



# KAASH KONNECT

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AN INITIATIVE BY



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## 5<sup>TH</sup> INTERNATIONAL YOGA WEEK 15 JUNE 2023 - 21 JUNE 2023

by Pranati Trivedi

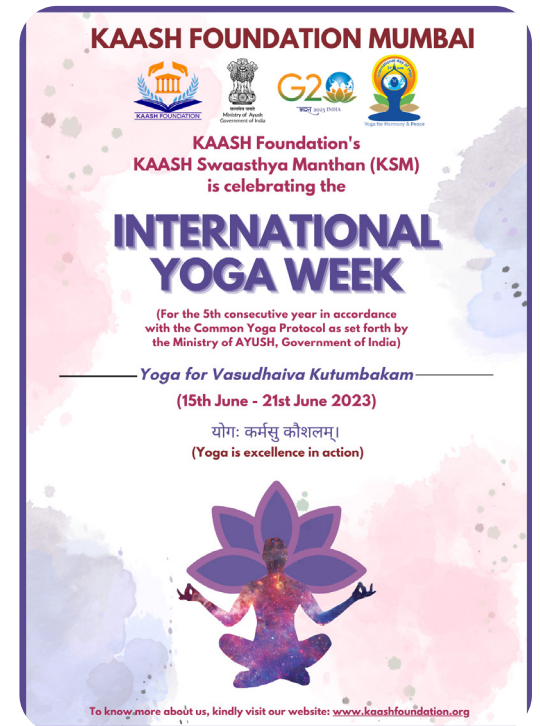
मनःप्रशमनोपायो योग इत्यभिधीयते ॥

*The recourse to pacify the mind is called Yog.*

(Mahopaniṣad. 5.42)

International Yoga Day is celebrated every year on the 21<sup>st</sup> of June. The theme for the 9<sup>th</sup> International Day of Yoga was 'Yoga for Vasudhaiva Kutumbakam' (meaning 'Yoga for the Welfare of All as One World - One Family'). This year, this internationally recognized and landmark day was even more significant owing to the prestigious honour being bestowed on India to host the 18<sup>th</sup> Heads of State and Government Summit of the Group of 20 (G20) Session throughout the year. It will be the first ever G20 summit to be held in India as well as in South Asia. It is indeed a testament to India's growing influence in the global world considering its increasing recognition as the birthplace of Yoga.

KAASH Foundation's KAASH Swaasthya Manthan proudly celebrated International Yoga Week for the 5<sup>th</sup> consecutive year. It was observed in accordance with the Common Yoga Protocol as set forth by the Ministry of AYUSH, Government of India. KAASH Foundation has strived hard to transform people's perspective of health by promoting alternative health practices including Yoga, Naturopathy, Sujok, Sound Meditation Healing, Acupressure, and Ayurveda, among



others. In particular, the Foundation has long since recognized the significance of Yoga not only as a physical, mental and spiritual practice but also as a way of life in tandem with psychology, psychiatry, dietary patterns and the journey of finding one's inner self. Over the past 5 years, to commemorate and promote Yoga, KAASH Foundation has organized and hosted camps, webinar series centred around the need and relevance of Yoga. These events are testament to the Foundation's deep-rooted commitment and inclination towards promoting Yoga.

This year followed a celebration that was extensive, comprehensive and inclusive. The event spanned 7 days, from 15<sup>th</sup> June



2023 to 21<sup>st</sup> June 2023.

The inaugural day i.e. **15<sup>th</sup> June** included a 2 hour morning session for the residents of S.G. Barvenagar in Ghatkopar West, Mumbai. The attendees were regular yoga followers and as a result, the session focused on correcting their form, speed and breathing rhythm through asanas such as the *Dhyana Mudra*, *Pawanmuktasana*, *Gomukhasana* and *Parvatasana*. They were also informed of the most efficient way to practise yoga and breathing patterns to harness positive hormones from the brain. The event was led by Ms. Pooja Malkar, Ms. Uma Parab, Ms. Neha Sawant, Mr. Alkesh Shah, Ms. Asmita Betker, Ms. Arundhati More and Ms. Sakshi Chavan.

Day 2 of the week i.e. **16<sup>th</sup> June** consisted of a Yoga session for the residents of M.G. Road, Goregaon West, Mumbai conducted by Ms. Asmita Betker from 8 am to 10 am. Since the residents were middle-aged and senior citizens, the main focus was to improve joint mobility and lessen discomfort in old age by performing asanas such as the *Chakki Chalanasana*, *Bhramari Pranayama* and *Surya Namaskar*.

On **17<sup>th</sup> June**, residents of Century Mill, MHADA Complex at Prabhadevi, Mumbai attended a session that underlined the importance of commencing a consistent yoga regime in life. The colony's demography was mostly skewed towards middle-class families and homemakers, and hence the aim was to embolden them to take time out everyday to practise yoga and meditation to improve muscle strength and develop an overall healthier lifestyle. The team involved in this session included Ms. Pooja Malkar, Ms. Sakshi Chavan and Mr. Alkesh Shah.

