



KAASH KONNECT

AN INITIATIVE BY



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FOURTH ANNIVERSARY CELEBRATION

by Atif Sarwar Sayed



"It is health that is real wealth, and not pieces of gold and silver."

-Mahatma Gandhi

On this auspicious day for the KAASH Foundation, these wise words ring so true. KAASH was founded on 3rd October, 2019, under the Bombay Trust Act, 1950. An NGO which has committed its cause of spreading awareness about the importance of a healthy life and the means to achieve it, the Foundation has delivered on its promise. KAASH has worked tirelessly to improve the well-being of our society through international conferences and health webinars.

Four years on, with the memories of Kanheri Caves, KAASHplasty and Vikramgad still vivid, the Foundation celebrated its Fourth Jubilation Day on the 1st and 2nd of October 2023. The entire event was, unsurprisingly, a massive success. It was celebrated in coalition with its 18th International Conference and hosted several honourable dignitaries, including two

KEYNOTE SPEAKER



Dr. Avkash Jadhav, Founder-Trustee, KAASH Foundation and Shri. Dr. G. Veluchamy, Padma Shri Recipient for Siddha in 2023, discussing the Foundation's ongoing projects at Vikramgad

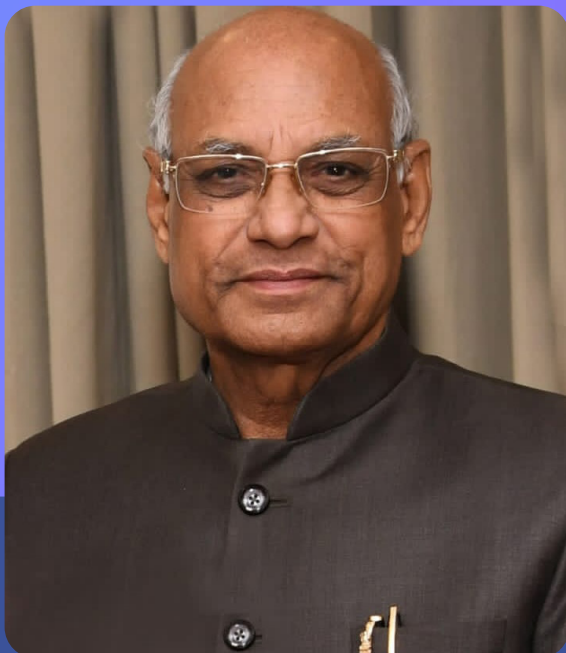


Felicitation of our Keynote Speaker, Shri. Dr. G. Veluchamy by Dr. Avkash Jadhav



Keynote Address by Shri. Dr. G. Veluchamy

Congratulatory Message to KAASH Foundation from the Honourable Governor of Maharashtra Shri. Ramesh Bais (continued on page 4...)



Padma Shri.

On 1st October 2023, celebrations commenced at the Garware Club House, Wankhede Stadium, Mumbai. The event was graced by **Honourable Dr. G. Veluchamy, Padma Shri Recipient for Siddha in 2023**, as the Keynote Speaker. Dr. G. Veluchamy is a senior Siddha Physician known for his devoted services to the field of Siddha for more than fifty years. He is the first generation Siddha graduate with BIM and MD (Siddha) degree. He is known to have made Siddha to what it is today through his tireless, passionate work, and dedication. In 1999, he was made the additional charge of Director of CCRAS (Central Council for Research in Ayurveda and Siddha), Government of India, New Delhi. He also became the first O.S.D of National Institute of Siddha, Chennai and First Director in 2005. Dr. Veluchamy has been a member of several government bodies, attended over 100 National and International seminars and published nearly 100 research articles. He has also edited and published 14 books, many of them remain as reference material, encyclopaedia, and gospel treasures for the Siddha system of healing practice.

After being introduced by Dr. Jitendra Arya, Director of Health Natural Centre in Durshet, Maharashtra, Dr. Veluchamy passionately spoke about his work related to Siddha, including his pioneering work of translating roughly 1500 Tamil manuscripts which contain detailed descriptions on the aspects of Siddha. His words couldn't have been more apt considering the philosophy of KAASH Foundation and the essence of the event - Ārogyam, Svāस्थ्यam, Samādhānam.

Following this, the booklet on the Foundation's '**Initiatives to Promote Health**' was released. This booklet provides a quick pictorial overview of the Foundation's health-promoting activities. Next, the Foundation's 14th **International Conference Book, Indigenous Peoples: Challenges of Inclusion and Validation** was unveiled by Dr. Laurie Baker, Adjunct Associate Professor, School of Education, University of St. Joseph (USJ), Macau. The book is the result of the efforts of Dr. Avkash Jadhav, Founder-Trustee, KAASH Foundation and Dr. Geeta Ajit, Joint Director (Education), KAASH Foundation, and all the scholars who presented their papers at the conference held in August

2021.

The rest of the day was filled with several practical and plenary sessions with a number of esteemed speakers sharing a vast amount of information on topics ranging from Naturopathy to Ayurveda. The event ended with a scrumptious dinner at the Garware Club.

On 2nd October 2023, celebrations continued at the C. K. Nayudu Banquet Hall, Brabourne Stadium, Mumbai. Following a day of Yoga and Meditation sessions, interactive Emotional Intelligence discussions and lectures on Physiotherapy and Naturopathy, **Honourable Dr. Manoranjan Sahu, Padma Shri Recipient for Ayurveda in 2023**, led the Valedictory speech. Dr. Sahu is a well-known name in the field of *Shalya Tantra*, the surgical discipline of Ayurveda. He has been a pioneer in reviving and popularizing ancient surgical practices of Ayurveda in accordance with contemporary science. Owing to his academic and administrative excellence, Dr. Manoranjan Sahu was also appointed as Founder Director of All India Institute of Ayurveda, New Delhi in 2010 by the then Department of AYUSH, Ministry of Health and Family Welfare, Government of India. His visionary approach for the development of surgical practices in Ayurveda led him to establish the National Resource Center on *Ksharasutra* Therapy at Banaras Hindu University as the Founder Coordinator in 2013. In a career spanning over 35 years, Dr. Sahu has mentored more than 80 scholars and made significant contributions with more than 45 important research publications. In addition, he has been an exemplary clinician offering services to more than 500 patients every week during his tenure. A scholar of international repute, he has been the torch-bearer of *Shalya Tantra* and Ayurveda across the nation and abroad. He has visited several countries across the globe as an invited faculty to deliver scientific talks and perform live demonstrations of his innovative technique of *Ksharasutra* Therapy. He has also served as the Indian Coordinator for the India-China collaboration in traditional medicine in 2015.

