



KAASH KONNECT

ISSUE NO.10: APRIL - JUNE 2022

AN INITIATIVE BY



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YOGA WITH THE CONSULATE-GENERAL OF ISRAEL

by Pamela Dhonde

There is a force within which gives you life. Seek that.

– Rumi

And that's exactly what the ancient practice of Yoga helps us seek – the inner voice, the inner conscience. The above quote by Rumi, a 13th century Sufi and Persian poet, truly exemplifies the strength that we, as individuals, have within. Yoga bridges the gap between this inner force and the external world. In today's day and age, where consumerism, materialism, digitalization, hatred, and war among others have taken centre stage, this practice helps us find that connect and work towards maintaining peace - within ourselves and with others.

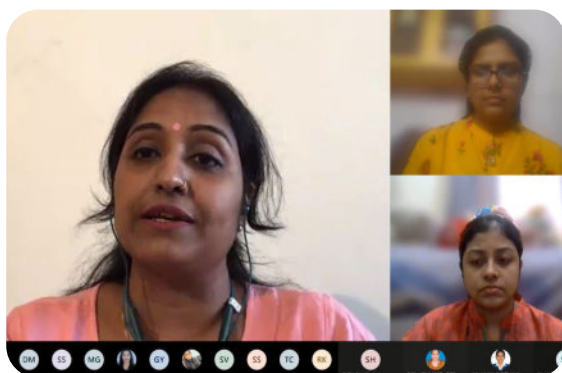
(continued on Page 2)...

KAASH FOUNDATION MUMBAI
As part of International Yoga Week celebrations for the 4th consecutive year,
KAASH Foundation's KAASH Swaasthya Manthan
in collaboration with the
Consulate - General of Israel in Mumbai
is organizing a
YOGA AND NATUROPATHY CAMP
Date: 20th June 2022 Time: 4:00 PM - 4:30 PM
Venue: Consulate-General of Israel, Lower Parel, Mumbai

PROGRAM DIRECTORS
Dr. Avkash Jadhav Founder - Trustee, KAASH Foundation
Mr. Kobbi Shoshani Consul General of Israel to Mumbai

PROGRAM COORDINATORS
Ms. Pooja Malkar Core Committee Member, KAASH Foundation
Ms. Renuka Vyas Joint Director (Health), KAASH Foundation
Ms. Michelle Joseph Public Diplomacy & MASHAV, Consulate-General of Israel, Mumbai

CORPORATE SESSION AT SAINT-GOBAIN INDIA



On the occasion of World Health Day, Ms. Renuka Vyas, Joint Director (Health), KAASH Foundation was invited by Saint-Gobain India to conduct a virtual corporate session for its women employees across the country. Held on 7th April 2022, the session focused on alternative health therapies like naturopathy and sujok to deal with menopause, PCOD, hair fall, and weight issues.



CONGRATULATIONS TO AYUSHI MOTIWALLA!

KAASH Foundation extends its heartiest congratulations to Ayushi Motiwalla for the launch of her book "On Friendship, Philosophy and BioArchitecture". Launched on 17th April 2022, the book is a conversation between Ayushi and the founders of Put Your Hands Together BioArchitects. It illustrates a decade-long journey of learnings, mistakes, experimentation, and exploration of the architectural firm that strongly advocates natural building materials and sustainable development. Inclined to understand the concepts of natural building construction and empathy in design, Ayushi trained with Put Your Hands Together BioArchitects, before penning down this monograph.

About Ayushi: Ayushi Motiwalla is a young budding talent in the field of community architecture with a flair for words. She has co-founded GrassrootED to dedicate her time in blending verticals of design, education, and rural infrastructure. Using humane and empathetic processes, her works in the sphere are spread across Karnataka, Maharashtra and more. At KAASH, Ayushi is an Editorial Board Member of the Foundation's International Journal of Emotions, Expressions and Dimensions (IJEED).

As the world geared up for the 7th International Day of Yoga, KAASH Foundation's KAASH Swaasthya Manthan celebrated this occasion with the Consulate-General of Israel in Mumbai on 20th June 2022. The half-an-hour session witnessed

our Yoga trainers – Ms. Bhumika Gohil and Ms. Mansi Shah guide the members of the Consulate through simple Yoga asanas aimed at strengthening their core. The session began with the chanting of 'Om' followed by the Padmasana - a meditative

lotus pose that alleviates mental stress, improves digestion, and strengthens knee and ankle joints. This was accompanied by Pranayama - a technique to regulate breathing. Next, the members were guided into a few warm-up exercises like neck,



Members of the Consulate in the Padmasana pose



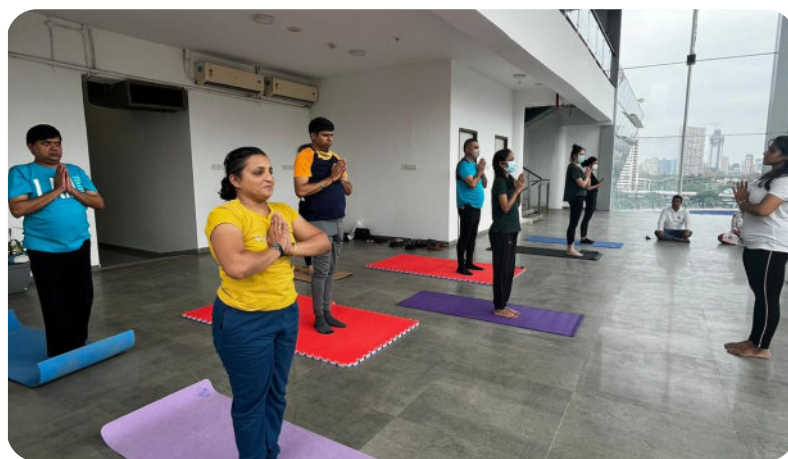
Our Yoga Trainer - Ms. Bhumika Gohil guiding the members



The members performing Pranayama with our Yoga Trainer - Ms. Mansi Shah



Practicing simple wrist rotations



Performing the Surya Namaskar

wrist, and feet rotations and jogging-on-the-spot. This set the tone for the session's highlight: The Surya Namaskar. Surya Namaskar literally translates into 'salutation to the sun' and is a series of 12 yoga asanas. It proves to be a great cardiovascular workout that stretches the shoulder, chest, back, and leg muscles, improves blood circulation and flexibility of the spine, and facilitates weight loss. This was followed by the Shavasana (corpse pose) which helped the members

relax and be aware of their mind and body.

It was indeed a delight to see all the members actively participate and perform the asanas with enthusiasm as they welcomed the idea of practicing Yoga to attain physical fitness and mental wellbeing.

Here's what Mr. Kobbi Shoshani, Consul General of Israel and Ms. Dahlia Neumann, Deputy Consul General of Israel had to say about the session:

"This half-an-hour long session helped us relax. The chanting of 'Om' calmed our minds and the Surya Namaskar flexed our muscles. We would make it a point to regularly practice Yoga and would love to continue our association with the Foundation."

KAASH Foundation believes in integrating and promoting Yoga, which is one of the myriad traditions of the rich Indian culture. The word 'Yoga' comes from the Sanskrit word 'yug' which means to unite. Thus, yoga helps to restore a state of perfect balance between the self and the cosmic world around us. KAASH Foundation seeks to promote self-peace within all human beings.

We would like to express our special thanks to Mr. Shoshani, Ms. Neumann, and Ms. Michelle Joseph - Public Diplomacy Officer at the Consulate, for all their support and encouragement towards this event. The Foundation also thanks Ms. Renuka Vyas, Joint Director (Health), Ms. Bhumika Gohil, and Ms. Mansi Shah for their contribution. Lastly, Dr. Avkash Jadhav, Founder-Trustee, KAASH Foundation deserves a special mention here for organizing the session.



Performing the Surya Namaskar



Team KAASH with the Consul General - Mr. Kobbi Shoshani, Deputy Consul General - Ms. Dahlia Neumann and members of the Consulate-General of Israel

“

“Yoga does not just change the way we see things, it transforms the person who sees.”

-B.K.S Iyengar

”

LETTER OF APPRECIATION

Consulate General of Israel
Mumbai



הקונסוליה הכללית של ישראל
מומבאי

To KAASH Foundation,

We would like to thank you for organizing and conducting the session on 20 June 2022 for the consulate staff marking International Day of Yoga.

The staff appreciated the dedication and work of your entire team:

Dr. Renuka Vyas. Jt. Director Health. KAASH Foundation Mumbai. Program Coordinator for the event.


Pamela Dhonde. Core Committee Member Kaash Foundation Mumbai and Supervisor to the event

Bhumika Gohil. Yoga Instructor. Kaash Foundation

Mansi Shah. Yoga instructor. KAASH foundation

We would like to say a special thanks to Dr. Avkash Jadhav the Program Director of the event for making all the arrangements.

Looking forward to be associated with you in the future.



Kobbi Shoshani

Consul General

16TH INTERNATIONAL CONFERENCE

by Gabriella D'souza

The heritage of the past is the seed that brings forth the harvest of the future.

