

# Newsletter

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**Nehru  
Centre**



Discovery of India Building  
Dr. Annie Besant Road,  
Worli, Mumbai - 400 018.  
Phone : 2496 4676-80  
Fax : 2497 3827

E-Mail: [info@nehru-centre.org](mailto:info@nehru-centre.org)  
Website: [www.nehru-centre.org](http://www.nehru-centre.org)

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## Events At a Glance...

### Library



**Creative Writing Workshop -  
Words For Your Wellness**

**Conducted by  
Sakshi Singh, writer and poet**

**Date: Saturday, 27th April 2019  
Venue: Nehru Centre Library  
Time: 10.30 a.m. to 12.30 p.m.**

**Age Group: 18 years and above  
Limited seats: Only 10 persons**

### Cultural Wing

#### गौरव महाराष्ट्राचा

A folk programme on *sant parampara, lavani, powada* and other forms of folk art of Maharashtra.

*Presented by*  
**Mr. Nandesh Umap and his group**

**Date: Tuesday, 30th April 2019  
Time: 6.30 p.m.  
Venue: Nehru Centre Auditorium**

## Gandhiji and the magic of the fast



Fasting and diet restriction played an important part in Gandhiji's life. He would sometimes take an exclusive fruit diet or observe a fast on Ekadashi day or other Hindu festivals. This was more done with a point of view towards self-restraint rather than for any religious purpose. Gandhiji discovered that fasting could be made as powerful a weapon of indulgence as of restraint. In his words, "I did not find much to choose between a fruit diet and a diet of food grains. I observed that the same indulgence of taste was possible with the former as with the latter, and even more, when one got accustomed to it. I therefore came to attach greater importance to fasting or having only one meal a day on holidays. And if there was some occasion for penance or the like, I gladly utilized it too for the purpose of fasting."

Herman Kallenbach, his friend at the Tolstoy farm in South Africa was Gandhiji's constant companion in his experiments with fasting. They would, together, discuss changes in food and diet. To respect Gandhiji, all inmates in the Tolstoy Farm were vegetarians. As Gandhiji says in his autobiography, "An atmosphere of self-restraint naturally sprang up on

the Farm. At the Farm, inmates began to fast, which, I am sure, was entirely to the good." He further says, "Fasting and similar discipline is therefore, one of the means to the end of self-restraint, but it is not all, and if physical fasting is not accompanied by mental fasting, it is bound to end in hypocrisy and disaster."

With the beginning of the Freedom movement, Gandhiji's methods of passive resistance like Ahimsa and Satyagraha grew in popularity. In this mass movement, people followed their leader towards the goal. Fasting was an oft-used weapon as a part of this philosophy. On numerous occasions, Gandhiji undertook fasts unto death without the least hesitation. He said, "A votary of ahimsa cannot subscribe to the utilitarian formula (of the greatest good of the greatest number). He will strive for the greatest good of all and die in the attempt to realize the ideal. He will therefore be willing to die, so that the others may live. He will serve himself with the rest, by himself dying." On numerous occasions, Gandhiji had used the most effective tool of fasting to prove this point. It is

*contd. on page 2*

also poignant that all his fasts were undertaken as a protest against violence. His first fast in India was in Ahmedabad in support of the mill workers there. In a textile mill in Ahmedabad, the workers began an agitation against low wages. The mill owners did not agree and a confrontation arose. Gandhiji sympathized with the workers and launched a struggle resorting to peaceful resistance. The workers too pledged their support. As the strike continued, Gandhiji sensed that the workers may get impatient and the strike may become violent. This would be a great moral defeat for them. So he called the workers one morning and announced that he would not touch any food till a settlement was reached. The fast was ended after three days when the mill owners and workers arrived at a settlement.

