



KAASH KONNECT

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AN INITIATIVE BY



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THIRD ANNIVERSARY CELEBRATION

by Shoumik Rahate

**CONGRATULATORY MESSAGE TO KAASH FOUNDATION FROM
THE HON'BLE GOVERNOR OF MAHARASHTRA (2019 - 2023),
SHRI. BHAGAT SINGH KOSHYARI**

सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः।
सर्वे भद्राणि पश्यन्तु
मा कश्चिद्दुःखभागभवेत्।

*"May all sentient beings be
at peace,
May no one suffer from
illness,
May all see what is
auspicious,
May no one suffer."*

This shloka aptly reflects the importance of world peace, health and well-being in Indian culture - the very aspects that form KAASH Foundation's raison d'être. Keeping these ideals in mind, on 2nd October 2022,



BHAGAT SINGH KOSHYARI
GOVERNOR OF MAHARASHTRA



RAJ BHAVAN
Malabar Hill
Mumbai 400 035
Tel. : 022-2363 2660
Fax. : 022-2368 0505

1 October 2022

MESSAGE

I am pleased to know that KAASH Foundation has completed 3 years of its good work on 3 October 2022.

The work done by the organisation in areas such as Education, Environment Health and Heritage is indeed commendable. I am pleased to know that the organisation has taken up Women Empowerment activities in Dehradun, Pune and Palghar District.

It is heartening to note that KAASH has adopted 25 villages in Palghar District and working towards the cause of eliminating malnutrition amongst children. The adoption of 150 malnourished children since November 2021 and providing them monthly nutritional products is remarkable. The participation of more than 3500 students under the flagship of KAASH Foundation at Girgaon Chowpatty in Mumbai to clean the coastline has added value to the mission inaugurated by the Hon'ble Prime Minister of India.

I congratulate the KAASH Foundation and wish the Founder Trustee Dr. Avkash Jadhav and his team all the best in their future endeavours.

(Bhagat Singh Koshyari)
Governor of Maharashtra



सत्यमेव जयते

NITI Aayog

KAASH Foundation is now registered under NITI Aayog, Government of India in recognition of its sincere efforts and contribution towards social work and academics. Congratulations to all our members!

Our NGO Darpan Number: MH/2022/0328154



Felicitation of our Chief Guest,
Mr. Kobbi Shoshani, Consul General of
Israel to Mid-West India
by Dr. Avkash Jadhav



Felicitation of our Guest of Honour,
Shri. Vishwas Nangre Patil (I.P.S.),
Joint Commissioner of Police (Law and
Order), Mumbai City by Dr. Avkash Jadhav

SPECIAL GUESTS



Felicitations of our Special Guest, Dr. K.S. Cheema, Former Head, Department of History, Guru Nanak Khalsa College by Ms. Renuka Vyas, Joint Director (Health)



Felicitations of our Special Guest, Shri. Tulsidas Radhaben Kanji Somaiya, a Veteran Gandhian by Pamela Dhonde, Core Committee Member



Felicitations of our Special Guest, Mr. Nishi Singla, Director, Jhanu Logistics by Dr. Geeta Ajit

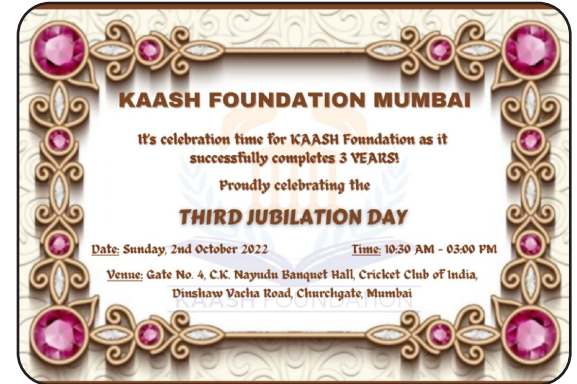


Mr. Kobbi Shoshani, Consul General of Israel to Mid-West and Shri. Narendra Podar

KAASH Foundation relived its three-year journey at its **Third Jubilation Day** event, held at the prestigious **C.K. Nayadu Banquet Hall, Cricket Club of India, Brabourne Stadium, Mumbai**. This event was nothing short of a gala with all the KAASH family members, from different walks of life, coming together to celebrate this moment. It felt like the confluence of the serene rivers of the Himalayas; a confluence of altruism and goodwill.

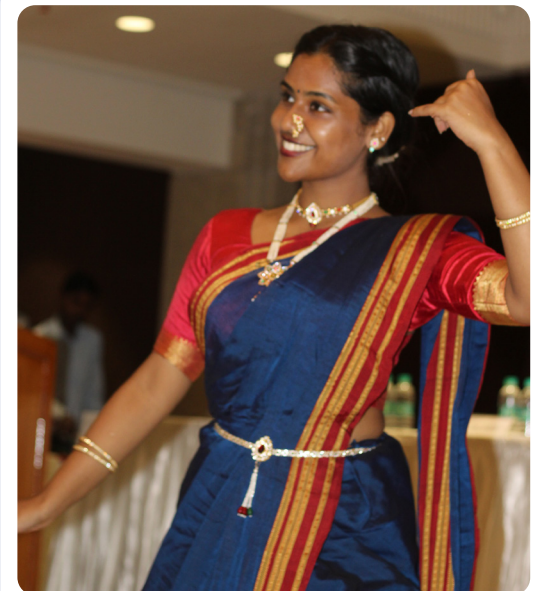
The **Chief Guest** of the event was **Mr. Kobbi Shoshani**, Consul General of Israel to Mid-West India and **Shri. Vishwas Nangre Patil (I.P.S.)**, Joint Commissioner of Police (Law and Order), Mumbai City was the **Guest of Honour**. The Foundation also had the privilege to host **Shri. Tulsidas Radhaben Kanji Somaiya**, Veteran Gandhian and President, Mumbai Sarvodaya Mandal; **Dr. K.S. Cheema**, Former Head, Department of History, Guru Nanak Khalsa College of Arts, Science and Commerce; **Shri. Nishi Singla**, Director, Jhanu Logistics and **Shri. Narendra Podar**, Chairman, Podar Group of Industries as **Special Guests**.

KAASH Foundation and its members have relentlessly worked for the underprivileged. They are nothing less than a positive light in society. Remembering this sentiment, Mr. Kobbi Shoshani, Shri. Tulsidas Somaiya, Shri. Narendra Podar, Shri. Nishi Singla and Dr. Avkash Jadhav, the Founder-Trustee of KAASH Foundation, inaugurated the event by lighting the lamp. They also paid a floral tribute to the Father of the Nation - Mahatma Gandhi, to mark the auspicious day of Gandhi Jayanti. With such notable dignitaries gracing the occasion, a warm welcome was delivered by Ar. Ayushi Motiwala, Core Committee Member of KAASH Foundation and Editor



of International Journal of Emotions, Expressions and Dimensions (IJEED).

The event further proceeded with cultural performances curated by the members themselves. Janice Devassy, our Youth Brigade Member gracefully performed the *Saraswati Vandana* to seek the blessings of the Goddess of Knowledge. The baton further passed to Sahil Jahagirdar, the Chief Designer of KAASH Konnect - the Foundation's quarterly newsletter. He evoked a sense of pride for our nation by singing the song *Maula Mere Le Le Meri Jaan*, composed by Salim Merchant for the movie Chak De India. Adding to that enthusiasm, Shanice Kannan and Janice Devassy, Youth Brigade Members performed a fusion on the track of *Ranjhanna*. This mix of dance styles and splendid synchronization set the stage on fire. The next performance took us back to the 90s, the golden era of Bollywood. Rohit K.A., our Youth Brigade Member sang *Mein Koi Aisa Geet Gaon* from the 1997 movie Yes Boss. Rohit's singing indeed made everyone swoon. However, nothing better than singing *Itni Shakti Hume Dena Daata*, a prayer song from the movie Ankush, could end the delightful cultural performances. This prayer was sung with the underlying



Saraswati Vandana, performed by Janice Devassy, Youth Brigade Member

theme of seeking strength to fight all odds. Our team members - Ms. Pooja Malkar, Core Committee Member, Ms. Uma Parab, Ms. Arundhati More and Ms. Neha Sawant, Members of KAASH Swaasthya Manthan presented this composition. All these performances drew our attention to the immense talent within the KAASH family. It added the required spark and moments of delight to everyone at the event.