After being introduced by Ms. Lippika Podar, Program Director of KAASH Foundation's Vikramgad Project, Dr. Sahu, in his address, spoke about how he has relentlessly worked to promote Ayurveda



Release of our booklet on '**Initiatives to Promote Health**'



Launch of our 14th International Conference book on '**Indigenous Peoples: Challenges of Validation and Inclusion**'

VALEDICTORY SPEAKER



Dr. Avkash Jadhav and Shri. Dr. Manoranjan Sahu, Padma Shri Recipient for Ayurveda in 2023, discussing the Foundation's ongoing projects at Vikramgad



Felicitation of our Valedictory Speaker, Shri. Dr. Manoranjan Sahu by Dr. Avkash Jadhav



Felicitation of Mrs. Sahu by Dr. Renuka Vyas, Joint Director (Health), KAASH Foundation



Valedictory Address by Shri. Dr. Manoranjan Sahu



Our audience at the Jubilation Day



Team KAASH Foundation

in India as well as Nepal. With Ayurveda being strongly linked to Indian culture and health and well-being, this lecture was a fitting end to KAASH Foundation's fourth anniversary celebrations.

KAASH Foundation, which is already growing at a tremendous pace, has loftier goals. One of its main focuses is the

Vikramgad project where it has adopted 150 children to save them from malnutrition. The Foundation also plans to support girls who dream of pursuing further studies. And the first step to achieve this is to help them become self-sufficient. KAASH Foundation will be providing vocational courses like beautician and make up

courses, jewellery making, stitching and sewing, etc., to make sure that these dreams can become a reality. KAASH Foundation continues to work on its motto that nothing is impossible when you have a group of passionate and like-minded individuals, striving towards a common goal. The world will be watching, and KAASH will deliver!

Glimpses of Dr. G. Veluchamy, Padma Shri Recipient for Siddha, at the Jubilation Day event



Lighting the lamp with Dr. Tikaram Poudel, Associate Professor, Department of Language Education, Kathmandu University, Nepal



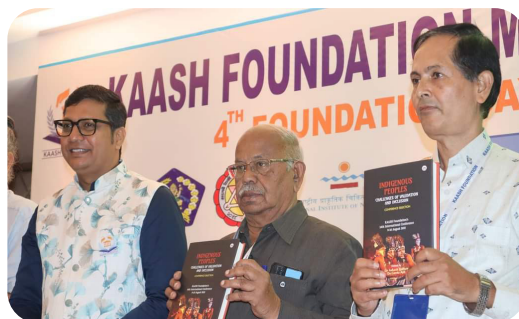
In a candid chat with Dr. Avkash Jadhav



Answering a question by a participant



Introduction of the conference book on 'Indigenous Peoples: Challenges of Validation and Inclusion' by Dr. Laurie Baker, Adjunct Associate Professor, School of Education, University of St. Joseph (USJ), Macao, in the presence of Dr. Veluchamy



Launching the conference book



In a candid chat with Ms. Shernaaz Vatchha, Member, KAASH Foundation

Glimpses of Dr. Manoranjan Sahu, Padma Shri Recipient for Ayurveda, at the Jubilation Day event



Seated at the dias with Dr. Renuka Vyas, Dr. Laurie Baker, Dr. Avkash Jadhav, and Dr. Tikaram Poudel (L - R)



Seated with Dr. Avkash Jadhav



Seated with Ms. Lippika Podar, Core Committee Member, KAASH Foundation

Congratulatory Message to KAASH Foundation from the Honourable Governor of Maharashtra Shri. Ramesh Bais

Ramesh Bais



GOVERNOR OF MAHARASHTRA

**RAJ BHAVAN
Malabar Hill
Mumbai 400 035**

6 October 2023

MESSAGE

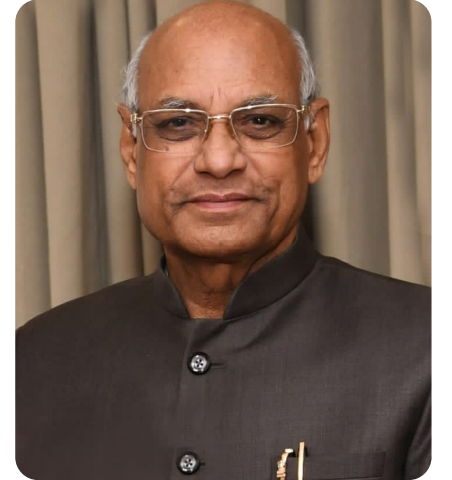
I am pleased to know that the KAASH Foundation is celebrating its 4th anniversary this year.

It is heartening to note that the Foundation has been working in the area of Education, Environment, Health and Heritage. I was particularly glad to note that the Foundation has been promoting traditional medicine through a series of programmes and had organised a Conference on the theme of 'Arogyam, Svasthyam, Samadhanam'.

I congratulate the Foundation for its good work and wish it success in its future endeavours.

(Ramesh Bais)

Dr Avkash Jadhav
Founder Trustee
KAASH Foundation



**Hon. Governor
of Maharashtra,
Mr. Ramesh Bais**

18TH INTERNATIONAL CONFERENCE

by Pranati Trivedi

Since its inception, KAASH Foundation has committed itself to the betterment of society through various focus areas like health, heritage, education, and environment. Through numerous health camps, donation drives, webinars and conferences, the Foundation and its members work tirelessly to fulfill the mission statement.

Over the course of the past 4 years, KAASH Foundation has successfully hosted 17 International Conferences covering a range of topics. This year, on the 1st and 2nd of October 2023, the Foundation organized its 18th International Conference, which was also the flagship conference, focusing on the Health vertical. Health is the key to a happy and flourishing society. The Foundation has continually strived to challenge preconceived notions about health by emphasizing on the physical as well as the mental, emotional, and spiritual aspects of well-being.

KAASH FOUNDATION MUMBAI
4TH FOUNDATION DAY
18TH INTERNATIONAL CONFERENCE

KAASH Foundation's
KAASH Swaasthya Manthan (KSM)
in collaboration with
**National Institute of Naturopathy,
Ministry of AYUSH, Government of India**
Universitas Tabanan, Bali, Indonesia
Kathmandu University, Nepal
and
**Geeta Devi Ramprakash Podar Research Centre
(Uttan Vanaushadhi Sanshodhan Sanstha), Mumbai, India**
is organizing its two-day
18th International Conference (Hybrid Mode)
on
आरोग्यम् स्वास्थ्यम् समाधानम्
(Ārogyam, Svāsthyam, Samādhānam)

Date: 1st October 2023
Venue: Garware Club House, Banquet Hall 3, Wankhede Stadium, D. Road, Churchgate, Mumbai - 400020.

Date: 2nd October 2023
Venue: C.K. Nayudu Banquet Hall, Cricket Club of India, Brabourne Stadium, Dinshaw Wacha Road, Churchgate, Mumbai - 400020.

Our Supporting Partners:

GELP
Global Emerging Leadership Programs, Canada

तत्त्व
Tatva Healing Center
Mumbai, India

The Conference was curated to promote the ancient and traditional practices such as Naturopathy, Yoga, Siddha, among others. The theme was आरोग्यम्, स्वास्थ्यम्,

समाधानम् (Ārogyam, Svāsthyam, Samādhānam). The term 'Ārogyam' refers to the state of being free from disease—it signifies overall well-being and connotes the good health of mind, body, and spirit. 'Svāsthyam' relates to an untroubled state, free from mental and physical disturbances. Finally, 'Samādhānam' defines a state of poise and tranquillity resulting in complete concentration and mental focus. The theme aptly captured the aim of the conference to focus on all aspects of health and well-being.