Gandhiji strongly opposed the adoption of violent means to achieve freedom. Violence for him was the opposite of truth and he preached against all forms of violence, physical as well as mental. As his biographer, B. R. Nanda says, "Gandhi objected to violence not only because an unarmed people had little chance of success in an armed rebellion, but because he considered violence a clumsy weapon which created more problems than it solved, and left a trail of hatred and bitterness in which genuine reconciliation was almost impossible." Gandhiji, thus, felt that if the struggle for freedom was to remain non-violent, then fasting would play a very important role, for it reflected a tussle with authority. He undertook fasts to protest against the violence in Chauri Chaura, against an attempted derailment of a train, against violent activities on the occasion of the arrival of the Prince of Wales, objecting to his detention without charges and many other such incidents. He was a strong advocate of Hindu-Muslim unity and it is worth mentioning that he ended a 21-day



Gandhi and Kallenbach with other residents of Tolstoy Farm. (From *Soulmates: The story of Mahatma Gandhi and Hermann Kallenbach* by Shimon Lev)

fast at Delhi while listening to recitals from the Quran and the Bhagavad Gita.

Gandhiji says in the *Harijan*, "My own fasts have always been strictly according to the law of the Satyagraha. There was the Hindu-Muslim unity fast of 21 days in 1924. The indeterminate fast against the MacDonald Award was taken in the Yeravda Prison in 1932. The 21 day's purificatory fast was begun in the Yeravda Prison and was finished at Lady Thackersey's, as the Government would not take the burden of my being in the prison in that condition. Then followed another fast in the Yeravda Prison in 1933 against the Government refusal to let me carry on anti-untouchability work through *Harijan* (issued from prison) on the same basis as facilities had been

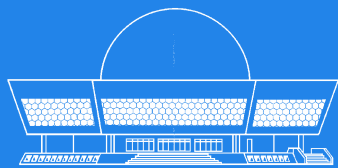
allowed me four months before... In spite of all these fasts, fasting has not been accepted as a recognized part of Satyagraha."

For Gandhiji, fasting was civil disobedience in its purest form as satyagraha or the power of truth and self-denial for him was the truest prayer. The struggle for freedom was also a struggle of the mind and body, and Gandhiji, who was always led by his own moral compass, took the struggle to the spiritual extreme whenever he began a fast unto death. Gandhiji found spiritualism even in politics. He used the power of the fast as the most effective magic wand against the power of the colonial ruler. He said very poignantly, "My religion teaches me that whenever there is distress which one cannot remove, one must fast and pray."

### What Nehru said....

.... Mahatma Gandhi made an outstanding contribution not only to the freedom of India but to that of world peace. He taught us the doctrine of non-violence, not as a passive submission to evil, but as an active and positive instrument for the peaceful solution of international differences. He showed us that the human spirit is more powerful than the mightiest of armaments. He applied moral values to political action and pointed out that ends and means can never be separated, for the means ultimately govern the end.

..... from *Freedom from Fear: Reflections on the Personality and Teachings of Gandhi*.



NEHRU PLANETARIUM

## SKY SHOW : 'Biography of the Universe'

### Timings

12 noon (Hindi) 1:30 p.m. (Marathi)  
3:00 p.m. (English) 4:30 p.m. (Hindi)

(MONDAY CLOSED)

## This Month That Year

### Launch of Hubble Space Telescope

The atmosphere of the earth plays a major role in observational astronomy. It has many layers but they are not noticeable to the human eyes. These layers have continuous motion. The atmosphere also contains moisture in the form of very small water droplets, fine dust and smoke particles. As light from the stars passes through the layers of the atmosphere before reaching the earth, the direction of the rays of light change continuously, though very slightly. Some of this light is also scattered or absorbed by the dust and moisture present in the atmosphere. This results in a twinkling star that we see from the earth. Twinkling stars which are single-point sources of light appear to be moving around a point. Planets also twinkle but since they are much closer to the earth, they seem to have a more angular size and appear as if made up of a large number of point sources, all twinkling randomly. As a result, planets do not appear to twinkle.



HST: The orbiting observatory

Astronomers describe this twinkling as "seeing" and it is measured in angles as arc seconds. One arc second is calculated as an angle which is equivalent to 3600th of one degree. For example, If your friend is standing about 2 kilometers from you holding a 50 paise coin (about 200 mm in diameter), then the angle subtended by the coin is 1 arc second.

What this means in terms of astronomical observations is that if atmospheric conditions are not conducive, then we will not be able to see two stars distinctly if they are separated by only 1 arc second. In astronomical parlance, this means that we will not be able to 'resolve' the stars. Even at the best astronomical observatories, normal 'seeing' is of the order of 1 arc second only.

