

NEWSLETTER

J^oCONNECT *Journeys & Connections..*

Step into the spotlight with J Connect Podcasts — your chance to share, inspire, and grow.”

J Connect Salutes the Spirit of Motherhood

A mother embodies divine love - Selfless, Tireless, and Pure.

When God realized He couldn't be everywhere, He created mother ; the eternal guardian of hearts, nurturing life with boundless grace and compassion.



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J Connect
Journeys & Connections



NEW PODCAST EPISODE:
**Celebrating Journeys,
Strengthening Connections**

For a Podcast with J Connect team,
Contact 8610564907

J Connect – Journeys & Connections

Movement is Life – Experience at Kenzo Hospital Chengalpattu



As the saying goes "**movement is life**", movement is the basis for physical and mental wellbeing. Any disruption leads to decline in physical and mental health due to a cascade of health problems and depression. The most common non-traumatic cause for restricted mobility in old age is osteoarthritis - which is degeneration of the joints due to ageing. Osteoarthritis needs **early and meticulous intervention** for the best possible outcome and to prevent complications/deformities.

At Kenzo Ortho and Women Care Centre, **Dr. Suchinder. A M.S. (Ortho)**, FIJR has **17 years of rich orthopaedic experience** in treating **Osteoarthritis, Sports injuries**, other orthopaedic and **Spinal disorders**. He has undergone fellowship training in arthroplasty (Joint Replacement/Robotic Assisted Joint Replacement).

Osteoarthritis is treated by medications, intra-articular injections (Corticosteroids/PRP/Stem Cell/HYALURONIC ACID), bracing, lifestyle modifications and regular physiotherapy. Total Knee Replacement/Partial Knee Replacement is usually preferred in the final stages of osteoarthritis and when conservative modalities have failed.

Dr. Suchinder has treated many patients with severe osteoarthritis and rheumatoid arthritis by **Total/Partial Knee Replacement successfully**. With advent of new prosthetic materials, the lifespan of prosthesis has increased multifold. Knee Replacement offers a new painless life to the patients and allows the patients to enjoy an uncompromised life. The success of knee replacement lies not just in surgical expertise but also with proper preoperative planning and postoperative care. Role of physiotherapy (strengthening exercises) pre and post-surgery plays a major role in the outcome of the surgery.

For any queries regarding knee replacement surgeries kindly reach out to us at

Kenzo Ortho and Women Care Centre, 11-A, Devarajanar Street, Vedhachalam Nagar,
Chengalpattu – 603001. Contact: 044-27430000/7550012550

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

J Connect – Journeys & Connections

The Magic of Microgreens: Kamu's Micro Thulir

Kamu's Micro Thulir is the brainchild of Mrs. Kamatchi D, who cultivates fresh, nutrient-rich microgreens that bring health straight from farm to plate. These tiny greens pack nearly 40 percent extra nutrition covering all ranges of vitamins to minerals that a human body needs in a day. They are loaded with vitamins, antioxidants, and natural enzymes that boost immunity and energy. Grown with care in Chengalpattu, her microgreens embody the motto Seed, Sprout, Savour; a promise of purity and wellness in every bite. Kamu's Micro Thulir celebrates sustainable living and wholesome nutrition for every family.



Kamatchi D

+91 94459 74774

Together, these microgreens offer a powerhouse of protein, fiber, and antioxidants, making them ideal for daily nutrition.

Connect For

- **Flax** - Rich in omega-3 fatty acids, supports heart health.
- **Kale** - packed with vitamins A, C, and K; boosts immunity.
- **Palak (Spinach)** - high in iron and folate
- **Chickpea** - protein-dense, supports muscle growth
- **Amaranth** - vibrant color, rich in iron
- **Beetroot** - earthy flavor, improves circulation
- **Radish** - spicy flavor, boosts digestion
- **Red Cabbage** – antioxidant-rich, reduces inflammation.
- **Green Gram (Moong)** – excellent plant protein source
- **Basil** – fragrant, supports immunity
- **Sunflower** – high in protein and healthy fats
- **Pea shoots** – sweet taste, packed with folate
- **Mustard** – tangy, supports metabolism
- **Broccoli** - rich in antioxidants and vitamin C



Ela Green School - Holistic Learning



ELA Green School Students Selected to Represent India at Singapore Open Tournament 2026. ELA Green School proudly celebrates a remarkable achievement as several of our talented student-athletes have been selected to represent India at the prestigious **Singapore Open Tournament 2026**. This incredible milestone is a moment of immense pride not only for the students and their families, but also for the entire ELA Green School community. The tournament, scheduled to take place in Singapore from **June 24th to June 27th, 2026**, will bring together skilled young

athletes from various countries, providing them with an international platform to compete, learn, and grow. Being selected to represent India at such a highly regarded tournament reflects the dedication, discipline, perseverance, and sporting excellence demonstrated by our students.