-Wendell Phillips

International Day of Monuments and Sites, also known as World Heritage Day, is celebrated annually on 18th April. It was approved by UNESCO's General Conference in 1983 and is globally promoted by the International Council on Monuments and Sites (ICOMOS) with an aim to recognize the legacy, cultural diversity, and vulnerability of our heritage sites and encourage governments, private companies, and individuals to adopt more efficient and eco-friendly policies to protect and preserve them. With devastating effects of climate change looming over us in recent times, it was deemed fit to declare 'Heritage and Climate' as the theme this year.

KAASH FOUNDATION MUMBAI

This
INTERNATIONAL DAY FOR MONUMENTS AND SITES
KAASH Foundation's
Centre for Academic and Professional Development (CAPD)
in collaboration with
Samarkand State University, Samarkand, Uzbekistan
Archaeological Survey of India (A.S.I.), Mumbai Circle
Himalayan Institute of Archaeology and Allied Sciences, Ladakh
and
Patan District Heritage Conservation Society, Patan, Gujarat
is organizing its
16TH INTERNATIONAL CONFERENCE
on
**Global Challenges and Avenues to Protect
Monuments and Heritage Sites**
Date: Monday, April 18, 2022 Time: 3:00 - 6:30 p.m. (IST)
The Conference will be held virtually and live-streamed on KAASH Foundation's YouTube Channel
To know more about us, kindly visit our websites:
www.kaashfoundation.org
www.kaashcapd.com

In line with this theme, KAASH Foundation's Centre for Academic and Professional Development (CAPD) held its 16th International Conference on **Global Challenges and Avenues to Protect Monuments and Heritage Sites**, on 18th April 2022 in collaboration with Samarkand State University, Uzbekistan;

Archaeological Survey of India, Mumbai Circle; Himalayan Institute of Archaeology and Allied Sciences, Ladakh; and Patan District Heritage Conservation Society, Gujarat.

Anchored by our Youth Brigade Member, Titiksha Kabra, the conference kickstarted with Dr. Avkash Jadhav, Founder-Trustee, KAASH Foundation, briefing the event and the Foundation's vision for it. In order to create an atmosphere of awareness and inculcate a sense of responsibility towards the preservation and conservation of heritage sites, the Foundation has looked at sessions like these to encourage debates and discussions around them. Thereafter, Dr. Geeta Ajit, Joint Director (Education), KAASH Foundation and Coordinator, CAPD, spoke about the Centre for Academic and Professional Development and enlightened the audience on its functions, while Pamela Dhonde, Core Committee Member, KAASH Foundation, gave a brief overview of the Foundation and its 4 verticals i.e., Education, Environment, Health, and Heritage.



Dr. Avkash Jadhav
Founder-Trustee, KAASH Foundation
Director, CAPD

Thereafter, Titiksha invited our **Inaugural Speaker, Umang Sinha** - a Project Officer of the Culture team at UNESCO's New Delhi Cluster Office, to address the audience. Ms.

INAUGURAL SPEAKER



Ms. Umang Sinha
Project Officer, Culture team,
UNESCO New Delhi Cluster Office for
Bangladesh, Bhutan, India, Nepal,
Sri Lanka and the Maldives

Sinha began her address by commending the commitment of the Foundation to protect and preserve Mumbai's heritage. After World War I, there was a conscious effort made towards the preservation of universal heritage sites by merging two prominent movements i.e., preservation of cultural sites and protection of nature. Ms. Sinha then explained the five tenets of the World Heritage Convention, and reiterated that these elements can only be possible with proactive support from civil society leaders to uphold the splendor of the country.

Thereafter, our **Special Guest, Dr. Sonam Spalzin**, who is the Founder-President of the Himalayan Institute of Archaeology and Allied Sciences commenced her talk with a brief note on the undertakings, workshops, training camps, and collaborations of the institute. She explained how the institute hopes to find or create a huge platform for the Ladakhis to protect their heritage and concluded by thanking KAASH for the opportunity to spread awareness.

Pamela Dhonde then spoke about the Foundation's quarterly newsletter 'KAASH Konnect' that aims to connect readers with its work, visits, programs, workshops etc. Volume 9 of the newsletter was released during the conference by **Dr. Emanuela Rossi**.

SPECIAL GUEST



Dr. Sonam Spalzin

Founder-President
Himalayan Institute of Archaeology
and Allied Sciences
Ladakh, India

Dr. Emanuela Rossi – an Associate Professor of Heritage and Anthropology at the University of Florence, was the **Keynote Speaker** for the evening. Presenting on 'The Museum as a Heritage Technology', Dr. Rossi noted that museums have become a symbol of modernity for countries over the world as people are now acknowledging their roots, historic identities, and cultural diversity in the public sphere. This makes museums more portable and social. She then took the audience on a virtual journey from early 20th century Canada all the way to her home country of Italy. Tribal museums, Dr. Rossi continued, have seen an explosion in numbers; whereas, museums with a more cosmopolitan outlook have hit rock bottom by changing names and displays. She continued on how museums in Canada & Italy have begun decolonizing themselves and how heritage technologies are used by communities to build a better future. Dr. Rossi concluded that heritage doesn't exist on its own but requires us to value it as a community/society. She cited

KEYNOTE SPEAKER



Dr. Emanuela Rossi

Associate Professor, Department of
History, Archaeology, Geography and
Performing Arts
University of Florence
Florence, Italy

the example of a group in Tuscany, Italy fighting to preserve a small natural humid area from urbanization by assigning it a new historical value.

CHAIRPERSON



Ar. Paresh Kapadia

Design Chair and Chief Academic
Organizer

Thereafter, the **First Plenary Session** of the conference, chaired by **Ar. Paresh Kapadia**, began. The first speaker of the session was **Dr. Alok Tripathi** - the Additional Director General (Archaeology) of the Archaeological Survey of India. Presenting on 'Marine Archaeological Heritage', Dr. Tripathi began by defining archaeology and maritime heritage. The Indian Subcontinent, he denoted, has an extensive and rich maritime history with unlimited

potential. From shipwrecks to submerged settlements, maritime heritage gives great insight into nautical activities such as trade, commerce, foreign relations, wars etc. Dr. Tripathi gave a brief account on marine excavation projects and the process of their execution that includes identifying the type of site (i.e. shipwreck or settlements), the reasons for site creation (i.e. rising water levels or conflict), documenting artifacts, depth & size of the area, diving, and using technical & manual methods of research. He concluded by emphasizing the need for communication and collaboration between different fields of research to strengthen preservation efforts, as no site exists in isolation.

PLENARY SPEAKER



Dr. Alok Tripathi

Additional Director General
(Archaeology), Archaeological Survey
of India (A.S.I.), New Delhi, India

The second speaker for the session was **Mr. Frank Schlichtmann** - the Founder of The 4tables Project, who presented on 'Vernacular Architecture in times of Modern Indian Aspiration'. Mr. Schlichtmann began by speaking about the nature of his work. He stated that rather than excavating old houses, he would build new ones with preservation in mind. Modernism, Mr. Schlichtmann continued, is tradition plus innovation i.e., we are constantly evolving our traditions so that we can create a heritage that will either fail or eventually succeed. He explained how the visual character of not only cities, but also rural villages has taken a backseat to cement & plaster and this is where vernacular architecture steps in. Vernacular Architecture, Mr. Schlichtmann explained, derives traditional ideas and designs but adds modern elements to suit the current location, time, and climate. This has led to minimizing energy costs, carbon footprint, waste generation, stress on

PLENARY SPEAKER



Mr. Frank Schlichtmann
Founder, The 4Tables Project, Gunehar,
Himachal Pradesh, India

resources etc. Mr. Schlichtmann concluded that in history, civilizations have survived because they found a way to adapt. So does that mean, one needs to go back to building simple houses or just keep moving forward? The answer is that improving old houses or even building newer ones sustainably with older proven techniques will do the needful.

PLENARY SPEAKER



Prof. Shiekh Intekhab Alam
Assistant Professor, Faculty of
Architecture, Jamia Millia Islamia -
A Central University
New Delhi, India

The third speaker of the session was **Prof. Shiekh Intekhab Alam** - a Faculty of Architecture at Jamia Millia Islamia, who presented on 'Ladakh - A Living Heritage'. He began his presentation by highlighting that the strategic position of Ladakh has made it a hub for both, tangible and intangible heritage. The elements of nature and sacredness, Prof. Alam continued, form important components of Ladakh's heritage. He briefly spoke on projects such as the 'Shangdong to Stupa Initiative' that included neutralizing the shandongs (traditional wolf traps in Ladakh) by

removing a few stones from the structure & creating a path for the wolves to escape; and building stupas near these sites to add an element of spirituality and prevent locals from killing the animal. Another project that Prof. Alam spoke about was the 'Dolkhar Boutique Resort' wherein architectural elements were designed by local craftsmen. He concluded his presentation by narrating an account of the restoration of the Chorten stupa at Phyang village that was partially destroyed during a flash flood in 2010. The community's collaborative efforts helped local leaders to restore the stupa back to its former glory.