To get better images, the best place for astronomical observations is above the earth's atmosphere where observations are unaffected by the atmosphere. This suggestion was made by Hermann Oberth, an Austro-Hungarian-born German physicist and engineer. He made this suggestion in *Die Rakete zu den Planetenräumen* ("The Rocket into Planetary Space") which he wrote in June 1923. His idea, which was then considered somewhat controversial, materialized over a period of time and astronomical telescopes were placed in orbit around the earth. It may be pointed out that Oberth was not the first one to make this suggestion. Earlier, some astronomers had also suggested likewise. At that time, rocket science had also started taking shape. Oberth also actively campaigned for placing astronomical telescopes above the earth's atmosphere.

Among these the Hubble Space Telescope (HST) is one of the best known telescopes. It was launched on April 24, 1990 on board the space shuttle Discovery. The telescope is named after legendary American astronomer Edwin Hubble. HST is a reflecting telescope with a primary mirror of 2.4 m diameter and it weighs 828 kg. The telescope has phenomenal accuracy in tracking an object which is better than 0.007 arc second. What it means is that this telescope can point to either side of a human hair kept at a distance of 1.5 k.m. from it. This telescope can also be serviced and there have been five missions to carry out maintenance and repair work since its launch.

Over the last 29 years since its launch, HST has sent us vital astronomical data which led to publication of more than 15,000 scientific papers. This is a feat unmatched by any other telescope. A large number of excellent images taken by HST are in the public domain and can be freely downloaded from the HST website. This has made the telescope a boon for astronomical outreach and research. HST images have been downloaded and used for various purposes by amateur astronomers, for public exhibitions and for illustrations in academic books.

HST has been in space for 29 years and is expected to be operational for another decade or so.



## 42nd Anniversary of Nehru Planetarium

To mark the 42nd anniversary of the Nehru Planetarium which falls on 3 March, various contests were organized. Below are the results of these contests held from 21 February 2019 to 2 March 2019. The concluding function and award distribution was held on Saturday, 2 March 2019.



**Avanti Walavalkar (First Prize) - Astro-Painting**



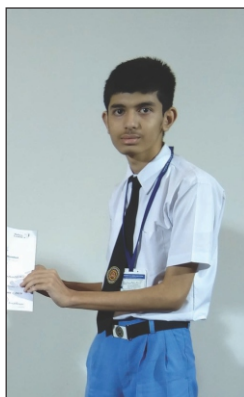
**Soumil Shetty (First Prize) - Astro-Essay**



**Pearl Menezes (First Prize) - Astro-Elocution**



**Asmi Nagarsenkar (First Prize) - Astro-Poetry**



**Bhavik Shroff (First Prize) - Astro-Quiz**



**Hussain Tarwalla (First Prize) - Science-Quiz**

Winners	Astro-Painting	Astro-Essay	Astro-Elocution	Astro-Poetry	Astronomy Quiz	Science Quiz
<b>First</b>	<b>Avanti Walavalkar</b> Hansraj Morarji Public School Andheri (W) Mumbai	<b>Soumil Shetty</b> Jamnabai Narsee School, Juhu Mumbai	<b>Pearl Menezes</b> St. Anthony's High School Malad (W) Mumbai	<b>Asmi Nagarsenkar</b> The J. B. Vachha High School Dadar, Mumbai	<b>Bhavik Shroff</b> A. H. Wadia High School Andheri (W) Mumbai	<b>Hussain Tarwalla</b> Christ Church School, Byculla Mumbai
<b>Second</b>	<b>Shubham Santra</b> St. Anthony's High School Malad (W) Mumbai	<b>Nikhilesh Shashikumar</b> Utpal Sanghvi Global School Juhu, Mumbai	<b>Hosang Shukla</b> Radhakrishnan Intl. School, Mumbai	<b>Saarah Shaikh</b> Hansraj Morarji Public School Andheri (W) Mumbai	<b>Mallika Dasgupta</b> Arya Vidya Mandir, Bandra Mumbai	<b>Vedant V. Sakpal</b> Radhakrishnan Intl. School, Mumbai
<b>Third</b>	<b>Batul Kapsi</b> Holy Cross Convent High School Kalyan (W)	<b>Pranay Nayak</b> Avalon Heights International School Vashi	<b>Nandini Patt</b> Avalon Heights International School Vashi	<b>Adrija Mishra</b> D. A. V. Public School Thane	<b>Ayush Gulhane Sawant</b> Radhakrishnan Intl. School, Mumbai	<b>Jahnvi Shah</b> Jamnabai Narsee School, Juhu Mumbai