The event was primarily organized by KAASH Foundation's KAASH Swaasthya Manthan and the following collaborators:

- Universitas Tabanan, Bali, Indonesia
- Kathmandu University, Nepal
- National Institute of Naturopathy, Ministry of AYUSH, Government of India
- Geeta Devi Ramprakash Podar Research Centre, Mumbai

The conference was also supported by:

- Global Emerging Leadership Programs (GELP), Canada
- Tatva Healing Centre, Mumbai

The conference spanned over two days and consisted of various talks and sessions.

1st October 2023: Day 1 commenced at the Garware Club House, Wankhede Stadium, Mumbai. Ms. Titiksha Kabra, Youth Brigade Member, welcomed all the dignitaries present, including Honourable Dr. G. Veluchamy, Padma Shri Recipient for Siddha in 2023. She then invited Dr. Geeta Ajit to brief the audience about the KAASH Foundation. This was followed by Opening Remarks from Dr. Avkash Jadhav, Founder-Trustee. Ms. Renuka Vyas, Joint Director (Health) and Ms. Pamela Dhonde, Core Committee Member gave insights on the work that KAASH Foundation has done through KAASH Swaasthya Manthan

Day 1: 01/10/2023



Ms. Titiksha Kabra, Youth Brigade Member, KAASH Foundation, anchoring the conference



Opening Remarks by Dr. Avkash Jadhav, Founder-Trustee, KAASH Foundation



Introduction of KAASH Foundation and Centre for Professional and Academic Development (CAPD) by Dr. Geeta Ajit, Joint Director (Education), KAASH Foundation



Introduction of KAASH Swaasthya Manthan by Ms. Renuka Vyas, Joint Director (Health), KAASH Foundation

over the years along with various initiatives planned in the pipeline, especially in Vikramgad.

The event proceeded with the **First Plenary Session**. The Chairperson for the session was **Dr. Jitendra Arya**, Director of Health Natural Centre, Durshet. The plenary speakers were:

■ **Prof. Dr. K. Satya Lakshmi**, Director, National Institute of Naturopathy, Ministry of AYUSH, Government of India, who spoke about Gandhiji and his role as a healer.

■ **Dr. Tikaram Poudel**, Associate Professor, Department of Language Education, Kathmandu University, Nepal. Dr. Tikaram provided valuable insights on fasting as an alternative healing mechanism.

■ **Dr. Vishnu Vaze**, Chairman, Uttan Vanaushadhi Kendra, Maharashtra. He deliberated on the recent developments in the field of Ayurveda.

Prof. Seema Sindgikar, Member, KAASH Foundation, was the moderator for the session. This First Plenary assembly was deeply insightful and permitted the audience to get a more nuanced understanding of Ayurveda, Naturopathy, their uses, and benefits as well as the trajectory of alternative medicine.

After a break for lunch, the **First Practical Session** on Sound Meditation Healing was conducted. It was led by **Ms. Smita Patodia**, certified Sound Healing Meditation Therapist, Yoga Instructor, Corporate Trainer, Hypnosis Therapist, and Meditation Coach. **Ms. Dixita Parmar**, Member, KAASH Foundation, moderated the sitting. The hour-long session was a unique experience in aiding the participants in soothing their minds and body. It served as a distinctive de-stressing and calming method.

With renewed energy and focus following the meditation, the **Second Plenary Session** was chaired by **Dr. Tikaram Poudel**, Associate Professor, Department of Language Education, Kathmandu University, Nepal. **Ms. Nandita Moitra**, Member, KAASH Foundation, served as the moderator, while the plenary speakers were:

■ **Dr. Jitendra Arya**, Director of Health Natural Centre, Durshet reflected on the



Moderator for First Plenary Session: Prof. Seema Sindgikar, Member, KAASH Foundation



Chairperson for First Plenary Session: Dr. Jitendra Arya, Director, Health Naturally Centre, Durshet, Maharashtra, India



Speaker for First Plenary Session: Dr. Vishnu Vaze, Chairman, Uttan Vanaushadhi Kendra, Maharashtra



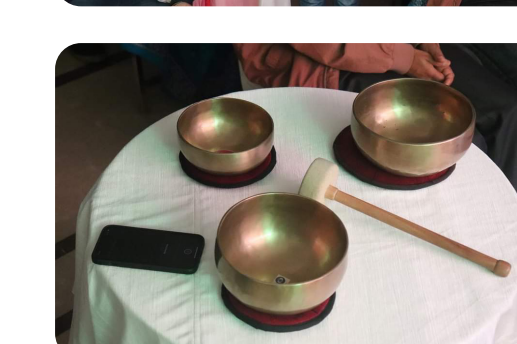
Speaker for First Plenary Session: Prof. K. Satya Lakshmi, Director, National Institute of Naturopathy, Ministry of AYUSH, Government of India



Speaker for First Plenary Session: Dr. Tikaram Poudel, Associate Professor, Department of Language Education, Kathmandu University, Nepal



First Practical Session on Sound Meditation Healing conducted by Ms. Sarita Patodia, Certified Sound Healing Meditation Therapist, Yoga Instructor, Corporate Trainer, Hypnosis Therapist, and Meditation Coach



Science of Nature and Global Health.

■**Dr. Apurva Kadam**, Consultant Physiotherapist, Joints N Motion, Mumbai. Dr. Kadam spoke in detail about the 'Combined Effect of Pain Neuroscience Education' and elaborated on exercises in chronic low back pain versus pain neuroscience education as well as pain, quality of life, disability, and fear of movement.

The session was highly informative and shed light on a host of issues surrounding health and pain management.

The **Third and final Plenary Session** of the day was held virtually since it included scholars from Ireland, Indonesia and Mangalore. **Dr. Urmi Shah**, M.B.B.S, M.S, Consultant Ophthalmologist, Eye Solutions, Mumbai chaired the session and she was assisted by the co-chairperson **Ms. Dixita Parmar**, Committee Member, KAASH Foundation. Many accomplished speakers from different backgrounds were a part of this session:

■**Dr. Bagus Arya Kusuma & Dr. I Wayan Terimajaya**, Lecturers, Faculty of Economics and Business, Tabanan University, Bali, Indonesia. They provided a supremely succinct and knowledgeable talk on Analysis Application of the Tri Hita Karana Concept and the Use of Jamu (herbal) for Sustainable Public Health.

■**Dr. Shazia Sheikh**, Early Career Researcher from Ireland. Dr. Sheikh deliberated on the sensitive and urgent topic of the 'Unending misery of Afghan-Conflict: The massive health crisis afflicting Afghan Women and Children.'

■**Dr. Veena Vishwanath**, Faculty, Yenepoya Ayurveda Medical College, Mangalore. Dr. Veena's topic revolved around Health and Hair: A Review on Premature Grey Hair & the Adverse Effect of Synthetic Hair Dyes on Health.

