



KAASH KONNECT

AN INITIATIVE BY



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INTERNATIONAL DAY OF YOGA: ENHANCING YOUTH WELL-BEING IN VIKRAMGAD

by Tanishqa Jaiswal

"Yoga is the journey of the self, through the self, to the self."

- The Bhagavad Gita

International Yoga Day, celebrated annually on June 21st, underscores the profound significance of yoga in enhancing physical, mental, and spiritual well-being. For children, this ancient practice offers invaluable benefits that extend beyond mere physical fitness. Yoga fosters holistic development by improving concentration, reducing stress, and promoting emotional resilience. Integrating yoga into daily routines can be transformative, equipping children with essential tools to navigate life's challenges, nurturing a sense of inner peace, and fostering a healthy lifestyle from an early age. Thus, Yoga Day serves not only as a celebration of an ancient tradition but also as a vital initiative to promote the overall well-being of children, ensuring a healthier and more balanced future generation.

This year marks the fifth year that the KAASH Foundation has observed International Yoga Day. On June 21st, 2024, the Foundation's dedicated team extended their efforts to Vikramgad once again, bringing the transformative power of yoga to the local community. The team included Alpa Mehta, the Coordinator of the event and Associate Joint Director of the Health Vertical at KAASH Foundation, Mr. Alkesh Shah, also the Associate Joint Director of the Health Vertical, Preeti Parmar,



Khadaki



Starting the session with prayer as required by the Common Yoga Protocol



Ms. Alpa Mehta, Associate Joint Director (Health), KAASH Foundation and Coordinator of the session (in yellow kurti, standing)



a committed member of KAASH, and Sneha Gawde, a Guest Yoga Instructor. Together, they exemplified the Foundation's commitment to promoting health and well-being through the ancient practice of yoga, highlighting its relevance and benefits to children.

Early in the morning, at 10:30 AM, the team arrived in Khadaki. They were warmly welcomed by the teachers and Sevikas of the local Aanganwadi, along with the children. The teachers began the session with a prayer as required by the Common Yoga Protocol and explained the importance of Yoga in everyday life, emphasizing its role in maintaining physical health and mental balance. The KAASH Foundation team further reinforced these messages, sharing insights into how Yoga can help improve concentration and reduce stress. Following the ritual, the team guided the children through a series of simple exercises tailored to their young age. The children's enthusiastic participation and joy underscored the positive impact of introducing yoga at an early age, providing them with tools for lifelong well-being.

Later, in Saarshi, the focus shifted to older students of 9th and 10th standards. Approximately 300 to 350 children gathered for the event, eager to learn and practice Yoga. The KAASH Foundation team conducted a comprehensive session that highlighted the physical and mental benefits of yoga, encouraging these teenagers to incorporate Yoga into their daily routines. The session included more advanced exercises suitable for their age, demonstrating how yoga can enhance flexibility, strength, and mental clarity. The students' engagement and eagerness to learn were a testament to the relevance and appeal of Yoga to young people.

In conclusion, the KAASH Foundation's observance of International Yoga Day in Vikramgad was a resounding success, extending to both young children and teenagers. By bringing the benefits of Yoga to these communities, the Foundation



Students performing the *Skandha Sanchalan* (Shoulder Movements)



Performing the *Paschimottasana* (Seated Forward Bend)



Girls performing the *Bhadrasana* (Butterfly Pose) under the guidance of Ms. Sneha Gawde, our Guest Yoga Instructor (in red kurti behind the girls) and Ms. Preeti Parmar, Member, KAASH Foundation (in light blue kurti behind the girls)



Team KAASH Foundation with the participants of the camp

Saarshi



Students & Anganwadi Sevikas at the camp



Students performing the *Padmasana* (Meditation Pose)



Ms. Sneha Gawde, our Guest Yoga Instructor (in red kurti) and Ms. Preeti Parmar, Member, KAASH Foundation (in light blue kurti) demonstrating the *Vakrasana* (Twisted Pose)



Students & Anganwadi Sevikas performing the *Vakrasana* as demonstrated to them



Performing the *Anulom Vilom Pranayama* (Breathing Exercise)



Team KAASH Foundation with the participants of the camp

has taken a significant step towards promoting holistic well-being and healthy lifestyles. The event not only celebrated an ancient tradition but also provided

practical tools for the younger generation to navigate the challenges of modern life. As the Foundation continues its mission, the impact of such initiatives will undoubtedly

contribute to a healthier and more balanced future for all.

