



KAASH KONNECT

ISSUE NO.9: JANUARY - MARCH 2022

AN INITIATIVE BY



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Damoh: 23rd - 26th March 2022

Dr. Avkash Jadhav was invited as the Keynote Speaker for the National Seminar on ICT and Higher Education, supported by the World Bank and RUSA Department of Higher Education, Bhopal. His address was titled 'Synthesizing a Holistic Approach with Digital Initiatives in Higher Education (with special reference to NEP 2020)'. A momentous occasion was Dr. Jadhav's felicitation by Shri. Prahlad Singh Patel, Honourable Union Minister for Food Processing & Jal Shakti, Government of India and Member of Parliament, Damoh.

Dr. Jadhav extended special thanks to Dr. Rashmi Jeta for the invitation and expressed his gratitude to Shri. Prahlad Singh Patel, the Principals of P.G. Damoh College and Kamala Nehru College, Aditya Jachak, Narendra Bajaj, the staff of the Honourable Minister, Manish Soni from the media and all organizers of the event.

It is truly a proud and heartening moment for the Foundation to witness Dr. Avkash's efforts being recognized. He has been a guiding force

KAASH FOUNDATION'S VISIT TO DAMOH AND UJJAIN, MADHYA PRADESH

by Pranati Trivedi

throughout this journey, and such tokens of appreciation motivate the team to perform even better and give back to the society. Members of the Foundation extend their heartiest congratulations to Dr. Jadhav.

Dr. Avkash Jadhav's felicitation by Shri. Prahlad Singh Patel, Honourable Union Minister for Food Processing & Jal Shakti, Government of India and Member of Parliament, Damoh



Prahlad Singh Patel
@prahladspatel

आप सबने दमोह में अतिथि के रूप में पधारे डॉ अवकाश जाधव का सम्मान कर बुन्देलखण्ड की परम्परा का निर्वह किया @NarendraBajaj8 जी ।

Translate Tweet



Narendra Bajaj @NarendraBajaj8 · 5h
डॉ0 अवकाश जाधव, प्राध्यापक सेन्ट जेवियर कॉलेज एवं पूर्व कॉरपोरेटर बीएमसी मुम्बई का दमोह पीजी कॉलेज एवं कमला नेहरू कॉलेज में व्याख्यान हुआ सांसद निवास पर सम्मान किया @prahladspatel @narendradamoh @PROJSDamoh @prahladpatelfan @pspoffic...



5:55 PM · 27 Mar 22 from Bhopal, India ·
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Dr. Avkash Jadhav, Founder - Trustee, KAASH Foundation, being felicitated by the office of Shri. Prahlad Singh Patel, Honourable Minister of Food Processing and Jal Shakti, Government of India and Member of Parliament, Damoh, Madhya Pradesh

Ujjain: 4th February 2022

4th February 2022 marked 20 years since the Ambedkar Chair at Vikram University, Ujjain was established. To celebrate this milestone, Dr. Avkash Jadhav was invited as the Keynote Speaker. The session was chaired by the former Vice-Chancellor of Chitrakoot University, Prof. N. C. Gautam, amidst the presence of Honourable Vice-Chancellor, Shri. Akhilesh Kumar Pandey, and the Registrar, Dr. Prashant Puranik of Vikram University. The other esteemed members were Dr. Mishra, Professor-in-Charge of Ambedkar Chair, and the organizer of the event, Dr. Nivedita Verma. The event was also graced by Dr. Chuutel, Dr. Raman (Department of History) and Dr. Sharma (Head, Department of Hindi and co-ordinator of Gandhi Chair) who also shared their valuable insights after the session. As the Keynote Speaker, Dr. Jadhav was tasked with the judicious responsibility of highlighting Dr. Ambedkar's life and contribution through his presentation titled 'The Empirical Approach of Dr. Ambedkar's Economic Thoughts and its Sustainable Application in Contemporary Society'. It was extremely well-received by the audience.

The session also served as an opportunity for the unveiling of KAASH Konnect Volume 8 by the University's Honourable Vice-Chancellor, Shri. Akhilesh Kumar Pandey. The Vice-Chancellor was pleased with the issue and expressed his desire to facilitate educational collaborations between Vikram University and the Foundation. He also extended his support for any conferences that might be organized by the KAASH Foundation. It was an honour to have Shri. Pandey's well wishes and the team expresses their gratitude for the opportunity to launch the issue during the session.



**Dr. Akhilesh Kumar Pandey, Vice-Chancellor,
Vikram University, Ujjain, Madhya Pradesh,
unveiling KAASH Konnect Vol. 8**

DISTRIBUTION AND HEALTH CAMP AT VIKRAMGAD

by Deepika Naik and Dipali Pol

There is no greater joy or greater reward than to make a fundamental difference in someone's life.

-Mary Rose McGeady

The above quote by Mary Rose McGeady, an American Catholic nun, widely known for her work with the homeless in the U.S.A., truly exemplifies KAASH Foundation's mission to curb malnutrition, especially in women and children at Vikramgad. After initial discussions with the local administrative staff, the year-long project was launched by KAASH Foundation on 14th November 2021, which would include a Donation Drive, General Health Check-up, and Naturopathy Camp at the Vikramgad Panchayat Samiti.



Ms. Lippika Podar, Core Committee Member, KAASH Foundation, handing over a bottle of sanitizer to a local administrative staff



Mr. Mayank Podar, Core Committee Member, KAASH Foundation, handing over a bottle of sanitizer to a local administrative staff

KAASH FOUNDATION MUMBAI

HEALTH CARE CAMP AND DISTRIBUTION OF NUTRITIONAL PACKETS FOR TRIBAL CHILDREN

KAASH Foundation invites you to join the cause under its Rural and Tribal Community Outreach Program (RTCOP)

Date: 19th February 2022

Location: Vikramgad, Palghar District, Maharashtra

This Valentine's Day, be an angel, make these children your valentine, and give them all the love and care they need!

