर कौशल कार्यक्रम। सेमिनार में निम्नलिखित देशों ने भागीदारी दी। बांग्लादेश, रूस, तुर्की, नेपाल, पाकिस्तान और यूएसए एवं भारत से 20 राज्यों एवं 4 केंद्र शासित प्रदेश; दिल्ली, पांडिचेरी, लद्दाख और जम्मू-कश्मीर, कुल पेपर प्रस्तुतियां। 90 कुल भागीदारी, 250 से अधिक द्वारा सांस्कृतिक प्रदर्शन शिलांग के आदिवासी युवाओं का समूह।

आदिम जनजाति पर हुई ऑनलाइन अन्तराष्ट्रीय सेमीनार

जयपुर। अखिल भारतीय विमुक्त एवं घुमंतू जनजाति कल्याण संघ एवं काश फाउण्डेशन के सहयोग से आदिम जनजाति पर अन्तराष्ट्रीय सेमीनार का आयोजन ऑनलाइन किया गया। कार्यक्रम का संचालन डॉ. अवकाश जाधव ने किया। वहीं डॉ. रानू छारी उनके सहायक रहे। डॉ. जाधव ने सेमीनार में कहा कि यह जनजाति पर्यावरण के प्रति सजग रहती है उन्हें सम्मान देने की आवश्यकता है। उन्होंने बताया कि फाउण्डेशन खानाबदोश जनजातियों के लिए महिला सशक्तिकरण युवा विकास वित्तीय साक्षरता सहित विविध कार्यक्रम पेश करेगा। सेमीनार में बांग्लादेश, तुर्की, रूस, नेपास व यूएसए के प्रतिनिधियों ने भाग लिया।

A VISIT TO UTTARAKHAND

Unravelling the experiences from Dev Sanskriti Vishwavidyalaya,
Haridwar and Parmarth Niketan, Rishikesh

by Shoumik Rahate

Dr. Avkash Jadhav, Founder of KAASH Foundation, Director of CAPD, visited Uttarakhand in the first week of July 2021 post the initiative of the International Yoga Week. Dev Sanskriti Vishwavidyalaya (DSVV), Haridwar was one of the collaborators for the International Yoga Week. The Pro-Vice-Chancellor of the University, Dr. Chinmay Pandya, was also invited as an honorary guest for KAASH Foundation's event. Later Dr. Suresh Lal Barnwal, Dean of the Yogic Science Department from DSVV was instrumental in knowing about KAASH Foundation's work through its website. Dr. Barnwal was instrumental in inviting Dr. Avkash to Uttarakhand as a member of the Board of Studies. DSVV conducts Undergraduate and Post Graduate courses in various faculties. Dr. Avkash Jadhav had an opportunity to design these courses and upgrade the subject matter. The main aim of Dr. Jadhav while revising the syllabi of DSVV's courses was to bring the recent trends of research and learning into it. He focused on having no repetition in their courses and gave a comparative analytical approach to it. Various ideas like introducing the paper of historiography and involving the regional study of Haridwar were initiated. Dr. Jadhav was honoured to have contributed to formulating more than 32 syllabi.

Further, a meeting with the Pro-Vice-Chancellor of the University, Dr. Chinmay Pandya was scheduled. This half-hour meets led to fruitful discussions over the 4 verticals of KAASH Foundation: Education, Environment, Health and Heritage. Being interested in KAASH Foundation's work, DSVV has proposed to have several collaborations in the future. Soon, a Memorandum of Understanding between DSVV and KAASH Foundation would be signed and combined efforts would be taken to start certain initiatives. Dr. Jadhav, in this meeting, proposed an exemplary idea of conducting heritage walks in Haridwar under DSVV. Haridwar is a holy place with tremendous spiritual value. These heritage walks would also give an edge to

the tourism industry. The students can be trained for the same. Once the heritage walk begins, students would also engage with the local municipal corporation. It would help the vicinity being cleaner and lead to the development of certain promenades. The dual purpose of the heritage walks, displaying the local history and keeping a check on the area, will be achieved.