The students from ELA Green School who have been selected are:



KALAIVANAN H K - MYP 2



RYKA NARENDRAN – MYP 5



RIYA R – MYP 1



RONITH R- MYP 1



JESWIN S - MYP 1

Their achievement stands as a true example of what passion, consistency, and hard work can accomplish. Over the years, these students have shown tremendous commitment towards balancing academics and sports while continuously striving for excellence. Their selection is not only a personal accomplishment but also an inspiration for fellow students who aspire to pursue sports at a competitive and international level. At ELA Green School, we strongly believe in nurturing well-rounded individuals by encouraging students to explore opportunities beyond the classroom. Participation in international sporting events such as the Singapore Open Tournament helps students build confidence, resilience, teamwork, leadership, discipline, and global exposure. Experiences like these play a significant role in shaping students into confident and responsible global citizens. The school management, faculty members, coaches, parents, and fellow students extend their heartfelt congratulations to Ronith, Jeswin, Kalaivanan, Ryka, and Riya on this outstanding achievement. We are confident that they will represent both India and ELA Green School with pride, determination, and sportsmanship. As they prepare to step onto the international stage, the entire ELA Green family stands united in cheering them on and wishing them success for the tournament. We look forward to witnessing their journey and celebrating many more milestones in the future. Congratulations once again to our young champions!



**ADMISSIONS OPEN
AT ELA GREEN
FOR 2026-27**

Phone: **+91 89399 58989**

Email: admissions@elagreenschool.org info@elagreenschool.org

Aapt Herbs : From Products to New Opportunities

Founded by Ramya Badri, Aaptherbs continues to empower women through flexible, home-based opportunities while introducing exciting new products — stylish handbags, elegant dresses, and waterproof duffel bags. Alongside herbal care and traditional foods, these additions celebrate independence, creativity, and modern wellness. Aaptherbs blends nature's goodness with lifestyle innovation, helping women grow, earn, and inspire — building confidence and success from home.

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Contact Ramya Badri

Founder of Aapt Herbs
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- Protein Crunch, Millet Mixtures

For Space in upcoming edition of J Connect, Contact 8610564907

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.



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SARADA SAKTHI PEETAM

(An ISO 9001-2008 Certified Organisation Regn. No. CCPL/QMS/D1744)

(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

Whatsapp
8807000510

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 கொண்டோரே!

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



சுவாமி ஸ்ரீ சர்வாத்மானந்தா அவர்களின் நல்லாசிபுடல்
கிறைவன் அதான்புல்
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 Technican 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 | <input type="checkbox"/> |
| ii) Adoption of one student permanently till he / she completes his / her education (Providing Food, Cloth & Yearly Education Expenses) | ₹ 50,000 | <input type="checkbox"/> |
| iii) Yearly Education Expenses for one student (Permanent Endowment) | ₹ 20,000 | <input type="checkbox"/> |
| iv) To cater for Higher Education under "SSP Higher Education Endowment Scheme" | ₹ 2,000 & above | <input type="checkbox"/> |

Yearly Maintenance Expenses for a Student

ஓராண்டிற்கான (குறைந்தபட்ச) கல்விச் செலவுகள், உணவு, மருத்துவ செலவுகள், புத்தகப்பை, ஒரு ஜோடி காலணிகள், புத்தாடை மற்றும் பள்ளி சீருடைகள்)

- ₹ 24,000

Adoption of one student permanently
₹ 50,000

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

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

- | | | |
|--|---------|--------------------------|
| 1. ஒரு குழந்தைக்கு புத்தகப்பை வாங்க School bag for a child | ₹ 500 | <input type="checkbox"/> |
| 2. ஒரு ஜோடி காலணி வாங்க A pair of Shoes for a child | ₹ 500 | <input type="checkbox"/> |
| 3. புத்தாடை மற்றும் சீருடை - 2 Sets of New Dress & Uniform for one child | ₹ 1,500 | <input type="checkbox"/> |
| 4. ஒரு செட் புத்தகங்கள் Complete set of books for a child | ₹ 500 | <input type="checkbox"/> |
| 5. ஓராண்டிற்கான (குறைந்தபட்ச) கல்விச் செலவுகள் One Year education expenses for a child | ₹ 2,000 | <input type="checkbox"/> |
| 6. ஒரு குழந்தையின் மருத்துவ கப்பீடு Medical Insurance for a child | ₹ 3,000 | <input type="checkbox"/> |

Education Kit Gift to a child
₹ 5,000



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

Dr. Rajni Singh – Caring for Women, Every Step

Dr. Rajni Singh, an accomplished Obstetrician and Gynaecologist, brings over eight years of experience in managing pregnancy, childbirth, fertility, menstrual disorders, and menopause. She has worked extensively across Delhi, Haryana, and Bihar, gaining diverse clinical exposure and practical expertise. Her professional journey reflects dedication to advancing women's health, combining strong medical knowledge with hands-on practice in varied healthcare settings.



