

Rainbow Newsletter



April - June 2019

35TH ANNUAL LITERARY AWARDS AND SCHOLARSHIPS FUNCTION



Dear Friends,

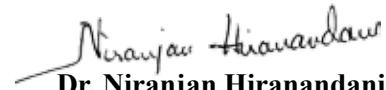
Priyadarshni Academy's prestigious 35th Annual Literary Awards and Scholarships function took off to a stupendous start on 18th March, 2019 at the Indian Merchants Chamber - attended by a full house of eminent personalities.

Mr. Nanik Rupani, Chairman Emeritus, Priyadarshni Academy; Mr. Vijay Karia, CMD, Ravin Group; Mr. Ashish Vaid, Vice Chairman, Priyadarshni Academy; Mr. Chander Manghnani, Trustee, Priyadarshni Academy; Mr. Murli Adnani, Co-Chairman, Priyadarshni Academy; Dr. Mohan Patel, Member, Global Awards Advisory Committee; and Ms. Punam Zaveri, Director, Jashn Jewels Pvt. Ltd.; gave away the Literary Awards and some of the Scholarships.

Mr. Nanik Rupani welcomed the dignitaries, awardees, students and prominent guests as I could not attend the function due to pressing engagements.

All in all - from the feedback I received, it was a memorable event - one more feather in the cap of Priyadarshni Academy!

Highlights of the event are featured in this issue for your perusal.


Dr. Niranjan Hiranandani
Chairman



Devendra Fadnavis
Chief Minister
Maharashtra



Mantralaya
Mumbai-400 032

10th December 2018

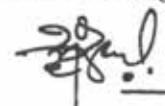
Dear Shri Rupani ji,

I am in receipt of the book 34 Years of Service to Humanity, highlighting the success story of Priyadarshni Academy. I am thankful to you for keeping me in thoughts.

Kindly accept my wishes for your upcoming assignments.

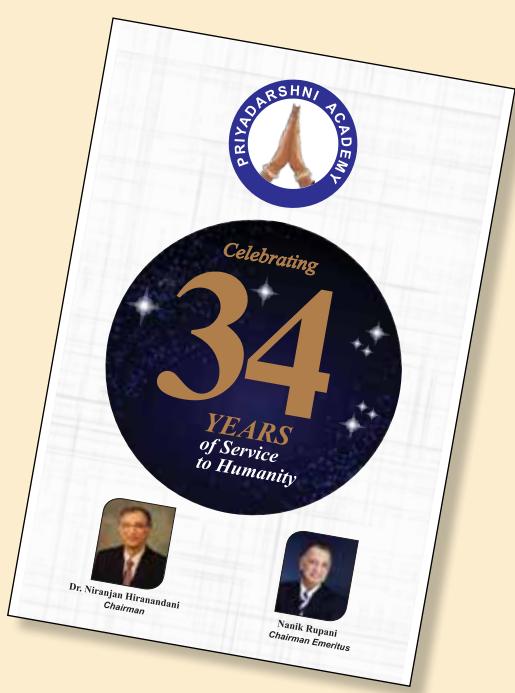
Thanks,

With warmest regards,



(Devendra Fadnavis)

Shri Nanik Rupani
Priyadarshni Academy





35TH LITERARY AWARDS AND SCHOLARSHIPS FUNCTION 2019



Mr. Nanik Rupani, Founder and Chairman Emeritus, Priyadarshni Academy welcoming the distinguished Guests on the dais and the audience.



Ms. Veena Shringi receiving Laxmi-Nari Pohani Sindhi Literary Award



Dr. Vishnu Pandya receiving Smt. Chandaben Mohanbhai Patel Gujarati Literary Award



Mr. Hari Mridul receiving Shri Kisharam Lekhraj Rupani Memorial Hindi Literary Award



Dr. Narendra Jadhav receiving Balasaheb Thackeray Memorial Marathi Literary Award (2018)



Dr. Mahesh Keluskar receiving Balasaheb Thackeray Memorial Marathi Literary Award (2019)



