



KAASH KONNECT

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KRITAGYA: GRATITUDE TOWARDS THE REAL ARCHITECTS OF SOCIETY

by Tanishqa Jaiswal

"Women are the real architects of society."

- Harriet Beecher Stowe

Throughout history, women have been the foundation of society, the ones who have built and shaped it day by day, brick by brick. They have been the primary caregivers for families and communities, nurturing and raising future generations of leaders and change-makers. Their strength and resilience have been vital in times of crisis - providing emotional support and guidance to those in need. Women have also been at the forefront of social justice movements, fighting for equal rights and opportunities. The UN Women's *DigitAll* campaign this year has been a transformative helping hand in facilitating "innovation, technological change, and education in the digital age for gender equality and the empowerment of all women and girls". The World Bank's theme of "*Accelerating Equality and Empowerment*" for women assists the very same goal. From science to politics, women have made

significant contributions to the progress and development of society, paving the way for future generations of women to continue to build a better world. Therefore, it can be said that women are not just the real architects of society, but also the cornerstone that holds it all together.

KAASH Foundation holds the better half of our society with utmost regard and is dedicated to improving their social and economic conditions. This importance and commitment by KAASH Foundation to that of Women Empowerment became the spark that lit the fuse to its annual event - *Kritagya*, meaning gratitude. Celebrated annually since 2021 on International Women's Day, *Kritagya* calls on everyone to be grateful and appreciative of the contributions, support, and inspiration that women have provided in our lives. It involves recognizing the important role that women have played in our personal and professional growth, and



Women members of KAASH Foundation

expressing our gratitude towards them. Nonetheless, it can also mean actively supporting and promoting gender equality and empowering women in our personal and professional life.

For KAASH Foundation, *Kritagya* has been a way of honoring women for their relentless contribution towards society. In the year 2021, an online panel discussion on the theme – ‘Women in Leadership’ was organized. Some of our esteemed guests for this event were Smt. Supriya Sule, Honourable Member of Parliament; Smt. Mokshada Patil (I.P.S), Police Superintendent of Aurangabad Division and Dr. Smt. Mangala Gomare, Executive Health Officer of the Public Health Department at B.M.C.

In the year 2022, an on-field event themed ‘Meri Kahaani, Meri Zubaani’ was an opportunity to hear stories of women members displaying their strengths and overcoming hardships of life. Some prominent guests of the event were Dr. Rajshree D. Katke, Professor of Obstetrics, Gynecologist and Former Superintendent of Cama Hospital; Ms. Himani Parab, Arjuna Award Winner for Mallakhamb and other distinguished guests.

This year, in 2023, Women’s Day celebration of *Kritagya* was an atypical experience with a one-day picnic to Rajhans Water Resort in Virar. The women of our Foundation were honoured by receiving this blissful gift of joy and relaxation. Usually, the members meet on occasions. However, this time they had an opportunity to bond with each other whilst having a blast and enjoying to the fullest. The female members were now at the receiving end of the event where they would not have to worry about the arrangements but simply celebrate womanhood by giving time to one of the most important beings in their lives – themselves. The event commenced with arrival at 9 am followed by a short introductory program wherein our **Special Guests: Ms. Sneha Jawale; Ms. Kalpna Kale, Upadhyaksh, Yuvashakti Foundation and Ms. Helen Khandare** were felicitated for their work and achievements. This was followed by Ms. Jawale reminiscing her journey of grief and hope. She is a victim of the dowry system. Her physical beauty was attacked when she was set on fire with kerosene. No matter the circumstances, her confidence and self-esteem determined her to help others and guided her towards social



Our Special Guest, Ms. Sneha Jawale reminiscing her journey of grief and hope. She was listed under 100 most influential women by the British Broadcasting Corporation (BBC), London in December 2022.



Felicitations of Ms. Kalpna Kale, Upadhyaksh, Yuvashakti Foundation by Ms. Pooja Malkar, Core Committee Member, KAASH Foundation



Felicitations of Ms. Helen Khandare by Ms. Uma Parab, Member, KAASH Swaasthya Manthan



Unveiling KAASH Konnect Vol. 12

work. Her curiosity for the future made her pursue relative endeavors and she also made a mark in the television industry by writing dialogues. **In 2022, Ms. Jawale was listed under 100 most influential women by the British Broadcasting Corporation (BBC), London along the likes of Priyanka Chopra, Billie Eilish and more.**

Later, our quarterly newsletter, KAASH Konnect Vol. 12 was unveiled. Furthermore, members of the Foundation embarked on how being a part of the Foundation has helped them grow and develop in such diverse aspects ranging from project management, leadership, confidence and networking to collaboration, communication and problem solving. Being a part of this Foundation has made them understand the need of greater good in society and their take away from it has been the much essential social work. The program finally concluded with a small birthday celebration of our Trustee, Smt. Vijayalaxmi Jadhav. Thereafter, the water park became the cherry on top on such a wondrous day. The park, replete with swimming pools, water rides and delicious food provided our women the perfect opportunity to let their hair down and enjoy this day to the fullest.