The next day, Dr. Jadhav visited the Heads of three Departments: Department of

History, the Department of Journalism and Mass Media and the Department of Tourism and discussed varied aspects of their courses. Several points and concerns were discussed by the Heads and Dr. Jadhav. Several collaborations were also ideated where CAPD (Centre for Academic and Professional Development) could have certain certificate courses being designed. The idea of mapping Haridwar and preserving the indigenous culture of

PHOTO GALLERY



Dr. Avkash Jadhav, Founder - Trustee, KAASH Foundation, felicitating 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



Dr. Avkash Jadhav, Founder - Trustee, KAASH Foundation, felicitating Dr. Chinmay Pandya, Pro Vice-Chancellor, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand

PHOTO GALLERY



Dr. Avkash Jadhav in a discussion with Dr. Suresh Lal Barnwal (extreme left) and Dr. Mona Rathor, Head, Department of History (extreme right), about a possible tie up between Dev Sanskriti Vishwavidyalaya and KAASH Foundation



Dr. Avkash Jadhav in a discussion with the Faculties of Tourism, Journalism and Media Studies about the tie up



Dr. Avkash Jadhav and Swami Chidanand of Parmarth Niketan, Rishikesh discussing on the proposals of Spiritual Tourism and Clean Ganga Project

Uttarakhand was proposed. Through such efforts, the tangible and intangible heritage of Uttarakhand would be protected. For this purpose, state-level initiatives are going to be planned. DSVV has also agreed to host offline events once the situation is normalized. Discussions regarding student and faculty Exchange Programme and training programmes were also held.

Dr. Jadhav's next journey was to the holy town of Rishikesh. There, he visited the Parmarth Niketan, a Spiritual Organisation on the banks of the Ganges which is instrumental in undertaking projects of several environmental concerns. Last year, during the International Yoga Week Event, about 50 Ambassadors from various embassies had participated. Such an international approach to the ashram attracted Dr Jadhav towards it. The ashram led by Swami Chidanand is involved in Clean Ganga Project and Plantation drives. The Ganga *aarti* tradition held here has its own unique touch. The organization explained that the Ganga *aarti* has implicitly affected the cleanliness of the region. They have also installed a huge Shiva statue to maintain the sanctity of the place. Dr. Jadhav, throughout the day, engaged with young volunteers of the ashram to gain further knowledge about their activities.

Swami Chidanand has a tradition to have a Satsang post-Ganga *aarti* and converse with people in the ashram. Dr. Jadhav too had an opportunity to meet Swami Chidanand. Dr. Jadhav recalls asking Swamiji about the qualities of a leader. Swamiji replied and I quote, "Sahajata aur Saralta are the two qualities a leader should have. A leader should rise in adversity and do things with ease. If things are really difficult yet a leader should be skilled to do things with simplicity." Swamiji also suggested Dr. Jadhav stay back in the ashram as it had a lot to offer. The next day, Dr. Jadhav had an unusual experience. He ended up serving food to the seers of Rishikesh, organised by Parmarth Niketan. It was indeed an incredible experience. Dr. Jadhav also discussed his various experiences with Swamiji from 'Save Aarey Movement', 'Plant a Sapling Drive' and 'Plastic ban at Sanjay Gandhi National Park'. Swami Chidanand happily received the KAASH Konnect issue and expressed his interest in it.

On returning back to Haridwar, Dr. Jadhav met the Dean of Dev Sanskriti

PHOTO GALLERY



Dr. Avkash Jadhav serving people on the banks of the Ganges at Rishikesh as an act of community service



Dr. Avkash Jadhav handing over a copy of KAASH Foundation's Brochure to Dr. Sharad Pardhy, Vice-Chancellor, Dev Sanskriti Vishwavidyalaya (at the centre)



Dr. Avkash Jadhav felicitating Shri. Bhrigu Bagga, Administrative Officer, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand

Vishwavidyalaya, Dr. Ishwar Bharadwaj. He has been a pioneer in introducing Yogic Science in mainstream education. Dr. Sharad Pardhy, the Vice-Chancellor of the University also accompanied this meeting. Shri Bhrigu Bagga, the administrator of Dev Sanskriti Vishwavidyalaya and Pro-Vice-Chancellor, Dr. Chinmay Pandya was felicitated by Dr. Jadhav.

Such was the enriching visit of Dr. Jadhav to Uttarakhand which opened avenues for KAASH Foundation's work. KAASH Foundation would like to extend its gratitude towards Dev Sanskriti Vishwavidyalaya, Haridwar and Parmarth Niketan, Rishikesh for such great hospitality.

“

“Somewhere between the bottom of the climb and the summit is the answer to the mystery why we climb.”

-Greg Child

“Over every mountain, there is a path, although it may not be seen from the valley.”

