

Newsletter

Vol. 26 Issue 4 APRIL 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

Meet the Authors of *The Fabulous Four*

Katie Bagli
Medha Rajadhyaksha
Shraddha Nigavekar

Join the thrilling adventure of
the fabulous four -
Adi, Aseem, Pari and Bella

Saturday, 5th April 2025
11.00 a.m. to 1.00 pm
Who Are We Hall,
First Floor,
Nehru Centre

Culture Wing

नाट्य गीतांजली

A selection of Natyageets from
Marathi Sangeet Natak

Dedicated to the memory of
late Arvind Pilgaonkar

Friday, 25th April 2025
6.45 p.m.
Nehru Centre Auditorium

Speeches of the Freedom Movement

5. LALA LAJPAT RAI: Towards Freedom (Part 2)

Bombay, 20 February, 1920

"We do not want politicians. We want honest, plain-speaking, truth speaking men and women. The difficulty lies in convincing you to become truthful men. The world has been fighting for material goods, for the control of capital, for the control of land, for the control of markets and for the control of labour. Capital, wealth, labour, markets - where are they all leading the world to? Do you hear the cry from Europe? That nation is dying and starving. It has become bankrupt. We too have been starving for a hundred years.

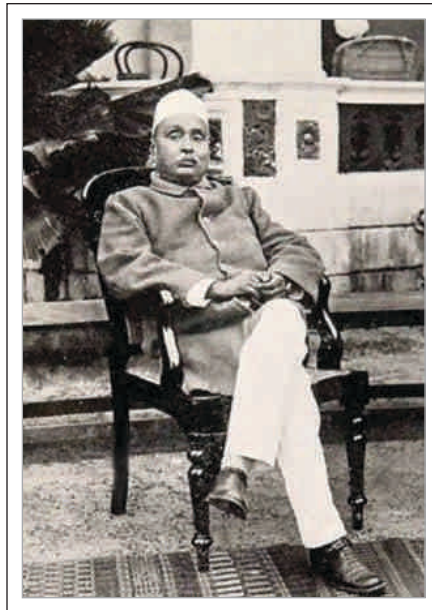
You think that England, America, Japan and France are the most free countries on the face of the globe. In certain respects, they are. But in certain other respects, they are the most servile people in the world. This is because few amongst them have the spirit of abnegation for higher causes. Where in the world shall we find another man equal in spirit, self-sacrifice and righteousness, equal to Mahatma Gandhi? We may or may not agree with his views. We may or may not follow him. But I challenge the whole world to produce another man like

Mahatma Gandhi. Who has produced him? Twentieth century India. I can name several other names whose equals you will not find in any other land. I have tried my very best to take the most generous view, to take the most liberal view of the other nations, but let me tell you honestly, that in the power of self-abnegation, in the power of sacrifice for higher causes, there is no other country that can equal us, only if we direct that spirit of self-sacrifice and self-abnegation to rightful purposes and rightful ends.

The British first want to change the psychology of the people whom they want to govern and secondly, they want to change their own psychology. They want it to be believed that they are the choice of the world, and then want to believe that you are the refuse of the world. Therein lies the whole imperial psychology. Unfortunately, for the last 150 years, we have been made to believe that we are really inferior to other people.

Rise up, young India, you are inferior to none. In our common men, in the

men who till our fields and produce our food, in those men who do not get sufficient to eat twice a day, you have a wealth which no other country on the face of the globe possesses. I, therefore, beg of you, young men of India, your motherland is at the moment lying prostrate because of your lack of faith in yourselves, in your people and in your country; prostrate because of your weakness of mind and weakness of character. Raise up your minds, enthuse yourselves with the electricity of self-confidence and self-reliance and this race will rise sphinx-like and spread all over the world.



