



# KAASH KONNECT

ISSUE NO.11: JULY - SEPTEMBER 2022

AN INITIATIVE BY



## Content

- Beach Cleanup Drive 1
- In Conversation with the Super Cop: Julio Ribeiro (IPS) (Padma Bhushan) 8
- 17th Academic Initiative: National Research Seminar 12
- Health Awareness and Check-up Camp 16
- Editor's Desk | Founder's Desk 21
- Distribution Drive at Vikramgad for Tribal children 23
- KAASH Creative Corner 26
- Upcoming Events 30
- Birthday Wishes 31

## BEACH CLEANUP DRIVE

by Anuja Augustin

*It is our collective and individual responsibility to preserve and tend to the environment in which we all live..*

-Dalai Lama

It's always a serene experience to spend some time with our family and friends or on solitude, on a beach. The cold breezy wind and the reddish setting sun replenish our mood. At times the sea, its waves and the gushing sound of the water, just calms a confused mind.

While the sea opens up their artistic creativity for some, for others it could be just spending time with their loved ones. For some it's watching the bright sunrise with a cup of coffee and for some it's watching the setting sun with a cup of chai.

Nature has myriad ways to please us. And the truth remains that nature has never disappointed us. But how has our attitude been towards nature? We have failed to preserve and protect our giver, our nature. We have failed to conserve the beauty and balance of nature. One dimension of this failure is witnessed through the deteriorating conditions of our oceans, beaches, shores and the coastlines. Litter, chocolate wrappers, plastic bottles, wafer packets, strewn accumulated in the seashore ruins the beauty of the beaches and make the coastlines vulnerable.

The clutter found in our beaches and seashores are the result of our prolonged irresponsible behaviour. So, to make the shores and coasts shine again will also



require collective initiatives.

One such initiative has been the observance of International Coastal Cleanup Day. It is organized on every third Saturday of September. Therefore, KAASH Foundation, under its Environment vertical found it to be a golden opportunity to join hands with the Indian Coastal Guard to organize a Cleanup Drive at Girgaon, Chowpatty on 17th September 2022 as a step to preserve the coasts for the ecological wellbeing.

The International Coastal Cleanup day has been around for almost 30 years. Linda Maraniss and Kathy O'Hara, working at Ocean Conservancy, a nonprofit environmental organization in the US, organized the first International

### KAASH FOUNDATION MUMBAI



On the occasion of International Coastal Cleanup Day, KAASH Foundation joined hands with the Indian Coast Guard to organize a Beach Cleanup Drive at Girgaon Chowpatty on 17th September 2022.

#### HAVE A LOOK AT ITS SUCCESS STORY!

**3500+**  
Student  
Volunteers

**175+**  
Workforce

**25+ tons**  
Garbage Collected

**10+**  
Non-Academic  
Forums

**25+**  
City Colleges

Supported by: Wilson College, St. Xavier's College, Bhavan's Hazarimal Somani College, St. Xavier's Institute of Education, Siddharth College, Dr. Baliram Hiray College, Guru Nanak College etc.



Coastal Cleanup Day in 1986. Since then around 6 million cleanup volunteers have become the torchbearers of this initiative around 90 countries.

Among those protectors of the marine life are the Indian Coastal Guard, an independent Armed Force of India established in 1978. Indian Coast Guard is the world's fourth largest Coast Guard and is playing a vital role in safeguarding and securing the Indian Coasts from anthropogenic encroachments and preventing marine pollution along with enforcing regulations in the maritime zones of India. The Indian Coast Guard has also been instrumental in organizing the International Coastal Cleanup Day every year. Also, this year such cleanup drives were organized across Mumbai's 50 km and India's 7516.6 km coastline.

Of the many Cleanup drives organized in Mumbai, the responsibility to organize the International Coastal Cleanup 2022 in Girgaon Chowpatty was given to KAASH Foundation by the Indian Coast Guard. For any collective initiative, we need an energetic and enthusiastic workforce. Is there any other best option other than the YOUTH! KAASH Foundation was proactive in inspiring around 3500 students from St. Xavier's College, St. Xavier's Institute of Education, Wilson College, Siddharth College, Guru Nanak College, Bhavan's Hazarimal Somani College and Dr. Baliram Hiray College to volunteer. NSS students also took part in the cleanup drive. In addition to 3500 students as volunteers, 175 students were part of event management teams like Registration, Administration, F&B, Security etc.



**Officers of the Indian Coast Guard and Dr. Avkash Jadhav, Founder - Trustee, KAASH Foundation conducting a reconnaissance of Girgaon Chowpatty and discussing strategies for the Beach Cleanup Drive**



**Felicitation of Shri. Atul Parlikar, Deputy Inspector General, Indian Coast Guard by Dr. Avkash Jadhav**



**Felicitation of Shri. Mandal, Deputy Inspector General, Indian Coast Guard by Ms. Renuka Vyas, Joint Director (Health), KAASH Foundation**



**Felicitation of Shri. Arun. K. L., Deputy Inspector General, Indian Coast Guard by Ms. Alpa Mehta, Associate Joint Director (Health), KAASH Foundation**



After arriving at the beach, volunteers had to report at the registration desk, where they were provided with T-shirts, gloves and garbage bags. They were various types of garbage that the volunteers collected from the beaches. They included Lays packets, Kurkure packets, Plastic bottles, beer cans, shreds of newspapers and many more. Plastic was the prime and largest form of garbage collected during the course of the drive. The Coastal Cleanup Drive went for about two hours, after which the garbage was handed over to the Brihanmumbai Municipal Corporation (BMC). More than 25 tons of garbage was collected on this Cleanup Drive on 17th September 2022 by the volunteers organized by KAASH Foundation.

After the Cleanup Drive, KAASH Foundation's newsletter KAASH Konnect: Issue 10 was unveiled by an officer of the Indian Coast Guard and a copy of the same was presented. The members of the

Indian Coast Guard were then facilitated by the members of KAASH Foundation for their immeasurable and tireless work for India's coastal management. The officers of the Indian Coast Guard were immensely glad and content by the dedication of the Founder of KAASH Foundation, Dr. Avkash Jadhav, for systematically organizing the International Coastal Cleanup Day 2022. On this event, the India Coast Guard also extended their wish to have long term collaboration with KAASH Foundation. As a response to this, KAASH Foundation had promised to support and help the Indian Coast Guard in every way possible to serve for the betterment of the environment. In this way the International Coastal Cleanup Drive on 17th September 2022 organized by KAASH Foundation ended.

KAASH Foundation would like to extend its gratitude to all the Colleges, Principals and Professors for encouraging the students toward building a clean and green

world. With leaders like the Founder, Dr. Avkash Jadhav, at the helm, it provides an opportunity for the youth to be a part of a massive movement of coastal preservation and nature as a whole. Our sincere thanks to all the students, NSS volunteers and all the members of KAASH Foundation for making this event a successful one. KAASH Foundation also thanks Mr. Mayank Podar for all his efforts and unconditional support. His valuable inputs always adds to the motivation. Special Thanks to Dr. Anand Burange and Prof. Kshama Jayraj (Wilson college), Principal Ar. Magdum (Baliram Hiray College), Dr. Yuvraj Nalawade and Prof. Suraj Gajibe (Bhavans College Chowpatty), Dr. Vishnu Bhandare (Siddharth College), Dr. Nandita Moitra and Dr. Rajinder Kaur (Guru Nanak College), Principal Dr. Geeta Shetty and Prof. Elvina Pereira (Xavier Institute of Education).



L - R: Mrs. Anju Podar, Mr. Mayank Podar, and Ms. Lippika Podar with Dr. Avkash Jadhav



Unveiling KAASH Konnect Vol. 10



KAASH Foundation Organizing Committee



Identity Card for the Drive

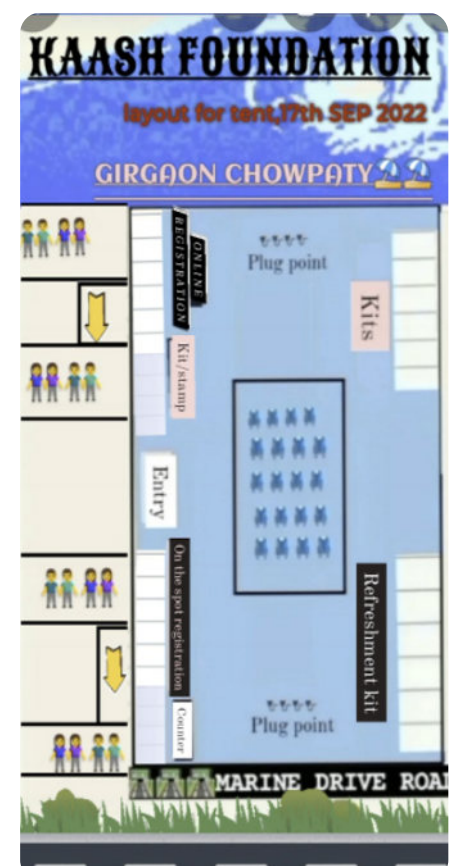
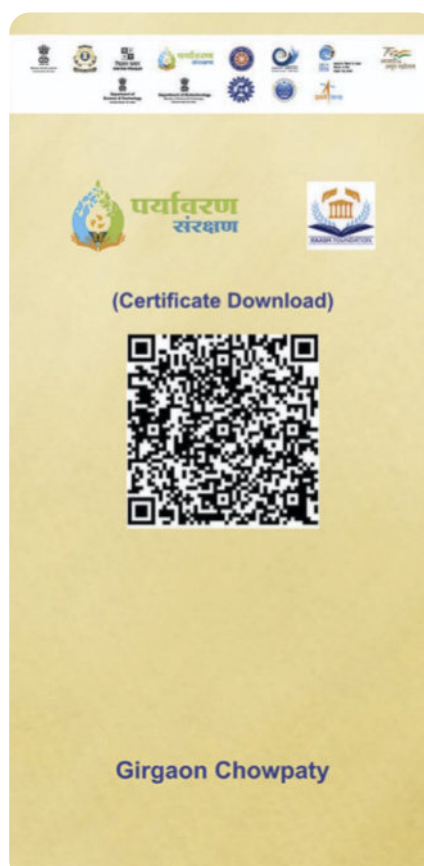