-Theodore Roethke

”

EDITOR'S DESK



The month of July gave us soft glimpse into life after COVID! While most entries remained shut, the government pushed few doors to open. Some schools, colleges and offices mandated selective staff to report on certain days of the week. Traffic slowly increased and with it came the jams! While our public transport remained cautious, the workforce found ways to reach their destination. Health concerns began to rise again.

Perceiving the apprehensions of health within the public, KAASH Foundation, once again launched a five-week health program for its supporters. It was also gladdening to know that there were requests for a repeat of the weight loss program conducted by our expert, Ms Alpa Mehta.

We also had appeals from various quarters to create a platform for young researchers to present their papers and findings. It was also the time when the UN was celebrating the World Indigenous Day. It was time for us to recognize and salute, that fraternity of population that lived and survived with nature. It was time to have a wake-up call to save this dying population. The two-day conference commemorating the Indigenous Peoples had us collaborating with institutes from the far north, Kashmir to deep south, Kerala and central, Madhya Pradesh. We had a humongous response from research scholars as they presented their papers. The eminent speakers of the conference were from all quarters of the globe. The response to this event was indeed over whelming! We also released the second edition of our two international journals.

Our Founder, Dr Avkash Jadhav, toured the northern territories of Uttarakhand, Haridwar and Rishikesh, connecting with institutions and establishments, seeking further avenues to expand the work of the Foundation. It was the moment to reiterate our commitment to upholding our visions and missions to new horizons.

Our creative section has a touching poem by our member Dr Moitra. We also have paintings expressing the thoughts and visions of our young members. We are sure it will be a thought-provoking time for our readers.

Once again, wishing all our readers a very Happy Reading!

FOUNDER'S DESK



Life's most urgent question is: 'What are you doing for others?' - Martin Luther King Jr.

The vision of KAASH Foundation two years back started around this idea. Much has been said, but very little is done. And this gives us ample scope for introspection of our duties towards society and mankind. The work and performance of KAASH Foundation for the last two years bears testimony to this. We have so far hosted 14 international conferences and symposiums giving opportunities to more than 350 research scholars around the globe, academic networking with more than 11 International collaborators and 36 National level collaborations. We had active participation from 600 Universities, 180 Institutions, 1500 Colleges and 100 schools and recorded participation from over 50 countries! Thus, in all we were able to achieve 2,380 academic connectivity in the last two years. Our activities recorded 7,600 registered participants with 200 plus hours of Live streaming of events, and viewership of more than 27,000.

Our webinars on health offered easy and viable treatment options for various mental and physical ailments. The thrust on the non-allopathic usage of treatment became a popular wave even during pandemic. We have conducted health camps in the states of Uttarakhand, Gujarat and Maharashtra. We also initiated value education school at Dehradun, environment protection movements at Rishikesh, women empowerment at Kutch in Gujarat, distribution of food and essentials in Mumbai and visits to honour the medical frontline workers, visiting the Tribal units with relief packages etc.

The members of the Foundation and the Youth Brigade have performed their tasks in an exemplary manner, enabling us to achieve much in so little time. We hope to have similar trust and belief from all around us as we continue our journey to making some positive difference in the society.

KAASH KONNECT TEAM

Founder :- Dr. Avkash Jadhav
Editor-in-chief :- Dr. Geeta Ajit

Designer:-
 Sahil Jahagirdar

Senior Reporters:-
 Pamela Dhonde (Head)
 Pranati Trivedi (Senior Reporter)
 Krishna Sawant (Senior Reporter)

Junior Reporters:-
 Gabriella D'Souza
 Ruchira Sarma
 Shoumik Rahate
 Tirtha Samant
 Amruta Doke

WEIGHT LOSS PROGRAM

by Gabriella D'souza

Back by popular demand, KAASH Foundation's KAASH Swaasthya Manthan was proud to present the Second Weight Loss Program! KAASH Foundation, which was the brainchild of Dr. Avkash Jadhav, is a Mumbai based organization that aims to serve society through their four verticals: Education, Environment, Health and Heritage, while KAASH Swaasthya Manthan strives to promote and spread awareness on non-allopathic treatments, sanitation and hygiene, appropriate medical help for both mental and physical health and much more.

Due to the immense success and positive feedback received after the 1st Weight Loss Program, which was held during the months of March and April of the current year, the workshop was brought back for the second time around and it was conducted by none other than the proficient, Ms. Alpa Mehta.