Lala Lajpat Rai

Ladies and gentlemen, I have returned to this country after six years. I know that sometimes aspersions have been cast upon my work abroad. It is not my purpose to defend myself. I consider it to be beneath my dignity. No one has a right to ask me to give an account of my actions but my countrymen, and when the demand comes from them, I shall tell them everything. I shall conceal nothing because I have nothing to conceal. But, in the meantime, I may tell you that not a single paisa of any public fund or from any supporters, has been utilised by me for my personal use.

There were thousands of public funds in my hands, but I would not spend one cent of it for myself. I say this not in vindication of my character

because up to this time I have not heard a single countryman of mine questioning my character; and as I told you, I owe no apology to anybody else. But I just want to give this piece of information. In my life, from the beginning to the end, you have entrusted me with limitless funds. I challenge my bitterest enemies to come forward and say that any action of mine has been affected by any considerations of money or property.

One last piece of advice that I want to give you is this. Learn to do your work with your own hands. Do not depend upon servants. Do not depend upon property. Do not imitate other people. That will be extremely foolish and suicidal. The more you are free, the more you have the capacity of

suffering, the more you have the ability to live a simple life, the more you will be free. Freedom comes from wanting to be independent. Freedom does not come by an Act of Parliament. Remember that. If you continue to depend for your means of livelihood, upon this Department or that Department, upon this Honourable or that Honourable, upon this Excellency or that Excellency, you shall always be slaves. Learn to be free.

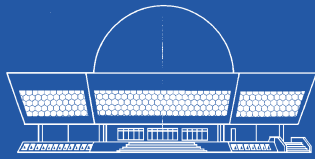
What is progress? Progress is nothing but progress towards freedom. Your ancestors have taught you the lesson that freedom is taken away the moment you have the feeling of dependence. Lessen your dependence at any rate, if you cannot give it up. Cultivate the habit of self-dependence, self-reliance, not in a spirit of aggression or offensiveness, but in a spirit of manliness, of which we have many examples in the history of India; and, my friends, I tell you, you will never require to emulate any speeches. You will never require any measures by anybody to free you. Freedom must come from within. Freedom won't come from without. Freedom won't fall from the heavens. Freedom will rise Goddess-like from our earth; and we shall rise, and with our own hands we shall offer flowers and we shall worship her. I thank you once more."

... concluded

What Nehru said....

One of our major misfortunes is that we have lost so much of the world's ancient literature in Greece, in India, and elsewhere. Probably this was inevitable as these books were originally written on palm leaves or on *bhurjapatra*, the thin layers of the bark of the birch tree which peel off so easily, and later on paper.

... 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

Hazards of Space Travel

In the past couple of issues of the Newsletter, we discussed the International Space Station (ISS) and its functions. Two American astronauts, Sunita Williams (of Indian origin) and Butch Wilmore visited the ISS on a one-week test mission in the first week of June 2024. It so happened that the spaceship that transported these two astronauts developed a technical snag. Authorities considered it unsafe for them to return in the same spaceship. Hence, they had to stay on the ISS for nearly nine months.



Astronaut Samantha Cristoforetti is helped out of the spacecraft just minutes after she landed. She had spent 200 days in space.

The human body is a complex system of bones and muscles with a highly evolved brain. The brain continuously monitors all the body's activities and signals its parts to take corrective action if necessary or to adjust to the local environment.

There are dangers inherent in space travel for the human body. For example, the micro-gravity environment of the space adversely affects an astronaut's body functions. This article will discuss the physical condition of an astronaut on his return to earth after a long stay in space i.e. a microgravity environment.

When a rocket carrying the astronauts lifts off, it reaches a speed of 28,000 kilometres per hour. At that speed, astronauts experience intense G-force, which is a measure of force due to gravity. On the surface of the earth it is 1G. They also feel severe cockpit vibrations and loud rocket engine noise. This leads to

physiological changes in their bodies, like increased heart rate, possible loss of hearing and body fluid redistribution which can cause dizziness and swelling. However, the time from liftoff to the designated orbit in outer space takes only about ten minutes. Once the spaceship reaches its orbit, astronauts regain their normal senses. It takes a few hours to a day for the spaceship to dock with the ISS. Meanwhile, in the spaceship, the astronauts start sensing the effect of a near-zero gravity.