Day 4 of the week i.e. **18<sup>th</sup> June**, included a yoga session for senior citizens at Shramik Senior Citizen Union, Lower Parel, Mumbai. The session was steered by Dr. Avkash Jadhav, Ms. Renuka Vyas, Ms. Pooja Malkar, Ms. Asmita Betker, Ms. Neha Sawant, Ms. Arundhati More, Mr. Alkesh Shah, Ms. Shernaz Vatchcha, Ms. Pamela Dhonde and Mr. Shreeraj Jadhav. Most of the senior citizens present were already yoga practitioners, but they were enlightened about pain and stress management. A detailed explanation was given to describe the physical manifestations of untreated pain and stress as illnesses and diseases. The session also covered ways to minimise pain during old age and sickness.

Day 1 - 15/06/2023



Residents in *Dhyana Mudra* pose



Performing the *Pawanmuktasana*



Practicing the *Gomukhasana*



Ms. Asmita Betkar, our certified Yoga trainer (in yellow salwar, standing), guiding participants to perform the *Parvatasana*

Day 2 - 16/06/2023



Practicing the *Chakki Chalanasana*



In the *Bhramari Pranayama* pose

Day 3 - 17/06/2023



An introductory brief on *Sujok Therapy* by Ms. Pooja Malkar, Core Committee Member, KAASH Foundation and Mr. Alkesh Shah, Associate Joint Director (Health), KAASH Foundation



Ms. Pooja Malkar with the residents of MHADA Complex, Prabhadevi, Mumbai



Practicing the *Surya Namaskar*



A demo of *Sujok Therapy* by Mr. Alkesh Shah

On 19<sup>th</sup> June, a workshop for the Officers and the Staff of the Disaster Management Cell of BMC was organized at Fort, Mumbai, from 3 pm to 5 pm. The attendees were all involved in jobs revolving around pressure-inducing and citizen-facing environments. Consequently, the team focused on talking about the process of stress management as well as informing the participants about dietary plans and daily routines to boost the production of serotonin and dopamine, which in turn would lead to a calmer and pleasant state of mind even during intense situations. Many exercises were also demonstrated and followed by the Officers. The team consisted of Dr. Avkash Jadhav, Ms. Renuka Vyas, Ms. Alpa Mehta, Ms. Bhumika Gohil, Mr. Raj and Ms. Khusboo.

The penultimate day of the week-long celebration witnessed a Yoga & Health Awareness Camp for the students and staff of Dr. Baliram Hiray College of Architecture, Bandra, Mumbai. As architecture students, their postures are often hampered and the talk focused on asanas to improve posture and reduce the risk of slip disc, cervical spondylitis etc. during later years. More importantly, the girls were taught methods and yoga movements such as the *Pawanmuktasana* and *Surya Namaskar* to battle PCOD and strengthen reproductive muscles. The boys were encouraged to practise the *Namaskar Mudra* and *Savasana* to improve focus. The session was led ably by Ms. Renuka Vyas, Ms. Dhvani Shah, Ms. Asmita Betker, Ms. Arundhati More and Ms. Neha Sawant.

The final day, i.e. 21<sup>st</sup> June, consisted of numerous events and sessions that were held in Mumbai and the districts of Palghar & Sindhudurg.

In Palghar, the sessions were held in Vikramgad Taluka in different schools, attended by a total strength of 450 students, 10 teachers, and 25 *Anganwadi Sevikas*. The schools were based in Dadde Village and Khadki Village of Vikramgad. The main emphasis of the workshop was on dealing with malnutrition. The students were explained about the importance of regular exercise and body movements after meals. Particularly, the PT teachers were told about different exercises that must be incorporated in the training of students to build muscle endurance. Ms. Uma Parab, Ms. Asmita Betkar, Ms. Renuka Vyas, Ms. Alpa Mehta, Ms. Pooja Malkar, Ms. Neha



Ms. Shernaaz Vatchha, our certified Yoga trainer (sitting at the centre), demonstrating a few chair exercises to senior citizens participating in the camp



Exercise to stretch the spine



Exercise to stretch the back and waist



Team KAASH Foundation with the participants at Shramik Senior Citizens Union, Lower Parel, Mumbai

#### Day 5 - 19/06/2023



In the Bhramari Pranayama pose



Practicing Anulom Vilom



Exercising to stretch the waist and hand



Team KAASH with the officers and staff of Brihanmumbai Municipal Corporation's Disaster Management Cell

Sawant and Ms. Arundhati More led these efforts.

In Sindhudurg, sessions were held at the Kasal Gram Panchayat and the Kasal English School from 8 am to 11:30 am. Participants were taught various pranayama techniques and yoga asanas that strengthened the mind-body connection, which is extremely essential. Attendees were also taught the importance of flexibility and how it largely

depends on not just the body but also the belief of the mind.

Yoga sessions were also held in Mumbai for residents of Rajendra Nagar, Borivali East and the employees of Pentacle Company at Goregaon.

The primary message and takeaway for the participants of the Yoga Week was how to best preserve the '*praanashakti*' and utilise

it during times of illness. All in all, the Yoga Week was successful in delivering this message and promoting the inclusion of Yoga, *pranayama*, healthy diet and mindful thinking in people's daily lives. The week culminated in the following snapshot of highlights:

- Active participation from the age group of 4 years to 85 years.
- More than 1500 people benefited from the Yoga sessions and workshops.
- Participation of more than 1000 students.
- Yoga Camps held in tribal, rural and urban areas.
- More than 25 hours of Yoga sessions were conducted.
- All stakeholders of the society were covered namely children, teenagers, youth, middle-aged and senior citizens, thus being highly inclusive.
- Special camps were organized for women, corporate employees, government officials and *anganwadi sevikas*.
- Dedicated Workforce of 15 Members.
- Collaborations with Citizens' groups, NGOs, Government Departments and Educational Institutions.
- Invitation to organize monthly Yoga sessions for the Staff of Disaster Management Cell of the Municipal Corporation of Greater Mumbai (MCGM).
- Invitation to organize weekly Yoga sessions for the senior citizens associated with the Federation of Senior Citizens of Maharashtra (FESCOM).
- All the camps, talks, workshops and sessions were conducted, guided and led ably by KAASH Foundation's team of certified Yoga trainers.

