

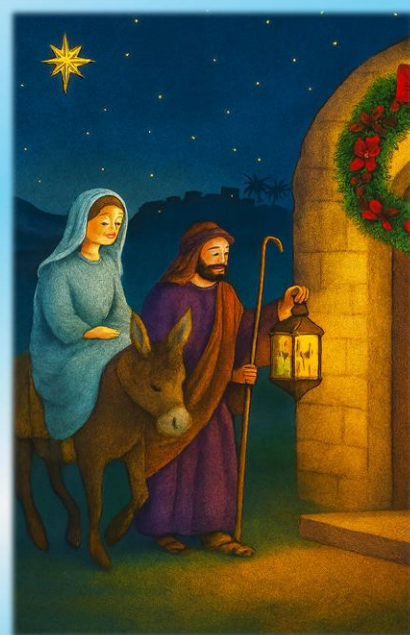
NEWSLETTER

J^oCONNECT

Journeys & Connections..

In Mexican culture, the nine nights leading up to Christmas are celebrated as Las Posadas. Families reenact the journey of Mary and Joseph seeking shelter in Bethlehem. Each evening, participants walk through their neighborhoods, stopping at homes to ask for lodging. At first, they are turned away, symbolizing struggle and uncertainty. Finally, they are welcomed in, and the night ends with prayer, music, and sharing food.

This ritual is more than festivity, it is a pause to reflect on compassion, hospitality, and the meaning of belonging. The journey reminds people that life's challenges are softened when communities open their hearts. Just as Las Posadas invites us to pause and reflect on kindness and togetherness, Year end break offers us a chance to step back from the rush of life. The season becomes not only about celebration, but about remembering the importance of gratitude, rest, and shared humanity.



Our Webpage

WWW.JCONNECT.ONLINE

Invitation to Entrepreneurs & Ventures

J Connect welcomes inspiring stories and participation from:

- Health & Wellness
- Beauty & Personal Care
- Boutique & Fashion
- Home-Based Businesses
- Hospitality
- Food & Beverage
- Educational & Training Institutes
- Manufacturing & Factory Units
- Any Job Opening / Hiring request

Share your journey, showcase your venture, and inspire our vibrant community through J Connect!



Hard copy available on request

Elevate your Visibility

Are you an aspiring or established entrepreneur or someone who has a story to share?

Come forward and be part of our next edition!


Book your slot today at minimal cost and let's celebrate your journey.

Secure Your Spot!
Subscription slots now
open for 6 and 12 editions
in 2026

Call: 8610564907

Email: jagrty@gmail.com

Together, let's build a stronger, entrepreneur community.

 <https://www.instagram.com/jconnect.online?igsh=MXB1eHdyZDdtYnNmchg==>



DECEMBER 14, 2025

Celebrate 2026 in Style at MWC Club by Downtown!

Ring in the New Year with MWC Club by Downtown vibrant celebration at Mahindra World City. Enjoy food, DJ, games, and a staycation package for couples and families with live entertainment and festive cheer.

Downtown
Business Hotel

MWC CLUB
MAXIMISE LIFE

Book Your Tickets Now for the New Year Party

Couple ₹ 4,699/-*	Single ₹ 2,799/-*
Kids (above 5-12 years) ₹ 999/-*	



@ MWC Club, Mahindra World City

Stay Over Night

CHECK IN :
31ST December 2025
at 12.00 NOON

CHECK OUT :
1ST January 2026
at 11.00 AM

Celebrate New Year with Family & Friends

₹ ~~14,299/-*~~ ₹ 13,299/-*

Taxes Applicable*



Package Includes 2 person/Couple stay :

- * Lunch - 31st December 2025
- * Breakfast - 1st January 2026
- * Entry Ticket For New Year Party
- * Kids upto 5 years complimentary

Unlimited Party Offerings :
COCKTAIL | MOCKTAIL | DINNER | DJ
DANCE | GAMES & LIVE ENTERTAINMENTS

CO-SPONSOR
SRM GLOBAL HOSPITALS
live your life.

Alcohol consumption is injurious to health*

DECEMBER 14, 2025

Big Impact Solutions: Transforming Organizations with Purpose

Big Impact Solutions (BIS), a Chennai-based advisory, is dedicated to driving organizational growth through its proprietary 5P-5E framework. Founded by seasoned leaders; Dr. S. Sabesan, a positive psychologist and EQi coach; Mr. Eashwer, an OD consultant and global HR strategist; and Mr. Vijay Amarnath, a strategic business consultant and emotional intelligence coach. BIS blends expertise with empathy to deliver sustainable results. Their mission is to align people, process, and performance for profitability and long-term success



Mr. Eashwer

Cofounder – BIS

+91 9632651122

+91 9962104002

+91 9500036680

Chennai, Tamil Nadu

Their mission is to Empower organizations, to align people, process, and purpose for sustainable growth and impact

Connect For

Building people capabilities

Strengthen processes

Elevate leadership talent

Achieve sustainable growth



C. Eashwer
Co Founder & Director

C8-B-601, Aquality estate,
Mahindra World City,
Chennai 603004

+91 95000 36680

A BUSINESS SOLUTION ARCHITECT COMPANY

Few of Our Clients



Contact Us



+91 9632651122
+91 9962104002
+91 9500036680

Email to us...

bigimpactconsultants@gmail.com



https://www.linkedin.com/posts/dr-swaminathan-sabesan-330b9a17-leadershipdevelopment-youngengineers-growthmindset-activity-7400552734661406721-dUSy?utm_source=share&utm_medium=member_android&rcm=ACoAAAMY3ZAB3TSGHeUz1qRCMDZO5NaqLoK7y3A

DECEMBER 14, 2025

Ela Green School - Holistic Learning

Ela Green School, an **IB Continuum World School** in Maraimalai Nagar, is dedicated to shaping future-ready learners through a global curriculum and holistic development. Admissions for 2026 are now open with an exclusive ₹60,000 waiver. The school emphasizes values, experiential learning, and a student-centric approach, ensuring education goes beyond books. By fostering curiosity, confidence, and character, Ela Green empowers children to thrive in academics and life, preparing them to lead with purpose in an ever-changing world..



ela green school
AN IB CONTINUUM WORLD SCHOOL

ADMISSIONS OPEN 2026

EXCLUSIVE WAIVER RS 60,000/-

- Global curriculum
- Holistic Student Growth
- Student Centric Approach
- Learning Beyond Books
- Values that Guide
- Tomorrow Starts Here

ENROLL NOW!

