

NEWSLETTER

J[☀]CONNECT *Journeys & Connections..*

Welcoming you to a fresh edition of J Connect, filled with stories of inspiration, connection, and growth.

KVCET Marathon 2026: Stride for Women in STEM

Get ready to join the excitement! The **KVCET Marathon 2026** is set for Sunday, 22nd March at Besant Nagar. This 5KM timed run welcomes men, women, and children under 14, while championing equal opportunities for women in STEM. With cash prizes, race kits, and community spirit, the marathon promises energy, empowerment, and inspiration. Lace up and be part of a movement where every stride supports women's journey in science, technology, engineering, and mathematics.

Join the cause

This Marathon enables Free engineering education to 25 girl children

For Registration

Contact :

+91 9994285757

+91 7402049713

Use the link below

Marathon - Karpaga Vinayaga College of Engineering and Technology

Use **MWC 50** access code to avail **Rs 50/- Discount**

Exclusive for MWC runners

POWERED BY KARPAGA VINAYAGA EDUCATIONAL GROUP

KVCET MARATHON 5KM
TIMED RUN
MEN | WOMEN | CHILDREN < 14 YRS.

In association with **zebu**
RELIABLE. ALWAYS.
Think Investing
Think Zebu

An Initiative by
KARPAGA VINAYAGA
COLLEGE OF ENGINEERING AND TECHNOLOGY

to Promote
Equal Opportunities
for Women in STEM

SUNDAY
22ND MARCH '26
BESANT NAGAR
Assembly Time : 5:00 a.m
Race Time: 5:30 a.m

Total Cash Prize Pool: ₹50,000

Register Now on www.kveg.in/marathon

Marathon Route → Start Point: Elliot's Promenade → Adyar Aavin Point → Return Start Point

Race Kit Includes

- Official T-Shirt • Race Bib • Breakfast
- Medal • Certificate • Photo

Top Finishers Rewards

- Cash Reward • Trophy • Certificate
- Photo

Media Partners:

Sports Partner:

BIB Sponsor:

Co-Sponsors:

CONTACT: 9994285757
7402049713

J Connect – Journeys & Connections

Downtown Business Hotel: All-in-One Experience

Downtown Business Hotel offers elegant Banquets, Fine Dining, Restobar, Spacious lawns for Outdoor Programs, and Modern rooms; Perfect for Celebrations, Corporate Events, and memorable Staycations

Downtown Business Hotel

All the goodness you seek in a single experience

Dt Cafe

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**SPICE ROUTE
RESTAURANT**

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**PAVILION
RESTAURANT**

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Services Offered

- Banquets
- Weddings & Receptions
- Anniversary Celebrations
- Farewell Parties
- Cocktail Dinners
- Team Meetings

Rooms

Scan for more details

Services Offered

- Corporate Trainings / Events
- Outbound Trainings
- Sports Events & Photoshoots
- Staycation Packages
- Team Lunches / Dinners
- Hi-Tea Functions

**PHOENIX
RESTOBAR**

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Peacock Hall

Scan for more details +91 7550055482

**MEADOWS
LAWN**

Scan for more details +91 7550055482

Celebrating the Finish Line - MWC Runners Club



MWC Marathon 4th Edition Thanksgiving & Success Meet Celebrating Community, Gratitude and Giving Back



The MWC Runners Club recently hosted the Thanksgiving and Success Meet of the MWC Marathon – 4th Edition 2026, marking the successful completion of yet another milestone event that brought together runners, sponsors, partners, volunteers, and well-wishers from across the community.

The evening was a celebration of collective effort and shared purpose. It was an opportunity to recognize and appreciate the countless individuals and organizations who played a vital role in making the marathon a grand success.



One of the most meaningful highlights of the event was the cheque handover ceremony to the Nankhi Kali Project, an initiative dedicated to supporting girl child education across India. A portion of the proceeds from the marathon was contributed towards this noble cause, reinforcing the commitment of MWC Runners Club to combine fitness with social responsibility.

The event also witnessed heartfelt moments of appreciation as sponsors, partners, and lead volunteers were felicitated with mementos in recognition of their unwavering support. Their contributions were instrumental in ensuring the seamless planning and execution of the marathon.



During the gathering, inspiring words were shared by distinguished guests and community leaders, acknowledging the dedication of the Race Directors, Mr. Santosh Verma (President) and Mr. Gurushankar (General Secretary), whose leadership and tireless efforts over several months helped bring the event to life.



The standing ovation from the audience to the Race Directors during the ceremony reflected the immense appreciation for the team behind the marathon and the spirit of unity that defines the MWC Runners community.



As the evening concluded, it served as a reminder that the MWC Marathon is not just about running – it is about building a healthier community, fostering connections, and supporting meaningful causes.

With the success of the 4th Edition, the MWC Runners Club now looks forward with renewed energy and enthusiasm to welcoming the community again for the next edition of the MWC Marathon in 2027.

Uplift-Bee

PREMIUM CUSTOM SPORTSWEAR



UpliftBee: Sportswear that Elevate Athletes' Performance

Vignesh Nagarajan, founder of *UpliftBee*, is a passionate entrepreneur, from Tirupur dedicated to transforming the sportswear industry. With a vision to make high-quality, affordable performance apparel accessible to athletes and fitness enthusiasts, he established UpliftBee as a trusted partner for events, clubs, and communities. The venture specles, fitness, Vignesh's specializes in customized sportswear for diverse activities, running, cycling, cricket, footcball, and more, combining durability, comfort, and communities alike, at àtletes alike.



Vision

To empower every *athlete* with affordable, high-quality sportswear that inspires performance and identity.

 RUNNING |  CYCLING |  CRICKET |  FOOTBALL

Customised & Affordable Sportswear | @UPLIFTBEE

Ela Green School - Holistic Learning



ADMISSIONS OPEN AT ELA GREEN FOR 2026-27



*Karambur Village, Near Maraimalai Nagar,
Chengalpattu Taluk, Chengalpattu District,
603209.*

At ELA Green School, admissions are not simply about enrolling a child in a school, they mark the beginning of a meaningful educational journey built on curiosity, creativity, and holistic growth. As the first IB Continuum School in South Chennai, ELA Green School is committed to nurturing learners who are confident, compassionate, and prepared for a rapidly changing world. Our admissions process is designed to be welcoming and transparent for families. It begins with an enquiry, where parents connect with the admissions team to learn more about the school's philosophy, programmes, and learning environment. Families are then invited for a campus visit, allowing them to experience the vibrant atmosphere of ELA Green School and understand how our classrooms encourage inquiry, exploration, and collaboration. Following the visit, parents may proceed with the application process by submitting the required documents. Depending on the grade level, students may also have a brief interaction or age-appropriate assessment. This step helps us understand the child's learning readiness and ensures that we can provide the right support for their growth within the IB framework.

We are pleased to announce that admissions for the upcoming academic year are now open. We welcome families who are looking for an education that goes beyond textbooks and focuses on developing independent thinkers, global citizens, and lifelong learners.

We would also like to extend a special invitation to our existing parents. If you have a second child who is ready to begin their schooling journey, this is the perfect time to secure a place at ELA Green School. Siblings studying in the same nurturing environment often develop stronger bonds and share a common learning culture that enriches their overall experience. At ELA Green School, every child is encouraged to explore their interests, build confidence, and discover their unique potential. We look forward to welcoming new families into our growing community and continuing to build a space where learning is meaningful, engaging, and future-focused.



For admissions enquiries, parents may connect with the Admissions Office, and our team will be happy to guide them through every step of the process.

ADMISSIONS OPEN!