PHOTO GALLERY

KHADAKI



Students at the camp



Performing the *Bhramari Pranayama* (Bee Breath)



Performing the *Padahasthasana* (Standing Forward Bend)



Ms. Sneha Gawde, our Guest Yoga Instructor (in red kurti) and Ms. Preeti Parmar, Member, KAASH Foundation (in light blue kurti) demonstrating the *Padmasana* (Meditation Pose)

SAARSHI



Performing the *Skandha Sanchalan* (Shoulder Movements)



Girl seated in the *Vajrasana* (Thunderbolt or Diamond Pose)



Performing the *Shashankasana* (Rabbit Pose)



Performing the *Vrikshasana* (Tree Pose)

EDITOR'S DESK



International Yoga Day is celebrated on 21st June all throughout the world, thanks to the relentless efforts of our Prime Minister Narendra Modi. This year's theme was 'Yoga for Self and Society' and in order to venerate this theme, KAASH Foundation once again geared up and went to Vikramgad to duly honor this event. Beginning with young children and then moving on to the teenagers who need it most for inner focus and strength, our Yoga instructors were able to aptly guide them through those asanas which will help them the most.

We also have an aging population, thanks to new technology in medicine and health care. But common ailments arthritis and memory loss continue to afflict them. Yoga has the power to help them alleviate these distressing problems and our volunteers and Yoga experts reached out to them by guiding them to those exercises which they can comfortably perform despite their challenged abilities.

Our creative section will continue to enthrall you, and our forthcoming events keeps you posted on our future plans. Wishing all my readers – Happy Reading!

FOUNDER'S DESK



समत्वं योग उच्यते: (Samatvam yoga ucyate) Bhagavad Gita 2.48. It means 'Equanimity is called Yoga'. In short maintaining balance and calmness in all situations is the essence of Yoga. At KAASH Foundation we have been promoting this cardinal message on our traditional health wisdom since 2019. The great emphasis on having the holistic process of learning combined with a sustainable healthy environment is our primary motto. The team of KAASH Swasthya Manthan is known for its commitment towards making each health workshop successful. The uncalled phase of COVID 19 has alarmed us considerably and taught us the value of life. We have been promoting Yog from 2019 and it was our sixth year of successfully conducting camps. This time We thought of taking the message of healthy living to our base area at Vikramgad. The enthusiasm and participation of the tribal students and teachers was unimaginable. On the similar scale we conducted health workshops for the senior citizens group. The mutual exchanges of words of wisdom with them made us realise how distant we are in our contemporary times from the traditional norms of healthy lifestyle. The deliberations on the diet, excessive use of electronic gadgets, weakened social fabric, isolated social networking etc made the session engaging and worth organising. As rightly said 'Life is too short to waste your time on people who don't respect, appreciate, and value you. Spend your life with people who make you smile, laugh and feel loved'. – Roy T. Bennett. We are already very close to celebrating our journey of five years and we hereby commit to strive more hard and to set new visions, of our contribution to the society.

KAASH KONNECT TEAM

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Tanishqa Jaiswal

HEALTH AWARENESS SEMINAR FOR SENIOR CITIZENS

by Tirtha Samant

The KAASH Foundation under its KAASH Swasthya Manthan program organized a Health Seminar on 12th May 2024. This was held at the Rashtriya Shala Hall, Gandhi Chowk, Vile Parle from 04:00 pm to 06:00 pm. The esteemed speakers for the seminar were:

- Dr. Renuka Vyas, Naturopath, Iridologist, and Joint Director (Health), KAASH Foundation
- Ms. Pooja Malkar, Certified Yoga Trainer and Core Committee Member, KAASH Foundation
- Mr. Alkesh Shah, Sujok Therapist and Associate Joint Director (Health) KAASH Foundation.

The seminar was divided into three sessions. First was a Naturopathy session conducted by Dr. Renuka, second was a basic Yoga session conducted by Ms. Pooja Malkar, and third was a Sujok therapy session conducted by Mr. Alkesh. The three hour seminar was attended by a majority of middle-aged and senior citizens who were the direct beneficiaries of these sessions.

The seminar began with Naturopathy, which is a holistic approach to healthcare that emphasizes the body's inherent ability to heal itself. It combines traditional healing methods with modern scientific

knowledge, focusing on natural remedies, lifestyle changes, and non-invasive treatments. Naturopathic practitioners aim to treat the whole person - body, mind, and spirit - rather than just addressing specific symptoms. Dr. Renuka, with her expertise in this field, guided the audience about benefits and uses of Naturopathy.