PLENARY SPEAKER



Dr. Ashutosh Pathak
Secretary, Patan District Heritage
Conservation Society
Patan, Gujarat, India

Next, Chairperson Ar. Pares Kapadia gave his feedback on the First Plenary Session post which the **Second Plenary Session** began. The first speaker of the session was **Dr. Ashutosh Pathak** - Secretary of the Patan District Heritage Society in Gujarat, who presented on the 'Adverse Effects of Climate on Ancient Monuments'. Dr. Pathak began his presentation by briefly explaining the concepts of climate, climate change and its adverse effects on heritage monuments around the world. The main focus of Dr. Pathak's presentation was Rani Ki Vav, which was erected in the 11th century by Queen Udayamati in memory of her late husband King Bhimdev. Besides acting as a symbol of love, the epic set-in-stone is also a water reservoir. Dr. Pathak concluded his presentation by stating that extreme weather conditions of the area have worn out many sandstone carvings and sculptures.

The second speaker of the session was **Ar. Ejaz Ahmad Wadan** - Architect and Urban Analyst with projects such as USAID's

PLENARY SPEAKER



Ar. Ejaz Ahmad Wadan
Architect and Urban Analyst. Former
Architect and Urban Planner, USAID's
Afghan Urban Water and Sanitation
Project, Jalalabad, Afghanistan

Afghan Urban Water and Sanitation Project, who presented on 'Heritage in Conflict Areas - Afghanistan as a focal point'. Ar. Wadan began his presentation by talking about the rich history of Afghanistan in relation to its strategic position that has made it a crossroad of cultures, trade, and even civilizations. Thereafter, he briefly explained the historical sites and their significance. According to the Archaeological Institute of Afghanistan, Ar. Wadan continued, the country has more than 5000 major archaeological sites. But unfortunately, its conflict situation has posed a huge challenge to conduct research. Through examples of the Mes Aynak site, Bala Hissar, and Bamiyan's Giant Buddhas, Ar. Wadan then spoke about the destruction caused not only by climate but also by illegal excavation, lootings, and terrorist activities. The Mes Aynak site in particular is being considered to be an open-air museum so that individuals can come and enjoy it, but unfortunately, these heritage sites can be lost due to copper mining projects. Ar. Wadan concluded his presentation with 2 questions:

- How Cultural Heritage can play a significant role in nation building?
- Which key measures can formulate the management and protection of post war cultural heritage?

The answer is having governments and private corporations create policies for heritage protection and regulation of urban and suburban areas.

The third and final speaker for the session

PLENARY SPEAKER

**Dr. Anita Rane-Kothare**

Head and Associate Professor,
Department of Ancient Indian History,
Culture and Archaeology
St. Xavier's College (Autonomous)
Mumbai, India

was **Dr. Anita Rane-Kothare** - Head and Associate Professor of the Department of Ancient Indian History, Culture, and Archaeology at St. Xavier's College, Mumbai. Presenting on 'Petroglyphs of Konkan and the threats of destruction'. Dr. Anita began by briefly explaining the features of rock art with emphasis on petroglyphs. Most of the petroglyphs in Maharashtra, Dr. Anita denoted, are made of laterite, which further adds to its unique nature. Over the course of years, these sites have eroded. She then showcased the sites in Ratnagiri that are under threat from mining, the proposed mango groves, and urbanization. Dr. Anita walked the audience through a number of sites, monolithic shrines, iconographs, temples, and maps she had discovered. Maps in particular, she continued, are very crucial as they provide more information on the history of cartography in the sub-continent as well as the world. She emphasized on the effects of construction that result in flooding as an example of human vandalism on heritage sites around the world. Given a chance, Dr. Anita concluded, villages and governments alike can figure out a sustainable and less disruptive way to generate income, all while maintaining their respective heritage.

This brought an end to the Plenary Sessions, and was followed by the Technical Session. The first presenter of the session was Ms. Neelam Bhandari, a PhD candidate in Physical Education from the University of Mumbai who presented on the 'Effect of Globalization and Climate Change on Human Health', after which Ms. Nilofer Nayak, a B.P. ED student from the University of Mumbai presented on the 'Need and

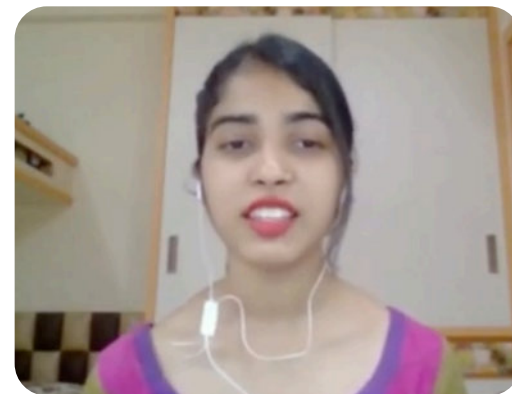
VALEDICTORY SPEAKER

**Prof. Alisher Begmatov**

D. Litt., Research Fellow at the Berlin-Brandenburg Academy of Sciences.
Lecturer, Samarkand State University,
Samarkand, Uzbekistan

Importance of Sports Culture in India'. Thereafter, Mr. Vidit Jain, a B.A. (Honors) Economics student from Kirorimal College in Delhi presented on the 'Destruction of Libraries as Cultural Heritage Loss'. The last speakers of the session were Ms. Aleema Shaikh and Mr. Tanmay Kamble, students of B. Com from Vivek College in Mumbai who presented on the 'Land of Pluralism - India needs to preserve its Heritage'.

The final segment of the evening was the **Valedictory Address** by none other than **Prof. Alisher Begmatov** - a Research Fellow at the Berlin-Brandenburg Academy of Science as well as a Lecturer at the Samarkand State University. Prof. Begmatov began his presentation on 'Recent Archaeological Research on Sogdian Cities and Settlements' by introducing the now extinct Sogdian people who were

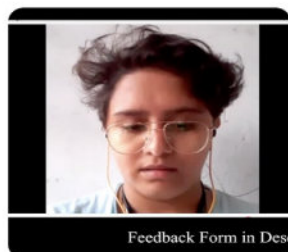
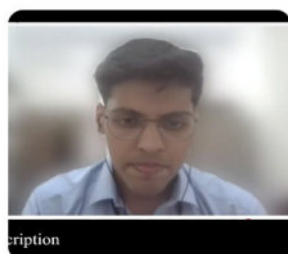
**Titiksha Kabra**

Youth Brigade Member
KAASH Foundation

merchants along the Silk Road between the late Ancient and Early Medieval Periods. Hailing from what is now modern day Central and Eastern Uzbekistan and North-Western Tajikistan, these people acted as international traders playing a crucial role in the transfer of ideas, culture, and material goods. He then spoke about the sites of Kafir Kala and Mingtepa wherein excavations and numismatic evidence have shed more light on the cultural chronology, city structures, citadel, and important wooden carving of Goddess Nana. Prof. Begmatov also spoke about the number of sealings unearthed from Kafir Kala which is the largest collection from a single site in Central Asia. He concluded that these sites could be conserved by creating an open museum for people to come, see, and raise awareness.

The curtain drew to a close with Ms. Janice Lobo, Youth Brigade Member of KAASH Foundation delivered the Concluding Remarks followed by Titiksha Kabra signing off with the Vote of Thanks.

PRESENTERS OF THE TECHNICAL SESSION



EDITOR'S DESK



The sun continues to shine its brightness on KAASH Foundation as we continue our journey to serving the nation. Our Prime Minister highlighted the benefits of Yoga to the whole world and the UN found it befit to declare June 21 as World Yoga Day. KAASH Foundation's Health vertical conducted a week long Yoga camp in the third week of June and also sought to bridge the gap between the east and west by conducting Yoga and Naturopathy camp with the Consulate-General of Israel. As Health and Nature go hand in hand, KAASH Foundation continued its mission to make this earth greener every year, by encouraging everyone to plant more trees. Its young volunteers walked a mile to spread this awareness and encourage the youth to actively participate in this event. The message gave clear instructions on how to nurture the plant till it reaches at least a year old, when it can be left to the care of nature for its natural growth.

Old age has its own problems, with its aching joints and pains that many senior citizens, especially among the poor, bear in silence. The foremost amongst them being weakening joints and brittle bones. The Knee and Hip replacement awareness camp was held to reach out to these frail old people who do not know where to seek help. They are usually confined to small spaces and have to seek help for all personal needs, thus robbing them of dignity and independence. This camp was held to mitigate their pain and give them hope to a renewed life.

The creative corner does bring in messages in all its hues. Touching on most important social barriers and practices, it is indeed an eye opener to all!

Once again I wish all my readers a Happy Reading!

FOUNDER'S DESK



Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it's the only thing that ever has."

— Margaret Mead, American cultural anthropologist.

With each month we grow and extend our impactful contribution on all our four verticals. The invitation from the Consul General of Israel was indeed an illustrious feather in the cap. The Health team of the Foundation managed to conduct Yoga camps for more than a 1000 people. The participants were from all the groups. Similarly, we value Heritage, and believe that its preservation is of vital importance, where the responsibility needs to be shared by all of us collectively. The conference on Heritage tried to bring all the stakeholders together and present their views and observations. The event was graced by the members of the UNESCO team. The deliberations witnessed some fabulous presentations from international scholars who highlighted that how the protection of both tangible and intangible Heritage is a universal phenomenon and we need global coordination across the borders.