Phone: **+91 89399 58989**

Email: admissions@elagreenschool.org

info@elagreenschool.org

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

Dr. Karpaga Meena: Specialist Transforming Women's Well-Being

Dr. Karpaga Meena, **Obstetrician & Gynecologist** and **Director of Kenzo Ortho and Women Care Centre, Chengalpattu**, is a distinguished specialist dedicated to advancing women's health. With her deep clinical expertise, she addresses critical health challenges across all age groups, guiding women on preventive screenings, essential vaccinations like HPV, and practical steps for overall well-being. Her commitment to early detection and comprehensive care has created a serious impact in the region, empowering countless women to lead healthier lives. Through her practice, she continues to shape a future where women's health is prioritized with knowledge and confidence.

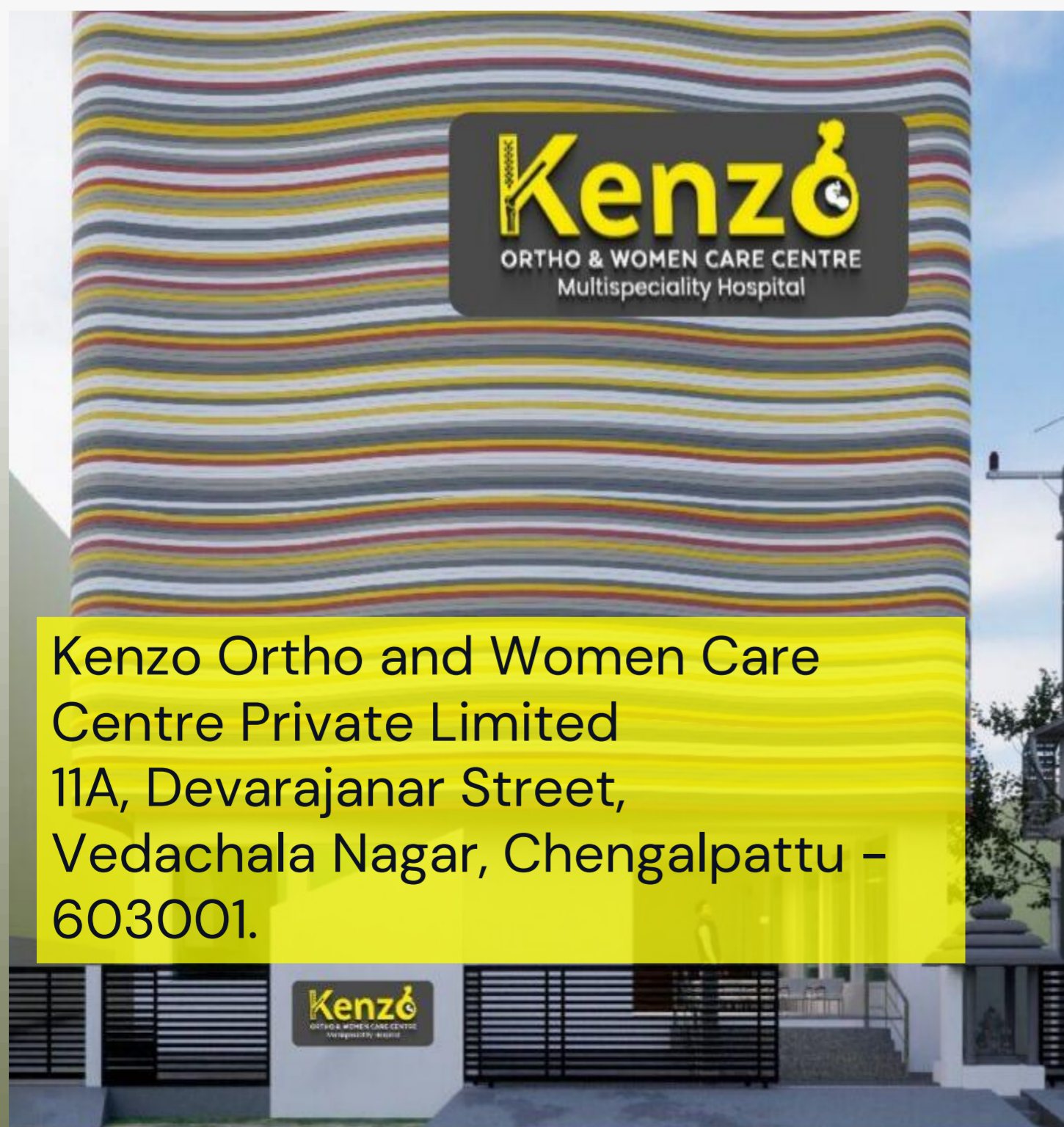
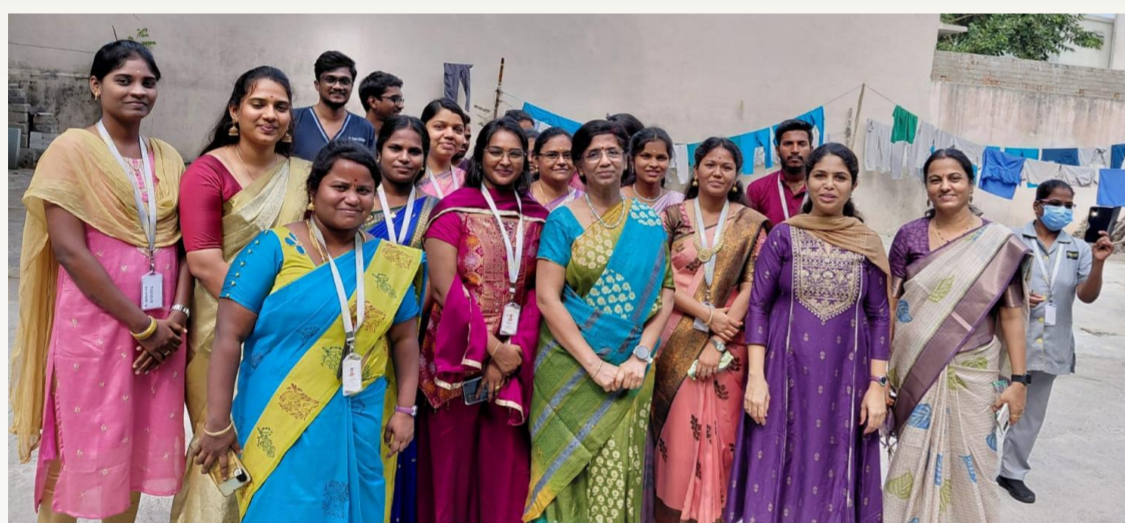


Dr. Karpaga Meena

044-27430000

info@kenzohospital.in

She is on a mission to transform women's health through expertise, prevention, and empowerment.



Kenzo Ortho and Women Care Centre Private Limited
11A, Devarajanar Street,
Vedachala Nagar, Chengalpattu –
603001.



Plan Your Perfect Summer Holiday with Memories On Miles™

This summer holiday season is the perfect time to step away from routine and create unforgettable memories with your loved ones. With school vacations in April and May, families can enjoy refreshing getaways, adventure, and relaxation. **Memories On Miles offers handpicked destinations like Shimla, Ooty, Coorg, and Kashmir, along with international favorites such as Bali, Thailand, and Singapore.** From fixed departure group tours to customized family holidays and corporate retreats, every detail is planned for comfort and joy. With visa services included, your dream summer holiday is closer than ever.



Praveenevar P

Founder – Memories on Miles

Mr. Praveen’s passion for travel takes holiday planning to the next level, ensuring every journey is truly memorable.