Thereafter, Dr. Avkash Jadhav walked the audience through the three-year journey of KAASH Foundation. This address was supported by a display of the terracotta products, jewelry, hand-woven garments, silk bangles etc. handmade by rural women as part of the Foundation's Women Empowerment initiative. More than 80 newspaper articles covering the Foundation's activities, e-proceedings of our academic conferences, multiple volumes of KAASH Konnect displayed were also a testament to the Foundation's work. Dr. Jadhav then presented the impressive documentation of Testimonials, Appreciation Letters and Certificates from National and International organizations and institutions. This bouquet of laurels enhanced through Dr. Jadhav's words inspired and motivated the members to take more efforts in the future.

An American writer and journalist Lawrence Wright once wrote, 'A documentary film is a great way of helping people understand, because somehow, when one is able to see the people involved, it lends a certain immediacy and understanding that is hard to get on page'. Just like this, the audience could understand the efforts taken to organize the magnanimous Beach Cleanup Drive at Girgaon Chowpatty through a short documentary made by Saniya Sawant, Youth Brigade Member. The drive was organized in collaboration with Indian Coast Guard on 17th September 2022 to mark International Coastal Cleanup Day and the enthusiasm displayed by members of KAASH Foundation in the documentary impressed several minds. This was followed by a video message from Mr. Julio Ribeiro, Former Commissioner of Police, Mumbai and Padma Bhushan Awardee to the members of KAASH Foundation. Edited by Gabriella D'Souza, Youth Brigade Member, this congratulatory message was shared by Mr. Ribeiro when the team interviewed him on the occasion of Azadi Ka Amrit Mahotsav in August 2022. Such inspiring words from an illustrious civil servant encouraged all the youth members present.



Introduction of KAASH Foundation and CAPD by Dr. Geeta Ajit, Joint Director (Education) and Coordinator, CAPD



Introduction of KAASH Swaasthya Manthan by Dr. Chintan Jadia, Core Committee Member and Ms. Renuka Vyas, Joint Director (Health)



Dr. Avkash Jadhav, Founder-Trustee speaking of KAASH Foundation's three-year journey

The event was further taken ahead by Dr. Ravinder Kaur Cheema, Core Committee Member and Editorial Board Member of IJEED. Dr. Cheema called upon Dr. Geeta Ajit, Joint Director (Education) and Coordinator of CAPD, to introduce KAASH Foundation and Centre for Academic and Professional Development (CAPD). After this, the Joint Director (Health), Ms. Renuka Vyas and Core Committee Member, Dr. Chintan Jadia presented on the activities of KAASH Swaasthya Manthan. Finally,



Fusion of Ranjhanna, performed by Shanice Kannan, Youth Brigade Member



Maule Mere from the film Chak De India, sung by Sahil Jahagirdar, Youth Brigade Member and Chief Designer of KAASH Konnect



Mein Koi Aisa Geet Gaoon from the film Yes Boss, sung by Rohit K.A., Youth Brigade Member



Itni Shakti Hume Dena Daata from the film Ankush, sung by Ms. Pooja Malkar, Core Committee Member and Ms. Uma Parab, Ms. Arundhati More and Ms. Neha Sawant, Members of KAASH Swaasthya Manthan

Dr. Avkash Jadhav showcased the annual report of KAASH Foundation from 2021-2022. This set of presentations helped all the honourable guests and members learn the Foundation's work in depth.

The dignitaries were then welcomed on the dias and honored with a memento, shawl, shrifal and the autobiography of Mahatma Gandhi - My Experiments with Truth. Thereafter, KAASH Konnect Volume 11 along with a compiled copy of Volumes 8 - 11 (October 2021 to September 2022) was unveiled by Mr. Kobbi Shoshani and Shri. Vishwas Nangre Patil. This was followed by the felicitation of our Youth Brigade Members for their exemplary work. Kishan Singhania, Megha Patel and Rohan Hegde received the Best Brigade Member Medal.

The Joint Directors - Dr. Geeta Ajit and Ms. Renuka Vyas and the Associate Director of Health, Ms. Alpa Mehta and Mr. Alkesh Shah, Core Committee Member were also felicitated for their relentless contribution. Along with them, Dr. Rehan Ansari, Core Committee Member was felicitated for receiving his Doctor of Philosophy Degree (PhD). Our Core Committee Members, active members and well-wishers were also felicitated for their tremendous contribution to the growth of the Foundation.

It was now time for the dignitaries to share their thoughts. Mr. Kobbi Shoshani was impressed by the Foundation's work and offered to take up initiatives together with the Consulate General of Israel. Such support from people creates greater opportunities for the youth brigade at the Foundation. Next up was Shri. Vishwas Nangre Patil who shared his experiences of working in rural parts of Palghar District. He mentioned the difficulties in engaging with the people there and how much more is needed to elevate their position. He commended the Foundation's work and said his experiences have taught him to respect his *Karma* while he performed his *Kartavya* as a police officer. He wished KAASH Foundation more laurels and success. Shri. Vishwas was open to the idea of KAASH associating with the police department. This action-oriented sentiment was encouraged and will indeed lead to new initiatives in the future.

Then, the Director of Sarvodaya Mandal and Veteran Gandhian, Shri. Somaiya Kaka blessed the team members of the Foundation and appreciated their dedication. The Director of Jhanu Logistics, Shri. Nishi Singla, also wished the best for the Foundation. Finally,



Unveiling KAASH Konnect Vol. 11

it was Historian and Former Head of Khalsa College's Department of History, Dr. K. S. Cheema who gave an insight on Azadi Ka Amrit Mahotsav and recalled his memories on the Partition of India. Hearing all these guests speak was a treat for the attendees.

Serendipity is indeed a beautiful thing. Finding little insights by accident may change one's life. And there were so many chances of something like that to happen here. These few words of wisdom by our guests gave the Foundation an impetus to work even harder



Address by Mr. Kobbi Shoshani



Address by Shri. Tulsidas Somaiya



Address by Shri. Vishwas Nangre Patil



Address by Shri. Nishi Singla



Address by Dr. K.S. Cheema

for the betterment of the society. Their appreciation of the Foundation's work and interest in further collaborating was indeed a moment of pride.

As Rome wasn't built in a day, this long continuous process of building KAASH Foundation hasn't been easy and several like-minded people have come together to make this happen. At the same time, there are so many who work behind-the-scenes and yet create magic. With this, Pamela Dhonde, Core Committee Member and Sahil Jahagirdar were specially felicitated for their dedication. Jaanhavi Malkar, Youth Brigade Member was also felicitated for getting selected to pursue her Masters in Construction Project Management at Glasgow Caledonian University in Scotland. Our members of the Health Vertical - Ms. Pooja Malkar, Ms. Kalpana Sawant and Ms. Arundhati More were also felicitated, followed by our Youth Brigade Members - Samiksha Singh, Sonal Rana and Terista Correia. The following

members too were felicitated: Ms. Dixita Vedic and Mr. Mehul Parmar. Prof. Alok Gude, Dr. Chaubey of Hinduja College, Mr. Ramkrishna Tiwari of Sarvodaya Mandal and Navjeevan Publications, Ar. Ayushi Motiwalla, Dr. Ravinder Kaur Cheema, Ms. Shefali Shrimal, Saniya Sawant, Gabriella D'Souza, Rohit K.A., Janice Devassy and Shanice Kannan. The event finally drew to a close with a delicious lunch.