However all this wouldn't have been possible without the efforts of our Founder-Trustee, Dr. Avkash Jadhav and Mr. Vincent D'mello. KAASH Foundation would also like to thank Ms. Sneha Jawale, Ms. Kalpna Kale, Ms. Helen Khandare; Ms. Renuka Vyas, Joint Director (Health); Ms. Alpa Mehta, Associate Joint Director (Health) and Smt. Vijayalaxmi Jadhav, Trustee, KAASH Foundation for all their encouragement and support.



**Smt. Vijayalaxmi Jadhav, Trustee, KAASH Foundation
addressing the audience**



Mr. Vincent D'mello playing the flute



Members enjoying the scrumptious lunch

The path from dreams to success does exist. May you have the vision to find it, the courage to get on it and the perseverance to follow it.

**-Kalpana Chawla,
Astronaut**

PHOTO GALLERY





IN CONVERSATION WITH MS. SNEHA JAWALE

by Pranati Trivedi

Ms. Sneha Jawale has led a tumultuous life rife with life-altering struggles. She is a domestic abuse and acid attack survivor who was forced to remain away from her child. She was forced to remain isolated, but her steadfast determination and inner strength urged her to step out of the shadows and rebuild a life for herself, free from oppression and reclaiming her control. She has since donned many caps as a businesswoman and is a successful tarot card reader who runs her own foundation, Yuvashakti. The Foundation focuses on providing assistance in various aspects such as medicine, nutrition and health with a special focus on women and child wellbeing.

In 2022, BBC (British Broadcasting Corporation) recognized Ms. Sneha Jawale as one of its '100 Women'—an annual list that names 100 inspiring and influential women around the world each year. She is one of the four Indian women to be featured including Priyanka Chopra Jonas and Geetanjali Shree. She is a pillar of inspiration and she talks about her lessons and life in a 60 minute interview with Pranati Trivedi, Senior Reporter, KAASH Konnect. KAASH Foundation is honored and grateful for the opportunity to connect with Ms. Sneha.

How did you embolden yourself to take back control of your life and transform yourself from a life of oppression to that of determination?

It was evident since the beginning that I had no choice but to accept my situation and the circumstances. Until then, my life had revolved around everyone else. Now, I found myself alone with no support from family or friends. I couldn't go back to my job as a pre-primary teacher. I was left to rely on myself. Initially, I felt extremely helpless, and I questioned God— "Why must I suffer? Why am I being subjected to such harrowing problems?" My immediate focus was finding my bread and butter, the first step towards self-reliance. But I constantly faced obstacles while looking



Ms. Sneha Jawale

for a job. It followed a similar pattern every time—the telephonic interviews would go splendidly, and I would be called for an in-person meeting. When I would reveal that I was an acid attack survivor, I would receive follow-up messages in a few days stating that the interview was canceled, or the position had been filled. This was disheartening and obviously prejudicial, but I refused to let it weaken or break me. It made me even more determined to make something out of the situation. During this time, I pushed myself to work on my skill set and further enhance it. This led to a wide range of activities that I pursued, like knitting, crafts, painting, and teaching. One of my earliest achievements was when I designed dresses for the plus-size women community. I believed that size shouldn't restrict women from dressing their best and feeling self-confident. The response was terrific, and many buyers reached out to me to express their satisfaction and gratitude. This was a crucial moment in elevating my self-belief. Soon after, I was introduced to astrology and tarot reading which has now become my primary occupation and, in some ways, it has definitely been instrumental in my

success. The only things left with me was my character, passion, and perseverance, and I was determined to utilize these assets. The quest for healing and becoming independent has not been easy at all, but I believe that it ultimately trickled down to possessing unwavering faith in myself and God. In fact, I still consider the journey to be ongoing as I am constantly learning. I want to say that taking the first step, however small, is the most important thing when you are trying to rebuild yourself.

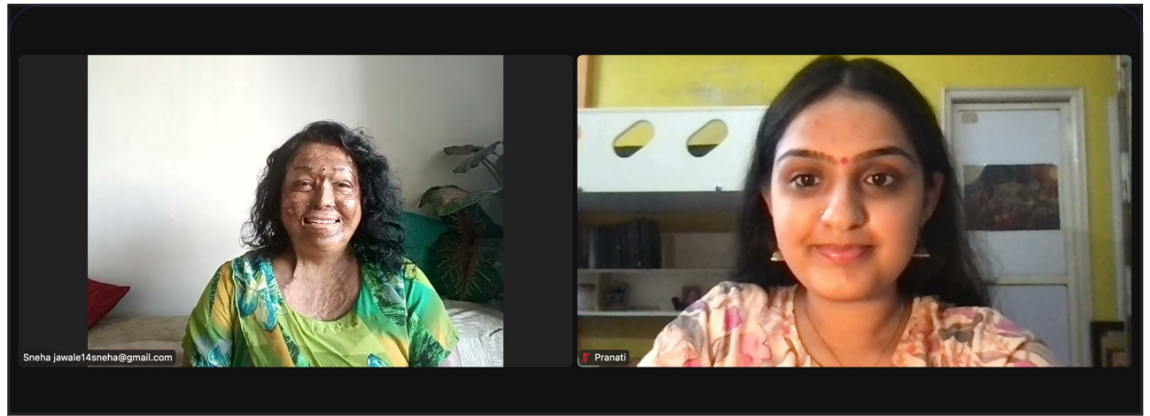
You mentioned how astrology helped you in your journey and acceptance of the situation. How did that come about?

