

J[☀]CONNECT

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14 JUNE, 2026

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Welcoming Motherhood with Confidence & Care at Kenzo Hospital Chengalpattu



At **Kenzo Hospital**, we believe that childbirth should be a moment of joy, not fear. With advanced **epidural analgesia**, mothers can experience labour with comfort, dignity, and confidence. Our philosophy is simple: *less pain, more precious moments*. By combining modern medical expertise with compassionate care, we ensure that every mother's journey to motherhood is made easier and more memorable.

We go beyond clinical excellence by offering holistic support, from awareness sessions to psychological guidance, so that families feel empowered and reassured at every stage. With round-the-clock facilities and a dedicated team, Kenzo Hospital stands as a trusted partner in welcoming new life.

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Welcoming your baby with confidence and comfort

Less pain more Precious Moment

Modern maternity care for a comfortable birth

Your journey to motherhood made easier

Our Speciality

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- ❖ Painless labour
- ❖ Labour Epidural Analgesia
- ❖ Trial of labour
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Chengalpattu – 603001. Contact: 044-27430000/7550012550

14 JUNE, 2026

Ela Green Play School : Admissions Open for 2026-27

One School – Two Campuses

Ela Green Play School is opening in Urapakkam, bringing joyful early learning from daycare to kindergarten. Rooted in creativity, play, and holistic care, the school nurtures confidence, values, and strong foundations in every child. With a focus on experiential learning, Ela Green creates an environment where curiosity thrives and young minds blossom naturally. The school emphasizes both academic readiness and emotional wellbeing, ensuring children grow with balance and purpose. Parents can trust Ela Green to provide a safe, caring, and inspiring space that supports individuality while fostering community values. Admissions are now open, inviting families to begin their child's educational journey with happiness, clarity, and a strong sense of belonging.



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@

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WHY IT MATTERS



MORE THAN MARKS

You are more than scores and certificates.



MORE THAN JOBS

Explore diverse career opportunities of the future.



KNOW YOURSELF

Discover your strengths, interests, values and personality.



MAKE INFORMED CHOICES

Build confidence. Choose wisely. Create your path.

PROGRAM HIGHLIGHTS



SELF DISCOVERY

Strengths, Interests, Personality & Values



CAREER EXPLORATION

Discover wide range of careers & emerging opportunities



SCIENTIFIC ASSESSMENTS

VIA Strengths, Career Anchors, Psychometric Tools & Detailed Reports



PARENT DEBRIEF

Expert session to align and support the right decisions



DR. SABESAN SWAMINATHAN

Leadership Coach | Psychologist | Corporate Wellness Expert



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Associate Editor –
The Journal of Indian Academy of Applied Psychology



Professor of Practice –
VIT University, Chennai

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and Organisations

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One-to-One Interactions



Detailed Career Report



Parent Debriefing



Personalized Action Plan

PROGRAM INCLUDES

- ✓ My Choice Career Assessment
- ✓ 24 VIA Character Strengths
- ✓ Career Anchors
- ✓ Self Reflection Inventory
- ✓ Detailed Report & Insights

- ✓ Future Career Pathways
- ✓ College & Course Guidance
- ✓ Scholarship Information
- ✓ Parent Session & Debriefing

CONTACT

EASHWER / SWARNA EASHWER

Director - CEO
Skill Foundations Private Limited



9500036680
9500036681



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Know who you are



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Explore the right options



CONFIDENCE
Make future-ready decisions



RIGHT PATHWAYS
Choose the best academic route



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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 duffle 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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Strengthens hair from root
to tip
- SAFE & GENTLE
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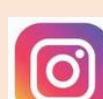
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Contact Ramya Badri