Activities:

- Provision of food hampers to nourish these children with all the necessary nutrients
- Periodic assessment of their height and weight to trace the progress in their health

For further details on how you can contribute, kindly contact:

Alpa Mehta: +919869676717
Renuka Vyas: +91 9833629379

For this project, about 150 malnourished children from the villages of Mahalwada, Saarshi, Dadade, and Khadaki were adopted by the KAASH Foundation. Post launch, taking steps further, members of the Foundation once again visited Vikramgad on 19th February 2022. This included taking assessment of further requirements, to distribute nutritional food hampers and conduct a general health check-up in all

MAHALWADA



Ms. Nanda Shetty, Acupressure and Sujok Therapist, Member, KAASH Foundation, examining young girls at Mahalwada



Ms. Alpa Mehta, Dietician, Nutritionist and Sujok Therapist, Associate Joint Director (Health) and Core Committee Member, KAASH Foundation, examining children at Mahalwada



Rohan Hegde, Youth Brigade Member, KAASH Foundation, gifting a young girl with stationary for her active participation in activities planned for them



Titiksha Kabra, Youth Brigade Member, KAASH Foundation, distributing nutritional hampers

four villages.

Immediately after they arrived at the Vikramgad Panchayat Samiti, Dr. Avkash Jadhav, the Founder-Trustee of KAASH Foundation, briefed the team on the four villages adopted, their inhabitants, and the process each team had to follow while examining children and distributing nutritional hampers. After that, each team proceeded to their respective villages where they were welcomed by the gleeful smiles of young children and their parents. Anganwadi sevikas were assigned in every village, to help the team set up instruments and supplies for the health check-up and distribution.

While the health experts examined children for their height, weight, and general health, the other team members distributed home-made ladoos & multi-grain chikkis. Ms. Renuka Vyas, Joint Director (Health), KAASH Foundation, toured each village to conduct workshops for adolescent girls. During these workshops, Ms. Vyas learnt of the issues they experience during menstruation and accordingly, advised them on various methods to tackle it. She further enquired about their interests and hobbies, to understand the kind of engagement activities the Foundation can organize to help them develop their skills.

Mahalwada had documented around 62 malnourished children – the highest figure recorded from all four villages. While Ms. Alpa Mehta, Naturopath, Nutritionist & Sujok Therapist, and Ms. Nanda Shetty, Acupressure Therapist, were assigned to examine the health of malnourished children (0 – 6 years) and adolescent girls (13 – 17 years), Dr. Bhagwati Upadhyay, Member, KAASH Foundation, Titiksha Kabra, Rohan Hegde, and Dipali Pol, Youth Brigade Members, were assigned to distribute the nutritional hampers. Logistics at the village were managed by Megha Patel, Youth Brigade Member, KAASH Foundation along with the anganwadi sevikas - Mrs. Sheikh and Mrs. Kusum Khad.

At the village, some children were observed to have certain deficiencies and physical problems like disproportionate height & weight, dull eyes, and extreme weakness. A few adolescent girls present at the anganwadi centre had dropped out of school while the rest were still continuing their education and were interested to



Dr. Bhagwati Upadhyay, Member, KAASH Foundation, distributing nutritional hampers



Dipali Pol, Youth Brigade Member, KAASH Foundation, overseeing the distribution process



Ms. Renuka Vyas, Joint Director (Health), KAASH Foundation, conducting a workshop for women and children



Megha Patel, Youth Brigade Member, KAASH Foundation, distributing nutritional hampers

DADADE



Health Coordinators for Dadade: Mr. Sudhir Worlikar, Practicing Naturopath and Ms. Pooja Malkar, Practicing Naturopath and Core Committee Member, KAASH Foundation



Ms. Pooja Malkar interacting with young girls of the village



Rohit K.A. Youth Brigade Member, KAASH Foundation, distributing nutritional hampers



Prof. Alok Gude, Member, and Samiksha Singh, Youth Brigade Member, KAASH Foundation, distributing nutritional hampers



Children engaged in drawing and colouring



Children displaying their artwork



Prof. Alok Gude, Vedic Parmar, and Samiksha Singh with the children at Dadade



Members of Nisus Finance Services Co. Pvt. Ltd. at Dadade



Ms. Renuka Vyas conducting a workshop for the women at Dadade

SAARSHI



Mr. Alkesh Shah, Sujok Therapist and Core Committee Member, KAASH Foundation, and Ms. Sakshi Chavan, Practicing Naturopath and Member, KAASH Foundation, examining children at Saarshi



Shoumik Rahate, Youth Brigade Member, KAASH Foundation, distributing nutritional hampers

learn sewing & cosmetics. Members of the Foundation also noticed that children were mostly accompanied by their mothers. Health experts suggested that additional provision for proper medication be made for children with deficiencies.

With around 39 malnourished children documented in Dadade, Ms. Pooja Malkar and Mr. Sudhir Worlikar, Practicing Naturopaths, observed that almost 95% of children (1 – 7.5 years) were severely malnourished and needed immediate attention. They had loose skin, proportionately smaller legs & hands, and skin patches all over. The 15 adolescent girls (13 – 17 years) present for the camp complained of irregular menstrual cycles, regular stomach aches, constipation, skin allergies, hair fall issues, and weight loss. They concurred that these problems were caused due to improper intake of food. In addition to sufficient food consumption, physical exercise and yoga were much needed for their overall growth and development.

While health experts at Dadade examined children and adolescent girls, Prof. Alok Gude, Member, KAASH Foundation and Rohit K.A. Youth Brigade Member, distributed nutritional hampers to their parents. Samiksha Singh, Youth Brigade Member, managed logistics at the centre.

At Saarshi, Ms. Sakshi Chavan, Practicing Naturopath, and Mr. Alkesh Shah, Sujok Therapist, examined the health of around 30 malnourished children. Dr. Ravinder Kaur Cheema, Editorial Board Member, International Journal of Emotions, Expressions and Dimensions (IJEED), KAASH Foundation, Jaanhavi Malkar and Sonal Rana, Youth Brigade Members, distributed nutritional hampers to their parents. Logistics at the centre was managed by Shoumik Rahate, Youth Brigade Member, along with the anganwadi sevikas - Mrs. Gita Lakhan, Mrs. Vimal Kurhada, Mrs. Deepika Dhangda, Mrs. Nandini Savar, and Mrs. Darshana More.