In the early days, I used to keep the TV switched on in the house while I worked. I loved listening to news channels, and during one such instance, they had advertised midday tarot reading classes. It was something different and it intrigued me, so I signed up for them. Kalpna Kale ji taught me the basics, but she also ended up becoming my mentor, friend, and guide. Initially after the course, I asked some of my building friends if I could do the reading for them free of cost. They used to connect

with me in a few days' time to marvel over the fact that the answers I gave aligned with actual events that happened soon after the readings. I maintained a thorough record of the questions and answers to gauge my timeline and success. I started getting more referrals and so I hosted a weekend session for all the buildings in the colony. The response was truly massive, so much so that I had barely had time to eat during the couple of days! Customers would call back to say that what I had predicted had occurred within 4-5 days. Soon through word of mouth, relatives of my customers started contacting me for my services from all over the country—Goa, Satara, Chennai, Delhi, Hyderabad—to name a few. This truly strengthened my decision to make this my career. It made me aware of my worth as a professional and enabled me to fix my own reasonable rates, thus letting my work speak for myself. Tarot card reading provided me with financial autonomy, but also helped me recreate my identity and challenged me to expand my clientele and include more unpredictable cases like politicians and media personalities. One of the first actors I worked with was Mr. Sameer Dharmadhikari (lead actor in TV series such as Buddha and Jhansi Ki Rani). What was supposed to be a mere 30-minute session spanned over 4 hours and lunch. He and his family were impressed with my work, and they referred my name to various other people in the industry. Till date, I maintain strong relations with my clients. It has been a very fulfilling journey and I am grateful to be able to practice my passion righteously.

What are some immediate remedies/steps needed to be taken by society/governments to protect survivors and eliminate such crimes?

It is important to understand the need for stringent measures. In India, a rape crime is committed every 42 minutes, a woman is burned every 54 minutes, and female feticide occurs every 34 minutes. These statistics are staggering and alarming, and if steps are not taken to address these pressing issues, then other complementary women policies are of little use. Massive reforms must be made to the justice system, starting with how long it takes to handle cases. Even seemingly straightforward or simple cases take months, let alone hearings related to heinous crimes. The timing when justice is delivered is also equally



**Pranati Trivedi, Senior Reporter, KAASH Konnect
interviewing Ms. Sneha Jawale**

important. The “breathing time” must not be given to the criminal, the pressure must not be eased from them, and it should be made impossible for them to twist the situation to absolve themselves. Therefore, the first action that needs to be performed is to identify these cases as emergencies and ensure that they are handled quickly. This would also guarantee that the public is made aware of how swiftly and sternly the punishment is administered, which will significantly lower the number of crimes against women. It won't go away because some people have very destructive mental and psychological conditions, but it is a woman's right to receive the swift justice she deserves. Secondly, actions should be taken to diminish corruption since it often finds its way in the justice system. Another point I'd like to mention is that NGOs and other organizations working towards aiding victims and survivors should clearly make their programs and tools known to everyone. If people are aware, this will help ignite the will to move forward in survivors. Lastly, it is the highest duty of society to protect its own members and the legal system must introduce tools that supplement this. Change starts within us and extends to the top. Nowadays, people are more concerned with filming the incident rather than stepping in to help. The duty of protecting women lies with everyone.

What is your advice to survivors of similar and related crimes? How can they transform themselves after being subjected to such gruesome incidents?

It is important to be determined to move on and survive. I strongly believe that to survive and ultimately prosper as a survivor, you learn to depend on yourself and become committed to getting out of your situation, because no person or policy can lift you up if your heart's not in

it. Also, it is necessary to understand that most women are subjected to violence at home because they lack a support structure for themselves. This prevents them from leaving and saving themselves. My biggest advice to women—from any and all walks of life—is to prioritize education. Once you are educated, you don't need to rely on anyone but you. You can detach yourselves from toxic situations because you possess the tools to stand up on your feet. Education paves the way for financial autonomy, which is supremely pertinent when you are a survivor. It provides you with your bread and butter, and helps you reestablish yourself. It can be as basic as providing cooking orders, doing something arts-and-crafts related or something similar, but only some level of education will guarantee this.

In an era where social media has hampered the self-esteem and image consciousness of youngsters, particularly young girls, what is your objective advice to them?