We at KAASH Foundation are committed to our role of acting as the catalyst towards bringing about such changes. The selfless efforts of the team were also witnessed while working at the tribal district of Palghar in Vikramgad. The Foundation monitors the health of around 150 malnourished children spreading across 25 villages. We constantly engage in Health workshops and provide them with nutritional food. At the same time, we are also encouraging the girls in the vicinity to study beyond X standard. The Foundation promises to take care of the expenses of Higher education. The goal is to put off the issues of early marriage and early pregnancy which eventually leads to delivering of underweight children who remain malnourished due to poor financial resources. To break this vicious cycle we have to constantly engage with them and the local authorities. We at KAASH Foundation are always in gratitude to our well wishers and people who bless us with their positive energy. The dynamic team of the foundation is growing and we are extending our network in more arenas. The team members from the office bearers to the volunteers need special commendation for their dedicated contribution.

KAASH KONNECT TEAM

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

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 Sahil Jahagirdar

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 Pranati Trivedi (Senior Reporter)
 Krishna Sawant (Senior Reporter)

Junior Reporters:-
 Shoumik Rahate
 Stutee Pritesh
 Vihaan Kenia
 Gabriella D'souza

INTERNATIONAL YOGA WEEK

by Vihaan Kenia

Yoga adds years to your life and life to your years.

-Alan Finger



This quote by Alan Finger, a South African Kavi Yogiraj, perfectly illustrates that Yoga can increase one's lifespan and enhance the quality of life. Recognizing the practice to be an 'invaluable gift of India's ancient tradition', the United Nations, in 2014, declared 21st June as the International Day of Yoga. The date holds special significance in many parts of the world as it is the longest day of the year in the Northern Hemisphere and hence, was suggested by India's Prime Minister.

Considering the vital role that Yoga has played during the COVID 19 pandemic and its potential to augment peace, harmony, and development in the world, it was deemed fit to declare 'Yoga for Humanity' as the theme this year. KAASH Foundation has always advocated the practice with a series of yoga camps, online webinars, and sessions since its inception in 2019 and this year was no exception. The Foundation, for the fourth consecutive year, undertook a


19th June 2022



Residents performing the Ardha Chakrasana



Residents in the Hastapadasana pose



KAASH FOUNDATION MUMBAI

As part of International Yoga Week celebrations for the 4th consecutive year,

KAASH Foundation's KAASH Swaasthya Manthan is organizing a

YOGA AND NATUROPATHY CAMP

Date: 19th June 2022
Time: 7:30 AM - 8:30 AM


Venue: Century Mill, MHADA Complex, Century Bazar, Prabhadevi, Mumbai

PROGRAM DIRECTOR
Dr. Avkash Jadhav
Founder - Trustee, KAASH Foundation

PROGRAM COORDINATORS
Ms. Pooja Malkar Core Committee Member, KAASH Foundation
Ms. Renuka Vyas Joint Director (Health), KAASH Foundation

celebration of the International Yoga Week from 19th June – 22nd June 2022.

On 19th June, KAASH Foundation's KAASH Swaasthya Manthan organized a Yoga and Naturopathy Camp at the Century Mill in MHADA Complex, Prabhadevi, Mumbai. The camp began at 8:00 am with Ms. Shernaz Vatchha, Naturopath and Yoga Consultant, addressing the residents on simple dietary and nutritional tips for a healthy lifestyle. This was followed by Mr. Alkesh Shah, Naturopath and Sujok Therapist and Mr. Ramprasad Chinta, Naturopath and Yoga Trainer guiding the residents through a few stretching exercises. Later, Ms. Pooja Malkar, Naturopath and Yoga Trainer instructed them on asanas like the Ardha Chakrasana (half wheel pose), Hastapadasana (standing forward bend pose), and Baddha Konasana (butterfly pose). While Ardha Chakrasana cures back and neck pain, Hastapadasana stimulates blood supply and revitalises the



KAASH FOUNDATION MUMBAI

As part of International Yoga Week celebrations for the 4th consecutive year,

KAASH Foundation's KAASH Swaasthya Manthan in collaboration with **KES' Sardar Vallabhbhai Patel Vividhlaxi Vidyalaya and Shri. Tikamdas Purshotam Bhatia College of Science** is organizing a

YOGA AND NATUROPATHY CAMP

Date: 21st June 2022 **Time: 7:30 AM - 9:45 AM**

Venues:
SVPV Vidyalaya, Kandivli West, Mumbai
Shri. T.P. Bhatia College of Science, Kandivli West, Mumbai

PROGRAM DIRECTORS
Dr. Avkash Jadhav Founder - Trustee, KAASH Foundation
Dr. Sangeeta Srivastava Principal, SVPV Vidyalaya & Shri. T. P. Bhatia College of Science

PROGRAM COORDINATORS
Ms. Pooja Malkar Core Committee Member, KAASH Foundation
Ms. Renuka Vyas Joint Director (Health), KAASH Foundation



Team KAASH with the residents



Practicing Baddha Konasana

nervous system, and Baddha Konasana stretches the inner and outer thighs. During the camp, our Yoga Trainers - Ms. Neha Sawant, Ms. Asmita Betkar, and Ms. Mansi Shah supervised the participants and ensured that they performed all asanas

correctly.

On the International Day of Yoga i.e. 21st June, KAASH Foundation organized a Yoga and Naturopathy Camp for around 300 students at Shri. T.P. Bhatia College of

Science, Kandivali West, Mumbai. They were acquainted with simple breathing yoga techniques by our Yoga Trainer – Ms. Bhumika Gohil, whose instructions were accompanied by demonstrations from Ms. Dhvani Shah, Ms. Mansi Shah, Ms.

21st June 2022



Students practicing a few breathing techniques



Our Yoga Trainers demonstrating the Utthita Ashwa Sanchalanasana



Ms. Bhumika Gohil guiding students to perform the Baddha Konasana



Ms. Renuka Vyas, Joint Director (Health), KAASH Foundation, conducting a session on healthy lifestyle for the teaching staff



Team KAASH with the students of Shri. T.P. Bhatia College of Science

Surbhi Kothari, and Mr. Raj Patwa – all Yoga Trainers. Breathing techniques have been very beneficial, especially during the COVID 19 pandemic, as they increase oxygen levels in the body. These helped

the participants refresh and rejuvenate themselves. Next, they were taught a few asanas like Utthita Ashwa Sanchalanasana (high lunge pose) and Baddha Konasana (butterfly pose). The high lunge pose

strengthens joints, muscles and enhances stamina. Later, a half-an-hour session on healthy lifestyle was also conducted by Ms. Renuka Vyas, Joint Director (Health), KAASH Foundation for the teaching staff

22nd June 2022



The students of Dr. B.M.N. College of Home Science, Matunga



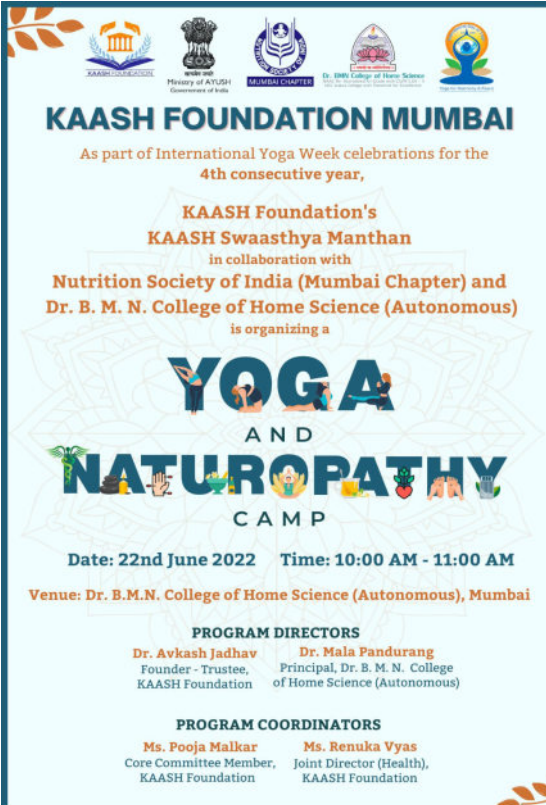
Girls performing the Pranayama



Performing a few stretching exercises



Practicing the Utkatasana



KAASH FOUNDATION MUMBAI
As part of International Yoga Week celebrations for the 4th consecutive year,

KAASH Foundation's
KAASH Swaasthya Manthan
in collaboration with
Nutrition Society of India (Mumbai Chapter) and
Dr. B. M. N. College of Home Science (Autonomous)
is organizing a

YOGA AND NATUROPATHY CAMP

Date: 22nd June 2022 Time: 10:00 AM - 11:00 AM
Venue: Dr. B.M.N. College of Home Science (Autonomous), Mumbai

PROGRAM DIRECTORS
Dr. Avkash Jadhav Founder - Trustee, KAASH Foundation
Dr. Mala Pandurang Principal, Dr. B. M. N. College of Home Science (Autonomous)

PROGRAM COORDINATORS
Ms. Pooja Malkar Core Committee Member, KAASH Foundation
Ms. Renuka Vyas Joint Director (Health), KAASH Foundation

of the college.

The final camp of the International Yoga Week took place at Dr. B.M.N. College of Home Science, Matunga on 22nd June. The camp began with an address by Ms. Alpa Mehta, Associate Joint Director (Health), KAASH Foundation on the history and importance of yoga and our Prime Minister's vision for the International Day of Yoga. This was followed by Ms. Dhvani Shah, Ms. Mansi Shah, Ms. Surbhi Kothari, and Ms. Bhumi Gohil guiding around 120 girls into simple stretching and breathing exercises. They were asked to practice these exercises to increase concentration, especially while studying. They were also taught the Utkatasana (chair pose) which strengthens the spine, thighs, calves, and ankles. The girls enthusiastically followed all instructions from the trainers and appreciated their steady guidance and

assistance.

