

J^oCONNECT

Journeys & Connections..

*In every journey, we seek strength, clarity, and inspiration. Shiva embodies the cosmic energy that fuels resilience, creativity, and transformation. As we celebrate **Maha Shivaratri**, let us remember the divine stillness and dynamic force he represents a perfect balance of grace and power.*

Through stories, podcasts, and shared experiences, may we continue to radiate positivity, embrace challenges, and walk our paths with courage, guided by the energy that connects us all.

Shiva – The Source of Energy and Power



Journeys Shared, Connections Strengthened – J Connect Podcasts

J Connect Podcasts – Voices That Inspire

*We are thrilled to announce that J Connect has expanded beyond newsletters into the world of podcasts! With a **professional setup** and already 10 episodes live, the response has been overwhelming. This is the first of its kind, bringing stories, ideas, and conversations directly to you in a dynamic new format.*

J Connect – Journeys & Connections



@Jconnect2026



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

We invite you to come forward, share your journey and grow with us

FEBRUARY 15, 2026

Spice Route - A World of Flavours at MWC Club Downtown

Indulge in Pan Asian, Indian, Continental, and more at Spice Route Restaurant. Perfect for **family dining**, **corporate lunches**, and **special celebrations**



A WORLD OF FLAVOURS Crafted to Perfection

Indulge in an Exceptional Dining Experience with
Our À la Carte Menu and Specialised Buffets,
Featuring the Finest Cuisines.

Our Specialties Includes

 Pan Asian  Chinese  Continental

 Indian  Tandoor  South Indian

Perfect Place for Family Dining, Corporate Lunches,
Celebrations & Special Occasions

For Bookings & Orders: 75500 55844

Umamageshwari Agency - Trusted Name in Mobile Solutions

Umamageshwari agency, led by proprietor Venkatesh Balaji, has been a trusted name in mobile and accessories retail and wholesale for over 23 years. With strong partnerships across more than 50 dealers in Chengalpattu, the agency is known for genuine branded products at standard prices, backed by warranty and reliability. Beyond sales, Umamageshwari agency empowers business owners through training programs. He has trained more than 500+ business owners to scale ventures and enhance skills.. The agency also fulfills corporate orders, offering festival gifting solutions such as power banks, Bluetooth headsets, and speakers. Venkatesh Balaji's leadership reflects consistency, innovation, and a deep commitment to customer satisfaction and community growth



Venkatesh Balaji



**UMAMAGESHWARI AGENCY
NO.40 BIG MANIKARA
STREET
CHENGALPATTU -603001**

+91 99524 81234

His vision is to transform one lakh lives by driving sustainable business growth

Connect For

- Mobile and Mobile Accessories
- Mobile Service
- Wholesale and corporate orders
- Business Training center
- Business Connect Chengalpattu



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J Connect – Journeys & Connections



Travel 365: Expert Journeys Across Europe & Beyond

Travel 365 DMC LTD is your premium gateway to Europe, delivering expert travel services tailored for the discerning Indian market. Headquartered in London with offices in India and Portugal, the company specializes in van tours, FIT, groups, and MICE across the UK, Europe, Scandinavia, Iceland, and Morocco. Led by industry veterans, Mr. Shyam Mohan Dixit, Head of Sales (India & SE Asia), with 25+ years of experience, and Mr. Durgesh Uniyal, Head of Operations & Contracting, with 20+ years, Travel 365 ensures seamless execution, personalized service, and unforgettable journeys for every traveler.



Shyam Mohan Dixit
Durgesh Uniyal

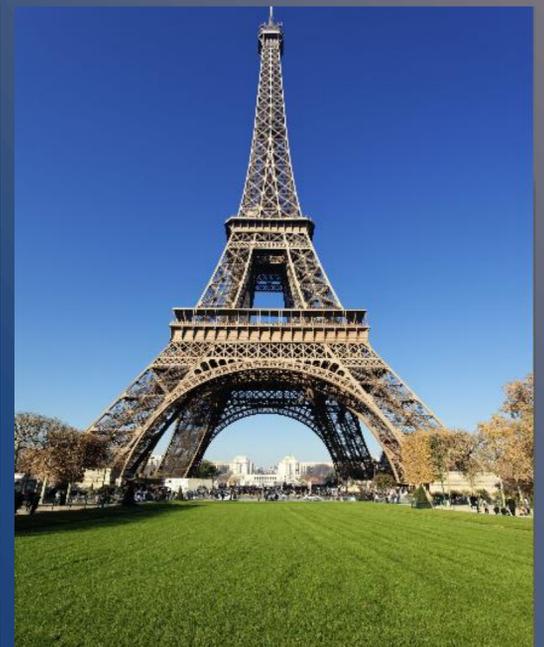
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Their mission is to deliver premium, tailor-made travel experiences through expert planning, seamless execution, and unforgettable journeys across Europe and beyond

J Connect – Journeys & Connections



www.travel365dmc.com





FEBRUARY 15, 2026

Sridhevi Music Academy - Discover the beauty of Carnatic Music

Guru. Sangeetha Isaimamani, Pan Isai Thilagam, **Smt. S. Suriyakala, M.A.,M.B.A.,D.MUSIC.** is a renowned Carnatic music teacher and founder of Sridhevi Music Academy in Tamil Nadu. Trained under Kalaimamani Shri Siva Subramania m of Trichy, she upholds the rich tradition of Carnatic music with devotion and discipline. Through her academy, she organizes vibrant cultural programs during Navaratri, Krishna Jayanti, Vinayagar Chaturthi, and temple Kumbabhishekam across Chengalpattu and nearby areas. She also teaches at Vidya Sagar Global School and conducts classes in Mahindra City, Kunnavakkam, Anjoor, and Chettipunniyam. Beyond music, she is a gold medalist in MBA Finance and recipient of the Academic Excellence Award from Dr. Abdul Kalam Trust.



