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KalaShristi

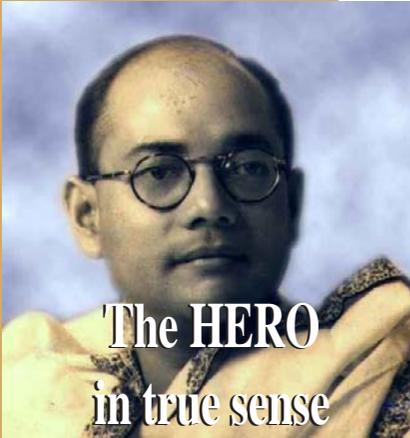
Art & Culture Magazine

December-January, 2006

Issue V

Rs.25

Netaji
Subhas Chandra Bose



'The HERO
in true sense



Helping Kids Bounce Back

Basant Panchami

**A Warm Lesson
on a Cold Day**

Tulips



Alpana Nayak
*Bypassing
All
Hurdles.*

Prize winning entries

Congratulation to all winners of (Creative Writing) of Kalakriti's on the Spot Creative Competition 2005. Organised by Kalakriti Foundation, held on Saturday, 26th November was a grand success. The competition was followed by cultural programmes by the multi-talented students of Kalakriti School of Art And Culture (KSAC).

वक्ष हमारे मित्र

(Paragraph writing)

वक्ष हमारे मित्र ही नहीं, वे हमारे सच्चे मित्र होते हैं। वे इस संसार को सुंदर, हरा-भरा और प्रदूषण मुक्त बनाते हैं। वे हमें ऑक्सीजन प्रदान करते हैं। वे हमसे कुछ लेते नहीं बल्कि अपने अंगों को सहर्ष दान कर देते हैं। जैसे - उनकी लकड़ियों से फर्नीचर, दरवाजे, खिड़कियाँ आदि वस्तुएँ बनती हैं। जो कि घरेलु उपयोग में ली जाती है। नीम जैसे वक्षों से औषधियाँ भी बनती हैं। नीम की दातुन भी की जाती है। मनुष्य वक्षों को लगातार काटकर अपना ही अहित कर रहा है। वक्षों के कटने से जंगल में रहने वाले जानवरों पर भारी संकट आ गया है क्योंकि पक्षी पेड़ों पर ही रहते हैं पुश उनके नीचे विश्राम करते हैं। वक्षों के कटने से धरती का जलस्थर बहुत नीचे हो गया है जिसकी वजह से हम सबके सामने जल की समस्या उत्पन्न हो गई है। वक्ष हमारे मित्र हैं। इसलिए हम भी उनके सच्चे मित्र बन कर उनका संरक्षण करना चाहिए। वो हम एक ही तरह से कर सकते हैं। पेड़ों को न काटकर और न पेड़-पौधे लगाकर।

"आओ मिलकर वक्ष लगाएँ
धरती पर हरियाली लाएँ
वतावरण शुद्ध बनाकर
जीवन में खुशहाली लाएँ"



Ruchika Jha

Age: 10 years, Class: V

Add: 130/4, Ghazipur, Delhi-96

My First Day In School

I got out of my car, scared, full of thoughts that frightened me. I was wondering how would it be with new people, new company, moreover "Teachers". As I entered the building, my fear grew, the funniest of all, I saw a few kids crying and even I started crying. Soon I met my teacher who was very kind and humble She kindly told me to come into the class and introduced me to many other children present there. Soon I started mixing up with most of them, they were so friendly that a few of them are still my friends even after reaching class X. We were small kids, immature and unaware of the surroundings. All of a sudden everybody started whispering, "Keep quite". I felt like questioning them about it, but I kept quite. We waited and then all of a sudden appeared a tall, thin lady with spectacles reaching her nose, she 'looked' strict but was equally humble and caring, she was our principal she told us many things about the school including the places where we were not supposed to go as small children. My friends helped me with my homework and many other things. We went for badminton and singing classes together and we still do.



Ayesha Khan

Age : 15 years

Class: X

Add: A-704, Priyadarshani

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(Due to limited space we are unable to publish the work of all the winners).