Founder of Aapt Herbs

Salem, TN

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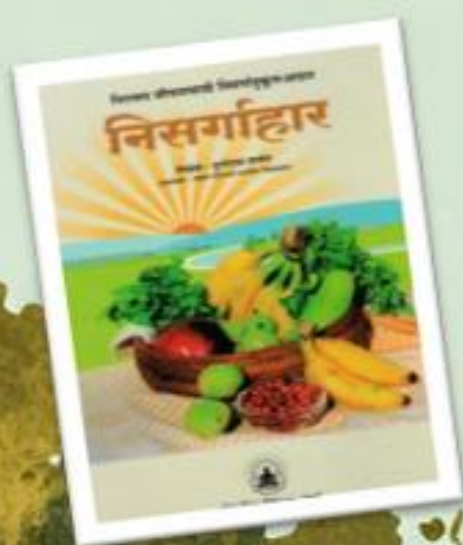
14 JUNE, 2026

Yoga for Healthy Ageing

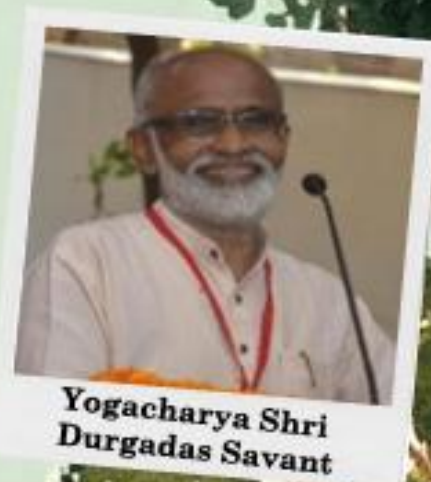
Aditti's yoga journey reflects dedication and balance. From her early passion to completing YTTC at Yoga Vidya Niketan and mastering diverse practices, she inspires children, seniors, and mothers alike. Her belief, "Yoga for Healthy Ageing" reminds us that yoga is a daily habit for holistic well-being, self-respect, and inner peace..



12th INTERNATIONAL YOGA DAY "YOGA FOR HEALTHY AGEING"



Aditti Verma

Yogacharya Shri
Durgadas Savant

TOPIC : IMPORTANCE OF DIET IN HEALTHY AGEING

DATE: THURSDAY JUNE 18, 2026

TIME: 6:30 PM TO 7:30 PM IST

Our Guest Speaker: Yogacharya Shri Durgadas Savant

FOR INQUIRIES REGARDING THE EVENT, PLEASE CONTACT ON +91 9981122292

FREE EVENT FOR ALL, JOIN US WITH YOUR NEAR AND DEAR ONE'S

"LET FOOD BE THY MEDICINE AND MEDICINE BE THY FOOD." - HIPPOCRATES



Aditti Verma
Mumbai

Yoga for Healthy Ageing

My journey with yoga began during my school days with a deep interest in health, wellness, and balanced living. This passion led me to complete my Yoga Teacher Training Course (YTTC) from Yoga Vidya Niketan, Vashi, in 2019. Since then, I have continued learning through Naturopathy (YNTC), Ashtanga Vinyasa Yoga, Prenatal and Postnatal Yoga, Face Yoga, Marma Therapy, Brain Yoga, and Natural Diet practices. I believe that learning is a lifelong journey.

Teaching yoga to children, senior citizens, adults, and expectant mothers has been one of the most fulfilling parts of my life. I enjoy helping people improve their health, confidence, and inner peace.

The theme "Yoga for Healthy Ageing" for this years IDY perfectly reflects my belief: "Adopt yoga as a way of life." Just as we brush our teeth every day, yoga should become a daily habit. My message is simple: Do yoga every day.

Many people start yoga only to lose weight. However, yoga is much more than that. It is for overall well-being—physical, mental, emotional, and spiritual. Weight loss, glowing skin, and fitness are simply by-products of regular practice.

I often remind my students, "Love and respect your body, so treat your body as a temple." Healthy food, sunlight, proper sleep, and mindful breathing are nature's greatest medicines. "Let food be your medicine."

Above all, I believe that "Life is simple; don't make it complicated. Be good, stay good, and do good for others." Through yoga, we can build healthier bodies, calmer minds, and a strong foundation for healthy ageing.

"लोकाः समस्ताः सुखिनो भवन्तु"

Aditti Verma

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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(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 கொண்போரே!