Smt. S. Suriyakala

+91 98434 99949

Chengalpattu

Her mission is to preserve, promote, and propagate the timeless beauty of Carnatic music by nurturing students with discipline and devotion



@SRIDHEVI_MUSIC_ACADEMY



@SrideviMusicAcademy



For Space in upcoming edition of J Connect, Contact



8610564907

FEBRUARY 15, 2026

ELA Green School Presents: Gateway to Global Education

**WE ARE BRINGING
50+ UNIVERSITIES
TO YOU
AT
THE GLOBAL FAIR
2026**

**AT
ELA GREEN
SCHOOL**

**FEBRUARY 14
SATURDAY
2026**

**MEET TOP
UNIVERSITIES
FROM INDIA
& ABROAD**

**THIS IS YOUR
CHANCE TO
PLAN YOUR
HIGHER
EDUCATION**

J Connect – Journeys & Connections

ELA Green School proudly presents the Global University Fair 2026, scheduled for Saturday, 14 February 2026, from 9:00 AM to 11:00 AM at our campus in Maraimalai Nagar. This flagship career guidance event will host 50+ Indian and international universities, offering students and parents a unique chance to explore higher education opportunities across India, the UK, USA, Europe, and Asia.

The fair will showcase diverse programmes including Engineering, Business, Design, Medicine, Law, Film, Aviation, and more, with direct one-on-one interactions with university representatives. Open to both students and parents, the event aims to provide clarity on courses, pathways, and global opportunities, empowering learners to make confident decisions about their future.

GLOBAL UNIVERSITY FAIR 2026
Meet top Indian & International Universities – all under one roof

FREE ENTRY!
DATE : 14TH FEB 2026
TIMING: 9 AM - 11 AM

SCAN TO REGISTER

Hindustan Institute of Technology and Science	ASHOKA UNIVERSITY	VIT	University of East London	O.P. JINDAL GLOBAL UNIVERSITY
BITSOS	UNIVERSITY OF GREENWICH	KREA	psb ACADEMY	SAI
UNIVERSITY OF TORONTO	CONCORDIA	ar.u.	WU	FLAME UNIVERSITY
VMLS	UNIVERSITY OF DELHI	idp	Woxsen University	UNIVERSITY OF GLASGOW
NYFA	WESLEYAN	ICFAI	EMBRY-RIDDLE	NAFA
UNIVERSITY OF CONNECTICUT	CONTRAIL	APOLLO	B.H.M.S.	at-sunrice
And many more				

ELA GREEN SCHOOL 08939958989



Venue: ELA Green School, Maraimalai Nagar
Time: 9:00 AM – 11:00 Am

FEBRUARY 15, 2026

Run, Recharge, Reconnect with MWC Runners Club Expo

J Connect proudly celebrates the MWC Runners Club Wellness & Active Living Expo, happening on 20th & 21st February 2026 at MWC Club, Mahindra World City.

This vibrant platform, held alongside the MWC Marathon Bib Expo, invites stall partners to showcase wellness, nutrition, sports, and lifestyle products to runners, families, and fitness enthusiasts. Don't miss the chance to be part of this energetic gathering ahead of marathon day, where community, health, and celebration come together in inspiring ways!

Wellness & Active Living Expo 2026

WELLNESS & ACTIVE LIVING EXPO | MWC MARATHON 2026

Stall partners are invited to be part of the Wellness & Active Living Expo happening on 20th & 21st February 2026, alongside the MWC Marathon 2026 Bib Expo, at MWC Club, Mahindra World City, Chengalpattu.

EVENT DATE : 20TH & 21ST FEBRUARY 2026

Event Timing : 10:00 AM – 6:30 PM | Stall Size :10 FT × 10 FT

EXHIBITOR PACKAGES

- Exhibitor Package 1**
Bib Expo (Feb 20 & 21)
₹20,000 + 18% GST per stall
- Exhibitor Package 2**
Bib Expo + Marathon Day (Feb 22, 2026) ₹25,000 + GST per stall

TERMS & CONDITIONS

▶ Only the 10x10 exhibition space will be provided. ▶ Stall setup, table, electricity, branding, and related arrangements must be organized by the exhibitor. ▶ 100% advance payment is required to confirm the stall booking.

MWC MARATHON 2026

ONE RACE ONE GOAL. ONE AWESOME T-SHIRT.

SCAN TO REGISTER

CROSS THE FINISH LINE. CLAIM YOUR MEDAL. MAKE IT YOURS.

RACE CATEGORIES
1 km | 3k | 5k | 10 km (CRUISE) | 21.07 km (TERRACE)
Register Now: www.mwcrunners.in | Group Registrations: info@mwcrunners.in | +91 999 499 3020

This Expo Will Welcome Runners, Families, Fitness Enthusiasts, And The Wider Community Offering A Vibrant Platform To Showcase Products And Services In Health, Wellness, Fitness, Nutrition, Sports, Lifestyle Products And Active Living.

For stall bookings and details:

+91 999 499 3020 | guru@mwcrunners.in | www.mwcrunners.in

J Connect – Journeys & Connections

An Invitation to All

Open to the public, the expo offers a lively showcase of fitness, nutrition, sports, recovery, and lifestyle brands. Visitors can interact with experts, discover exciting products, and soak in the marathon spirit ahead of race day. Families, friends, and fitness enthusiasts are invited to explore health, nutrition, sports, and lifestyle showcases, interact with experts, and soak in the marathon spirit.

WELLNESS & ACTIVE LIVING EXPO – MWC MARATHON 2026

The Public is warmly invited to experience the **Wellness & Active Living Expo**, happening on **20th & 21st February 2026** at the **MWC Club, Mahindra World City, Chengalpattu**, alongside the **MWC Marathon 2026 Bib Expo**.

Time: 10:00 AM – 6:30 PM
Date: 20th & 21st Feb 2026
Location: MWC Club, Mahindra World City, Chengalpattu

Explore a vibrant showcase of health, fitness, nutrition, sports, recovery, and active lifestyle brands, interact with experts, and discover exciting products as the excitement builds toward race day.