For senior and middle-aged citizens, naturopathy can offer several benefits. It can help chronic conditions commonly afflicted by older adults, such as arthritis, high blood pressure, and diabetes. These ailments can be controlled by dietary changes, herbal supplements, and stress reduction techniques. Naturopathic treatments often have fewer side effects than conventional medications, which can be particularly advantageous for seniors who may already be taking multiple drugs. Additionally, the emphasis on preventive care and lifestyle modifications can improve overall health and vitality, potentially reducing the need for more invasive medical interventions as people age.

The Naturopathy class was followed by a Yoga session. Here, the practice focused on sitting Yoga postures - which was easy for senior citizens to do. Yoga is an ancient practice originating from India that combines physical postures, breathing techniques, meditation, and philosophical



KAASH FOUNDATION
 Kaash Swasthya Manthan www.kaashfoundation.org
 Trustee : Dr. Avkash Jadhav
HEALTH AWARENESS SEMINAR

Speaker
 Dr. Renuka Vyas - 9833629379
 Naturopath - Iridiologist

Co-Ordinator
 Alkesh Shah - 9867386650
 Pooja Malkar - 9969683502

Sunday 12th May 2024
Time 4:00 to 6:00 pm

Rashtriyashala Hall, Gandhi Chowk, Vile Parle (W), Mumbai
 Courtesy - VADLO

principles. It aims to promote physical, mental, and spiritual well-being through the integration of body, mind, and breath.

For senior and middle-aged citizens, yoga offers numerous benefits. It can improve flexibility, balance, and strength, which are crucial for maintaining mobility and preventing falls as one ages. Regular Yoga practice can help reduce chronic conditions like arthritis, high blood pressure, and back pain. It also promotes better sleep, reduces stress and anxiety, and can enhance overall mental clarity and emotional well-



Dr. Renuka Vyas, Naturopath, Iridologist, and Joint Director (Health), KAASH Foundation, explaining the benefits and uses of Naturopathy to the participants of the seminar



Ms. Pooja Malkar, Certified Yoga Trainer and Core Committee Member, KAASH Foundation, demonstrating simple Yoga exercises for the participants to follow



Mr. Alkesh Shah, Sujok Therapist and Associate Joint Director (Health), KAASH Foundation, demonstrating simple Sujok techniques for the participants to practice



Participants practicing the Yoga exercises demonstrated to them



Senior Citizens practicing the chair Yoga exercises demonstrated to them



being. The mindfulness aspect of Yoga can be particularly beneficial for older adults, helping them stay alert and cope with life changes. Yoga is highly adaptable, with many styles and modifications available to suit different physical abilities and health conditions. This makes it an accessible form of exercise for older adults, who can practice at their own pace and level of intensity.

The final session was Sujok therapy by Mr. Alkesh. He guided on how health emergencies can be dealt with naturally without any medicines. Sujok therapy is a relatively lesser-known alternative healing

practice originating from Korea. "Su" means hand and "Jok" means foot in Korean. This therapy is based on the principle that the hands and feet contain energy points corresponding to all organs and areas of the body.

For senior and middle-aged citizens, Sujok therapy can offer several potential benefits. It is non-invasive and can be used to address various health issues common in older adults, such as joint pain, digestive problems, and circulatory issues. Practitioners claim it can help improve overall energy levels, reduce stress, and promote better sleep. The

therapy involves stimulating specific points on the hands and feet using small objects, pressure, or heat, which may be particularly appealing to older adults looking for gentle, drug-free treatment options.

The seminar was widely applauded. The audience appreciated and thanked the efforts of the practitioners and KAASH Foundation for organizing this Health Awareness Seminar. Therefore, the participants of the seminar requested Mr. Alkesh Shah to conduct another session solely on Sujok Therapy on 2nd July, 2024.

KAASH CREATIVE CORNER

THE SONG OF THE UNSEEN ROSE

BY SABEEH AKHTAR (TYLLB, GOVERNMENT LAW COLLEGE, MUMBAI)



Before the last leaf falls
And the earth reaches winter
The dark clouds cover up
And terrific wind blows

Before the mountains fall
And The earth cracks
The lava takes over
And the stars shower

Let the song be sung
Far and wide all across
by near and dear
Of the rose that dried

The rose that waited
Though many springs passed
For arrival of his turn
To be smelled, to be admired to be loved

He died every autmn
No one gave a sight
No one uttered a word
But rose lost no hope

Days to come might change
A bee might fly over him
A bee might kiss him
A bee might drive a congress

Let it be known ,folks
The rose line prospers
And the song must be sung
By all barons in every cabin

Let the song be sung
Far and wide
By Near and dear
Of the rose that died
But continued to strive

CANVAS OF THE SOUL

BY NATASHA RANDHIR KAMBLE (B.VOC, 2ND YEAR, HIRAY SCHOOL OF DESIGN)

Verse 1:

Every artist has a voice, a way to tell their truth,
From the stage lights to the page, from the old to the youth,
With every brushstroke, every note, and every dance,
They paint their story, take us to another chance.