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

சுவாமி ஸ்ரீ சர்வதாமனந்தா அவர்களின் நல்லாசியுடன்
கிறைவன் தொண்டில்
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 | ☐ |
| 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

ஓராண்டிற்கான (குறைந்தபட்ச) கல்விச் செலவுகள், உணவு, மருத்துவ செலவுகள், புத்தகப்பை, ஒரு ஜோடி காலணிகள், புத்தாடை மற்றும் பள்ளிச் 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 | ☐ |
| 2. ஒரு ஜோடி காலணி வாங்க A pair of Shoes for a child | ₹ 500 | ☐ |
| 3. புத்தாடை மற்றும் சீருடை - 2 Sets of New Dress & Uniform for one child | ₹ 1,500 | ☐ |
| 4. ஒரு செட் புத்தகங்கள் Complete set of books for a child | ₹ 500 | ☐ |
| 5. ஓராண்டிற்கான (குறைந்தபட்ச) கல்விச் செலவுகள் One Year education expenses for a child | ₹ 2,000 | ☐ |
| 6. ஒரு குழந்தையின் மருத்துவ கப்பீடு Medical Insurance for a child | ₹ 3,000 | ☐ |

Education Kit Gift to a child
₹ 5,000



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

14 JUNE, 2026

Empowering Artistry & Education – Varsha Kukreja

Varsha is an accomplished visual artist and dedicated IB art educator whose creative journey is deeply inspired by nature and sustainability. With an MFA in Mural Painting and decades of experience, she has showcased her work at prestigious galleries including Jehangir and Cymroza in Mumbai, and collaborated with architects and designers to bring art into diverse spaces. As Head of Arts at Choithram International School, she nurtured creativity through IBMYP, IBDP, and IGCSE programs, while leading initiatives in sustainability and learning approaches. Her murals, paintings, and sculptures are displayed across India and internationally. Through her venture, Varsha continues to blend timeless artistry with mindful teaching, empowering students and audiences to embrace creativity with purpose.



Varsha Balwani Kukreja

Visual Artist (Freelance) & Art Educator (IBMYP & IBDP)

+91 9826069120

Her aim is to inspire creativity and sustainability through art, nurturing both students and audiences to embrace mindful expression and timeless beauty

Connect with Varsha for

- **Visual Art Creation** – Paintings, Murals & Sculptures
- **Art Education** – IB Educator: IBMYP, IBDP, IGCSE
- **Workshops & Training** – Art & Teacher Workshops
- **Collaborations & Exhibitions** – Prestigious Galleries & Projects

**Learn to create art joyfully!!
FREE limited seats**

Currently working as an **art expression mentor**, where She **helps art aspirants, beginners and artists to create authentic art joyfully** through a **structured approach**. This focuses not only on **ART skills** but also on **thinking and communication skills**.



<https://www.instagram.com/reel/DXRoWtkDGRi/?igsh=MW9mcHo3eHY2bmFhdA==fVWFQJpnpgP88/edit?tab=t.0>

Innerflow by Spandana: Guiding Women Toward Clarity and Self-Trust

Spandana, a Somatic and Mindfulness-Based Counsellor based in Dharamkot, Himachal Pradesh, empowers women to reconnect with their inner wisdom through wellbeing, menstrual health, and personal growth. Her journey from corporate India to conscious living shaped Innerflow; a space for reflection, healing, and transformation. Drawing from Vedanta, feminine wisdom traditions, and modern psychology, she helps women navigate stress, self-doubt, and life transitions with compassion and clarity. Through one-to-one sessions and workshops, Spandana offers practical tools rooted in mindfulness and embodied awareness. Her mission is simple yet profound: to help every woman access her natural capacity for joy, trust herself deeply, and live with purpose



Spandana

Connect For

- ❖ Emotional Wellbeing & Self-Understanding
- ❖ Relationship with Self & Others
- ❖ Stress, Overwhelm & Self-Doubt
- ❖ Menstrual Health, PMS & Perimenopause
- ❖ Fertility Journeys
- ❖ Life Transitions & Personal Growth
- ❖ Spiritual Inquiry & Vedanta



InnerFlow
by Spandana

Guiding Your Path to Wellbeing...