The body reacts to the zero-gravity situation and allows the astronauts to float effortlessly. Initially, the brain does not view this as a significant issue. However, as the astronauts' stay in this near zero-gravity environment prolongs, the brain recognises that the function of muscles needed on the surface of the Earth is no longer necessary. As a result, muscles begin to lose mass. The same happens to the bones. To prevent significant muscle loss, astronauts have to exercise for more than two hours daily in a gym specially designed for the ISS.

After landing on Earth, astronauts experience "gravity sickness". Their bodies need to readjust to the planet's gravity. The process of readjustment leads to dizziness, nausea, difficulty with balance and coordination and potential muscle and bone soreness. Depending upon the duration of their stay in the space, astronauts can take from a few days to weeks to acclimatize their body to the earth's gravity. The effects of bone and muscle loss are evident immediately. After a long stay in space, Sunita Williams spoke about the difficulties that she expected to face when she returned to Earth. She said that due to muscle loss in her body, she would find it difficult to even lift a pencil.

When they land on Earth, astronauts need to be assisted out of their spaceship. They need time to rehabilitate and rebuild muscle tissues. The other physiological issue is the coordination of limbs, hands and legs. Our inner ear has sensors that detect the posture of our body. The sensors and brain constantly monitor our body movements and take necessary action under adverse conditions to prevent a fall and to maintain the body's balance. Due to the lack of gravity in space, the use of these sensors are reduced to a minimum. However, after returning to the Earth, it takes time for the sensors to readjust to the gravity on earth, resulting in dizziness, nausea and difficulty with balance and co-ordination.



Sunita Williams and Butch Wilmore talking with the Ground Station

On Earth, body fluids are constantly pulled down. But in space, extra fluid can sometimes reach the eyes, causing swelling and structural changes. This can lead to vision problems in astronauts. Facial swelling, tight hamstrings and calves have been noticed. It has also been noticed that these problems remain for a long time after returning to Earth.



Sunita Williams (NASA), Aleksandr Gorbunov (Roscosmos), Nick Hague and Butch Wilmore (NASA) are the SpaceX crew waiting to return to the Earth

can negatively impact astronauts' psychological well-being, leading to symptoms like anxiety, depression and cognitive difficulties.

These brave human beings perform cutting-edge science experiments in space. Even after returning to Earth, they do provide valuable information about physiological changes that their bodies undergo in space.

On 19th March 2025 at 3.27 a.m. (IST), Crew-9 of Dragon SpaceX landed safely on the coast of Florida.

Culture Wing

Nehru Centre
Presents

नाट्य गीतांजली

(निवडक संगीत नाटकातील
नाट्य गीतांचे सादरीकरण)



Dedicated to the memory
of late Shri Arvind Pilgaonkar

Marathi Natya Sangeet is a popular form of singing in classical music and is also a vital part of Marathi theatre. This tradition has been brought down the ages from the late 19th century.

Nehru Centre is pleased to present नाट्य गीतांजली a selection of Natyageets from Marathi Sangeet Nataks.

The programme is dedicated to the memory of late Arvind Pilgaonkar who has left an indelible mark on Marathi theatre and music. He passed away at the age of 87 on January 12, 2025.

Special Assistance : Dnyanesh Pendharkar

Singers: Pt. Suresh Bapat, Nilakshi Pendharkar, Bhagyesh Marathe, Dhawal Bhagwat

*Musicians: Pt. Dhananjay Puranik on Tabla, Makrand Kundale on Organ
Rajendra Bhawe on Violin, Varad Sohani on Harmonium & Anil Gawade on Side Rhythm*

Compere: Dr. Samira Gujar

Friday, 25 April 2025, 6.45 p.m.
Nehru Centre Auditorium

Entry: Free Entrance Cards will be available from
Monday, 21st April 2025 from 10.30 am onwards
until availability from the ticket counter of Nehru Centre
Auditorium

Announcement

SUMMER WORKSHOPS - 19-23 May 2025.