Chorus:

In every art form, they let their spirit fly,
Through colors, words, and rhythms that never die,
On the canvas of the soul, they paint their fight,
Artists of the world, shining so bright.

Verse 2:

A poet with a pen, a dancer in the night,
A singer with a song, a painter with a sight,
They turn their pain to beauty, their joy to light,
They make us feel, make us dream, make us take flight.

Chorus:

In every art form, they let their spirit fly,
Through colors, words, and rhythms that never die,
On the canvas of the soul, they paint their fight,
Artists of the world, shining so bright.

I STILL LOVE YOU, CAN'T YOU SEE?

BY NATASHA RANDHIR KAMBLE (B.VOC, 2ND YEAR, HIRAY SCHOOL OF DESIGN)

Verse 1:

We used to walk hand in hand, just you and me,
A love so deep, it felt like eternity.
But then she came, with a smile so bright,
And stole your heart, out of my sight.

Chorus:

Now you're with her, and I'm left alone,
Holding on to memories of a love once known.
I still love you, can't you see?
But your heart's with her, and not with me.

Verse 2:

We built our dreams, we shared our fears,
I never thought I'd be drowning in tears.
But her touch, her voice, it drew you near,
And now I'm left with nothing but my fear.

Chorus:

Now you're with her, and I'm left alone,
Holding on to memories of a love once known.
I still love you, can't you see?
But your heart's with her, and not with me.

Verse 3:

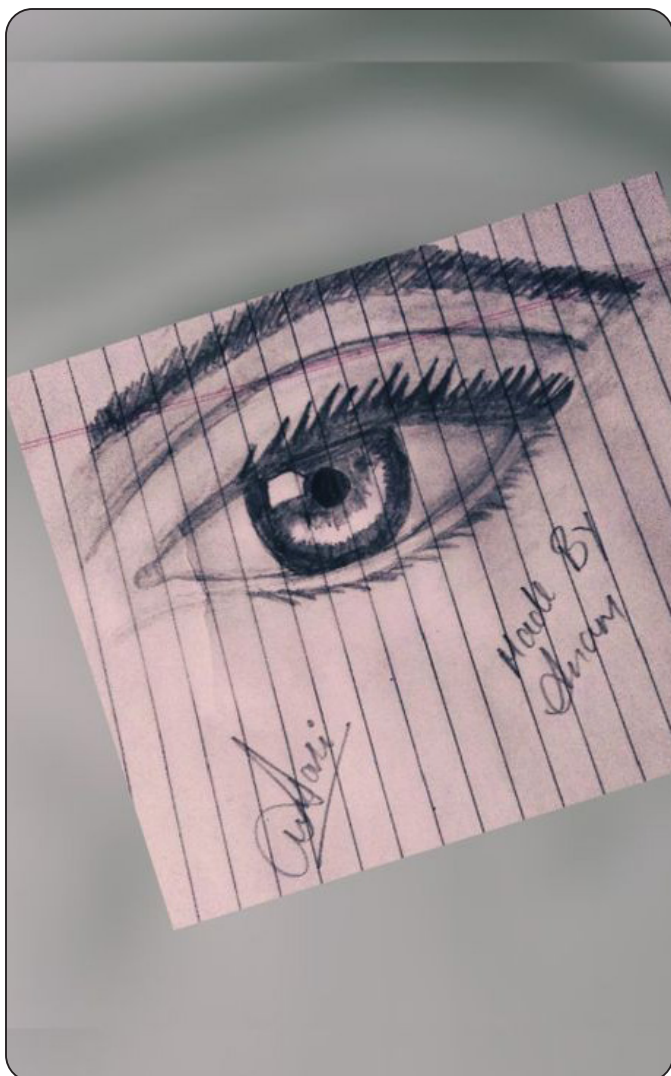
I see you smile, when she's around,
It breaks my heart, but I won't make a sound.
I'll let you go, though it tears me apart,
I'll love you still, with all my heart.

Chorus:

Now you're with her, and I'm left alone,
Holding on to memories of a love once known.
I still love you, can't you see?
But your heart's with her, and not with me.