One-to-One Sessions



Women's Wellbeing Workshops



Corporate Workshops & Talks



Ongoing Online Programs

Website: InnerFlowBySpandana.com

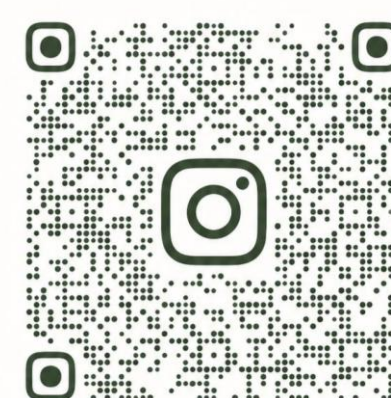
Email : a.spandana@gmail.com



Instagram: @spandana.InnerFlow



YouTube: InnerFlow by Spandana



@SPANDANA INNERFLOW

Writers Column

Happy Fathers Day – A Message from Mrs. Jayashree Iyer

என் தந்தை யார்
என்பது முக்கியம் இல்லை
ஆனால் என் நாயகன் அவரே. என்
வழிகாட்டி, என்னுடன் எப்போதும்
கூடவே நின்று நல்லது கெட்டது
எடுத்து கூறி வழி நடத்துவார்
‘இந்த வரிகள் அவருக்கே
எழுதியவை.’ அம்மாவும் நீயே
அப்பாவும் நீயே அன்புடன்
ஆதரிக்கும் தெய்வமும்
நீயே!’ அருமை மகள் ஐய்ச்ரீ



Jayashree Iyer

I had my basic schooling in Ooty and later continued in Chennai where our family found its new home. I studied English Literature and did a Diploma in Journalism. Intended to do law but was not allowed to in Chennai as family was orthodox, so pursued undeterred online, only that I can't practice as it is not approved by the bar council. So used journalism and Litt together to become a Highschool teacher in India and abroad. I was encouraged to participate in any sport and dad used to drop me off early.

His encouragement to do what was best made me analyze and stay positive in life. I was a player from my school days and continued for the college team as well. Donned many hats as he supported me silently with full faith in me.

My father S. Ramanathan was a leading Chartered Accountant in Ooty and later in Chennai in different organizations. He was a pillar of strength for me and he and my mom shaped me to be what I am today. Long live dearest Appa. Stay blessed with good health and joy

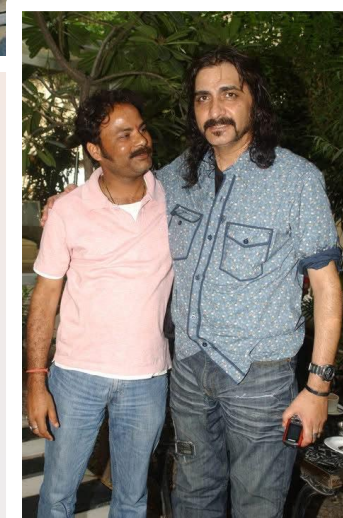
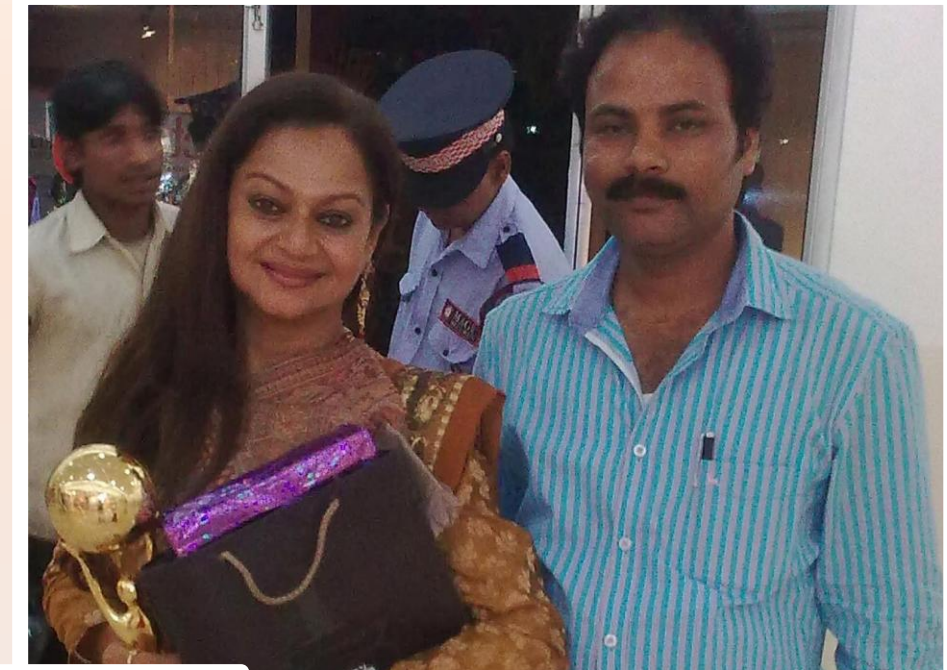