📞 8939958989

🌐 www.elagreenschool.org 📍 MARAIMALAI NAGAR



Ela's Christmas Carnival Art Contest
Unleash your creativity!

Last Date of Registration: 17th December 2025

Pre.K.G Finger Painting	L.K.G. & U.K.G. Colouring	Grade 1 & 2 Draw & Colour
Grade 3 & 4 Draw & Colour	Grade 5 & 6 Draw & Paint	

Free Entry

20th December 2025
Starts from 9:00 a.m.
Ela Green School

WIN EXCITING PRIZES

Scan Now to Register

Every participant will receive a special gift & a participation certificate!

No Spot Registration

For Event Details Contact: Ms. Shalja (PRO) - 9498452740 / 9342845454. or Check the Google form

Ela's Christmas Carnival - Register for the Art Contest!

Ela Green School invites young artists to celebrate the season with joyful creativity and festive flair. From finger painting to draw-and-paint contests, every child receives a gift and certificate

- Date: 20th December 2025
- Time: Starts at 9:00 a.m.
- Venue: Ela Green School, Maraimalai Nagar
- Registration Deadline: 17th December 2025
- Entry: Free (No spot registration)
- Contact: Ms. Shalja – 9364924790 / 9345246454
- Gifts & Certificates for All Participants
- Exciting Prizes to Be Won!

DECEMBER 14, 2025

Let's run with heart, Let's run for the purpose

MWC[®]
RUNNERSMWC MARATHON
2026ARE
YOU
READY

RACE DAY

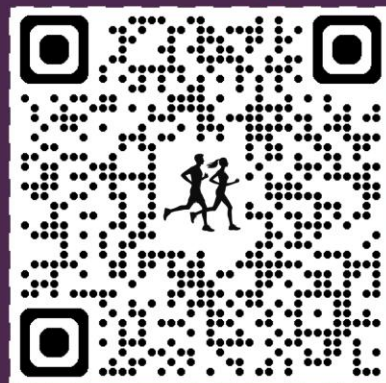
SUNDAY 22ND FEB 2026

1 Km | 3 Km | 5Km | 10Km | 21.097 Km

Register online

www.mwcrunners.com

Group Registrations

info@mwcrunners.in | +91 999 499 3020

SCAN TO REGISTER

RUN THE EXTRA MILE, EMPOWER A GIRL'S FUTURE.

Digital Partner



Venue Partner



Hospitality Partner



Gold Sponsor | Medical Partner



Physio Partner



Sports Partner



Event Partner



Zumba Partner



Energy Drink Partner



Timing Partner



DECEMBER 14, 2025

A Visionary in Physiotherapy and Education

A Success Story

Mr. **Sankar Pandey**, Founder of *MoveFit Physiotherapy*, is a distinguished professional with nearly three decades of expertise in physiotherapy, movement science, and rehabilitation. His career reflects a blend of clinical excellence and corporate insights. He is working with organizations such as Infosys, Samsung Electronics, and Renault Nissan, where he specializes in workplace ergonomics, posture correction, and preventive physiotherapy. Through *MoveFit Physiotherapy*, with centres in Maraimalai Nagar, Chengalpattu, and Mahindra City, he has built a platform recognized for personalized care, evidence-based treatments, and a holistic approach to healing. His role as consultant orthopedic physiotherapist at Jeevan Hospitals, Mahindra City, and Kenzo Hospital highlights his commitment to serving diverse patient needs with compassion. Beyond clinical practice, Mr. Pandey contributes to academia as **Professor of Practice at Vels University, Chennai**, and curriculum consultant at **Takshasheela University**, shaping future physiotherapists with practical, value-based education.



Sankar Pandey

+91 9092984184

Mahindra World City

Mr. Sankar Pandey's mission is to restore movement and relieve pain with compassion, empowering people to live healthier, active lives.

Connect For

Ergonomics Session

Physiotherapy Session

Rehabilitation Program

Consultation



JOIN THE MOVEMENT




**FIX YOUR POSTURE,
FIX YOUR PAIN**

Poor Posture - Neck & Shoulder Pain

Correct it with expert
physiotherapy sessions.
Feel lighter, stronger, and
aligned.

BOOK NOW





+91 9092984184 | sankarpandey@movefit.in | www.movefit.in

<https://www.facebook.com/100063655641761>

<https://www.movefit.in/>

DECEMBER 14, 2025

Aaptherbs: Nature's Touch for Everyday Wellness

Apt Herbs, founded by Ramya Badri in 2018, continues to revive natural living through **preservative-free skincare, haircare, and traditional foods**. With new additions like Mustache Oil, All-in-One Night Serum, Millet Mixture, and Betel Leaf Powder, the brand blends wellness with innovation. Every product is handmade using groundnut oil, jaggery, millets, and traditional rice, free from artificial additives and synthetic enhancers. Apt Herbs also offers personalized gifts and festive packs, empowering young entrepreneurs through wholesale opportunities while serving parlours, boutiques, organic stores, and conscious communities with the warmth of motherly care and cultural pride



Ramya Badri

Founder of Aapt Herbs

+91 9965320776

Salem, TN

Her Mission is to provide natural and friendly products for everyone, while creating awareness about traditional herbs and their importance

Connect For

**Mustache Oil for growth;
Herbal Shampoo for Hair**

**All-in-One Night Serum for
Skincare**

**Millet Mixture for Weight
management**

**Betel Leaf Powder for
Culinary and wellness benefit**

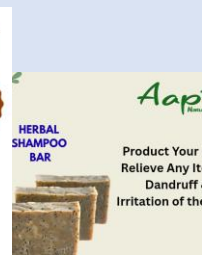
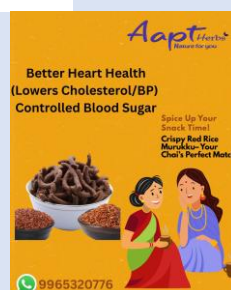
Online Orders delivered, Contact :
9965320776

<https://www.instagram.com/aaptherbs?igsh=em9zbm02cGJnaGZl>

<https://share.google/34Gkd0JD4ciZjuMr7>

<https://aaptherbs.com/>

AaptHerbs
Nature for you



DECEMBER 14, 2025

Launch Your Career with MEI – Apply Now!

Madras Engineering Industries (MEI), located in Mahindra City, Chengalpattu, is hiring Company Trainees across ITI, Diploma, and Graduate streams. With a monthly CTC of ₹21,000 and facilities like canteen, travel support, PF/ESI, and more, MEI offers a solid start for fresh talent. Join a dynamic industrial environment and grow with hands-on experience. Apply now and step into a future of opportunity and innovation!