ABSTRACT SKETCHES

BY ANAM ANSARI



FEMINIST FOREIGN POLICY AND NGOS: WORKING TOGETHER FOR BETTER GLOBAL GOVERNANCE

BY UTKARSHA KESARKAR

Feminist foreign policy is changing how countries interact with each other. It puts gender equality, human rights, and diversity at the center of international relations. This new approach aims to create fairer and more effective global policies by addressing deep-rooted inequalities and listening to often-ignored groups. It's needed because traditional foreign policy often overlooks how global issues affect women and other marginalized people differently. Non-governmental organizations (NGOs) play a crucial role in developing, implementing, and improving feminist foreign policy. Let's look at the many ways NGOs contribute to this progressive approach to international engagement.

Pushing for Change

NGOs act as driving forces for new ideas in the international arena. They use their knowledge and respected positions to advocate for including feminist principles in foreign policy. Through careful research, strategic communication, and focused lobbying, NGOs shape discussions and decisions at national and global levels. For example, the International Women's Development Agency has been key in making the case for Australia to adopt a feminist foreign policy.

Putting Plans into Action

NGOs are often essential for turning feminist foreign policy ideas into real-world actions. They act as a bridge between policy creation and on-the-ground implementation. Their established networks and expertise in areas like women's economic empowerment and preventing gender-based violence make them valuable partners. CARE International's work in conflict-affected areas is a good example, as they run programs that support the feminist foreign policy goal of increasing women's involvement in peace processes.

Keeping Governments Accountable

NGOs play a watchdog role, independently monitoring how well governments stick to their feminist foreign policy commitments. They systematically track progress and produce alternative reports to ensure transparency and accountability. The Women's International League for Peace and Freedom regularly assesses how countries follow UN Security Council Resolution 1325, which is about women's role in peace and security.

Connecting Different Groups

In the complex world of global governance, NGOs help different groups talk to each other. This is particularly important for feminist foreign policy, which emphasizes including diverse voices in decision-making. Organizations like the Nobel Women's Initiative

connect grassroots activists with high-level policymakers, ensuring that marginalized voices are heard in policy discussions.

Building Skills and Sharing Knowledge

NGOs significantly contribute to developing the human skills needed to effectively implement feminist foreign policy. Through targeted training programs and resource sharing, these organizations help local actors meaningfully engage with policy processes. Oxfam International's work to empower women leaders in developing countries with advocacy skills is a good example of this.

Creating New Ideas and Best Practices

NGOs often test new approaches to global challenges using feminist principles. The International Civil Society Action Network's groundbreaking work supporting women peacebuilders in conflict zones has influenced national and international policies on women's participation in peace processes. This shows how NGO-driven innovation can shape broader policy frameworks.

Adapting to Local Contexts: India's Experience

NGOs play a crucial role in adapting feminist foreign policy principles to local situations, as seen in India. The Centre for Social Research (CSR), based in New Delhi, has been leading efforts to include feminist perspectives in India's foreign policy discussions. Although India hasn't officially adopted a feminist foreign policy, CSR has worked to influence the country's approach to regional cooperation and development assistance with a focus on gender issues. Their advocacy has led to more attention being paid to women's issues in India's aid programs and regional initiatives, particularly in South Asia. For instance, CSR's efforts have resulted in more gender-sensitive approaches in India's development projects in Nepal and Bangladesh. This shows how NGOs can shape foreign policy practices even when countries haven't formally adopted feminist foreign policies.

NGOs play a vital role in feminist foreign policy. They advocate for change, implement policies, hold governments accountable, connect different groups, build skills, and create new ideas. Their ability to work at various levels of governance and their strong connections with local communities make them essential partners in turning feminist foreign policy principles into reality. As this approach to international relations becomes more popular, the partnership between NGOs and policymaking institutions will likely grow stronger, helping to create a more inclusive and fair global order.

UPCOMING EVENTS



INDO-ISRAEL INITIATIVE



THE STATE OF ISRAEL AND THE EMBASSY OF ISRAEL IN INDIA

Welcomes

DR. AVKASH JADHAV

From Mumbai, India

As a Member of the

SPECIAL DELEGATION OF VICE-CHANCELLORS AND PROMINENT ACADEMICIANS TO ISRAEL FROM INDIA



July 21 - 25, 2024

The five-day visit aims to explore educational techniques in Israel, promote academic ties, visit universities in Israel, and explore innovation in education.



Supported by the
Ministry of Foreign Affairs, Israel

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