The celebration of the International Yoga Week wouldn't have been possible without collaborative efforts. The Foundation would like to thank Dr. Sangeeta Srivastava, Principal, SVPV Vidyalaya and Shri. T.P. Bhatia College of Science and Dr. Mala Pandurang, Principal, Dr. B.M.N. College of Home Science for all their support and encouragement in organizing these sessions at their respective institutions. The Foundation also applauds all its Yoga Trainers for their passion towards the practice. It also expresses gratitude to Ms. Pooja Malkar, Core Committee Member, KAASH Foundation for coordinating the session at Prabhadevi. Last but not the least, special thanks to Dr. Avkash Jadhav, Founder – Trustee, KAASH Foundation, Ms. Renuka Vyas, and Ms. Alpa Mehta for curating the entire week.

CERTIFICATE OF APPRECIATION



MINISTRY OF AYUSH
GOVERNMENT OF INDIA

75
Azadi Ka
Amrit Mahotsav

myGov
मेरी सरकार

Ministry of AYUSH
Certificate
Surya Namaskar Pledge

This is to certify that

KAASH Foundation Mumbai

has taken Surya Namaskar for Vitality pledge on the occasion of Makar Sankranti and committed himself/herself to make all sincere efforts towards making Surya Namaskar/ Yoga rooted in individual and familial lives.

5729848865



June, 29 2022



'PLANT A SAPLING' - INITIATIVE BY KAASH FOUNDATION

by Stutee Pritesh

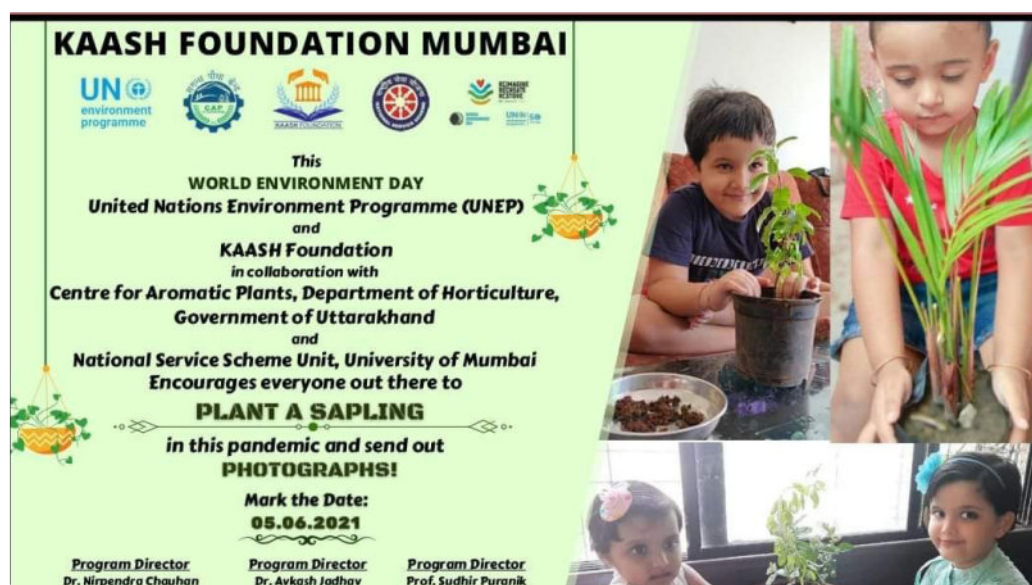
Environment is no one's property to destroy; it's everyone's responsibility to protect.

- Mohith Agadi

No one can deny the fact that the environment is far more precious than anything else in this world. And in order to enlighten people and protect the environment, the United Nations declared 5th June as 'World Environment Day' at the Stockholm Conference on Human Environment in 1972. Since then, this day is observed annually with themes centred on various environmental issues such as pollution, global warming, climate change, etc.

Keeping in mind the importance of this day, the youth brigade of KAASH Foundation decided to launch an initiative in 2021. However, COVID restrictions made it very difficult for the team to come up with an active plan. After a lot of brainstorming, a concrete plan was formed. With the purpose of spreading awareness about the environment, its importance, and especially the World Environment Day, the young members of KAASH Foundation, under its Environment Vertical, came up with an initiative to 'Plant a Sapling'. As the name suggests, the campaign encouraged everyone to plant saplings or sow seeds in their societies, on balconies, or anywhere they can, and share their memories with us through photographs. This initiative particularly motivated people to plant saplings in their houses or societies so they could be safe in the tough pandemic times and still contribute to the environment.

This was not a one-day campaign, but a year-long initiative as the intention was to encourage people to not only plant saplings but also take care, nourish, and grow them. The campaign was also infused with a competitive spirit to make it more interesting. People who participated in the initiative had to follow certain rules and earn credits to win. Firstly, the participants had to plant a sapling and send a photo to earn their first credit. Further, they were



asked to nominate 4 people for the initiative to earn another credit. This led to 2 credits in total. Thereafter, the participants had to send a photo of their sapling every quarter

to help the team gauge its growth and collect 2 credits each time. Hence, from June 2021 to June 2022, the participant would have received 8 credit points. Adding

this to the earlier two credits made it a total of 10 points. Participants who successfully earned all these credits were declared 'Plantdemic Warriors' on 5th June 2022 (Plantdemic is a portmanteau of 'Plant' and 'Pandemic' created by the youth brigade of the Foundation).

The team officially launched the campaign on 1st June 2021 through KAASH Foundation's social media accounts. Hashtags such as #kaashkikahaniya and #plantdemicgraphy were used to gain more traction. The next day, 2nd June 2021, a video song written by the youth members - Maria Noronha and Srushti Joshi, encouraging viewers to participate, was released. On 3rd June, the team, aiming to get people to participate and have fun, created a bingo challenge where people had to strike out activities

already performed in the past to protect and preserve the environment. This helped them to know where they stand and find ways to further contribute to the environment. The day after, another video with members of KAASH Foundation participating was released, in order to inspire people to join this initiative. And finally, on 5th June, the team welcomed photos from people across the world planting their saplings or sowing seeds.

The campaign was a massive success. Akshita Sandhu, Angel Dominic, Anwesa Dutta, Rhea Maria Fernandes, Racheal Fernandes, Reeva Joseph Mascarenhas, Thomas Simon & Prerna Harish Jain were declared winners and 'Plantdemic Warriors' on 5th June 2022. The Youth Brigade Members - Maria Noronha, Stutee

Sonawane, Titiksha Kabra, Srushti Joshi, and Ruchira Sarma did a spectacular job of ideating, curating, and executing the initiative. None of this would have been possible without the support and guidance of Dr. Avkash Jadhav, the Founder-Trustee of KAASH Foundation. The Foundation is overwhelmed by the response it received and is grateful to everyone who participated. It also thanks the Centre for Aromatic Plants, Department of Horticulture, Government of Uttarakhand and National Service Scheme Unit, University of Mumbai for their support and encouragement. Finally, it is high time for us to realize that protecting the environment is not just limited to World Environment Day, but is a continuous practice to follow each day. It should be our priority to be a part of the solution and not the problem.

PLANTDEMIC WARRIORS



Akshita Sandhu



Angel Dominic



Anwesa Dutta



Thomas Simon



Racheal Fernandes



Reeva Joseph Mascarenhas



Rhea Maria Fernandes



Prerna Harish Jain

KNEE AND HIP REPLACEMENT AWARENESS AND CHECK-UP CAMP

by Shoumik Rahate

It is not the mountain we conquer, but ourselves.

-Edmund Hillary

The above quote by Edmund Hillary – the first documented mountaineer to scale Mount Everest speaks a lot about human nature. It emphasizes that the real challenge lies in overcoming our physical and mental limitations.

Unfortunately, today, many people are experiencing serious physical problems. One major problem faced by many is the knee and hip pain, an ongoing trouble that cripples people from carrying out their daily activities. A privileged person might undertake knee and hip replacement procedures and get rid of the problem, but what about the underprivileged population who cannot afford them? Do they not deserve flexible mobility? How can we make knee and hip replacement procedures accessible and affordable for them? These questions posed, led to the initiation of 'KAASHplasty' under the Health vertical of KAASH Foundation. The Foundation believes in bringing up a structural change by reaching out to the underprivileged and directing them to hospitals with affordable knee and hip replacement procedures. As Dr. Chintan Jadia, M.S. (Ortho), Core Committee Member, KAASH Foundation puts it, 'KAASHplasty is awareness-cum-facilitative campaign for those who can't afford private services.'