+91 9150596555

+91 9884817000

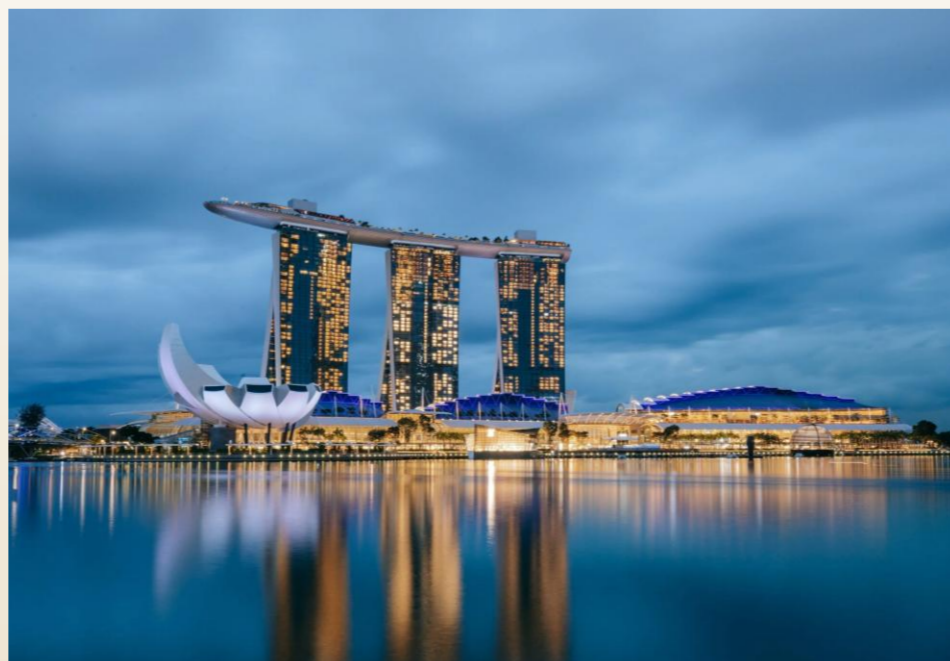
Chengalpattu

Connect For

Tour Packages
(International and Domestic)

Summer Special Holiday Planning
(International and Domestic)

Visa Services



<https://memoriesonmiles.com>

Email: info@memoriesonmiles.com

<https://share.google/fhkBmPPdqlB96lMrW>

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

J Connect – Journeys & Connections

Innovative Health Care - Pioneering Amino Acids & Nutraceuticals is now **HIRING**



Innovative Health Care (India) Pvt. Ltd.

Pioneers in extraction of amino acids, Innovative Health Care (India) Pvt. Ltd., a WHO GMP, ISO 22000:2018, and ISO 9001:2015 certified company, has over two decades of expertise in manufacturing and extracting amino acids from plant and animal proteins. Renowned for its natural taste enhancers like Hydrolysed Vegetable Protein, Soya Sauce Powder, Yeast Extracts, and Chicken Extracts, the company also produces nutraceuticals such as Soya Protein Hydrolysate, Rice Protein Hydrolysate, and Collagen Protein Hydrolysate. With a strong amino acid division manufacturing APIs like L-Cystine and NAC, Innovative Health Care serves global markets across Japan, Europe, the U.S., and Southeast Asia, ensuring quality and innovation in every product.



AMINO ACIDS		
L-CYSTINE	L-CYSTEINE	CYSTEINE HYDROCHLORIDE
N-ACETYL-L-CYSTEINE (NAC)	L-LEUCINE	L-GLUTAMIC ACID
LYSINE HYDROCHLORIDE	GLYCINE	CARBOCISTEINE
TYROSINE		
FOOD FLAVOURS		
ENCAPSULATED POWDERS (MCT)	SOYA SAUCE POWDERS	YEAST EXTRACTS
FLAVOUR BOOSTERS	CHICKEN EXTRACT (C-500)	FISH EXTRACTS
TOMATO POWDER	HYDROLYSED VEGETABLE PROTEIN	MAILLARD REACTION FLAVOURS
SOYA / RICE / GROUNDNUT / CHICKEN LAMB / EGG / VEGETARIAN FLAVOURS		
NUTRA PROTEIN EXTRACT		
SOYA PROTEIN HYDROLYSATE	PROTEIN HYDROLYSATE POWDER	RICE PROTEIN HYDROLYSATE
WHEAT PROTEIN HYDROLYSATE	SOYA PROTEIN ISOLATE	SOYA PROTEIN CONCENTRATE
AGRO		
NATCA		PBFV



Job Opportunity

We are looking for dynamic candidates to join our Marketing team.

Nature of Role: Marketing

Qualification: Any Graduate

Language Skills: Hindi speaking (Must) and with fluency in English

Location: MWC Office

Send your resume to : info@innovativehc.co.in  Whatsapp 9962133031

CORPORATE OFFICE :

INNOVATIVE HEALTHCARE (INDIA) PRIVATE LIMITED

No.88, AB Block, First street, AB Block, Anna Nagar, Chennai - 600040, INDIA.

Mobile (Whatsapp) : 6383884846 | Phone : 044 2628 9003/9004

E-Mail : ihc.innovative@gmail.com | WEBSITE : WWW.INNOVATIVEHC.IN

Aapt Herbs : Hiring for Women

This Women’s Day, Aaptherbs proudly extends **opportunities for women to work from home** and build their own path to independence. Founded by Ramya Badri, the brand has always believed in natural living and now also champions women’s empowerment by offering flexible, home-based jobs. Whether through personal care, traditional foods, or lifestyle products, women can join hands with Aaptherbs to grow, earn, and inspire. It’s more than work, it’s a chance to celebrate strength, balance, and the spirit of womanhood.



Ramya Badri

Founder of Aapt Herbs

Salem, TN

+91 9965320776

<https://aaptherbs.com/>

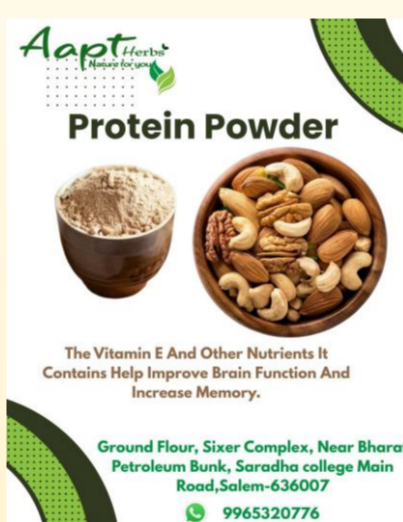
<https://www.instagram.com/aaptherbs?igsh=em9zbn02cGJnaGZl>

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



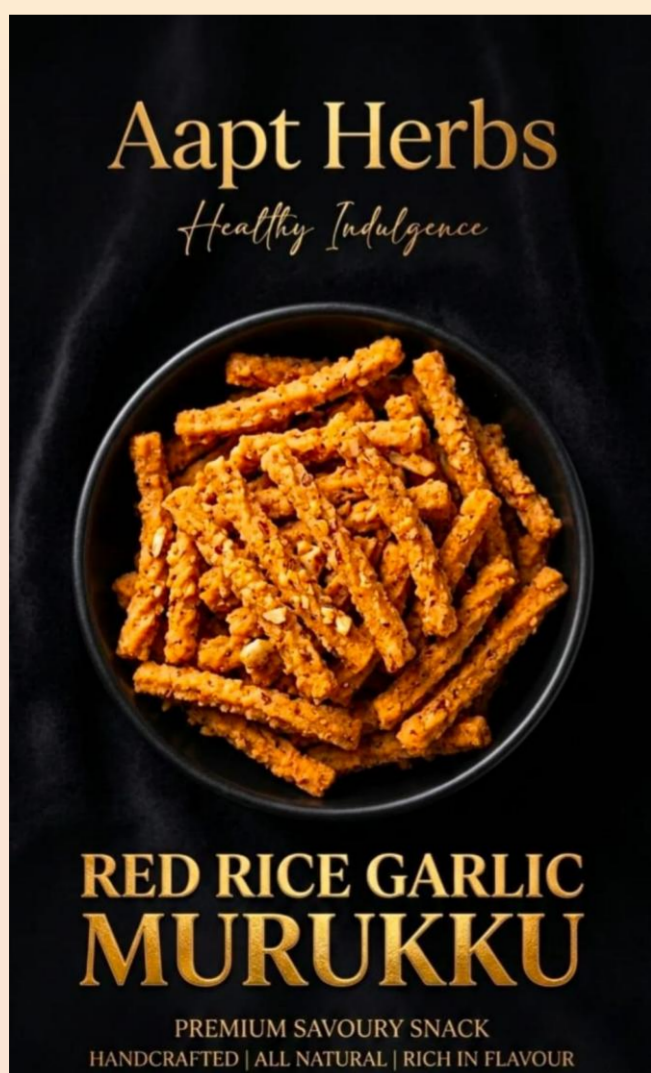
Connect For

- Age Reviving Serums, Herbal Shampoo
- Hand Bags, Bed Sheets and dress Materials
- Lifestyle Products, Designer Sarees
- Protein Crunch, Millet Mixtures