WE ARE HIRING



COMPANY TRAINEE

Qualification :

- ITI , Diploma, Any Graduate

Stipend

**Monthly CTC -
Rs. 21000**

Facilities Available:

- Canteen Facilities, Uniform, Shoes, PF / ESI Coverage , Travel Facilities

Note: Candidates must have Aadhar Card, Educational Certificates, Bank Passbook Xerox, Two Passport Size Photos

Contact :

9944411598, 9840772688



JOIN NOW

madrasengineering.in

jprasanna@mei.co.in

MEI Mahindra City, Chengalpattu

DECEMBER 14, 2025

Empowering Through Astrology and Counselling

Divyaa, a dedicated practitioner at *Astro Umeed - Unique Life Solution*, brings clarity and compassion to those seeking guidance. With a deep belief that every problem has a solution, she supports individuals through astrology, tarot reading, numerology, Vastu, and relationship counselling. Her approach is simple, affordable, and rooted in empathy, helping people resolve confusion and make confident decisions. Divya's work reflects the mission of Astro Umeed; offering practical remedies and heartfelt support to transform lives with positivity, purpose, and peace.



Divyaa

+91 97896 64569
+91 9358981566

Iris Court MWC

Divya's mission is to guide individuals toward clarity and confidence through simple, soulful, and affordable solutions

Connect For

Astrology

Numerology

Vastu Consultation

Relationship Counselling



Astrology



Numerology



Vastu Consultation



Relationship Counselling

UNIQUE LIFE SOLUTION


THERE IS NO PROBLEM IN THIS UNIVERSE, WHICH HAVE NO SOLUTION. YOU CAN GET ALL SOLUTIONS WITH PROPER GUIDANCE.

- * LIFE COACH
- * VEDIC ASTROLOGY
- * ASTRO NUMEROLOGY
- * ASTRO TAROT READING
- * ASTRO VASTU...

DON'T WORRY AND CONNECT WITH US THROUGH CALL OR WHATSAPP...

97896 64569 Appointment

RIGHT TIME + RIGHT DECISION @ RIGHT PLACE = GOODLUCK



Divya

I thank you from the bottom of my heart for your guidance using astrology knowledge. It made my mind clear with so many doubts the predictions which you gave in the past and present are accurate. Once again thank you

08:54

Jai bholenath Divya, talking to you was so calming, and the positive aura which you hold and spread is divine. Your expertise in numerology helped me gain a deeper understanding of myself and my life's purpose. The readings were incredibly accurate and insightful, providing me with valuable guidance and clarity. I am thankful for your remedies which are not only easy but inexpensive too. Your professionalism, compassion, and warmth made the experience truly exceptional.

12:51

Review:

Had an amazing session with you, mujhe kaafi acha laga aapse baat karke, i have a better vision of things now and mujhe kya karna and kya nahi karna hai vo bhi samjh aa gaya hai. It was a really good experience, hope you continue this and guide everyone on the right path.

11

Dear mam, I feel so blessed to have you in my life. Back then you weren't just my tuition teacher, you made learning fun, encouraged me, motivated me and guided me more like a friend, and also taught me things other than studies which I will always carry with me. And now as a astrologer too, you have given me so much clarity, positivity and strength with your guidance. What I love the most is how you always manage to make me laugh and explain even big things in such a simple fun way that everything feels lighter. Thank you for always supporting me

15:56

DECEMBER 14, 2025

Preserving and Nurturing the Soul of Bharatanatyam

Mr. Selvakumar Kamalakkannan is a beacon of dedication and grace in the world of Bharatanatyam. His journey, spanning over 30 years as an artist and 25 years as a teacher, is a testament to his unwavering commitment to tradition and excellence. Trained under Padma Bhushan Guru Kumari Shobana Chandrakumar, he brings soulful depth and discipline to every performance and class. Through **Dharshana Dance Academy**, he has nurtured countless students and choreographed 15 remarkable Arangetrams. His vision and humility continue to inspire generations, making classical dance a living, breathing legacy.



Mr Selvakumar K

Dharshana dance Academy

+91 9600005859

**Velachery, Chennai
& MWC**

His mission is to preserve the timeless beauty of Bharatanatyam through disciplined training and soulful performances. He aims to inspire future generations with devotion, creativity, and an unbroken lineage of tradition."

Connect For

Adavu Series (Basic Steps)

Margam Repertoire

Graceful Movement & Expression (Abhinaya)

Performance Discipline & Stage Readiness



Dharshandanceacademy@gmail.com



9600005859

Sri Gurubhyo namaha

Learn Bharatanatyam

@

Dharshana Dance Academy

Where Dance Becomes You

- Training rooted in tradition, delivered with top-level quality.
- Every student receives individual attention to bring out their unique expression.
- Opportunities to perform at prestigious stages and sacred temples.
- A learning style so natural, you grow into a dancer without even realizing the effort.

Location:

Iris Court Club House

Class timings:

Saturdays & Sundays
10 to 11 am

Fees:

Beginners: Rs.1200/month
Advanced Level/Adults (Age no bar):
Rs. 1600/month

<https://www.youtube.com/@ddanceacademy>

Step into Dharshana.

Stay with us.

Become a dancer for life.

WhatsApp message to know more

9600005859



DECEMBER 14, 2025

CounselNavi : AI-Enabled Career & University Applications platform

Ashish Deo, a techno-business leader and electronics engineer with extensive global experience, especially in Japan, is the visionary behind CounselNavi EdTech Pvt. Ltd. A certified university admissions counselor, entrepreneur, and startup advisor, Ashish blends technology with mentorship to transform student futures. CounselNavi is India's first scalable AI + Human hybrid career guidance platform, intelligently connecting students with certified mentors and industry experts. With innovative tools like UniFinder, SOP Simulator, Mock Interview Simulator, Career Planner, and Internship Ecosystem, CounselNavi empowers learners to make informed choices, ensuring clarity, confidence, and success in education and beyond.