The Foundation's Third Jubilation celebration doesn't just mark the completion of a certain time period but also emphasizes on things for the future. It extends gratitude to everyone who has been a part of this journey. Special thanks to Mr. Mayank and Ms. Lippika Podar for their vision, encouragement and for being a constant source of support and energy.

PHOTO GALLERY



Mr. Kobbi Shoshani with KAASH Members



Ar. Ayushi Motiwalla, Core Committee Member and Editor, International Journal of Emotions, Expressions and Dimensions (IJEED)



Dr. Ravinder Kaur Cheema, Editorial Board Member, International Journal of Emotions, Expressions and Dimensions (IJEED)

Our Anchors

Tribute to Mahatma Gandhi by Guests



Our Youth Brigade Members at the helm



Saniya Sawant
Youth Brigade Member



Gabriella D'souza
Youth Brigade Member

Our Guests on the Dias



FELICITATIONS



Ms. Kiran Gohil
Member of KAASH Swaasthya Manthan



Ms. Alpa Mehta
Associate Joint Director (Health)



Dr. Choubey from KPB Hinduja College



**Ar. Jaanhavi Malkar
Youth Brigade Member**



**Dr. Rehan Ansari
Core Committee Member**



**Mr. Mayank Podar
Core Committee Member**



**Ms. Lippika Podar
Core Committee Member**



**Ms. Shefali Shrimal
Member of KAASH Swaasthya Manthan**



**Mr. Alkesh Shah
Core Committee Member**



**Ms. Kalpana Sawant
Member of KAASH Swaasthya Manthan**



Ms. Arundhati More
Member of KAASH Swaasthya Manthan



Ms. Uma Parab
Member of KAASH Swaasthya Manthan



Ms. Dixita Vedic and Mr. Mehul Parmar, Members



Samiksha Singh
Youth Brigade Member



Terista Correia
Youth Brigade Member



Sonal Rana
Youth Brigade Member



Mr. Agarwal
CSR Head, Jhanu Logistics



Mr. Ramkrishna Tiwari
Sarvodaya Mandal and Navjeevan Publications

FIRST ANNIVERSARY OF THE VIKRAMGAD PROJECT

by Siona Salvi and Pranati Trivedi

Hunger and malnutrition have devastating consequences for children and have been linked to low birth weight, mental and physical problems and poorer educational outcomes.

-Marian Wright Edelman

काश फाऊंडेशन आणि एकात्मिक बालविकास विभाग
विक्रमगड

यांच्या संयुक्त विद्यमाने आयोजित

बालदिनानिमित्त कुपोषित बालके आरोग्य तपासणी शिबीर व कुपोषित बालकांना अत्यावश्यक साहित्य वाटप कार्यक्रम

दिनांक १४ नोव्हेंबर २०२२ रोजी सकाळी ११:०० ते दु. १:०० वा.
स्थळ : विक्रमगड पंचायत समिती हॉल, ता. विक्रमगड, जि. पालघर

प्रमुख उपस्थिती

माननीय जिल्हा परिषद सदस्य, सभापती, उपसभापती व पंचायत समिती सदस्य, पंचायत समिती विक्रमगड

काश फाऊंडेशन मान्यवर

डॉ. अवकाश जाधव
संस्थापक विश्वस्त काश फाऊंडेशन

श्री. मयंक पोदार
रामप्रकाश पोदार ट्रस्ट

श्रीमती रेणुका व्यास
श्रीमती पूजा मालकर

श्रीमती लिप्यिका पोदार
श्रीमती अल्पा मेहता

काश फाऊंडेशन आणि एकात्मिक बालविकास विभाग
विक्रमगड

यांच्या संयुक्त विद्यमाने आयोजित

कुपोषित बालक माता यांना निसर्गोपचार माहिती

दिनांक १४ नोव्हेंबर निसर्गोपचार दिनानिमित्त कार्यक्रमाचे आयोजन

दिनांक १४ नोव्हेंबर २०२२ रोजी सकाळी ११:०० ते दु. १:०० वा.
स्थळ : विक्रमगड पंचायत समिती हॉल, ता. विक्रमगड, जि. पालघर

प्रमुख उपस्थिती

माननीय जिल्हा परिषद सदस्य, सभापती, उपसभापती व पंचायत समिती सदस्य, पंचायत समिती विक्रमगड

आरोग्य तज्ञ

डॉ. अवकाश जाधव
संस्थापक विश्वस्त काश फाऊंडेशन

श्रीमती रेणुका व्यास
श्रीमती अल्पा मेहता

श्रीमती पूजा मालकर
श्री. अल्लेश शहा

In September 2021, KAASH Foundation came across an article by Mr. Neeraj Raut in the Loksatta highlighting the issue of malnutrition in several talukas of Palghar District in Maharashtra. The article was the result of a thorough on-field research by Mr. Raut and his team that ranked Vikramgad to have the most severe cases of malnutrition after Jawahar, which stood first. This was followed by a series of joint discussions with Mr. Raut, officials of the Integrated Child Development Services (I.C.D.S) and Vikramgad Panchayat Samiti to understand the root cause of the problem,



Arranging boxes of dates (khajur)



Distribution of sweaters



Children with their warm and fluffy sweaters



Dr. Avkash Jadhav sharing a cute moment with a child



Shri. Babu Shingare, Child Development Programme Officer, Integrated Child Development Services, Vikramgad participating in the distribution



A feast of wafers, cupcakes, chocolates and mazaa laid out for the kids

after which the Foundation with its team of Health experts decided to launch a project in the taluka on 14th November 2021, aimed at curbing malnutrition. Since the day coincided with Children's Day, a massive donation drive was organized to collect

books, toys and clothes for the children along with a naturopathy camp and a small celebration at the Panchayat Samiti.

This was followed by visits to Vikramgad in February and August 2022, during which



**Ms. Pooja Malkar,
Practicing Naturopath,
examining a child**



**Ms. Renuka Vyas, Naturopath and
Iridologist, explaining the causes of
malnourishment**



**Team KAASH Foundation with
Shri. Bapu Shingare and the kids**

distribution drives were held to provide malnourished children with nutritional food, fruits and other eatables along with naturopathy camps to improve their health. One year down the line, it was time to celebrate and look back at how far the project has come, but not without the children themselves! On 13th November 2022, a special programme was held at the Vikramgad Panchayat Samiti to celebrate not only the project's first anniversary, but also Children's Day. The occasion called for a cake-cutting ceremony and more! This was met with widespread enthusiasm and cheer among the kids, most of whom were in the age group of 3-6 years. It was touching to observe how the same simple

pleasures that brought wide grins on their faces are the ones that are often taken for granted by the general populace. There were over 75 children, and each of them was also presented with warm sweaters in deference to the on-setting winter season.

In keeping with the precedent set by the project, a health and naturopathy camp was set up for the children and their mothers. Readers and well-wishers will be pleased to know that since the project's launch in November 2021 and subsequent aid provided, the heights, weights and haemoglobin levels of the children have significantly improved. The team explained the root causes of malnourishment, which is a primary concern in the region, and also

suggested several home remedies to the mothers to improve the health and well-being of their children. Furthermore, high quality dates (*khajur*) were also distributed to meet iron and mineral requirements of the body.

The Foundation still has a long way to go in battling malnutrition, but it is heartening to see positive results in the children. It gives the team members an added dose of motivation and willpower to continue their efforts via such programmes and strive to achieve the Foundation's mission. The Foundation specially thanks everyone contributing to the project and appeals to individuals, associations and organizations for their support.