## PHOTO GALLERY



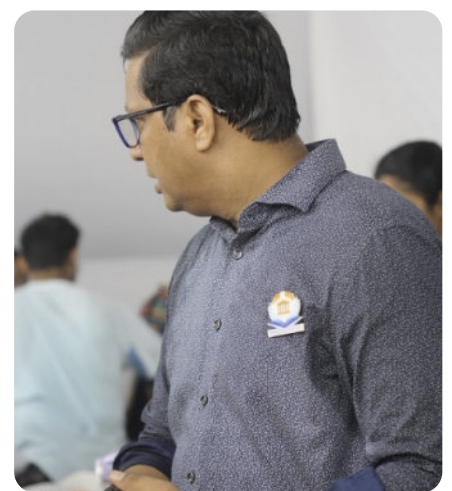


## PHOTO GALLERY





## PHOTO GALLERY





## GLOBAL CERTIFICATE OF MEMBERSHIP FOR KAASH FOUNDATION

### Certificate of Membership

This certifies that for the period going from **01 September 2022** to **31 August 2025**

**KAASH Foundation**

is a registered member of

**Global Waste Cleaning Network**

An international non-profit network comprised of NGOs, educational institutions, and private and public sector companies, that are active and interested in environmental issues related to the management and reduction of waste in the world, and the conservation of the oceans, coastlines, lands and atmosphere.

*GWCN is registered as a CIO in England and Wales under charity number 1192372.*

*Member Ref: GWCN/N./22.1852*



Linus Ayangwoh Embe  
Chief Executive Officer



[www.gwcnweb.org](http://www.gwcnweb.org)



Dr. Roger Achkar  
Director General

**The message from Global Waste Cleaning Network of England (GWCN):**

**"We are happy to welcome your organization as a registered member and send you herewith attached the Certificate of Membership.**

**GWCN is currently the largest and most widespread environmental and energy network with reach to 186 countries and focus on Environment Protection and Green Energy".**



## IN CONVERSATION WITH THE SUPER COP : SHRI. JULIO RIBEIRO (INDIAN POLICE SERVICE) (PADMA BHUSHAN)

by Gabriella Dsouza

On 17th August 2022, Founder-Trustee Dr. Avkash Jadhav, accompanied by members of KAASH Foundation - Ms. Renuka Vyas, Mr. Sahil Jahagirdar and Gabriella D'souza had the incredible opportunity to meet and converse with the iconic **Super Cop, Mr. Julio Ribeiro**, in continuation of the celebration of *Azadi ki Amrit Mahotsav - 75* years of Independence, '.

Julio Francis Ribeiro (born 5 May 1929, Bombay) joined the Indian Police Service in 1953 and has served in different districts of Maharashtra. He was on deputation to the Central Reserve Police Force for six years from 1973 to 1979. Later he became the Commissioner of Police, Mumbai.

He moved to Delhi as Director General Central Reserve Police Force, in June 1985, but was soon shifted to Ahmedabad as Director General of Police Gujarat, during the communal riots. Having successfully dealt with the problem he was made Special Secretary to the Government of India's Home Department. Before he completed even six months in that position he was sent to Punjab as Director General of Police at the height of terrorism in that State. Later

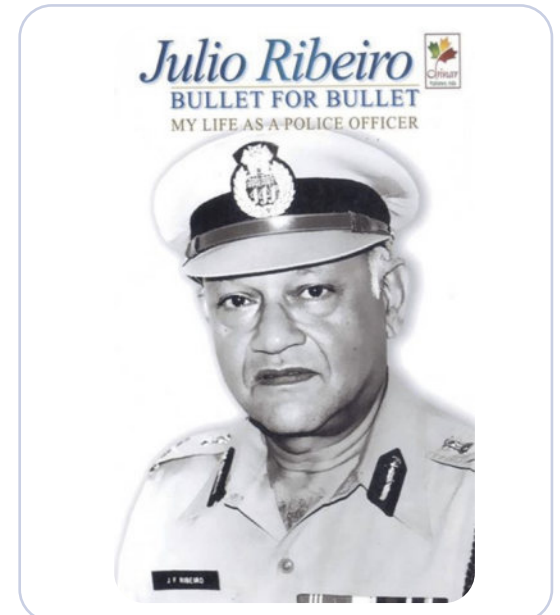
he became Advisor to the Governor of Punjab. After retirement he was appointed Ambassador to Romania with concurrent accreditation to Albania and Moldova.

Ribeiro has also faced two assassination attempts – one in 1986, when six men in police disguise attacked him at the Punjab Police headquarters, and another in 1991 when he was the Indian Ambassador to Romania.

In 1986, the "Telegraph" of Calcutta and the fortnightly "Frontline" published by the 'Hindu' of Madras named him as India's Man of the Year. The 'New York Times', 'Time' and 'Newsweek' of America also mentioned his contribution to fighting terrorism in Punjab. Because of his qualities of head and heart he became known as the country's first 'Super Cop'. He is also associated with many charitable institutions like 'The Happy Home and School for the Blind' and 'The Bombay Mothers and Children Welfare Society'.

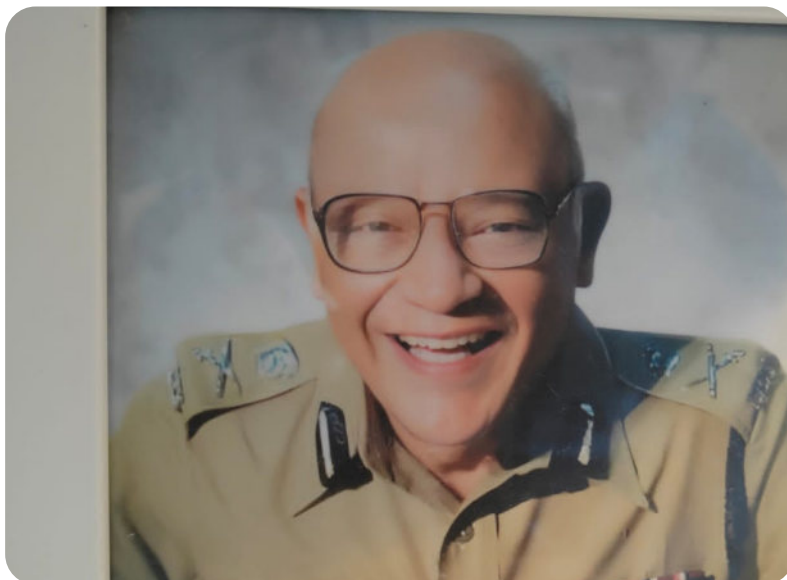
Ribeiro has also written an autobiography by the title "*Bullet for Bullet: My Life as a Police Officer*".

He was awarded **the Padma Bhushan in**



**1987**, India's third highest civilian award, in recognition of his services to the nation. He is also a recipient of the President's Police Medal for distinguished and meritorious service during his tenure.

While in conversation with Mr Ribeiro, Dr Jadhav first briefed him on the various work done by the Foundation and also the vision planned for the future. He also had a long chat with the Super Cop, where they discussed his works, and principles of life. The following are the excerpts from the



Mr. Julio Ribeiro in uniform



Dr. Avkash Jadhav, Founder-Trustee, KAASH Foundation and Mr. Julio Ribeiro, Former Police Commissioner of Mumbai



conversation between Dr Jadhav and Mr Riberio.

**Could you tell us about your contribution to the Police from 1953 onwards?**

My father had passed away quite early on in my life, so my siblings and I were brought up with the help of 2 strong women, i.e., my mother and grandmother, who were crucial in encouraging me to take this path. My father was a part of the postal services, so this prompted my mother to urge me to join the government. After partaking in the competitive exams and ranking 68th, I was put into the position of the Police, as it was during the time. After training for a year and two months, I finally joined the forces and never looked back; it was almost as if it was meant for me.