An event on such a grand scale is no easy feat, and the successful organization and implementation of the same would have been rendered impossible without the magnanimous vision and support of Dr. Avkash Jadhav (Founder-Trustee, KAASH Foundation), Ms. Renuka Vyas (Joint Director for Health, KAASH Foundation), Ms. Pooja Malkar (Coordinator, KAASH Swaasthya Manthan), Mr. Alkesh Shah (Asst. Joint Director for Health, KAASH Foundation) and the dedicated yoga trainers. The Foundation extends its

Day 6 - 20/06/2023



Students of Dr. Baliram Hiray College of Architecture, Bandra, Mumbai in the Namaskar Mudra pose



Girls performing the *Pawanmuktasana*



Performing the *Surya Namaskar*



Team KAASH Foundation with Ar. Sunil Magdum, Principal of Dr. Baliram Hiray College (in blue shirt)

Day 7 - 21/06/2023



Students at Vikramgad, Palghar District practicing the *Parvatasana*



Anganwadi Sevikas at Vikramgad, Palghar District practicing the *Ekpada Janu Shirshasana*



Staff of New English High School at Kasal, Sindhudurg District performing the *Anulom Vilom*



Students at Kasal Gram Panchayat, Sindhudurg District practicing the *Paschimottasana*



Residents of Rajendra Nagar in Borivali, Mumbai practicing the *Surya Namaskar*



Employees of Pentacle Company in Goregaon, Mumbai practicing a few stretching exercises

heartfelt gratitude to these pillars of strength as well as to the entire workforce and volunteers.

As always, KAASH Foundation has added yet another feather to its cap in its mission to transform the people, the nation and the world. Such successes only provide further motivation to the members to continue their dedicated efforts to live and work in accordance with the mission and vision. With the strength, guidance, and well-wishes of our supporters and patrons, KAASH Foundation vows to work relentlessly for a fulfilling and better tomorrow.

**15th June 2023: Yoga Camp at S.G. Barvenagar, Ghatkopar, Mumbai**



**17th June 2023: Yoga Camp at Century Mill, Prabhadevi, Mumbai**



“

*Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one's actions*

*When you inhale, you are taking the strength from God. When you exhale, it represents the service you are giving to the world.*

**-BKS Iyengar**

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18th June 2023: Yoga Camp at Shramik Senior Citizen Union, Lower Parel, Mumbai



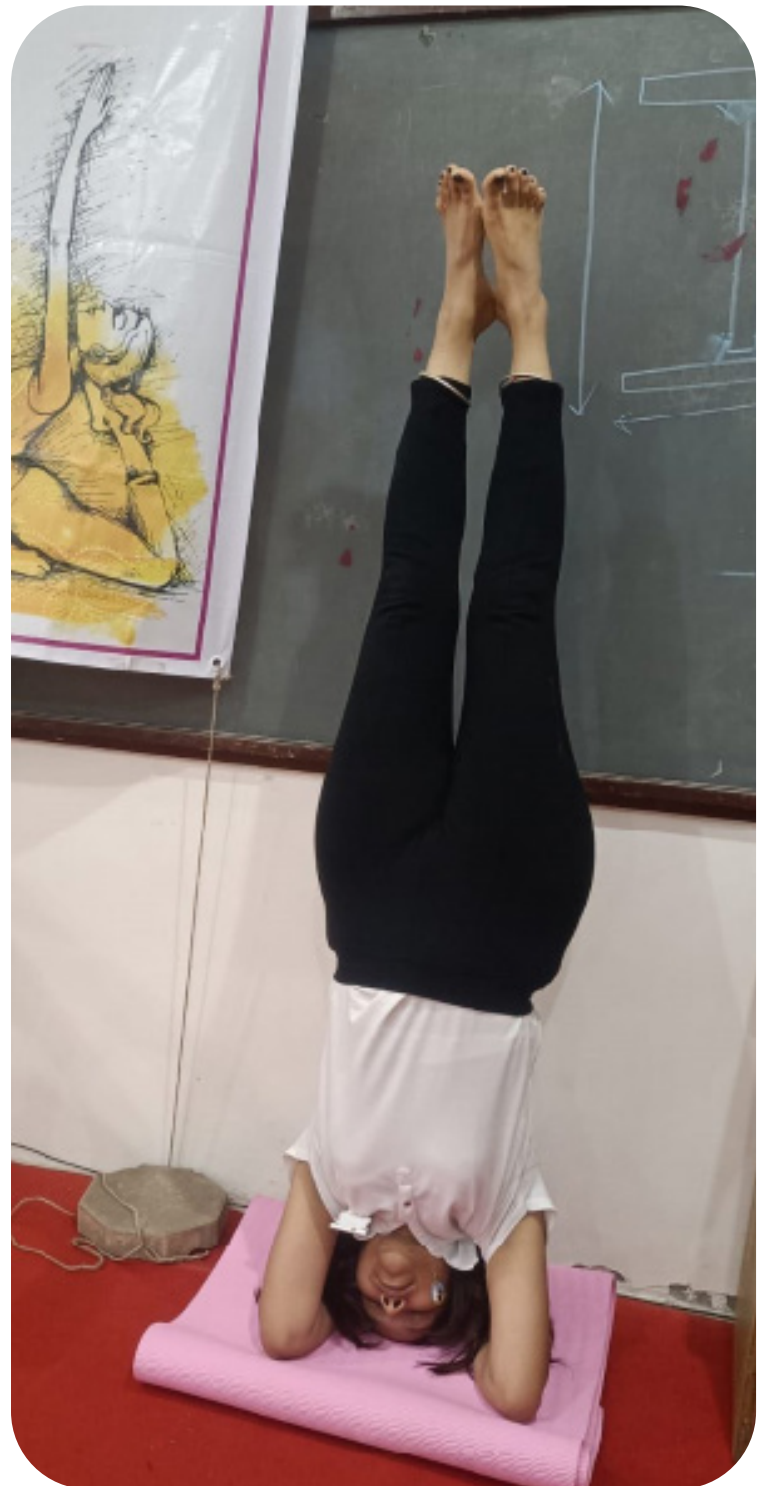
### 19th June 2023: Yoga Camp at Disaster Management Cell, Brihanmumbai Municipal Corporation