WEEK 1

The first day of the 5-week workshop began with Pamela Dhonde, Core Committee Member of KAASH Foundation, quoting Lord Buddha, "Every human being is the author of his own health or disease". These



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



Dr. Avkash Jadhav
Founder - Trustee
KAASH Foundation


words of Lord Buddha ring true especially in times like these when our health is of utmost importance. She then invited Ms. Alpa Mehta, a Nutritionist, Sujok Therapist, Core Committee Member as well as the Resource Person of the program, to unfold the session of the day.

Right off the bat, Ms. Mehta attempted to loosen up the participants by encouraging them to interact, ask questions and most importantly smile. The purpose of the workshop, as she explained, is to take our health into our own hands and in doing so, live our best lives. More often than not, she said, we tend to get disheartened whenever the number on the scale doesn't change. But what we need to keep in mind is that our body is continuously changing both on the inside and on the outside and by eating all the right things and staying on track, we'll see the desired results eventually. Ms. Mehta also spoke about the role of calories in an individual's diet and its effect on

weight loss. Basically, one can eat anything they want, as long as they burn as many calories as they consume, this of course can be achieved through exercise and by being active in general.


Ms. Mehta laid down some ground rules that each of the participants must adhere to for the next 30 days. At every meeting, Ms. Mehta would assign the participants a diet which they had to follow for the rest of the week. Thereafter the following guidelines were set in place:

- Check your weight at the same time every day, preferably early in the morning after using the washroom.
- Update the group, not only about your weight but also how you're feeling at the moment. This will help the guide to change anything if necessary and at the same time motivate and encourage the other participants.



KAASH FOUNDATION MUMBAI

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



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

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

Program Director
Dr. Avkash Jadhav
Founder - Trustee
KAASH Foundation

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

For further details and registration, kindly visit our websites:
www.kaashfoundation.org
www.kaashcpd.com

- Click pictures of the food before eating so as to get any feedback if required.

Now for the fun bit. A strict regimen of no salt, sugar and stress was prescribed to the participants by Ms. Mehta. They were expected to exercise for at least one hour a day as well as indulge in a bit of yoga and meditation, which has been proven to be quite effective for those who are bed ridden, stressed and suffer from lack of sleep and electronic addiction. A fixed routine of mealtimes, portion sizes, activities all topped off with 3 liters of water and 8 hours of sleep soon followed.

Ms. Mehta, before calling it a day, assigned the diet and exercise that the participants would have to adhere to for the week. Pamela Dhonde then called upon Ms. Renuka Vyas, Joint Director (Health), KAASH Foundation, who thanked the audience and briefed the participants on the benefits of good sleep and the methods to achieve high quality deep sleep. She also emphasized the importance of good posture and how practicing breathing exercises and just paying attention to ourselves while we walk and sit, can go a long way.

Thereafter, Pamela Dhonde concluded the session as everyone waited anxiously to try out their new lifestyle.

WEEK 2

The second week of the Second Weight Loss Program commenced with Ms. Renuka Vyas, who recommended two natural ways to detox during a diet. First, a blend of lemon and black pepper in warm water before bedtime for constipation and second, 7 black peppercorns and water for fatty liver, kidney filtration and weight loss.

Ms. Vyas also recommended the consumption of yellow and orange seasonal fruit such as banana, Indian apple, papaya and peach for combating constipation. She also spoke about the importance of 'Me Time' where for 5 mins one should take out time and focus on their breathing. She explained the effects of good breathing techniques as well as the practice of deep and long breathing. Whatever intention you place on a thing, Ms. Vyas denoted, is what you shall receive in the end.

Thereafter, Pamela Dhonde called upon Ms. Alpa Metha to carry on the session. The participants gave their feedback and discussed their experiences about the first



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



Ms. Kalpana Sawant
Naturopath
Reiki and Pranic Healer,
Yoga Trainer and Hypnotherapist

week.

WEEK 3

Ms. Kalpana Sawant, who along with being a Naturopath, is also a Reiki and Pranic Healer, Yoga Trainer, Palm Reader and not to mention, a Hypnotherapist, was invited by Pamela Dhonde to deliberate on a couple of topics for the 3rd week of the Second Weight Loss Program.