Ashish Deo

Founder CounselNavi

+91 9822436078



Empowering students with AI-enabled career and university guidance, combining technology and human expertise for lifelong success

Connect For

AI + Human Hybrid approach based Guidance

Exclusive Tools - UniFinder

Career Navigator and Planner

Internships

Email : ashish.deo@counselnavi.com

www.counselnavi.com

<https://www.linkedin.com/company/counselnavi>

[counselnavi](https://www.instagram.com/counselnavi)

<https://www.facebook.com/profile.php?id=61565014858867>

India HQ: Wakad, Pune- 411057, Maharashtra, India



- CounselNavi is excited to launch its **Career Awareness Webinar Series**, specially designed for parents and students from **Grade 9 onwards**. Each one-hour session will be led by our expert career counselors, offering practical insights into
- **Choosing the right subjects for future success**
 - **Exploring global opportunities in higher education**
 - **Understanding emerging career paths**
 - **Building a structured career plan**

The link that parents and students can register
<https://forms.gle/5KZHEEif5Z6DtbaZ5>

DECEMBER 14, 2025

Redefining Celebration with Eggless Innovation

Shrinithi, founder of Athome Cakes (est. 2022), is a passionate cake artist and home baker from Mahindra City, Chengalpattu. Specializing in eggless customized cakes, she transforms trending designs and dream concepts into stunning edible creations for every occasion. With precision, care, and perfection at the heart of her craft, Shrinithi has pioneered anti-gravity and zero-gravity levitating cakes in her community, using magnetic rotating mechanisms to create magical, floating experiences. Athome Cakes blends artistry with innovation, delighting customers with unique designs and unforgettable flavors



Shrinithi

Founder Athome Cakes

+91 8438426723

Lakewoods, MWC

Creating eggless, gravity-defying cakes that blend imagination, craftsmanship, and joy for every occasion

Connect For

Eggless Customized Cakes

Anti-Gravity Cakes

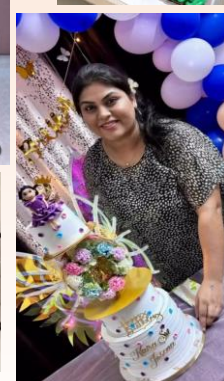
Zero-Gravity Levitating Cakes

Themed Celebration Cakes

 [athome_cakes_](https://www.instagram.com/athome_cakes_)

https://www.instagram.com/athome_cakes_?igsh=ejQxd211Zjd1MzRk

 <https://share.google/NT2l2m0rmGJ3UmCAz>



DECEMBER 14, 2025

Uday Dental Clinic – Bringing Smile with Trusted dental care

Uday Dental Clinic stands as a modern, patient-focused center where expertise meets excellence in dental care. Led by Dr. Sathish Sankar, MDS, a renowned specialist in Conservative Dentistry, Pediatric dentistry and Endodontics, the clinic offers comprehensive services including smile designing, painless root canal treatments, orthodontics, prosthodontics, oral surgery, and children's dentistry. Every procedure is delivered with precision, compassion, and advanced technology in a sterile, comfortable environment. With a commitment to ethical, transparent, and affordable care, Uday Dental Clinic ensures healthier, brighter smiles and lifelong dental wellness for every patient.



Dr. Deepa Karunakaran

Dr. Sathish Sankar

Uday Dental Clinic, MWC

+91 9003258867

+91 9884979072

"Your smile is unique, and designing it is both an art and a responsibility we are proud to uphold." – Dr. Sathish Sankar

Connect For

Smile Designing and Pediatric dentistry

Root Canal Treatment and Aesthetic artistry

Braces and Invisalign specialist

Implant dentistry

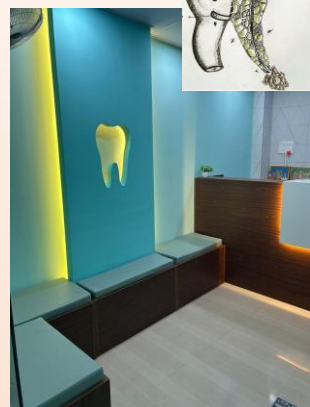
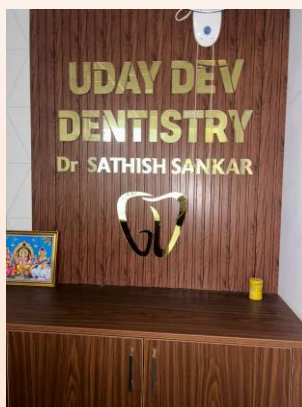
 <https://share.google/DYpnT0ZRqmYHCvkCF>

Checkout the GOOGLE REVIEWS :

Ms. HEMA VIDHYA <https://share.google/iATge8pWNTSCpJJki>

Mr. THOLKAPPIYAN J <https://share.google/2EtEC4LmyBbM006wp>

Mr. ANAND SURESH <https://share.google/xUyl7mGTn2oj515xk>



DECEMBER 14, 2025

Transforming Industries with Precision Painting

Vijay Desai, founder of V Desai Colors Pvt Ltd, leads one of India's most trusted names in industrial painting contracts. With offices in Vadodara, Chennai, Goa, and Rajasthan, the company delivers precision-driven solutions backed by skilled manpower, advanced techniques, and a strong nationwide presence. Known for its unwavering commitment to quality, safety, and transparency, V Desai Colors ensures durable, long-lasting results across diverse industrial projects. Vijay's visionary leadership reflects operational excellence and a client-first approach, making the firm a dependable partner for industries seeking seamless, professional painting services across India.



Vijay Desai

Founder - V Desai Colors

+91 9962066347

Hiranandani Oragadam



Connect For

Industrial Painting Services

Commercial & Project Painting

Epoxy Floor Coatings

Machinery, Tanks & Silos Painting

Address: Shop No. 8, Hiranandani Parks, Oragadam – 603204

Operate from four offices located in Vadodara, Chennai, Goa, and Rajasthan



DECEMBER 14, 2025

Shaping Champions in Tamil Nadu Cricket

M Senthil Kumar has been a dedicated force in Tamil Nadu cricket, representing the state in the SGFI U16 inter-state tournament and Kancheepuram district teams across U13 to U22 levels. His journey reflects both passion and perseverance. This year, he served as selector for U16 and U19 squads for Chengalpattu districts, travelling as Manager with the U19 team that emerged victorious, while the U16 team finished runners-up. His leadership, commitment, and vision continue to inspire young cricketers to strive for excellence on and off the field



M Senthil Kumar

sritbmcricketacademy

+91 9841611366

Tambaram, Chennai

Mr Senthil kumar is dedicated towards nurturing young cricketers with skill, discipline, and sportsmanship for lasting success

Connect For

Cricket Coaching



<https://www.instagram.com/sritbmcricketacademy?igsh=dXc2cnFsYXQwajZj>



<https://share.google/6qoj6aYHG4bnRbBUz>



<https://youtube.com/@travellingallrounder?si=xy6CPvd759mnEo5c>

For Space in upcoming edition of **J Connect**, Contact    **8610564907**

DECEMBER 14, 2025

Guiding Wellness Through Yoga and Nature

Introducing Lakshmi Solanki, A Guide to Holistic Wellness. Lakshmi Solanki is a certified Yoga instructor, Naturopath, and yoga therapist whose work reflects both expertise and compassion. She believes every individual has unique health needs and supports her participants with personalized variations of yoga asanas tailored to their bodies and goals. Her teaching style beautifully blends mindful movement, breathwork, and holistic wellness, creating a nurturing space where participants can grow at their own pace. Beyond her professional practice, Lakshmi finds joy in gardening, which inspires her philosophy of patience, balance, and steady growth, values she brings into every aspect of her life and teaching.