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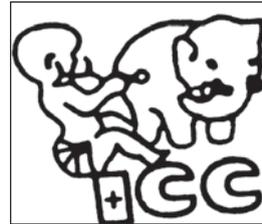
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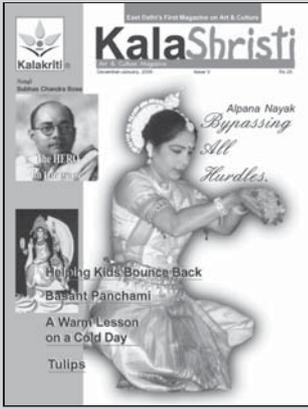
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Remembrance

Netaji
Subhas Chandra Bose

The HERO
in true sense

Helping Kids Bounce Back

Counselling

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Scribbling – An Expression

Art should be more than an arrangement or composition, effect of colours or skills in design. Art is an intimate expression of a child's vision and perception of the world, as he comprehends it. It is an intimate response to the environment he lives in. Seemingly meaningless drawings by a child always have a story to tell. If these are analysed a lot can be known about the thoughts and the personality of the child. Anyone who ever watched a child scribbling on the wall or scratching on the floor with colour or a stick can understand the instinctiveness with which children express themselves. This instinctiveness should be understood and pushed further so that they learn not only to make beautiful picture or work of art but also exercise their imagination and develop in them an aesthetic sensitivity to understand the world around them better.

Prashanto

Prashanto K. Sarkar@kalakritifoundation.com

The HERO



*While the Gandhi /Nehru faction of Congress has freedom struggle, it is important to remember that movement of the masses and there were a number and great visionary ideas who sacrificed their **Subhas Chandra Bose** is one of them born*

The Influence of Bose

Bose advocated complete freedom for India at the earliest, whereas the Congress Committee wanted it in phases, through a Dominion status. Other younger leaders including Jawaharlal Nehru supported Bose and finally at the historic Lahore Congress convention, the Congress had to adopt *Poorna Swaraj* (complete freedom) as its motto. Bhagat Singh's martyrdom and the inability of the Congress leaders to save his life infuriated Bose and he started a movement opposing the Gandhi-Irvin Peace Pact. He was imprisoned and expelled from India. But defying the ban, he came back to India and was imprisoned again!

R

nown as *Netaji* (leader), Mr. Bose was a fierce and popular leader in the political scene in pre-independence India. He was the president of the Indian National Congress in 1937 and 1939, and founded a nationalist force called the Indian National Army. He was acclaimed as a semigod, akin to the many mythological heroes like Rama or Krishna, and continues as a legend in Indian mind.

Subhas Chandra was born on January 23rd 1897 in Cuttack (in present day Orissa) as the ninth child among fourteen, of Janakinath Bose, an advocate, and Prabhavatidevi, a pious and God-fearing lady. A brilliant student, he topped the matriculation examination of Calcutta province and passed his B.A. in Philosophy from the Presidency College in Calcutta. His parents' wishes kept him away from the Indian freedom struggle and led him into studies for the Indian Civil Service in England. Although he finished those examinations also at the top of his class (4th), he could not complete his apprenticeship and returned to India, being deeply disturbed by the Jallianwalla Bagh massacre. He came under the influence of Mahatma Gandhi and joined the Indian National Congress (a.k.a. Congress). Gandhiji directed him to work with Deshbandhu Chittaranjan Das, the Bengali leader whom Bose acknowledged as his political guru.

Clouds of World War II were gathering fast and Bose warned the Indian people and the British against dragging India into the war and the material losses she could incur. He was elected president of the Indian National Congress twice in 1937 and in 1939, the second time defeating Gandhiji's nominee. He brought a resolution to give the British six months to hand India over to the Indians, failing which there would be a revolt. There was much opposition to his rigid stand, and he resigned from the post of president and formed a progressive group known as the *Forward Block* (1939).