- Kathak Darpan by Vidushi Saswati Sen, Senior Disciple of Pt. Birju Maharaj
- Acting & Theatre Appreciation by Shri Abhijeet Zunjarrao
- Lavani Majhi Sakhi (Workshop on Lavani) by Ms. Surekha Puneekar/Megha Ghadage, Lavani Experts and Performers
- Laya Aur Taal (Workshop on Tabla) by Pt. Yogesh Samsi
- Laya Aur Taal (Workshop on Harmonium) by Pt. Sudhir Nayak
- Workshop on Calligraphy by Shri Achyut Palav

FINALE OF ALL WORKSHOPS ON 24TH MAY 2025 AT NEHRU CENTRE AUDITORIUM

SHUBHANGI SAMANT



Shubhangi has completed her Applied Art Diploma and her works are in acrylic on canvas.

**Tuesday 1st April 2025
to Monday 7th April 2025
(AC Gallery)**

PRITI ANAND



Priti is a multidisciplinary artist with a background in design and aesthetics.

**Tuesday 1st April 2025
to Monday 7th April 2025
(Circular Gallery)**

ART SOCIAL 2025

This group of artists will display a variety of paintings and sculptures. The show is curated by Shri Prashant Vedak.

**Tuesday 8th April 2025
to Monday 14th April 2025
(AC Gallery)**

ASHISH KUMAR PATEL

Ashish has a Diploma in classical painting from Angel Academy of Art in Florence (Italy) and will exhibit his works.

**Tuesday 8th April 2025
to Monday 14th April 2025
(Circular Gallery)**

DEEPAK GUPTA

Deepak is a seafarer and collage artist. He will display his experience on sea in the form of art.

**Tuesday 15th April 2025
to Monday 21st April 2025
(AC Gallery)**

KAUSTUBH KAVATHEKAR



He started sketching and painting as a hobby. This became an integral part of his life and he will showcase his artworks in the exhibition.

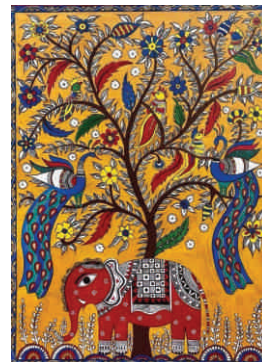
**Tuesday 15th April 2025
to Monday 21st April 2025
(Circular Gallery)**

JESAL DALAL

Jesal's sensitivity and passion for artistic expression comes through in every brushstroke. She works in water colours.

**Tuesday 22nd April 2025
to Monday 28th April 2025
(AC Gallery)**

**AMRITA DOKE
HARSHAD BHASKAR
RUPAL JAISANI VORA**



Amrita Doke

This group of three artists will display a mix of charcoal painting, traditional and contemporary art.

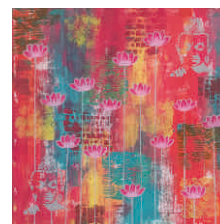
**Tuesday 22nd April 2025
to Monday 28th April 2025
(Circular Gallery)**

BOA ART GALLERY

A group show of emerging and established artists, inspiring and connecting the art community through a curated exhibition.

**Tuesday 29th April 2025
to Monday 5th May 2025
(AC Gallery)**

JESAL VIPUL KHANDWALA



Jesal is passionate about dance and painting. She works in all medium like acrylic, oil, water colours and poster colours.

**Tuesday 29th April 2025
to Monday 5th May 2025
(Circular Gallery)**

RAMSAR WETLAND SITES IN INDIA

23. West Bengal

1. East Kolkata Wetlands

The East Kolkata Wetlands (EKW), are a complex of natural and human-made wetlands lying east of Kolkata. They comprise of 254 sewage fed fisheries distributed across the districts of South and North 24 Parganas covering a total of 37 Mouzas (30 full and 7 part). Mouzas are land areas with administrative boundaries that may contain multiple settlements Besides, there are small agricultural plots and solid waste farms and some built-up areas also.