■**Dr. Sheethal Raj**, Research Scholar, Yenepoya Ayurveda Medical College, Mangalore helped the audience to understand lifestyle diseases in the light of Vishachikitsa.

Moderated by **Ms. Megha Patel**, Youth Brigade Member, KAASH Foundation, this session proved highly enlightening and covered a myriad of significant social and health issues, and showcased how often



Moderator for Second Plenary Session:
Dr. Nandita Moitra, Member, KAASH Foundation



Speaker for Second Plenary Session:
Dr. Jitendra Arya, Director of Health Naturally Durshet, Lonavala, India



Moderator for Third Plenary Session (Virtual Session): Megha Patel, Youth Brigade Member, KAASH Foundation



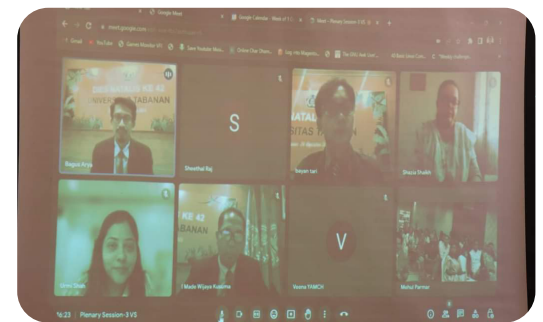
Dr. Renuka Vyas conducting the Demonstration and Practical Session on Pain Management



Chairperson for Second Plenary Session:
Dr. Tikaram Poudel, Associate Professor, Department of Language Education, Kathmandu University, Nepal (seated)



Speaker for Second Plenary Session:
Dr. Apurva Kadam, Consultant Physiotherapist, Joints N Motion, Thane



Speakers for Third Plenary Session:
Dr. Bagus Arya Kusuma & Dr. I Wayan Terimajaya, Lecturers, Faculty of Economics and Business, Tabanan University, Bali, Indonesia; **Dr. Sheethal Raj**, Research Scholar, Yenepoya Ayurveda Medical College, Mangalore, India; **Dr. Veena Vishwanath**, Faculty, Yenepoya Ayurveda Medical College, Mangalore, India; **Dr. Shazia Sheikh**, Early Career Researcher, Ireland



Ms. Pooja Malkar, Practicing Naturopath and Core Committee Member, KAASH Foundation, demonstrating simple techniques to alleviate pain in the knee



Ms. Pooja Malkar demonstrating simple techniques to straighten the spine and shoulders



Ms. Shernaaz Vatchha, Member, KAASH Foundation, demonstrating simple techniques to alleviate pain in the back

Day 2: 02/10/2023



Dr. Avkash Jadhav conducting the session on Strengthening Emotional Intelligence



Speaker for Fourth Plenary Session:
Dr. Madhuri Indurkar, Hair Treatment Specialist, Naturopath, Reiki Therapist, and Health Counselor



Mallakhamb demonstration by pupils of Shree Samarth Vyayam Mandir under the guidance of Shri. Uday Deshpande, Chief Trainer and Hon. Chief Head, Shree Samarth Vyayam Mandir, Mumbai, India

both these aspects go hand-in-hand, and their subsequent impact. The talks provided a high note to conclude the Plenary sessions for the day.

Day 1 of the Conference came to an end with the **Second Practical Session** hosted by **Ms. Renuka Vyas**, Joint Director (Health), **Mr. Alkesh Shah**, Associate Joint Director and **Ms. Pooja Malkar**, Core Committee Member, KAASH Foundation. They demonstrated extremely helpful techniques and tips to alleviate chronic headaches and pains in the shoulders, back, neck and knee. This was followed by a lavish dinner and a stay at the Garware Club House.

In all, 14 speakers were a part of the first day's deliberations via presentations, talks and demonstrations with 70 participants enthusiastically partaking in the sessions.

2nd October 2023: Day 2 of the conference commenced at C. K. Nayudu Banquet Hall, Cricket Club of India, Mumbai. Ms. Titiksha Kabra, Youth Brigade Member, welcomed all the dignitaries present, including Honourable Dr. Manoranjan Sahu, Padma Shri Recipient for Ayurveda in 2023. This was followed by a review of Day 1 of the conference.

The first session was headlined by **Dr. Avkash Jadhav**, Founder-Trustee and a Practicing Personal Counselor on Human Psychology. Dr. Jadhav provided an in-depth explanation about the ways of strengthening our **Emotional Intelligence (EQ) through Self-Awareness, Self-Management, Self-Implementation and Relationship Management**. The session was an interactive one with the audience enthusiastically taking part in it.

The **Fourth Plenary Session** was chaired by **Ms. Renuka Vyas**, Joint Director (Health), KAASH Foundation and was moderated by **Ms. Pamela Dhonde**, Core Committee Member, KAASH Foundation. The plenary speakers that graced the session were:

- **Shri. Uday Deshpande**, Chief Trainer and Hon. Chief Head, Shree Samarth Vyayam Mandir, Mumbai, who elaborated on Mallakhamb as a way of fitness.
- **Dr. Madhuri Indurkar**, Hair Treatment Specialist, Naturopath, Reiki Therapist, and Health Counselor. She provided valuable methods to implement natural hair care.

The Chairperson for the Fifth and final



Chairperson for Fifth Plenary Session:
Dr Laurie A. Baker Adjunct Associate Professor University of St. Joseph (USJ) – School of Education, Macao



Moderator for Fifth Plenary Session:
Dr. Apurva Kadam, Consultant Physiotherapist, Joints N Motion, Thane



Speaker for Fifth Plenary Session:
Mr. Niroj Dahal, PhD Scholar, Department of STEAM Education, Kathmandu University, Nepal



Felicitation of Mrs. Anju Podar by Dr. Manoranjan Sahu



Felicitation of Mr. Karan Shah by Dr. Manoranjan Sahu

Plenary Session was **Dr. Laurie A. Baker**, Adjunct Associate Professor, School of Education, University of St. Joseph (USJ), Macao. **Dr. Apurva Kadam** moderated the event. The plenary speaker for the session was **Mr. Niroj Dahal**, PhD Scholar, Department of STEAM Education, Kathmandu University, Nepal. He deliberated on the healthy practices of a Nepali Educator.

This drew an end to the plenary sessions that were exceedingly informative, varied and relevant. These were highly appreciated by the audience members. Day 2 witnessed 5 speakers with an interactive audience of 85 people.

The session was followed by lunch and the distribution of certificates acknowledging the tremendous work of the presenters and the participants along with a grateful Vote of Thanks.