PHOTO GALLERY





FREE NATUROPATHY AWARENESS AND CHECK-UP CAMP

by Pranati Trivedi

Our senior citizens paved many great paths for the future that have deep sentimental values, and are deserving of the greatest care and love.

-Wayne Chirisa

KAASH FOUNDATION MUMBAI

**KAASH Foundation's
KAASH Swaasthya Manthan (KSM)**
in collaboration with
Federation of Senior Citizens of Maharashtra
is celebrating
NATIONAL NATUROPATHY DAY
for the 4th consecutive year
with a
**FREE NATUROPATHY AWARENESS
AND CHECK-UP CAMP**
on the theme
Naturopathy: An Integrative Medicine

Date: Friday, 18th November, 2022
Time: 10:00 AM - 3:00 PM

Venue: Jyeshtha Nagrik Seva Sangh, Vazira,
T.P.S. Road, Borivali (West), Mumbai

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

PROGRAM COORDINATOR
Ms. Pooja Malkar
Core Committee Member,
KAASH Foundation

**OUR HEALTH EXPERTS FOR
THE NATUROPATHY CAMP**

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

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

To know more about us, kindly visit our website:
www.kaashfoundation.org

Please Note: This Naturopathy Camp is open for senior citizens only



Senior Citizens at the camp



Registration for the camp



Towel Twisting by Ms. Sakshi Chavan



Pranik Healing by Ms. Neha Sawant



Pranik Healing by Ms. Pinal Parmar

The above quote perfectly echoes how important and deserving senior citizens are for the society. Unfortunately, many are left vulnerable, lonely and yearning for love, care and respect. Perceiving this, KAASH Foundation's KAASH Swaasthya Manthan was eager to do its bit and what better way than to organize a Free Naturopathy Awareness and Check-up Camp, exclusively for them, on an apt day like National Naturopathy Day. The camp was organized in collaboration with Federation of Senior Citizens of Maharashtra (FESCOM) on 18th November 2022 at Jyeshtha Nagrik Seva Sangh, Borivali (West), Mumbai from 10 AM to 3 PM.

An impressive 350 senior citizens participated from all across the city, right from Borivali, Dahisar, Mira Road, Vile

Parle and Dadar to as far as Vashi. The response was overwhelming, but as always, the undeterred members of KAASH Foundation adapted and set out a plan to ensure that activities were carried out smoothly.

The central theme of the camp was “integrative medicine” and primarily focused on pain management. Senior citizens, often, have to deal with age-related illness that causes extreme pain, discomfort and disruption in their lives. To that end, this camp aimed to equip them with the required awareness about their underlying conditions and the causes for it, along with multiple habits and activities that would enable them to heal and reverse their pain and ailments in a natural and safe manner. The attendees were treated and proffered with various tried and tested methods to safely manage different pains, aches and cramps via **towel twisting, cupping and cold compress**. The camp's health experts and volunteers conducted and explained each process in detail. Other classical approaches to relieve pain were also provided such as **yoga and acupressure**. The participants were also educated about **Sujok treatment**. These procedures aim to provide symptomatic cures based on patients' personal needs and restrictions. The importance of regularly following these procedures was also imparted to the senior citizens. Emphasis was laid on how a healthy diet can minimise the pain and risk of more serious ailments.

Another extremely important issue that was discussed was the spread of medical misinformation and its misconstrued consequences. The team underscored the fact that in this age of superfast search engines and widely accessible social media, it is all too easy to fall prey to incorrect information. Senior citizens are often susceptible to such messages. It may lead to inappropriate treatment methods, which in turn, can have life-threatening effects. The participants were urged to not blindly pursue or heed any advice/remedies and only consult licensed medical professionals or experts on any and all matters related to their health.

The camp was a stupendous success and received enthusiastic, positive feedback from the senior citizens. They were extremely pleased with the initiative, conduct, expertise and content of the camp



Sujok treatment by Mr. Ashish Khot



Ms. Alpa Mehta, Associate Joint Director (Health), suggesting dietary tips to the participants



Cupping therapy by Mr. Sudhir Worlikar



Cold Compression therapy by Ms. Krishna Parmar



Yoga session by Ms. Uma Parab



Ms. Renuka Vyas, Joint Director (Health) discussing the ill effects of medical misinformation



Stall set up with jewelry, carpets etc. handmade by rural women as part of the Foundation's Rural and Tribal Community Outreach Program (RTCOP)



Team KAASH Foundation with Shri. Sharad Dicholkar, President, Mumbai Region, FESCOM (in yellow) and Shri. Vijay Aundhe, Vice-President, Pune Region, FESCOM (between Shri. Dicholkar and Dr. Avkash Jadhav)

as well as the courteous behaviour of the KAASH Foundation team. The participants expressed an ardent interest in attending similar camps conducted by the Foundation in the future and specially requested that such camps be held in close vicinity.

One senior citizen mentioned: *"For us, health camps like these are really essential, as many times our children are not in India and do not have the required time to provide medical attention."*

Another attendee praised the efforts of the Foundation: *"We are happy to see the selfless and dedicated members of KAASH Foundation offering their time and service to us; it is indeed an overwhelming feeling."*

While yet another participant expressed their gratitude: *"The Foundation members served us for more than four hours, but their courteous behaviour and politeness is what won our hearts."*

Shri. Vijay Aundhe, Vice-President of FESCOM's Pune Region provided his view on the importance of such camps: *"We always thought that the present generation is not much bothered about senior citizens, but your efforts prove that we can hope from people like you."*

It is indeed a humbling and gratifying feeling for the Foundation as it completes

yet another successful event. KAASH Foundation has always been committed to its mission and is determined to further societal welfare and awareness across various spheres.

The Foundation expresses its special thanks to the **Organizing Committee Members of FESCOM:**

- Shri. Sharad Dicholkar, President, Mumbai Region
- Shri. Vijay Aundhe, Vice-President, FESCOM Pune Region
- Shri. Balkrishna Bhagwat, President, Jyeshtha Nagrik Seva Sangh, Borivali
- Shri. Suresh Deodhar, Secretary, Jyeshtha Nagrik Seva Sangh, Borivali

An organization is only as strong as its people and KAASH Foundation is a testament to this fact. This event's triumph can be attested to the unfailing efforts of the organizing, health team and volunteers:

- Dr. Avkash Jadhav, Founder-Trustee and Program Director
- Ms. Pooja Malkar, Core Committee Member and Program Coordinator
- Ms. Renuka Vyas, Joint Director (Health)
- Ms. Alpa Mehta, Associate Joint Director

(Health)

- Mr. Alkesh Shah, Core Committee Member
- Megha Patel, Youth Brigade Member

Health Experts:

- Ms. Pinal Parmar – Pranik Healing
- Ms. Uma Parab - Yoga
- Ms. Neha Sawant - Pranik Healing
- Mr. Sudhir Worlikar - Cupping Therapy
- Ms. Sakshi Chavan – Towel twisting
- Ms. Charvi Soni - Diet
- Ms. Krishna Parmar – Cold compress therapy
- Mr. R.R Chauhan – Sujok treatment
- Mr. Ashish Khot – Sujok treatment
- Mr. Hemant Sharma – Sujok treatment
- Ms. Arundhati More - Yoga
- Ms. Asmita Betkar - Yoga

Volunteers:

- Ms. Kiran Gohil
- Mr. Dharmesh Parmar
- Ms. Krishna Parmar

PHOTO GALLERY





ADAMGARH: THE FORGOTTEN SITE

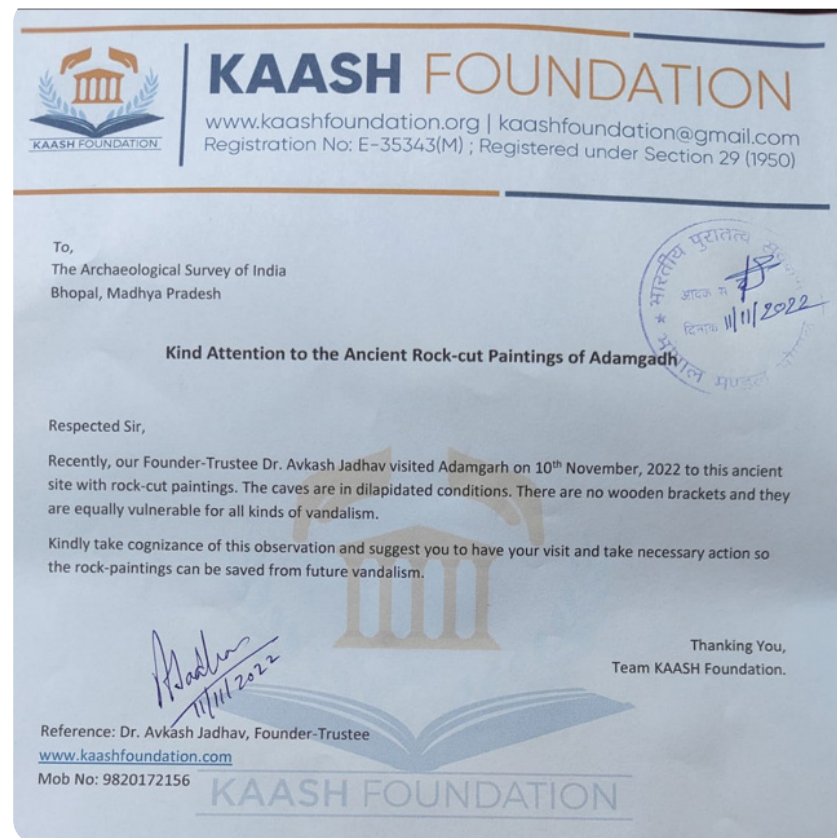
by Pamela Dhonde

KAASH Foundation's commitment to preserving heritage is profound, and Mumbai's Kanheri and Mandapeshwar Caves are testament to it. These monuments, culture and traditions speak volumes of a bygone era and it's our duty as citizens to protect, preserve and pass their legacy down to generations. Our Founder-Trustee, Dr. Avkash Jadhav faced a similar situation while in Madhya Pradesh for a National Conference on Social Change and Development in November 2022.



Dr. Avkash Jadhav, Founder-Trustee handing over the letter to Dr. Manoj Kumar, Superintending Archaeologist, Archaeological Survey of India (Jabalpur Circle)

During his stay, he visited the ancient rock shelter caves of Adamgarh, located around 2 kms from the city of Narmadapuram. It is contemporary to the world famous UNESCO Heritage Site of Bhimbetka that is around 50,000 years old and about 40 kms away. Adamgarh is home to over 11 caves with carvings and paintings of the Neolithic



Letter from KAASH Foundation to Dr. Manoj Kumar highlighting the issue and requesting him to intervene



Rock-cut paintings at Adamgarh, Madhya Pradesh

Age. As he explored the vicinity, Dr. Jadhav noticed that some caves were in dilapidated condition and required immediate attention. He also observed that they are prone to vandalism by regular visitors and tourists as there are no barricades around the paintings.

A heritage activist himself, Dr. Jadhav wrote to the Archaeological Survey of

India's Jabalpur circle, requesting them to intervene. He personally met Dr. Manoj Kumar, the Superintending Archaeologist at Jabalpur to highlight the issue. Dr. Kumar accepted Dr. Jadhav's request and assured him of immediate action. He thanked Dr. Jadhav for being a responsible citizen and bringing this to his notice.

When asked on his views, Dr. Jadhav

replied: "I only did my fundamental duty which is mentioned in Article 51(A) of our Indian Constitution."

He believes that: "Our greatest gift to the next generation are these heritage sites and not any monetary or materialistic transfer. History should not only be taught in classrooms, but also lived."

अधीक्षण पुरातत्वविद्
भारतीय पुरातत्व सर्वेक्षण
जबलपुर मंडल,
जे. डी. ए. योजना क्रमांक 18, ब्लॉक 9,
वाई विंग, तृतीय तल, सिविक सेंटर,
जबलपुर (म.प्र.)- 482002
Tel. no. 0761-2933333



SUPERINTENDING ARCHAEOLOGIST
ARCHAEOLOGICAL SURVEY OF INDIA
JABALPUR CIRCLE
J.D.A. scheme no. 18, Block 9,
Y Wing, Third Floor, Civic Center,
Jabalpur (M.P.)- 482002
E-mail: circlejabalpur.asi@gov.in

फा. सं. - जबल/वा.ख.खाव/आद.शैला.का.रि.किशनपुर सोहागपुर जिला होशंगाबाद-2022-23-सं. -4218

दिनांक 23/11/2022

प्रति,

काश फाउण्डेशन
जी-21, ब्रजेश अपार्टमेंट्स, भद्रन नगर 02
कांदिवली पश्चिम, मुम्बई-400067

विषय: केन्द्रीय संरक्षित स्मारक, आदमगढ़ शैलाश्रय कलामढी रसूलिया किशनपुर जिला होशंगाबाद (आदमगढ़ की प्राचीन रॉक-कट पेटिंग्स) के संबंध में।

महोदय,

उपरोक्त विषयांतर्गत सूचित है कि आपके पत्र दिनांक 16.11.2022 प्राप्त हुआ है। इस संबंध में आवश्यक कार्यवाही की जा रही है।

यह पत्र आपको जानकारी हेतु प्रेषित किया जा रहा है।

भवदीय
अधीक्षण पुरातत्वविद्
22/11/2022

Letter of assurance from Dr. Manoj Kumar to KAASH Foundation on the necessary investigation undertaken to resolve the issue

“

"A concerted effort to preserve our heritage is a vital link to our cultural, educational, aesthetic, inspirational and economic legacies - all of the things that quite literally make us who we are."

-Steve Barry, Author

”

EDITOR'S DESK



Three years have flown by since this Foundation was born, and it has been the most promising time for all of us. This last quarter made us take a step back to look at the path we have trodden - all that we have achieved and the promises that we have to keep.

Beginning this quarter by celebrating our third anniversary, we were blessed to have the torch bearers of the society, who steered their domain with their phenomenal personalities. Our luminous guests included Mr. Kobbi Shoshani, Consul General of Israel to Mid-West India, Shri. Vishwas Nangre Patil (I.P.S.), Joint Commissioner of Police (Law and Order), Mumbai City, Shri. Tulsidas Radhaben Kanji Somaiya, Veteran Gandhian and President, Mumbai Sarvodaya Mandal; Dr. K.S. Cheema, Former Head, Department of History, Guru Nanak Khalsa College of Arts, Science and Commerce; Shri. Nishi Singla, Director, Jhanu Logistics and Shri. Narendra Podar, Chairman of Podar Group of Industries.

We at KAASH Foundation take our promises very seriously and see that each of our commitments are carried out to the very end. Vikramgad Project was one of our first commitments to society where we had undertaken the stupendous task of reducing malnutrition among children under the age of five. With a dedicated task force repetitively visiting the area and conducting regular health check-ups, we were able to ensure the success of our mission.

KAASH Swaasthya Manthan continued its goal to help our senior citizens find natural ways to maintain their health and well-being. With a huge crowd of more than 350 elders joining in from all parts of Mumbai to be a part of this program, made us aware of how much they need our attention and care.

Preserving our historic heritage is one of the pillars of this Foundation. Our Founder, Dr. Avkash Jadhav continued on this path by working on the ancient rock shelter caves of Adamgarh, located around 2 kms from the city of Narmadapuram and scanning ways to protect and sustain this ancient structure from further dilapidation.

We also have wonderful creatives for our readers and we hope you continue to enjoy reading this newsletter as we keep you abreast on all the activities of our Foundation.