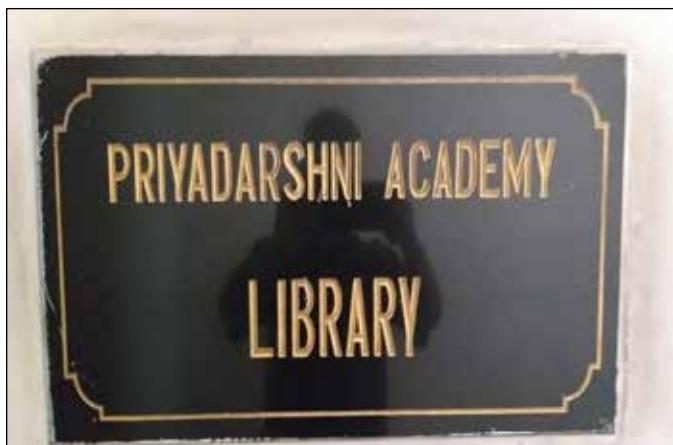
OUR COMMUNITY DEVELOPMENT PROJECTS



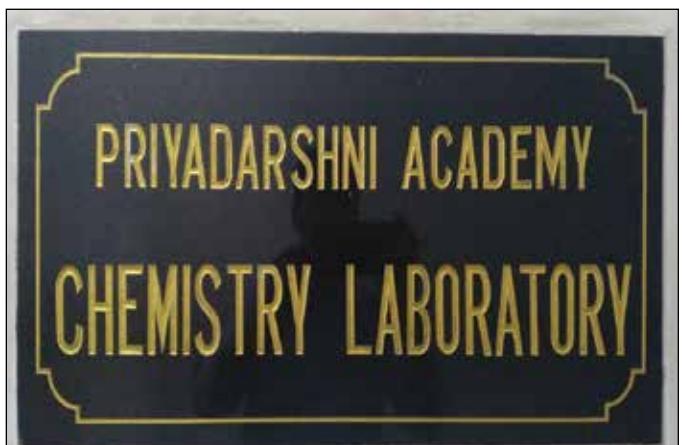
Inauguration of Dr. Babasaheb Ambedkar School, Lonavala on December 22, 2018



Mr. Nanik Rupani, Chairman, Priyadarshni Academy, inaugurating Priyadarshni Academy Computer Laboratory at Jai Hind College, Churchgate, on November 30, 2012



Inauguration of Priyadarshni Academy's Library and Chemistry Laboratory at Sadhu Vaswani International School in Sanpada, Navi Mumbai, on March 25, 2011.



Mr. Pratapsingh Rane, Speaker of Goa Assembly & Former Chief Minister of Goa, unveiling the 'Rupani Hostel' in Ratnagiri, in Memory of Kisharam Lekhraj Rupani and Radha Kisharam Rupani on March 5, 2011



Inauguration of Bal Kaladaan at Maharashtra State Jawahar Bal Bhavan, Charni Road, on November 12, 1998



**INAUGURATION CEREMONY OF DR. BABASAHEB AMBEDKAR SCHOOL,
LONAVALA MUNICIPAL CORPORATION, DEVELOPED BY
URMILA VAID CHARITY TRUST AND PRIYADARSHNI ACADEMY**



Ms. Surekha Jadhav, President of Lonavala Municipal Council, handover bouquet to Shri Sudhir Mungantiwar, Minister of Finance and Planning, Forests, Government of Maharashtra, Mr. Nanik Rupani and Mr. Ashish Vaid at the inauguration ceremony of Dr. Babasaheb Ambedkar School, Lonavala Municipal Corporation, Developed by Urmila Vaid Charity Trust and Priyadarshni Academy. Also seen in the picture are Mr. Sanjay (Bala) Vishwanath Bhegade, MLA of Maval



Mr Nanik Rupani, Chairman Emeritus presenting the Global Award to Mr Amitabh Kant, CEO, Niti Aayog at New Delhi

Feb 27, 2019 - Mr. Nanik Rupani handing over 188 cheques totaling ₹2,56,36,000/- Clean Ganga Fund at an event on Clean Ganga Movement in New Delhi. The event was Presided by Shri Nitin Gadkari, Chief Guest Shri Arun Jaitley and Guest of Honour Shri Dharmendra Pradhan.



World Peace Dome at Loni (Biggest Dome in the world) Vishwaraj Baug Dr. Minu Madlani, Ms. Maya Shahani, Ms. Sunita Hinduja, Mr. Prakash Hinduja, Dr. Vishwanath Karad, Mr. Nanik Rupani, Mr. Gautam Mootha and Mr. Rahul Karad

BOOK REVIEW **GETTING RID OF NEGATIVITY**



Name of book	Reboot Your Mind Move from negativity to positivity with NLP
Author	Prof. (Gp. Capt.) D. P. Apte
Publisher	Vishwakarma Publications, Pune
Pages	258
Price	₹350/-

For all the luxuries and comforts ushered in by scientific developments and digital technology, there is also a dark lining, that of stress, tension, negativity, depression, addictions and a general disregard for health, in the society.

Unfortunately, these malaises are more prevalent in the younger generation, particularly the student community. The reasons could be many and they are well debated and discussed throughout the various forums. We find young men and women, even children, committing suicide for the most insignificant reasons. Certainly not an indicator of a healthy society!

Consulting a psychologist or a psychiatrist to address these issues is still largely considered a stigma. This type of consultation brings on an additional stress. First, the actual illness and then the stress of either consulting a doctor or keeping it a secret, really takes its toll, particularly on youngsters, because of the fear of being considered a whacko!

The author of the book under review perhaps knows this situation better than anybody else, because, apart from being an avid student and keen practitioner of Neuro linguistic Programming – NLP for short – he is also a professor of management who interacts with hundreds of students daily. Perhaps this has helped him understand their situation better. Coming from a cross-section of the society, students are perhaps the best indicators of any society's psychological profile.