Registered runners can collect their race bibs during the expo.
Bring your friends and family and be part of the marathon celebration even before race day!



Holistic Healing Through Classical Homoeopathy



Dr. S. Bhuvaneshwari, B.H.M.S., is a distinguished homoeopathy physician and founder of **Adiesha Holistic Homoeo Clinic** (since 2015). A five-time university rank holder and graduate of Government Homoeopathy Medical College, Madurai, she is renowned for her patient-centric, classical approach inspired by Dr. Hahnemann. Her expertise spans humans, animals, and plants, integrating remedies with lifestyle, mindfulness, and emotional healing. Honored with the **COVID Time Achiever Award** and winner of the **Golden Jubilee Scientific Seminar**, she has presented research internationally, including Dubai and London. Her mission is to deliver compassionate, evidence-based holistic healing for acute and chronic conditions.

Dr. S. Bhuvaneshwari
+91 9994724282

She aims to provide true holistic healing through classical homoeopathy, compassion, & evidence-based research, ensuring gentle, permanent cures beyond symptomatic relief.

Connect For

- Award Winning Homoeopathy expertise
- Globally Recognised approach
- Holistic approach – Remedies + lifestyle
- Acute and Chronic Care

Paper Presentation
 on February 17th
"A Journey of Emotional Healing and Safe Motherhood"
 Thanking the Organisers and AYUSH Ministry for the Opportunity to Appear Globally

Thank you for the opportunity to present and share my research in such a prestigious international platform!

LCH UK 6:19 PM
 to me

Dear Dr S Bhuvaneshwari,
 Greetings from The London College of Homeopathy UK.

We are happy to announce that your paper Myositis Ossificans has been selected for oral presentation for the One Day Conference on Harmony through Homeopathy: Healing Beyond Borders to be held on 11th April 2026 at Hotel Radisson Red, Heathrow.

The detailed conference program shall be published soon, and you will be notified of the same, including your time slot and duration of the presentation. Please submit your full paper and PPT of your presentation latest by 15th Feb 2026.

As every speaker needs to be registered as an attendee, we request you to kindly register and pay the conference fee (of Day 2) at the link - <https://lchomeopathy.com/whd2026> under the category "WHD-Day 2 Delegate" latest by 31st January 2026. Please ignore if you are already registered.

3rd INTERNATIONAL AYUSH CONFERENCE & EXHIBITION
 15-17 Feb 2026 | DUBAI

ORGANISED BY: SIEF, WORLD AYURVEDA FOUNDATION, AN INITIATIVE OF YOUNG INDIA BRIGADE
 SUPPORTED BY: Ministry of Health and Family Welfare, Government of India, Ministry of AYUSH

Congratulations

PAPER AND POSTER PRESENTATION

- Dr. Rekha Karnam Srinivasan
- Dr. Ajith Kumar VG
- Dr. Niharika Jain
- Dr. S. Bhuvaneshwari
- Dr. Sajjin Mayancheri
- Dr. Shairith MP

PAPER PRESENTATION

- Dr. Vinu Krishnan
- Dr. Soumya Krishnan
- Dr. Sonali Khambete
- Dr. Shaabna Haseeb
- Dr. Sonali Khambete
- Dr. Neetu Nicholas

POSTER PRESENTATION

- Dr. Jamsheena Pandikasala
- Dr. Subair PK
- Dr. Shaheena Kadri
- Dr. Deepthi Mahesh Yesade
- Dr. Rupali Girotkar
- Dr. Remya R
- Dr. Veerapathiran. V



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)

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

இனிய புத்தாண்டு மற்றும் பொங்கல் நல்வாழ்த்துகள்

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!

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

சாரதி ஸ்ரீ சாரதாசக்தி பீடம், சென்னை
இறைவன் தொடர்பும்
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.

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 (Providing Food, Cloth & Yearly Education Expenses)	₹	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 Education 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"/>
b) i) To cater for higher education under "SSP Higher Education Endowment Scheme"	₹	2,000 and above	<input type="checkbox"/>
ii) Yearly Maintenance Expenses for a student	₹	24,000	<input type="checkbox"/>

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

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 yearly requirements of a child**

1. School bag for a child	₹	500	<input type="checkbox"/>
2. A pair of Shoes for a child	₹	500	<input type="checkbox"/>
3. 2 Sets of New Dress & Uniform for one child	₹	1,500	<input type="checkbox"/>
4. Complete set of books for a child	₹	500	<input type="checkbox"/>
5. One Year education expenses for a child	₹	2,000	<input type="checkbox"/>
6. Medical Insurance for a child	₹	3,000	<input type="checkbox"/>

d) **Monthly Running Expenditure** for SSP Works out to nearly Rs.8,50,000/- 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



Whatsapp
88070 00510

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





The Ravichandran Duo: Learn Chess, Master Strategy

Mr. K. Ravichandran (MA) is a distinguished FIDE Trainer, Instructor, Arbiter, and International FIDE-rated player, dedicated to nurturing talent through professional chess training. Fluent in Hindi, Telugu, Tamil, English, and Malayalam, he bridges cultures and inspires learners everywhere. Alongside him, Mrs. Geetha Ravichandran, a National Trainer, International FIDE-rated player, and National A player, brings her own expertise and passion. Together, they form a dynamic duo, guiding students to master strategy, sharpen skills, and achieve success in the world of chess.



K.Ravichandran

+91 9894622286

raveekchess@gmail.com

MWC

Connect For

- Professional Chess Training
- Online And Offline Classes are available



Geetha Ravi Chandran

- National Trainer International FIDE Rated Player
- National A player

+91 9489972286



Vidhya Sagar Global School Annual Day

At Vidhya Sagar Global School, GST Road, Chengalpattu, the vision of nurturing value-based global competencies came alive during the Annual Day 2026, themed Dream Aura. Held on February 7 at the Bhagawan Mahaveer Swami Auditorium, the celebration reflected the school's commitment to quality education and joyful learning



Chief Guest: Shri Chaganmal Dhoka, Former Chairman, Terapanth Jain Vidyalaya, emphasized that "Education is the greatest gift we can give our children. It equips them with knowledge, values, and confidence to dream big, think wisely, and succeed with dignity in an ever-changing world."