As deficiencies were detected in almost all children present for the check-up, green leafy vegetables and other homemade remedies were recommended to them. Around 34 adolescent girls visited the anganwadi center at Saarshi and it was observed that they experienced issues during menstruation due to low haemoglobin. Dr. Avkash Jadhav also discussed the right age

to get married. Health experts examined around 5-6 pregnant women and observed that they weighed below the required range to carry and deliver a healthy baby. Therefore, a healthy diet for them was necessary to break the vicious cycle of malnutrition. Members also observed that the girls had potential but were shy due to their complexes and inferiority. For this, skill development programmes could be organized to help them develop self-confidence and various other skills.

Khadaki has documented around 21 malnourished children - the lowest figure recorded. Ms. Shraddha Patil, Practicing Naturopath, was the Health Coordinator here with Pamela Dhonde, Core Committee Member, KAASH Foundation, to assist her. While Ms. Kavita Pandey, Joint Director (Environment), KAASH Foundation, Jinansh Dugger and Deepika Naik, Youth Brigade Members, supervised the distribution of nutritional hampers, Kishan Singhania, Youth Brigade Member managed logistics at the anganwadi centre along with Ms. Vrunda Sahare, Ms. Mayuri Dalvi, Ms. Manisha Patil, Ms. Shakuntala Bhavar, and Ms. Shubhangi.

The team also came across two distinctive cases: first, of a child continuously plagued with cold & cough and second, of a 2 year old child who consumed only milk and no solid food. Ms. Patil advised certain home remedies to improve their health. She also assessed 6 pregnant women and suggested ways to care for themselves and their unborn child. As she examined the children, Ms. Patil felt that parents too should be made aware of their child's health. Overall, the team noticed that girls and women were hesitant to share their issues & problems and engagement activities like skill development workshops could help break the ice.

Developing and implementing this project at Vikramgad has been no easy task at all. Special thanks to Dr. Avkash Jadhav for this opportunity to reciprocate back to the society; Shri. Bapu Shinghare, Child Development Programme Officer, Integrated Child Development Services, Vikramgad for his guidance and assistance through the project and Ms. Renuka Vyas for handling the nitty-gritty of each visit to Vikramgad. However, it wouldn't have been possible without Mr. Mayank and Ms. Lippika Podar, who have been instrumental



Dr. Ravinder Kaur Cheema, Editorial Board Member, International Journal of Emotions, Expressions and Dimensions, KAASH Foundation, distributing nutritional hampers



Jaanhavi Malkar, Member, KAASH Foundation, distributing nutritional hampers



Sonal Rana, Youth Brigade Member, KAASH Foundation, handing over a bottle of sanitizer to a local administrative staff



Ms. Renuka Vyas conducting a workshop for young girls at Dadade

KHADAKI



Ms. Shraddha Patil, Practicing Naturopath and Member, KAASH Foundation, examining children at Khadaki



Ms. Kavita Pandey, Joint Director (Environment), KAASH Foundation, distributing nutritional hampers



Kishan Singhania, Youth Brigade Member, KAASH Foundation, distributing nutritional hampers



Pamela Dhonde, Core Committee Member, KAASH Foundation, with a girl at the health camp

in getting the Foundation to Vikramgad. Lastly, the Foundation would also like to thank all the anganwadi sevikas for their assistance and encouragement in this project.



Ms. Renuka Vyas conducting a workshop for adolescent girls at Khadaki



Members of Nisus Finance Services Co. Pvt. Ltd. at Khadaki



Jinansh Dugger, Youth Brigade Member, KAASH Foundation, gifting a young boy with stationary for his active participation in activities planned for them



Deepika Naik, Youth Brigade Member, KAASH Foundation, with a child's mother at the health camp



Ms. Renuka Vyas interacting with women at the camp



Women and their children at the camp



Women members of KAASH Foundation



Team KAASH

“

Alone we can do so little; together we can do so much.

-Helen Keller

”

ARTICLE IN THE LOKSATTA



बालकांसाठी पोषण आहाराचे वितरण



लोकसत्ता प्रतिनिधी

पालघर: मुंबईच्या काश फाउंडेशनतर्फे विक्रमगड येथील १५०हून अधिक कुपोषित बालकांची वैद्यकीय तपासणी करून करणार पोषण आहाराचे वितरण करण्यात आले. याचबरोबर विद्यार्थिनींनी उच्च शिक्षण घेण्यासाठी चर्चासत्राचे आयोजन करण्यात आले.

काश फाउंडेशनच्या स्वयंसेवकांनी विक्रमगड तालुक्यातील दादडे, सारशी, खडकी, मलवाडा या भागात पौष्टिक पदार्थांचा संच कुपोषित बालकांच्या कुटुंबीयांना दिला. त्यामध्ये नाचणी,

खारीक व राजगिन्याचे लाडू, कुरमुरे, बिस्कट, पौष्टिक धान्याची व चणाडाळीची चिवकी, चित्रकलेसाठी लागणारे साहित्य इत्यादींचा समावेश होता. या पथकाने कुपोषित बालक व गर्भवती महिलांची आरोग्य तपासणी करून त्यांना मार्गदर्शन केले. त्याचबरोबर तरुणींना आरोग्य आणि शिक्षणविषयक माहिती दिली. या संस्थेने २०१९मध्ये विक्रमगड तालुक्यात उपक्रम राबवण्याचा प्रकल्प हाती घेतला होता. त्यात अंगणवाड्यांना सॅनिटायझरचे वितरण करणे तसेच परिसरातील स्वच्छता राखण्याबाबत मार्गदर्शन करण्यात आले.

LETTER OF APPRECIATION

एकात्मिक बाल विकास सेवा योजना प्रकल्प विक्रमगड
कार्यालयाचा पत्ता - पंचायत समिती विक्रमगड
ता. विक्रमगड, जि. पालघर

Email.cdpovikramgad@gmail.com

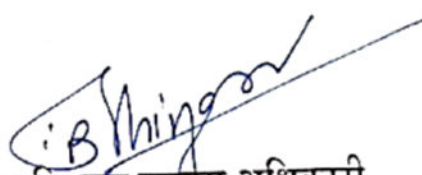
जा.क्र.एबावीसेयो/आस्था/वशी/२०/ २०२२

दि. २१/४/२०२२

आभार पत्र

प्रति,
काश फाऊंडेशन
NGO

दि. १४ नोव्हेंबर २०२१ रोजीच्या बालदिना निमित्त काश फाऊंडेशन आणि एकात्मिक बाल विकास विभाग विक्रमगड यांच्या संयुक्त विद्यमानाने आयोजित कुपोषित बालकांची आरोग्य तपासणी शिबीर, कुपोषित बालकांना अत्यावश्यक साहित्य वाटप कार्यक्रम व कुपोषित बालक - माता यांना निसर्गोपचार महिती कार्यक्रमाचे आयोजन विक्रमगड पंचायत समितीच्या सभागृहात करून कुपोषित बालकांना पौष्टीक खादय पदार्थ, जीवनावश्यक वस्तू, खेळणी व कपड्यांचे वाटप करण्यात आले. याबद्दल एकात्मिक बाल विकास सेवा योजना प्रकल्प विक्रमगड आपले शतशः आभारी आहे. असेच सहकार्य कायम राहूदे !