Lakshmi Solanki

Founder -Yoga for Everyone

+91 8939908827

Jain Sudarsan, Tambaram

She aims to nurture holistic wellness by blending mindful yoga, breathwork, and nature's wisdom, empowering individuals to grow with balance and harmony

Yoga for Everyone

"Join the journey of the self, through the self, to the self"

Aasana
 Pranayama
 Mudra

Meditation
 Bandha
 Yog Nidra

Benefits of Regular Yoga

Improve flexibility, Build Strength, Reduce stress, Reduce obesity, Balance hormonal issues, Improve sleep, Improve posture, Improve concentration, Reinforce better breathing & Improve mood

Online & Offline Classes available
Lakshmi Solanki (Certified Yoga Teacher & Therapists)
For details contact : +91 8939908827

DECEMBER 14, 2025

Extend a Hand, Transform a Life

Sarada Sakthi Peetam uplifts underprivileged children by nurturing their education, values, and well-being. Every contribution helps shape a child's future, turning compassion into lasting impact.



FOLLOW US ON SOCIAL MEDIA...

சாரதா சக்தி பீடம்
SARADA SAKTHI PEETAM
(An ISO 9001-2008 Certified Organisation Regn. No. CCPL/QMS/D1744)

Whatsapp
8807000510

(Registration of Entities for undertaking CSR activities and the Registration No : CSR00044962)
No.72, Kamarajar Highways, Old Perungalathur, (Via) Tambaram, Chennai - 600 063. Phone : 044-22762299, 044-35756638
City Office : 044-23714942, Cell : 8807000510, 8807000518 | E-Mail : ssspeetam@gmail.com | Website : www.sspeetam.in

SEASONS GREETINGS AND THANKS For Your Continued Support. We pray to Bhagavan Sri Ramakrishna to bestow all the good things in life on you, your family and friends.

அன்புள்ளம் கொண்டுபோகோ

தங்கள் வதவியுந்து அளித்து வரும் மனப்பூர்வமான உதவிகளுக்கு வங்கியின் நன்றியும் நல்வாழ்த்துக்களும், "பகவான் ஸ்ரீ ராமகிருஷ்ணன்" தங்களுக்கும், தங்கள் குடும்பத்தாருக்கும் அனைத்து நலன்களும் தந்தருளுமாறு ருபார்த்திக்கின்றோம்.

கவனி ஸ்ரீ சுவாமிமலைத்தா அம்மலின் நல்வாழ்த்துக்கள்
கிழைகள் தொழில்
நிர்வாகம்

AN APPEAL

Sarada Sakthi Peetam (SSP) Perungalathur, Chennai earlier known as Shiri Ramakrishna Seva Gurukulam started in 1988 is doing spiritual, Medical, Education and orphanage services to the poor and downtrodden people. The second branch of SSP was started in 2004 at karaikal to help the children of Tsunami Victims. In addition, the girls are accommodated in separate own house in Perungalathur, Chennai. Around 150 Children are accommodated in all the above Institutions.

The Ashram aims at bringing the children to a level where in they can stand on their own legs. For this they are sent to good schools to study minimum of upto 10th or 12th Std. Children who are good in studies are sent to college. At present one of our children completed MBBS, 4 children completed Engineering, 18 in B.Com, 17 in B.Sc Micro Biology, 4 in B.Sc Bio-Technology, 1 in B.Sc Maths (MCC), 7 in BCA, 6 in DMLT, 16 in ITI (A/C Mechanic) and 10 in Catering Technology. From this year, We are planning to send our children for professional courses in Automobile Maintenance, A/C Mechanic and Ophthalmic Technician Certificate course also.

The entire expenditure of the ashram is met from the donations of philanthropists. We request you to donate liberally to the destitute children who are in need of your benevolent helping hands. For this purpose we have various donation schemes to cover each and every donor.

a) **Permanent Endowment Schemes** are given below. Wherein the donation is kept as a deposit in a bank and only the interest is used

- | | |
|---|-----------------|
| i) Baghawan Sri Ramakrishna Pooja once in a year on a particular day | ₹ 5,000 |
| ii) Adoption of one student permanently till he / she completes his / her education (Providing Food, Cloth & Yearly Education Expenses) | ₹ 50,000 |
| iii) Yearly Education Expenses for one student (Permanent Endowment) | ₹ 20,000 |
| iv) To cater for Higher Education under "SSP Higher Education Endowment Scheme" | ₹ 2,000 & above |

Yearly Maintenance Expenses for a Student

ஒராண்டுதொகை (குறைந்தபட்ச) கல்விச் செலவுகள், உணவு, மருத்துவ செலவுகள், பூத்தகப்படி, ஒரு ஜோடி காசன்கள், பூத்தகடா மற்றும் பள்ளிச் சீருடைகள்)

- ₹ 24,000

Adoption of one student permanently
₹ 50,000

b) **Donation to meet yearly requirements of a child**

- | | |
|---|---------|
| 1. ஒரு குழந்தைக்கு பூத்தகப்படி வாகனம் School bag for a child | ₹ 500 |
| 2. ஒரு ஜோடி காசன் வாகனம் A pair of Shoes for a child | ₹ 500 |
| 3. பூத்தகடா மற்றும் சீருடை - 2 Sets of New Dress & Uniform for one child | ₹ 1,500 |
| 4. ஒரு வாக: பூத்தகப்படி Complete set of books for a child | ₹ 500 |
| 5. ஒராண்டுதொகை (குறைந்தபட்ச) கல்விச் செலவுகள் One Year education expenses for a child | ₹ 2,000 |
| 6. ஒரு குழந்தைவின் மருத்துவ காப்பீடு Medical Insurance for a child | ₹ 3,000 |

Education Kit Gift to a child
₹ 5,000

Online Donation :
www.sspeetam.in

c) **Monthly Running Expenditure** for SSP Works out to nearly ₹ 8,50,000/- To meet these expenses any donor donating any amount is whole heartedly welcome.