There is ample truth in the statement that social media is chipping away the innocence of children. Additionally, it is the bitter truth that the lens will always be more focused on girls and women on social media. Today, the quest for instant gratification and social approval through viral posts or 'reels' has disillusioned youngsters who are pushing boundaries every day to become popular. The objective sense of 'right and wrong' and what should be public and private is evaporating. The youth may believe that they are in control, but they are losing their body and mental autonomy to the 'algorithm'. Everywhere I go, I observe that they are in a battle of comparison—who has the better and branded clothes and gadgets, style, standard of living etc., and they fail to take the bigger picture into account. This is bound to cause low self-esteem, and girls need to be particularly mindful about this,

since the pinnacle of perfection will never be achieved. Everyone is unique, and it would work in everyone's favor if we played to our own strengths and talents instead of competing and getting sucked into the comparison vortex. Be confident in your own self and recognize that there is more to life than social media. I also subscribe to the notion that certain rules and regulatory measures must be implemented regarding age and content. Young children and teenagers are exposed to all kinds of content, and this ends up pushing them to act well beyond their age and grow up too soon, with skewed ideas and perceptions. I distinctly remember that one of my clients, who was barely 18 or 19, was aware about everything related to social media, but didn't possess certain essential life skills. It's of paramount importance to strike a balance. More importantly, nowadays safety of youngsters is compromised on social media. Their photos are used and morphed in inappropriate content, predators approach them via messages, extortion and blackmail has increased. This cannot be taken lightly.

BBC has rightly recognized you as an influential figure. How was the experience?

Oh, it was fantastic! I felt so joyful and had the urge to dance! I called a couple of my close friends and shared the news with them—they were so happy. BBC had already interviewed me a couple of times in the past in New York and Scotland. In 2022, I was called to take part in a play to honour 10 years since Nirbhaya's tragic passing. They

must have received my information again, and coincidentally they were celebrating 10 years of their "100 most influential women" segment, so they shortlisted my name with 4-5 others. It was such a lovely surprise when I received a call from their office to inform me of this development. I'm honored to have my name included with such powerful women. I'll always be a part of history!

Who or what has been influential in your life?

I believe that you will always come across people who will teach you something throughout your life. For me, a small child engrossed in play is as inspiring as a renowned life coach. I am also motivated by my house help—despite personal problems, she remains optimistic and goes out of her way to assist me. Specifically, I respect and admire Mother Teresa and her selflessness. Inspiration can come in many forms, it might be relatively minor and mundane or massively important, it can be imparted from a regular individual or a celebrity, but its value remains priceless. You should be open to receiving it because every drop makes an ocean.

Would you like to speak a few words on KAASH Foundation?

Ahh yes, surely! Dr. Avkash is my friend and I'm very happy to say that. He is very honest and conscientious. We might not converse regularly but every time we do, we pick off right where we left off. We received the Karmaveer Chakra at the same time and that is when we first connected.



Ms. Sneha Jawale runs her own foundation, Yuvashakti

He always goes out of his way and gives others top priority—this is his best quality and something I strive to implement in my life. His assistance is always unconditional and never expectant of anything. His perspective is very unique, and he has utmost motivation to change the world and lessen the pain of others.

I met a few members of the Foundation during the Women's Day celebration, and I thoroughly enjoyed it. I received beautiful and thoughtful gifts, and it made me very happy! I left with some cherished memories of the interaction and life stories. I met ladies from all walks of life. I would love to remain connected with the Foundation and wish everyone the best. I am certain that KAASH Foundation and all its members will keep pushing to make a difference in society.

“

Nothing was easy, and sometimes she failed, and sometimes she thought that the fairy stories were right, that there must indeed be easier ways of living happily ever after; but defeat is a poor ending to any tale, so she kept trying.

- Sonya Hartnett, Author.

”

NATURE'S BEAUTY UNDER THREAT: SANJAY GANDHI NATIONAL PARK CLEANS UP ON REPUBLIC DAY

by Saanjhi

“Nature is not a place to visit. It is home.”
-Gary Snyder

Parks that are a symbol of our country's rich biodiversity.

to its delicate ecosystem.

Sanjay Gandhi National Park, located in Mumbai, is a protected area that covers an area of 103 km². The park, named after the late Sanjay Gandhi, was established in the year 1974. It is the largest protected area in the city, and is a haven for wildlife, birds, and plants. It is an important ecosystem that is testament to the rich biodiversity of the city. The Park also contains several important historical sites, such as the Kanheri Caves, which date back to the 1st century BC. Furthermore, the park is an important source of recreation for the people of Mumbai, and provides a much-needed escape from the hustle and bustle of the city. With increasing urbanization, the city's green spaces are becoming scarce, and the park plays an important role in the conservation of biodiversity in the city.

The Cleanup Drive was a joint effort of KAASH Foundation, in collaboration with the Park Authorities, and over 330 students from St. Xavier's College (Autonomous). The Drive aimed to restore the Park's natural beauty, thereby protecting its delicate balance. This huge army of Nature's Warriors was split into several groups to clean various areas of the Park, including Kanheri Caves, Gandhi Tekdi, Boating area, Picnic spots, Railway tracks and the 5 kilometer route from the Park's entrance to Kanheri. A whopping 1110 kgs of waste was collected. This included plastic bottles, packaging materials, and other litters. Furthermore, new trees were planted and repairs to damaged park infrastructure were carried out.