बाल विकास प्रकल्प अधिकारी

एकात्मिक बाल विकास सेवा योजना प्रकल्प विक्रमगड

EDITOR'S DESK



As the New Year unfolded, KAASH Foundation set to begin its work with new motto, new dreams and new visions. It began with promises to keep to those who had reached out to us in the past. Our team continued its visits to Vikramgad, where our young volunteers, doctors and health experts worked all the way through, to ensure a smile on the face of every child that we touched. Whenever we wave good bye, it's only till we meet again, which is just round the corner!

The work done by the Foundation has not gone unrecognized. It was indeed a proud moment for us, when our Founder, Dr. Avkash Jadhav, was personally felicitated by Shri. Prahlad Singh Patel, Union Minister and Member of Parliament.

With a huge young population dominating our country, it is only fair that we pay heed to their voices. The 15th International Conference aimed just that. The voices in the conference upheld the view of how the youth quickly raise themselves and volunteer as need arises. They are a spirited lot, who are self motivated and does not hesitate if their services are required. We do have a youth population that our country can be proud of.

Women's Day was again celebrated with a gusto, with the theme, 'Meri Kahaani, Meri Zubaani'. Reminiscing their lives and the path that led them to be who they are, powerful women came forward and narrated their story of fortitude, fight and steely determination that enabled them to take each step forward.

Our Creative corner continues to be a delight to the readers as it transports them to a world beyond.

So I wish our readers once again, A Happy Reading!

FOUNDER'S DESK



"If you want something said, ask a man. If you want something done, ask a woman." is aptly said by Margaret Thatcher, Former Prime Minister of the United Kingdom.

This year, when the KAASH Foundation family celebrated Kritagya - our second in the series event on 8 March, the fabulous and fantastic 25 women of the Foundation came together to share their stories. The women brigade of the Foundation who are acclaimed and successful in their respective fields, understand the value of selfless social work. We have professionals, architects, academicians, medical practitioners, financial experts, lawyers, entrepreneurs, sports women, businesswomen etc in the team. We believe in good camaraderie and mutual respect for each other.

Another exemplary work we have been extensively involved, is adopting 150 malnourished children from 15 villages of Vikramgad region in Palghar District. The project also involves regular health check-up camps for women and children along with distribution of essential products of nutrients.

As the foundation enters its third successful year of performing at multiple levels, we plan to expand our outreach services to skill development activities for women and youth. As part of our KAASHplasty - Free Knee and Hip surgery initiative, we will be soon organizing health camps to reach out to those who had little hope until now.

We would like to extend our gratitude to all our well-wishers for their unconditional love and cooperation.

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:-
Dipali Pol
Deepika Naik
Gabriella D'souza
Farheen Tai

15TH INTERNATIONAL YOUTH CONFERENCE ON TRANSFORMING THE WORLD: YOUTH IN CIVIC AND GLOBAL ACTION

by Gabriella D'souza

My faith is in the younger generation, the modern generation. Out of them will come my work. We will work the whole problem out like lions.

- Swami Vivekananda

The above quote encapsulates Swami Vivekananda's great faith and love for the youth. The Indian Government has declared 12th January as National Youth Day to commemorate the birth anniversary of one of our great leaders, Swami Vivekananda. This comes at a time when the country's demographic shifts more towards the younger population, indicating the need to showcase, emphasize, and most importantly, encourage the youth to not only find themselves but also, partake in constructive activities as well as integrate themselves into benefiting the society as a whole.

KAASH Foundation started its journey back in 2019, with four goals in mind viz. Education, Environment, Health, and Heritage, which required collaborative efforts as well as research into various fields. And thus, the Centre for Academic and Professional Development (CAPD) was born, to provide opportunities for academic excellence and enhance the skills of not only the faculty but also the students through professional development and training programs. Thus, the 15th International Youth Conference on **Transforming the World: Youth in Civic and Global Action** was organized virtually by KAASH Foundation's CAPD on 12th January 2022 to look into the aspirations and struggles of today's youth in order to figure out an effective solution and encourage a discourse around the topic.

Held in collaboration with the **Centre for Urban Studies, The Maharaja Sayajirao University of Baroda, Vadodara, Gujarat** and **Vivekananda Kendra, Kanyakumari, Tamil Nadu**, the Conference kick started with Ruchira Sarma, Youth Brigade Member, KAASH Foundation, welcoming the audience for the evening. Ms. Farheen

Tai, Member, KAASH Foundation, then gave a brief overview of the work done by the Foundation so far. She then requested Anuja Augustin, Youth Brigade Member, KAASH Foundation, to introduce the Centre for Academic and Professional Development. Conceptualized by the Founder-Trustee of KAASH Foundation, Dr. Avkash Jadhav, the CAPD hopes to bridge the gap between academic instruction and industry requirements in order to find novel and essential ways to provide opportunities to all those who seek it.