We have 24 hours a day, Ms. Sawant said as she began her session, but even then, we find it hard to dedicate one hour to ourselves. She said that in our busy lives we tend to take our bodies for granted and end up making the wrong choices for our health such as eating food from outside and not exercising enough, which leads to diseases and health complications like diabetes, high blood pressure, cholesterol etc. Yoga, Ms. Sawant explained, is the merging of the body, mind and soul. She put an emphasis on drinking a glass or two of water every morning, walking for 10 minutes every day and most importantly, practicing the various yogic *Asanas*, *Prathanas*, *Pranayams* etc. for improving breath, blood flow, thyroid issues, any stiffness in the spine or stomach and much more.

Ms. Sawant pointed out how the pandemic has made us evaluate our health. By incorporating these practices into our

daily routine, we are not only slimming down, but also building our immunity. She spoke about the 5 elements that we need to detox from i.e. Vayu, Pruthvi, Aakash, Agni and Jal. By going on a detox for at least a month, we can clear out our system and slowly gain control over our bodies and minds and eventually meet our weight loss goals. She also deliberated on the practice of meditation. Ms. Sawant urged the participants to do 15 minutes of meditation and deep breathing to relieve stress and anxiety. It will also benefit self-confidence and help achieve positive thoughts and a strong will power. And lastly, Ms. Sawant stated that one should consume only as much as one needs, in order to live healthy lives.

Thereafter, Pamela Dhonde called upon Ms. Alpa Metha to carry on the session. The participants gave their feedback and discussed their experiences about the second week.

WEEK 4

Pamela Dhonde kickstarted the fourth session of the Second Weight Loss Program by congratulating all the participants on the progress they've made so far. She then invited Ms. Renuka Vyas, who spoke about hormones, hormonal changes and their effects on the body.



Pamela Dhonde
Core Committee Member
KAASH Foundation

Ms. Vyas explained the connection between not exercising correctly and inadequate hormonal secretion. By not exercising and intaking excessive vitamins, these products start to accumulate within the body. Snake gourd and water chestnut, Ms. Vyas said, are great vegetables for improving one's health. It can be eaten along with a meal and the snake gourd can be drunk as a juice along with ginger, pudina and lemon once every day for good thyroid. Ms. Vyas also explained the Kechari Mudra, an advanced yogic move that involves the practitioner to fold their tongue inwards as much as possible while meditating. This is supposed to not only activate but also balance out the user's 7 chakras or 7 glands.

For anomic valve or fibroid issues, the answer is iron and calcium. A Lokhad Kaddai, Ms. Vyas explained, can help in adding a bit of iron into the diet, by drinking the water or by using the water while cooking curries, soups etc. Those who have diabetes should avoid this step. She emphasizes that when we have control and awareness over our vitamins and minerals, we then can have control over our hormonal changes. The best way to help ourselves is to pay attention to our health and act as soon as possible if we feel something is wrong and not delay any process.

Thereafter, Pamela Dhonde called upon Ms. Alpa Metha to carry on the session. At the end of the day, the participants gave their feedback and discussed their experiences

about the third week.

WEEK 5

Pamela Dhonde, a Core Committee Member of KAASH Foundation, commenced the final session of the 5-week Weight Loss Program by quoting the Chinese philosopher Lao Zhu, "A journey of a thousand miles, begins with a single step". This couldn't be a more perfect way to end a workshop that motivated the participants to venture out of their comfort zone, think more deeply and work together as a team to get some stellar results.

Ms. Renuka Vyas, Joint Director (Health), KAASH Foundation as well as the Coordinator of KAASH Swaasthya Manthan, took the stage to congratulate the participants on their achievements. She urged them to be grateful and proud of themselves for what they've accomplished so far. She emphasized the importance of self-discipline and most importantly, consistency. Many times when we're in a group or with family and friends, we tend to be tempted to stray off our diet. As a result, it is imperative, as Ms. Vyas put it, to remind ourselves of our limits and what is best for our bodies. She once again spoke about the effects and benefits of good posture during eating, walking, sleeping etc.

But at the same time, Ms. Vyas denoted, we mustn't over do our diet and exercise as we risk harming our bodies in the end. She also urged the participants to keep up their meditation, breathing alignment, sit with themselves and only observe, not absorb, their thoughts. We need to learn what's best for us and learn to command ourselves over controlling ourselves; this can be done by giving ourselves positive affirmation but at the same time letting ourselves know when we're going over the line.