National Parks are a testament to the magnificent beauty of Mother Nature. They are home to some of the most exotic species of flora and fauna, and offer us a chance to explore the uncharted territories of our planet. In India, we are blessed to have some of the most breathtaking National

KAASH Foundation celebrated our 74th Republic Day on 26th January 2023 with a remarkable Cleanup Drive at the Sanjay Gandhi National Park. The Park had been facing the problem of plastic litter and other forms of pollution that is not only affecting its beauty but also posing a threat

The Park authorities and Staff deserve special recognition for their efforts to maintain the Park's beauty and ecological balance. The Chief Forest Officer, Shri. Mallikarjun (I. Fo. S), and Range Forest Officers: Shri. Manoj Patil, Shri. Santosh Kank, and Shri. Chavan, along with Forest Guards: Shri. Dixit and Shri. Hande, and the staff at Kanheri Caves: Shri. Baviskar and Shri.



Students of St. Xavier's College cleaning along the 5-kilometer route to Kanheri Caves

Gule, and the office staff of the National Park, Shri. Pratik, were all instrumental in making the Cleanup Drive a success.

The entire exercise was not just a cleanup drive, but also a hands-on experience for the students, as they learned about the importance of protecting our ecosystem. The initiative demonstrated that when people come together, they can make a real

difference in the world. The park authorities and KAASH Foundation have been working together for years to ensure that the park remains litter-free and its ecosystem protected, helping spread awareness about the importance of preserving our natural heritage and encouraging people to adopt more sustainable practices. A major highlight of this association has been our Founder-Trustee, Dr. Avkash Jadhav's 11-

year struggle from 2000 - 2011 to make the Park a 'No Plastic' zone.

This article is a tribute to the efforts of the Cleanup Drive and a reminder of the need to protect our environment. The Sanjay Gandhi National Park Cleanup Drive is a shining example of what can be achieved when like-minded people come together to make a difference.



The students of St. Xavier's College with Dr. Avkash Jadhav



Students cleaning up the railway tracks area of the park



Garbage collected as part of the Drive

PHOTO GALLERY



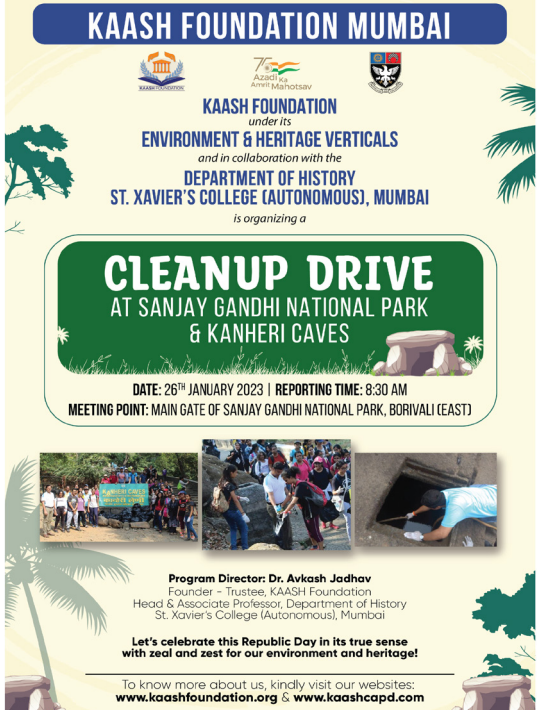
PRESERVING TRUE TREASURES

by Harsh Mewada

Just as photos capture the best memories of our lives, heritage sites embody the wonders of our culture. They tell stories of our past times, our ancestral heritage and our cultural treasure. To preserve and protect this treasure of humanity for generations to come is our mutual obligation and fulfilling this duty is real patriotism towards our nation.

KAASH Foundation is committed to protect and preserve this treasure just like it is committed towards the eradication of present-day problems. KAASH Foundation has been giving attention to critical issues of the society and comes out with solutions to address these issues of utmost importance. And the Cleanup Drive along with a heritage walk to the Kanheri Caves in Sanjay Gandhi National Park was one among the recent activities taken up by KAASH Foundation's team.

The Kanheri Caves, located within the Sanjay Gandhi National Park, are a series of 109 Buddhist rock-cut caves that date back to the 1st century BC. These caves are testament to the rich cultural and religious heritage of the region, and provide us with a glimpse into the lives of the ancient Buddhist monks who lived there. The caves were carved into a hillside, and consist of *chaitya* halls, *viharas* (dwelling places for monks), and rock-cut sculptures. These caves have the carvings from all three orders - Hinayan, Mahayana and Vajrayana Buddhism. Kanheri Caves being an important tourist spot, attract visitors from far and wide who come to marvel at their beauty and historical significance. In recent years, the caves have undergone several restoration and conservation efforts, and are now a protected site that is maintained by the Archaeological Survey of India.