Ruchira Sarma
Youth Brigade Member
KAASH Foundation



Farheen Tai
Member
KAASH Foundation

Thereafter, Pranati Trivedi, Youth Brigade Member, delivered the Concept Note. Being dynamic, full of vigor and strength allows

KAASH FOUNDATION MUMBAI



This
NATIONAL YOUTH DAY
Centre for Urban Studies,
The Maharaja Sayajirao University of Baroda,
Vadodara, Gujarat
and
KAASH Foundation's
Centre for Academic and Professional Development (CAPD)
are organizing its
15TH INTERNATIONAL YOUTH CONFERENCE
on
**Transforming the World:
Youth in Civic and Global Action**
Date: 12th January 2022 Time: 3:00PM- 6:00PM (IST)
Participation is Free
E-Certificate of Participation: ₹50 Presentation of Research Papers: ₹150
Fees mentioned above are non-refundable and non-transferable.
Kindly submit your Abstracts by: 11th January 2022
Mail them on: youthconference22@gmail.com
Three best research papers will receive cash prizes of ₹500, ₹300 and ₹200 respectively.
Registration Link:
<https://forms.gle/yASVnKdxPBRQeFm9>
The event will be live-streamed on KAASH Foundation's YouTube Channel!
Supported by:

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



Pranati Trivedi
Youth Brigade Member
KAASH Foundation

youth to face challenges and subsequently adapt to the many changes thrown their way. With proper guidance, they have the potential to help a nation find its rightful place in the world. This conference aimed to deconstruct the actions of the youth across various paradigms like sports, politics, social media, and economy and see how better access to health care and educational opportunities help them transform institutions and processes at the local, regional, and global levels.

Pranati also took the opportunity to introduce the 8th Issue of KAASH Konnect – the Foundation's quarterly newsletter – which highlights main events, conferences,

and camps held by the Foundation. With great anticipation, the 8th Issue was formally inaugurated by the **Keynote Speaker** of the Conference: **Shri. Abhay Bapat**, Pranta Pramukh (Maharashtra), Vivekananda Kendra, Kanyakumari, Tamil Nadu.

Thereafter, Tirtha Samant, Youth Brigade Member, introduced and invited Shri. Bapat to elucidate on **Swami Vivekananda's Message for the Youth**. He commenced with the Chicago Conference of 1893 which marked Swamiji's first public address. As a young boy then, Shri. Bapat remarked on Swamiji's nervousness like any other 20-year old, but his self-confidence and belief is what

and technologies which is now promoted under the 'Made in India' campaign. Lastly, Shri. Bapat concluded his presentation by addressing that in the 21st century, when the youth is seeking instant gratification and is surrounded by distractions, Swami Vivekananda's belief in concentration, dedication, and perseverance is worth reckoning.

with Swami Vivekananda. Established in 1881, the college was named after Maharaja Sayajirao III, who dedicated his life to education. Swami Vivekananda, whose travels in the area were well documented, visited Baroda in order to meet the Maharaja. This interaction, as Dr. Saxena states, greatly impacted and enlightened individuals in every aspect. And with the confluence of thought and collaboration of various skills, as Dr. Saxena said, the nation can become stronger than ever.

KEYNOTE SPEAKER

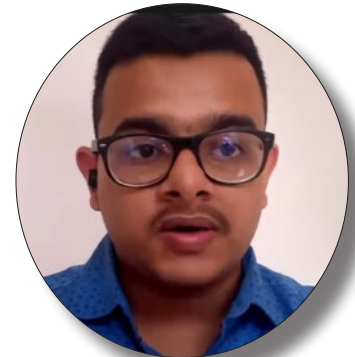


Shri. Abhay Bapat
Pranta Pramukh (Maharashtra)
Vivekananda Kendra, Kanyakumari
Tamil Nadu, India

SPECIAL GUEST



Prof. Dr. Adhya Bharti Saxena
Director, Centre for Urban Studies
The Maharaja Sayajirao University of
Baroda, Vadodara
Gujarat, India



Rohit K.A.
Youth Brigade Member
KAASH Foundation



Tirtha Samant
Youth Brigade Member
KAASH Foundation



Krishna Sawant
Youth Brigade Member
KAASH Foundation

encouraged him with the iconic speech. This is relevant even today, especially when the youth need to believe in themselves and their potential to lead the change in society. He also highlighted Swami Vivekananda's efforts to advocate for indigenous industries

Krishna Sawant, Youth Brigade Member, then introduced the **Guest of Honour**: **Prof. Parimal H. Vyas**, Honourable Vice-Chancellor, The Maharaja Sayajirao University of Baroda. As he could not attend the Conference, **Prof. Dr. Adhya Bharti Saxena**, Director, Centre for Urban Studies, The Maharaja Sayajirao University of Baroda, stepped in his absence. She gave a brief overview of The Maharaja Sayajirao University of Baroda and its connection

Thereafter, Rohit K.A., Youth Brigade Member, introduced the **First Special Guest** for the evening. After speaking on behalf of Prof. Parimal H. Vyas, **Prof. Dr. Adhya Bharti Saxena**, who has more than 20 years of experience in teaching and research returned to deliberate on her topic - **Youth: Their Issues and Challenges**. Dr. Saxena, who is a practicing historian, specializing in economic history, briefed the audience on the Centre for Urban Studies, of which she is the Director. Commencing her deliberation, Dr. Saxena put forth the first challenge i.e. the youth from childhood are being equipped with skills that will eventually give them independence, employment and more importantly, the power of creating. They are a part of the give-and-take relationship, wherein the learning and skills acquired during childhood and adolescence are reciprocated back to the society in adulthood. Swami Vivekananda, as Dr. Saxena continued, made us understand the power of growing and how one's social responsibility does not only consist of winning everything but learning and growing along the way. Gender is another challenge she deliberated. This issue was raised by Swami

Dayanand Saraswati, Raja Ram Mohan Roy and even Dr. Bhimrao Ambedkar, who all worked towards empowering all genders, especially women. This can only be done, as Prof. Saxena explained, by empowering ourselves and others, through sensitization, debates, and discourses. She concluded by saying that the collective responsibility lies on both generations: the older ones raise questions and the younger ones answer; and by working in harmonious unison they can both come to conclusions.