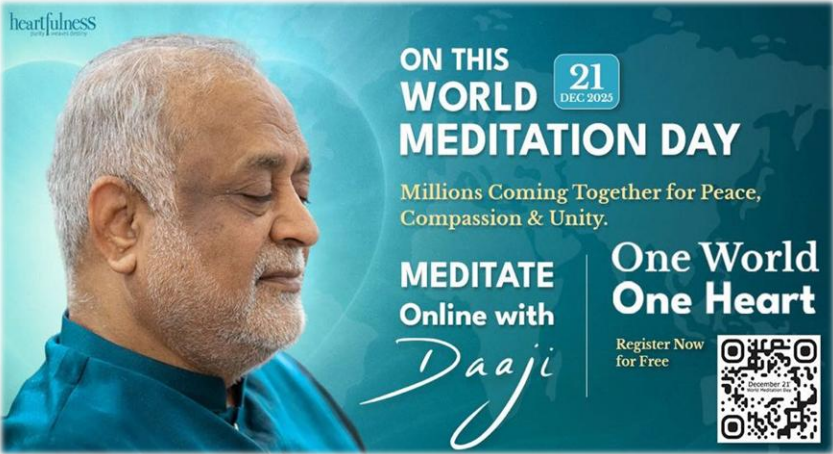
City Office :
No. 7/4, Velu Street, West Mambalam, Chennai-600 033
Ph: 044-23714942



ANY CONTRIBUTION MADE IN ANY SCHEME IS EXEMPTED FROM TAX UNDER SEC 80G

DECEMBER 14, 2025

One World, One Heart: Global Meditation with Daaji



Kamlesh D. Patel, lovingly known as **Daaji**, is the global guide of the Heartfulness Movement. Born in Gujarat, he blends ancient wisdom with modern science, inspiring youth and leading meditation research. Heartfulness offers free training in 130 countries, nurturing peace, unity, and spiritual growth.

Global Meditation with Daaji

On **21st December 2025 at 8 PM IST**, join Daaji and millions worldwide for a special online meditation. Register individually at meditationday.global, including family members aged 15+. Each participant receives a confirmation to join independently. From your home, city, or country, connect in unity, peace, and compassion. Encourage friends, family, and community to register and be part of this global initiative.

Together, let's celebrate harmony and collective consciousness through meditation

Heartfulness Meditation Now at Mahindra World City

We're happy to share that **Heartfulness Meditation** sessions are now available across Mahindra World City, including **Aqualily** and other nearby societies. With dedicated representatives in each community, you can experience free guided meditation that nurtures clarity, compassion, and emotional balance. Open to individuals and groups aged 15 and above, these sessions offer a peaceful path to inner transformation, right where you live.

International Meditation Day : Heartfulness Meditation

Date: 21 December 2025 ; Time: 9:00 AM to 10:00 AM
Location: Aqualily Community Hall, Mahindra City
Age Group: 15 years and above
Contact: **Mugil : +91 8438923412**

Experience Joy, inner peace, and harmony through guided Heartfulness Meditation



Heartfulness Meditation Mahindra World City

The Heartfulness Institute and Shri Ram Chandra Mission are global organizations dedicated to human transformation through Meditation, yoga, and values-based living. Guided by Daaji, our Global Guide, we offer free Meditation practices in more than 160 countries. Our head quarters, Kanha Shanti Vanam, is one of the world's largest meditation centers and serves as a hub for training, meditation, and community programs.

Meditation Supports Clarity, Compassion and Emotional Balance.



For free meditation classes for individuals and groups

Please Contact

Sylvan County	: G.Krishnamoorthy	9443534108
Aqualily	: Mugil	8438923412
Nova Mahindra	: Sai Bhargav	9059097053
IRIS Court	: Uma Maheswari	9677755229
Lake woods	: Gayathri	9986067277
Lake Front Estates	: Geetha Manimaran	9952532730

Free Meditation Classes
Age : Above 15 years old only.

DECEMBER 14, 2025

Bhagavad Gita for Every Home

Kalpana's heartfelt initiative brings the timeless wisdom of the *Bhagavad Gita* into more homes and hearts. By making it accessible in multiple languages, she's helping individuals find clarity, peace, and purpose in their daily lives

Contact : Kalpana, Iris court, MWC +91 9597545141

Bhagavad Gītā As It Is
Language: English, Hindi, Tamil, Telugu

250/- only
limited offer

WhatsApp contact:
+91 95975 45141
+91 87544 41762

IRIS court,
Mahindra World City

Discount price : ~~350~~ 250/- only

Regal Rays - Where Creativity Meets Candlelight

Regal Rays by Jayeeta Das brings handcrafted soy candles that blend elegance, sustainability, and soulful artistry. This Christmas, her creations add cozy charm to décor and gifting, inspiring mindful celebration and creative spirit.



Jayeeta Das



Contact : +91 9940104663
Iris Court, MWC

DECEMBER 14, 2025

Post Office Small Savings Schemes

Geetha Lakshmi S, our dedicated postwoman, invites the community by promoting small savings schemes. Post Office interest rates helps families secure their future through simple, trusted investments.



Geetha Lakshmi S

+91 7604901251

Mahindra World City

<https://share.google/HTsFSWftQmbTsPb22>

Post Office Interest Rates

Oct-Dec 2025 | Small Savings Schemes



Sl.	Scheme Name	Current Interest Rate
1	Savings Account	4.00%
2	1-Year Term Deposit (FD)	6.90%
3	2-Year Term Deposit (FD)	7.00%
4	3-Year Term Deposit (FD)	7.10%
5	5-Year Term Deposit (5 Yrs)	7.50%
6	Recurring Deposit (5 Yrs)	6.70%
7	National Savings Certificate(NSC)	7.40%
8	Public Provident Fund (PPF) *	7.10%
9	Senior Citizen Savings Scheme(SCSS)	7.50% (doubles in 115 months)
10	Kisan Vikas Patra (KVP)	8.20%
11	Sukanya Samriddhi Yojana (SSY)	8.20%

Writers Column

யோசி...

இழந்தது எதுவென்று யோசிக்காதே. இருப்பது எதுவென்று யோசி. போனது எதுவென்று யோசிக்காதே. நிலைப்பது எதுவென்று யோசி. விலகியது எதுவென்று யோசிக்காதே. விருப்பம் எதுவென்று யோசி. விட்டது எதுவென்று யோசிக்காதே. பெற்றது எதுவென்று யோசி. காயத்தை யோசிக்காதே. காரணத்தை யோசி...

- Karthiga



Karthiga Priya

Aqualily, MWC

Karthiga Priya, a civil engineering graduate and mother of two, works as a joinery and fitouts designer. Passionate about creativity and learning, she enjoys dancing and playing, while also sharing knowledge as a Tamil tuition teacher in Aqualily and a Japanese language trainer. Her diverse talents reflect balance, dedication, and a love for growth.

