

Newsletter

Vol. 26 Issue 3 MARCH 2025

Price Rs. 10/- Per Copy

Nehru Centre



Discovery of India Building
Dr. Annie Besant Road,
Worli, Mumbai - 400 018.
Phone : 24964676
24964678
40245400

Annual Subscription Rs. 100

Events At a Glance...

Library

Book Discussion

**Nimbu Saab: The Barefoot
Naga Kargil Hero**
*Written by Neha Dwivedi &
Diksha Dwivedi*

Saturday, 22nd March 2025
11.00 am to 1.00 pm
**Who Are We Hall, First Floor,
Nehru Centre**

Poetry Evening

On the theme: '**Manifest**'
*Curated by Dr. Paramita
Mukherjee Mullick*

Saturday, 29th March 2025
4.30 pm to 6.00 pm
**Who Are We Hall, First Floor,
Nehru Centre**

Culture Wing

कर्ण (Karna)

A play to celebrate
International Women's Day

Friday, 21st March 2025
7.00 p.m.
Nehru Centre Auditorium

Speeches of the Freedom Movement

5. LALA LAJPAT RAI: Towards Freedom (Part 1)

Bombay, 20 February, 1920

Lala Lajpat Rai was an Indian revolutionary, politician and author, popularly called Punjab Kesari for his fearlessness. He had left India in 1913, giving the reason for his departure thus, "I began to suspect that I was being spied on by my own servant who lived with me in the same compound. Life became intolerable and I lost my sleep and appetite, so I decided to leave India." Earlier, in 1907, he was deported to Mandalay for leading an agitation against the Punjab Colonization Bill and was kept there for six months.

He had gone to England via Japan and when World War I broke out in July 1914, he left for America where he lived for six years. In America, he did a good deal of propaganda on India's behalf and founded the Indian Home Rule League in 1917. In England and America, Lala Lajpat Rai cultivated the friendship of several leading personalities and through them tried to get help for the Indian cause. His books, written while he was in America, were also read widely in India.

After six years of self-imposed exile when Lala Lajpat Rai reached Bombay on 20 February 1920, he was given a hero's welcome and he was invited to a series of

'receptions'. The following extempore speech was delivered by him during the very first reception on his arrival at Shantaram Chawl. It was straight from the heart. Like several leaders of his day, Lala Lajpat Rai was an immensely powerful orator.

"I cannot adequately thank you for the very affectionate and kind reception you have accorded to me today. India is like a sleeping lion. Once it wakes, it wakes with a momentum that carries the force of its ancient greatness.

We have never been, in spite of many revolutions that we have undergone, a selfish people, we have never been an oppressive people. We have behind us the righteousness of scores of generations and hence, though we may be downtrodden, though we may be weak, though we may be treated with humiliation, we have the potentialities to rise and be great once more.

This is not the time nor the occasion for me to give you my opinion of the present political situation in this country. However, there are some fundamental truths which I have learnt during my travels abroad

which I am going to place before you as my message to 'Young India'.

My friends, I must tell you that henceforth we should recognize it as a fundamental doctrine that the unity of the Hindus and Mohammedans will be a great asset to our political future. We shall not adopt it as a measure of political expediency, but as a fundamental doctrine of our faith, which we have to stand by till our death and until we win our freedom. Not only till then, but thereafter too, we shall live in this country as brothers determined to work together, determined to resist together and determined to win. That is one of the fundamental doctrines which we must adopt as a first article of our political faith.

Coming to the second article, I must tell you not to place any faith in anybody but yourself. You can rise only by your own efforts. We shall welcome co-operation. We shall welcome advice. We shall welcome guidance also, in certain matters. But we shall resent patronage and dictation.