The idea of KAASHplasty stems from Dr. Jadia's on-field experience. He drew attention to the history and nature of knee and hip replacement procedures. These procedures have existed since decades, but are very expensive and hence, avoided by people. The Government of Maharashtra, in 2013, came up with the Mahatma Jyotiba Phule Jan Arogya Yojana - MJPJAY (previously known as Rajiv Gandhi Jeevandayee Arogya Yojana) to provide free medical health care to people from underprivileged backgrounds. The KAASHplasty campaign aims at connecting people who cannot



KAASH FOUNDATION MUMBAI

KAASH Foundation
in collaboration with
Ramprakash Podar Charitable Trust
and
Parag & Amrapali Patkar Foundation
is organizing a

KNEE & HIP REPLACEMENT AWARENESS AND CHECK-UP CAMP

Date: Sunday, April 17, 2022
Time: 9:00 a.m. - 3:00 p.m.
Venue: Ground Floor, Adarsh College of Arts and Commerce, Badlapur

Program Directors

Dr. Avkash Jadhav Founder-Trustee, KAASH Foundation	Mr. Mayank Podar Trustee, Ramprakash Podar Charitable Trust
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Program Coordinators

Dr. Chintan Jadia M.S. (Ortho), D.N.B. (Ortho) Core Committee Member, KAASH Foundation	Ms. Renuka Vyas Joint Director (Health) KAASH Foundation
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Supported by:

Shri. Nandakishore (Ram) Patkar Former Mayor, Kulgaon Badlapur Nagarparishad	Smt. Rati Nandakishore (Ram) Patkar Deputy Chairman, Thane District Women Department	Captain Parag Patkar
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Special thanks to Dr. Vaidehi Daptardar, Principal, Adarsh College of Arts and Commerce, Badlapur



Team KAASH at the Camp

afford these procedures to MJPJAY affiliated hospitals. The campaign also aims to assure people of their reliability in restoring patients' mobility as Dr. Jadia claims that the procedures have a success rate of 95%.

On 17th April 2022, KAASH Foundation in collaboration with Ramprakash Podar

Charitable Trust and Parag and Amrapali Patkar Foundation organized the very first 'Knee and Hip Replacement Awareness and Check-up Camp'. The camp was held at Adarsh College of Arts and Commerce, Badlapur and was led by Dr. Avkash Jadhav, Founder-Trustee, KAASH Foundation and

Mr. Mayank Podar, Trustee, Ramprakash Podar Charitable Trust as Program Directors.

The camp began at 9:00 am with KAASH Foundation expressing gratitude to Adarsh College of Arts and Commerce, Badlapur for their support and cooperation in their auditorium. The Principal of the college, Dr. Vaidehi Daptardar addressed the attendees and elaborated on the agenda for the day. Further, the Program Coordinators – Dr. Chintan Jadia and Ms. Renuka Vyas, Joint

Director (Health), KAASH Foundation led the camp and reached out to the beneficiaries. The camp, curated by a team of experts, followed a systematic procedure to ensure a smooth flow. The initial steps were 'Registration' and 'History' wherein patients had to share their information, complaints, and past medical/surgical history. Then they moved onto the 'Examination Desk' where the intensity of their problem was judged by the experts. Further, Dr. Chintan Jadia administered the 'Decision Making'

section where patients were categorized according to their urgency of surgery. Some patients on the borderline were offered free X-ray services while others were recommended to take up free medications and physiotherapy. This flow was supported by many members of the Foundation. The team of professionals including Ms. Kiran Gohil, Ms. Dixita Parmar, Ms. Pinal Parmar, Ms. Shefali Shrimal, Ms. Alpa Mehta, and Ms. Ayushi Vandra undertook the camp with the Program Coordinators.



Dr. Avkash Jadhav (in green), Founder-Trustee, KAASH Foundation conducting a recce with the students of Adarsh College of Arts and Commerce



Ms. Alpa Mehta, Associate Joint Director (Health), KAASH Foundation at the registration desk



Ms. Dixita Parmar (in pink kurti) and Ms. Ayushi Vandra (in red top), Members, KAASH Foundation, filling details of the patients' medical/surgical history



Dr. Chintan Jadia, Core Committee Member, KAASH Foundation, guiding patients at the 'Decision Making' section

Eighty Two people benefitted from the efforts put forward by members of KAASH Foundation. The beneficiaries reported to be happy and satisfied with the camp. Each of them were given a bottle of sanitizer as they left for their homes. However, feedback from the beneficiaries made the Foundation aware of the lack of adequate transportation to medical facilities and limited medications, which were certain areas that needed to be addressed. The camp that continued till 3:00 pm had members working with complete zeal and enthusiasm. Their aim and clear intent helped them sail through hindrances faced during the camp.

Dr. Chintan Jadia also extended his expertise by listing basic precautions to be taken to avoid knee and hip replacement procedures. The hip replacement in the space of avascular necrosis and rheumatological problems can be avoided if one reports to the doctor at an early stage and takes up chondroprotective medications. While knee replacement can be prevented by proper weight management and lifestyle modifications, the smallest of things like avoiding squatting or sitting on crossed legs may increase the longevity of the knee. Such tips will surely help the readers of KAASH Konnect live a healthy life.

The camp was successful because of several individuals and organizations. Without the support of Shri. Nandakishore (Ram) Patkar, Former Mayor, Kulagaon Badlapur Nagarparishad; Smt. Rati Nandakishore (Ram) Patkar, Deputy Chairman, Thane District Women Department, and Captain Parag Patkar, the camp wouldn't have been so efficient. Special thanks to Dr. Vaidehi Daptardar, Principal of Adarsh College of Arts and Commerce, Badlapur for her unconditional support. With such success, the 'KAASHplasty' campaign holds higher expectations for the next time.



**Ms. Shefali Shrimal, Member, KAASH Foundation,
demonstrating physiotherapy exercises**



**Ms. Shefali Shrimal, Member, KAASH Foundation
checking a patient's cervical strength**



**Team KAASH with Smt. Rati Nandakishore Patkar,
Deputy Chairman, Thane District Women Department (in
saree); Shri. Nandakishore Patkar, Former Mayor, Kulagaon
Badlapur Nagarparishad (in pink jacket);
Shri. Narendra Podar (in blue shirt), and Captain Parag
Patkar (in black jacket)**

KAASH CREATIVE CORNER

A BUBBLE TO BREAK

BY RESHMI JOSH Y (FYBA Student, St. Xavier's College, Mumbai)

These days are lonely
Not so because i am alone
But because i am with people
People those, whom i know

It's not that i lack friends
Infact i made new ones
But still there is a feel of loneliness
In all ways

I feel i lack a lot
It's true i do
But the feel i am not enough
Is more than my self confidence itself

People around me are smart beautiful alive
I feel down dumb and unreal
But then this feels good too sometimes

By the end i realised
I am comparing my story
With the stories unknown
They might be happy but
they might have dark clouds too

I realised it's not the loneliness
created by others
But the one my mind created for me
The one which needs just a courage to break free
Hope the me in me will be able to set free

BETI BACHAAO BETI PADHAAO.....

SHAIKH ZEESHAN

Maa ke pet mei hi ladki ka garbhpaat kara kar uski hatya karaao.
Agar isase bach gayi to uske paida hone pe bhi dukh hi manaao.
Bachpan se saare izzat waale sanskaar uski ko sikhaao aur uske andar inferior complex laao.
Apna opinion ya marzi bataaye to 2-4 thappad lagao aur munh band karaao.
Bojh samajh ke jaldi uski shaadi karaao aur ghar se bhagao.
Higher studies ke baaad bhi zabardasti ghar ka kaam karo.
Shaadi kar kenke bete ki bahu ke roop mei naukarani laao.
Boss aur kaam ke frustration mei biwi pe haath uthaao.
Zara zara si baat ke liye divorce deke susural se maa ke bhagao Aur caar log kya kahenge iske Darr se maa ke se bhi bhagao.
Aur agar koi aurat apne pati se alag hoker independent rahe to milkar sab log baaten banaao sirf usi ki galti batao aur uske character pe sawal uthaao.
Job pe jaaye to kam salary mei zyaada kaam karaao.
2-4 baar kisi se hans ke baat kya kar liya khyaali pulaav ke Mahal banao.
Ladki agar proposal ko reject kare to uske chahre pe acid giraao aur jab jab bhi kisi ka bhi rape ho to saari galti ladki ki hi bataao.

KAASH CREATIVE CORNER

CLOUDS

BY DR. AVKASH JADHAV

The shades of contradictions
Black or white
Provocative thunder or
Soothing calmness
Overpowering the blue or
Offering just Peeping brackets
Oh Clouds! So high
Best meditation
Of earth and Sky



ONCE I SAW A GRIM REAPER

BY KARAN BARUD (TYBA Student, N G Acharya And D K Marathe College)

Once I saw a grim reaper.
He was asking death for death.
I find that quite strange.
Then I question why he's asking for death.

When I ask him. he said
Ain't no you need sleep?
Are you happy living here?
Then I question myself. Am I?

He smiled and said I know what your answer is.
In one life I question this. Grim reaper is living eternally as a
human or not.
Relief needed there too.

He wasn't able to tolerate this world
He suicides and become grim reaper.
Now he is asking death for death.
Is he confused?

But how am I able to see him?
Am I dead?
Or my day was terrible.
Am I confuse now?

My psyche is playing with me.
My mind is not functioning properly.
I'm in sleep and I'm seeing a grim reaper.
Everything looks convex and concave.

What supernatural things are happening.
In which world I'm right now living can't figure it out.
Whether I'm in or out.
Oh god it's so confusing.

Grim reaper is again talking to death.
Death is king of this world and grim reaper is servant here.
Or merchant of humans?
He is bringing people here.