At the age of 28, I became an SP and was put in charge of districts like Pagwadi, then Nanded, then Solapur for two years and even Pune city for another four years. After being in these positions, I realized I wasn't really good in all aspects of policing, for example, investigation of crime. I mean, I was alright but I always felt I was suited for a leadership role. My real strengths lay not only in listening and speaking to individuals regarding their issues but also recognizing the perfect man for the job. Take the example of Y.C. Pawar, I put him in charge of controlling the eastern suburbs, after assuming the role of Police Commissioner of Mumbai, because whenever I had a case in hand, I'd put the best to it.

**Many have given you the title of a Super Cop as well as say that you never tried to take down orders from politicians. How do you feel about these claims?**

No, you see you have to work with them. I dislike the notion that people think I would not obey or not take orders from the politicians. They have the power and make the policies, so it would be right to obey them but at the same time, in the case where something was wrong, one should stand up to them and demand an explanation, for example how I dealt with Buta Singh from 1986-1989 when he asked me to do something that was wrong. This was prior to KPS Gill. So, it was in the middle of the night when he phoned me, I immediately phoned the governor, luckily he wasn't asleep. He in turn called Rajiv Gandhi, who knew I wouldn't do anything wrong, so at least in Maharashtra they don't push you too much. If I had to comment regarding the nature of officers in Maharashtra, I'd say how Vasun Dadha respected my decision to not appoint an individual. This was to showcase my department that one mustn't give in to unnecessary pressure and abide by a just policy.

**Sir you also initiated the Mohalla Committee and was even instrumental in bringing back the entire coerciveness which had somewhere gotten disturbed, so where did this idea come from?**

So, I did this after my retirement. Basically, my natural inclination is to bring brilliant, experienced, different yet like-minded people together for a greater cause and as a leader I have to use the tools wisely in order to get the work done. For example, in Punjab, terrorists don't bribe, the underworld does, but not them. They don't accept the state itself. So that is why I took KPS Gill, who despite warnings from the CM, was the best person for the job.

**So on the occasion of 75 years since the end of India's Freedom Struggle could you share your views on how the country has changed and evolved so far.**

#### FILE PICTURES OF MR. RIBEIRO



**Mr. Ribeiro with Rajiv Gandhi,  
Former Prime Minister of India**



**Mr. Ribeiro with Zail Singh,  
Former President of India**



**Mr. Ribeiro with St. Mother Teresa**

I feel that the country is now a different one, but not necessarily a better one, specifically when it comes to the vindictiveness of certain authority figures. I recall the times of a united India, one that wasn't divided under the pretence of religion and caste politics.



### What changes do you see in Mumbai and in the Police itself after 75 years?

I'd say I disapprove of some of their methods' decision to appoint certain individuals as well as condemn the morals of others.

**You once said that, "If you men know about your integrity and they know that you walk your talk then, it's easier to bring in more reforms". Please tell us something more on this.**

You see, you can't fool them, especially the people. Results can be achieved with the help of observation and maintaining a record of what activities the officers are engaging in and then deliver a fitting sentence, so that they are made aware of the repercussions of their actions. I remember the time, I think I wrote it in my book also, when senior inspectors came to thank me for restoring their self respect in themselves and the system. You see they follow orders; they not only listen but see what has to be done, therefore the importance of upholding and

maintaining of self respect that can only be achieved if every individual makes a conscious effort.

### What message would you give to today's youth?

I think they should first and foremost keep themselves aware and think for themselves. I'm content with how the new generation is in fact trying for a better future.

### What do you have to say about the KAASH Foundation and the work we are doing in Education, Environment, Health, and Heritage?

I think you all are doing very important work. It's just like Bombay Mothers and Children, we've adopted 91 villages, amazing work. Especially Dr. Satey, he puts his whole work and dedication into it, but then sometimes it can become only an individual.

### Any small dictum for the members of

### KAASH Foundation?

It depends upon the individual. They have to be very interested in the foundation and its goal, only then they can succeed. They have to put their whole mind and soul into it.

### Any message on the occasion of Azadi Ka Amrit Mahotsav?

I'm not sure what kind of message to give. But I do see a lot of differences. Young people are becoming much more aware. It's not that they just go to college, study and appear for exams. They are becoming more aware and interested in everything. A lot of changes can be seen within the police force itself, in terms of reduction in domestic violence, encouragement of education and female empowerment. You need to get involved and talk to them, like I talk to the policemen that come for my security. I don't go out anymore but when I do, it's nice to talk to them. All are educated now.



Mr. Ribeiro with a copy of  
KAASH Konnect Vol.1



Ms. Renuka Vyas, Joint Director (Health), KAASH  
Foundation and Mr. Mayank Podar, Core Committee  
Member, KAASH Foundation with Mr. Ribeiro



Mr. Ribeiro with our Youth Brigade Member, Gabriella  
Dsouza, the photographer for the interview



KAASH Foundation members gave the Indian National Flag  
to Shri. Julio Ribeiro to mark the Har Ghar Tiranga campaign



## CORPORATE STRESS MANAGEMENT WORKSHOP BY MS. RENUKA VYAS



*Do your best. And then let life do the rest*

– Robin S Sharma

The above adage of Robin Sharma looks so easy, but so difficult to follow. In this competitive world, employees work more than normal hours to meet the demands of their customers. The axiom, Customer is the King, holds true for most organizations, and the work force, regularly burn many midnight oil to ensure that the customers are kept satisfied and happy. But this deduction often comes at a cost! The long working hours and the strain of meeting deadlines have an adverse affect on the physical and mental health of the employees.

Jade Lifestyle from Tardeo, Mumbai, approached our Health Director, Renuka Vyas to conduct a workshop to alleviate the rising stress levels within its staff and guide them to find a balance in life and work.

The thirty five odd employees of Jade Lifestyle, attended the two hour workshop, conducted by Naturopathy expert, Renuka Vyas, on 3 September 2022, in their premises at Tardeo. While most of the employees were young, a majority of them were women. They faced various work related issues; one major factor being the long working hours, which at times went up to 12 hours a day, when

the demand was high. The senior designers sometimes had to work late into the nights to ensure that the order matches the deadline given by customers. This, in turn, caused acidity, premature hair fall, hormonal imbalance, and various other stress factors which impeded into every aspect of their life.

Ms Vyas began the workshop at 11 am, where she spoke to them to find out the root cause of their problems. After listening and identifying the issues, she went on to explain how both men and women can handle mental, physical and hormonal issues by natural methods.

She advised them on, when and how much to eat in this fast paced life. Eating disorders can wreck havoc on the natural body system and thus, by paying attention and disciplining the food intake, one can take care of the body.

She also stressed on the importance of sleep for having good health. A good night's sleep is as important for good health, as diet and exercise. Sleep improves the performance of your brain, mood, and health. Not getting enough quality sleep regularly raises the risk of many diseases and disorders, which can range from heart disease and stroke, to obesity and dementia. When the body is deprived of sleep, the body finds its own way to communicate with the person to grant it rest.

Ms Renuka also gave various tips on tackling stress related to work and how one can find the way to relax your mind while living in this stressful environment. She demonstrated various breathing techniques and simple exercise that they could do every day to help them relax and find happiness in the work they do.

The members thanked Ms Renuka for the workshop, which was well appreciated by all those present and they hoped to have many more such sessions in the coming future.

## CONGRATULATIONS TO DR. CHINTAN JADIA



**Hamburg, Germany.**

The Fellowship at France will centre around surgeries to treat sports injuries of the ligaments. Such surgeries are technically taxing but highly effective and thus require extensive expertise. Dr. Jadia's mentor is a certified sports injury expert associated with FIFA. Increasing awareness of sports prowess in India has led to such ligament injuries becoming highly rampant. Thereby, such hands-on training and exposure at a centre of high repute will enhance Dr. Jadia's surgical skills and aid him in treating such injuries among our athletes.

Endo Klinik, Germany, is a world-renowned centre which specialises in Revision Replacement surgeries, primarily of the hips and knees. Replacement surgeries are

prone to fail post a limited time frame, thus making application of revision surgeries essential. This knowledge will particularly help in empowering and strengthening KAASHplasty's endeavours to transform the lives of patients.

For Dr. Chintan Jadia, who has pursued a M.S. and D.N.B in Orthopaedics and is an Assistant Professor at the Lokmanya Tilak Municipal General Hospital, Sion, both Fellowships promise to be extremely informative and valuable with tremendous practical utility. Dr. Chintan Jadia's experience in these centres shall make him a harbinger of new avenues.

Team KAASH Foundation wishes him the best!