SPECIAL GUEST



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

Thereafter, Ruchira Sarma introduced the **Second Special Guest** for the evening: **Dr. Avkash Jadhav**. Dr. Jadhav is not only the Founder-Trustee of KAASH Foundation, but also the Head and Associate Professor of the Department of History at St. Xavier's College (Autonomous), Mumbai. He has also been a recipient of more than nine scholarships for his academic excellence and was awarded the prestigious Asiatic Fellowship to undertake studies in Gandhian Philosophy. Dr. Jadhav began his session on **Swami Vivekananda's Vision and Mission**, by remarking how impressive and impactful Swami Vivekananda's work was, even though his time on earth was cut short at just 39 years. He quoted the words of Rabindranath Tagore, Jawaharlal Nehru, and Subhash Chandra Bose, who all commended the positivity of the Swami and his ability to inspire the depressed and marginalized individuals. Dr. Jadhav recounted Swami Vivekananda's iconic

Chicago Conference of 1893, where he earned the name 'Cyclonic Hindu Monk'. Dr. Jadhav denoted that the nature of Swami's mission was not only global and national but also, local. Swami Vivekananda, according to Sister Nivedita's writings, wished to travel the world to promote nation building. This heavily reflected his emphasis on oneness and rejection to any sort of division among men. He concluded by saying that in this time of divisive politics and loss of role models, we should bring back his teachings and adopt his values.

Dr. Jadhav's deliberation was followed by the Technical Sessions. **Technical Session I** was chaired by **Prof. Safina Rakhangi**, Head, Department of History, Jai Hind College, Mumbai and **Parallel Technical Session II** was chaired by **Dr. Anagha Kamble**, Assistant Professor, Department of History, University of Mumbai. Pranati Trivedi and Anuja Augustin moderated Technical Session I and Parallel Technical Session II respectively. Both sessions had nine participants each.

After the Technical Sessions, the Conference moved to its final segment with the Valedictory Session. **Dr. Huda Al-Hajjaj** was introduced as the **Valedictory Speaker** by Neeti Baheriya, Youth Brigade Member. Dr. Al-Hajjaj has a doctorate in Social Work from Morgan State University. Initially, she worked as a teaching and research assistant in the Department of Social Work at the University of Jordan, and as a Social Worker at the Arabic City of Comprehensive Care, Jordan. Currently, Dr. Al-Hajjaj works as an Assistant Professor in the Department of Social Work at the University of Jordan.

Dr. Al-Hajjaj commenced her presentation on **Young Volunteers working during COVID-19 in Jordanian Community: Advantages and Challenges** by introducing the objectives i.e. the role of volunteers, the problems brought upon by the pandemic, new avenues such as virtual volunteering etc. She denoted how volunteering allows an individual to help his/her community. This, she supported with a study which stated that during the pandemic, 91% individuals, especially the youth, wished to volunteer and help those in need. She explained the need for laws to protect and make volunteers feel safe to carry out their services during the pandemic.

Thereafter, it was time to announce the three best research papers from the 18

VALEDICTORY SPEAKER



Dr. Huda Al-Hajjaj
Assistant Professor
Department of Social Work
University of Jordan
Amman, Jordan

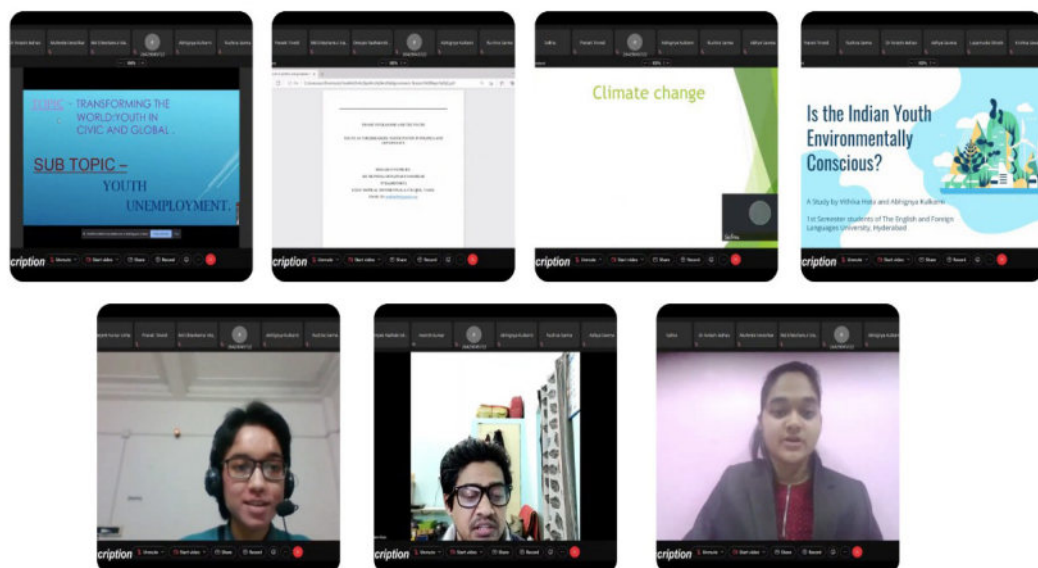
papers presented at the Conference. While **Ruchira Sarma** emerged as the **Winner** with her presentation on 'Goa's Heritage in the 21st Century', **Shreya Dash** and **Vidit Jain** ranked **Second** and **Third** with their presentations on 'Empowered by Education: Building Mutual Respect, Ideals, and Resilience in Youth' and 'Sports, Social Media, and Civic Change' respectively.



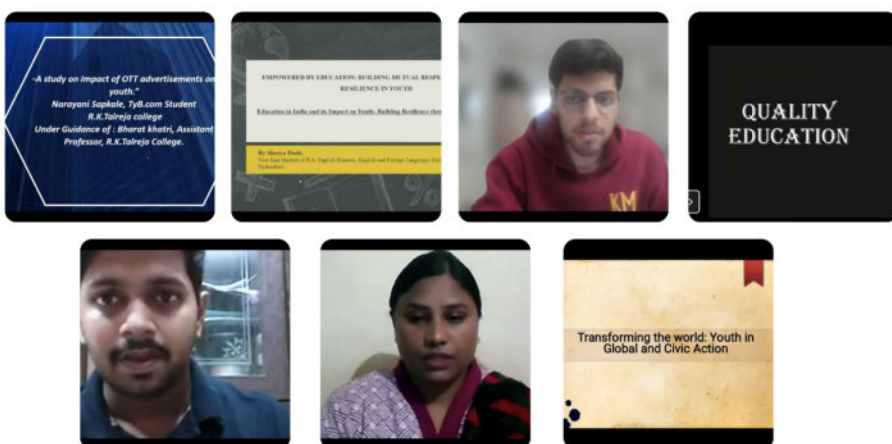
Neeti Baheriya
Youth Brigade Member
KAASH Foundation

Anuja Augustin delivered the Concluding Remarks by thanking KAASH Foundation, all the participants and viewers alike. She commended Prof. Vyas' and Prof. Saxena's

Technical Session 1



Parallel Technical Session 2



Anuja Augustin
Youth Brigade Member
KAASH Foundation

opinions on Swami Vivekananda and the youth's responsibility towards the society. She praised Dr. Jadhav's speech on how one can leave an imprint through his/her words and actions. She also briefed on the

two technical sessions and the Valedictory speech by Dr. Huda Al-Hajjaj. With Ruchira Sarma delivering the Vote of Thanks, the 15th International Youth Conference drew to a close.