I have travelled practically all over the world and I have seen three of the great self-ruling nations of the world - the Japanese, the Americans and the Englishmen. Take it from me, that except perhaps in areas of modern knowledge, we are inferior to none on this earth. What are we inferior in? We have been inferior in the capacity to unite, we have been inferior in adapting to modern times, we have been inferior in learning the lesson of modern diplomacy. Therein lies our inferiority. If we had learnt the art of telling lies on a broad



Lala Lajpat Rai

scale, if we had swept away our past and had entered into the great arena of violence, which at the present moment represents power in the world, we might have been considered by the great nations of the world as worthy of self-government. We, however, lack these qualities. There is one of these qualities I want you to learn. We have been a righteous nation in all our history and we shall continue to be righteous and to win on the basis of righteousness. I want you to be true to your civilization. Seek truth, speak truth and act truth and I promise that you shall win. We don't want for our country anything that we are not prepared to concede to other people on the globe. What we want is equality and nothing else.

There are some friends who are often tempted by the term 'imperialism'. They want to be

partners in the great imperial system. Ladies and gentlemen, there is no word coined by man more vicious, more sinful, more criminal than 'imperialism'. I do not want to be a partner in any imperial system. All that I want for my country is a position of equality first in the British Commonwealth and then in the nations of the world. With our connection with Great Britain, we want to co-operate with those British statesmen and politicians, thinkers and workers, who want to convert the British Empire into a British Commonwealth.

I may add that world movements foreshadow coming events and unless the British Empire is soon converted into a British Commonwealth, it will go to the dogs as other empires have gone. Its safety lies in converting to a British Commonwealth and we as Indians, as constitutional workers, as Indians believing in the destiny of the entire world, are prepared to cooperate constitutionally with our entire thinking force, to convert that Empire into a Commonwealth of equal and free nations. My dear friends, there are some people who tell us that the opinion of others does not count for much. They tell us that the opinion of the British people who are the present rulers of this country naturally matters for our progress. I do not accept that dictum.

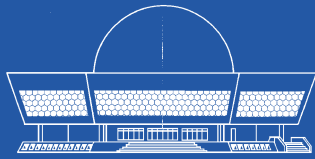
My friends, do not aspire to be statesmen. Try to be honest men, try to be good men and last but not the least, try to be true to yourselves and to the country which gave you birth."

... to be continued

What Nehru said....

A creative minority is always small in numbers but, if it is in tune with the majority, and is always trying to pull the latter up and make it advance, so that the gap between the two is lessened, a stable and progressive culture results. Without that creative minority, a civilization must inevitably decay.

... from Chapter 4, *The Indus Valley Civilization, The Discovery of India.*



NEHRU PLANETARIUM

Tel: 022-40245413
Mobile : 9892890510

SKY SHOW : BIOGRAPHY OF THE UNIVERSE

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

(MONDAY CLOSED)

Tickets will be available online and at the Booking Counter.
Visitors are expected to strictly follow Covid-19 norms.

Email: managernpmumbai@gmail.com

A Day on the International Space Station

The International Space Station is one of the most sophisticated machines ever built. NASA has a stringent selection procedure for the applicants and very few are selected. In 2020, NASA selected only ten candidates out of more than 12,000 applicants, which is a low acceptance rate of 0.083%.

For an aspiring astronaut, a Master's Degree in Engineering, Biological Science, Physical Science, Computer Science or Mathematics is required. Although there are no age restrictions, the age of astronaut candidates selected in the past has varied from 26 years to 46 years, with the average age being 34 years. The application process involves a rigorous scrutiny of the submissions. The applicants who qualify are invited to be interviewed at NASA's Johnson Space Center in Houston, Texas. They are tested on their professional knowledge and operational skills. The Astronaut Candidate Program requires three years of professional experience or at least 1,000 hours of Pilot-In-Command flying time. A minimum of 850 flying hours is a must in a high-performance jet aircraft.

Selected astronauts undergo a 2-year training. This covers the tasks they would be expected to perform in outer space. They are also given training in basic skills like spacewalking, operating the space station and flying jet planes. Jonathan Young Kim, 41, is an American U.S. Navy lieutenant commander, former SEAL, flight surgeon, naval aviator, physician and NASA astronaut who is scheduled to serve on the ISS in March 2025. He says, 'One of the most important qualities of the trade is humility.' Every astronaut along with his/her immediate family members is made fully aware of the inherent dangers he or she might face.