20th June 2023: Yoga Camp at Dr. Baliram Hiray College of Architecture, Bandra, Mumbai



21st June 2023: Yoga Camp at Kasal, Sindhudurg District, Maharashtra



21st June 2023: Yoga Camp at Pentacle Company, Goregaon, Mumbai



21st June 2023: Yoga Camp at Rajendra Nagar, Borivali, Mumbai



21st June 2023: Yoga Camp at Vikramgad, Palghar District, Maharashtra







**KAASH FOUNDATION MUMBAI**  
KAASH Foundation's  
KAASH Swasthya Maethan (KSM)  
is celebrating  
**INTERNATIONAL YOGA WEEK**  
(For the 67<sup>th</sup> consecutive year, on the guideline of  
Ministry of Ayush, Government of India)  
**15 June - 21 June 2023**  
Dr. Avikas  
Founder  
KAASH Foundation  
Mr. Akhilesh  
Associate Director (Health)  
KAASH Foundation  
To know more about us, kindly visit our website  
[www.kaashfoundation.org](http://www.kaashfoundation.org) / [www.kaash.org](http://www.kaash.org)

**Kaash Foundation**  
E-2 & H-2  
EDUCATION  
ENVIRONMENT  
HEALTH  
HERITAGE

# MOU WITH UNIVERSITAS TABANAN, BALI, INDONESIA



KAASH Foundation signs a Memorandum of Understanding (MOU) with Universitas Tabanan to grow and advance in the field of academics and education. This year-long collaboration will see KAASH Foundation and Universitas Tabanan work together to organize conferences/webinars/FDPs/symposiums, as well as activities of community and social outreach, awareness campaigns, job-oriented courses and personality development

training for students, scholars, and academicians.

Universitas Tabanan (Untab) is a private university in Bali, Indonesia, established on 26th August 1982, under the regulation of the Indonesian Ministry of Education and Culture. What distinguishes Untab is its persistent dedication to maintaining high teaching standards and actively participating in a wide range of academic and non-academic

activities. As a research-intensive institution, it places significant emphasis on essential institutional values such as interdisciplinary collaboration, advanced pedagogy, and global involvement. Untab ensures that students are guided by industry experts and are equipped with practical skills that will be useful after graduation. Their faculty members have contributed significantly to various innovative discoveries and technical advancements.

## ACHIEVEMENTS OF OUR MEMBERS

### CONGRATULATIONS TO PRANATI TRIVEDI!

Pranati Trivedi, our Senior Reporter for KAASH Konnect, has been accepted to the National University of Singapore (NUS). Pranati will be pursuing an M.Sc. in Management at the University. Kudos to her!

### CONGRATULATIONS TO JAIVIK VYAS!

Jaivik Vyas, our Youth Brigade Member, has secured 73% in the Class X CBSE Board Examinations. KAASH Foundation wishes him the best for his future endeavors!



## EDITOR'S DESK



Life in this present time is wrought with stress and pain for all humans, young and old. While the complexities of life cannot be avoided, we can search for ways and means to deal with them and overcome them with simplicity. What better way than to practice Yoga to keep these lifestyle ailments at bay! KAASH Foundation conducted a week long Yoga session, not just in one place, not just for one set of audience, and not for a group with homogenous problems but for a whole range of the population that encompasses this city. A week preceding International Yoga Day, members of KAASH Foundation began conducting Yoga sessions at various venues in and around Mumbai. Beginning with the practitioners of Yoga, it extended the session to senior citizens, homemakers, middle aged citizens, officers and staff of Disaster Management Cell, and school children. Keeping in mind the problems and requirements at home/ work place, each session was customized to ensure that the participants received the required effect in the optimal form. As we move on into the international forum, we made another historic pact, by signing an MOU with Universitas Tabanan (Untab) from Bali, Indonesia. Both parties agree to work together in academia, especially in the field of education. April 14 is the day we remember our great leader, Dr. Ambedkar who strived relentlessly for the downtrodden during his lifetime. Honouring his work and continuing his principles, KAASH Foundation paid homage to this great leader by celebrating his birthday by conducting a Health Camp at Vikramgad, where KAASH Foundation has been supporting the tribal women and children in this district. The creative corner, as usual, gives us a glimpse into unleashing the creative power of the young. With this, we give our readers another sneak peek into the events of KAASH Foundation during this quarter, and we wish you Happy Reading!