Dr. Rajni Singh
+91 9288251077

SHUBH SEVA SANSTHAN

Dr Rajni Singh
MBBS, DNB, FMAS, DMAS, FRM
Obstetrician & Gynaecologist
(प्रसूति एवं स्त्रीरोग विशेषज्ञ)



Dr. Rajni Singh

Ex Consultant: Narayan Superspeciality Hospital,
Bahadurgarh, Haryana
Ex Resident: Hindu Rao Hospital, Delhi
Max Superspeciality Hospital, Saket, Delhi
Ex Fellow: World Laparoscopy Hospital, Gurgaon, Haryana
Indira IVF, Udaipur/Patna

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dr_rajni_singh

- Normal Delivery & Pregnancy Care
- Fertility & Menstrual Health Solutions
- Caesarean Delivery Management
- Laparoscopic & Hysteroscopic Surgeries

she combines advanced medical training with genuine empathy. Through **Shubh Seva Sansthan**, Dr. Rajni continues her mission to provide safe deliveries, fertility care, and laparoscopic solutions, empowering women to lead healthier, confident lives. Her dedication reflects a deep commitment to service, skill, and the belief that every woman deserves trusted, holistic care.

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RichAura Tea, founded in 2021 in Vadodara, Gujarat, brings the finest Darjeeling and Assam flavors to tea lovers. With organic harvests from GI gardens, strong retail and B2B presence, and support from mentors and tea growers, RichAura celebrates resilience, growth & invites all to "Feel the Aura in Every Sip."

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GarbhArambh - Nurturing Conscious Beginnings

GarbhArambh, founded by Sapna Sangal and Leena Gandhi, guides couples through pregnancy, childbirth, and post-partum with holistic care. Combining traditional wisdom and modern understanding, they empower parents through mindful practices, workshops, and personalized sessions for a confident, conscious birthing journey.



Sapna

Leena

“What we do around birth will define society”
Margaret Mead



Our Courses

We offer different courses for each trimester. These can be customised on request.

FOR FIRST TRIMESTER

Diet and Lifestyle

- Monthwise Diet & Nutrition
- Healthy Lifestyle
- Exercises/Yoga
- Diet plans
- Easy to make recipes

Sessions : 4
Each 75 mins long

FOR SECOND TRIMESTER

Prenatal bonding

Learn ways to bond with the little one growing inside you, thereby, creating a loving environment.

Sessions : 4
Each 90 mins long

Doula Services

Birth Doula services are offered to assist the labouring mother for positions, relaxations and breathing to manage pain during labor. Doulas offer emotional and physical support to a mom in labor for a positive birthing experience.

FOR THIRD TRIMESTER

Lamaze Childbirth classes

- Labor Management Techniques
- Pain-Coping Comfort Measures
- Breathwork & Positions
- Partners Role
- Your Choices

Sessions : 6
Each 3hours long

Post-partum and Newborn Care

- Postpartum Care
- New Responsibilities
- Newborn Demands
- Breastfeeding
- Common problems

Sessions : 4
Each 1hour long

FOR FOURTH TRIMESTER

Parenting

- Habit Development
- Routine Management
- Engaging with the baby
- Hands-on activities

Sessions : 3
Each 1hour long



Our Community

- GarbhPrakash - 30minute Meditation sessions are held every Thursday for all expecting mums and women
- Circle of Love - Quarterly sessions where moms & dads share their birthing journey with our expecting couples followed by question & answers
- Art & Craft - activities like mandalas, origami, storytelling and many more sessions are held on request. Artists are invited, if need be.

Our Motto
“Knowledge Empowers”

Classes, Workshops, One-on-One sessions, Meditations, Art-work and Many more activities.

Contact
+91 7705935899

Email:
garbharambh.hub@gmail.com

Healwithduhita: Find Peace, Clarity, and Joy

Duhita D., founder of **Healwithduhita**, is a Tarot Reader and Theta Healing Practitioner based in Nagpur, offering online sessions worldwide. Her journey began with personal struggles in her 20s, leading her to explore inner healing through Theta work. Over the past five years, she has transformed not only her own life but also those of her friends, family, and clients. Combining deep energetic healing with practical remedies, Duhita empowers individuals to release old wounds, gain clarity, and create joy, abundance, and fulfilling relationships.