The rocket carrying the spacecraft takes about four hours from takeoff to docking with the ISS. However, depending on the mission and the type of spacecraft used to transport astronauts, this may sometimes extend to three days. The same spacecraft also brings back the other astronauts from the ISS to Earth after a brief welcome ceremony by the ISS commander and the other crew members. The astronauts on ISS then begin their work, whereas those returning to Earth start 'packing' i.e. preparing for their return to Earth.

One of the most important tasks of the astronauts on board the ISS is to maintain the Station. They are in a near-zero gravity environment because of which there is nothing up or down. Every object, including the astronauts themselves, floats freely. The crew must constantly check the entire system, clean air filters, and keep the computers updated. They also need to perform emergency repairs and spacewalks (called Extra-Vehicular Activities, or EVAs).

The Zvezda Service Module is the astronauts' primary living quarters. It houses a galley, exercise equipment, sleeping cabins, a toilet, a washbasin and a kitchen table. Each astronaut is provided with lockers to keep their personal belongings.

The ISS makes one orbit around the Earth every 90 minutes, i.e. astronauts see about 16 sunrises and sunsets in a day. The crew works for 16 hours in a day and has 8 hours for themselves. Their day starts with wake-up music. This tradition was started in 1965 during the Gemini 6 Mission. The daily routine involves taking sponge baths with washcloths. They have two such washcloths - one for washing and one for rinsing. They use rinse-less shampoo to wash their hair. After brushing their teeth, they can either swallow the paste or it can be sucked out like in a dentist's clinic. Excess water is also sucked out and deposited in the wastewater tank.

Adequate toilet facilities equipped with flushing with suction mechanism are provided. All the liquid in the wastewater tank is recycled, and the water is used for drinking and cleaning. More than 90% of water is recycled. The cost of one litre of

water on board the ISS is estimated to be about \$5000.

There are more than 300 items on the menu for astronauts to choose from for breakfast, lunch and dinner. The food is first sterilized, then packed in tamperproof containers to be heated and used in required quantities. Astronauts can also request a menu of their choice before flying to the ISS. Earlier, food items lacked taste, but over the years, there has been improvement in the quality of food.

The working day begins with astronauts checking their computers for the day's schedule. This is followed by a conference with Mission Control to ensure everyone knows what is scheduled for the day. Blood samples are then drawn from each astronaut to check for normalcy or otherwise of all parameters for analysis later. After that, it is time for exercise. Astronauts must exercise for two hours daily to prevent muscle and bone loss. Since this is done in zero gravity, they must harness themselves to the exercise machines. These machines generate vibrations, which can alter the ISS's course. Therefore, the exercise equipment is so made that their vibrations do not affect the ISS.

The entire crew meets for lunch and then takes a one-hour break from their work, after which the astronauts perform their specialized tasks such as experiments or observations. They reassemble for dinner and another conference to discuss the next day's schedule.