The East Kolkata Wetlands nurture the world's largest wastewater-fed aquaculture system. Sewerage that is sent to the wetlands are subjected to solar purification followed by natural oxidation by which the water becomes conducive for algal and plankton growth which are the primary feed of fishes. The goods and services provided by the East Kolkata Wetlands include, in addition to fisheries, a very cheap, efficient and eco-friendly system of solid waste and sewer treatment system for the city of Kolkata, habitat for waterfowl and a large number of flora and fauna.

On 19th August, 2002 the EKW was included in the Ramsar list of 'Wetlands of International Importance'.

2. Sundarbans Wetland

Sundarbans Wetland is located within the largest mangrove forest in the world that encompasses hundreds of islands and a maze of rivers, rivulets and creeks in the delta of the Ganges and Brahmaputra on the Bay of Bengal in India and Bangladesh. The Indian Sundarbans, covering the south-westernmost part of the delta, constitutes over 60% of the country's total mangrove forest area and includes 90% of Indian mangrove species. The mangrove forests protect the hinterland from storms, cyclones, tidal surges and the seepage and intrusion of saltwater inland and into waterways. Its mangrove forest serves as a natural flood barrier, shielding the coastal population from the devastating effects of cyclones that ravage the region.

The Sundarbans are the only mangrove ecosystem where tigers can be found in large numbers. A great variety of rare and internationally threatened species, including the severely endangered northern river terrapin (a turtle species), the endangered Irrawaddy dolphin, and the vulnerable fisher cat which is a carnivorous mammal are found here.

Two of the world's four horseshoe crab species can be found here, as well as eight of India's twelve kingfisher species too. The wetland's protection and management are a conservation priority due to the habitat's uniqueness and biodiversity, as well as the numerous physical and intangible local, regional, and global services they provide.

Sundarbans Wetland was designated as a Ramsar site on 30th January 2019.

Further Reading at Nehru Centre Library:

The Sundarbans: Folk Deities, Monsters and Mortals by Sutapa Chatterjee Sarkar, Oriental Blackswan, 2010.
Call No. 915.414/ Cha, Barcode: 14550



East Kolkata Wetlands



Sundarbans Wetland

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. SONAFADEKAR (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.



Meet the Authors of *The Fabulous Four*

Adi's Chronicles of Bravery



Adi and the Mystery of the Missing Vidya Path Gold



Pari's Adventures in the Ghats



**Join the thrilling adventures of the fabulous four
Adi, Aseem, Pari and Bella**

Medha Rajadhyaksha is retired Professor Emeritus from Sophia College, Mumbai, where she has served as senior faculty, Vice Principal (Science) and Head of the Department of Life Sciences. She likes to write and illustrate books for children.

Shraddha Nigavekar is a professional storyteller, author and educator. She is scientist by training and a word artist by choice. A dually certified storyteller (Storyweavers and EduSaarathi), YouTuber and podcaster.

Katie Bagli is an award winning children's author and nature writer. Her passion for nature is reflected in her writings and other activities: nature walks, workshops on creative nature writing, wildlife poetry and doodling of veggietoons and fruititoons.

**Date: Saturday, 5th April 2025,
Time: 11.00 a.m. to 1.00 p.m.**

**Venue: Who Are We Hall, First Floor, Nehru Centre
For students aged 8 - 10 years**

Register on: nehrucenlibrary@gmail.com

nehru-centre.org/library.html

www.facebook.com/NehruCentreLibrary

nehrucen-koha.informindia.co.in

www.twitter.com/nehrucenlib

nehrucenlibrary.blogspot.com

www.instagram.com/nehrucenlibrary

**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