Events of such scale require mammoth amounts of planning, support and coordination. Time after time, the success of such programmes has been the result of the full dedication and commitment of members. For yet another triumphant conference, KAASH Foundation would like to extend its heartfelt thanks and gratitude to all the collaborators, speakers, audience, team members and support staff that worked tirelessly. In particular, special thanks are accorded to:

- 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
- Ms. Uma Parab, Member, KAASH Foundation
- Ms. Dixita Parmar, Member, KAASH Foundation
- Mr. Mehul Parmar, Member, KAASH Foundation
- Mr. Vedic Parmar, Youth Brigade Member, KAASH Foundation
- Mr. Jaivik Vyas, Youth Brigade Member, KAASH Foundation
- Mr. Mayank Podar, Advisory Committee Member, KAASH Foundation
- Ms. Lippika Podar, Program Director of Vikramgad Project, KAASH Foundation
- Mr. Karan Shah - The man behind our successful event at the Garware Club House on Day 1

Health is the greatest of human blessings.
-Hippocrates

BEHIND THE SCENES



Felicitation of Speakers & Guests



Dr. Jitendra Arya



Prof. K. Satya Lakshmi



Dr. Vishnu Vaze



Dr. Tikaram Poudel



Ms. Smita Patodia



Shri. Uday Deshpande



Dr. Madhuri Indurkar



Dr. Laurie Baker



Mr. Niroj Dahal



Mr. Karan Shah

Felicitation of KAASH Members



Dr. Geeta Ajit



Ms. Alpa Mehta



Ms. Pooja Malkar



Ms. Pamela Dhonde

Feedback by the Participants



Felicitation of our Participants



Felicitation by Dr. Geeta Ajit



Felicitation by Ms. Alpa Mehta



Felicitation by Mr. Alkesh Shah



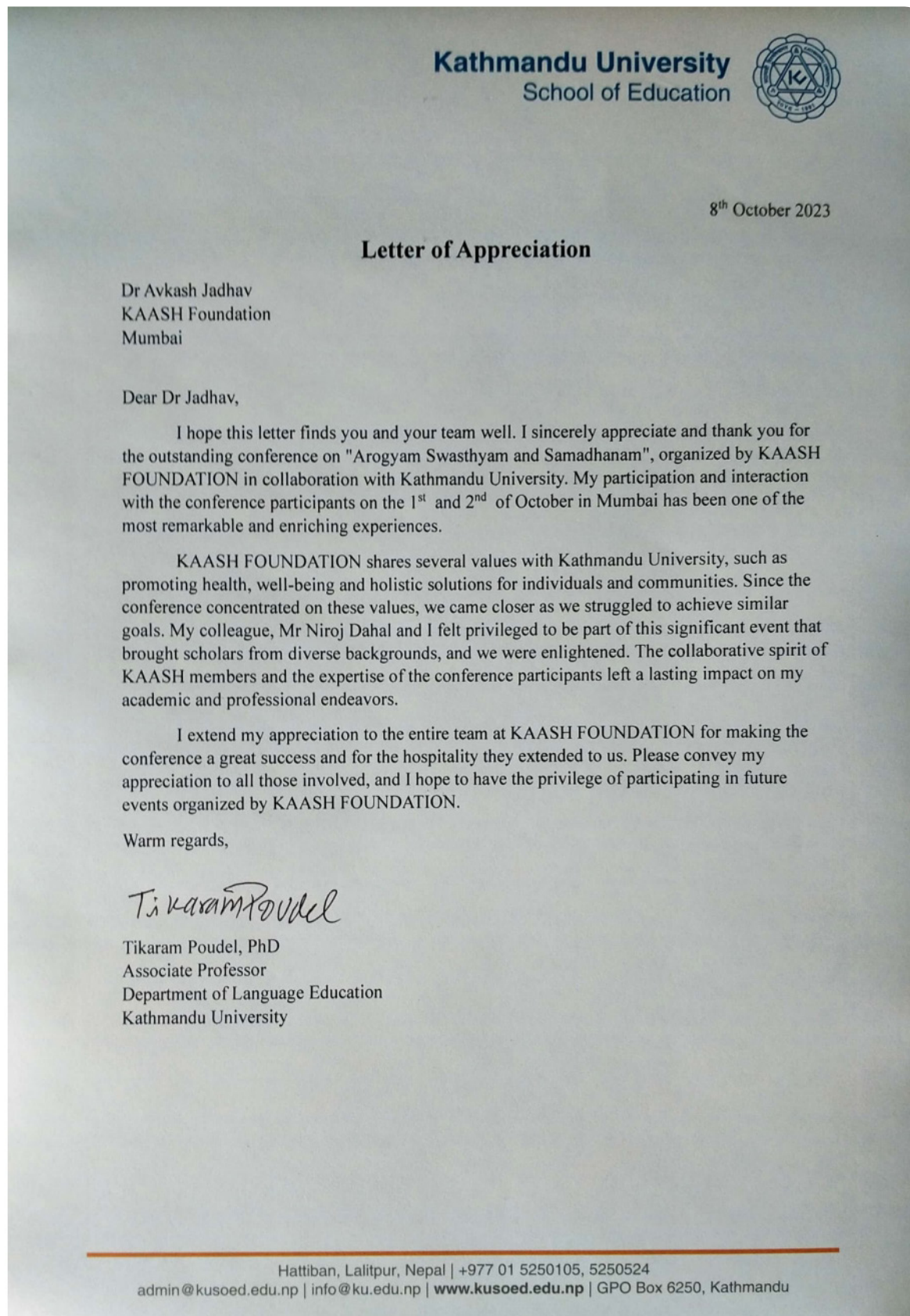
Felicitation by Dr. Tikaram Poudel



Felicitation by Dr. Tikaram Poudel



Felicitation by Mrs. Anju Podar



**Letter of Appreciation to KAASH Foundation
from Kathmandu University, Nepal on the
success of the 18th International Conference**

EDITOR'S DESK



It's been four years since we began, and the journey continues to be exciting and exhilarating. We celebrated our anniversary by promoting health and well-being through a conference. Having highly esteemed guests and visitors from around the world definitely went on to make this an event to remember. Padma Shri Recipient, Dr. G. Veluchamy, gave an insight into the world of Siddha traditional practices, and how its revival can bring about the changes that we seek for in this post Covid world. It was also a proud moment for us to release our First edited book on Indigenous Peoples: Challenges of Inclusion and Validation. It was a long awaited project, and seeing its completion and release gave us a sense of satisfaction of keeping our commitments.

Our Health Vertical continues to surge ahead with its workshops and distribution drive. Seeing the smile and hope in the eyes of the beneficiaries make all the efforts worthwhile. While we continued to monitor and help the little children we had adopted at Vikramgad, we now expanded a circle and adopted young adolescent tribal girls into our orbit. Adopting 100 girls into our fold and guiding them to a better life added gratification to the work done by our volunteers. This is because most of these young girls are married and have little children. Guiding them to new paths will definitely ensure a better life for them and the new generation to come.

Apart from this, our creative continue to give new dimension to budding artists. Do enjoy reading our issue. Happy Reading!

FOUNDER'S DESK



"A group becomes a team when each member is sure enough of himself/herself and his/her contribution to praise the skills of others."