Duhita D

Founder – Healwithduhita
Nagpur / Online



- ✓ Stop Overthinking
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- ✓ Attract More Money
- ✓ Create Your Dream Life

Exclusive Double-Impact Offer

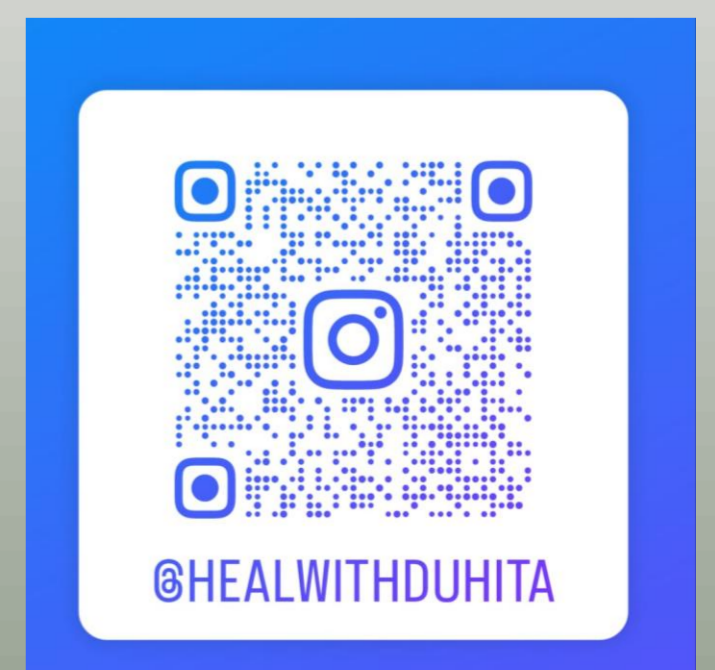
The first 25 readers to book get a
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Contact : **+91 7066600789**

Location: Nagpur / **Online sessions Worldwide**

 @Healwithduhita

- **Tarot Reading**
Intuitive guidance for clarity and direction.
- **Theta Healing**
Deep subconscious work to shift limiting beliefs.
- **Personal Empowerment Coaching**
Gain confidence and joy.
- **Relationship Healing**
Build healthy connections.
- **Abundance & Career Alignment**
Removing blocks to attract money and opportunities.



“Caring Connections: A Unique Counselling & Training Initiative”

Sarika Raghuvanshi, founder of **Caring Connections**, is a seasoned counselling psychologist and certified trainer with over a decade of multi-domain expertise. She integrates **Social-Emotional Learning (SEL)**, **POSH**, and **POCSO** awareness into her programs, while also offering career counselling, parenting guidance, teacher training, and 1:1 mental health support. From working with Army families to NCERT’s tele-counselling service, her initiatives have impacted thousands of students, parents, and educators nationwide. *Caring Connections* stands as a one-stop powerhouse for holistic growth and safe, inclusive environments.



Sarika Raghuvanshi

Founder – Caring Connections

+91 8328176267

Email: caringconnections@gmail.com

Jaipur, Rajasthan

https://www.instagram.com/sarika_raghuvanshi?igsh=MWk2aGN2bHhkcW0wNg==

Connect For



Social-Emotional Learning (SEL)



POSH Training



POCSO Awareness



Career Counselling



1:1 Mental Health Counselling



Parenting Coaching

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



8610564907

Sweet Treat Homemades: Crafting Health with Flavor

Jimshy V, founder of **Sweet Treat Homemades**, is an entrepreneur crafting wholesome desserts, cakes, jams, chocolates, and special drinks that blend taste with nutrition. With an MBA in HR and Accounting and training in Classical Acupuncture, she brings both precision and wellness into her creations. Based in Malappuram, Kerala, Jimshy is expanding her range to include handmade soaps, aloe vera gel, hair oil, and virgin coconut oil; each product reflecting her commitment to purity, health, and creativity. Sweet Treat Homemades celebrates mindful indulgence for every occasion.



Jimshy V

+91 9847809689

Sweet treat homemade

Connect For

Current Products

- Nutritious desserts
- Cakes
- Special drinks
- Jams
- Chocolates

Upcoming Products

- Handmade soaps
- Aloe vera gel
- Hair oil
- Virgin coconut oil



https://www.instagram.com/sweet_treat6180?igsh=MXhrdmloeG9rNTE3NQ==

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HOUSEZEN Décor - Elevate Your Living Spaces

Bharti Pokhriyal's HOUSEZEN Decor is a creative endeavor dedicated to transforming homes into serene, stylish sanctuaries. Based in Dwarka, Delhi, HOUSEZEN blends modern aesthetics with mindful design, offering décor solutions that reflect warmth, harmony, and individuality. With a growing presence on social platforms, Bharti invites design enthusiasts to explore curated inspirations and connect with HOUSEZEN Decor for personalized interiors that truly feel like home.