Writers Column

A Journey Shared: Father & Daughter Voices

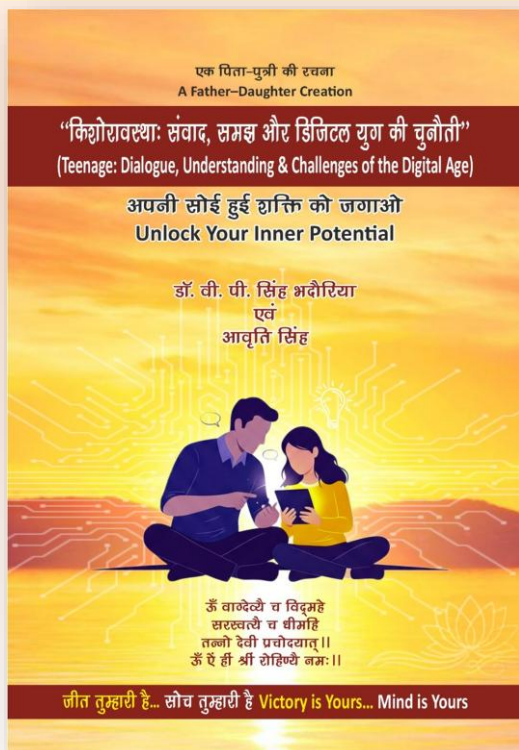
प्री-लॉन्च: हर परिवार के लिए एक अनिवार्य मार्गदर्शिका!

किशोरावस्था वह संवेदनशील और परिवर्तनशील दौर है जब बच्चे तेज़ी से बदलती भावनाओं, सोच और व्यवहार के बीच अपनी पहचान तलाशते हैं। इसी दौरान माता-पिता अक्सर बच्चों के बदलते व्यवहार और डिजिटल दुनिया के दबाव को समझने में उलझन महसूस करते हैं। “किशोरावस्था: संवाद, समझ और डिजिटल युग की चुनौती – अपनी सोई हुई शक्ति को जगाओ” एक ऐसी पुस्तक है जिसे एक पिता-पुत्री की साझा दृष्टि से लिखा गया है। यह किशोर मन की उलझन, पहचान संघर्ष, साथियों के दबाव और भविष्य की चिंता के साथ-साथ माता-पिता की दुविधाओं और आधुनिक परवरिश की चुनौतियों को सरल, संवेदनशील और व्यावहारिक भाषा में समझाती है।

पुस्तक में शामिल हैं -

- Techno-Cultural Gap और दो पीढ़ियों के बीच की बढ़ती दूरी
- डिजिटल लत, सोशल मीडिया और AI के प्रभाव
- आत्मविश्वास, निर्णय क्षमता, गुस्सा और तनाव
- पारिवारिक संवाद और सकारात्मक संबंध बनाने के व्यावहारिक उपाय
- प्रत्येक अध्याय के अंत में विशेषज्ञों की राय

यह पुस्तक किशोरों को आत्मसमझ, निर्णय क्षमता और डिजिटल बुद्धिमत्ता सिखाने का अवसर देती है। इसके साथ ही माता-पिता को बच्चों की दुविधाएँ समझने, संवाद बढ़ाने और भरोसे का वातावरण बनाने का मार्गदर्शन भी करती है। संदेश साफ़ है, बदलाव भीतर है, और उसे जगाना अब सबसे बड़ी आवश्यकता है। हर परिवार, जो संवाद, समझ और सकारात्मक सोच के साथ अपने बच्चों का बेहतर भविष्य गढ़ना चाहता है, इस पुस्तक को पढ़े, क्योंकि यह सिर्फ पढ़ने की किताब नहीं, बल्कि जीवन में अपनाने और अनुभव करने का एक शक्तिशाली साधन है।



Aavriti Singh



Dr. V P Singh

लेखक : डॉ वी पी सिंह भदौरिया, सहायक नियंत्रक, रानी लक्ष्मी बाई केंद्रीय कृषि विश्वविद्यालय, झांसी एवं आवृत्ति सिंह, बी एस सी, (फॉरेस्ट्री) 3rd सेमेस्टर, रानी लक्ष्मी बाई केंद्रीय कृषि विश्वविद्यालय, झांसी

DECEMBER 14, 2025

In our last edition, we invited you to share your journeys for the “**Story of the Year 2025**” feature. We’re delighted to present one such inspiring contribution that beautifully captures the spirit of exploration and discovery.

My Dream Destination: Machu Picchu

Machu Picchu has always topped the list for travel lovers worldwide, and last month I finally fulfilled this dream, marking a major milestone in my travel diary.

This iconic landmark of the Inca civilization dates back to the mid-15th century (around 1450 AD). Believed to have been a royal estate or retreat for Emperor Pachacuti, Machu Picchu remains one of the most sacred sites of the ancient world.

Journey to the Citadel : Located near Cusco in southern Peru, Machu Picchu is accessible through flights to Lima and onward connections to Cusco. Surrounded by mountains and rich history, Cusco sits at 3,400 meters, requiring visitors to acclimatize to the altitude.



From Cusco, travelers head to Ollantaytambo in the Sacred Valley, then take the scenic train to Aguas Calientes (Machu Picchu Pueblo). We chose the train, which offered breathtaking views of the Andes and the Urubamba River. The Vistadome option, with panoramic windows, made the journey unforgettable.

Exploring the Ruins : Machu Picchu itself sits at 2,430 meters. Visitors take tourist buses from Aguas Calientes to the entrance, with tickets booked in advance. Our slot was 11:30 to 13:00, so we boarded at 11:00 for the 30-minute ride up winding mountain roads.

Inside, exploration is on foot. We chose Circuit 2, recommended for its comprehensive views. After a short climb, we reached the Guardian’s House viewing platform, where the postcard-perfect panorama unfolded. Though the morning began with rain, the clouds cleared just as we arrived, revealing the citadel in all its glory. Standing there, I felt immense joy at achieving one of my greatest travel goals.

Circuit 2 highlights include the Temple of the Sun, the Intihuatana Stone, the Temple of the Three Windows, and the Sacred Rock. The circuit takes about four hours, each landmark showcasing the genius of Inca architecture.

History and Impressions : Machu Picchu is surrounded by mystery. One theory suggests it was abandoned during the Spanish conquest—not because the Spanish found it (they never did), but due to disease or orders to join resistance elsewhere. Hidden by jungle, it remained a “Lost City” until rediscovered by Hiram Bingham in 1911. Its preservation is remarkable, a time capsule of Inca resilience and ingenuity. The terraces, temples, and stonework reflect a profound connection to nature.