— Norman Shidle

The journey of KAASH Foundation which started four years ago with a vision, offered us some valuable lessons about life and people. The team involved in all the four verticals of E2H2 magnified the basic ideas into a bigger arena of deliverables. On this journey we witnessed the impact of dreaded COVID 19 in mankind, the significance of connecting online locally to globally, the value of life and dear ones, the emphasis on our scale of immunity, the treasure trove of our heritage values and most importantly, our vital contribution to the ecosystem.

The celebration of this journey required some equally stimulating event which would encompass all our four verticals. So the conference on आरोग्यम्, स्वास्थ्यम्, समाधानम्, (Ārogyam, Svāsthyam, Samādhānam) unfolded the ancient values of health, further giving us insights on new academic research in this field. Through the Honourable Padma Shri Speakers, we understood the consistency of our traditional methods of care and cure as intangible heritage and lastly, how to develop a healthy environment for co-existence on this planet.

I take this opportunity to thank and express my gratitude to each and every team player and feel this message would rightly describe us: "Individually, we are one drop. Together, we are an ocean." — Ryunosuke Satoro.

The KAASH Foundation family of Joint Directors, Coordinators, Youth Brigade Members, and all the volunteers deserve a special commendation. Also, special gratitude to all our collaborators for their encouragement. I strongly believe in the following statement: "Success is best when it's shared." — Howard Schultz.

We look forward to more opportunities to serve the society and our planet.

KAASH KONNECT TEAM

Founder :- Dr. Avkash Jadhav
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ACHIEVEMENTS OF OUR MEMBERS



CONGRATULATIONS TO DR. AVKASH JADHAV

Dr. Avkash Jadhav, the Founder-Trustee of KAASH Foundation and Director of the Centre for Academic and Professional Development, won the REX Karmaveer Jyoti Puraskar Award 2023 on 26th November 2023 in New Delhi. Instituted by iCONGO (International Confederation of NGOs) in partnership with the United Nations, the award was conferred upon Dr. Jadhav for his sustained efforts in academic excellence and contribution to social work and human rights over the past 28 years. Heartiest Congratulations to Dr. Jadhav!



CONGRATULATIONS TO DR. RENUKA VYAS

Dr. Renuka Vyas, the Joint Director of Health at KAASH Foundation, was awarded the Doctorate in Health Practitioner and Social Worker Category by the Honorary Doctorate Award Council (approved by the Ministry of Corporate Affairs, Government of India) on 7th November 2023 in New Delhi. Cheers to her achievement!

FROM VISION TO ACTION: SECOND ANNIVERSARY OF THE VIKRAMGAD PROJECT

by Tanishqa Jaiswal

काश फाऊंडेशन
काश फाऊंडेशनच्या दुसऱ्या वर्षपूर्ती (२०२१-२३)
बालदिनानिमित्त पोषक आहार वाटप कार्यक्रम
दिनांक १४ नोव्हेंबर २०२३ रोजी सकाळी ११:०० ते दु. १:०० वा.
खडकी गाव माध्यमिक शाळा, ता. विक्रमगड, जिल्हा पालघर
काश फाऊंडेशन मान्यवर
डॉ. अबकाश जाधव श्री. मयंक पोदार
संस्थापक विश्वस्त काश फाऊंडेशन श्रीमती लिप्पीका पोदार
डॉ. रेणुका व्यास युथ ब्रिगेड
कशवी शाह, हृदय शाह, मुस्कान शाह, जैविक व्यास आपुलकी जाधव

"To keep the body in good health is a duty... otherwise, we shall not be able to keep our mind strong and clear."

- Buddha

Buddha's timeless wisdom resonates profoundly, underscoring the inseparable link between physical well-being and mental clarity. This connection becomes all the more significant when we consider the role of children as the architects of our collective future. Indeed, nurturing their health isn't just a choice; it's a fundamental responsibility vital for fostering robust societies and vibrant civilizations. Healthy children are not merely beneficiaries of a benevolent present; they are the torchbearers of tomorrow's progress and prosperity. A sound body forms the sturdy vessel through which their ambitions can sail, while a clear mind serves as the compass guiding them through life's myriad pathways.

With this guiding principle in mind, KAASH Foundation embarked on a transformative mission in Vikramgad Taluka on 14th November 2021. Vikramgad Taluka, situated in Maharashtra's Palghar District, faces a significant challenge of malnutrition, with approximately 30% of children aged 0-5 years being underweight. Educational disparities exist, with male literacy rates at 53.60% and female literacy rates at 46.27% according to the 2011 Census. Comprising 94 villages and 521 tribal hamlets (*padas*), accessibility to essential services, particularly during the rainy season, poses a challenge. The primary occupation is rain-fed agriculture, contributing to food insecurity due to reliance on seasonal rainfall. In essence, Vikramgad's complex



Children present for the celebration



Eatables, Sanitary Napkins, Stationery & Toys displayed for distribution



Boxes of laddoos made from millets, rajgira, and groundnut arranged for distribution



Packets of dates arranged for distribution



Snacks arranged for children present at the celebration



Muskaan Shah, Youth Brigade Member, KAASH Foundation, distributing essentials to the children



Children relishing the snacks provided to them

socio-economic landscape necessitates comprehensive interventions to address malnutrition effectively.

Inaugurating the project in this underserved community was more than just a symbolic gesture; it was a solemn commitment to confront the pervasive spectre of malnutrition that had cast its shadow over the lives of the vulnerable, especially children and women. The stark reality of malnutrition, with its deleterious effects on physical growth, cognitive development, and overall quality of life, compelled us to take decisive action.

After a careful collaboration with the local authorities of the Integrated Child Development Scheme (ICDS), KAASH Foundation identified approximately 150 malnourished children in Vikramgad Taluka requiring urgent attention. These children were promptly embraced by the Foundation, which initiated a dedicated effort to provide them with the essential care they needed. Central to this initiative were the crafted nutritional hampers, designed to address the specific nutritional deficiencies prevalent among the children. These hampers were carefully curated with a variety of nourishing ingredients, including dry fruits, millets, rajgira, dates, and groundnuts. Every aspect of the preparation process underwent stringent quality control measures conducted by the Foundation's expert health vertical, ensuring the utmost safety and hygiene standards. In addition to the distribution of these vital nutritional packets, the Foundation embarked on a multifaceted approach to address the broader health and well-being needs of the children and their families. Regular health workshops and camps were organized, serving as platforms for imparting essential knowledge on nutrition, hygiene, and overall health maintenance to both children and parents alike.

As the project approached its second anniversary on 14th November 2023, coinciding with the celebratory occasion of Children's Day, KAASH Foundation seized the opportunity to commemorate this milestone in a truly memorable and meaningful manner. The 150 children under the Foundation's care were treated to a day filled with joy, laughter, and invaluable experiences. A variety of engaging games



Hriday Shah, Youth Brigade Member, KAASH Foundation, with a child at the celebration



Kashvi Shah, Youth Brigade Member, KAASH Foundation, handing over toys collected for the children



Dr. Renuka Vyas, Joint Director (Health), KAASH Foundation, advising women present at the celebration on how to care for their infants' health



Team KAASH with the children and their mothers at the celebration

and activities were thoughtfully organized, fostering an atmosphere of camaraderie and delight among the children. Moreover, to cater to their nutritional needs and indulge their taste buds, a delectable assortment of snacks, including cakes, wafers, and specially prepared *laddoos* from nutritious ingredients like millets, *rajgira*, and groundnuts, was provided. Beyond mere sustenance, the Foundation recognized the importance of holistic development and well-being for these children. Hence, alongside the nutritional treats, each child was gifted with toys, clothing, and educational books, symbolizing a commitment to nurturing their physical, emotional, and intellectual growth.