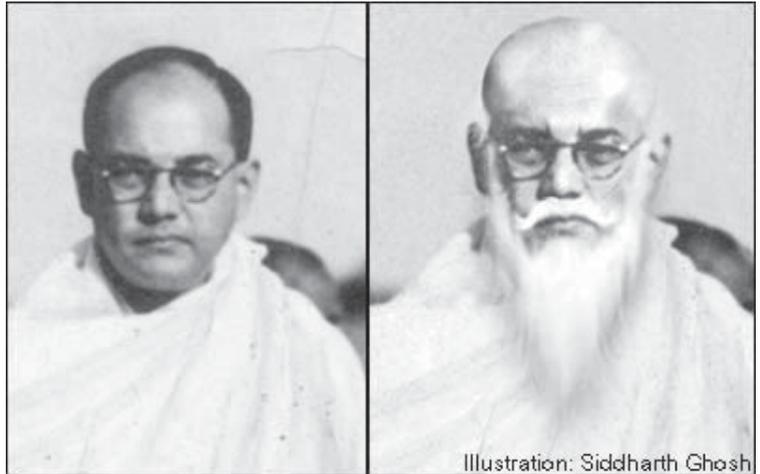
Subhas Chandra Bose now started a mass movement against utilizing Indian resources and men for the Great War. There was a tremendous response to his call and the British promptly imprisoned him. He took to a hunger strike, and after his health deteriorated on the 11th day of fasting, he was freed and was placed under house arrest. The British were afraid of violent reactions in India, should something happen to Bose in prison.

The Mystery Begins...

Bose suddenly disappeared in the beginning of 1941 and it was not until many days that authorities realized Bose was not inside the house they were guarding! He traveled by foot, car and train and resurfaced in Kabul (now in Afghanistan), only

in true sense

garnered much of the credit for India's India's freedom movement was in fact a of great leaders with fierce patriotism entire lives for the nation's cause. Netaji on January 23, 1897.



to disappear once again. In November 1941, his broadcast from German radio sent shock waves among the British and electrified the Indian masses who realized that their leader was working on a master plan to free their motherland. It also gave fresh confidence to the revolutionaries in India who were challenging the British in many ways.

The Axis powers (mainly Germany) assured Bose military and other help to fight the British. Bose had struck alliance with Germany and Japan. He rightly felt that his presence in the East would help his countrymen in freedom struggle and second phase of his saga began. A most hazardous journey was undertaken by him under water, covering thousands of miles, crossing enemy territories. He was in the Atlantic, the Middle East, Madagascar and the Indian ocean. Battles were being fought over land, in the air and there were mines in the sea. At one stage he traveled 400 miles in a rubber dinghy to reach a Japanese submarine, which took him to Tokyo. He was warmly received in Japan and was declared the head of the Indian army, which consisted of about 40,000 soldiers from Singapore and other eastern regions. Bose called it the **Indian National Army (INA)** and a government by the name "*Azad Hind Government*" was declared on the 21st of October 1943. INA freed the Andaman and Nicobar islands from the British, and were renamed as *Swaraj* and *Shaheed* islands. The Government started functioning.

Leader of Masses and the Military Bose in INA Uniform 1943 Early Success and Tragic End

Bose wanted to free India from the Eastern front. INA marched through Burma and occupied Coxtown on the Indian Border. A touching scene ensued when the solders entered their 'free' motherland. Some lay down and kissed, some placed pieces of mother earth on their heads, others wept. They were now inside of India and were determined to drive out the British! *Delhi Chalo* (Let's march to Delhi) was the war cry.

The bombing of Hiroshima and Nagasaki changed the history of mankind. Japan had to surrender. Bose was in Singapore at that time and decided to go to Tokyo for his next course of action. Unfortunately, the plane he boarded crashed near Taipei and he died in the hospital of severe burns. He was just 48.

The Indian people were so much enamored of Bose's oratory and leadership qualities, fealrness and mysterious adventures, that he had become a legend. They refused to believe that he died in the plane crash. The famous Red Fort trial wherein Bose's generals and the INA officers were tried, became landmark events. Initially, the British Government thought of a court-martial, but there was a countrywide protest against any kind of punishment. For common Indians, Axis and Allied powers hardly mattered, but they could not tolerate punishment of fellow countrymen who were fighting for freedom. The British Government was in no position to face open rebellion or mutiny and a general amnesty for INA soldiers was declared.

While Bose's approach to Indian freedom continues to generate heated debate in the Indian society today, there is no denying of his burning patriotism, his tireless efforts to free India from inside and outside and his reckless adventures in trying to reach his goals. His exploits later became a legend due to the many stories carried by the disbanded INA soldiers who came from every nook and corner of our great country.

Had he lived, Subhas Chandra Bose could have given a new turn to Independent India's political history. But he lives on eternally in the Indian mind, more famous after his death.