Bharti Pokhriyal
Dwarka, Delhi
+91 9711625865

@housezen_deco



HOUSEZEN Decor - From serene living rooms to mindful bedrooms. The Designs transform houses into soulful sanctuaries. With a growing digital presence, HOUSEZEN invites design lovers to explore inspirations and join a journey of stylish, personalized home décor.



Trusted Uniforms, Trusted Service

Army Navy Air is India's trusted manufacturer and supplier of defence, police, and institutional uniforms and gear. They specialize in military, paramilitary, NCC, and scout supplies, along with ceremonial and daily-use accessories. With ISO and MSME certifications, they ensure quality, compliance, and innovation. Offering custom manufacturing, bulk orders, and pan-India free shipping with global delivery, Army Navy Air stands for reliability and precision. Their mission is to empower institutions with durable, high-performance gear that meets international standards and supports those who serve with pride

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| 106 FIELD PHYSICAL TRAINING EQUIPMENTS | 844 CEREMONIAL UNIFORMS | 300 FLAGS & ACCESSORIES | 34 FOOTWEAR & GEAR | 1155 SOUVENIRS GIFTS | 799 PATCHES |

Since 1986
ARMYNAVYAIR
ALL FORCE'S ELITE GEAR

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City - Bengaluru (Bangalore)
Pin Code - 560051
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Microcosm of Art and Voice : Vidya Bhavani Suresh



Vidya Bhavani Suresh is a versatile Bharatanatyam exponent, Carnatic vocalist, musicologist, researcher, choreographer, orator, and author. Trained under eminent gurus, she holds the rare distinction of dancing to her own voice. Founder of Skanda Publications, she has authored 47 titles in the *Demystifying Fine Arts* series and pioneered *Tamizh Ilakkiyamum Bharathamum*, blending Tamil literature with Bharatanatyam. A gifted speaker in English, Tamizh, and Hindi, Vidya also runs acclaimed YouTube series on Carnatic music and Bharatanatyam appreciation. Her work bridges tradition and modernity, inspiring audiences to embrace India's rich cultural heritage with depth and clarity.

Vidya Bhavani Suresh

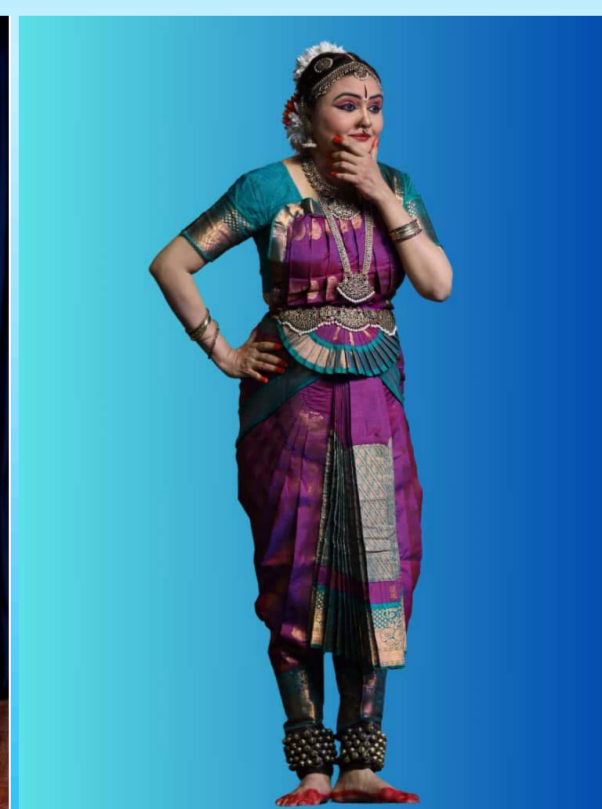
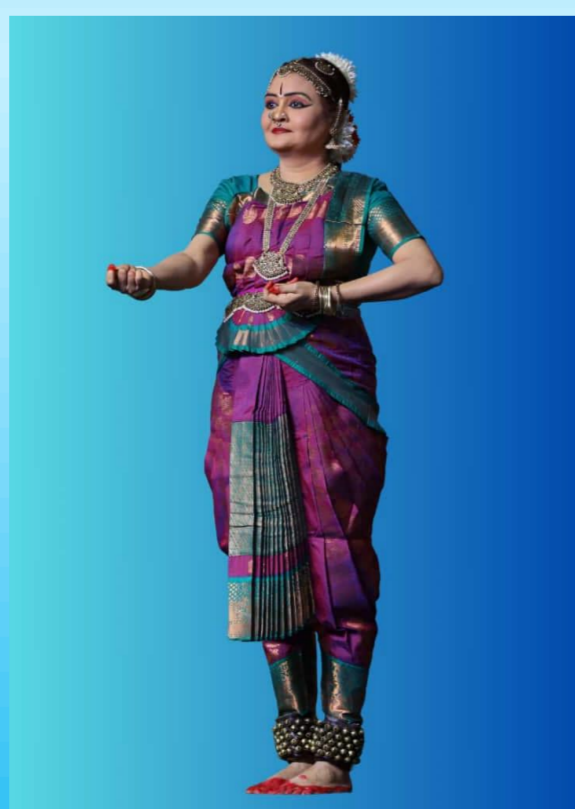
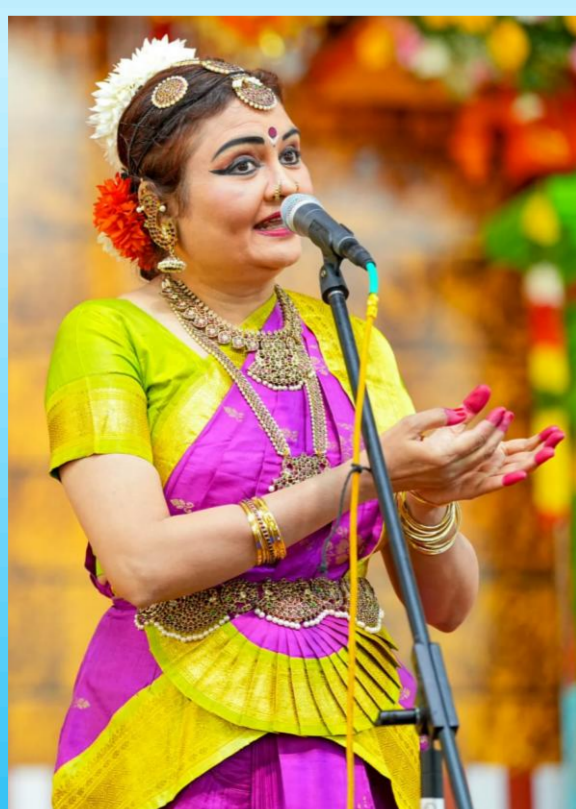
M.A. (Folklore), B.G.L, F.C.S