The preparation for this special celebration spanned over two months, with the dedicated efforts of KAASH team members who worked tirelessly to ensure every aspect was meticulously planned and executed.

From assembling the nutritional hampers to sourcing toys, clothes, and books, every detail was infused with love and care, reflecting the Foundation's unwavering dedication to the well-being and happiness of the children of Vikramgad.

The celebration was a resounding success, evident from the radiant smiles adorning the children's faces. Over the past two years, KAASH Foundation's concerted efforts have led to significant improvements in the health of the children in Vikramgad. Moving forward, the Foundation remains committed to working alongside *anganwadi sevikas* and other partners to ensure sustained progress. Beyond addressing malnutrition, the Foundation aims to enhance overall lifestyle by focusing on education, financial independence, and self-sufficiency. Together, let us continue to build a brighter future for the community of Vikramgad.

NATUROPATHY DAY AT VIKRAMGAD

by Yashodhan Deodhar

काश फाउंडेशन मुंबई
 निसर्ग उपचार दिनाच्या निमित्ताने
 १०० मुली दत्तक घेणे कार्यक्रम आणि आरोग्य शिबिर
 दिनांक १८ नोव्हेंबर २०२३ रोजी सकाळी ११:०० ते दु. २:०० वा.
 स्थळ : विक्रमगड पंचायत समिती हॉल, ता. विक्रमगड, जि. पालघर
 कारा फाउंडेशन मान्यवर
 डॉ. अवकाश जाधव श्री. मयंक पोदार
 संस्थापक विश्वस्त काश फाउंडेशन श्रीमती रेणुका व्यास श्रीमती लिप्पिका पोदार
 To know more about us, kindly visit our websites :
 www.kaashfoundation.org / www.kaashcapd.com

Naturopathy, or naturopathic medicine is a format of non-invasive medicinal practice in India, described as self-healing by its practitioners. It is ratified and supported by the Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha, Sowa Rigpa, and Homeopathy (AYUSH) of the Government of India. It can be dubbed as an alternative form of medicine. Naturopathy Day is observed on 18th November every year to promote the practice and benefits of naturopathy. The day was declared by the Ministry of AYUSH on 18th November 2018. In its sixth year now, the theme for Naturopathy Day this year was 'Naturopathy for Holistic Health'.

18th November 2023 was an important day for KAASH Foundation's Vikramgad project, as it marked the inauguration of its second chapter. Two years after adopting 150 malnourished children and leading them to better health, KAASH Foundation has now identified and adopted about 100 tribal girls from the villages of Saarshi and Khadaki in Vikramgad. These girls are often married at the age of 13-15 and soon get into the family way. KAASH Foundation aims to bring this practice to an end by adopting them for the next 3-4 years. KF plans to help them focus on their education and holistic well-being. This definitely would help break the vicious cycle of early marriage, teenage pregnancies, malnourishment among infants and children, as well as early female mortality.

With 18th November being observed as Naturopathy Day and given the Foundation's work to promote the practice and benefits of Naturopathy, it seemed appropriate to



Dr. Avkash Jadhav, Founder-Trustee, KAASH Foundation, addressing the adopted girls



Ms. Pooja Malkar, Practicing Naturopath and Core Committee Member, KAASH Foundation, addressing the girls on menstrual cycle, puberty, and self-hygiene



Ms. Alpa Mehta, Nutritionist, Dietician, and Associate Joint Director (Health), KAASH Foundation, addressing the girls on nutrition and diet

begin this new chapter with a Health Workshop for these 100 girls. The workshop, held at a school in Vikramgad's Khadaki village, was divided into two segments:

Segment 1: Sessions on numerous health conditions that teenage girls experience, such as menstruation, puberty, and hormonal changes, as well as how to manage them through self-hygiene, adequate nutrition, and diet. While Ms. Pooja Malkar, Practising Naturopath and Core Committee Member, KAASH Foundation, discussed with the girls on menstrual cycle, puberty, and self-hygiene, Ms. Alpa Mehta, Nutritionist, Dietician, and Associate Joint Director (Health), KAASH Foundation, addressed the girls on nutrition and diet.

Segment 2: An individual health checkup to record their height, weight, and current problems in order to plan their future course of treatment.

In organising this event, the aid and efforts of the anganwadi sevikas and the Principal of the primary school in Khadaki, were monumental. Special credit has to be given to Ms. Suvarna and Ms. Pawar for their tireless efforts in identifying the girls who were in dire need of treatment, and other forms of help.

“

Health is a priceless wealth. Invest while you can.

-Bryant McGill

”



Dr. Renuka Vyas, Naturopath, Iridologist, and Joint Director (Health), KAASH Foundation, documenting health-related data



Ms. Shraddha Patil, Practising Naturopath and Member, KAASH Foundation, examining a girl



Ms. Pooja Malkar examining a girl



Team KAASH with the adopted girls

HEALTH WORKSHOP AND DISTRIBUTION DRIVE

by Varsha Prasad

काश फाउंडेशन मुंबई
मुलींसाठी आरोग्यविषयक सामान वाटप
 शनिवार दि. २ डिसेंबर २०२३ रोजी सकाळी ११:०० ते दु. १:०० वा.
 स्थळ : खडकी गाव माध्यमिक शाळा व विक्रमगड पंचायत समिती हॉल, ता. विक्रमगड, जि. पालघर
कपडे वाटप कार्यक्रम
 रविवार दि. ३ डिसेंबर २०२३ रोजी सकाळी ११:०० ते दु. १:०० वा.
 स्थळ : खडकी गाव माध्यमिक शाळा व विक्रमगड पंचायत समिती हॉल, ता. विक्रमगड, जि. पालघर
कारा फाउंडेशन मान्यवर
डॉ. अवकाश जाधव **श्री. मयंक पोदार**
 संस्थापक विश्वस्त काश फाउंडेशन
 डॉ. रेणुका व्यास श्रीमती लिप्यिका पोदार श्रीमती पूजा मालकर श्रीमती अल्पा मेहता
 To know more about us, kindly visit our websites :
www.kaashfoundation.org / www.kaashcapd.com

"The best way to find yourself is to lose yourself in the service of others."

- Mahatma Gandhi

In testament to their ongoing commitment to eradicate malnutrition and uplift the lives of children and women in Vikramgad, KAASH Foundation recently marked the completion of the second year of their transformative project on 14th November 2023.