# Cultural Wing



## गौरव महाराष्ट्राचा

Folk arts have always formed an integral part of the culture of Maharashtra. History of Maharashtra reverberates with music, dance and other performing arts, which reached out to the common folk. During the bhakti movement, saints sang musical compositions in simple language easily understood.

Dance forms like *powada*, *lavani*, *bhondala*, *phugadi*, are typical of Maharashtrian culture.

On the eve of Maharashtra Day, Nehru Centre will present गौरव महाराष्ट्राचा a folk programme on *sant parampara*, *lavani* and *powada* dances and other forms of folk arts.

The programme will be presented by **Shri Nandesh Umap** and his group.

**Tuesday, 30th April 2019, 6.30 p.m.**  
**Nehru Centre Auditorium**

Entry: Passes will be available on 25th April 2019 from 10.30 a.m. onwards until availability from the ticket counter of Nehru Centre Auditorium and also on [bookmyshow.com](http://bookmyshow.com)

### Review

#### Nehru Centre's tribute to sarod maestro Ustad Haafiz Ali Khan

Nehru Centre presented a two-day festival of classical music on 27th & 28th February 2019 as a tribute to Ustad Haafiz Ali Khan of Gwalior.

On the first day, Pt. Kaivalya Kumar Gurav and Shri Mahesh Kale presented their vocal classical repertoire. On the second day Smt. Devaki Pandit presented a vocal recital and Amaan and Ayaan Ali Bangash, a sarod recital.

The programme was well attended and appreciated by lovers of classical music.



Pt. Kaivalya Kumar Gurav



Shri Mahesh Kale



Smt. Devaki Pandit



Amaan and Ayaan Ali Bangash

## Programmes for April 2019

**TUSHAR DESAI**  
**APARNA KUDTARKAR**

**Tushar** has a diploma in Fine Arts from L. S. Raheja School of Arts, Mumbai. His paintings are figurative compositions in acrylic on canvas.



Painting by Aparna Kudtarkar

**Aparna** graduated in Fine Arts from L. S. Raheja School of Arts, Mumbai. She has participated in many competitions. Her paintings are subjective compositions in acrylic on canvas.

**Tuesday 2nd April 2019 to**  
**Monday 8th April 2019**  
( AC Gallery )

**AZMAT A. SYED**  
**K. L. SYED**  
**A. L. SYED**  
**A. K. SYED**  
**ASAD K. SYED**  
**SABBIR K. SYED**

**Azmat** hails from Palanpur, Gujarat. He began photography from a very young age and has won many awards for his black and white photography on nature.

**K. L. Syed** was also a photographer from Palanpur. His black and white



Photography by Azmat Syed

photographs are on the life of royal families and on scenic places of Rajasthan, Kashmir and many other states. He passed away in 1942.

**A. L. Syed** was a pioneer of Indian photography. He worked as a still photographer for many old Indian movies and won many awards. He passed away in 1991 at Palanpur.

**A. K. Syed** belonged to Palanpur. He was a sportsman and the recipient of many awards. He captured portraits and scenic places through his lenses. He passed away in 1996.

**Asad K. Syed** learnt photography under the guidance of his uncle A. L. Syed. He had a keen eye for the innocence of children and photographed them. He passed away in 1995 in Palanpur.

**Sabbir K. Syed** started photography under the guidance of his father. He won many awards for his subjective black and white photography. He lives in Palanpur.

**Tuesday 2nd April 2019 to**  
**Monday 8th April 2019**  
( Circular Gallery )

**POONAM ANAND**  
**VISHAKHA THAKKAR**  
**NIMISHA BHANSALI**  
**KANCHAN MAHANTE**  
**SWATI RAKHONDE**

**Poonam** is a self-taught artist. Her paintings are in various mediums and she has participated in many shows. Her abstract works are in acrylic on canvas.