KAASH FOUNDATION MUMBAI

75th Anniversary
Azadi Ka Amrit Mahotsav

KAASH FOUNDATION
under its
ENVIRONMENT & HERITAGE VERTICALS
and in collaboration with the
DEPARTMENT OF HISTORY
ST. XAVIER'S COLLEGE (AUTONOMOUS), MUMBAI
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
Head & Associate Professor, Department of History
St. Xavier's College (Autonomous), Mumbai

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



Students of St. Xavier's College in action at Kanheri Caves

Unfortunately, the safety of this priceless heritage has been at stake. Frequent tourist visits to the site have compromised its cleanliness and heritage. Being a very busy tourist place in the National Park, it has a huge chunk of people visiting the vicinity quite often. People, often unaware of its heritage value, treat it as a picnic spot. Though vandalism, which was quite rampant initially, has stopped, it is still prey to garbage thrown by tourists. The place, managed by the Archaeological Survey of India (ASI), has dustbins placed at every strategic spot. However, since the caves are spread across a large area, it's difficult to place waste bins at every corner due to the hilly terrain. Sadly, people ignorantly dump waste brought by them and dirty a place of worship, a place of culture and most importantly a place of cultural treasure. The ASI has set up the site with all required facilities at the entrance to the caves. There are washrooms, dustbins placed at different places. There's an area provided for refreshments away from the main site so the visitors do not flood the site with waste.

Yet, one still finds all kinds of waste at the site.

This is where KAASH Foundation comes to the rescue of the place. It has been holding heritage walks while doing a cleanliness drive at the caves since the last decade. This year too, on the occasion of Republic Day Dr. Avkash Jadhav along with his team from KAASH Foundation brought in the students from St. Xavier's College, Mumbai for a heritage walk and cleanup drive at Kanheri Caves. Divided into two groups, the first group carried out the activity in the national park area and the other group led by Dr. Jadhav went to the caves. Around 50 people were near the caves for the cleanup activity. The students were also imparted with the importance of the site which boosted the students' will for the drive. The activity was a huge success like every time. Students were overwhelmed with the feeling of patriotism after working towards the well-being of national heritage. The drive started at 9 am and went on for 5 hours after which the students gathered around and were appreciated by Dr. Jadhav and the

team along with refreshments. This activity got support from the workforce at the site who guarded the site and prevented further litter. Even tourists visiting the site gave a word of appreciation to the students who helped in the cleanup drive. This activity not only cleaned up the whole area but also made everyone aware about the protection of national heritage.

Kanheri Caves are a precious gift from our ancestors, and are a symbol of the rich cultural and religious heritage of the region. They are a testament to the skills of the ancient craftsmen, and are an important source of inspiration for artists, historians, and archaeologists. So, let's take the time to appreciate and protect these precious gifts from our past. As a responsible citizen of India we must give into the protection, preservation and carrying forward the legacy of our cultural treasures through sites like Kanheri Caves. It is our responsibility to guide even the future of India on the importance of these sites to us as well as them.



Students with the collected garbage at the entrance of the caves

Team KAASH Foundation



PHOTO GALLERY



EDITOR'S DESK



One of the greatest strengths of a woman is her ability to remain optimistic, even in the darkest of hours. The innate qualities of empathy, endurance and tolerance enables her to see the positive even in the midst of greatest despair. To celebrate Women's day and pay tribute to her perseverance and dedication, KAASH Foundation arranged a day out for the women of the Foundation and its guests, to let her hair down and enjoy the day to her heart's content. Celebrating at a water park with her worries and responsibilities kept aside for one day, is like a dream come true for most women. Here, we have Ms. Jawale's heart rendering story of determination and fortitude to overcome all odds in life with a positive attitude. It also holds as a beacon light to all women who face great adversities in life.

Cleanliness is next to godliness is an adage taught to little children at school. Yet the environment controlled by adults around them belies this very adage. In order to restore this value system in the youth, we at KAASH Foundation celebrated our 74th Republic Day by holding a cleanliness drive at two places. First, at the abode of animals, Sanjay Gandhi National Park where a huge number of youth joined hands to clean the area of waste that would be detrimental to the lives of animals who abide there.

Our second venue was our Heritage site at Kanheri Caves. Past is always present in the present and to keep it alive and connected, we need to preserve it in every way. Even the young students were aghast at the litter that had accumulated at such a precious historic site. Cleaning the place proved to be therapeutic for the young volunteers. It not only made them aware of the ugliness that prevails when an informative place is submerged with garbage, but also taught them the need to go out and spread the lessons of cleanliness and the need to observe sanitation and hygiene at all places.

The creative section continues to enthrall the audience with their fancy and imagination. It brings in new perception and new dimensions in thinking, which is like a fresh breath in this boxed world.

With this my readers, I wish you Happy Reading!

FOUNDER'S DESK



अतुलं तत्र तत्तेजः सर्वदेवशरीरजम् ।

एकस्थं तदभून्नारी व्याप्तलोकत्रयं त्विषा ॥

(The incomparable radiance that was born from all gods and pervaded the 3 worlds, came to one place and took the form of a woman).