Happy Reading!

FOUNDER'S DESK



"Those who cannot change their minds cannot change anything."

-George Bernard Shaw

As we complete three phenomenal years of KAASH Foundation, it is certainly a matter of great pride and honour to remain consistent in our cause to serve the society. This journey of three years has taught us many things and introduced us to many facets of life. The arrival of Corona, which brought everything to standstill, forced us to look beyond the conventional lenses of survival. The series of seminars, conferences, health workshops, on-field social work, academic initiatives, international and national associations and organizing online events, allowed us to display the potential and competence of our members. The Third Jubilation Day had an august gathering with members from the Israel Consulate, Mumbai's Joint Commissioner of Police for Law and Order, Vishwas Nangre Patil, who is also a long time dear friend, along with Somaiya Kaka, Dr. K.S. Cheema and the presence of our unconditional supporter, the Podar Family. The event gave us the required recognition from our guests, and also the letter from the Hon. Governor of Maharashtra, Shri. Bhagat Singh Koshiyari conveying his good wishes bore the testimony of our strong presence in every section of our society. As the Founder-Trustee, I would like to thank each and every member of the Foundation for being there with us and holding the turf in all possible situations. Our Vikramgad project with malnourished children has successfully completed one year and these tasks have now further increased to assisting and encouraging the girls there to pursue their education. As each year passes by, our commitment to the cardinal values and objectives of our NGO only keeps increasing. I also take the opportunity to acknowledge our acceptance in the NITI Aayog, an initiative by the Government of India to recognise credible NGOs in the country. I thank all the family members of the Foundation for their unconditional support and retaining their belief in the cause.

KAASH KONNECT TEAM

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

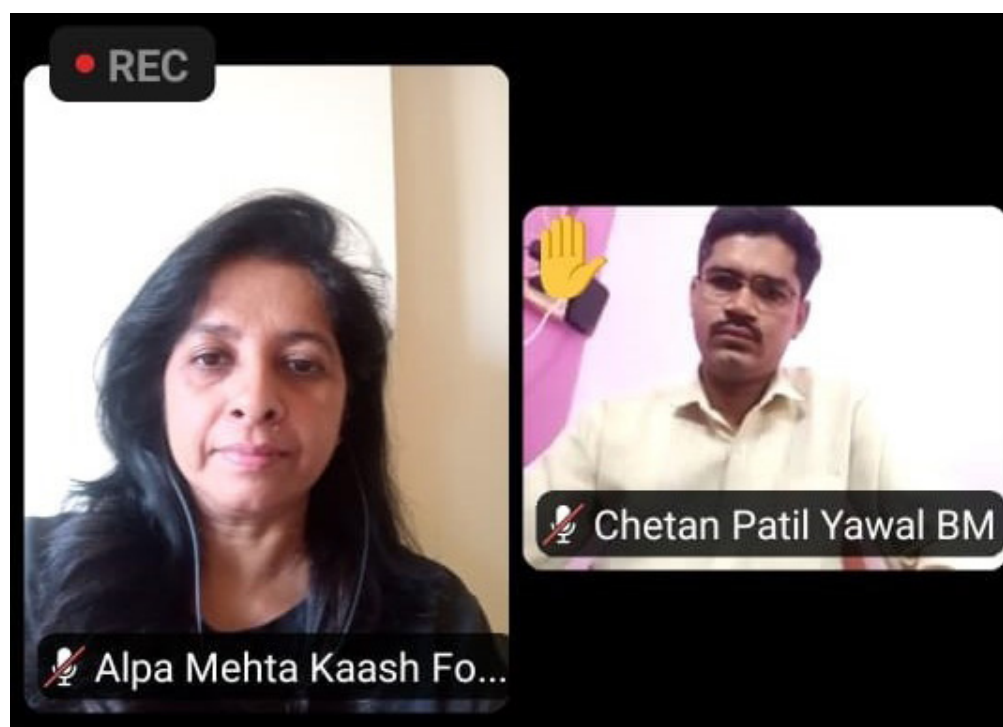
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 Sahil Jahagirdar

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

Junior Reporters:-
 Shoumik Rahate
 Siona Salvi

SHORT NEWS

VIRTUAL MEETING WITH SHRI. MANGAL PRABHAT LODHA, Honourable Minister of Women and Child Development, Government of Maharashtra



On 4th October 2022, KAASH Foundation was invited by the Ministry of Women and Child Development, Government of Maharashtra to attend an exclusive virtual meeting with the Honourable Minister of Women and Child Development, Shri. Mangal Prabhat Lodha.

The meeting, open to select NGOs identified by the Ministry, was held at 2 pm to understand the kind of help and support needed by the Foundation to improvise its work at Vikramgad. This exclusive invitation bears testimony that the Foundation's work is not only recognized at the district

level, but also at the ministerial level.

This rendezvous with the Minister was attended by:

- 1) Dr. Avkash Jadhav, Founder-Trustee
- 2) Ms. Renuka Vyas, Joint Director (Health)
- 3) Ms. Alpa Mehta, Associate Joint Director (Health)
- 4) Ms. Uma Parab, Member

All the members were also asked to share their contact details for further updates on the initiative.

ACHIEVEMENTS OF OUR MEMBERS



Ms. Renuka Vyas, Joint Director (Health); **Ms. Alpa Mehta**, Associate Joint Director (Health) and **Mr. Alkesh Shah**, Core Committee Member are now certified acupuncturists from the Maharashtra Council of Acupuncture! KAASH Foundation congratulates them for this achievement.



Hats off to **Ms. Ayushi Motiwalla**, our Core Committee Member for completing the Anant Fellowship in Built Environment at the Anant National University, Ahmedabad! It's an interdisciplinary fellowship that trains aspiring architects to become solutionaries for the built environment through a holistic lens. The award was conferred upon Ms. Ayushi and her team

for their work on the Live Action Project during the Fellowship. The project was about scoping India's first pedagogical museum, the Anant National University Museum. It was conducted under the guidance of Prof. Amareswar Galla, heading the International Centre for Inclusive Cultural Leadership at Anant National University.



Best wishes to **Megha Patel**, our Youth Brigade Member for getting placed at BlackRock - an American multinational investment company! Currently in her final year of MBA from IBM Powai, Megha is all set to begin this new chapter from January 2023.



A round of applause for **Sahil Jahagirdar**, our Youth Brigade Member and Chief Designer of KAASH Konnect for securing a seat at Government Law College, Mumbai to pursue his LL.B! Sahil is an active member of the Foundation and has meticulously designed 12 volumes of this newsletter.



Congratulations to **Kishan Singhania** for pursuing an International Master of Business at SDA Bocconi Asia Center, Mumbai! As KAASH Foundation's tech wizard, he has been responsible for live-streaming all our conferences on YouTube, especially during the lockdown.



Terista Correia, our Youth Brigade Member has successfully secured a place at St. Francis Institute of Management and Research, Mumbai to pursue an MBA. She has designed several flyers for the Foundation with her creative skills. Kudos to her!