Online Orders delivered,
Contact : 9965320776

JOB OPENINGS
No Investment – Join Us



Grandmother's Touch - Pure Nutrition with Love



Mrs. Padmapriya is a proud grandmother whose love for her family sparked a beautiful entrepreneurial journey. What began as preparing nutritious, homemade snacks for her children—like sprouted green gram balls, horse gram bars, and millet powders; soon evolved into crafting wholesome products for her grandchildren. Her dedication to purity, with no preservatives or additives, reflects her deep care and commitment. Based in Coimbatore (R.S. Puram), Mrs. Padmapriya now offers healthy, handmade food products for all age groups, proving that passion and purpose can bloom at any stage of life.

Padmapriya

9487222191/9842848062
Nova, MWC/ Coimbatore

She is on a mission to nourish every generation with pure, handcrafted food products made from traditional wisdom and natural ingredients.



Connect For

- Sprouted Ragi Cereal (6+ Months)
- Sathumaavu Health Mix
- Dry Fruits Mix / Powder (8+ Months)
- Marundhu Kulambu Mix

https://www.instagram.com/tho.ttil_thaniyam?utm_source=qr&igsh=NGNIN3d0aHAYm0=

FSSAI No : 22425563000099 Trade License No. 162/20235/03/0773/001121

THOTTIL THANIYAM

Traditional Nutrition for Every Generation

Classic Cereal

Protein Rich Cereal

Sathumaavu

Sweet Potato Powder

Why Choose Thottil Thaniyam?

- ✓ Homemade
- ✓ Traditional Recipes
- ✓ No Preservatives
- ✓ Hand Cleaned & Roasted
- ✓ Suitable for All Age Groups

Sprouted Green Gram

Sprouted Black Urad Dal

Sprouted Ragi

Protein Milk Shake

Raw Nendharan Banana Powder

FSSAI No: 22425563000099 Trade License No: 162/20225/03/073/0011210



- Our Product Range**
- 🌾 Classic Cereal
 - 🌾 Protein Rich Cereal
 - 🌾 Sathumaavu Health Mix
 - 🌾 Sweet Potato Powder
 - 🌾 Raw Nendharan Banana Powder
 - 🌾 Sprouted Green Gram Makhana Mix
 - 🌾 Sprouted Ragi Powder
 - 🌾 Sprouted Black Urad Dal Mix
 - 🌾 Protein Milk Shake Powder
 - 🌾 Dates Powder

Healthy Baby Foods – Fresh & Homemade

- ✓ Classic Cerelac
- ✓ Protein-Rich Cerlac
- ✓ Sprouted Ragi Powder
- ✓ Raw Nendharam Banana Powder
- ✓ Sweet Potato Powder

- 📦 Ready to Pack
- 🌿 Freshly Made
- 📦 100% Natural
- 📦 FREE Delivery on 1kg Combo (Any Mix of These Products)

DM for Orders

HEALTHY, TASTY & NUTRITIOUS –READY TO POWER YOUR DAY!

URAD DAL
Protein-rich & energy-packed

SATHUMAAVU
35+ traditional ingredients for all ages

MULTIGRAIN POWDER
8+ rices, millets, sprouted goodness

WHEAT MAKHANA MALT
Immunity & strength booster

PROTEIN MILK SHAKE
Sip smart, stay strong

PROTEIN MILK SHAKE
Sip smart, stay strong

DM TO ORDER – FREE DELIVERY ON 1kg COMBINED!

MARCH 15, 2026

Arun Siddharth - Night Sky Photographer & Visual Storyteller

Arun Siddharth is a Chennai-based night sky photographer whose lens captures the silent poetry of the cosmos. Since 2014, he has wandered through mountains, forests, and coasts, chasing dark skies and celestial wonders. His images of the Milky Way and rare cosmic events reflect both artistry and patience, often born from sleepless nights under starlit horizons. Beyond photography, Arun mentors aspiring artists, collaborates with global brands, and advocates for preserving natural nightscapes. His work is not just visual; it is storytelling that reconnects us with the universe.