Guest of Honour: Smt V Gowrilakshmi, Principal, Chinmaya Vidyalaya, Anna Nagar, Chennai highlighted that "Emotional and physical wellness play a pivotal role in students' holistic development. They help students focus, build confidence, and reach their full potential. Education also nurtures discipline and good manners, enabling students to grow into well-balanced individuals



The Annual Day was graced by dignitaries Sri Vikas Surana, Correspondent, VSI, and Principal Dr V C Govindarajan, whose presence added warmth and pride to the occasion. The cultural program unfolded with Mudhra, a captivating welcome dance, followed by a rich sequence of performances—mystical book dramas, Amalgam Band, Vande Mataram, and themed dances across primary, middle, and senior wings. Each segment reflected creativity, discipline, and teamwork, culminating in a vibrant Entrepreneurs Dance. Students were honored for excellence in academics, sports, and national-level achievements, showcasing the school's holistic spirit. Principal Dr Govindarajan praised the discipline and teamwork behind the success, while management lauded the collective effort of teachers, students, and parents. Parents expressed pride and joy, calling the event inspiring and memorable.





Vijay Fine Arts Academy - Learn Through Creativity



Vijayakumar, MFA, is a dedicated visual artist whose work reflects heritage, nature, and culture. Influenced by mentors and inspired by everyday life, he uses art to create awareness and connect with people. As founder of **Vijay Fine Arts Academy** in Chennai and Chengalpattu, he has been teaching drawing and painting to learners of all ages for many years. His venture is built on hands-on practice, personal guidance, and a belief that creativity grows when students explore their own interests and experiences.

Vijaykumar V

+91-9841787124

fineartsvijaymfa007@gmail.com

vijayfineartsacademy.in

He aims to provide hands-on, personalized art education that helps learners of all ages explore creativity and connect with heritage, nature, and culture

Connect For

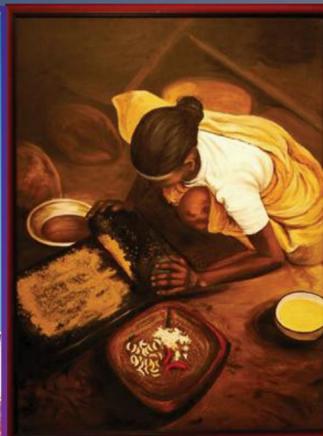
- Acrylic Painting
- Digital Art Work
- Pencil Art Work
- Water Color painting



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BASIC & ADVANCED DRAWING CLASS

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Rhythmic Vibe Kathak Dance School

Mrs. Amrita Mukherjee is a highly accomplished classical dancer with over 20 years of experience in Kathak and Bharatnatyam. A **Sangeet Ratna in Kathak** and **Sangeet Bhaskar in Bharatnatyam**, she began her journey at the age of seven in Ranchi under Ashok and Meena Nandi, disciples of Shri Uday Shankar, and later trained under Shri Vipul Chandra Das. Presently, she is a disciple of Guru Smt. Moli Siddharth, prime disciple of Pandit Birju Maharaj. In 2019, she founded Rhythmic Vibe Kathak Dance Academy in Burlington, Canada, which has won the Canadian Choice Award for excellence in dance education.



Amrita Mukherjee

+1 647 7083502

Canada

Her mission is to preserve and share Indian classical dance, especially Kathak, by nurturing creativity, discipline, and cultural pride in students of all ages



https://instagram.com/rhythmic.vibe?utm_medium



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



<https://g.co/kgs/zQvSwF>



Clarity, Confidence & Resilience Through Life Coaching

Sona Bahl is a transformational guide and life coach who helps individuals rise above confusion, setbacks, and limiting beliefs. Through her signature **B.L.I.S.S. Method**, she empowers people to gain clarity, build resilience, and cultivate emotional balance. With her compassionate step-by-step approach, Sona turns challenges into opportunities for growth. Her mission is to help you not just cope with life's struggles, but to become truly unstoppable; living with confidence, strength, and inner peace



Sona Bahl
+91 98404 77605
Chennai

Her mission is to empower individuals to break free from limiting beliefs, embrace resilience, and live with clarity, confidence, and emotional balance

Connect For

- Life Coaching Expertise
- Mindset Transformation
- Resilience Building
- Proven B.L.I.S.S. Method

J Connect – Journeys & Connections

Rotary THE MAGIC OF ROTARY

ROTARY CLUB OF ASHOK PILLAR

Welcome you all to the vocational training project
"Women IN- Tech Digital marketing skill development" &
"Women Wellness Program"

INTERNATIONAL WOMEN'S DAY
in association with

Livik Digital Famed

RTN SONA BAHL
Speaker
Women Wellness

RTN Priyanka Veera
Speaker
Digital marketing skill

Date : 8/03/2025 | Venue: No:6B,2nd Floor,Krishna Nagar,
Madhanandapuram, Chennai, 600125

All are Wellcome

Rtn. Sandhiya (Club President), Rtn. Srinivasan R (Director - Club Service), Rtn. Gajendran (Director - Community Health Service), Rtn. Narayanan (Director - Vocational Service), Rtn. Vijay (Club Secretary)



Aaptherbs: Nature's Touch for Everyday Wellness

Founded by Ramya Badri in 2018, Apt Herbs continues to champion natural living through preservative-free skincare, haircare, and traditional foods. The brand's latest offerings, **Age Revive Serum**, **Herbal Shampoo Bar**, **Herbal Hair Dye**, and traditional sweets like **Kaju Katli**, reflect its commitment to blending wellness with tradition. Every product is handmade using ingredients like groundnut oil, jaggery, millets, and native rice, free from synthetic enhancers. Apt Herbs also curates festive packs and personalized gifts, empowering young entrepreneurs through wholesale opportunities while serving parlours, boutiques, and conscious communities with the warmth of motherly care and cultural pride.