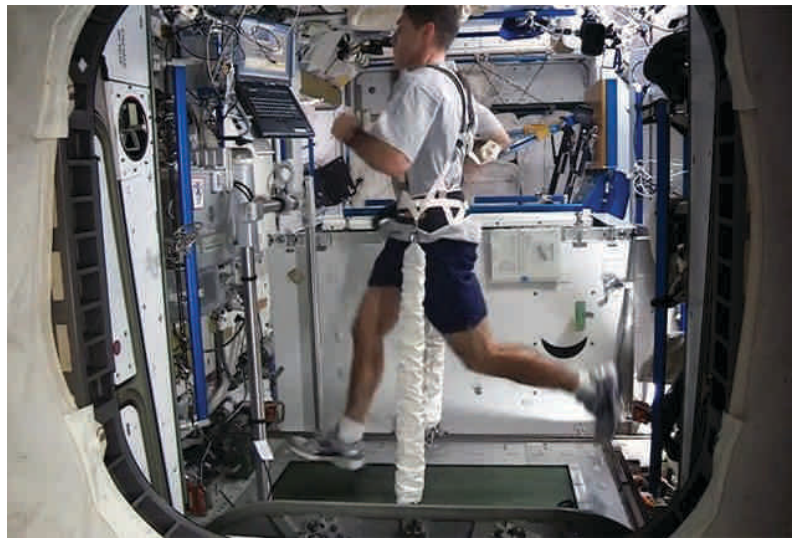
Astronauts sleep in their sleeping bags. In outer space, there is no concept of lying down or sitting. They must remember to attach their sleeping bags firmly to the walls of the ISS; or else, they may hit other devices and hurt themselves. Here, they can listen to music or read books. They also wear earplugs to shut out the noise generated by the ISS.

The astronauts also have some time to talk to their friends and relatives over the phone or via online video. They go to the Cupola (described in the Feb 2025 Newsletter) to take pictures and share them on social media.

This is how they spend their time on the ISS.



Astronauts get-together
(One can see that there is no up or down on board the ISS)



Exercising



Sleeping

Culture Wing

In celebration of International Women's Day

Nehru Centre

presents

कर्ण
(KARNA)



To celebrate International Women's Day, Nehru Centre will present **कर्ण** (Karna), winner of the 62nd Maharashtra State Hindi Play Awards - 2024.

The play is presented by Ashok Banthia, Veda Factory and produced by A. Sampoonam, Karwan Theatre Group, Mumbai.

Original design by Maharajkumar Hojai Gamba Singh
Writer, Design and Directed by Kulwindar Bakshish Singh
Produced by Kulwindar Bakshish Singh, Sampat Singh Rathore and Abhishek Narayan

Cast: Vinita M. Joshee, Noyrika Bhateja, Khushali Hlrani, Sanjana Deshmukh, Sukanya Gourav and Namrata Varshneya

About the Play

The play is based on the life of Karna, the great warrior and one of the heroes of the Mahabharata. Three female actors portraying multiple characters will present the story through indigenous folk arts such as Mayurbhanj Chhau, Manipur martial arts, Thang-Ta, and the ancient Indian martial art of Kalaripayattu.

Friday, 21st March, 2025
7.00 p.m.
Nehru Centre Auditorium

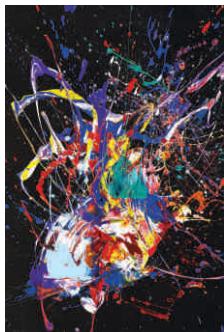
Entry: Free Entrance Cards will be available from Monday, 17th March 2025 from 10.30 am onwards until availability from the ticket counter of Nehru Centre Auditorium

MODEL ART EDUCATION SOCIETY

In its annual show, the Model Art Education Society will display artworks of 28 students in the AC Gallery and the Circular Gallery.

**Tuesday 4th March 2025
to Monday 10th March 2025
(AC & Circular Gallery)**

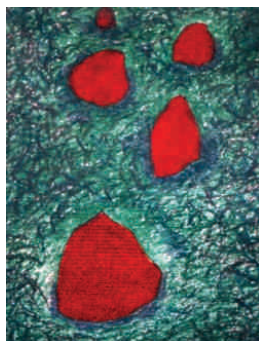
C. R. SHELARE



C. R. Shelare's paintings are in acrylic on canvas and photography on canvas.

**Tuesday 11th March 2025
to Monday 17th March 2025
(AC Gallery)**

RAKESH KUMAR KAUL



Rakesh will exhibit his works in mixed media.

**Tuesday 11th March 2025
to Monday 17th March 2025
(Circular Gallery)**

WOMEN'S ART EXHIBITION 2025

Nehru Centre Art Gallery takes immense pleasure in presenting its 1st Women's Art Exhibition this year. Nearly 25 to 30 senior and upcoming women artists will take part in this show.