Congratulations to Dr. Chintan Jadia (Orthopaedic Surgeon), Core Committee Member and Program Coordinator for KAASHplasty on being selected for two prestigious international Fellowships: **Fellowship in Sports Injuries of the Knee from Hôpital de la Croix-Rousse Lyon, France and Fellowship in Revision Arthroplasty from Endo Klinik in**



# 17TH ACADEMIC INITIATIVE: NATIONAL RESEARCH SEMINAR

by Tirtha Samant

A two-day National Research Seminar was organized by KAASH Foundation's Centre for Academic and Professional Development (CAPD) and S. S. L. N. Government Penchvalley P.G. College, Parasia, Madhya Pradesh on **"The Role of Dr. B. R. Ambedkar in Nation Building"**. The seminar was held at the Conference Hall, Government Penchvalley P. G. College, Parasia on 10th and 11th September 2022 as part of the 'Azadi ka Amrit Mahotsav' - 75 years of Independent India.

**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 Penchvalley 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**

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

Dates: 10th & 11th September 2022

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To know more about us, kindly visit our websites:  
[www.kaashfoundation.org](http://www.kaashfoundation.org)  
[www.kaashcapd.com](http://www.kaashcapd.com)

This event also saw an MoU being signed between KAASH Foundation and S. S. L. N. Government Penchvalley P.G. College, promising to collaborate and build new realms between the two organizations to foster the quality of education and educational opportunities in the region.

Shri. Shri. Laxminarayan Penchvalley P.G. College, Parasia District, Chhindwara, Madhya Pradesh is located in the lap of Satpura Hills and this area is famous for coal mines in Pench and Kanhan river belt. It was established in 1965 by Shri. Shri. Laxminarayan Trust, Parasia to meet the requirement of education in this area. Initially the classes started in 1965, but was later taken over by the Madhya Pradesh

Government on 17th October 1981. The College has been accredited B-grade by NAAC in 2017 and also ISO certified 9001:2015 in the year 2021.

The National Seminar focused on the contribution of Dr. Ambedkar in building our nation. Dr. Bhimrao Ambedkar was the chief architect of the Indian Constitution and played a significant role in laying the foundation of democracy in India. His commitment for the cause of justice manifested in his conduct while he resigned as law minister on the issue of the Hindu Code Bill relating to marriage, divorce, and property rights of women. With the support of the Constituent Assembly, he infused an affirmative action and protective mechanism in the Constitution of the country to ensure social, economic, and political democracy to Indians including downtrodden Adivasis, Backward Classes, minorities, and women. He firmly believed that political democracy cannot succeed without social and economic democracy. For him, political democracy is not an end in itself, but the most powerful means to achieve the social and economic ideals in society. State socialism within the framework of parliamentary democracy can defeat dictatorship. Dr. Ambedkar was greatly concerned about the unity of the country. He had no slightest doubt in his mind also about the future evolution and ultimate shape of social, political, and economic structure of India. He was quite convinced that given time and circumstances nothing in the world will prevent this unity of the country. He even hoped that someday enough light would dawn on all Indians, despite their religion and caste, and they will begin to think that a united India will be better even for them. For the unity of the country, he favoured the formation of unilingual states as against multilingual states as the monolingual states could foster the fellow-feeling which is the foundation of a stable state.

Day 1 began at 10:30 am with an Inaugural Address by the Chief Guest - Dr. K.L.

## SIGNING OF THE MOU



**Dr. Dhanaram Uikey, Head,  
Department of History, S.S.L.N.  
Government Penchvalley P.G. College,  
Parasia, signing the MoU**



**Dr. P.R. Chandelkar, Principal,  
S.S.L.N. Government Penchvalley P.G.  
College, Parasia and  
Dr. Avkash Jadhav, Founder-Trustee,  
KAASH Foundation, signing the MoU**



**Dr. Chandelkar and Dr. Jadhav  
presenting the signed MoU**



## INAUGURAL SPEAKER



**Inaugural Address by the Chief Guest - Dr. K.L. Tandekar, Principal, Government Digvijay Autonomous P.G. College, Rajnandgaon**

Tandekar, Principal, Government Digvijay Autonomous P.G. College, Rajnandgaon. Later, the Special Guest - Dr. S. Puneekar emphasized on the seminar's vision to encourage conversations around Dr. B.R. Ambedkar's contribution to the country. This was followed by the Keynote Address by Dr. N. G. Pendse, Professor and HOD, Economics, from Rani Durgawati Vishwavidyalaya, Jabalpur, Madhya Pradesh.

The First Technical Session began with Dr. Hansa Vyas, Professor and HOD, History, Government N. M. V. College as the Resource Person, and Dr. Rekharani Rathore, Associate Professor & HOD, History from S. B. S. Govt. P. G. College, Pipariya, Narmadapuram, M. P. as the Chairperson and Smt. Minakshi Kori, Assistant Professor, Sociology, from Government Auto P. G. College, Chhindwara as the Reporter.

The Second Technical Session had Dr. Shobha Sudra, Principal, M. P. R. V. Government Girls College, Devas as the Resource Person and Dr. Shantidev Sisodiya, Associate Professor, History, School of Culture and Archaeology, Jiwaji University, Gwalior as the Chairperson. Dr. Seema Suryawanshi, Assistant Professor, Hindi, Government Auto P. G. College, Chhindwara as the Reporter.

Day 2 began with Dr. Hwaka Vrat Dohane, Assistant Professor, Department of Pali and Buddhist Studies, Sant Tukdoji Maharaj Nagpur Vidhyapeeth, Nagpur, as the Resource Person with Dr. Saroj Shyam



**From L - R: Dr. Dhanaram Uikey, Dr. Shantidev Sisodiya, Associate Professor of History, School of Culture and Archaeology, Jiwaji University, Gwalior and Dr. Avkash Jadhav**

Kange, Assistant Professor, Department of Pali and Buddhist Studies chairing the session. Dr. Manisha Amte, Assistant Professor Sociology, Government College, Bichua was the Reporter for this session.

The afternoon session began with Dr. Sujeet Vankar, Department of Pali and Buddhist Studies, Sant Tukdoji Maharaj Nagpur Vidhyapeeth, Nagpur as the Resource Person and Shri. Shobharam Deharlya, Member of Child Welfare Committee, Juvenile Justice (Care and Protection Children) Ace-2015, Government of Madhya Pradesh as the Chairperson and Dr. Sanket Chouksey, Assistant Professor, History, Rajmata Scindia Government Girls College, Chhindwara as the reporter.

The seminar received an astounding 220 registrations for participation and 80+ research papers were presented across 4 Plenary and 6 Technical Sessions (5 at the venue and 1 online). Registrations from across 8 states - Gujarat, Punjab, Maharashtra, Karnataka, Haryana, Chhattisgarh, Madhya Pradesh, and West Bengal were welcomed. The following universities had participated: Mumbai University, Mumbai; Baba Mastnath University, Rohtak, Haryana; Jiwaji University, Gwalior, Madhya Pradesh; Barkatullah University, Bhopal, Madhya Pradesh; Atal Bihari Vajpayi Hindi Vishwavidyalaya, Bhopal, Madhya Pradesh; Mahatma Gandhi Chitrakut Dnyanodaya Vishwavidyalaya, Satna, Madhya Pradesh; Dr. B. R. Ambedkar University of Social Science, Mhow, Madhya Pradesh; Devi Ahilya University, Indore, Madhya Pradesh;

Vikram University, Ujjain, Madhya Pradesh; Rani Durgawati Vishwavidyalaya, Jabalpur, Madhya Pradesh; Raja Shankar Shah University, Chhindwara, Madhya Pradesh.

## VALEDICTORY SPEAKER



**Valedictory Address by Dr. Avkash Jadhav, Founder-Trustee, KAASH Foundation Head and Associate Professor, Department of History, St. Xavier's College (Autonomous), Mumbai**

Our very own Founder-Trustee, Dr. Avkash Jadhav, was the Valedictory Speaker. His speech focused on 'Rephrasing the economic policy of Ambedkar'. He talked about how Dr. Ambedkar had advocated reforms of the working class of time - including working hours, maternity benefits, employment assurance. He also highlighted the role of trade unions and his role as leader of the independent Labour party. He spoke about his writings and speeches which shaped the policies in the assembly and his contribution as the labour minister in the Viceroy's council. In total, Dr. Jadhav spoke about Dr. B. R.



**The scholarly gathering at the seminar**



Ambedkar's approach towards economic emancipation as a direct base to socially uplift the marginalized community.

The participants of the conference displayed high regards towards KAASH Foundation and the collaborators thanked KAASH Foundation for providing them with a global platform through its various

conferences .

KAASH Foundation extends its gratitude to the Convener of the seminar, Dr. Dhanaram Uikey, (Head, Department of History, S.S.L.N. Government Penchvalley P.G. College, Parasia) and Dr. P.R. Chandelkar, (Principal, S.S.L.N. Penchvalley P.G. College, Parasia.). Mr. Dhanaram was

handed over the letter of appointment as the Coordinator of KAASH Foundation for the Madhya Pradesh Chapter, which definitely will result in more inclusion and growth in the region henceforth. Another highlight of the event was two more institutions showing positive interest in signing MoUs with the KAASH Foundation.