## FOUNDER'S DESK



It has been almost five years that our commitment to health and education vertical has brought astounding results. As per the guidelines of Ministry of Ayush, Government of India, we organised camps to promote Yoga across all the stakeholders. We covered officials in the Disaster Management Cell in the Municipal Corporation of Mumbai, in rural, semi-urban and tribal areas. We also organised camps for school children and even for senior citizens. As rightly said by B.K.S. Iyengar, "Yoga teaches us to cure what need not be endured and endure what cannot be cured."

Similarly our consistency in organising various academic activities was acknowledged by Universitas Tabanan, Indonesia and they offered to sign a Memorandum of Understanding (MoU) with us. This was also a testimony of our international presence in the academic world. For this, I congratulate and express my gratitude to all our team members. We continued to work on our Rural and Tribal Community Outreach Program (RTCOP), in the tribal district of Palghar. In fact to celebrate the 132nd birth anniversary of the Father of the Indian Constitution, we organised a massive drive of distributing books and stationery to the tribal students and school teachers. We also undertook the task of giving the study material to students to prepare for the scholarship examination of the state government of Maharashtra. The study material will offer them the required assistance to qualify in the exams, so they can avail of some monetary benefits from the government.

I would like to extend my special thanks to Mr. Sahil Jahagirdar, our team member for compiling the entire volume. I am reminded of Dr. B. R. Ambedkar's words, "History shows that where ethics and economics come in conflict, victory is always with economics. Vested interests have never been known to have willingly divested themselves unless there was sufficient force to compel them."

## KAASH KONNECT TEAM

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

**Designer:-**  
Sahil Jahagirdar

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Pranati Trivedi (Senior Reporter)

**Junior Reporters:-**  
Atif Sarwar Sayed  
Tanishqa Jaiswal

# CELEBRATING AMBEDKAR JAYANTI AT VIKRAMGAD

by Atif Sarwar Sayed

*He who has health, has hope; and he who has hope, has everything.*

-Thomas Carlyle

The adage 'Health is Wealth' could not be more accurate. Unbelievably, human prosperity depends more on people's health and quality of life than it does on GDP, resources, labour, or technology. Healthy individuals can make significant contributions to growth since they are effective and productive, but unfortunately, malnutrition is one of the major problems today. The numbers, in fact, are astonishing. 66 million students go to school hungry across the world. Poor nutrition causes the deaths of 3.1 million children under five, each year. And hunger kills more people than AIDS, Malaria and Tuberculosis combined. India, however is no different; it is the fastest growing economy in the world but is yet plagued with malnutrition.

Given the severity of the issue, KAASH Foundation, as part of its Rural and Tribal Community Outreach Program, launched its flagship project in November 2021 to combat malnutrition in Vikramgad, Palghar District, Maharashtra. The project reached its one-year milestone in November 2022. During this time, the Foundation distributed clothing, toys, and other items and also held various camps and donation drives. Recently, it paid a three-day visit to the tribal areas of Khadki, Saarshi, Onde, and Malwada from 12<sup>th</sup> to 14<sup>th</sup> April 2023. As Ambedkar Jayanti is observed on 14<sup>th</sup> April, it provided the Foundation an ideal setting to build its three-day tour on Dr. Ambedkar's objectives of uplifting the underprivileged.

On 12<sup>th</sup> April, an awareness camp about the menstrual cycle and related hygiene practices was held for 300 teenage girls. Menstruation, often known as periods, marks the start of a woman's menstrual cycle. For women, especially those who have just reached puberty, it is a painful and uneasy time. Therefore, it was essential

Day 1 - 12/04/2023



Ms. Renuka Vyas, Joint Director (Health), KAASH Foundation, addressing girls and women on menstrual hygiene and sanitation



Ms. Vyas with the girls at Khadki

**आरोग्य आणि सामाजिक जनजागृती मार्गदर्शन शिबीर**

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

वेळ - सकाळी १० ते दुपारी १ वा.

स्थळ - पंचायत समिती कार्यालय, तालुका विक्रमगड, जिल्हा पालघर

**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



Distribution of sanitary napkins, Dettol soaps and hand wash

that this subject be covered. The same was discussed by Ms. Renuka Vyas, Joint Director (Health), KAASH Foundation. She went into detail about the several issues that coincide with the menstrual cycle as well as the causes of those issues. She went on to describe how they may solve these issues, focusing particularly on the kinds of wholesome foods they should consume. Following the camp, the girls were provided with sanitary napkins, packets of biscuits and Dettol soaps. Their mothers also attended a basic hygiene and sanitation camp where they learned about the importance of eating nutrient-dense meals. Soaps, cookies, and hand washing stations with refills were provided.