Regular distribution drives are conducted at Vikramgad to provide essential supplies and support to those in need. These drives serve as a lifeline for many. Additionally, health camps and health workshops are carried out periodically addressing issues such as malnutrition and personal hygiene.

The recent Health Workshop and Distribution Drive, which took place on 2nd and 3rd December 2023, showcased the Foundation's unwavering dedication to this cause. More than 100 teenage girls, who were recently adopted, were the recipients of this initiative in Khadaki village, located in Vikramgad, Palghar District, Maharashtra. During this drive, essential items like sanitary napkins and hygienic kits were distributed. Nutritious foods like dates and *chikkis* along with clothes were distributed. Moreover, educational learning kits and books were also given to emphasize the importance of learning and knowledge.

Central to the event was the Health Workshop, which offered valuable insights into personal hygiene and health well-being. Through interactive sessions and informative discussions by the members of KAASH Foundation, the girls gained



Distribution of essentials by
 Dr. Avkash Jadhav, Founder - Trustee,
 KAASH Foundation



Examining the weight of adopted girls



Distribution of essentials by Dr. Renuka Vyas,
 Joint Director (Health), KAASH Foundation

knowledge and skills to manage their well-being. They were also encouraged to prioritize education, with a clear message to strive for graduation, setting the stage for a future full of opportunities.

The success of such projects is possible because of the active participation of the compassionate members of KAASH Foundation. Their unwavering commitment

and tireless dedication and efforts have made a huge impact on the lives of the people of Vikramgad.

As we commemorate the accomplishments of the Workshop and Distribution Drive in Vikramgad, it is important to reflect on the immense impact that collective action can have in bringing about positive transformations.

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

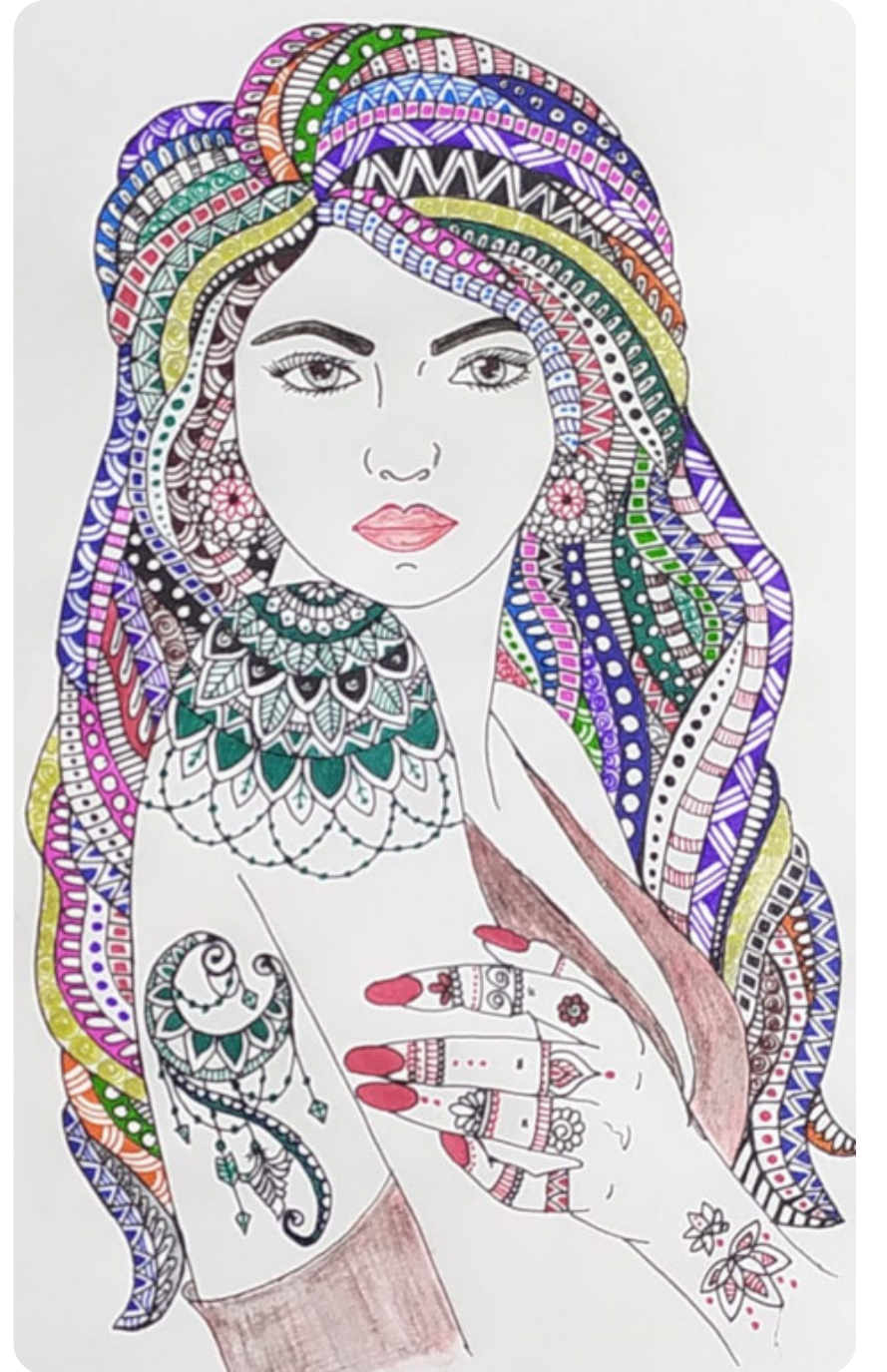
Meri chuppi se hi woh mere saare dard jaan hai leti

Wohi hai joh Maa kehlati

Uske bina jindagi kaisi hogi yeh sochne pr hi aankhon se aansu nahi hai rukte

Ussi se hi toh jindagi meri hai chalti

Wohi hai joh Maa kehlati



UPCOMING EVENTS

KAASH FOUNDATION MUMBAI

(Registered under Bombay Trust Act, 1950
and NITI Aayog, Government of India)



KAASH FOUNDATION'S FLAGSHIP PROGRAM

कृतज्ञः Kritagya

is here for the

Fourth Consecutive Year



This one's truly special as we will be felicitating the **Anganwadi Sevikas** who have relentlessly supported our project in **Vikramgad**

Theme for IWD 2024
**Invest in Women:
Accelerate Progress**

Date: 8th March 2024
Venue: Vikramgad Panchayat
Samiti, Vikramgad, Palghar
District, Maharashtra

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



KAASH FOUNDATION MUMBAI

(Registered under Bombay Trust Act, 1950 and
NITI Aayog, Government of India)

KAASH FOUNDATION IS ORGANIZING A
DISTRIBUTION DRIVE

for the

Malnourished Children of Vikramgad



Date: 9th March 2024

Venue: Vikramgad Panchayat Samiti,
Vikramgad, Palghar District, Maharashtra

This is also a very special day as our
youngest member, Prisha Mayank
Podar will celebrate her 1st birthday
with the tribal kids at Vikramgad!

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

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