Dr. Jyotsna Kamat is a historian living in Bangalore. India's freedom struggle is one of her favorite topic 

Source: Jyotsna Kamat-Historian

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Seema Jai Kumar
Psychotherapist and Counsellor

Helping Kids Bounce Back

Beat the Stress.



An important part of growing up is the development of the ability to recognize, respond and recover from stressful situation. Children too suffer from stress. It can be shown by the feeling of hopelessness and they may cry for no reason. They may become withdrawn, aggressive or irritable. They may stop interacting with friends, play truant at school, or their school performance may go down. They may suffer from insomnia, loss of appetite and general disinterest.

As the child grows, his environment increase. Most children come through stress with resilience, while few may seem unable to bounce back from disappointments and grief that are inherent part of growing up. It is for the parents to turn such situations into learning ones and help him/her to recover and be resilient. While no child can be expected to weather life's storms without showing some signs of stress. There are several steps parent can take to help the young ones to become more resilient and beat the stress before stress beats them.

When your child is confronted with a problem give time to figure it out himself- the problem may be as easy as tying a shoelace or as difficult as a math problem. This will make him/her feel in charge and will develop their problem solving skills.

When your child comes across a hardship like preparing a model in short time, try not to ease the load by doing a part of it yourself. Instead tell him that you are confident of his/her ability to finish it. This raises a child's self-esteem.

Teach your child to always look at the brighter side of things. Show empathy in troubled times but teach the child to appraise events from a positive perspective.

Take time out to spend with your child and give him a hug even if you are short of time. The memory of this hug will give him/her strength and confidence in him/herself and small frustrations will not end up in stress.

Keep in touch with your child's feelings. Ask him directly how he/she feels in any situation. Gently explain the feelings to him/her.

Lessen the confusions in your child's mind being consistent on matters. When parents differ the child feels at lost and gets confused.

Do not be overambitious for your child. Too much expectations give stress to your child.

Keep the lines of communications open. As a parent you cannot save your child from every difficulty but can offer support and encouragement.

Encourage him to use relaxation techniques. They may feel relaxed in walking, drawing, playing etc.

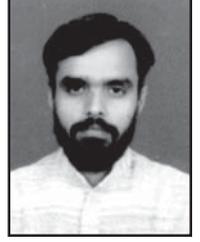
To inculcate resilience in our children we as parents have to be their role models and show them not to be afraid of adversities but to face them and confidently overcome them 

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स्व

तंत्रता मनुष्य मात्र का जन्मसिद्ध अधिकार है। कभी सोचा है कि इस बात को अलग-अलग शब्दों और वाक्य रचनाओं के साथ कौन सबसे ज्यादा दोहराता है, या दोहराना चाहता है? किशोर या युवा होती पीढ़ी के बच्चे। वजह? नये-नये आये परों के चलते नये-नये आकाशों को फतह करने की चाह। युवा पीढ़ी को, अथवा युवा होती पीढ़ी को स्वतंत्रता शब्द बहुत आकर्षित करता है। वे बचपन भर अपने ऊपर फैले माता-पिता की सुरक्षा और उससे जुड़े अनेक प्रकार के प्रतिबंधों के साये से मुक्त होने के लिए छटपटाते हैं। वे जल्दी से जल्दी सभी प्रकार के बन्धनों से मुक्त होकर अपने जीवन को अपने तरीके से जीना चाहते हैं। मगर उन सबकी सबसे बड़ी बाधा होती है, आर्थिक रूप से माता-पिता पर अवलम्बन। यदि यह ना हो तो शायद अपने परिजनों की इच्छाओं के विरुद्ध अपने मन के मुताबिक जीवन की राह चुन लेने की उम्र शायद औसत रूप से बारह-तेरह वर्ष हो जाए।