A session to raise awareness on the negative effects of child marriage was held for over 800 pupils on 13<sup>th</sup> April. Dr. Avkash Jadhav, Founder-Trustee of KAASH Foundation, elaborated on this subject using games. Additionally, he urged them to pursue their goals in life and make their own decisions. The pupils were given biscuit packets and Dettol soaps at the session's conclusion. The next session was a training session for the *Anganwadi Sevikas*, who primarily look after small children in tribal hamlets. Palghar District has more than 300 *anganwadis*. Here, Ms. Vyas discussed children's health and wellness with the *sevikas*. She emphasised the widespread malnutrition that is a problem in the area and gave them tips on how to feed the children a healthy diet. They were provided with Napkins, Dettol hand wash kits with two refill packs and biscuits for the young children of their *anganwadis*.

On 14<sup>th</sup> April, Dr. Avkash Jadhav spoke to girls about professional life and associated vocations during a session that took place in a school classroom. He gave them an explanation of how to choose vocations, along with the various factors that must be taken into account. The group, which included around 90 girls, learned about occupations like those of doctors, teachers, nurses, etc. Only a few of them were excited about pursuing a professional job, despite the fact that all of them were interested in higher studies. 500 educational books were distributed to students at the beginning of this session to encourage them to appear for scholarship tests and pursue further education. Their teachers were provided with dictionaries.



Day 2 - 13/04/2023

Dr. Avkash Jadhav, Founder-Trustee, KAASH Foundation addressing girls on the perils of child marriage

Using games to raise awareness about child marriage

Distribution of biscuit packets and Dettol soaps

Dr. Jadhav with the girls at Khadki

Dr. Jadhav with the girls at Saarshi

The final event of the three-day visit was attended by Shri. Bhanudas Palve (I.A.S); Shri. Prakash Nikam, Chairperson of Palghar District; Shri. Pankaj Kore, Deputy Chairman; Shri. Sandeep Pavde, Sabhapati (Agriculture and Animal Husbandry); Shri. Sandesh Dhone, Sabhapati (Infrastructure and Health Department); Shri. Yashwant Kanojaa, Sabhapati of Vikramgad Panchayat Samiti. Additionally present were Shri. Babu Shingare, Child Development Programme Officer, Integrated Child Development Services (I.C.D.S), Vikramgad; Smt. Sangeeta Bhagwat, Education Officer for the Secondary Section; Shri. Sheshrao Bade, Education Officer for the Primary Section, and members of the Vikramgad Panchayat Samiti. Finally, around 100 teachers and other staff members witnessed the event's conclusion.

KAASH Foundation would like to express its gratitude to the following donors who helped fund the printing of 500 educational books: Prof. K. Vedasankari, Ms. Elizabeth Dhonde, Ms. Pamela Dhonde, Dr. Pushpa Sinkar, Ms. Alpa Mukdani, Ms. Minal Kadam, Ms. Aarti Kulkarni, Prof. Ayesha Dias, Prof. Tejas More, Prof. Vidya Hegde, Ms. Bina Vaity, Dr. Ravinder Cheema, Smt. Kiran Devi Ram Singh, Smt. Pushpa Gohil, Ms. Anita Kadlak, Prof. Rajni Priya, Dr. Shazia Sheikh and Ms. Nanda Shetty. This task wouldn't have been achieved if not for their contributions.

Dr. Avkash Jadhav, Founder-Trustee, KAASH Foundation; Ms. Renuka Vyas, Joint Director (Health), KAASH Foundation; Ms. Alpa Mehta, Associate Joint Director (Health), KAASH Foundation; Mr. Alkesh Shah, Associate Joint Director (Health),

KAASH Foundation; Ms. Pooja Malkar, Core Committee Member, KAASH Foundation; and Pamela Dhonde, Core Committee Member, KAASH Foundation also deserve a special mention. Their constant efforts made this event a memorable one.

Special thanks to Dr. Chaubey and the students of Hinduja College, Mumbai: Nilesh Jain, Samiksha Chaurasiya, Dimple Rathod, Neeriksha Shetty, Batul Godhrawala, Maitri Morbia, Maimoona Morsiwala, Krish Jain, Noopur Sonal, Mulvika Mandavia, Muriam Mulla, Ojas Mule, Vijaya Pawar, Roshni Sharma, Yash Bhagnani, Soniya Sharma, Sanjay Singh, Sufiya Qudari, Vibhuti Bhatkar, Smit Thakkar, Jyoti Amare and Jhonny Fernandes for their contribution to the cause.

Finally, KAASH Foundation thanks:

- Shri. Lateh Sawant of Metro Mall for arranging sanitary napkins, biscuits, Dettol soaps etc.
- Dr. Agnelo Menezes of St. Xavier's College's Social Involvement Program for donating dictionaries
- Shri. Babu Shingare, Child Development Programme Officer, Integrated Child Development Services, Vikramgad
- Mr. Mayank and Ms. Lippika Podar, Core Committee Members, KAASH Foundation