The title of the book, Reboot Your Mind, immediately gels with the younger generation, because the term 'reboot' may sound unfamiliar to people of an older generation, but for youngsters, it instantly conveys in short what the book wants to say.

The statistics given in the Foreword by none other than the renowned computer scientist Dr. Vijay Bhatkar are really scary. It is believed that by 2020, stress-related deaths will rank second only to AIDS-related deaths in the world. However, as one reads the book, one actually

realizes how simply and effectively one can overcome one's stressful situations and move from negativity to positivity.

The language in the book is very simple and straightforward. Not much of any medical or scientific jargon, but some technical details and diagrams may seem intimidating at first glance. But these are actually not so. As the book says, 'it is not the situation around us or the environment that changes our behaviour, but the way we think about it and perceive it'. So remember, if some technical terms seem a bit overwhelming, don't stop, read on and your perception will change.

The book emphasises that practicing NLP can actually help one change one's perspective and perceptions, thus helping one actually reverse a stressful situation. There are various techniques, tools and processes to achieve this, and these can be either practiced alone or with the help of an NLP practitioner.

To those unfamiliar with NLP, like the present reviewer, the book provides excellent insights into the process. The fact that such a methodology has been in existence for many decades is quite revealing. It is also revealing to learn about the staggering number of cases treated by NLP practitioners throughout the world.

Prof. Apte, the author himself, has treated over a thousand cases using NLP, some of them quite severe and considered untreatable. A true practitioner, he has the uncanny knack of presenting you with a completely different perception and perspective to a problematic situation as soon as it is presented.

The book certainly has the potential to drive a person away from negativity, which is the cause of most of the psychological problems, and bring him closer to positivity – actually rebooting one's mind, as the title promises.

A must read for all, particularly professionals and student community!

PRIYADARSHNI ACADEMY SUPPORTS THE KEY CONCERN OF MENTAL HEALTH ISSUES

The fast pace of life today, has taken its toll on the youth in a manner that has become a cause for concern. Not just the youth but people of all ages are affected by this hectic pace.

How does one cope with stress related issues, anxieties, fears, personality disorders and phobias which are the outcome of this fast life.

To answer these concerns, the Poddar Foundation and Priyadarshni Academy held a seminar on 6th April, 2019 at the Indian Merchants Chamber, where many eminent personalities from all walks of life presented their view points and suggestions to tackle these issues.

The speakers mentioned that firstly it was essential to understand the exact cause of the problem so that specific solutions could be found.

Among solutions the best option was self care - meaning, staying aware of one's well being, nourishing one's life by participating in socially relevant and meaningful activities, taking peer support, making holistic efforts through yoga, outdoor games and activities.

This itself would go a long way in keeping the mind and body in a state of fitness!

Meditation and music are among other confirmed methods of healing the mind.

Medical options included talking to professional psychiatrists and resorting to tranquilizers where problems were of a serious nature.

However, the best solution was to tackle each day as it came, rather than brood on the past and worry about the future!



MIT World Peace University: ADDRESSING THE CHALLENGES OF TOMORROW

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www.mitwpu.edu.in



UNESCO Chair
Human Rights, Democracy, Peace & Tolerance
World Peace Centre (Alandi) Pune, India

Technological developments along with the disruptive technological innovations are putting the world economy under great stress. It is important to act accordingly to gain advantage over others. Educational institutions are aimed to provide the leaders to the world who are willing to accept challenges and solve them. Thus, developing leaders, entrepreneurs, and thinkers of tomorrow is the responsibility of education system.

MIT World Peace University (MIT-WPU) as an institution is committed to nation building for over four decades. In line with its continued commitment to excellence, MIT-WPU has contributed to society by producing creative innovators, startups, entrepreneurs, industry leaders, and leaders of tomorrow in both private and public sectors. The course work is focused and

experiential, while encouraging innovations at all levels (UG, PG, and Research). The training imparted by the university to its students for developing skills and competency continues to help them by contributing (through its innovative teaching and learning practices) to product development as well as services to improve the quality of life. This has been the core focus of MIT-WPU. The university is focusing on interdisciplinary areas where the tools of one discipline impact another; thus leading to diversified knowledge. Our students have demonstrated their excellent capability and capacity by participating in many global events and winning many laurels.

Presently, competitive environment in the country is forcing all the universities to excel by innovating and with focus on research. MIT-WPU is committed to create an

excellent research eco-system with support from faculty members.

MIT-WPU is recruiting the best faculty globally and training them in respective domain in line with the pedagogy. MIT-WPU in its regular courses has included a peace component under which moral skills are inculcated among students. The University admits students from across the globe and has shown that the peace component initiative enables it to manage heterogeneity and thus producing global citizens. It has also the unique distinction of offering course on Governance, Pharmacy, Law, and Rural Connect amongst others. The University believes in its mandate of opening ways to future generations to bring desired changes in the society.