The Conference would not have been possible without the technical expertise of Kishan Singhania, Megha Patel, and Anant Bhardwaj; the creative instincts of Rohan Hegde and Terista Correia; the administrative abilities of Neeti Baheriya; the moderating skills of Anuja Augustin and Pranati Trivedi, and the anchoring capabilities of Ruchira Sarma. Let's not also forget the contribution by Tirtha Samant, Krishna Sawant, Farheen Tai, Rohit K.A., Srushti Joshi, Maria Noronha, Yash Batra, Pamelina D'souza, and Gabriella D'souza. Lastly, special thanks to Dr. Avkash Jadhav for orchestrating the entire Conference.

Three Best Research Papers

First



Ruchira Sarma
Department of History
St. Xavier's College (Autonomous)
Mumbai

Second



Shreya Dash, School of Literary
Studies, English and Foreign
Languages University (EFLU),
Hyderabad

Third



Vidit Jain, Department of Economics,
Kirori Mal College
Delhi University, Delhi

KRITAGYA: GRATITUDE KAASH FOUNDATION CELEBRATES WOMEN'S DAY

by Farheen Tai

'There is no Force more Powerful than a Woman determined to Rise.'

-Bosa Sebele



KAASH FOUNDATION MUMBAI

KAASH FOUNDATION is back with its annual event **Kritagya: Gratitude** Meri Kahaani, Meri Zubaani (The Story of my Journey) for the **Second Consecutive Year** on the occasion of **International Women's Day**

Chief Guest
Dr. Rajshree D. Katke
Professor of Obstetrics, J.J. Hospital, Mumbai
Gynecologist and Former Superintendent, Cama Hospital, Mumbai

Guest of Honour
Ms. Himani Parab
Arjuna Award Winner 2021

Special Guests
Ms. Kavita Kapur
Entrepreneur, Founder of Floral Art, Ikebana Artist and Floral Designer
Ms. Smita Pitroda
Vice-President, SMILE N.G.O.

Venue: Hindu Gymkhana, Marine Lines, Mumbai
Date: Tuesday, March 08, 2022
Time: 6:00 p.m. - 9:00 p.m.

Program Coordinator
Ms. Alpa Mehta
Associate Joint Director (Health),
Core Committee Member, KAASH Foundation

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KAASH Foundation's 'Kritagya' began as an annual event in 2021 to thank and honour women for their role and contribution to society. It witnessed women from academics, medicine, and bureaucracy come together for a panel discussion on Women in Leadership, in line with UN Women's theme for International Women's Day 2021. Graced by eminent women leaders like Smt. Supriya Sule (Member of Parliament, Lok Sabha), Dr. Mangala Gomare (Executive Health Officer, Municipal Corporation of Greater Mumbai), Smt. Mokshada Patil (I.P.S. and Police Superintendent - Aurangabad Division), Prof. Nandini Sardesai (Former Head, Department of Sociology, St. Xavier's College, Mumbai), Dr. Alka Singh (National Law University, Lucknow), and Dr. Nasreen Rustomfram (Tata Institute of Social Sciences), the event mainly revolved around gender parity, women in leadership roles, and their achievements.



Siona Salvi, Youth Brigade Member, KAASH Foundation, anchoring the event



Dr. Geeta Ajit, Joint Director (Education), highlighting the Foundation's two-year long journey



Pamela Dhonde, Core Committee Member, KAASH Foundation, speaking about the Foundation's Rural and Tribal Community Outreach Program



Ms. Kavita Pandey, Joint Director (Environment), KAASH Foundation, speaking about the Foundation's Women Empowerment Workshops



Ms. Renuka Vyas, Joint Director (Health), KAASH Foundation, briefing on the Foundation's Health vertical



Ms. Renuka Vyas, Joint Director (Health), KAASH Foundation with our Special Guests: Ms. Smita Pitroda, Vice-President, SMILE N.G.O. (in pink salwar kameez) and Ms. Kavita Kapur, Entrepreneur, Founder of Floral Art, Ikebana Artist and Floral Designer (in blue saree)



Ms. Lippika Podar, Core Committee Member, KAASH Foundation, inviting our Chief Guest: Dr. Rajshree Katke



Our Chief Guest for the evening: Dr. Rajshree Katke, Professor of Obstetrics, J.J. Hospital, Mumbai. Gynecologist and Former Superintendent, Cama Hospital, Mumbai (in pink saree)



Ms. Pooja Malkar, Core Committee Member, KAASH Foundation, inviting our Guest of Honour: Ms. Himani Parab, Arjuna Awardee for Mallakhamb

This year, International Women's Day was celebrated at the Hindu Gymkhana, Marine Lines, Mumbai, with an all women meet. Organized with the theme 'Meri Kahaani, Meri Zubaani - The Story of my Journey', Kritagya was a platform for women members to share their stories of discrimination,

stereotypes, and challenges faced in their communities, workplaces, schools, colleges, and universities. Remarkable women such as **Dr. Rajshree D. Katke** (Professor of Obstetrics, J.J. Hospital), **Ms. Himani Parab** (Arjuna Award Winner), **Ms. Kavita Kapur** (Entrepreneur and Founder of Floral Art),

and **Ms. Smita Pitroda** (Vice-President, Smile N.G.O.) were invited as special guests for the evening.

The event began with an introduction of the work done by KAASH Foundation in all its four vertices and also an update of the



**Our Guest of Honour for the evening:
Ms. Himani Parab, Arjuna Awardee for Mallakhamb**



**Dixita Parmar, Member, KAASH Foundation,
reciting a poem titled 'Nari tu hai kya cheez'**



Women members of KAASH Foundation

current projects undertaken by KF. After that, began the narratives of the guests on their journey of life. The first narration was by Ms. Kavita Kapur, who spoke about the hardships and challenges she faced till she gained recognition in her field. Her ups and downs were many, but her steely determination to forge ahead is what made

her stand out from her competitors.