But clearly I can see that he is unhappy.
He wants to get out of here.
I'm witnessing his sorrow
Bellows are here; he can't stay in peace.

It's not like loud music is in ambience.
Feary music damaging the ears.
Drilling the mind, can't think about anything.
This is the condition of here.

Grim reaper is living a luxurious life I guess.
He has a big flat with an air conditioner.
But the air is warm and the house is faded.
The wall colors are Black.

He's yearning here but working.
Isn't it equivalent to a middle class human?
But they have a family .
He is an orphan here with no pity.

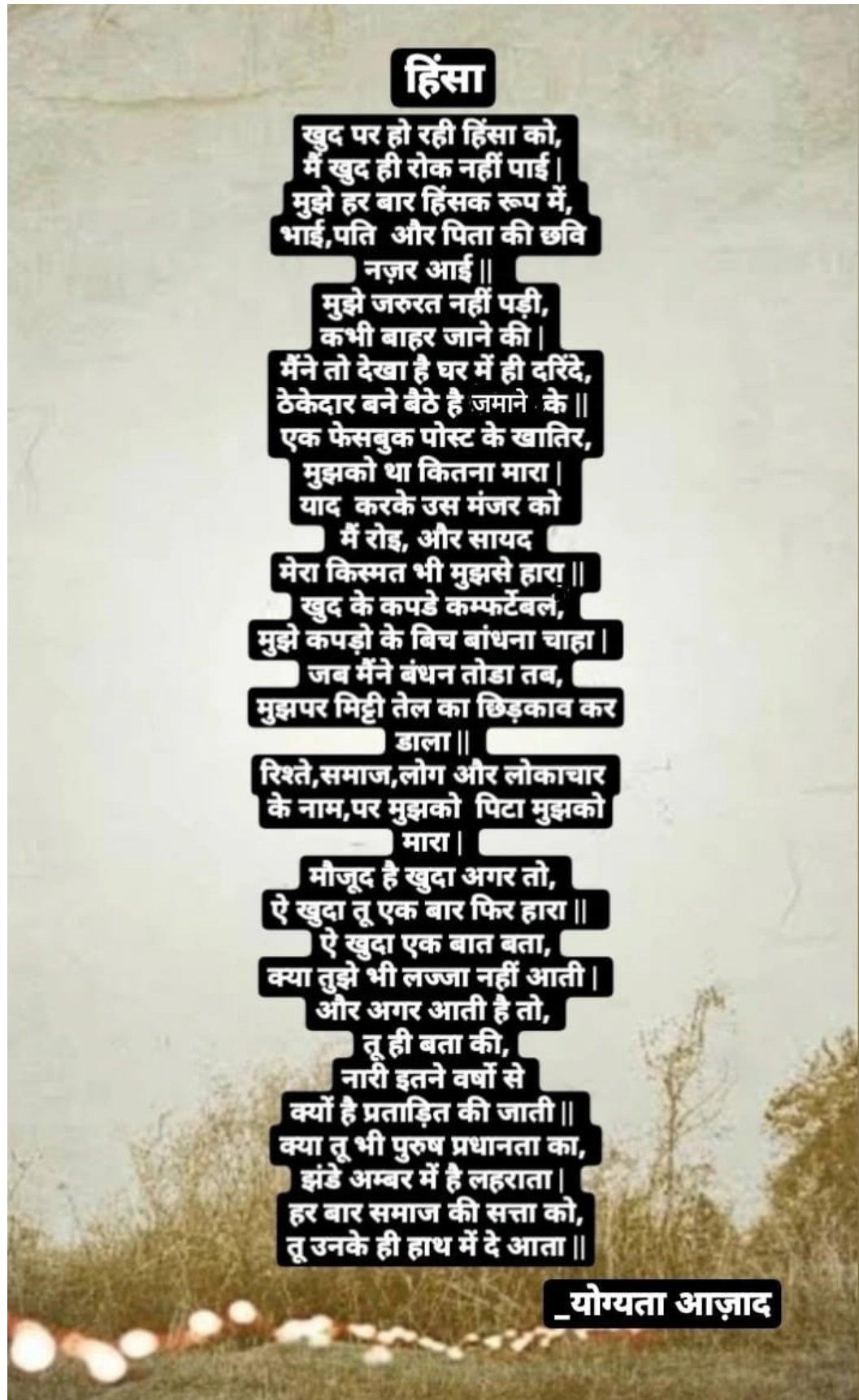
His scythe kills him too.
That's why he wants to resign.
But now his legs are in the mud.
No one can help him, sins are sins.

Ohh! I'm out of my dream now.
I'll not think about to suicide again.
My drug hangover is going now.
Doctors are taking care of me.

KAASH CREATIVE CORNER

HINSA

BY YOGYATA AZAD



KAASH CREATIVE CORNER

PAINTINGS

BY HIBA SYED (Std XII, KC College)



STILL LIFE PAINTINGS

BY DENISHA MEHTA (3rd year of UX design in MIT institute of Design, Pune)



KAASH CREATIVE CORNER

વડીલો

BY ASHOK BALMUKUND SHAH



શ્રી ગણેશાય નમઃ :

(વડીલો)

ના તરછોડો વડીલો ને એતો આ સંસારનાં ભૂષણ છે

- ના કરો અપમાનિત તેઓ તો અનુભવો નું અમૃત છે!

- અનન્ય પાષેદો છે વડીલો આ અપ્રતિમ અવનિ નાં,

મહેબત નાં પારેવડાં ઓ છે એ તો જગતજનની નાં!

- જીભ થી હરિગુણ ગાય છે હાથ થી સેવા કરી ને,

કીર્તનરસ પીવે કાનોથી નયનો થી દર્શન કરી ને!

- સાદગી ને સહનશક્તિ નો વડીલો મહેરામણ વહાવે છે, સૌમનસ્ય અને સંયમ થી તેઓ આનંદ ને રમાડે છે !

- નથી માંગણીઓ ની ભરમાર ઝંખના કરે એ વહાલ ની જ, બાંધી પ્રેમપાશ માં સવે ને વાતો કરે એ ભાવ ની જ;

- મળશે સિધ્ધિ ઓ અનેક વડીલોની આમન્યા રાખજો,

રીઝશે ચૌદભુવન નાં નાથ જી આ રીતિ ને અપનાવી જો જો!

- ઉપહાસ કરશો વડીલો નો કફામરજી થાશે પ્રભુજી ની, બરકત ફરકશે નહીં આસપાસ બદનામી થાશે જીંદગી ની!

- રાહબર છે વડીલો વધારે છે વૈભવ વસુંધરા નો,

માણી લો આ છત્રછાંયડી સાકાર કરી દો "અશોક" ઈચ્છા નો -

GLIMPSES OF IMAGINATION

BY DENISHA MEHTA (3rd year of UX design in MIT institute of Design, Pune)

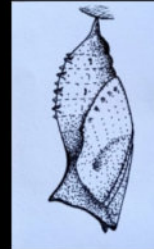


Sea Queen

The Sea Queen is so lovely and
she will never hide
She whips the waves in anger
and crashes the sea wall
She dazzles all before her in
oceans far and wide
A chance to heal her body, her
poor polluted soul
Remember what she's here for
and help to make her whole



Like a caterpillar, she sleeps in her cocoon
She waits until she blooms
With her new wings, she takes her first flight
Freely into the open sky



Like a butterfly,
She too wants to change to a new beautiful
sky



KAASH CREATIVE CORNER

THE BLESSING

BY DR. SANGEETHA PUTHIYEDATH (*The English and Foreign Languages University, Hyderabad*)

When I was transferred with promotion as the manager of the branch on the outskirts of Kasargode I considered it more as a punishment transfer than as career advancement. For a few days, I even toyed with the idea of not taking it up. I reluctantly decided to join only when both my family and friends repeatedly told me of the honour of getting a branch manager's position in a bank at such a young age. Taking my family with me was out of question. It was mid-term and both my children were in school. So I bid goodbye to them and caught a train for Kasarkode.

My branch was not in the town but on the outskirts. It was on the Kerala –Karnataka border and the language the people spoke was a mongrel mix of Malayalam, Kannada and Tulu. Initially, I felt like a fish out of water. However, with the help of some of my colleagues, I soon found a two-bed room house behind a cinema theater. The house itself was nothing to write home about but it was barely half a kilometer from the bank and on days when I worked late it was convenient. The theater proved more of a bother. Songs streamed from the place at odd hours and on Fridays when the new release happened I had to fight my way to the gate!

To my eyes used to Palakkad, with its tall palm trees and the looming presence of the Western Ghats the whole place appeared weird. Firstly, though I was still in Kerala, Kasargode had a culture that was quite distinctive. The people were mostly Muslims. There were pockets of gulf-induced prosperity but most of the customers in the bank were poor plantation workers who worked in the cashew plantations. They lived in a crumbling row of pathetic quarters probably dating back to the British times. However, compared to the tribals who lived higher up in the hills, their condition was much better. The tribals were the original settlers there. They lived in clusters of crumbling hovels made

from wattle and thatched with coconut leaves. Drunkenness, poverty and illnesses reigned. I had to go there quite regularly to help them with government-funded schemes and their poverty appalled me. Yet they smiled and welcomed me with open arms, and offered me the meagre food they had. At first I thought it was because I was from the bank. Now I know better.