S. Ramanathan

Writer's Column

Amit Kumar - Three Decades of Journalistic Excellence

श्री अमित कुमार पिछले तीन दशकों से पत्रकारिता कर रहे हैं और इस दौरान इन्होंने कई सनसनीखेज खबरें लिखी हैं। श्री कुमार की अबतक तीन किताबें प्रकाशित हो चुकी हैं जिनमें पत्रकारिता के छात्रों के लिए "जनसंपर्क" (दिल्ली सरकार के हिंदी अकादमी द्वारा "साहित्यकृति सम्मान" से सम्मानित), क्रिकेटर धोनी के ऊपर इन्होंने "सफलतम कप्तान महेंद्र सिंह धोनी" नामक एक पुस्तक लिखी है। इसके अलावा भारत के प्रधानमंत्रियों की शक्ति बताती किताब "द स्टोरी ऑफ पीएम पावर" (अंग्रेजी और हिंदी) में प्रकाशित हो चुकी है। यह सभी किताबें डायमंड बुक्स ने प्रकाशित की हैं। इसके अलावा इनकी कविताओं का एक संग्रह "कविता कानन" नाम से प्रकाशित हुआ है। इस सब के अलावा अमित कुमार ने गHOST राइटिंग भी करते हैं और अबतक आधे दर्जन किताबें लिख चुके हैं। "वो सत्रह दिन" (उपन्यास), "महिला सशक्तिकरण", "मोदी की विदेश नीति" का संपादन भी किया है। इसके अलावा इन्होंने हिंदी के पहले उपन्यास "परीक्षा गुरु" को सीरियल में रूपांतरण किया है जिसका निर्माण और प्रसारण दूरदर्शन ने किया है। यह धारावाहिक 1882 में प्रकाशित हिंदी के पहले उपन्यास "परीक्षा गुरु" का रूपांतरण है। इसके साथ ही श्री कुमार ने सीरियल और फिल्म लेखन भी किया है। अमित कुमार थियेटर से भी जुड़े रहे हैं और इन्हें नाट्य समीक्षा के लिए "बेस्ट क्रिटिक अवार्ड" भी मिल चुका है। इसके अलावा इन्हें पत्रकारिता के लिए कई पुरस्कार मिले हैं।



Mr. Amit Kumar is a seasoned journalist with over three decades of impactful storytelling across print, television, and theatre. His insightful reports and creative works have shaped public discourse and cultural appreciation. Author of acclaimed books including *Jansampark*, *Safaltam Captain Mahendra Singh Dhoni*, and *The Story of PM Pawan*, he has received the **Sahityakriti Samman** from the Hindi Academy, Delhi Government. His novel *Pariksha Guru* was adapted by Doordarshan, reflecting his enduring influence on Indian literature and media.