अक्सर माता-पिता को यह शिकायत रहती है कि एक उम्र के बाद बच्चों की उनसे दूरी बढ़ने लगती है। भावनात्मक रूप से चाहे इसकी मात्रा में अंतर हो, मगर व्यावहारिक रूप से तो यह एक यथार्थ है। कारण भी बहुत सीधा और सरल है। बच्चा जितना छोटा होता है, माता-पिता पर (विशेष रूप से माँ पर) उसकी शारीरिक और भावनात्मक निर्भरता उतनी अधिक होती है। उसकी पहचान और पहुँच का दायरा सीमित होता है। लेकिन जैसे-जैसे वह बढ़ा होता है, उसका दायरा व्यापक होने लगता है। जाहिर-सी बात है कि उस व्यापक होते दायरे के लिए जो भी समय वह व्यतीत करेगा, वह माता-पिता के साथ बिताये जाने वाले समय में कटौती करके ही हो सकेगा। खासकर किशोरावस्था के अंतिम चरण में या युवावस्था के प्रारंभ में इस स्थिति में तब एक बड़ा गुणात्मक परिवर्तन आता है जब वह लड़का या लड़की भावनात्मक रूप से किसी की ओर आकर्षित हो जाए। तब तो उसकी दुनिया ही पूरी तरह से बदल जाती है। ऐसे समय में वास्तविक स्थिति को जाने बिना ही अभिभावक विशेष रूप से स्वयं को कुछ अंश तक उपेक्षित महसूस करने लगते हैं।

परिवर्तन संसार का शाश्वत नियम है, इस बात को तो सभी जानते हैं। मगर स्वयं इस परिस्थिति से गुजर चुकने के बावजूद पता नहीं क्यों अभिभावक अपने बच्चों के मामले में इस स्थिति को सहज रूप से स्वीकार नहीं कर पाते हैं। समय के साथ सब बदलता है। आप भी बदलते हैं और बच्चे भी। ऐसे में रिश्तों के स्वरूप का बदलना भी लाज़मी है। बेहतर हो कि अभिभावक पहले से ही स्वयं को इसके लिए तैयार रखें। मगर इसका यह अर्थ कदापि नहीं है कि वे बच्चों के लिए गैरजरूरी होने के लिए तैयार हो जाएं, इसका अर्थ केवल इतना है कि वे अपने और अपने बच्चों के रिश्तों को इस प्रकार समय के साथ बदलते चले जाएं कि उन रिश्तों की उष्मा कभी कम न हो सके।

बदलते समय के साथ क्या होना चाहिए रिश्तों का सर्वोत्तम स्वरूप? कभी सोचा है आपने? शायद सबसे बेहतर यही होगा कि माता-पिता और बच्चों के बीच के रिश्ते में एक मित्रता का भाव समय के साथ ज्यादा होता जाए तो शायद समय उन रिश्तों को ज्यादा परिवर्तित नहीं कर सकेगा। सोच कर देखें। मित्रता एक ऐसा रिश्ता है, जिसकी आवश्यकता सभी प्रकार के रिश्तों के होने के बावजूद बनी रहती है। समर्पण, त्याग और ममता के आधार पर निश्चय ही माता और संतान का रिश्ता संसार का सर्वोत्तम रिश्ता कहा जा सकता है, मगर समग्र जीवन का विचार

करके देखें तो महसूस होता है कि मित्रता ही एक ऐसा सम्बन्ध है जिसका महत्व जीवन के किसी भी मोड़ पर कम नहीं होता, खत्म होने का तो प्रश्न ही नहीं उठता है।

माता-पिता के साथ बच्चों का रिश्ता यूं तो आजीवन महत्वपूर्ण होता है, मगर यदि उसमें मित्रता का भाव भी जुड़ जाए तो शायद वह ज्यादा नज़दीकी, ज्यादा अर्थपूर्ण, ज्यादा सदैव प्रासंगिक और ज्यादा प्रगाढ़ साबित हो। यदि आपकी अपने बच्चों से मित्रता है तो फिर वे आपको अपने जीवन की लगभग सभी भावनाओं, विचारों, कल्पनाओं, योजनाओं और सपनों में सहभागी बनाएंगे। आप हमेशा उनके लिए महत्वपूर्ण ही नहीं, अनिवार्य भी बने रहेंगे। ऐसे में फिर उपेक्षा का प्रश्न ही कहाँ बचा रहेगा? और हाँ, इसका एक अतिरिक्त लाभ भी है। नयी पीढ़ी की भावनाओं, विचारों, कल्पनाओं, योजनाओं और सपनों में सहभागी होने पर आप नयी पीढ़ी के उर्जा के लगातार सम्पर्क में रहेंगे और इसके चलते स्वयं भी उर्जावान बने रहेंगे। समय के साथ जब माता-पिता दादा-दादी बन जाएं, तो बेहतर है कि वे अपनी मित्रता के दायरे में नाती-पोतों को भी सम्मिलित कर लें। अपने आखिरी पल तक नयी पीढ़ी की उर्जा से ओतप्रोत रहने का क्या इससे सरल उपाय कोई और हो सकता है? 🌱


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Alpana Nayak
Bypassing

*All
Hurdles.*

*T*he passion for dancing could not stop Alpana Nayak from dancing. A bypass surgery and acute knee problem could not exhaust her of patience. It was as if all these problems gave more strength to work harder and reach her goal to continue dancing and teaching children of special needs.