**Dr. Jadhav handing over the letter appointing Dr. Dhanaram Uikey as the KF Coordinator for its Madhya Pradesh Chapter**



**Dr. Avkash Jadhav addressing the audience at the seminar**



**Dr. Dhanaram Uikey felicitating Dr. Avkash Jadhav**



**Audience at the seminar**



**Team KAASH Foundation**



**The Organizing Team**



## महाविद्यालय में राष्ट्रीय शोध संगोष्ठी का आयोजन



परासिया। शासकीय पंचव्हेली महाविद्यालय खिरसाडोह में रविवार को प्राचार्य डॉ पीआर चंदेलकर की अध्यक्षता में राष्ट्रीय शोध संगोष्ठी का आयोजन हुआ।

राष्ट्र निर्माण में डॉ भीमराव अंबेडकर के योगदान विषय पर आईक्यूएसी के तत्वाधान में इतिहास विभाग एवं काश फाउंडेशन मुम्बई के सहयोग से संगोष्ठी हुई। आयोजन में मुख्य अतिथि शास. दिग्विजय स्वशासी स्नातकोत्तर महाविद्यालय राजनंदगांव छत्तीसगढ़ के डॉ केएल टांडेकर, विशिष्ट अतिथि जाधव फाउंडर काश फाउंडेशन मुम्बई के डॉ अवकाश व डॉ एस पुणेकर इंदौर, मुख्य वक्ता रानी दुर्गावती विश्वविद्यालय जबलपुर के अर्थशास्त्र विभागाध्यक्ष एनजी पेंडसे ने अपनी सहभागिता दी। विभिन्न महाविद्यालय से आए विषय विशेषज्ञों और शोधार्थियों ने अपने शोध का वाचन किया। डॉ ज्वाला भरत दोहने, डॉ सरोज श्याम डांगे, डॉ सुजीत वानकर, शोभाराम डेहरिया रिसोर्स पर्सन के रूप में मौजूद रहे।

## MEDIA COVERAGE

## शासकीय पंचव्हेली कॉलेज परासिया में शोध संगोष्ठी का आयोजन



छिन्दवाड़ा, देशबन्धु। शासकीय पंचव्हेली स्नातकोत्तर महाविद्यालय परासिया में कल 10 सितंबर 2022 को डॉ. अम्बेडकर को राष्ट्र निर्माण में भूमिका विषय पर दो दिवसीय राष्ट्रीय सेमीनार का उद्घाटन किया गया। जिसमें छात्राति प्राप्त विचारकों ने अपने विचारों को रखा। कार्यक्रम में मुख्य अतिथि डॉ. के.एल. टांडेकर, प्राचार्य, शासकीय स्वशासी स्नातकोत्तर महाविद्यालय राजनंदगांव (छत्तीसगढ़) ने अपने वक्तव्य में कहा की बाबा साहब एक व्यक्ति नहीं एक विचारधारा है। भारत के लिये नही अणिपु विश्व के

लिये उनके विचार हितकारी है। द्वितीय मुख्य वक्ता डॉ. ए. पुणेकर परीक्षा नियंत्रक पी.एस.सी. ने अपने वक्तव्य में कहा की पूर्ण शिक्षा का अधिकार सभी का है। डॉ. अवकाश जाधव, सह.प्राध्यापक सेंट जेवियर कॉलेज मुम्बई ने अपने वक्तव्य में कहा की सामुदाय कटुत्व को भावना अम्बेडकर जी का मुख्य लक्ष्य था। डॉ.एन.जी पेंडसे प्राध्यापक अर्थशास्त्र, रानी दुर्गावती विश्वविद्यालय जबलपुर ने कहा की भारतीय अर्थव्यवस्था में अम्बेडकर जी का योगदान की विस्तारपूर्वक चर्चा की।

महाविद्यालय के प्राचार्य एवं संरक्षक डॉ.पी.आर. चंदेलकर ने महारमा बुद्ध एवं अम्बेडकर की विचारधारा पर प्रकाश डाला। कार्यक्रम के संयोजक डॉ. धनाराम डांगे ने कार्यक्रम के उद्देश्य एवं उसके प्रासंगिकता पर अपने विचार रखे। महाविद्यालय के आई.क्यू.ए.सी. प्रभारी डॉ.निलेश मेखम ने संविधान के निर्माण में अम्बेडकरजी की भूमिका पर अपने विचार व्यक्त किये। इस अवसर पर महाविद्यालय की पत्रिका 'प्रज्ञा' का विमोचन किया गया साथ ही 'काश फाउंडेशन' एवं

'महाविद्यालय' ने 'एमओयू' पर हस्ताक्षर किये।

महाविद्यालय में विभिन्न महाविद्यालयों से आये हुये विषय विशेषज्ञों में डॉ. हंसा व्यास, डॉ. राधारानी राठीर, डॉ. शक्तिदेव घिसोदिया, डॉ.शोभा सुदास, डॉ. अमिताभ पाण्डे प्राचार्य शासकीय पी.जी. स्नातकोत्तर महाविद्यालय छिन्दवाड़ा, डॉ. अंबरा देवान, प्राचार्य राजवाड़ा सिंधिया कन्या महाविद्यालय छिन्दवाड़ा, डॉ.वाय.के. शर्मा प्राचार्य, शासकीय महाविद्यालय जुनागढ़, डॉ. सीमा सूर्यवंशी, डॉ.मनीषा आपटे,

श्रीमती मोनाक्षी कोरी एवं बड़ी संख्या में शोध छात्र/छात्राओं ने शोधपत्रों का वाचन किया। संच संचालन डॉ. नंदिता प्रियंवदा त्रिवेदी प्राध्यापक समाजशास्त्र, एवं आभार प्रदर्शन डॉ. योगेश अहिरवार सह.प्राध्यापक अर्थशास्त्र द्वारा किया गया। महाविद्यालय के सभी अधिकारियों एवं कर्मचारियों ने कार्यक्रम में अपनी सहभागिता दी एवं महाविद्यालय के छात्र/छात्राएं बड़ी संख्या में कार्यक्रम में उपस्थित होकर सेमीनार को सफल बनाने में अपना सहयोग दिया।



# HEALTH AWARENESS AND CHECK-UP CAMP

by Shruti Nair

*Take care of your body. It's the only place you have to live in.*

- Jim Rohn

To live life to the fullest, good health plays a very important role. And the one person responsible for one's own health is you yourself. By living a healthy lifestyle one can have an active mind and body. By having a healthy and balanced diet, exercising, and sleeping for a minimum of seven hours a day, one can increase the longevity of their lives. Moreover, good health is important to find fulfilling happiness in life.

Mahatma Gandhi once said, "The soul of India lives in its villages." The statement holds true despite the decades that have passed since then. According to a census of 2018, 65% of India's population still lives in its villages. And sadly, it is this section of the population that has the least access to healthcare in our country. KAASH Foundation realised that to help our brethren, we need to focus on this section of our population.

On 11th September, 2022 the Health Awareness and Check-up Camp was held by KAASH Foundation in collaboration

**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. Avkesh Jadhav  
Founder-Trustee,  
KAASH Foundation

Dr. Dhanaram Ukey  
Program Coordinator

Mr. Gagan Kumar Berkhaniya  
NSS Officer, Boys Wing

Ms. Santoshi Romade  
NSS Officer, Girls Wing

Dr. P.R. Chandelkar  
Principal and Patron

with S.S.L.N. Government Panchvalley P.G. College, Parasia, Madhya Pradesh and National Service Scheme Unit at Sonapipri and Likhawari villages of Madhya Pradesh.

## SONAPIPRI



Dr. P. R. Chandelkar, Principal, S.S.L.N. Government Panchvalley P.G. College introducing KAASH Foundation at Sawangi Sonpripri



Felicitation of Ms. Renuka Vyas, Joint Director (Health), KAASH Foundation by the NSS team



Felicitation of Ms. Alpa Mehta, Associate Joint Director (Health), KAASH Foundation by the NSS team



Felicitation of Mr. Alkesh Shah, Core Committee Member, KAASH Foundation by the NSS team



Sonapipri village is located in Umreth tehsil of Chhindwara district in Madhya Pradesh, India. The total geographical area of the village is 430.76 hectares. Chhindwara is the nearest town to Sonapipri for all major economic activities, which is approximately 18km away.

The camp at Sonapipri, held from 10:00 am to 1:00 pm, started with Mr. Alkesh Shah, Core Committee Member, KAASH Foundation introducing the benefits of Sujok therapy to its participants.

In Sujok therapy, the palm and foot represent all the organs of the body. Su means hand while jok means palm. Sujok can be done with other therapies also and it produces no side effects. Developed by Professor Park

Jae Woo, this therapy is 100% safe, simple, and easy to perform even by the patients. Since the active points that correspond to all organs and parts of the body are located on our hands and feet, stimulation of these points produces a curative effect. This method is universal. With the help of sujok, various kinds of illnesses can be treated. Since the therapy is natural and cures only the natural forces in and around the body, it is one of the safest therapies ever known. Sujok therapy greatly benefits injuries related to neck, feet, hands, joints etc. It also treats inflammation and other problems like arthritic pain, carpal tunnel syndrome and gout along with other skin and reproductive problems. It also helps in healing various kinds of mental disorders

like phobia, anxiety, depression, addiction, etc. thus restoring the overall balance of the body.