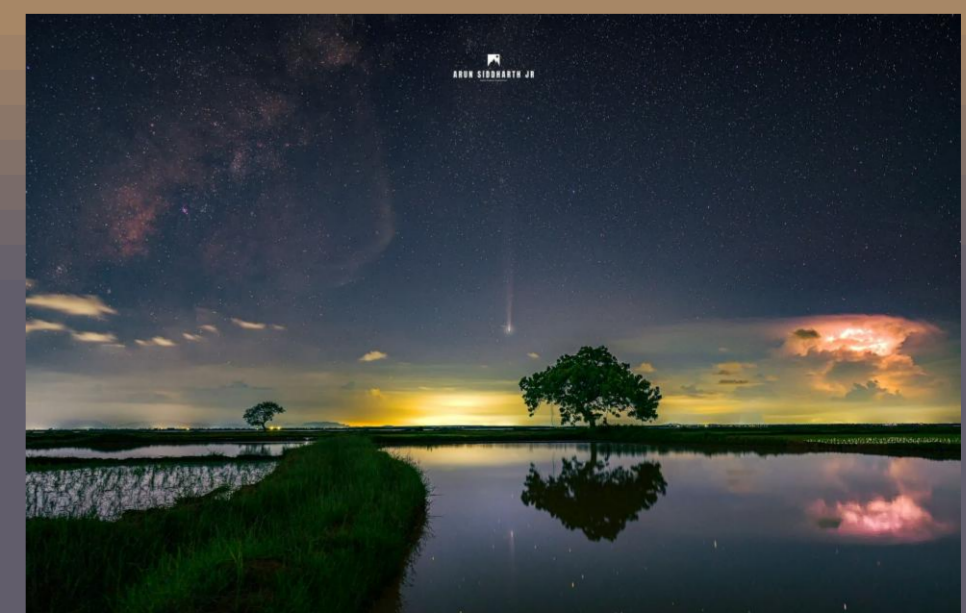
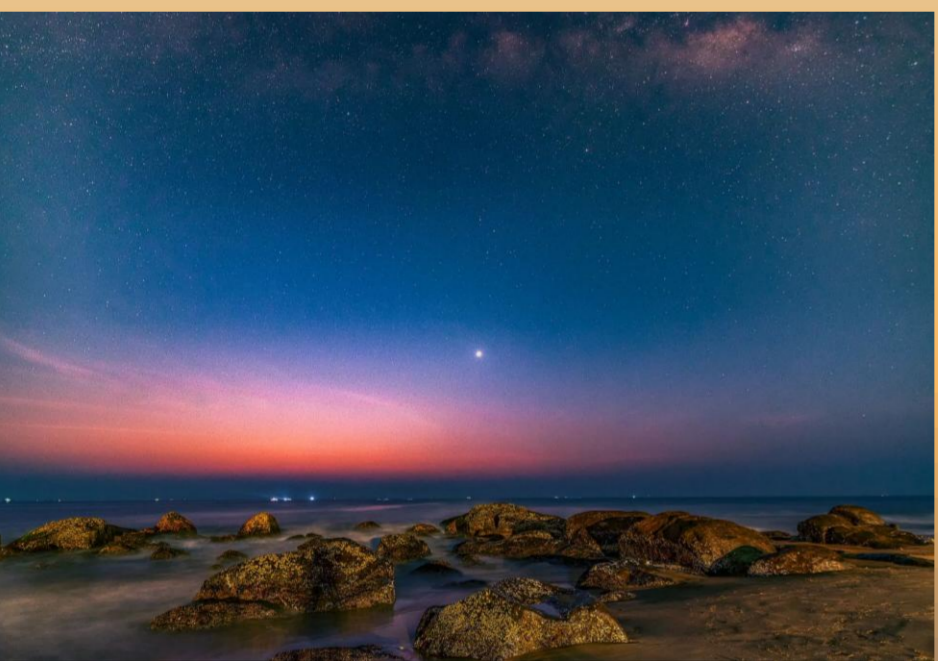
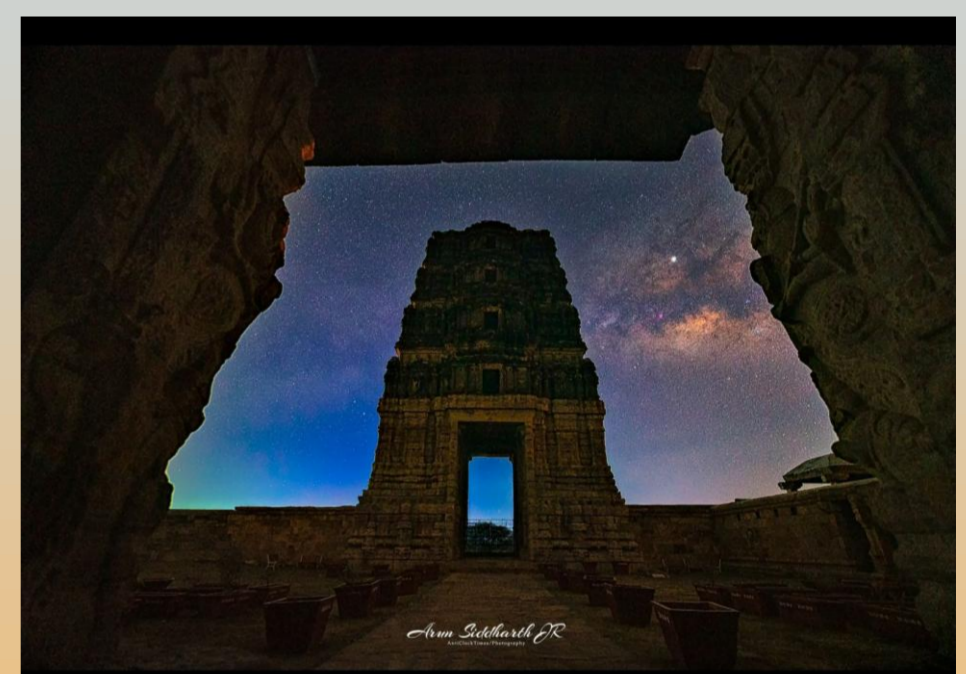
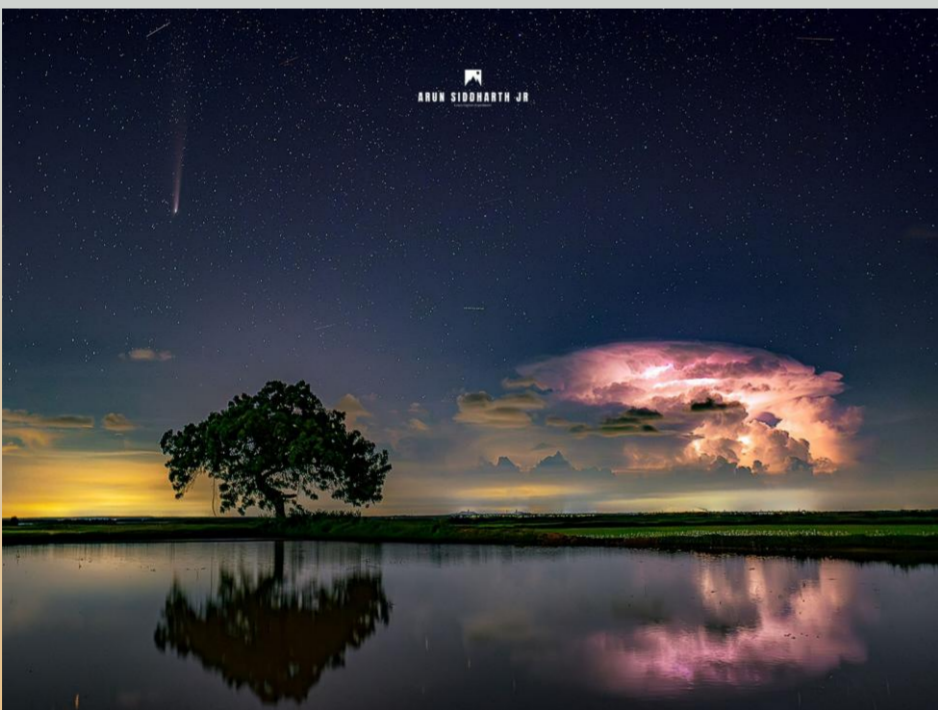


Arun Siddharth
+91 9940203404

Website: www.Arunsiddharth.com

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

J Connect – Journeys & Connections



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.



சாரதா சக்தி பீடம் SARADA SAKTHI PEETAM

(Formerly known as Shiri Saradha Sakthi Peetam)

(An ISO 9001-2008 Certified Organisation Regn. No.CCPL/QMS/D 1744)

No.72, Kamarajar Highways, Old Perungalathur, (Via) Tambaram, Chennai 600063 Phone : 044-22762299,

Cell: 8807000510, 8807000518 E-mail: ssspeetam@gmail.com Website: www.sspeetam.in

SEASONS GREETINGS AND THANKS for your continued support. We pray to Bhagawan Sri Ramakrishna to bestow all the good things in life on you, your family and friends.

அன்புள்ளம் கொண்டோரே!

தாங்கள் தொடர்ந்து அளித்து வரும் மனப்பூர்வமான உதவிகளுக்கு எங்களின் நன்றியும் நல்வாழ்த்துக்களும், பகவான் ஸ்ரீ ராமகிருஷ்ணர் தங்களுக்கும் தங்கள் குடும்பத்தாருக்கும் அனைத்து நலன்களும் தந்தருளுமாறு பிரார்த்திக்கின்றோம்.

சுவாமி ஸ்ரீ சர்வாத்மாநந்தா அவர்களின் நல்கையின்
இறைவன் தொண்டல்
நிர்வாகம்

AN APPEAL

Sarada Sakthi Peetam (SSP) Perungalathur, Chennai earlier known as Shiri Ramakrishna Seva Gurukulam started in 1988 is doing spiritual, Medical, Educational 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 a 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.