Connect with Her to learn, appreciate, and experience Indian classical arts through the lens of a rare artist who unites scholarship, performance, and storytelling.

 Instagram: @vidyabhavanisuresh

 Facebook: Vidya Bhavani Suresh

 YouTube Channel: Vidya Bhavani Suresh
(Carnatic Music – Everybody's Invited, Appreciating Bharatanatyam series)



Jyothi Kalaiselvi – Embrace, Include & Inspire

Born on February 21, 2001, Jyothi Kalaiselvi's life is a radiant example of courage and perseverance. Visually and intellectually challenged, she faced the world with an IQ of a nine-year-old and the strength of a warrior. Music became her therapy, her voice became her power, and her violin became her language of hope. Through sheer determination, Jyothi transformed her challenges into achievements that inspire everyone who meets her. She shares her vision *"I will give hope and happiness to the society through my music"*.



Jyothi Kalaiselvi



Jyothi with her mother Kalai

Behind this extraordinary journey stands her mother, **Kalai**; Jyothi's eyes, mind, and guiding light. A single parent and eloquent speaker herself, Kalai has been both mother and father from day one, nurturing Jyothi's spirit and shaping her into a confident, compassionate artist. She proudly calls Jyothi her breadwinner, as music transformed from therapy into passion and profession. With Kalai's support, Jyothi not only travels and performs but also helps with daily tasks, interacts with students, delivers motivational speeches, and sings Thirukkural couplets, devotional songs, cine music, and violin instrumentals.

Their bond is a living testament to love, resilience, and faith.

Jyothi's academic excellence shines through her **M.A. in Music** and **B.A. in Violin**, both First Class, along with diplomas in **Hindustani Music**, **Music Teacher Training**, and **Western Vocals (Grade 5)**.

Her achievements are remarkable **President of India Role Model Award 2021**, **Tamil Nadu State Award 2022**, and over 28 honors from reputed organizations. A multilingual singer and violinist, she has performed at the **Parliament of India**, **Prime Minister's residence**, and international stages across **Dubai**, **Scotland**, **Malaysia**, **Oman**, and the **USA**.

Jyothi's journey reminds us that true vision lies not in sight but in courage, perseverance, and the unwavering belief that light can emerge from even the darkest paths.