'What I want young women and girls to know is: You are powerful and your voice matters. You're going to walk into many rooms where you may be the only one who looks like you or who has had the experiences you've had. So you use that voice and be strong.' —Kamala Harris, Vice President of the United States of America.

The above two quotes rightly offer our gratitude to all women and especially to our strong women of the KAASH Family. We celebrated our flagship event, Kritagya for the third consecutive year to honour and offer a whole day, filled with activities for the women members of the Foundation. The contribution of all our women team members is the base and main source of motivation for the success of all our events. As a the Founder-Trustee I take this opportunity to individually thank each and every woman member of the Foundation as we work together and equally learn immensely from them.

Another important event organised by the Foundation was celebrating the 74th Indian Republic Day on 26 January 2023 by a Cleanup Drive at Sanjay Gandhi National Park in Mumbai. This park is spread across 103 sq km of the forest area and I have been working on this environmental cause for the park since 1999. This year the cleanup drive witnessed a participation of 330 volunteers and we collected a whopping 1110 kg of plastic and other non-biodegradable waste from this forest area. The enthusiasm of the students, youth and other volunteers was phenomenal.

Our aim is to create a healthy mind in a healthy body and so all our activities have a holistic approach and elements of natural synthesis. We are committed to selflessly contributing to society and so our actions or events always have definite objectives and we strive to reach our direct goals. The Foundation has been instrumental in getting the support and participation from all the age groups pan India.

We are thankful to our well-wishers and supporters for their constant encouragement and appreciation. The Foundation has grown in a purposeful way in the last four years and with it, all those who are associated or connected can also comprehend their growth.

KAASH KONNECT TEAM

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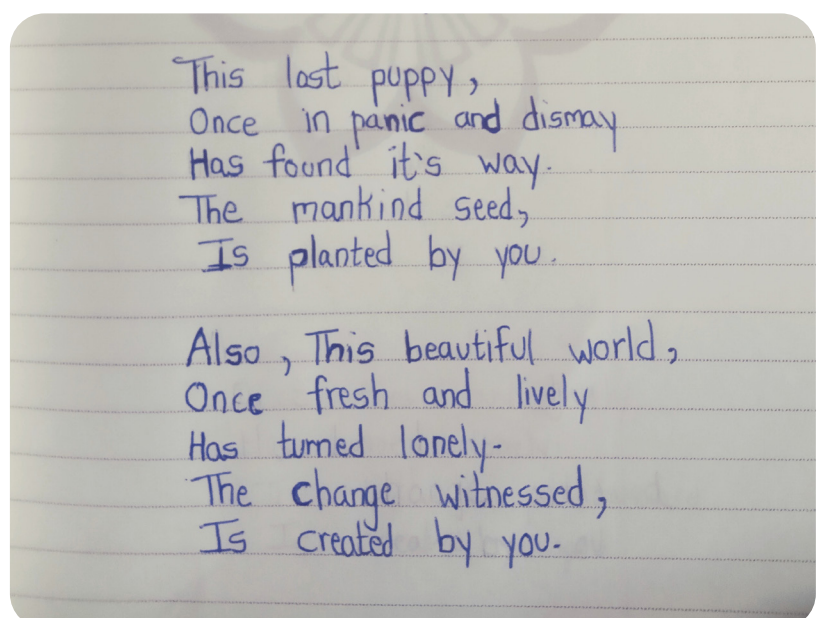
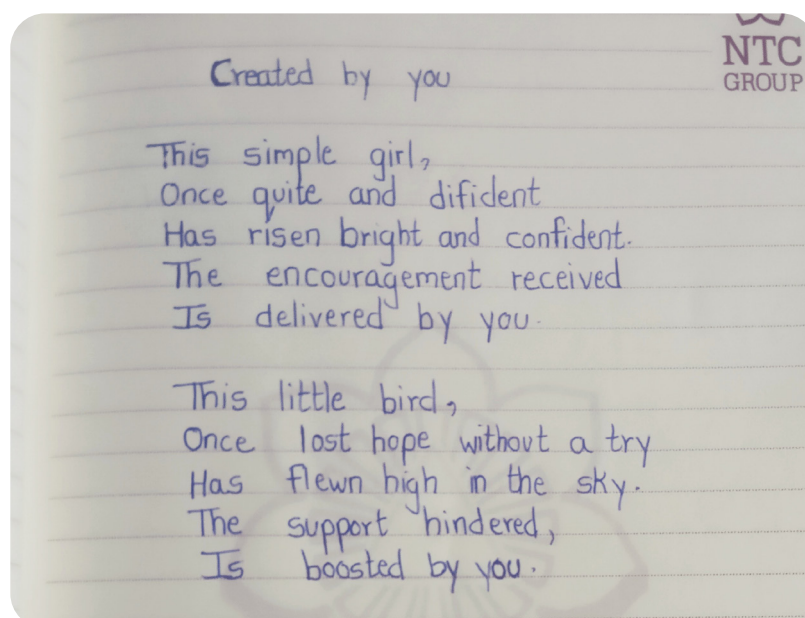
KAASH CREATIVE CORNER