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) Adoption of one student permanently till he / she completes his / her education	₹	50,000	<input type="checkbox"/>
ii) Providing Breakfast, Lunch & Dinner, once in a year on a particular day	₹	35,000	<input type="checkbox"/>
iii) Providing Lunch, once in a year, on a particular day	₹	15,000	<input type="checkbox"/>
iv) Providing Breakfast once in a year, on a particular day	₹	10,000	<input type="checkbox"/>
v) Providing Dinner, once in a year, on a particular day	₹	10,000	<input type="checkbox"/>
vi) Yearly Educational Expenses for one student	₹	20,000	<input type="checkbox"/>
vii) Baghawan Sri Ramakrishna Pooja once in a year on a particular day	₹	5,000	<input type="checkbox"/>
viii) To cater for higher education under "SSP Higher Education Endowment Scheme"	₹ 2,000 and above		<input type="checkbox"/>
ix) Yearly Maintenance Expenses for a student (Food, cloth, education)	₹	24,000	<input type="checkbox"/>

Total Number of Children in the Ashram is 150. The Children are fed either Normal or Special Food depending on the Donations Received. The Details are given below :

Time	Normal Food For 50 Children	Extra charges will be collected for special food.
Breakfast	₹ 1,000	
Lunch	₹ 2,000	
Evening Tiffin / Snacks	₹ 1,000	
Dinner	₹ 1,000	
Full Day Feeding	₹ 5,000	



Scan and Donate



c) Donation to meet one year requirement of a child.

i. School Bag for a Child	₹ 500/-	<input type="checkbox"/>
ii. A Pair of shoes for a Child	₹ 500/-	<input type="checkbox"/>
iii. A set of uniform for a Child	₹ 500/-	<input type="checkbox"/>
iv. Complete set of Books for a Child	₹ 500/-	<input type="checkbox"/>
v. Payment of one year education fees for a Child	₹ 2,000/-	<input type="checkbox"/>

d) Monthly Running Expenditure for SSP Works out to nearly Rs.5,00,000/- To meet this expenses any donor donating any amount is whole heartedly welcome.

City Office :

No.7/4, Velu Street, West Mambalam,
Chennai - 600033. Ph : 044-23714942



Whats App
88070 00510

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

LeksCreate - Handmade Calm & Culture

Lekshmi, based in Bangalore, is a working professional who found peace and balance in art during the pandemic. What began as a quiet escape grew into **LeksCreate**, a space for original paintings, Kerala mural-inspired works, and custom creations rooted in story and tradition. She also explores crochet, hand-painted objects, and small experiments across mediums, all tied together by her love for making. More than the outcome, she values the process; colours being tried, details forming, and tradition meeting modern ideas. Her journey is about slowing down, observing more, and celebrating the joy of handmade creation.



Lekshmi
Bangalore

Lekshmi's mission is to create and share handmade art that blends tradition with contemporary ideas, celebrating both the process and the joy of making.

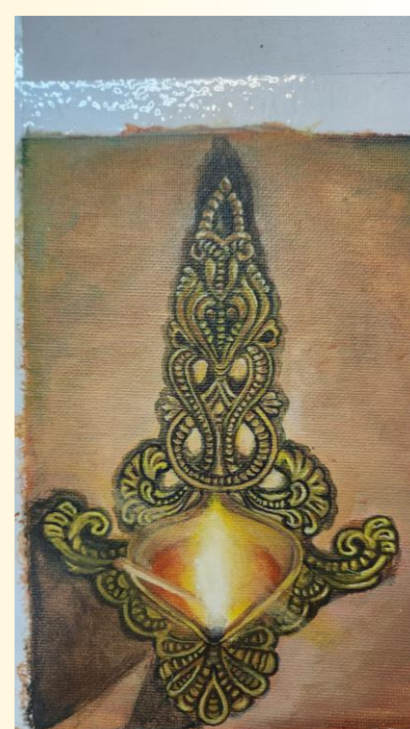
Connect For

- Original Paintings
- Crochet Creations – Handmade explorations
- Kerala Mural-Inspired Artworks
- Custom Handmade Creations



@lekscreate

<https://www.instagram.com/lekscreate?igsh=eWJ5ODdkcTAyZWt6>



Writer's Column

Mann ki Seediyan: A Journey Within

Sujata Raje is a contemporary Hindi poet and academician who seamlessly bridges analytical rigor with emotional depth. Originally from Uttar Pradesh and now based in Chennai, she draws on her cross-cultural experiences and her background as a former Assistant Professor of Management to enrich her writing. Sujata is the author of the debut poetry collection **Mann ki Seediyan**, which explores the intricate layers of the human psyche. Beyond literature, she is a scholar of Indian Folk Art and a global traveler, blending the discipline of a researcher with the inquisitive spirit of an artist to create a unique, multidisciplinary perspective.



Sujata Raje
Chennai

मन की सीढ़ियाँ

कविता संग्रह



सुजाता राजे



विरासत

बेटों ने माँ को देखा और सीखा कि
कितनी 'सुयोग्य' पत्नियाँ होती हैं माँ !

बेटियों ने माँ को देखा और सीखा कि
कितनी 'बेबस' पत्नियाँ होती हैं माँ !

क्या कभी चढ़ी हैं आपने मन की सीढ़ियाँ?
क्या कभी उतरे हैं आप रूह में अपनी?
ये कविताएँ हमारे मन के भीतर चढ़ती-उतरती सीढ़ियाँ हैं।
हमारा हर एहसास, हर अनुभव हमें इक सीढ़ी तक ले जाता है।
कभी ये सीढ़ियाँ आपको प्रेम की ऊँचाइयाँ दिखायेंगी तो कभी विरह की गहराइयाँ।
शब्दों में ढली ये यात्राएँ,
आपको खुद की रूह की दहलीज़ तक ले जाएँगी।
तो आइए, कदम बढ़ाइए
और चढ़िए अपने मन की सीढ़ियाँ



सुजाता राजे का जन्म उत्तर प्रदेश के मैनपुरी में हुआ पर उनका परिवार अलीगढ़ में आकर बसा जहाँ से उन्होंने अपनी शिक्षा पूरी की। इस समय वह चेन्नई में रहती हैं। उन्होंने एमबीए किया है और साथ ही उन्हें यूजीसी नेट की योग्यता भी प्राप्त है। सुजाता कई प्रबंधन संस्थानों में प्राध्यापक रही हैं और अपनी समझ और अनुभव से उन्होंने अनेक छात्रों को सीखने और आगे बढ़ने की प्रेरणा दी है।

कवितायें उनके जीवन का अहम हिस्सा रही हैं। वह हिंदी और अंग्रेज़ी दोनों भाषाओं में लिखती हैं। उनका पहला काव्य-संग्रह उनकी संवेदनशीलता और रचनात्मकता का खूबसूरत प्रतिबिंब है और उनके साहित्यिक सफर का नया पड़ाव भी है।

लेखन के अलावा सुजाता लोक चित्रकला, हिंदुस्तानी शास्त्रीय संगीत, नृत्य, खाना बनाना, पढ़ना और फोटोग्राफी में रुचि रखती हैं। ये सारी रुचियाँ उनकी कल्पना को और समृद्ध करती हैं और उनकी कविताओं को एक अलग ही रंग और गहराई देती हैं।