Born and brought up in the coastal Balasore district of Orissa. Alpana Nayak began her training in Odissi at the age of seven at the Nritya Sangeet Kala Mandir, under late Guru Deva Prasad Das and Guru Sudhakar Sahoo. She gained her Nritya Shree degree at the age of 13. For the last two decades she has enriched her Odissi style under Guru Hare Krishna Behera. She was awarded a fellowship by the Department of Culture.

Alpana successfully experiments with new themes without disturbing the pure form of the dance. "Odissi has a distinct style of its own, I have never tried to tamper with the classical

form. My experimentations are only with the themes" says the danseuses.

One of the theme which was applauded by one and all was "Vichitravarna", a novel interpretation of woman, portraying womanhood on embodiment of love, freedom, equality, procreator, tolerance and destructor through the expressions of Mohini. Mohini emerged during the great churning of the cosmic ocean. She was supernaturally beautiful. Alpana emotes the immense inner beauty of a woman.

In Mukti, she is an expression of freedom, of salvation a symbol of change is well as the custodiam of Values. As Badhu, she is an embodiment of quality. The Janani depicts woman as procreator, Kshyama is the forgiveness and as Samhara she can be as destructive as Kali. "One needs to fight against prejudices and retrogressive structure" says the dansuse.

Alpana's one of the passion that gives her strength despite health problems, is teaching children of special needs at her school A.L.P.A.N.A. with lot of love, caring and patience she teaches the children. These children have successfully performed on the stage. Dancing gives them the many attributes the overall body co-ordination. The danseus says that "The children picked the steps fast. One of the girls rarely responded while in class but on stage she perfectly matched steps with others." She wants to work with children engaged in rag picking. "Through dance, I want to imbibe in them the rich cultural values", she says 🌸



Kathak



Parul Mishra
Kathak Teacher
Kalakriti School of Art & Culture

which he called Rahas (Raas). He took part in it along with his begams and during his rule 'Kathak' as a dance form appears to have reached its Zenith. Developed over the years and given by father to son the skills, techniques and knowledge of the art of 'Kathak' resulted into two main (school) Gharanas- Lucknow and Jaipur. The third Gharana-generally known as Banras Gaharana.

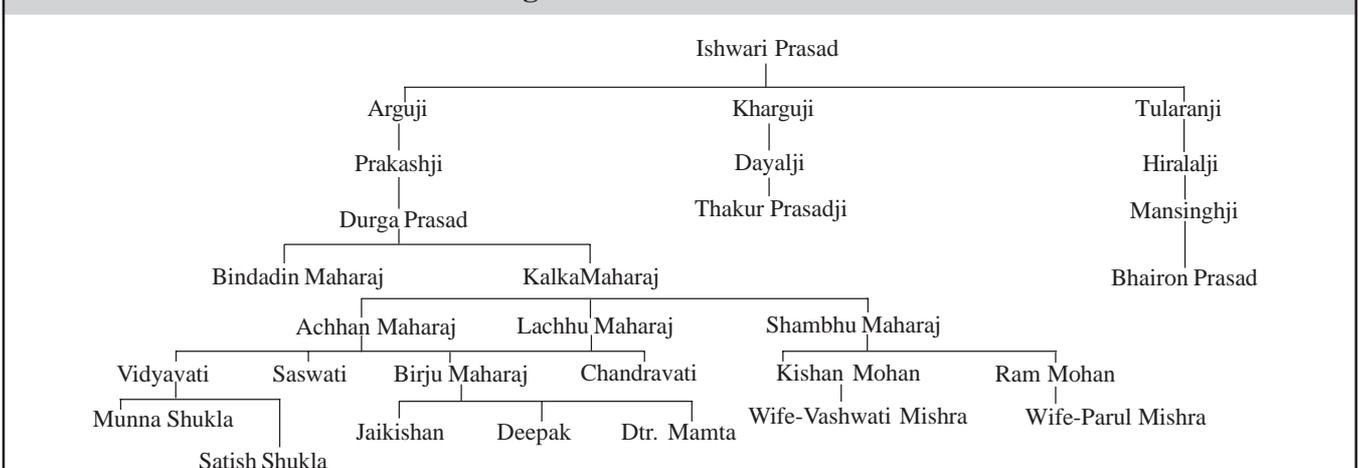
Lucknow Gharana:

The lucknow gharana of Kathak dance developed during the reign of Asaf-Ud-Daula (1775A.D.) and Wajid Ali Shah (1847-1856A.D.) Kalka-Bindadin the famous kathak exponents of this gharana, that their ancestors hailed from 'Handiya', a village in Allahabad district. Kalka-Bindadin were two brothers and masters of every aspects of the dance. Kalka Prasad's speciality lay in his mastery of rhythm. Bindadin was gifted with poetic leanings and was a great composer. Together they shaped the Lucknow Gharana by the attributes it has come to be known as Lyrical and Precise. The graceful quality of Kathak was explored by these two brothers in fantastic manner. Bindadin was a great devotee of Krishna. Thumri's, Dadra's and Bhajans written by him became part of Kathak in the abhinaya section. Kalka Prasad was a Tabla player and had specialized in Layakari. He had three sons viz., Achhan Maharaj, Lacchu Maharaj and Shambhu Maharaj who were the greatest contemporary Kathak exponents in the present century. This three brothers gave a great contribution in the history of Kathak Dance and now Pt. Birju Maharaj has given a beautiful shape to Kathak. He has composed so many Ballets in Kathak (Style) shelly

This popular phrase means who tells a story is a 'Kathak', or story tellers. The story telling tradition comes from the temples of North India. It traveled through the royal courts of Hindu and Muslim rulers and finally reached the proscenium stage, as one of the foremost classical dance form of India.

In the history of 'Kathak' the contribution of Wahjid Ali Shah, the last Nawaab of Oudh (Avadh) is particularly significant. He was himself an accomplished musician and a dancer besides being a poet of great merit writing in Urdu. The Nawaab was obsessed with the Raslila and he himself devised an opera,

Geneological Tree of Lucknow Gharana





Basant Panchami

On February 2, 2006 (Thursday)

वाणी विनय

वर दे, वीणा वादिनी वर दे।
प्रिय स्वतंत्र रव, अमृत मंत्र नव,
भारत में भर दे, वर दे...

काट अंध उर के बंधन स्तर,
बहा जननि! ज्योतिर्मय निर्झर,
कलुष भेद, तम हर, प्रकाश भर
जगमग जग कर दे, वर दे...

नव गति, नव लय, ताल छंद नव,
नवल कंठ नव जलद मंद्र रव,
नव नभ के नव विहग वृंद को,
नव पर नव स्वर दे, वर दे...

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Kalakriti's on the Spot Painting Competition 2005

Congratulation to all winners of each catagories (Colouring, Drawing & Painting, Art & Craft and Creative Writing) of Kalakriti's on the Spot Creative Competition 2005. Organised by Kalakriti Foundation, held on Saturday, 26th November was a grand success. The competition was followed by cultural programmes by the multi-talented students of Kalakriti School of Art And Culture (KSAC).

(Due to limited space we are unable to publish the work of all the winners).

The On-the-Spot Creative competition and Spark Cycling Race organised by Kalakriti Foundation, IPEX, held on Saturday, 26th November was a grand success. The creative competition, which was divided into five age groups, began at 10am and a huge number of children and students from various schools took an active part in it. The competition was followed by cultural programmes by the multi-talented students of Kalakriti School of Art And Culture (KSAC). Over 200 children of different age groups participated from all over East Delhi. Creative events like colouring, Drawing, Art and Craft and Creative Writing took place.

Many eminent personalities like Ramesh Pandit- *Chairman Health Committee MCD*, Suresh Bindal, Subhash Gupta, Vaibhav Vishaal graced the occasion and the panel of judges included **Ram V. Sutar (eminent sculptor)**, **Shyamalamani Iyer**

(Deputy editor- DAVP), Neeta and Satyanarayan (eminent madhubani artist-Bal Bhawan, New Delhi). In a nutshell, the show was an all-inclusive and overwhelming extravaganza of talent and the outcome was as encouraging and exciting for everyone.