Pamela Dhonde then called upon Ms. Alpa Mehta, a Core Committee Member of KAASH Foundation as well as the guide and mentor to the participants for the past 5 weeks, to carry on the session. Ms. Alpa congratulated the participants and extended her gratitude towards all the hard work they had done so far. Thereafter, clearing the doubts of the participants, she invited them to share their experience both positive and negative. All in all, they have seen major and amazing changes not only in their weight but also in their energy, appetite and their lives in general.



Megha Patel
Youth Brigade Member
KAASH Foundation

Pamela Dhonde then invited the Founder - Trustee, Dr. Avkash Jadhav to take the stage. Dr. Jadhav expressed his gratitude towards the participants as well as the organizers who made the program possible. He explained how the Foundation was thrilled with the feedback and excited that people wanted another round after the first. Looking at the demographic of the participants, which were mostly older women, he explained how women, especially in Indian society, tend to focus more on the satisfaction and care of their family and children rather than their own diets and health. Dr. Jadhav said that it's not how we eat but what we eat and in what quantity that matters but most importantly, be healthy and happy.

“

*To keep the body in
good health is a duty ...
otherwise we shall not
be able to keep the mind
strong and clear.*

-Buddha

”

CERTIFICATE OF APPRECIATION



**The Mangrove and Marine Biodiversity Conservation
Foundation of Maharashtra congratulating KAASH Foundation
for participating in the Save Mangroves Campaign by
planting a mangrove tree in the coastal belt of Maharashtra**

KAASH CREATIVE CORNER

LEARN TO LET GO ...

BY DR. NANDITA MOITRA



Release that which does not serve you...

Let go false ego, anger and pride

For it is that which help you in taking another new stride ..

Let go binding attachments

For detachment is liberating ..

Let go the desire to overpower...

For conquering hearts is the trait most desired ..

Let go the desire to impress ..

For actions speak louder than words ...

Lay bare you soul to the divine master ..

For it is said that we rise by surrendering ..

THE KOI POND

BY ASHNA RANADE



KAASH CREATIVE CORNER

BY MELITA MARIAN CHETTIAR



BE ROOTED AND BLOOM



This is my first ever painting among all the others and it is very special to me. In this chaos and clutter of life, we often forget the need to give time to ourselves. We get so busy with our responsibilities that we forget our roots; we forget the one who led us there. The girl on the swing is us, taking out time for ourselves to relax, the branches are the opportunities and responsibilities we have and the flowers are the abundant blessings that the Almighty has bestowed on us. And lastly, just as the tree is strong, so must we be rooted to where we belong, bloom and trust in the divine power firmly.

RISE TO THE SKIES



Sometimes we think that the sky is our limit but this painting shows that this very sky is filled with limitless possibilities. The high-rise buildings symbolize each of us trying to reach our goals in life. The different colors of the beautiful starry skies are a beacon of hope to reach and succeed in each stage of life, to go beyond each challenge that life throws at us, conquer them and accomplish our goals in life.

UPCOMING EVENT



KAASH FOUNDATION MUMBAI

INVITATION

As we step into the third year of making a small difference in the world we live in, we would like to reminisce the two years gone by and extend gratitude to those who were a part of this wonderful journey. Therefore, we are glad to announce the celebration of our

SECOND JUBILATION DAY

on

Sunday, 3rd October 2021

Time: 10:30 AM - 03:00 PM

**Venue: Concord Hall, Ramada Plaza Palm Grove,
Juhu Beach, Mumbai**

Please Note: Entry by Invitation only.



BIRTHDAY WISHES

Tirtha Samant
4th July



Titiksha Kabra
19th July



Alkesh Shah
23rd July



Bhumika Gohil
24th July



Shoumik Rahate
6th August



Vinita Bhatia
7th August



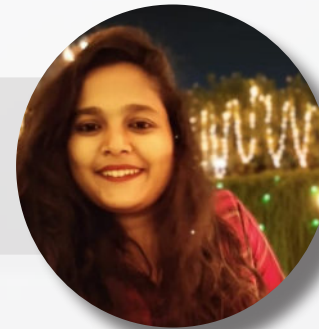
Gabriella D'souza
9th August



Kavita Pandey
11th August



Siona Salvi
13th August



Ayesha Mujawar
15th August



Hetvi Parmar
17th August



Shefali Shirmal
17th August



Aapulki Jadhav
22nd August



Megha Patel
24th August



Anagha Acharya
27th August



Ayushi Motiwalla
6th September



Nishikant Jha
15th September



Seema Sindgikar
16th September



Pamela Dhonde
23rd September



Janice Lobo
26th September



Rohan Hegde
29th September