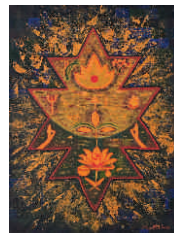
Sujata Achrekar



Gayatri Mehta



Sangita Gada



Mallika Bulusu



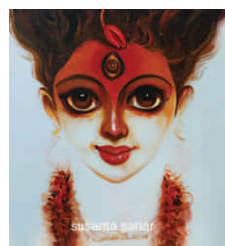
Surabhi Gulwelkar



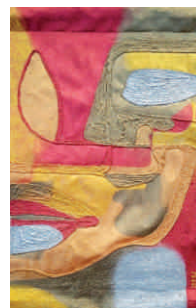
Nilisha Phad

**Tuesday 18th March 2025 to
Monday 24th March 2025
(AC Gallery)**

**SARBABHARTIYA
SANGEET-O-SANSKRITI
PARISHAD**



Susanta Sarkar



Indrajit Narayan

This organisation from Kolkata promotes Indian art and culture. In this show, a large number of artists will participate from Kolkata.

**Tuesday 18th March 2025
to Monday 24th March 2025
(Circular Gallery)**

**STUDY CAMP: WORKS
FROM DEVRUKH
(RATNAGIRI)
BY ART COLLEGE
STUDENTS**

30th Study Camp was organised by Nehru Centre Art Gallery at Devrukh (Ratnagiri).

Art students from Mumbai, Pune, Devrukh, Sangli, Nashik and Kolhapur participated in this camp in which Shri Advait Nadavdekar guided the students and also painted with them.

On the Spot paintings in watercolour done at the camp will be displayed in this exhibition.

Also, artworks of the Goa Study Camp 2024 will be on show in the Circular Gallery.

**Tuesday 25th March 2025
to Monday 31st March 2025
(AC & Circular Gallery)**

RAMSAR WETLAND SITES IN INDIA

23. Uttar Pradesh (Part 2)

1. Parvati Arga Bird Sanctuary is situated near Gonda district. Parvati and Arga are two connected water bodies covering an area of 1,084 acres. They are rain-fed lakes in a deep natural depression in the Gangetic plains of the Terai region. At least 153 species of avifauna belonging to 33 families have been identified in the Parvati Arga wetland. The vegetation of the sanctuary is representative of that of the Indo-Gangetic ecosystem. 136 species of flora have been identified in the sanctuary.

This sanctuary with its natural beauty is a potential ecotourism site as it promotes bird conservation awareness activities.

Parvati Arga Bird Sanctuary was designated as a Ramsar site on 2nd December 2019.



Parvati Arga Bird Sanctuary

2. Saman Bird Sanctuary

The Saman Bird Sanctuary in the Mainpuri district is a seasonal oxbow lake on the Ganges floodplain. It is heavily reliant on the arrival of the south-westerly monsoon in July and August which brings the annual rainfall. The sanctuary regularly provides refuge to over 50,000 waterbirds (187 bird species have been recorded) and it is particularly important as a wintering site for many migrant birds including the greylag goose, with over 1% of the South Asian population present during winter. Vulnerable species including sarus crane and greater spotted eagle are also found.

Saman Bird Sanctuary was designated as a Ramsar site on 2nd December 2019.

3. Asan Conservation Reserve

Asan Conservation Reserve, established in 2005, is India's first conservation reserve. This wetland is at the confluence of the Asan and Yamuna rivers and is known for its resident and migratory avifauna. It serves as a prominent wintering spot for migrating waterfowl. In addition, the adjacent forests offer a chance for visitors to see forest birds too. These habitats support 330 species of birds including the critically endangered red-headed vulture and white-rumped vulture. More than 1% of the bio-geographical populations of two waterbird species have been recorded, these being red-crested pochard and ruddy shelduck. Other non-avian species include 49 fish species, one of these being the endangered putitor mahseer. Fish inhabit the site for feeding, migration and spawning.