Mr. Shah explained the benefits of Sujok for various ailments and also demonstrated a few techniques that could be practiced at home by the participants. Ms. Renuka Vyas, Joint Director (Health), KAASH Foundation later spoke briefly on the importance of health and the need for us all to care for it.

During the check-up, it was found that the girls and women weighed less than the required normal range. Women between the ages of 19 and 20 years old weighed between 36 and 40 kilograms; and had low haemoglobin levels. Because of this, they

#### TEAM KAASH FOUNDATION IN ACTION AT SONAPIPRI



Ms. Alpa Mehta interacting with young girls at the camp



Participants at Sonapipri Village



Team KAASH with the NSS team



A participant with the sheet displaying Sujok acupressure points



were often excluded from active sports and physical activities. They were advised to exercise and increase their protein intake. Ms. Alpa Mehta, Associate Joint Director (Health), KAASH Foundation, Ms. Vyas, and Mr. Shah shared tips on healthy and balanced diet and emphasized on the need to gain weight.

With respect to the senior citizens, it was found that the majority of the population were mostly men. 99% of the senior citizens at the camp had swollen knees, ankles, and wrists. They also suffer from excruciating pain in their joints. They were explained how Sujok can help reduce their pain even at home and a few basic exercises of Sujok



### TEAM KAASH FOUNDATION IN ACTION AT LIKHAWARI



**Ms. Alpa Mehta, Associate Joint Director (Health), KAASH Foundation demonstrating simple Sujok therapy techniques**



**Ms. Renuka Vyas, Jt. Director (Health), KAASH Foundation examining participants for their health issues**



**Ms. Alpa Mehta examining participants for their health issues**



**Mr. Alkesh Shah, Core Committee Member, KAASH Foundation examining participants for their health issues**



**Participants at Likhawari Village**



were taught to them.

The next camp was at Likhawari which lasted from 2:00 pm to 5:00 pm. Here the participants included children, adolescents, middle aged people, and the elderly.

Likhawari village is located in Madhya Pradesh's Chhindwara district with a total area of 874.91 hectares. Dongar Parasia is the nearest town to Likhawari village for all major economic activities. The inhabitants mainly belong to the farming community.

The members of the KF team realized that the people here too had similar problems. They had swollen knees, ankles and wrists and suffered from excruciating pain as well. One among the various reasons was that they worked continuously for long hours on the farms. In addition to this, they also faced difficulty in breathing as well as chest pain.

Here, they were advised to have a proper and balanced diet. Ms. Mehta gave them basic knowledge of Sujok therapy, especially the ones that were easy to follow. It was also found by Ms. Vyas, Ms. Mehta, and Mr. Shah that the chloride levels in the villagers' potable water was very high. This was the main reason for the swollen knees, ankles, and wrists.

The Sarpanch of Likhawari also asked the members of KAASH Foundation to come another day and conduct a full day camp in the village. They wanted more than this two hour camp. The villagers were given a sheet displaying all the Sujok points on the palms and feet along with Sujok massage rings.

At the end of the day, a feedback was taken and it was found that the locals of both the villages were very happy and satisfied with the knowledge gained from the health camps, and they also enjoyed the fact of

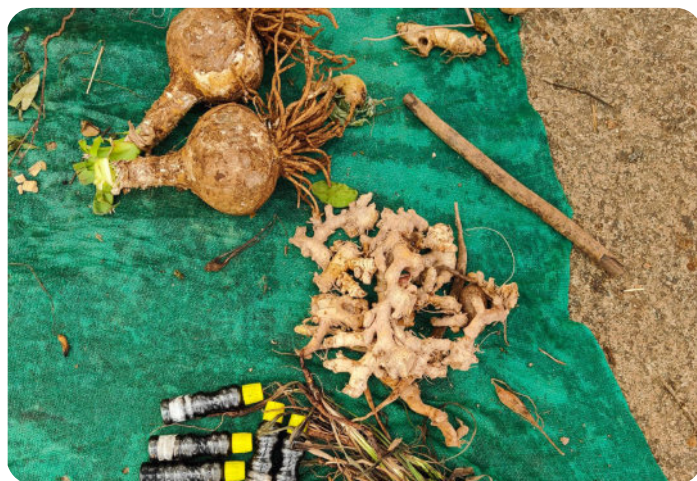
learning something new.

After the camps, members of the Foundation made a visit to the nearby village of Patalkot to study medicinal herbs found in this region. These herbs are locally sourced by the tribal community of Patalkot from their natural resources and their medicinal properties help curing illnesses like measles, cholera, hypertension, diabetes, cough etc.

The camps wouldn't have been possible without the efforts of Mr. Alkesh Shah, Ms. Renuka Vyas, Ms. Alpa Mehta, S.S.L.N. Government Penchvalley P.G. College, Parasia and National Service Scheme Unit. They were able to emphasize on the importance of leading a healthy and content life. The Foundation is also grateful to the authorities of Sonapipri and Likhawari for their cooperation in conducting two successful camps.

### PATALKOT

**On 10<sup>th</sup> September, 2022, KAASH Foundation visited the remotest tribal region of India, Patalkot, in Madhya Pradesh. It is the hub of traditional medicines in India.**



**Traditional herbs and instruments used to extract their medicinal properties**



## PHOTO GALLERY



Felicitation of KAASH Foundation members at Sonapipri village



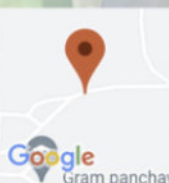
People from Sonapipri village



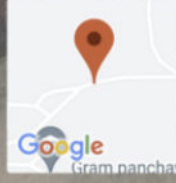
Village Sonapipri



Ms. Renuka Vyas speaking on the importance of a healthy lifestyle



लोनिकलन, मध्य प्रदेश, भारत  
6PPF+FWV, लोनिकलन, मध्य प्रदेश 480449, भारत  
Lat 22.237625°  
Long 78.727239°  
11/09/22 02:58 PM



लोनिकलन, मध्य प्रदेश, भारत  
6PPF+FWV, लोनिकलन, मध्य प्रदेश 480449, भारत  
Lat 22.237648°  
Long 78.727263°  
11/09/22 03:00 PM

Geolocation of Lonikalan Village , Chaurai Tehsil , Chhindwara District, Madhya Pradesh



## EDITOR'S DESK



As we move into the third quarter of the year, we do have many proud moments to cheer about. We successfully conducted our 17th National Research Seminar on the role of Dr. Ambedkar in building our nation. It's time to relieve the heroic work done by our leaders, and replay it to the youth, so that it is imprinted in their memory forever. This also gave us an opportunity to sign another MoU, which heralds a new chapter for KAASH Foundation in Madhya Pradesh.

Promises given are to be upheld. It was our promise to the little children of Vikramgadhi to share and care for them and make every attempt to upkeep their health. While we had continued with our health check up in February, we were once again lucky when approached by Integrated Child Development Services to distribute fruits to the children as the part of celebrating Azadi Ka Amrit Mahotsav by the government. Our team once again set out in high spirits with loads of fruits to be distributed to the happy smiles that we always receive from them.

Nature has always given man in bountiful, but man, in return, has ravaged it with greed and destruction. We have plundered the land and wreaked havoc on the water bodies by strewing it with our unwanted waste. It is time to change this attitude of ours! Members of KAASH Foundation, joined hands with the Indian Coast Guard to clean up the beach at Girgaon Chowpatty. Many college students joined us on this vast mission. As they picked up the waste, they realized how many of the snack packets ended up in the sea, endangering marine wildlife.

Our members also had the incredible opportunity to chat with the iconic super cop, Mr. Julio Ribeiro, where he spoke about his life on duty and how he honed his leadership skills at various stages, to become an acclaimed law enforcer leaving a huge mark of his presence.

Our creative section continues to enthrall all with words and visuals. I once again invite my readers to join in the journey of KAASH Foundation and its well wishers.

## FOUNDER'S DESK



*You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it.*

-Maya Angelou

As we complete three successful years of our journey as KAASH Foundation family, it is certainly a matter of celebration, with more accountability now. It is always easy to begin and the easiest is to withdraw and discontinue, but our movement has grown from local to global in the last few years. The efforts of all the members of the Foundation, from five year olds to 80 year olds, has strengthened our belief further; that we are in the right direction, though a lot more needs to be achieved. The initial year of the Foundation witnessed a warm welcome from some strong collaborators and the response to our exhibition at Kala Ghoda festival (where we displayed products of women empowerment) made us realize one thing and that is, it doesn't matter how many people support you as long as you believe in your cause. The lessons learnt in the last three years were at multiple levels and it has made us stronger. It was not that we always received immediate encouragement, but even the rejections we received have taught us many things. Each member of the Foundation today has become a leader in himself or herself, but they respond to the call as promptly as they did in the initial years. The journey ahead is more motivating and challenging, but when you have the right team, the destination is not important; but the process or journey to the destination is more engaging.