The boy my peon Rafik found to help me with the housework was also a tribal and in the long run proved to be invaluable. Siva, that was the boy's name, had worked for a few other people, and spoke enough Malayalam to get by. But, when I had to visit the tribals I found that I needed to take him along as my translator, for I just couldn't understand what they were saying. That is how we became friends. I am not the loquacious type and during the brief periods I had to live alone I managed with minimum contact with the domestic help. With Siva it was different. We had to travel together on lonely winding dusty roads for hours and he often spoke while I drove.

It was from Siva that I learnt about the tragedy of his Uru. It happened out of the blue.

One day he said, "You know Sir, all these hills are government lands, and we work on them. Now that is our only livelihood. But, long ago we lived on this land. Then it did not belong to anybody. The trees were different and elephants and tigers and bears lived with man and child. The goddess dwelt here then. When those trees were cut, the goddess had nowhere to live. So she left. Ever since we have been cursed. You see my sister, look at her head and her arms and legs. That is because of the goddesses' curse. In every house in this Uru there are children like her. Their limbs don't grow straight or their head is too big or their body is twisted and they cannot walk. It is because the goddess is no longer here. They don't live long. The goddess calls them to her. Maybe in her presence they will become perfect once again. His

voice choked.

I looked at him in astonishment. Yes, I had noticed the unusually large number of deformed children and yes I had seen his sister with her enlarged, bloated head and shrunken limbs. But I had assumed that it was due to malnutrition. Or rather to speak the strict truth I hadn't thought about them. I had this habit. I tend to shut out things that don't concern me.

Now I could no longer pretend that they did not exist. So I started asking questions.

Life is an exam where the syllabus is unknown and question papers are not set. Unknown to me my exam had just begun.

I started probing. I learnt that these children were born like that. Most of them died in their childhood. The rare ones survived into their twenties.

But why?

It puzzled me. I'm not a doctor and my knowledge of medicine was less than the average Malayali who is pretty good at treating (or should I say mistreating?) himself or herself with a wide variety of antibiotics and other sundry pills and syrups. Till now I had lived in world of numbers, deadlines and targets. Illnesses belonged to my wife's domain. When the children fell ill, it was usually Geetha who took care of them. It was the same story when I fell ill. I hadn't even stopped to ask myself what happened when Geetha fell ill. The only time I remembered her completely washed out was when she had our son. I remember seeing her wan and happy face and all I wanted to do was cry. I know some people talk about the joy of holding your first born but for me it came a couple of days later. First it was only pain.

I am digressing. What I set out to say was that when I learnt about the unusually high incidence of deformed children my mathematical mind refused to accept it as natural. It questioned the very idea of

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probability. I kept questioning Siva probing for an answer. It could be the water. What if the water was contaminated with traces of naturally occurring arsenic or calcium deposits?

But then I had to dismiss it. This was a fairly recent phenomenon. The answer came to me out of the blue when I was least looking for it.

One day as we were driving a helicopter crossed overhead. Siva leaned out of the window of the car to see which direction it was going. When it disappeared in the horizon, he sat back. He turned to me, his eyes were shining and said, "when the metal birds go up in the sky it is festival time for us. All the fat worms come out of their holes. They dance for a second and drop down dead. The chickens have a feast. They gobble up all the worms. But then, they start moving like drunken men. He laughed, "Soon they drop down dead and the people in the Uru have a feast."

"Usually we don't eat the chickens. They are money. But when they die we can't sell them so we eat them."

"Today there will be a feast," he said gleefully.

I pulled over to one side. I was feeling sick.

Now I knew the answer to my question.

At that time I hadn't even heard of the name Endosulfan, but I knew. I knew the terrible answer with a certainty that stunned me. I knew the helicopters were used to spray pesticides it didn't require a genius to work out that it was somehow connected with the birth defects, what I didn't know then

was the extent of its impact.

That I learnt much later.

Remember, those days people did not know what internet was. I had an email account, but that was it. Google was yet to be invented. So my research was the hard way – libraries and the network of friends.

It became an obsession.

I started collecting data. The numbers told their own tale.

I changed. I was no longer the bank official whose life revolved around targets to be met. I had moved away from numbers to raw life and it couldn't get more raw than that.

I had opened my eyes to the terrible suffering caused by the spraying of pesticides and the toll it took on the hapless families was unimaginable.

The next step was as clear to me like the lines on my hand. I had to get this poison banned from this place, if possible from India itself.

The moment that thought entered my head, I knew I'd get into trouble with my bank. The plantation account was what kept us there not the paltry schemes the government ran for the tribals.

But by then there was a choicelessness to it.

I couldn't shut my eyes to this!

There were a couple of grass root movements that worked on the ground helping these people. My first task was to organize them and create an umbrella organization. I had always trusted in numbers and I knew our

strength also lay in numbers. It was hard work. There was a lot of mistrust. But to my surprise I found out that I could be very persuasive when I wanted to be. I also proved good at generating funds and that helped.

One of the first things the new organization did was to file a writ petition in the high court. Simultaneously I also spearheaded a media campaign. The photographs told their own tale. Though I had written the articles under a pseudonym, it generated enough sound and fury that I found myself scurrying for cover. I was promptly transferred out of Kasargode. I went to my new posting, took charge, and applied for leave. My karmabhoomi was Kasarkode. I had to be there. When my bank came up with VRS or voluntary retirement scheme I opted for it to the shock of my family and friends. But by then I made new friends, friends whose heart beat for people like Siva and those abandoned by the goddess of the forest long ago.

I made only one compromise. I did not allow my family to uproot itself and come and stay with me not even when I more or less settled there in Kasargode permanently. I did not mind being exposed to Endosulfan but I couldn't bear to think of exposing Geetha or the children to this toxic air.

So here I am, in a land that is not my own, fighting a battle that is not my own. But who knows? isn't life a series of chances? I could have been Siva or his poor cripple of a sister Amba. It was just a chance that I was not born in this land abandoned by the goddess.

“

Life's most persistent and urgent question is, 'What are you doing for others?'

-Martin Luther King Jr.

”

UPCOMING EVENTS

KAASH FOUNDATION MUMBAI



After 16 International Conferences & Symposiums,
KAASH Foundation's
Centre for Academic and Professional
Development (CAPD)
 in collaboration with
S.S.L.N. Government Panchvalley P.G. College,
Parasia, Madhya Pradesh
 is organizing its
17th Academic Initiative
 with a
NATIONAL RESEARCH SEMINAR
 on
THE ROLE OF DR. B.R. AMBEDKAR IN
NATION BUILDING

Venue: Conference Hall, Government
 Panchvalley P.G. College, Parasia

Dates: 10th & 11th September 2022

To know more about us, kindly visit our websites:
www.kaashfoundation.org
www.kaashcapd.com

Indian Coast Guard

In association with

KAASH Foundation, Mumbai

Is celebrating

International Coastal Cleanup Day

**17th
September
2022**

Girgaon
Chowpatty

**7:30am to
10:00am**



**The oceans are getting sicker,
let's do something quicker !**



Registration Link

<https://forms.gle/yh2rJPPeX2cF1cQx5>

For further details visit
www.kaashfoundation.org

KAASH FOUNDATION MUMBAI



KAASH Foundation's KAASH Swaasthya Manthan (KSM) in collaboration with
 S.S.L.N. Government Panchvalley P.G. College, Parasia, Madhya Pradesh and
 National Service Scheme Unit is organizing a

HEALTH AWARENESS AND CHECKUP CAMP

Sunday, September 11, 2022 | 10:00 a.m. - 1:00 p.m.

Gram Panchayat Bhavan, Sonapipri

Health Team

Ms. Renuka Vyas
 Naturopath and Iridologist,
 Joint Director (Health), KAASH
 Foundation. Coordinator, KSM

Ms. Alpa Mehta
 Nutritionist, Dietician, Sujok Therapist
 Associate Joint Director (Health),
 KAASH Foundation

Mr. Alkesh Shah
 Naturopath and Sujok Therapist
 Core Committee Member,
 KAASH Foundation

Organizing Committee

Dr. Avkash Jadhav
 Founder-Trustee,
 KAASH Foundation

Dr. Dhanaram Ulkey
 Program Coordinator

Mr. Gagan Kumar Barkhaniya
 NSS Officer, Boys Wing

Ms. Santashl Romade
 NSS Officer, Girls Wing

Dr. P.R. Chandelkar
 Principal and Patron

KAASH FOUNDATION MUMBAI



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 S.S.L.N. Government Panchvalley P.G. College, Parasia, Madhya Pradesh and
 National Service Scheme Unit is organizing a

HEALTH AWARENESS AND CHECKUP CAMP

Sunday, September 11, 2022 | 2:00 p.m. - 5:00 p.m.

Gram Likhavadi

Health Team

Ms. Renuka Vyas
 Naturopath and Iridologist,
 Joint Director (Health), KAASH
 Foundation. Coordinator, KSM

Ms. Alpa Mehta
 Nutritionist, Dietician, Sujok Therapist
 Associate Joint Director (Health),
 KAASH Foundation

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 NSS Officer, Girls Wing

Dr. P.R. Chandelkar
 Principal and Patron

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