Ramya Badri

Founder of Aapt Herbs
Salem, TN

+91 9965320776

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

Connect For

<https://aaptherbs.com/>

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



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



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



Online Orders delivered,
Contact : 9965320776



Handcrafted Elegance – The World of Crochet



Manju Solanki discovered her passion for crochet during the lockdown, learning through YouTube tutorials and gradually mastering the art with dedication and creativity. What began as a simple hobby soon transformed into a serious pursuit as she experimented with new designs and techniques. With the encouragement of her family, she started selling her handmade crochet products, offering a wide variety of items and customized creations tailored to individual preferences. Her work reflects patience, artistry, and innovation. Beyond crafting, Manju is also open to teaching crochet, sharing her skills with others, and inspiring them to explore the joy of handmade art.

Manju Solanki

+91 72006 28246

MWC

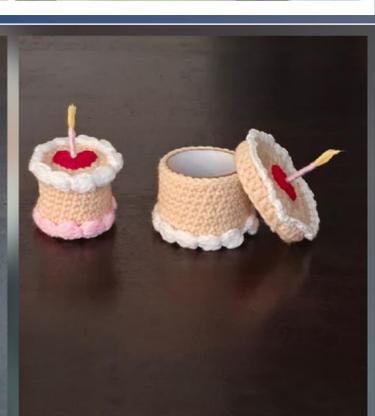
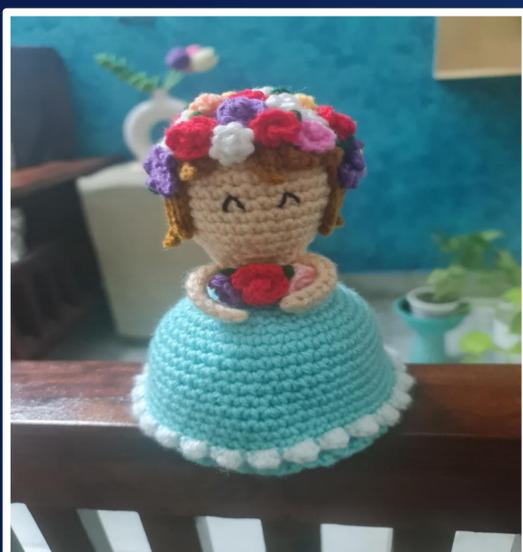
Her mission is to spread the joy of crochet by creating unique handmade designs and inspiring others to learn and cherish the art of crafting.

Connect For

■ Handmade crochet products

■ Customized orders

■ Crochet classes



Mukund Collections – Fashion, Lifestyle & Value

Manjarii Agarwal, founder of **Mukund Collections**, brings together quality, affordability, and unique designs under one roof. Established at RPS Savana, the store is known for its fixed-price policy and diverse range of clothing and lifestyle products. From elegant kurtis and comfort wear to kids' cordsets, cotton bedsheets, and handmade soaps, Mukund Collections offers something for everyone. With a focus on customer satisfaction, Manjarii ensures every product reflects style, comfort, and value. Her mission is to make fashion and lifestyle accessible, reliable, and delightful.

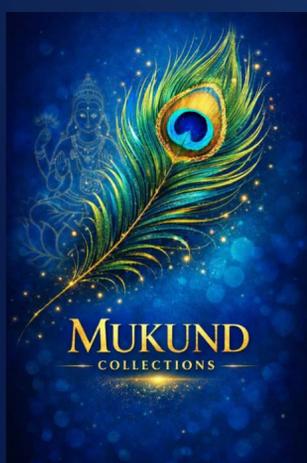


Manjarii Agarwal
+91 9971723367
Faridabad, Haryana

Her aim is to deliver stylish, affordable, and high-quality fashion and lifestyle products that bring comfort, confidence, and joy to every customer

Connect For

- Kurtis and Kurti Pant Sets
- Kids Cordsets, Cotton Bedsheets
- Comfort Lady Pants and Jeggings
- Lifestyle goods, Handmade Soaps



9971723367, 8287531447

Mukund Collections

- * New Variety of Summer Kurtis
- * Kurti Pant Set
- * Comfort Lady Pants
- * Comfort Lady Jeggings
- * Kids Cordsets
- * Cotton Bedsheets
- * Handmade Soaps & many more
- * Super quality and Reasonable Prices

A Fixed Price Store With a New Variety of Ladies Wear

Add : AT RPS SAVANA

- ✓ SUPER QUALITY FABRICS
- ✓ BEST DESIGNS
- ✓ LATEST COLOUR
- ✓ RICH COMBINATION
- ✓ BEST IN RATE



Bharatanatyam Made Accessible: Tradition for Every Heart



Mahitha Suresh
Chennai

Mahitha Suresh is a remarkable blend of tradition and modern excellence. Trained in Bharatanatyam and Kuchipudi under her mother, Smt. Vidya Bhavani Suresh, she has grown up immersed in India's rich performing arts. Her contributions to Skanda Publications and involvement in research projects reflect her deep understanding of diverse art forms. A versatile performer, she has graced prestigious stages across India and featured in media platforms. Beyond dance, Mahitha is a black belt in Karate, a published fiction writer, and a distinguished chartered accountant, embodying discipline, creativity, and resilience in every sphere of her life.

Mahitha's mission is to honor India's performing arts, inspire cultural appreciation, and balance tradition with professional excellence to motivate future generations.