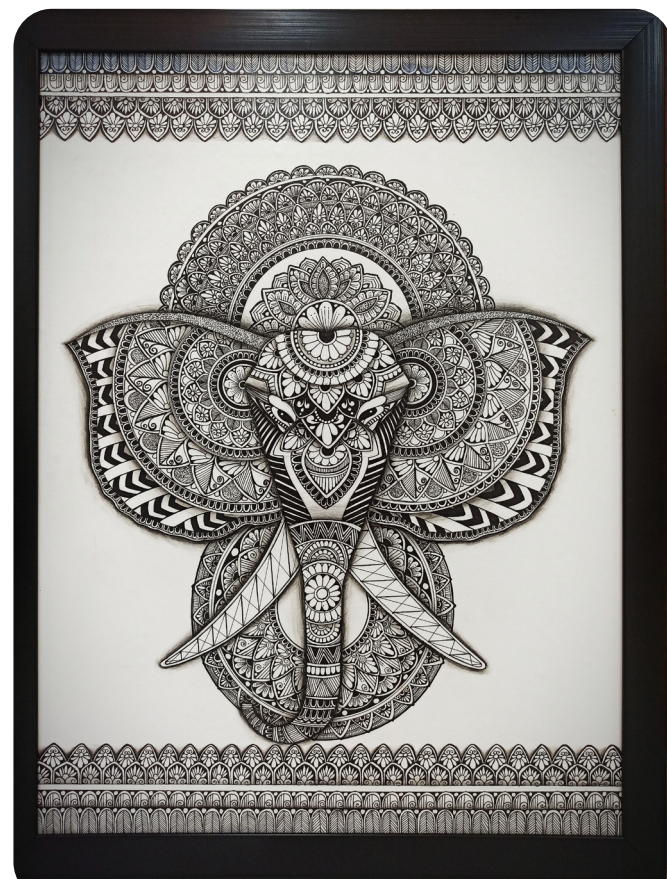
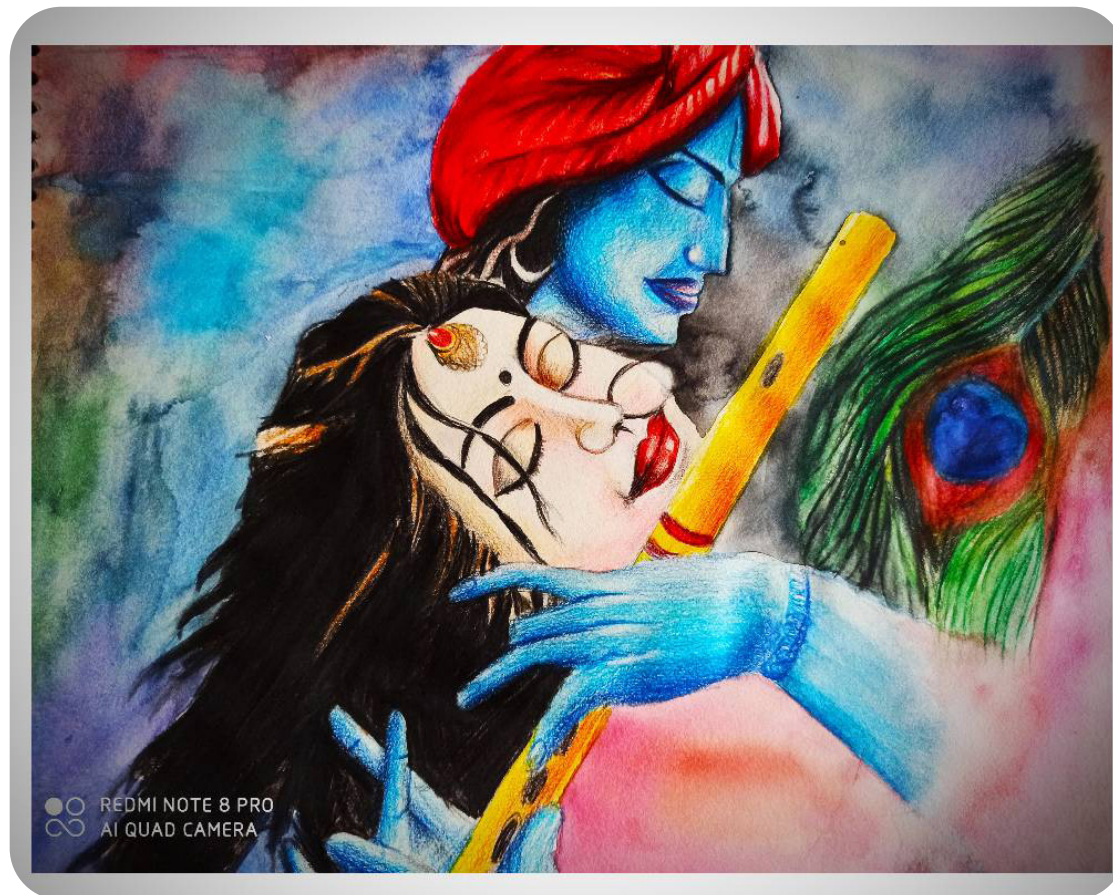


All praise for **Aapulki Jadhav**, our Youth Brigade Member for scoring 85% in her ICSE Examinations! She is currently pursuing Science from KES College, Mumbai and is simultaneously preparing for NEET. She aspires to study medicine after 12th grade.

KAASH CREATIVE CORNER

PAINTING AND MANDALA ART

BY HARSHADA PATIL



KAASH CREATIVE CORNER

LIES

BY TANISHKA SINGH (TAN)



Lies,
How it follows you around.
I barely lied,
Yet all I ever am is a lie.
A lie I had to say,
A lie others spread about me.
An empire built of lies.

REMEMBER

The way these years passed
Had me thinking back
The day I saw you
The day we talked
The day we separated
The day we turned into strangers
Yet, it doesn't hurt me
A smile appears everytime
Maybe we are all strangers after all.

If I ever walk down your street
If I ever run in your mind
If you ever take my name
Remember I remembered you.

दुर्घटना हुई तो जाना...

BY KIRTI VARMA (19 YEARS), DEHRADUN

दोपहर के 1 बजे थे। मैं स्कूटी चलाकर कॉलेज से 38 किलोमीटर दूर अपने घर वापस आ रही थी। हालांकि दो साल से इसी तरह कॉलेज जाना हो रहा था, कोरोना के कारण अधिकतर पढ़ाई घर पर ही होती थी।

फरवरी का महीना था, पिछले दिनों से थोड़ा गरम दिन था। हैलमेट के अंदर भी मास्क लगाने की आदत हो गई थी, तो उस दिन घुटन लगने लगी। मैंने लापरवाही में ध्यान ना दिया और ना जाने कब आँख लगी और स्कूटी हाईवे की बाउंड्रीवाल से टकरा गयी और मैं बाउंड्री पार जंगल में गिर गयी। बस स्कूटी के रगड़ने की आवाज़ कानों में थी और मेरी आँखें खुली, सबसे पहले हैलमेट उतारा, फिर मास्क, तब समझ में आया कि दुर्घटना हो गयी है। खड़े होने की कोशिश की पर उठ नहीं पायी, तभी कुछ लोग आए और मुझे उठाकर बाहर निकाला देखते ही देखते भीड़ लग गई और जब देखा कि कोई ज्यादा घाव नहीं है तो फिर घर पहुचाने पर चर्चा हुई।

घर बस 5-6 किलोमीटर दूर था तो अंतिम निर्णय हुआ कि एक अंकल मुझे अपनी बूलेट पर घर छोड़ दें और और उनकी पत्नी मेरी स्कूटी चलाकर घर ले आए। वे भी इसी ओर आ रहे थे तो बस मुझे उठाकर बूलेट पर बैठाया गया और मैं और मेरी स्कूटी घर पहुंच गए। वे लोग घर में ज्यादा देर रुके नहीं पर सभी का यूँ अनजान की मदद करना जिंदगी भर के लिए सीख दे गया। अस्पताल गए तो पता चला हड्डी में क्रैक है। 45 दिन बेड रेस्ट से हड्डी तो जुड़ गई पर उन सभी का व्यवहार शायद जीवन भर के लिए दिल में रह गया।

KAASH CREATIVE CORNER

MANDALA ON MENTAL HEALTH

RADHIKA EKNATH KAMBLE (SYBA, BHAVAN'S HAZARIMAL SOMANI COLLEGE, CHOWPATTY)