Standing at Machu Picchu, gazing across peaks and valleys, the feeling was not just accomplishment but reverence. It was more than ticking a wish off my list; it was connecting with an ancient silence that whispered secrets of a lost empire.

This journey redefined my dreams. The view etched in memory proves that some destinations don’t just meet expectations, they transform you.

Author: Neha Kulkarni



Meet **Neha Kulkarni**, A Quality System Auditor in Houston whose precision defines her work, but travel fuels her soul. Having lived across India, China, France, and the USA, she embraces culture, friendships, and discovery as life’s true essence.

Writers Column

मधुबनी कला

मधुबनी कला (Madhubani Painting) का उद्भव बिहार राज्य के मिथिलांचल क्षेत्र में हुआ था। यह कला पारंपरिक रूप से रामायण काल की है, जब भगवान राम और माता सीता के विवाह के समय मिथिला (माता सीता की नगरी) को सजाने के लिए इस चित्रशैली का उपयोग किया गया था। इसलिए इसे मिथिला पेंटिंग भी कहते हैं। इसमें पांच मुख्य शैलियाँ हैं: 1. भरनी - ये चमकीले, गहरे और विपरीत रंगों से आकृतियों को भरकर बनाए जाते हैं। 2. कछनी - इसमें हल्के रंगों की रेखाओं से चित्रों को भरा जाता है। 3. तांत्रिक - ये मुख्यतः धार्मिक विषय पर आधारित होते हैं। 4. गोदना-इसमें टैटू जैसी आकृतियों को बनाया जाता है। 5. कोहबर- इसे मुख्य रूप से विवाह के दौरान 'कोहबर घर' या विवाह कक्ष की दीवारों पर बनाया जाता है। अपने असली रूप में तो ये पेंटिंग गांवों की मिट्टी से लीपी गई झोपड़ियों में देखने को मिलती थी, लेकिन इसे अब कपड़े या फिर पेपर के कैनवास पर खूब बनाया जाता है। मधुबनी चित्रकला की मुख्य विशेषताएं हैं: दोहरी रेखा (double line) की आउटलाइन, चमकीले रंगों का उपयोग, ज्यामितीय पैटर्न और रेखाओं का प्रयोग, प्राकृतिक और धार्मिक विषयों का चित्रण, और कलाकारों द्वारा चित्र को पूरी तरह से भरना। पेंटिंग करने के स्टेप्स - 1: पहले एक बॉर्डर स्केच करें। 2: मुख्य रूपांकनों (motifs) से शुरुआत करें और फिर बची हुई जगह भरें। 3: आकृतियों को जोड़ने के लिए दोहराए जाने वाले पैटर्न (patterns) बनाएँ। 4: कोई भी जगह खाली न छोड़ें, इसे भी विस्तार से भरें।

Madhubani painting originated in the Mithila region of Bihar, India, and is an ancient folk art form also practiced in Nepal. It is traditionally associated with the Mithila culture and is sometimes called "Mithila art". Madhubani art believed to have started during the ancient times when the town was painted for the wedding of Lord Rama and Sita. The five main types of Madhubani art are Bharni, Kachni, Tantrik, Godna, and Kohbar, each with unique characteristics. 1. Bharni uses bright, bold colors, while 2. Kachni is known for its line work with muted tones. 3. Tantrik styles focus on religious and mythological themes, 4. Godna incorporates motifs like the tree of life with intricate, sometimes tattoo-like details, and 5. Kohbar is specifically associated with wedding ceremonies. Traditionally, Madhubani was painted on freshly plastered mud walls. Today, artists also paint on paper, canvas, and cloth for commercial purposes. Madhubani Paintings are based on three main themes: religion, social scenes, and elements of nature. This traditional Painting style Incorporate mathematical concepts like symmetry, geometry, repetition, and tessellation to build intricate patterns. STEPS TO COMPLETE PAINTING Step1: Start with sketching the border. Step2: Start with the main motives and fill the remaining space later. Step3: Repeated patterns are made to add detailing. Step4: No space is left blank it should be filled with detailing.



Nishu Verma

Aqualily, MWC

Nishu Verma, a Master's in Computer Application, taught Computer Science in schools across Ranchi, Delhi, Pune, and Mumbai. Now a homemaker nurturing her children, she passionately pursues her love for art. Certified in Madhubani and Mandala, she views painting as meditation and soulful expression. Her creativity and dedication inspire others to discover peace, balance, and joy through the world of art.

DECEMBER 14, 2025

J Connect Quiz Challenge - Win & Shine!

J Connect Quiz Challenge - Win & Shine!



Winner of last Edition

Ms. Nishu Verma

Gift Sponsor :

Ms. Dhurga Ramesh
(RD Creations)

CONGRATULATIONS MS. NISHU VERMA
THANK YOU MS. DHURGA RAMESH (RD CREATIONS)
FOR SPONSORING THE GIFT

How to participate:

- Answer the quiz question featured in this newsletter.
- Be the fastest to send in your correct answer. (Whatsapp 8610564907)
- Claim your gift and celebrate your win with us!

The Three Switches Puzzle



There is a closed room with three light bulbs inside. You have a closed room containing three light bulbs. Outside the room, there are three switches, each connected to exactly one bulb (but you don't know the mapping). You can toggle the switches (on/off) in any way before entering the room. You may open the door and enter the room only once.

How can you determine which switch controls which bulb in a single visit?

From the Editor's Desk

As the holiday season arrives, it brings with it a much-needed pause, a chance to step back from the rush of everyday life. Christmas and the year's end remind us of the importance of rest, gratitude, and togetherness. This break is not just about celebration; it is also a time to reflect on the **journey** we've taken throughout the year. The challenges faced, the lessons learned, and the milestones achieved all shape the story of our growth.

With this 6th edition of J Connect, we mark not only the close of another year but also a moment of expansion and impact. Our reach is growing, and more importantly, people are truly benefiting from the ideas, stories, and connections shared here. It is heartening to see this community flourish, and we are grateful for your continued support and engagement.

As we recharge during this festive season, we prepare ourselves for the opportunities and adventures that await in the coming year. With renewed energy, clarity, and hope, we step forward ready to embrace new beginnings.

May this holiday season bring joy, peace, and inspiration to you and your loved ones. Here's to a bright, fulfilling, and prosperous New Year ahead!

Kind Regards

Jagrity Shrivastava

Aqualiy, MWC, Chennai

Happy New Year 2026!