Writer's Column

माँ, माँ होती है

माँ केवल एक शब्द नहीं, बल्कि ममता, त्याग, स्नेह और समर्पण की सजीव प्रतिमूर्ति होती है। संसार में माँ का स्थान सर्वोपरि माना गया है। इसी मातृत्व की महिमा, वात्सल्य और अतुलनीय योगदान को सम्मान देने के लिए प्रत्येक वर्ष “मदर्स डे” मनाया जाता है। यह दिवस माँ के प्रति कृतज्ञता, सम्मान और प्रेम व्यक्त करने का अनुपम अवसर प्रदान करता है। माँ अपने संतानों के जीवन की प्रथम शिक्षिका, संरक्षिका एवं पथप्रदर्शिका होती है। वह अपने बच्चों के सुख के लिए स्वयं के सुखों का त्याग कर देती है। माँ की करुणा, सहिष्णुता, धैर्य एवं स्नेह जीवन को संस्कारित एवं अनुशासित बनाते हैं। बालक के व्यक्तित्व-निर्माण में माँ की भूमिका अत्यंत महत्वपूर्ण होती है। वह अपने संस्कारों से बच्चों को सदाचार, विनम्रता, परोपकार और मानवता का पाठ पढ़ाती है। मदर्स डे का उद्देश्य केवल उपहार देना नहीं, बल्कि माँ के त्याग और समर्पण के प्रति सम्मान प्रकट करना है। आधुनिक जीवन की व्यस्तता में लोग अक्सर अपने माता-पिता के प्रति पर्याप्त समय और स्नेह व्यक्त नहीं कर पाते। यह दिवस हमें स्मरण कराता है कि माँ के उपकारों का मूल्य कभी चुकाया नहीं जा सकता। उनका स्नेह निःस्वार्थ, पवित्र और अनंत होता है। भारतीय संस्कृति में माँ को देवी के समान पूजनीय माना गया है। “मातृ देवो भवः” का संदेश हमारी परंपरा की महानता को दर्शाता है। माँ केवल परिवार की आधारशिला ही नहीं, बल्कि समाज और राष्ट्र की निर्माणकर्त्री भी होती है। एक संस्कारित माँ ही श्रेष्ठ समाज और सशक्त राष्ट्र का निर्माण कर सकती है। आज के इस विशेष अवसर पर हमें संकल्प लेना चाहिए कि हम अपनी माँ का सदैव आदर करेंगे, उनकी भावनाओं का सम्मान करेंगे तथा उनके जीवन को सुखमय बनाने का प्रयास करेंगे। माँ के चरणों में ही सच्चा स्वर्ग निहित है। वास्तव में, माँ का प्रेम जीवन का सबसे अमूल्य उपहार है। माँ, माँ होती है।

डॉ सत्य प्रकाश
सहायक शिक्षक

सह पर्यावरण मित्र, डी ए वी उच्चतर माध्यमिक विद्यालय, गोपालगंज (बिहार)।

डॉ सत्य प्रकाश प्रकृति-संरक्षण, पर्यावरण-जागरण एवं साहित्य-साधना के समर्पित पुरोधा हैं। डी. ए. वी. उच्चतर माध्यमिक विद्यालय, गोपालगंज (बिहार) में सहायक शिक्षक के पद पर कार्यरत रहते हुए उन्होंने दो लाख से अधिक पौधों का रोपण कर जनमानस में हरित-चेतना का अभिनव संचार किया है। उनकी विशिष्ट कार्यशैली यह है कि वे प्रत्येक सामाजिक, सांस्कृतिक एवं मांगलिक आयोजन—जैसे विवाहोत्सव, जन्मोत्सव, तिलकोत्सव, वैवाहिक वर्षगांठ तथा पुण्यतिथि पर हरित पौधा भेंट कर वृक्षारोपण एवं पर्यावरण-संवर्धन का प्रेरणास्पद संदेश देते हैं। सामाजिक विज्ञान संकाय से पीएचडी उपाधि प्राप्त डॉ सत्य प्रकाश की शैक्षणिक योग्यता एम.ए., बी.एड. एवं पीएचडी है। उनके पर्यावरणीय अवदान एवं लोकजागरणकारी प्रयासों के लिए उन्हें “ग्रीन मैन”, “पर्यावरण मित्र”, “ऑक्सीजन मैन”, “युवा पेड़ प्रेमी” तथा “धरती संरक्षक सम्मान” सहित अनेक सरकारी एवं गैर-सरकारी संस्थाओं द्वारा सम्मानित एवं अलंकृत किया जा चुका है। वर्तमान समय में वे पर्यावरणीय चेतना के साथ-साथ साहित्यिक अभिव्यक्ति, सामाजिक सरोकार एवं मानवीय मूल्यों के संवर्धन में भी सतत संलग्न हैं।



Dr Satya Prakash

Writer's Column

Mothers' day



Viji Swaminathan

Viji Swaminathan, mother of two daughters, is a passionate people professional and mindful storyteller who discovers meaning in everyday life. Through her reflections, sunrise walks, and heartfelt writing, she shares simple yet profound thoughts on gratitude, growth, and human connection. Her words encourage readers to pause, appreciate small joys, and embrace personal journeys with mindfulness. Viji's storytelling blends warmth and wisdom, inspiring others to find beauty in ordinary moments and strength in shared experiences.