**Vishakha** is from the medical profession and a self-taught artist. She has exhibited her works in Mumbai and her paintings are figurative in oil on canvas.

**Nimisha** is a self-taught artist. She is a fashion and interior designer and a writer by profession. She has participated in many shows. Her compositions are in acrylic and oil on canvas.



Painting by Kanchan Mahante

**Kanchan**, a self taught artist. She has been exhibiting her abstract works in Mumbai for many years. Her paintings on Buddha are in mix media on canvas.

**Swati** is a self taught artist. She has had many shows in India and abroad. Her paintings are in mix media on canvas.

**Tuesday 9th April 2019 to**  
**Monday 15th April 2019**  
( AC Gallery )



## SUNIL GURAV

**Sunil** has received Govt. Diploma in Architecture from Mumbai. Though he practices Architecture, he is keen on paintings, sculptures and murals. His thematic paintings are in oil on canvas.

**Tuesday 9th April 2019 to  
Monday 15th April 2019  
( Circular Gallery )**

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## JEET GALA

**Jeet** has secured Bachelor's degree in Mass Media. He has been trained under Alex D'silva, who taught him different techniques. His landscapes are in acrylic and oils on canvas.

**Tuesday 16th April 2019 to  
Monday 22nd April 2019  
( AC Gallery )**

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## RUPALI THOMBARE

**Rupali** is an emerging calligrapher. She is an engineer by profession and learnt calligraphy under well-known calligrapher Shri Achyut Palav. She writes short stories for kids. Through her paintings, she wants to prove journey of a dot or zero to a complete world. Her paintings are in mix media on paper.

**Tuesday 16th April 2019 to  
Monday 22nd April 2019  
( Circular Gallery )**

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**ABHISHEK SUDRIK  
KIRAN GHANEKAR  
PREETI SUTAR  
PRASHANT MER**

**Abhishek** completed B.F.A. in Sculpture from Sir J. J. School of Art. Presently teaching art in School. His sculptures are stone, metal scraps and wood.



Painting by Kiran Ghanekar

**Kiran** secured B.F.A. in Painting from Sir J. J. School of Art. He has won many awards for his work and has had many shows to his credit. His landscapes and seascapes are in water colours.

**Preeti** has completed B.F.A. in Painting from Sir J. J. School of Art. She has won Gold Medal in her final year. Her floral compositions are in acrylic on canvas.

**Prashant** obtained B.F.A. in Painting with First Class from Sir J. J. School of Art. He has won many state level awards. His paintings are landscapes and seascapes in water colours.

**Tuesday 23rd April 2019 to  
Monday 29th April 2019  
( AC Gallery )**

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**HASMUKH RAVAL  
HARISH MAKWANA  
DURLABHJI MAKWANA**

**Hasmukh** is a self-taught artist from Ahmedabad. He has had many shows in India. His figurative compositions are in acrylic on canvas.

**Harish** completed diploma in textile designing from Mumbai. His paintings are in different mediums. He also does photography.

**Durlabhji** secured an art master in painting. He does mud painting and batik painting. He was teaching art in Kutch.



Painting by Hasmukh Raval

**Tuesday 23rd April 2019 to  
Monday 29th April 2019  
( Circular Gallery )**

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## OMKAR DAWARE

**Omkar** completed B.F.A. in painting from Sir J. J. School of Art. He has participated in many shows and won awards. His figurative portraits are realistic in acrylic on canvas. He also has wide experience in 2D and 3D animation.

**Tuesday 30th April 2019 to  
Monday 6th May 2019  
( AC Gallery )**

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## ELLORA ART & CRAFT SOCIETY



Painting by Tanushri Kar

A group of ten artists from the Ellora Art & Craft Society belonging to Assam and West Bengal will be showcasing their paintings. Each artist has a different style and subjects of their artworks and mediums.