Ms. Smita Pitroda narrated her expedition into SMILE N.G.O, how she was drawn to the needs of children around and then designed her life around them.

This was followed by Ms. Himani Parab, who recounted her journey to winning

the coveted Arjuna Award. She narrated the sacrifices that she had to make as a teenager to stay focused on her goal. Her mother, Ms. Uma Parab, is a member of KAASH Foundation. Himani spoke of how her mother shared her dream and helped her all through the way; in the process, making many sacrifices of her own to let her daughter's dream come true.

Dr. Rajshree D. Katke unfolded the journey of her life: from a small town girl to being one of the most prominent doctors in the capital city of Mumbai. Her life began in simplicity, but the values instilled in her by her parents enabled her to face challenges and become what she is today. She is now one of the most renowned Obstetricians and Gynecologists in Mumbai. She kept the audience on their feet as she narrated various life-saving incidents, which were given up by others as they did not believe it would be worth the effort. Her principle has always been to never give up and go on in every way you can.

The celebration was a luxury – both in terms of food and the event itself, thanks to Ms. Renuka Vyas, Joint Director (Health), KAASH Foundation and Ms. Alpa Mehta, Core Committee Member, KAASH Foundation. The three-course meal coupled with inspiring life stories and insightful conversations made it an evening to remember.

“

*“I am woman
phenomenally.
Phenomenal woman,
that's me.”*

-Maya Angelou

”

KAASH CREATIVE CORNER

OUR STARS

BY DR. ALIZEHRA HAIDER RAZA (*Assistant Professor, Parul University, Vadodara, Gujarat*)



We blame the world for the things we do not get,
We should not give up and there should not be any regret.

Have we ever realized the power of this marvelous creation?
It offers us so much and a lot of inspiration.

We must explore this world, what is this fear of unknown?
We all go through struggles; you are not the one alone.

Our stars should not be blamed, our choices should be judged,
There were enough opportunities, we needed to be nudged.

Is there any count of the things that we have rejected,
The number of hearts we broke, and the loved ones we neglected.

The fault is not in our stars, the fault is with our heart,
As we fail to figure out where to start.

It is a new day let us begin again,
Embark on this journey; there would be enough to gain.

Let us be thankful for the little moments of joy,
Life is beautiful, be grateful and enjoy.

KAASH CREATIVE CORNER

नारी तू है क्या चीज़

BY DIXITA PARMAR



नारी तू है क्या चीज़

नारी तू है क्या चीज़
सिर्फ एक साधारण महिला
तो करें गुरुर काहे का

हां एक साधारण नारी, जो सब पर पड़े भारी

जब ले जनम तो लक्ष्मी का वास और बने पापा की मुस्कान
मां की सहेली और भाई की ना रखें कभी खाली हथेली

चले लेकर घर की आबरू फिर बने किसी की जोरू
वहां पर भी बनाए रखें परिवार का सम्मान

हम हैं वह वरदान जो महीने के 5 दिन करें रक्तस्त्राव में भी काम
हम हैं शक्ति जो 9 महीने भी रखें गर्भ को संभाल
हां, अगर ना कर पाए बच्चे पैदा तो कटु वचन सुनने भी तैयार
कैसा है बनाया स्त्री को तुमने भगवान

पति अगर साथ दे दे तो चल पड़े संसार, ना मिले साथ तो हम पर उंगलियां हजार
अकेली रहना तो मानो पाप है, क्योंकि आपकी नियत ही कहां साफ है?

हम हैं वह कड़ी जो चले सब को लेकर साथ
आज के युग में कंधे से कंधा मिलाएं करें अपने सपने साकार

हम हैं ऐसी आंधी जो चुप रह कर गम भी पी ले और अपने पर आए, तो किसी को भी ना छोड़े

ममता से भरी, प्यार न्यूछावर करने वाली, घर परिवार को एक माला में पुराने वाली

हां हम हैं तो साधारण नारी,
जो पड सकती है सब पर भारी

UPCOMING EVENTS





KAASH FOUNDATION MUMBAI

KAASH Foundation's
KAASH Swaasthya Manthan (KSM)
is celebrating

INTERNATIONAL
YOGA
WEEK




(for the 4th consecutive year, on the guidelines of
Ministry of AYUSH, Government of India)

Date: 19th June - 22nd June 2022

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

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

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

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 **Mr. Kobbi Shoshani**
Founder - Trustee, Consul General of Israel
KAASH Foundation to Mumbai

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

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 Vaidik Vidyalyaya 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 Vidyalyaya, Kandivli West, Mumbai
Shri. T.P. Bhatia College of Science, Kandivli West, Mumbai

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

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

UPCOMING EVENTS

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)
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PROGRAM COORDINATORS

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

Meet our Health team!

 Ms. Pooja Malkar Naturopath & Yoga Trainer	 Ms. Renuka Vyas Naturopath & Iridologist	 Ms. Alpa Mehta Dietician & Nutritionist
 Mr. Alkesh Shah Naturopath & Sujok Therapist	 Ms. Uma Parab Naturopath & Yoga Trainer	 Ms. Arundhati More Naturopath & Yoga Trainer
 Ms. Neha Sawant Naturopath and Yoga Trainer	 Mr. Ramprasad Chinta Naturopath and Yoga Trainer	 Ms. Asmita Betkar Yoga Trainer
 Ms. Bhumika Gohil Yoga Trainer	 Ms. Dhvani Shah M.A. Yogashastra	 Ms. Shernaz Vatchha Naturopath & Yoga Consultant
 Ms. Nirmala Bhalothiya Yoga Trainer & Naturopath	 Ms. Mansi Shah Diploma in Yoga M.A. in Yogic Science	

BIRTHDAY WISHES

Samiksha Singh
17th January



Rehan Ansari
5th February



Nandita Moitra
5th February



Alpa Mehta
27th February



Pooja Malkar
17th February



Vijayalaxmi Jadhav
4th March



Anuja Augustin
3rd March



Jinansh Dugger
25th March



Maria Noronha
28th March