We would like to extend our gratitude to all our collaborators, resource persons, esteemed guests, all those who assisted us in making all the events happen online and offline, all those who worked and believed in us, and finally to the entire team of KAASH Foundation family who stood by with all their zest and determination. An idea can definitely grow into a movement, and a movement in turn, can bring about a constructive change, provided each member acts as a visionary and responsible leader in the group.

Special thanks to Dr. Geeta Ajit and her team for documenting all the activities and events of the last three years with the sense of accountability. The KAASH Konnect is not just a Quarterly newsletter; it is a testimony to the successful completion of three years of the Foundation.

We would like all our friends, family members and well wishers to bless us with all the required support and encouragement even in future. We are here to contribute our bit in the society and definitely hope to be a catalyst of progressive change.



## KAASH KONNECT TEAM

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

**Designer:-**  
*Sahil Jahagirdar*

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

**Junior Reporters:-**  
*Gabriella Dsouza*  
*Anuja Augustin*  
*Tirtha Samant*  
*Shruti Nair*  
*Rohit K.A.*



# DISTRIBUTION DRIVE AT VIKRAMGADH FOR TRIBAL CHILDREN

by Rohit K.A.

*Social work is a Band-Aid on the festering wounds of the society.*

-Alexander Chase

The above quote by Alexander Chase precisely explains the importance of social work. KAASH Foundation, having always focused on the needs of society, has adopted over 250 children in Vikramgad. Vikramgad is in Jawhar sub division of Palghar district of Maharashtra state in the Konkan division. The members of KAASH Foundation visit Vikramgad periodically to check and distribute health packets to children while engaging them in a variety of activities.

The Vikramgad project was launched by KAASH foundation on Children's Day in 2021. It was a well organized event. The children of Vikramgad were thrilled and enthralled by the various toys and clothes which they were allowed to pick to their heart's content. The smiles on their faces prompted the members to work even harder for the health and happiness of these children. A Health Check-up for the children by an experienced team of doctors and a Naturopathy Camp for the women

were conducted simultaneously.

Going ahead after the launch, the KAASH Foundation team once again visited Vikramgad on 19th February 2022, to distribute nutritional packets and conduct another Health Camp to once again reiterate the requirements of good health. The Foundation has adopted 150 malnourished children, from the four Gram Panchayats of Dadade, Saarshi, Khadaki, and Mahalwada in the region of Talwada for the project. The day-long event saw the team distributing nutritional packets of 30 home-made laddoos [prepared using Khajur (dates), Naachni (millet), and several dry fruits],

Rajgira laddoos, and multi-grain & gram dal Chikkis. Simultaneously, the Foundation also conducted a Health Camp for 165 malnourished children, examined more than 125 young girls and pregnant women, while the youth brigade of the team engaged young children with various art and craft activities. The entire team consisted of Naturopath & health professionals, youth brigade members, and members of the Foundation. The event was well received by the local members of the Warli community and they have expressed an equal interest in participating in the Foundation's future activities.



Ms. Pooja Malkar, Core Committee Member, KAASH Foundation segregating fruits along with a few anganwadi sevikas



Ms. Renuka Vyas, Joint Director (Health), KAASH Foundation engaging in a small activity with the children

**KAASH FOUNDATION MUMBAI**

On the occasion of our  
**75th Independence Day**  
and as part of  
**Azadi Ka Amrit Mahotsav**  
**KAASH Foundation**  
in collaboration with  
**Integrated Child Development Services (I.C.D.S), Vikramgad**  
appeals you to participate in the  
**Distribution Drive for Tribal Children**

**Date:** Saturday, August 13, 2022 **Location:** Vikramgad, Palghar District, Maharashtra

**What will be distributed?**  
We'll be distributing nutritional fruits to malnourished tribal children at Vikramgad

**How can you participate?**  
You can participate by donating fruits (seasonal or all-season) as per your convenience. For further details on how and where you can donate them, kindly contact  
Ms. Alpa Mehta : +91 98696 76717

**Come one and all! Let's join forces and make these children fitter, stronger, and healthier!**

To know about us, kindly visit our websites:  
[www.kaashfoundation.org](http://www.kaashfoundation.org)



As part of Azadi ka Amrit Mahotsav, the government directed the Integrated Child Development Services (I.C.D.S.) to distribute fruits to the children of Vikramgad. I.C.D.S. sought help from KAASH Foundation, which we were more than ready to do. KAASH Foundation immediately arranged for three quintals of fruits which included apples, pomegranates, bananas, and pears, all of which are rich in nutrients and minerals. We further arranged for 60 dozen bananas to be distributed to the children of Vikramgad.

On 13th August, the trip which started from Babulnath Road at 7:00 am had members including Ms. Renuka Vyas, Joint Director (Health), Ms. Pooja Malkar, Core Committee Member, Ms. Pinal Parmar, and Mr. Mehul Parmar, Members, KAASH Foundation. The team reached Vikramgad at about 10:30 am.

KAASH Foundation visited the villages of Kakkadpada, Khadaki, Magipada, Saarshi, Kurhadpada, Jadhavpada, Vasavalepada, and Rinjadapada, to distribute the fruits. They were accompanied by Ms. Suvarna Kamadi, a member from the I.C.D.S. KAASH Foundation appreciates her generous contribution.

The Foundation distributed approximately 30 bags in each village. Each bag contained 3 apples, 2 pomegranates, 3 bananas, and 1 pear. The Foundation successfully covered 235 children of Vikramgad. To entertain and educate the children of Vikramgad, there were a lot of fun-filled activities conducted by Ms. Renuka Vyas, Joint Director (Health). She placed the fruits on the ground and asked the children to identify the fruits. While the little children tried using their knowledge to answer them; it was a sheer delight to see the joyful faces

of the children who got the right answer.

In order to help the children of Vikramgad to enhance their knowledge, charts with diagrams of the respiratory organs and digestive system were handed over to the anganwadi sevikas. The credit of these charts goes to the B.Sc students of St. Xavier's College, Mumbai. After the fruit distribution, photos were taken with the children holding the flags to commemorate 75 years of independence and celebrate Azadi ka Amrit Mahotsav. It was also overwhelming to see everyone here participate in the 'Har Ghar Tiranga' campaign by hoisting the Indian flag outside their homes. The smiles and enthusiasm in the children was a sign of motivation for us to work further for the nourishment of the children of Vikramgad.



**Pamela Dhonde, Core Committee Member, KAASH Foundation and Ms. Pinal Parmar, Member, KAASH Foundation distributing fruits to the children**



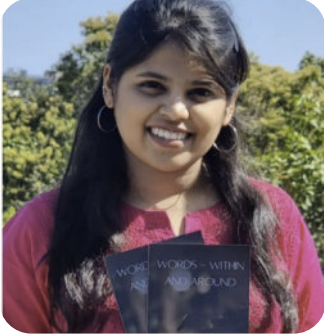
**From L - R: Mr. Mehul Parmar, Member, KAASH Foundation; Pamela Dhonde; Rohit K.A., Youth Brigade Member, KAASH Foundation; Ms. Suvarna Kamadi from the I.C.D.S; Ms. Pooja Malkar and Ms. Pinal Parmar with the children at Vikramgad**



**Children with the fruits**



## ACHIEVEMENTS OF OUR YOUTH BRIGADE



### Congratulations to Tirtha Samant!

Ms. Tirtha Samant, member of KAASH Foundation's Youth Brigade, launched her first book: "Words - Within and Around" in September 2022. This book is a collection of poems, which deals with straightforward day-to-day happenings and little parcels of joys and sorrows that life has to offer. While the themes vary from Self-Help, Nature and Love to Society, Feminism and Politics, these poems intricately carve a way into the reader's trail of thoughts making it an easy-to-follow experience - real, righteous and raw.

Like the title "Words - Within and Around", the poems are candid and honest, that makes the reader feel acknowledged, belonged and above all loved. According to Tirtha, "While writing makes things more real, it is reading that gives assurance, a sense of empathy and most importantly, the feeling of togetherness." The book recently bagged the 21st Century

Emily Dickinson Award at the Indie Author Awards 2022 held by Book Leaf Publishing.

Tirtha, an alumnus of St Xavier's College, Mumbai, is an ardent admirer of little things in life. She rejoices in celebrating the little things in life, the sight of the Moon shinning in the dark sky, to the fragrance of soil after first rain or the fragrance of the Chapa or Mogra flowers. A Selenophile at heart, Tirtha's favourite figure of speech is 'Metaphor.' A Political Science graduate and a public policy enthusiast, she has her own blog and finds solace in music and reading non-fiction. She believes in utilizing the power of youth to bring about a positive change in the society. At KAASH, Tirtha is a Youth Brigade Member and has been involved in various events of the Foundation.

KAASH Foundation is so proud of you, Tirtha, and we wish you success in all your future endeavors!



### Congratulations to Jaanhavi Malkar!

Our Youth Brigade member and Creative Head at KAASH Foundation, Jaanhavi Malkar, is all set to travel the seven seas for higher education. She has secured admission for Masters course in Construction Project Management

at Glasgow Caledonian University, Glasgow.