@mahithasuresh16



Mahitha Suresh



Mahitha Suresh

J Connect – Journeys & Connections



FEBRUARY 15, 2026

Lovesca : Health, Quality and Innovation in food



Mrs. Mala M, founder of **Lovesca**, transformed her personal experiences into a mission to make healthy eating accessible for all ages. Her venture blends traditional methods with modern innovation to craft preservative-free, nutrient-rich foods that inspire better lifestyles. Lovesca supports local farmers by sourcing ingredients directly, ensuring authenticity and sustainability. Recognized with several awards for her dedication to health and community impact, Mrs. Mala continues to champion wholesome living. Lovesca is more than food, it's a movement toward joy, vitality, and mindful nourishment.

Mrs. Mala M

+91 9789909189

www.lovesca.in

MM Nagar

Her mission is to provide healthier living through preservative-free, nutrient-rich foods that blend tradition with innovation.

Connect For

- Health mixes for Kids and Adults
- Millet based Snacks and More
- Thokku and Pickles
- Variety of Ready Mixes, Preservative free



Begabung Fest at Ramana Vidyalaya

Ramana Vidyalaya, Mahindra World City, celebrated its Primary Talent Show “**Begabung Fest**” on the theme *Chronicles of Change*. Students enthralled the audience with captivating songs, graceful dances, a thought-provoking skit, and an energetic silambam performance. It was a memorable evening for the RV family to come together, celebrate the creativity of their children, and witness how they seamlessly integrated classroom learnings across subjects into the theme, weaving them into meaningful life lessons.



J Connect – Journeys & Connections



Initiating the Inner Circle Club at MWC

The Inner Wheel Club, one of the world's largest women's voluntary organizations, stands for service and friendship. Founded in 1924, it now thrives across 100+ countries with over 120,000 members. In India, clubs like Madras Bay City lead projects in education, health, women's empowerment, and senior citizen support.



Their initiatives include cancer screening camps, youth development programs, musical events for elders, and aid for children needing medical care. They also champion auto drivers, transgender empowerment, disaster management, and cyber safety awareness. With compassion and dedication, the Inner Wheel Club continues to reach communities and inspire lasting change

"Mission is to promote true friendship, encourage personal service, and foster international understanding through impactful community initiatives that uplift, empower, and inspire."

Impactful community initiatives

- Cancer Screening & Health Camps
- Youth Development & Education
- Senior Citizen Care
- Medical Aid for Children
- Women & Marginalized Empowerment and more...



Mrs. Anusuya Mohan, member of Inner Wheel Club - Madras Bay City, is proudly leading the baton to start a new club in Mahindra World City. She invites women who wish to contribute, connect, and create community impact to join this inspiring initiative. Together, let's build friendships, empower lives, and make a difference through service and sisterhood.

Anusuya Mohan
+91 99403 19700



With Folded Hands: C. Nagendran's Journey of Gratitude, Service, and Environmental Awareness

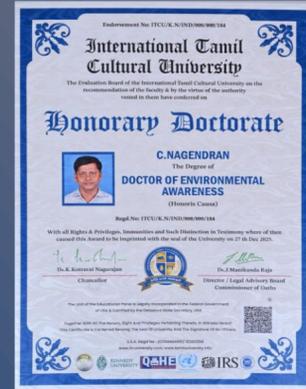
C. Nagendran, Assistant Office Superintendent at BSNL Chennai, has built a career marked by sincerity, dedication, and service. With over two decades of experience in telecom administration and office management, he is known for his structured approach, teamwork, and commitment to continuous learning. Beyond his professional responsibilities, Nagendran has nurtured passions in photography, art, and nature studies, using these creative pursuits to highlight the importance of conserving the environment.

In December 2025, Nagendran fulfilled a long-cherished dream by publishing his autobiography, *With Folded Hands* in English and *கூப்பியகரங்களுடன்* in Tamil. Released at Aarvam IAS Academy, Chennai, the book is his heartfelt tribute to the many souls whose selfless support helped him survive and thrive. It stands as a testament to gratitude, resilience, and the power of community.



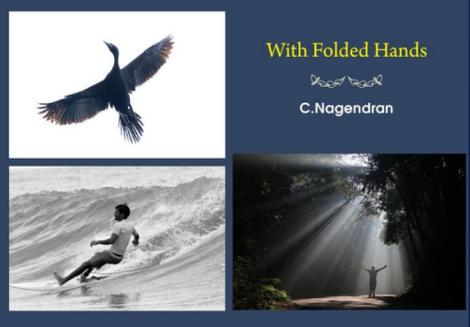
J Connect - Journeys & Connections

His contributions have been widely recognized. On 25th December 2025, he received the Inspiring Mentor and Lifetime Achievement Award from the Vadipatti Raja Hockey Academy for his continuous efforts in promoting environmental conservation through nature photography.



Just days later, on 28th December 2025, the International Tamil Cultural University conferred upon him the honorary title of Doctor of Environmental Awareness, acknowledging his significant role in ecological education and sustainability.

Through his work, writing, and recognition, Nagendran continues to inspire with humility and purpose.



With Folded Hands in English : https://drive.google.com/file/d/1_AWQwdUW0m8wOyASsHqrCwEoHEDyvmFM/view?usp=sharing

கூப்பியகரங்களுடன் in Tamil : https://drive.google.com/file/d/1nHhiz_pLGiUEyVRI1Y7ap0ArikbTHOJ6/view?usp=sharing

YOUTUBE : <https://youtube.com/live/TZXvgzzcQac>

Writers Column

प्रेम गीत

चांदनी रात है क्या हसीं है समा ,
 आइए प्यार की बात हम भी करें।
 भूल जाएं घड़ी भर को शिकवे गिले,
 जिंदगी से मुलाकात हम भी करें ।
 लोग कहते हैं इस प्यार को ही खुदा,
 तो खुदा का करें दी.द हम भी ज़रा ।
 सर झुका कर कहें यार जिन्दा रहे,
 बन्दगी की शुरुआत हम भी करें।
 है मदिर आज कितनी बासंती हवा,
 ज़र्रे - ज़र्रे में छाया नशा ही नशा।
 खूबसूरत हैं कितनी ये तन्हाइयां ,
 आ इसे वस्ल की रात हम भी करें।
 लुत्फ आ जाएगा उम्र भर का सनम,
 मेरी जानिब ज़रा इक नज़र कीजिए
 प्यार की एक मीठी गज़ल छेड़ कर
 हर बयां आज जज़्बात हम भी करें।