Asan Conservation Reserve was designated as a Ramsar site on 21st July 2020.

There are 11 other wetlands designated under the Ramsar Convention in Uttar Pradesh. The other wetlands were designated under the Ramsar Convention between the years 2019 and 2024.

Further Reading at Nehru Centre Library:

- The Beautiful India: Uttar Pradesh by S.A. Rahman, Reference Press, 2006, Call No. 915.42/Rah, Barcode: 13541



Saras Crane



Common Pochard at Asan

NEHRU CENTRE PUBLICATIONS

Books for Sale

- Nehru Revisited
- 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) GOPALRAO DEUSKAR (1995)
- (2) VINAYAKRAO KARMARKAR (1996)
- (3) MITTER BEDI (1997)
- (4) S. L. & G. S. HALDANKAR (1998)
- (5) BALAJI & HARISH TALIM (1999)
- (6) D. G. KULKARNI (DIZI) (2001)
- (7) NARAYAN L. SONAVADEKAR (2003)
- (8) NAGESH B. SABANAVAR (2004)
- (9) SAMAKALEEN (2005)
- (10) VINAYAK S. MASOJI (2006)
- and many more...

ART FUSION catalogues

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

Set of five assorted gift cards
Designed by differently abled children

SANSKRUTI - CD ROM :
An aesthetics of Indian culture

DISCOVERY OF INDIA (VCD)

Set of ten greeting cards
Based on Discovery of India Exposition

Available at:
Book Stall, Ground Floor,
Discovery of India Building,
Nehru Centre, Worli, Mumbai - 400 018.

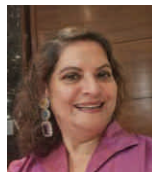
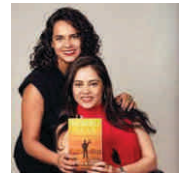
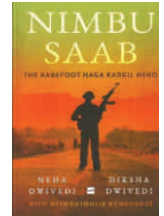


Book Discussion

Nimbu Saab: The Barefoot Naga Kargil Hero
Written by Neha Dwivedi & Diksha Dwivedi

Captain Neikezhakuo Kenguruse, affectionately called 'Nimbu Saab' is a lesser known hero of the Kargil War. He was one of the fallen heroes who led his men barefoot into combat in temperatures of -10°C. Kenguruse was posthumously awarded the country's second highest gallantry award, the Maha Vir Chakra. This is his story.

Date: Saturday, 22nd March, 2025
Time : 11.00 am to 1.00 pm



Poetry Evening

On the theme: **'Manifest'**
Curated by Dr. Paramita Mukherjee Mullick

Dr. Paramita Mukherjee Mullick

To manifest is to imagine one's desires turning into reality - be it career, home, job or even good health. Ten poets will recite their own poems on this theme in 10 different languages. Join us in this evening of poetry recitals to understand what 'Manifestation' truly is.

Date: Saturday, 29th March, 2025
Time : 4.30 p.m. to 6.00 p.m.



Venue (For both events): Who Are We Hall, First Floor, Nehru Centre
Open to all. Registration is mandatory.

Register on: nehrucenlib@gmail.com

nehru-centre.org/library.html
nehrucenlib.blogspot.com
nehrucen-koha.informindia.co.in
www.facebook.com/NehruCentreLibrary
www.twitter.com/nehrucenlib

10.00 a.m. to 5.45 p.m.
On all working days

Website: www.nehru-centre.org
 Email: editor@nehru-centre.org

Published for Nehru Centre
by Shri Chandrakant M. Rane
Discovery of India Building, Dr. A. B. Road,
Worli, Mumbai - 400 018.

Printed at
M/s PRINTCOM
I-Wing, Shop No. 1, Mahalaxmi SRA CHSL.,
P. B. Marg, Worli, Mumbai - 400 030.

Editor
Arati N. Desai
Design & Layout
Imtiaz Kalu