Day 3 - 14/04/2023



Dr. Avkash Jadhav addressing the audience



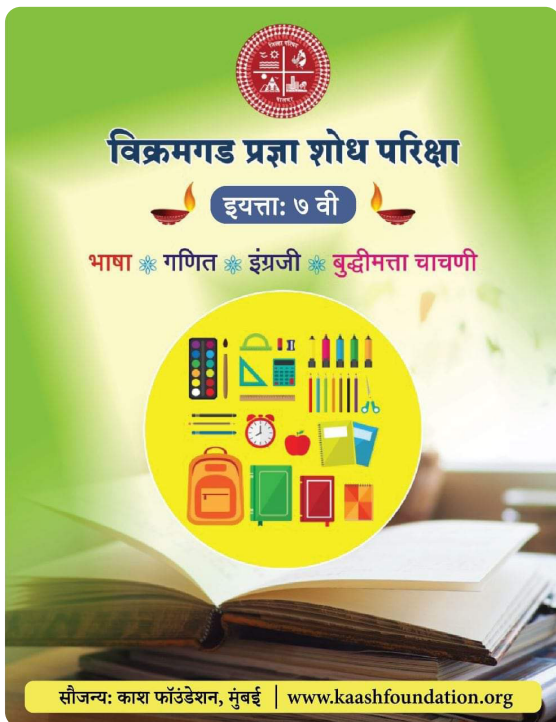
Unveiling educational books printed by KAASH Foundation to assist students in preparing for scholarship exams



Unveiling KAASH Konnect Vol. 13



Team KAASH Foundation with Shri. Babu Shingare, Child Development Programme Officer, Integrated Child Development Services (I.C.D.S), Vikramgad (in blue shirt) and Shri. Yashwant Kanoji, Sabhapati of Vikramgad Panchayat Samiti (in white shirt)



Cover page of the book printed by KAASH Foundation

12th April 2023: Awareness Session on Menstrual Hygiene



13th April 2023: Awareness Session on Disadvantages of Child Marriage



13th April 2023: Visiting toddlers at Khadaki



13th April 2023: Training Session for Anganwadi Sevikas and Distribution of Essentials



14th April 2023: Ambedkar Jayanti Event and Distribution of Books



## REVOLUTIONIZING HEALTHCARE: KAASH FOUNDATION CONDUCTS SUJOK THERAPY AND NATUROPATHY CAMP FOR ALL INDIA WOMEN'S CONFERENCE

by Tanishqa Jaiswal

*Alternative medicine is a misnomer. What we call alternative medicine is, in fact, traditional medicine - medicine that has been practiced for centuries, long before modern medicine came on the scene.*

**-Dr. Andrew Weil, American physician and pioneer of integrative medicine**

This quote highlights the fact that many alternative medical practices are based on traditional knowledge and have been used for centuries in different cultures around the world. They may offer different approaches to healing and wellness, but they are not necessarily "alternative" to modern medicine, but rather part of a broader system of health care.

The All India Women's Conference (AIWC) is a non-governmental organization in India that works to promote women's rights and empowerment. The Jogeshwari Wing of the AIWC is involved in a range of activities to support women in the local community, including providing education and vocational training programs, promoting health and hygiene, and advocating for women's rights. The wing also works to raise awareness about issues such as gender-based violence, child marriage, and discrimination against women.

On 28th April 2023, KAASH Foundation was invited to conduct a Sujok and Naturopathy Camp by AIWC's Jogeshwari Wing. The initiative was led by Mr. Alkesh Shah, Associate Joint Director (Health) along with Ms. Alpa Mehta, Associate Joint Director (Health) and Ms. Renuka Vyas, Joint Director (Health). The session commenced with Ms. Vyas briefing the audience on what KAASH Foundation entails, undertakes and commits to, along with its projects in different sectors of societal welfare. Furthermore, she initiated an 'awareness session' on alternate therapies and elucidated on Naturopathy, which is a holistic approach to healthcare that uses natural therapies to support and stimulate the body's inherent healing abilities, with an emphasis on addressing the root cause



Participants at the Camp



Ms. Renuka Vyas, Joint Director (Health), KAASH Foundation, introducing participants to Naturopathy, a type of alternative medicine that uses natural therapies to support and encourage the body's innate healing capacities

of the disease.

She mainly focused on water, used as a therapeutic tool in a variety of ways. Drinking water is considered a key component of many naturopathic treatment plans, as it can help flush toxins from the body, support the immune system, and improve digestion. She also suggested many do's and don'ts. Naturopaths believe that the food we eat can either support or undermine our health, and that a nutrient-dense, whole food diet is essential for optimal wellness. Hence, she also focused on the type of food we should consume to be healthier. For example, a low-inflammatory diet may be recommended for patients with autoimmune diseases, while a low-carbohydrate diet may be suggested for patients with blood sugar imbalances.

Thereafter, Mr. Shah initiated the talk on Sujok Therapy and was followed by Ms. Mehta. He informed them that it was invented by Professor Park Jae Woo, a South Korean philosopher and acupuncturist, and it came into practice in the year 1996. The word "Sujok" is a combination of two Korean words - "su" meaning hand and "jok" meaning foot - reflecting the focus of this therapy on these two parts of the body. According to the principles of Sujok Therapy, each point on the hands and feet is connected to a specific organ or body part, and stimulating these points can help improve the flow of energy, or "Qi," throughout the body, which is believed to be essential for good health. It involves using various techniques to stimulate acupressure points on the hands and feet, such as gentle pressure, massage, or acupuncture needles. It is believed to be effective in treating a wide range of health problems, including pain, digestive disorders, respiratory issues, and emotional imbalances. Furthermore, different points of Sujok Therapy were shared in the session. For eg: Thumb point: This point is located on the thumb, on the side closer to the index finger. It is believed to be effective for treating respiratory problems, such as asthma and bronchitis, and Wrist point: This point is located on the wrist, on the side closer to the thumb. It is believed to be effective for treating menstrual problems and fertility issues. This was followed by a Q&A session.