माहिया

मन मचले फागुन में
 रंग गुलाल उड़े
 हर घर हर आंगन में।
 तन मन रंग डालेंगे
 प्यार के रंगों में
 हम सब को ढालेंगे।
 भर भर के पिचकारी
 राधा को मारे
 मन मोहन बनवारी ।
 बृज नारि की टोली में
 भीग गए कान्हां
 गोकुल की होली में।

Dr. Neelam Srivastava is a Hindi and Bhojpuri poet and literary critic. She is a former Assistant Professor of Hindi at Shri Chhatradhari Sanskrit College, Gopalganj, Bihar. She holds an M.A. and a Ph.D., with her doctoral research titled "Sathottar hindi Kavita par astitvavadi prabhav." She has published three poetry collections, a co-authored ghazal collection, "Chand Qatre"; an independent poetry collection, "Baat Kartii Shilaaein"; and an independent ghazal collection "Khayalon Mein Kai Parchaiyan Hain"; and has contributed to over 20 anthologies. Writing in diverse poetic forms and literary prose, she actively participates in Doordarshan programs, national poets' meets, and mushairas



Dr. Neelam Srivastava

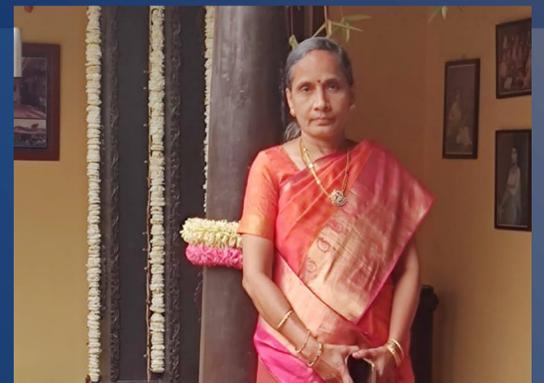
+91 9955014693

Writer's Column

மகா சிவராத்திரியின் மகத்துவம்

மகா சிவராத்திரி என்பது இந்து சமயத்தில் மிக முக்கியமான, ஆன்மீக ஆழம் கொண்ட திருநாளாகும். “சிவராத்திரி” என்றால் சிவனுக்குரிய இரவு என்று பொருள். மாதந்தோறும் வரும் சிவராத்திரிகளில், மாசி மாதத்தில் வரும் அமாவாசைக்கு முந்தைய திரயோதசி திதியில் வரும் சிவராத்திரியே மகா சிவராத்திரி எனப் போற்றப்படுகிறது. புராணங்களின் படி, இந்நாளில் தான் சிவன் லிங்க ரூபத்தில் தோன்றியதாகவும், பார்வதி தேவியை மணந்த நாளாகவும், தேவர்கள் மற்றும் அசுரர்கள் பாற்கடலைக் கடைந்த போது, உலகைக் காக்க சிவன் விஷத்தை அருந்திய இரவாகவும் கூறப்படுகிறது. இந்த காரணங்களால் மகா சிவராத்திரி, தியாகம், தவம், அருள், மற்றும் ஆன்மீக உயர்வு ஆகியவற்றின் அடையாளமாக விளங்குகிறது. சிவராத்திரியின் பின்னணி - வேடனின் கதை பண்டைய காலத்தில் லுப்தகன் (Lubdhaka) என்றொரு ஏழை வேடன் இருந்தான். அவன் காட்டில் விலங்குகளை வேட்டையாடி வாழ்க்கை நடத்தி வந்தான். அவனுக்கு பூஜை, விரதம், வழிபாடு போன்றவை பற்றி பெரிய அறிவில்லை. ஆனால் விதி அவனை ஒரு உயர்ந்த நிலைக்கு அழைத்துச் செல்ல திட்டமிட்டிருந்தது. பயத்தின் இரவு ஒரு நாள் லுப்தகன் காட்டின் ஆழத்தில் வேட்டைக்குச் சென்றான். அந்த நாளில் அவனுக்கு எந்த விலங்கும் கிடைக்கவில்லை. இருள் சூழத் தொடங்கியபோது, திடீரென ஒரு புலியின் பயங்கர கர்ஜனை அவன் காதில் விழுந்தது. உயிர் பயத்தில், உடனே அருகிலிருந்த ஒரு வில்வ மரத்தின் உச்சியில் ஏறி தன்னை பாதுகாத்துக் கொண்டான். அந்த வில்வ மரத்தின் அடியில், அவனுக்குத் தெரியாமலே, ஒரு சிவலிங்கம் இருந்தது. மரத்தின் மேல் அமர்ந்திருந்த லுப்தகன், பயத்தால் தூங்காமல் இரவு முழுவதும் விழித்திருந்தான். விழிப்புடன் இருக்க, கவனத்தை சிதற விடாமல் இருக்க, அவன் வில்வ இலைகளை ஒன்றொன்றாக பறித்து கீழே வீசினான். அவன் வீசிய ஒவ்வொரு வில்வ இலையும் நேராக கீழே இருந்த சிவலிங்கத்தின் மேல் விழுந்தது. பயத்தால், பாதுகாப்பு வேண்டி, அவன் சில சமயம் “சிவா... சிவா...” என்று பெயர் சொல்லிக் கொண்டும் இருந்தான். இவ்வாறு அவன் இரவு முழுவதும் ஜாகரணம் செய்தான். உணவும் நீரும் இல்லாமல் விரதம் இருந்தான். வில்வ இலைகளை அர்ச்சனையாக சமர்ப்பித்தான். சிவ நாமத்தை நினைத்தும் உச்சரித்தும் இருந்தான். அறியாமலேயே, லுப்தகன் முழுமையான சிவராத்திரி பூஜையை நிறைவேற்றியிருந்தான். சிவபெருமானின் அருள்காலை விடிந்ததும், அந்தப் புலி காணாமல் போயிருந்தது. லுப்தகன் பாதுகாப்பாக மரத்திலிருந்து இறங்கினான். நடந்த அதிசயத்தை அவன் உணர்வே இல்லை. அவனை அறியாமலே இரவு முழுவதும் அவன் செய்த சிவபூஜை அவன் உயிரைக் காப்பாற்றியது. விரதமும் வழிபாடும் நான்கு யாம பூஜை இரவு முழுவதும் நான்கு யாமங்களில் (நான்கு கால கட்டங்களில்) பூஜைகள் நடைபெறும். ஒவ்வொரு யாமத்திலும்: பால்தயிர் நெய்தேன் இளநீர் விபூதி சந்தனம் ஆகியவற்றால் அபிஷேகம் செய்யப்படும். அலங்காரமும் அர்ச்சனையும் அபிஷேகத்திற்குப் பிறகு சிவலிங்கம் அழகாக அலங்கரிக்கப்படும். “ஓம் நமசிவாய”, “மஹாதேவா” போன்ற மந்திரங்கள் ஒலிக்க, ஆரத்தி, அர்ச்சனை நடைபெறும். பக்தர்கள் இரவு முழுவதும் கோவிலில் தங்கி சிவபுராணம் பாராயணம் பஜனை, தேவார-திருவாசகம் பாடல்கள் சிவன் துதிகள் என விழிப்புடன் இருப்பார்கள். பூஜையின் முடிவில் விபூதி, பிரசாதம் பக்தர்களுக்கு வழங்கப்படும்..