அன்னையர் தினம் – இரண்டு தலைமுறைகளுக்கு நடுவே நான்

அன்னையர் தினம் ஒரு பெண்ணுக்கு வேறுபட்ட அர்த்தம் தருகிறது – ஒருபுறம் இன்னும் தன் அம்மாவின் அன்பில் வாழும் மகளாகவும், மறுபுறம் தன் இரண்டு மகள்களை வளர்த்துக் கொண்டிருக்கும் அம்மாவாகவும் இருக்கும்போது.

வாழ்க்கையின் ஒரு கட்டத்தில் தான், அம்மாவின் கவலைகள், அமைதியான தியாகங்கள், சொல்லாமல் செய்த அன்பு – இவை அனைத்தையும் நாமே புரிந்துகொள்ள ஆரம்பிக்கிறோம்.

இப்போது என் இரண்டு மகள்களுடன் வாழும் ஒவ்வொரு நாளும், வாழ்க்கை முழு வட்டமாக திரும்பிவந்தது போல தோன்றுகிறது.

அம்மாதனம் என்பது எப்போதும் பெரிய தருணங்களில் மட்டும் இல்லை. அது அவசரமான காலைகளில், மீண்டும் மீண்டும் சொல்லப்படும் நினைவூட்டல்களில், பாதியில் குளிர்ந்த காபியில், திடீர் அணைப்புகளில், பகிர்ந்த சிரிப்புகளில் இருக்கிறது.

இந்த அன்னையர் தினத்தில், என்னை உருவாக்கிய என் அம்மாவிற்கும், என்னை இன்னும் உருவாக்கிக் கொண்டிருக்கும் என் இரண்டு மகள்களுக்கும் என் மனமார்ந்த நன்றிகள்.

மகளாகவும், அம்மாவாகவும் இருக்கும் இந்த பயணத்தில், அன்பு தலைமுறைகளைத் தாண்டி மெதுவாக தொடர்கிறது என்பதை உணர்கிறேன்.

Mother's Day

Held Between Two Generations Mother's Day feels different when you stand between two worlds; as a daughter still held by her mother's love, and as a mother learning every day through her own children. Somewhere along the journey, I began to understand my mother a little more. The worry behind her questions, the quiet sacrifices, the strength she carried so naturally that we hardly noticed it then. And now, with my two girls beside me, life comes full circle. Motherhood is not always about perfect moments. It is in packed mornings, repeated reminders, unfinished cups of coffee, unexpected hugs, shared laughter, and the silent hope that we are raising kind human beings. This Mother's Day, I find myself deeply grateful; for the woman who raised me, and for the two little souls who continue to shape me. Between being a daughter and a mother, I realize that love travels gently through generations

J Connect Quiz Challenge - Win & Shine!

CONGRATULATIONS



Mrs. Meetu Jain

Mrs Latha Chinchali



**THANK YOU Mrs. Sathyakal S (S R RESIN CRAFT)
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J Connect Quiz Challenge - Win & Shine!

The Family Photo - Quiz

A king has **three jars of wine**.
One jar is poisoned.
The poison is so strong that even a single drop will kill.
He has **two prisoners** and **one day** to test.
The poison takes effect overnight.

Challenge: How can the king use the prisoners to identify the poisoned jar with certainty by the next morning?



From the Editor's Desk



A Season to Begin Anew!

Summer is upon us, bringing with it the warmth of family gatherings, the calm of village visits, and the much-needed pause to rest and recharge. It is a season that reminds us to slow down, beat the heat, and cherish simple joys. Yet, summer is also a time of beginnings, a chance to plant seeds of new ideas, to step forward with courage, and to share your journey with others. At J Connect, we believe growth happens when stories are exchanged, when experiences inspire, and when voices come together to build a vibrant community.

I warmly invite you to come forward, share your reflections, and grow with us. Your journeys, whether personal or professional, enrich the collective spirit of J Connect. I am deeply grateful for the overwhelming response to our podcast; it has been received with enthusiasm and encouragement beyond expectation. Thank you for your trust, your support, and your willingness to walk this path together. Let's make this summer a season of renewal and shared growth.

Kind Regards
Jagrity Shrivastava
Aquality, MWC, Chennai