~ सुजाता

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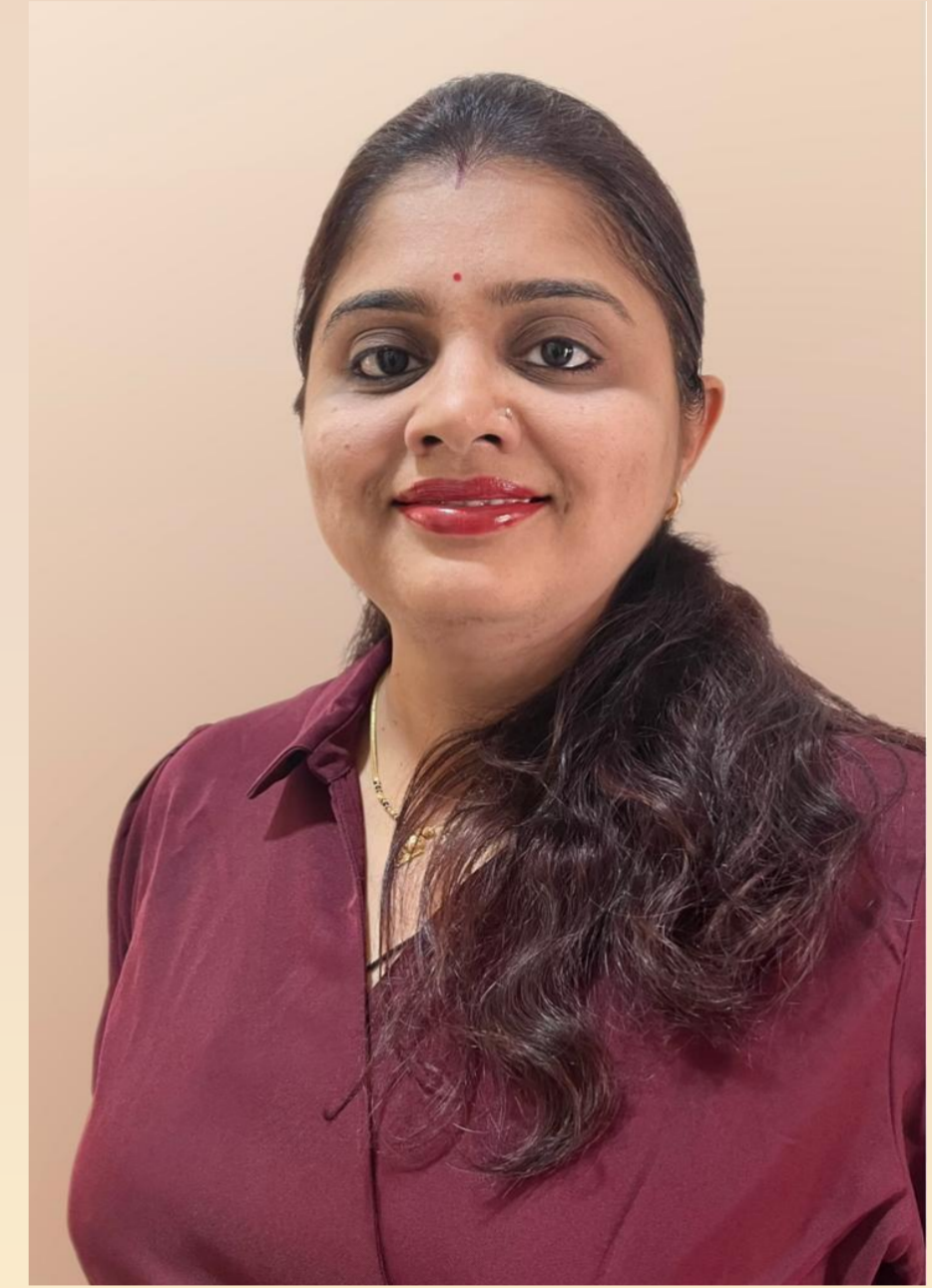


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Writer's Column

From Machines to Meaning: A Journey of Purpose

Radhika Karlewar - The Story of Becoming, From Engines to Leadership, From Passion to Purpose, I began my journey as a curious mechanical engineer who found poetry in machines and meaning in the roar of engines. Over the years, that curiosity transformed into ambition as I stepped into the evolving worlds of electric and hybrid mobility. Each transition pushed me to expand; not just my technical capabilities, but my courage, resilience, and confidence. I moved from designing components to delivering complex programs, from solving problems to leading people through them.



Radhika Karlewar

And as I grew, I realized that leadership is not defined by titles but by the ability to inspire, support, and create clarity when everything else feels uncertain. But my true strength comes from outside the workplace; from the two little champions waiting for me at home. My boys, skating fearlessly and chasing their dreams, remind me every day of who I once was: a girl who loved sports, challenges, and the thrill of pushing limits. Through their eyes, I see the power of passion and discipline, and I am reminded why I strive the way I do. They are not just my family; they are my purpose, my motivation, my grounding force. Today, I stand as an engineer by training, a leader by evolution, and a mother by heart. My story is a blend of passion and perseverance, discipline and empathy, challenges and victories. It is a story still unfolding; one project delivered, one team empowered, and one dream strengthened at a time. And through it all, I continue to move forward with the same conviction that shaped my journey from the very beginning: to create impact, inspire people, and lead with purpose.

Writer's Column

नारी शक्ति

निकल चलो अब बड़ चलो मुस्कुरा के तुम निकल चलो विधि का जो विधान नहीं, इस पाखंड की दुनिया में दुनिया उगाने वाली कोख का सम्मान नहीं अब घर की इस देहलीज़ से आगे तुम बड़ चलो । हवस के अंधेरो में उन घूरती, डराती आँखों को अब तुम अंधा कर चलो जमाने की इस मर्दानगी को अब तुम नंगा कर चलो जो भरे लम्बी साँसें तुम्हें देख कर उसे घूरती तुम चलो ना डरो ना रुको बस उसकी साँसें रोकने का दम भरो । आज वक़्त हैं बताने का और जमाने से चले आ रहे दस्तूर को समझने का, की हर औरत में एक काली है ये जवाब है उन नामर्दों को नासमझों को जिनकी मर्दानगी में माँ बहन की गली है । सुना था सिसकती थी जवानी आज बचपन भी सिसकता है कुछ नामर्दों के सेहरों में कलियों का खिलना मूर्खता है बिखर गई कलियाँ इन नामर्दों की फूँक से और कुछ बिखर गई इनकी भूक से यह भूक नहीं हो सकती यह एक विशाल दानव लगती है आब करना इसका अंत यही तुम्हारी भक्ति है । भेज दिया पड़ने तुम्हें पड़ो ना पड़ो तुम्हारी मर्जी है पर घर चकला बेलन सीख लो थोप दी तुम पर यह अर्जी है क्यों भूल गया है बाप तेरा की गुड़िया तू भी अपनी किताबों में अपने सपनों के रंग भर्ती थी क्या भूल गया है बाप तेरा की गाड़ी घोड़ा तू भी चलाए अपनी तोतली जुबान से तू कहती थी । सपने देखो लल्ला, लल्ली ना पर्वत चड़ पाएगी, यह तो पराया धन है किसी ओर की हो जाएगी यह सुनकर लल्ली घुट गई, पराया जो कह रहा है उस बाप से वो लिपट गई तू कह ना पराया मुझे मैं घुट घुट के मर्जाऊँगी, जिस चुनरी में तू मुझे भेजेगा उसी में लिपट के मैं जी जाऊँगी । समझ गयी लालियाँ बचपन में सपने देखना यहाँ बेमानी है, अब क्या करे पैदा करने वाले ने ही हमें पराया करने की ठानी है शायद अपने जीवन में कुर्बानी ही कुर्बानी है , PART - 2 - खूब लड़ी मर्दनी वो तो झाँसी वाली रानी है ! फिर चीख पड़ी कुछ लल्लियों की हम भी घर से बाहर जाएंगे रोक सको तो रोक लो हम भी पर्वत चड़ के दिखाएंगे कुछ समझ जाए इन चीखों को खोल दिए दरवाज़े अपने जा लल्ली तू देख ले सपने, जा लल्ली तू देख ले सपने । लल्लो के कंधों के अंधे लालच में हमने तुझे कमजोर कर दिया, आज गर्व है तेरे कंधों पे जमाने में यह शोर कर दिया लल्लिया है कमजोर हम कभी ना कह पायेंगे, अब तेरे ही मज़बूत कंधों पे हम स्वर्ग तक जाएंगे । इन कलियों से भरे पेड़ों को जिसने हर घर को छाओ दी, अब कभी ना हम कटवाएंगे अब लल्लियों को भी हम मुस्कुराते हुए घर ले कर आयेंगे रोक दो इन पर तुम जुल्मों सितम करना ए दानवों, इनसे ही सृष्टि है जान लो ए दानवों याद रखना की दर्द से अगर इनकी छाँती कराहे गी ठान ली इन्होंने सजा देने की तो इंसानियत ना जन्म ले पाएगी जो फल फूल रहा है घर अभि, सन्नाटे में चीखती चार दीवारें ही रह जाएगी । अब यही गुज़ारिश है मेरी रोक दो इस गंदी बहती विचार धारा को जो समाज को गंदा करती जाएगी प्यास बुझे गी नहीं और ज़िंदगी प्यासी रह जाएगी । निकल चलो तुम चल पड़ो, मुस्कुरा के तुम निकल चलो