THE RISE OF THE WOMEN - THE RISE OF THE NATION

BY RAZIN ASHFAQ TUNGEKAR (KONKAN GYANPEETH COLLEGE OF COMMERCE & ARTS, URAN)

**CREATED BY YOU**

BY RITU YADAV (FYBA, K. J. SOMAIYA COLLEGE OF ARTS)



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ISHWAR KE FARISHTE

BY AASHINI CHANDAN (FYBA, K.J. SOMAIYA COLLEGE OF ARTS AND COMMERCE)

ईश्वर के फ़रिश्ते 🌸

इस दुनिया मे हमेशा से
ईश्वर के नेक बन्दों को
दबाया गया आखिर क्यूँ
क्या यह किसी ने पूछा ?
जब वे मार खाते रहे तो
क्या आपने आवाज़
उठाई ? आज भी स्त्री
पुरुष अत्याचार सहन
करते हुए खुदको मारकर
अपने देह का त्याग करते
है तब सब कहा थे ?

जो अच्छा होता है उसको
ही आगे तक जाने नहीं
देते , हे मेरे मालिक एसा
युग आगया है जहां
वेतिया भी सुरक्षित नहीं
और इनके खिलाफ़
आवाज़ उठाने वाले
काफ़ी कम रहते है सही ,
ऐ मनुष्य इन परिंदों को
जीने दे और अच्छे कार्य
करने दे क्यूकी अगली
दफ़ा क्या हो ?

अगली तुम्हारी बहन बेटी
हो इसलिए एय मनुष्य
इन ईश्वर के परिन्दों को
मत मार क्योकि इसमे
आखिर मैं है तेरी हार ॥

आशिनी चंदन ❤️

KAASH CREATIVE CORNER

I AM WITH YOU

BY ADITI PODDAR (BAMS, 1ST YEAR STUDENT, DATTA MEGHE AYURVEDIC MEDICAL COLLEGE)

Sometimes in everyone's life
we feel lonely,
bcz we are only
Difficult to stand out
from the mysterious layout
Heartily, needed some one alas !
but no one so far...
here upon .

there's a serene soul, beautiful and bold..
knows you better, than you know
Try to find out ,
somewhere hidden within you.
once, you find out..
will make sure .

? Am With You..

? Am With You...!!

Aditi poddar

UPCOMING EVENTS

काश फाऊंडेशन मुंबई
आयोजित

डॉ. बाबासाहेब आंबेडकरांच्या १३२व्या जयंतीच्या निमित्ताने
शैक्षणिक मार्गदर्शन आणि मागासवर्गीय विद्यार्थ्यांसाठी
स्पर्धा परीक्षा पुस्तकांचे मोफत वितरण

स्थळ : पंचायत समिती कार्यालय, तालुका विक्रमगड, जिल्हा पालघर
दिनांक १४ एप्रिल २०२३ रोजी सकाळी ९.३० ते दुपारी १ पर्यंत

काश फाऊंडेशन मुंबई आयोजित
आरोग्य आणि सामाजिक जनजागृती मार्गदर्शन शिबीर

दि. १२/०४/२०२३
मासिक पाळी ह्या विषयावर
मार्गदर्शन आणि साहित्य / वस्तू वाटप
(सॅनिटरी पॅड आणि स्वच्छता कीट)
दि. १३/०४/२०२३
बालविवाह प्रथेविरुद्ध जनजागृती शिबीर

वेळ - सकाळी १० ते दुपारी १ वा.
स्थळ - पंचायत समिती कार्यालय, तालुका विक्रमगड, जिल्हा पालघर

KAASH FOUNDATION MUMBAI

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

**INTERNATIONAL
YOGA WEEK**

(For the 5th consecutive year in accordance
with the Common Yoga Protocol as set forth by
the Ministry of AYUSH, Government of India)

— Yoga for Vasudhaiva Kutumbakam —
(15th June - 21st June 2023)

योग: कर्मसु कौशलम्।
(Yoga is excellence in action)

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

KAASH FOUNDATION MUMBAI
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Registration No: E - 35343 (M). NGO Darpan No: MH/2022/0328154

This Ambedkar Jayanti
KAASH FOUNDATION
under its
**RURAL AND TRIBAL COMMUNITY
OUTREACH PROGRAM (RTCOP)**
has taken up an initiative to print

Over	Each containing	And costing
500	308	300
Books	Pages	Rupees

14TH APRIL 2023

GIFT OF LEARNING

AT VIKRAMGAD

Educate, Organize, Agitate

These educational books are for the SC/ST students, especially girls of Vikramgad, Palghar District, Maharashtra

Let's walk by Dr. Ambedkar's principle of educating the marginalized and do our bit for the cause!

Visit our websites: www.kaashfoundation.org and www.kaashcapd.com

BIRTHDAY WISHES

Samiksha Singh
17th January



Rehan Ansari
5th February



Nandita Moitra
5th February



Alpa Mehta
27th February



Pooja Malkar
17th February



Vijayalaxmi Jadhav
4th March



Anuja Augustin
3rd March



Jinansh Dugger
25th March



Maria Noronha
28th March