The participants were highly enthusiastic in learning about this alternative therapy. Most of them took active interest in redesigning



**Mr. Alkesh Shah (first photo) and Ms. Alpa Mehta (second photo), Associate Joint Directors (Health), KAASH Foundation introducing participants to the practice of Sujok, a therapy involving various techniques to stimulate acupressure points on the hands and feet**

their lifestyle towards building healthy norms of life. Most of the participants were senior citizens and it was indeed a matter of great respite for them to learn about this therapy, which is easy to practice and equally economical. The event was meticulously conducted by the team members of the Foundation, especially Mr. Alkesh Shah

who made the subject easy to comprehend and understand. The association expressed their heartfelt gratitude and requested the members to conduct more such camps in future.



## KAASH CREATIVE CORNER

## बचपन न छीनो !

BY ABHISHEK DHOKARE (WILSON COLLEGE, CHOWPATTY)

बचपन होता है इस लिए की  
खेलकूद कर हो बड़े हम ।  
जब बच्चे कमाने निकल पड़ें  
तो क्या इसे बचपन कहेंगे हम ?

बेच कर इनका बचपन तुम  
कितने पैसे बनाओगे ।  
पैसों में न तोलो बचपन  
क्या फिर बचपन लौटा पाओगे ?

इनकी मुस्कुराहट ही छीन लेते है  
इनसे काम कराने वाले ।  
बाजार में बचपन बेच रहे कई  
चाइए इन्हे हाथ प्यार से वीसी सराने वाले ।

कही गुलाब , गजरे , अखबार बेचते  
रास्तों पर मिल जाते है ।  
कही भीख मांगते नादान परिंदे  
दर्द दस्ता सुनते है ।

कही ऐसा बच्चा मजबूर दिखे तो  
उसे एक किताब देना जरूर ।  
कलम पकड़के हाथ में उसके  
उसका भविष्य उज्ज्वल कर देना जरूर ।

बच्चे बचपन के भोगी है  
न उसने उनका बचपन छीनो ।  
ले जाकर उन्हें विद्या की और  
प्रगत देश के शिल्पकार बनो ।

## JUDGE ME NOT

BY GAURI GAWDE

In shadows cast by doubtful scrutinizing eyes,  
A plea for mercy and grace amidst dignity's demise,  
Beneath the weight of harsh prejudiced decree,  
"Judge me not," It's a plea.

For who am I to bear the crown of righteousness  
or faults renowned?  
Within my heart, both in it's dark and light,I know  
A journey was made through the brightest day and darkest night.

No scales of justice could truly see,  
The depths of what it means to be,  
A human soul, with flaws untold,  
Yet still, a heart of love to hold.

So let not hasty unjust words decide,  
One's worth, let it slide  
Instead, embrace the grace we've sought,  
And find the common thread we've wrought.  
In understanding each other, we may find,  
A world where we are kind,(to ourselves and others)  
Where empathy,forgiveness and compassion reign,  
There's no mistrustful judgment nor does anyone has to live being  
judged in shame  
where love heals all the pain.  
Not some narrow societal boxes, can we be human again?  
Can we be human again?

## KAASH CREATIVE CORNER

## WOHI JO MAA KEHLATI

BY MAHEK DARJI

Ek stree,ek beti,ek patni ek behen  
Saare kirdar woh akele nibhati  
Wohi hai joh Maa kehlati

Khud se pehle dua apno k liye krti  
Dusro ko khilakr fir woh khati  
Wohi hai joh Maa kehlati

Bimaar jab mai ho jau pura ghar sar pr hai uthati  
Khud bimaar hone pr kisiko na woh batlati  
Wohi hai joh Maa kehlati

Daat kr mujhe woh merese jyada hai roti  
Thapad mujhe maar kr khud jyada dard mehsoos hai karti  
Wohi hai joh Maa kehlati

Meri khushi mai woh sabse jyada khush hai hoti  
Udaas joh mai ho jau agar merese bhi jyada hai roti  
Wohi hai joh Maa kehlati

Uske chehre ka noor mujhe aage badhne ki himmat hai deta  
Uski aankhon se gira ek aasu bhi mujhe tod hai deta  
Meri taaqat aur kamjori hai woh  
Wohi joh Maa kehlati

Ghar aate hi sabse pehle Usi ko hu pukarti  
Woh joh na ho ghar toh ek udaasi cha jati  
Wohi hai joh Maa kehlati

Mere liye sabse hai woh lad jati  
Mujhe hai woh ladna sikhati  
Wohi hai joh Maa kehlati  
Wohi hai joh Maa kehlati

Meri har musibat har pareshani ka hal bas ussi k paas hi hai hota  
Meri chuppi se hi woh mere saare dard jaan hai leti  
Wohi hai joh Maa kehlati

Uske bina jindagi kaisi hogi yeh sochne pr hi aakhon se aansu  
nahi hai rukte  
Ussi se hi toh jindagi meri hai chalti  
Wohi hai joh Maa kehlati



# BIRTHDAY WISHES

**Renuka Vyas**  
29th April



**Geeta Ajit**  
7th May



**Aishwarya Harish**  
15th May



**Avkash Jadhav**  
15th May



**Jaanhavi Malkar**  
3rd June



**Sahil Jahagirdar**  
30th May