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हम पहाड़ों की शांति को छोड़ शहर आ गए, चंद सिक्कों के लिए... फिर नौकरी की। फिर 21 साल की उम्र से कुछ-कुछ लिखना शुरू किया। फिर सिक्कों की तलाश में दोबारा नौकरी शुरू कर दी। स्कूल की किताबें ज़्यादा समझ नहीं आईं, लेकिन ज़िंदगी की किताबें मन में बस गईं। फिर आस-पास की ज़िंदगी पर गौर किया और लिखना शुरू किया। आज तक करीब 20 साल हो गए लिखते-लिखते। सब कुछ एक डायरी में बंद है। अब मौका मिला है, तो उन बहुत सारे पन्नों में से कुछ पन्ने आपके सामने खोल रहा हूँ। यह कविता मैंने तब लिखी थी जब मेरी बेटी मायरा 2014 में इस धरती पर आई। बाकी बंद पन्ने आगे मौका मिला तो ज़रूर खोलूंगा। आप लोगों का प्यार चाहिए। मैं लेखक नहीं हूँ, मैं बस सफर में हूँ और उसे लिखता जा रहा हूँ। अगर आपको कविता पढ़कर अच्छी लगे तो "वाह" ज़रूर कहिएगा।
दुर्गेश उनियाल (नीर)

Writer's Column

பெண்கள் சக்தி வளப்படுத்துதல்

பெண்கள் வலிமைப்படுத்தல் என்பது ஒரு சமுதாயத்தின் முன்னேற்றத்திற்கு மிக முக்கியமான அடிப்படையாகும். ஒரு நாட்டின் வளர்ச்சி அதன் பெண்களின் நிலையைப் பொறுத்தே தீர்மானிக்கப்படுகிறது. பெண்கள் தங்களுடைய திறமை, அறிவு மற்றும் ஆற்றலை முழுமையாக வெளிப்படுத்தும் வாய்ப்பு கிடைக்கும் போது தான் உண்மையான முன்னேற்றம் ஏற்படும். பண்டைய காலங்களில் பெண்களுக்கு கல்வி மற்றும் சமூக வாய்ப்புகள் மிகவும் குறைவாக இருந்தன. ஆனால் இன்றைய காலத்தில் பெண்கள் கல்வி, அறிவியல், மருத்துவம், விளையாட்டு, அரசியல், தொழில் போன்ற பல துறைகளில் சாதனை படைத்து வருகின்றனர். அவர்கள் தங்கள் திறமையால் உலகிற்கு ஒரு நல்ல முன்மாதிரியாக உள்ளனர். பெண்களுக்கு கல்வி கிடைப்பது மிகவும் அவசியமானது. கல்வி அவர்களுக்கு தன்னம்பிக்கை அளிக்கிறது மற்றும் வாழ்க்கையில் சரியான முடிவுகளை எடுக்க உதவுகிறது. பொருளாதார சுயநிலை பெண்களை மேலும் வலிமையானவர்களாக மாற்றுகிறது. ஒரு பெண் முன்னேறும்போது ஒரு குடும்பமும் முன்னேறும் என்பார்கள். பெண்களை மதிக்கும் மனப்பான்மை ஒவ்வொரு குடும்பத்திலும் உருவாக வேண்டும். பெண்களின் கனவுகள், விருப்பங்கள் மற்றும் இலக்குகளை ஆதரிப்பது சமூகத்தின் கடமை ஆகும். அவர்களுக்கு சம உரிமையும், சம வாய்ப்புகளும் வழங்கப்பட வேண்டும். பெண்கள் வலிமையாகவும் தன்னம்பிக்கையுடனும் முன்னேறினால், அது குடும்பத்திற்கும், சமுதாயத்திற்கும், நாட்டிற்கும் பெரிய முன்னேற்றத்தை தரும். ஆகவே பெண்கள் வலிமைப்படுத்தல் என்பது பெண்களின் வளர்ச்சி மட்டுமல்ல; அது முழு சமுதாயத்தின் வளமான எதிர்காலத்திற்கான பாதையாகும்.

Ambiga Sampath is an inspiring example of resilience, creativity, and determination. Choosing to step away from her government job only strengthened her drive to explore new opportunities. She first ventured into advertising and marketing, building networks and gaining confidence in her entrepreneurial skills. Her love for Tamil led her to tutor children, spreading knowledge within her community. Alongside teaching, she began selling organic products, delivering essentials with care and passion. With her husband's support, she expanded her reach and balanced business with family life. Her YouTube channel became a platform to showcase her talents in dance, cooking, and speech, reflecting her vibrant personality. Ambiga's journey is one of self-discovery, empowerment, and gratitude, proving that persistence creates accomplishment.



Ambiga Sampath

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J Connect Quiz Challenge - Win & Shine!



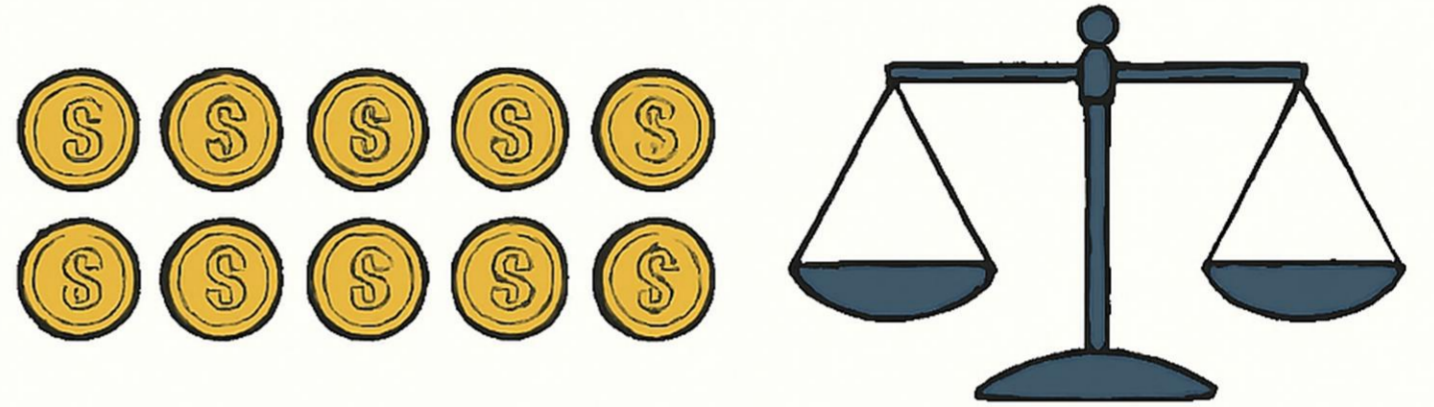
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The Coin Weighing Puzzle



You have 12 identical-looking coins, but one of them is counterfeit it is either heavier or lighter than the rest.

You have a balance scale and can use it only three times.

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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!

From the Editor's Desk

This March, as the colors of Holi filled our lives with joy and togetherness, J Connect too has grown more vibrant. With each edition, we are not just sharing stories but building a community of voices that inspire and connect. Our expanding podcast series has opened new doors, giving people a platform to be heard, to learn, and to grow. The overwhelming response reminds us that journeys are richer when shared.

Over the past three months, I had the privilege of promoting the MWC Marathon, especially its noble cause of supporting girl child education.

Participating in the marathon and covering it through our podcast was deeply fulfilling. I am grateful to the organizing team for recognizing my efforts, and a special thanks for recognizing J Connect; it is a reminder that passion with purpose creates lasting impact.



Kind Regards
Jagrity Shrivastava
Aquality, MWC, Chennai