**Tuesday 30th April 2019 to  
Monday 6th May 2019  
( Circular Gallery )**

## PUBLICATIONS

## Book of the Month



**J. B. DIKSHIT**  
Indian Master Painter  
(Art Catalogue)  
Year 2014

Price : Rs. 350/-

## Books on Sale

INDIA'S DEFENCE PREPAREDNESS  
NEHRU AND INDIAN CONSTITUTIONALISM  
INTERNAL SECURITY IN INDIA  
CONSTITUTIONALISM AND DEMOCRACY IN SOUTH ASIA

मुंबई काल आणि आज  
MUMBAI PAST AND PRESENT  
INDIA AND CENTRAL ASIA  
WITNESS TO HISTORY  
INDIA-RUSSIA RELATIONS  
INDIA-CHINA RELATIONS  
REMEMBERING EINSTEIN  
CHALLENGES TO DEMOCRACY IN INDIA  
RULE OF LAW IN A FREE SOCIETY  
SCIENCE IN INDIA  
EXPLORING THE UNIVERSE

Colourful art catalogues for sale

1. SHIAVAX CHAVDA
2. RAJA RAVI VARMA / 3. A. A. RAIBA
4. DEENANATH DALAL / 5. J. B. DIKSHIT
6. R. K. LAXMAN / 7. MARIO DE MIRANDA
8. G. N. JADHAV
9. ART HERITAGE OF MAHARASHTRA
10. HAREN DAS / 11. PROF. P. A. DHOND
12. COLLECTOR'S PRIDE / 13. K. B. KULKARNI
14. VINAYAK S. MASOJI
15. SAMAKALEEN (Contemporary Five Artists)  
VINAYAKRAO WAGH \* RAJARAM PANVALKAR  
KRISHNAJI KETKAR \* DATTAJIRAO DALVI \* GOVIND  
MALADKAR
16. NAGESH B. SABANNAVAR
17. NARAYAN L. SONAVADEKAR
18. "GURU-SHISHYA"
- BABA GAJBAR & GANPATRAO WADANGKAR  
and many more

## ART FUSION Catalogues

2007 / 2008 / 2009 / 2010 / 2011 / 2012 / 2013 / 2014

SANSKRUTI - CD ROM : An aesthetics of Indian culture

## DISCOVERY OF INDIA (VCD Version)

Set of ten greeting cards  
Based on Discovery of India Exposition  
Set of five assorted gift cards  
Designed by differently abled children

## Available at:

Book Stall, Ground floor, Discovery of India Building,  
NEHRU CENTRE, Worli, Mumbai - 400 018.



## New Arrivals: Books

Sr. No.	Title	Author/s
1.	The paradoxical prime minister	Shashi Tharoor
2.	Born to be hanged: Political biography of Zulfikar Ali Bhutto	Syeda Hameed
3.	Accountability: Angst, awareness, action	Jay P. Desai
4.	China's India war: Collision course on the roof of the world	Bertil Lintner
5.	The contenders: Who will lead India tomorrow?	Priya Sahgal
6.	मेरी इक्यावन कविताएँ	अटल बिहारी वाजपेयी
7.	चुनी हुई कविताएँ	अटल बिहारी वाजपेयी
8.	क्या खोया क्या पाया	अटल बिहारी वाजपेयी
9.	मेरी खुली किताब	विनोद मीमानी
10.	प्रकाशचे वेट	अनुराधा गोरे

## Creative Writing Workshop - Words For Your Wellness



Conducted by  
Sakshi Singh, writer and poet

Date: Saturday, 27th April 2019

Venue: Nehru Centre Library

Time: 10.30 a.m. to 12.30 p.m.

Age Group: 18 years and above

Limited seats: Only 10 persons

Please register, only if you plan to attend: [aratidesai@nehru-centre.org](mailto:aratidesai@nehru-centre.org)



: [nehru-centre.org/library.html](http://nehru-centre.org/library.html)



: [nehrucenlibrary.blogspot.in](http://nehrucenlibrary.blogspot.in)



: [nehrucen-koha.informindia.co.in](http://nehrucen-koha.informindia.co.in)



: [www.facebook.com/NehruCentreLibrary](https://www.facebook.com/NehruCentreLibrary)



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Email: [editor@nehru-centre.org](mailto:editor@nehru-centre.org)

Feedback, comments are welcome.

Editor: Arati N. Desai  
Design & Layout : Imtiaz Kalu