The programme reached its crescendo with the cycling race that was organised in association with the Cycle Association of Delhi. The race truly thrilled the eager spectators. There was also free medical camp at the venue, in which parents and guests consulted renowned Specialists for their different problems. The event was appreciated by one and all. The guest and the judges wished that many more creative competition must be held like this and also wished that children are encouraged and taken to bigger platforms by the Kalakriti Foundation in near future.

2nd PRIZE
Age Group: 2-4years



Isha Chabra
Class: Preparatory
Age: 3 years,
59, Shankar Vihar,
Delhi-110092

1st PRIZE
Age Group: 5-7years



Radhika Goel
Class: IInd
Age: 7 years,
C-14, Ashoka Niketan,
Delhi-110092

1st PRIZE
Age Group: 8-10years



Nipun Garg
Class: IV
Age: 8 years,
51, Parivar Apts.
I.P. Extn., Delhi-92

1st PRIZE
Age Group: 11-13years



Akas Suri
Class: VI
Age: 12 years,
32 A, Ram Nagar Extn.,
Krishna Nagar,
Delhi-110051

A Warm lesson on a Cold Day

“D

elhi suffering from worst cold wave in 70 years. Schools closed for three days” announced the TV new reader. “Wow! Does that mean I don’t have to go to school?” Asked little Mudit. “No, but that doesn’t mean you have to lie in bed all day.” Said his sister, Easha. “But, its too cold. Even the TV news says it’s a cold wave” protested Mudit, snuggling in bed, even more. “Grandpa, make him understand” Easha turned to her grandpa, snoozing in the Easy chair, before the room heater.. Grandpa opened his eyes reluctantly.. “If you have a nice hot water bath you’ll feel OK. Only animals hibernate in winter” “Hibernate! What’s that?” Asked Easha, interested, watching happily as Mudit got up reluctantly and went off. He returned soon after, apparently, having had only a quick splash in hot water. “Some Animals go into a deep sleep during the winter.” Explained Grandpa. “What fun! I wish I was an

animal and could sleep all winter and not go to school” said Mudit, as he struggled into his woollens. “But for that you would have to become a bear or a chipmunk and live in the forest” said Grandpa “You mean bears sleep throughout the winter?” Asked Easha, feeling extremely curious. “Yes,” replied Grandpa, “The animal goes into a deep cave underground hole, its body temperature drops and heartbeat and breathing slows down.” “How does it eat, then” asked Mudit, as his mom placed a piping hot parantha in front of him. “Greedy! Always thinking about food” teased Easha. “I’m not greedy” said Mudit, and almost threw the parantha at his sister. “Animals which hibernate eat a lot of food during the summer & spring and store it as body fat. They use this fat for energy while hibernating. Some animals like chipmunks store food like nuts or acorns to eat later in the winter. And, some animals like the red fox which eats fruit and insects in spring & summer and eats small rodents in the winter” explained Grandpa “What about other animals and specially birds which do not hibernate?” Asked Easha. “Some animals & birds migrate to warmer climates and It return back in summers again...” “I know. I have seen some birds which come only in winter to the lake Park behind our house” Mudit shouted excitedly. “Monarch butterflies, which spend the summer in Canada & Northern US migrate to Mexico in winter. Do you know, even insects like earthworms & beetles protect themselves from the winter by moving downward into the soil” said Grandpa. “But how do these birds & animals know where to go each winter? Don’t they get lost?” Asked Mudit. “They are not kids silly, to get lost” said Easha. “But that is a interesting question” said Grandpa, “Birds are like sailors. They migrate using the sun, moon and stars for direction. They also have a compass in their brain for using the Earth’s magnetic Field.” “Wow, may be I should carry a compass in my brain too, so I can go anywhere alone” said Mudit, who always wanted to go to his friends’ houses but was not allowed because he was too young. ‘You are only a kid. You would get lost even inside the colony” said Easha. Mudit was about to throw the cushion at his sister, when, fortunately, his friend Aditya called to find out if he could come to play. Mudit ran off and Grandpa heaved a sigh of relief and went back to his nap in front of the heater ❁



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