KAASH Foundation wishes her all the very best for her future endeavors!



### Congratulations to Krishna Sawant!

Our Youth Brigade Member and Senior Reporter at KAASH Foundation, Krishna Sawant is also set to travel the seven seas for higher education. She has secured admission for a Masters course in International Publishing at City

University of London.

KAASH Foundation wishes her all the very best for her future endeavors!



# KAASH CREATIVE CORNER

## PARADOX IN MY BOX

BY SNEHAL GAIKWAD



World's famous newspaper printing high and elevated praises for 'model' schools of Delhi, while in Rajasthan, a 9 year- old boy gets beaten to death by a teacher for touching 'waterpot' as he was Dalit. The overlapping timing of these two news strikes something in our minds if we think about it, doesn't it? Either we strive for secularism collectively or take inspiration from ideal schools, so we could paint a good bright future evenly. Small steps are taken from evoking 'thoughts', only then 'implementation' comes into picture. More importantly, it is not impossible given the bright youth of developing India today, that one day, no matter what angle India is portrayed to the world, it'll surely be the nation Late. Dr. APJ Abdul Kalam dreamt of.

## KAB TAK ROKOGE?

BY PRAKASH NARSALE

Muskurana hai mujhe aaj sabkuch bhulake, Kab tak rokoge?

Likhni hai jindagi aaj khushiyoon se haat milake, Kab tak rokoge?

Jeetna hai mujhe aaj aasmaan ko jhuka ke, Kab tak rokoge?

Behana hai mujhe aaj unn duriyoo ko mitaake, Kab tak rokoge?

Ladhna hai mujhe aaj andhiyoon se ek sahil ke liye, Kab tak rokoge?

Mehekani hai mujhe vo mehephilee unn afsanoo se, kab tak rokoge?

Diye jalane hai mujhe aaj andher galiyoo mein, aakhir Kab tak rokoge?



## KAASH CREATIVE CORNER

## आओ मिलकर कदम बढ़ाएँ

BY SHARMILA JAJODIA (Associate Professor, Ramniranjan Jhunjhunwala College (Autonomous), Mumbai)

आओ मिलकर कदम बढ़ाएँ,  
बेहतर पर्यावरण और स्वास्थ्य के लिए तेल बचाएँ,  
बूँद-बूँद से सागर भरता,  
पर लापरवाही से सब कुछ रिसता,  
तेल के कुँए भी खाली हो जाएँगे,  
अगर हम कुछ कदम नहीं उठाएँगे ।  
आओ मिलकर तेल बचाएँ ॥  
आओ मिलकर कदम बढ़ाएँ,  
बेहतर पर्यावरण और स्वास्थ्य के लिए तेल बचाएँ ॥।

बस और रेल यातायात अपनाएँ,  
कार और रिक्शा कम चलाएँ,  
धुँएँ और ट्रैफिक से बचकर सेहत बनाएँ,  
ऊर्जा बचाएँ,  
संयुक्त परिवार में रहकर,  
सावधानी से उपयोग कर ईंधन, गैस बचाएँ।  
आओ मिलकर तेल बचाएँ ॥

आओ मिलकर कदम बढ़ाएँ,  
बेहतर पर्यावरण और स्वास्थ्य के लिए तेल बचाएँ ।

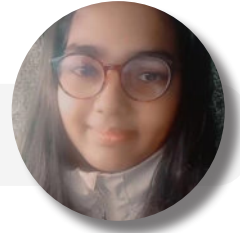
धरती से नाता जोड़े,  
जहरीली हवा से मुँह मोड़े,  
बूढ़े, बच्चे, जवान, सूरज, चाँद, सितारे,  
सब जिंदगी की जंग गर्दिश में हारे,  
वसुंधरा पुकारे, आ जा मुझे बचारे,  
पर इंसान न माने और लालच के मारे,  
करे सबका शोषण, सितम झेले,  
आओ मिलकर तेल बचाएँ ॥  
केवल अधिकारों का ध्यान न करे,  
बेहतर पर्यावरण और स्वास्थ्य के लिए तेल बचाएँ,  
आओ मिलकर कदम बढ़ाएँ,  
आओ मिलकर कदम बढ़ाएँ ॥



## KAASH CREATIVE CORNER

# THE RABBIT

BY ARUSHI GRACE NANDA (Dehradun, Uttarakhand)



# IF I WOULD HAVE KNOWN

BY ARUSHI GRACE NANDA (Dehradun, Uttarakhand)

They all say,  
if you craved freedom,  
You should have been a boy...

If I would have known,  
that life is so easy for boys and  
as much difficult for girls,  
I would have been boy.

If I would have known,  
boys can get away with everything and  
anything and  
girls are not allowed  
a single mistake,  
I would have been a boy.

If I would have known,  
being a boy meant lifelong freedom and being a  
girl meant to protect  
themselves all life,  
I would have been a boy.

If I would have known,  
Life is a bed of roses for boys and  
throne of spicule and crown of thorns for girls  
I would have been a boy.  
I would have never been a girl....

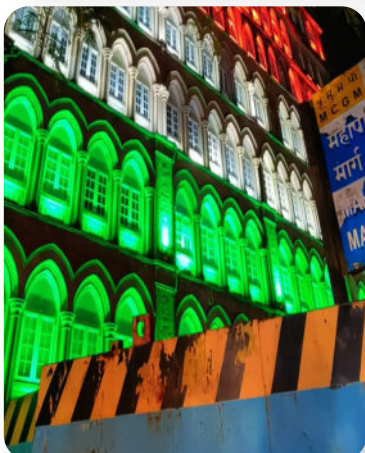


## KAASH CREATIVE CORNER

**INDEPENDENCE DAY PHOTOGRAPHY***BY RUDRAM PANCHAL*

Celebrating 75<sup>th</sup> Independence Day of our fascinating nation - India is a feeling of great pride and honour.

I thought of paying my tribute to my motherland by capturing this momentous day through my lenses. The iconic structures, heritage buildings, landmark areas, each and every corner was all illuminated with tri-color. My Mumbai was looking mesmerizingly beautiful resulting in this fascinating colorful photo gallery.





# UPCOMING EVENTS



**KAASH FOUNDATION MUMBAI**

It's celebration time for KAASH Foundation as it successfully completes 3 YEARS!

Proudly celebrating the

**THIRD JUBILATION DAY**

**Date:** Sunday, 2nd October 2022 **Time:** 10:30 AM - 03:00 PM

**Venue:** Gate No. 4, C.K. Nayudu Banquet Hall, Cricket Club of India, Dinshaw Vacha Road, Churchgate, Mumbai



**KAASH FOUNDATION MUMBAI**

KAASH Foundation's

**KAASH Swaasthya Manthan**

is celebrating

←.....→

**National Naturopathy Day**

←.....→

with a series of

**Naturopathy Camps**

on

**18th November 2022**

**Locations:** Across western suburbs of Mumbai

**Resource Persons:**

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


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

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

Ms. Pooja Malkar, Naturopath and Yoga Trainer  
Core Committee Member, KAASH Foundation

Ms. Uma Parab, Naturopath and Yoga Trainer  
Core Committee Member, KAASH Foundation

To know more about us, kindly visit our websites:  
[www.kaashfoundation.org](http://www.kaashfoundation.org)  
[www.kaashcpd.com](http://www.kaashcpd.com)



**KAASH FOUNDATION MUMBAI**

KAASH Foundation's

**KAASH Swaasthya Manthan**

is organizing a

←.....→

**Five-Day Workshop on Self-Healing through Naturopathy**

←.....→

**26th November - 30th November 2022**

**Resource Persons:**

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

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

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

To know more about us, kindly visit our websites:  
[www.kaashfoundation.org](http://www.kaashfoundation.org)  
[www.kaashcpd.com](http://www.kaashcpd.com)



## BIRTHDAY WISHES



**Tirtha Samant**  
4th July



**Titiksha Kabra**  
19th July



**Alkesh Shah**  
23rd July



**Bhumika Gohil**  
24th July



**Shoumik Rahate**  
6th August



**Vinita Bhatia**  
7th August



**Gabriella D'souza**  
9th August



**Kavita Pandey**  
11th August



**Siona Salvi**  
13th August



**Ayesha Mujawar**  
15th August



**Hetvi Parmar**  
17th August



**Shefali Shirmal**  
17th August



**Aapulki Jadhav**  
22nd August



**Megha Patel**  
24th August



**Anagha Acharya**  
27th August



**Ayushi Motiwalla**  
6th September



**Nishikant Jha**  
15th September



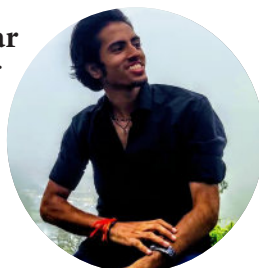
**Seema Sindgikar**  
16th September



**Pamela Dhonde**  
23rd September



**Janice Lobo**  
26th September



**Rohan Hegde**  
29th September