Writers Column

அப்பா – நாம் பார்த்த முதல் சூப்பர் ஹீரோ

“அப்பா”

இந்த எழுத்துகளில், ஒரு குடும்பத்தின் உழைப்பு, ஒரு குழந்தையின் நம்பிக்கை, ஒரு வீட்டின் பாதுகாப்பு அனைத்தும் மறைந்திருக்கிறது.

அம்மாவின் அன்பு மழை போல தெரிந்தால், அப்பாவின் அன்பு காற்றைப் போல உணரப்படும். அதை பார்க்க முடியாது... ஆனால் அது இல்லாமல் வாழ்க்கை நகராது.

தனது கனவுகளை அமைதியாக புதைத்து வைத்து, குழந்தைகளின் கனவுகளை நனவாக்க தினமும் போராடும் மனிதர் அப்பா. அவரின் அன்பு மௌனமானது... ஆனால் உலகிலேயே மிகவும் உண்மையானது.

இந்த உலகத்தில்

அன்பை அதிகமாக உணர்த்துபவர் அம்மா என்றால், அந்த அன்பை பாதுகாப்பாக மாற்றுபவர் அப்பா.

நாம் உயர வேண்டும் என்பதற்காக அவர் சுமக்கும் பொறுப்புகள் எண்ணிலடங்காதவை. அவர் சோர்வடைவார்... ஆனால் உடைந்து போக மாட்டார். அவர் கவலைப்படுவார்... ஆனால் அதை வெளியில் காட்ட மாட்டார்.

ஒரு வீட்டின் உண்மையான ஹீரோ அப்பாதான்.

குடும்பம் சிரிக்க வேண்டும் என்பதற்காக தனது கனவுகளை கூட தியாகம் செய்யும் இதயம் அப்பாவுக்கு மட்டுமே உண்டு.

இந்த தந்தையர் தினத்தில்,

அவரிடம் ஒரு முறை சென்று சொல்லுங்கள்:

“அப்பா... நீங்கள் இருப்பதால்தான் எங்கள் வாழ்க்கை அழகாக இருக்கிறது.”

இனிய தந்தையர் தின நல்வாழ்த்துகள்!

Mrs. Bhanu Vinoth is a passionate content creator, entrepreneur, and social influencer dedicated to creating meaningful digital content with creativity and social responsibility. As a successful YouTuber, she actively creates engaging and informative content that inspires families, empowers women, and promotes awareness on women's health and well-being.

Her commitment and impact in the digital space earned her the prestigious YouTube Silver Play Button recognition. Through her creative storytelling and community-focused initiatives, she continues to connect with thousands of viewers and followers.

Mrs. Bhanu Vinoth is also the Co-Founder of the Mcityonline App, a community-based platform designed to provide useful services and strengthen local community connections. Her vision is centered around building supportive, informed, and empowered communities through technology and social engagement.

With a strong passion for creativity, education, family values, and social awareness, she believes in using digital platforms as a tool to create positive change in society. Her work reflects dedication, innovation, and a genuine desire to inspire and uplift others.



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From the Editor's Desk



Stillness Beside the Flow

Over the past two weeks, I stepped away from routine and traveled to Varanasi, Ayodhya, and Pashupatinath. These journeys were not just about visiting sacred places, but about creating space to pause, breathe, and listen within. Standing by the river, walking through temple courtyards, and sitting in quiet prayer offered a rare chance to slow down and reconnect with myself. In that stillness, I found clarity, peace, and the courage to begin anew. We all need such moments; time to reflect, reset, and cultivate greater self-awareness in our own lives.

Kind Regards

Jagrity Shrivastava

Aqualily, MWC, Chennai

J Connect Quiz Challenge - Win & Shine!

Congratulations Shana Sara Luke



Thank You Mrs. Dhurga Ramesh
(RD Creations)
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Quiz – June 2026

*I move yet never walk,
I sing though never talk.
I carve the land, both wide and deep,
I cradle secrets that I keep.
I mirror skies both dark and bright,
I quench the thirst,
I give you life.
I flow forever, yet never tire,
I calm the soul, yet can inspire.*

Question: What am I?