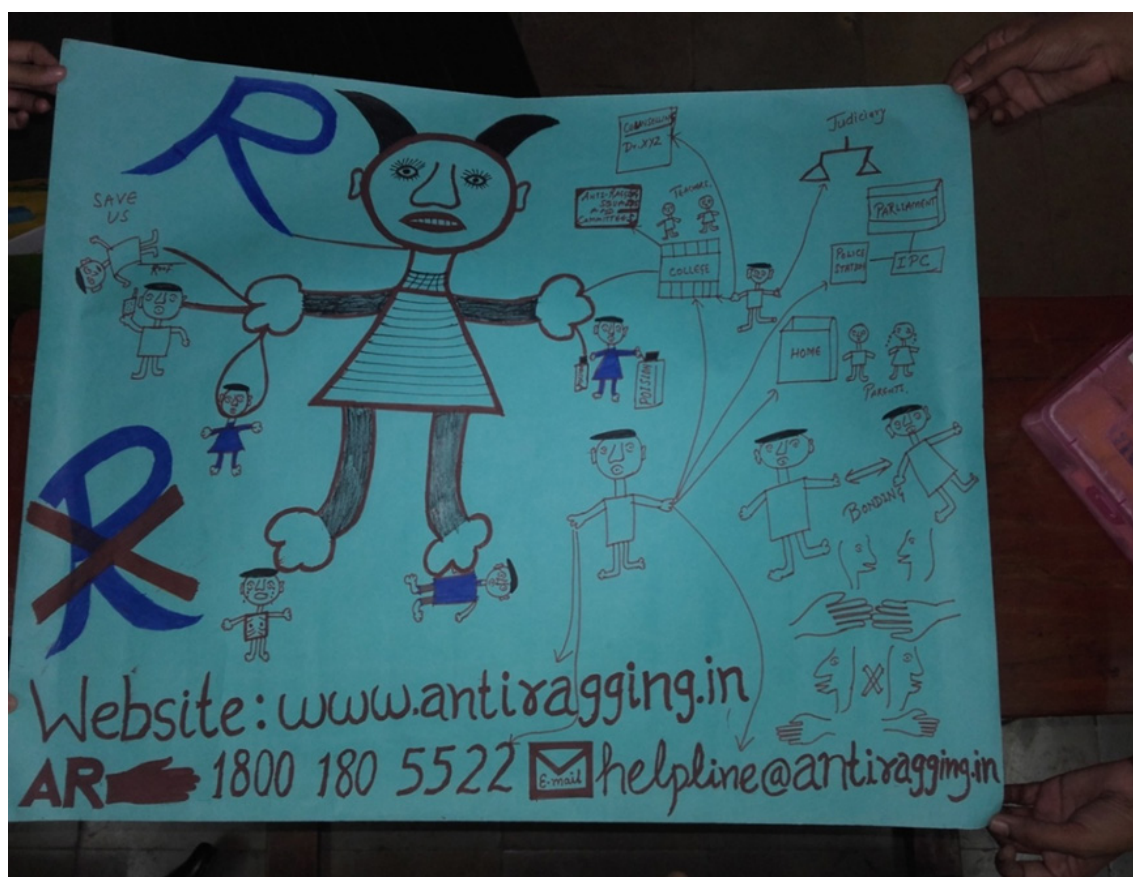
KAASH CREATIVE CORNER

CREATING RAGGING FREE ENVIRONMENT IN EDUCATIONAL INSTITUTIONS

BY SHARMILA JAJODIA, (ASSOCIATE PROFESSOR, RAMNIRANJAN JHUNJHUNWALA COLLEGE (AUTONOMOUS), GHATKOPAR (WEST), MUMBAI-86)

A 19 year old student died of brain haemorrhage, another was brutally beaten to death, a teenager girl committed suicide when her semi-nude video was shared on whatsapp. . . because they were ragged by seniors. Isn't the news disturbing for every youngster and her/ his parents who dream of higher education and a bright future, teachers and administrators especially of these institutions of higher education, judiciary and government?

Undoubtedly, ragging is not a novel concept rather it has existed in an educational institute in every age and society. Every student must have faced it in her/ his life as a fresher when naughty students have played a practical joke to tease her/ him. Initially considered as an introductory interaction, this turned into a menace gradually without our realizing it as seniors bully juniors, embarrass and enrage them by harassing physically, psychologically, sexually and financially. Those, who follow raggers without opposing, take revenge upon the freshers by ragging them and derive sadistic pleasures while those who oppose are murdered or made to suffer from psychosomatic disorders and traumas. Resultantly, victims either leave their studies or commit suicide out of depression as they find none to share and solve their problems despite disclosing it to parents and complaining to administrative authorities and police, and the cycle continues. Thus ragging is a silent terrorism, an ongoing institutionalised social violence which snatches the lives of 5-10 budding youngsters on an average every year just because they didn't follow the dictates of the seniors. The families of these victims suffer unreasonably the vacuum in their lives while the perpetrators, if caught and punished, may or may not learn a lesson due to tardy and loop-holed legal system



and indifferent attitude of varied agencies and stakeholders. Many a times, the families of these pranksters even don't come to know their wards' tyrannical behavior.

In 2007, the SC directed that all the HEIs should include information about ragging in their prospectus of admission as it is a criminal offence. In 2009, in the wake of Aman Kachroo's death, UGC passed the regulations and included measures like lodging freshers in a separate hostel, surprise raids at nights by the anti-ragging squads and submission of affidavits by all senior students and their parents taking oath not to indulge in ragging. A national anti-ragging helpline is functional since June 2009 which consists of an e-mail id and a 24 hour toll-free number and anonymous complaint can also be made. Within 15 minutes of receiving the complaint, it

is forwarded to the head of institution and the local police authorities through phone and e-mail. The head of institution has to register an FIR with police within 24 to 48 hours who take prompt action against the culprits. The helpline has been successful up to some extent but could not create ragging free environment. The NGOs – Vishwa Jagriti Mission, Aman and SAVE- are contributing vitally. The parents and teachers need to sensitize youth and channelize their energy in right direction. Let us contribute positively in this direction on the occasion of National Education Day on 11th November 2022 by saying no to ragging as creating ragging free environment in the educational institutions is essential.

UPCOMING EVENTS

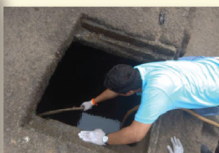
KAASH FOUNDATION MUMBAI



KAASH FOUNDATION
under its
ENVIRONMENT & HERITAGE VERTICALS
and in collaboration with
SANJAY GANDHI NATIONAL PARK
is organizing a

CLEANUP DRIVE AT SANJAY GANDHI NATIONAL PARK & KANHERI CAVES

DATE: 26TH JANUARY 2023 | REPORTING TIME: 8:30 AM
MEETING POINT: MAIN GATE OF SANJAY GANDHI NATIONAL PARK, BORIVALI (EAST)



Program Director: Dr. Avkash Jadhav
Founder - Trustee, KAASH Foundation

Let's celebrate this Republic Day in its true sense
with zeal and zest for our environment and heritage!

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



KAASH FOUNDATION MUMBAI

**KAASH Foundation's
Annual Flagship Program**

कृतज्ञ

KRITAGYA

GRATITUDE

returns to celebrate
INTERNATIONAL WOMEN'S DAY
for the
THIRD CONSECUTIVE YEAR



UN Women's theme for 2023
**DigitALL: Innovation and technology
for gender equality**

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

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



BIRTHDAY WISHES

Nirmala Bhalotia
1st October



Terista Correia
1st October



Asita Joshi
3rd October



Kishan Singhania
18th October



Mayank Podar
22nd October



Lippika Podar
24th October



Krishna Sawant
26th October



Mildred Jose
5th November



Sonal Rana
7th November



Jaivik Vyas
15th November



Shrusti Chinnamalla
17th November



Uma Parab
2nd December



Pranati Trivedi
19th December



Kiran Gohil
21st December