Ms. Sujatha is a 58-year-old homemaker and former technical engineer at Airports Authority of India. A devoted mother and wife, she now finds joy in bhajans, writing and composing devotional lyrics, temple visits, and music. Singing and dancing with her satsangh friends enrich her spiritual and creative journey



Mrs. Sujatha

Writer's Column

मेरा अन्तर्मन शिव तरंग

मन की उमंग से तरंग तरंग
 ये भीतर बाहर फैल रही
 ये अंतर्मन की साँसे भी
 चहं ओर दिशा में महक रही
 धोंगे अनंत में भी अनंत
 हर बंधन को ये खोल रही
 शिव शिवा नाम मेरे संग संग
 प्राणों की ऊर्जा दहक रही
 ये निराकार का मूर्त सघन
 गुण धर्म एक ही तत्व रही
 है गौण सत्य तेरा विश्वरूप
 भीतर की आँखे समझ रही
 मुझमें समाया पशु परमात्मा
 धारा ये ऊर्ध्व अब बह है रही
 मन विचार अब ये तुझको सौप
 सोने सा अब मैं निखर रही
 तेरा दर्शन कर हे आदिगुरु
 तुझमें विलीन मैं चमक रही
 तेरा दर्शन कर हे आदिगुरु
 तुझमें विलीन पर चमक रही



Dr. Namita Goyal

Dr. Namita Goyal, Doctorate in Chemistry, is a passionate Hindi poet and storyteller. Known for her spiritual poems rich in emotion, she serves as National Executive of AIPS and recently performed at its Guwahati conference. The first woman scientist of Chhattisgarh to earn a DST scholarship, she also practices yoga daily and enjoys cooking, reading, gardening, and traveling.

Women's Health – A Foundation for Happiness



Dr. Sonal Kumari

Dr. Sonal Kumari, MBBS from PMCH, serves as Junior Resident in AIIMS Patna (CFM, Paediatric Surgery) and Medical Officer with Bihar Government.

Women's health is central to family and community well-being. A balanced lifestyle, nutritious food, safe environment, adequate sleep, and access to education empower women to lead healthier, happier lives. Prioritizing preventive care and awareness ensures resilience against illness while fostering confidence and productivity. When women thrive physically and mentally, they radiate strength, nurture future generations, and contribute meaningfully to society. Investing in women's health is investing in a stronger, more compassionate world.

New Book Launch

रिश्तों का नया सवेरा नई पुस्तक अब उपलब्ध है!

“रिश्तों का नया सवेरा” यह किताब नहीं, हर परिवार की जीवन-मार्गदर्शिका है बिखरते रिश्तों, डिजिटल दुनिया में खोते बच्चों और माता-पिता से टूटते संवाद के इस दौर में यह पुस्तक बनती है प्यार, समझ और भरोसे की मजबूत नींव। पुस्तक का नाम “किशोरावस्था: संवाद, समझ और डिजिटल युग की चुनौतियाँ”, अपनी सोई हुई शक्ति को जगाओ “किशोरावस्था—जहाँ सवाल ज्यादा होते हैं, जवाब कम। बदलता शरीर, उलझा मन, सोशल मीडिया का दबाव और परिवार में बढ़ती दूरी, आज के हर घर की सच्चाई।

यह पुस्तक

- किशोरों की भावनाओं को समझती है
- माता-पिता की दुविधाओं का समाधान देती है
- और संवाद को फिर से जीवित करती है

पुस्तक की प्रमुख विशेषताएँ

- Techno-Cultural Gap और AI Gap की स्पष्ट समझ
- हार्मोनल, शारीरिक व मानसिक बदलावों का सरल विश्लेषण
- Working Parents और बच्चों की चुनौतियाँ
- सोशल मीडिया, डिजिटल लत और मानसिक स्वास्थ्य के समाधान
- संवाद बढ़ाने के लिए Activities, Conversation Tools और Real-Life Examples

एक अध्याय = एक सप्ताह

पूरे परिवार के साथ अपनाने योग्य अभ्यास किनके लिए अनिवार्य?

- किशोर बच्चों के माता-पिता
- Working Parents
- Home-Makers
- हर वह परिवार जो रिश्तों को मजबूत करना चाहता है

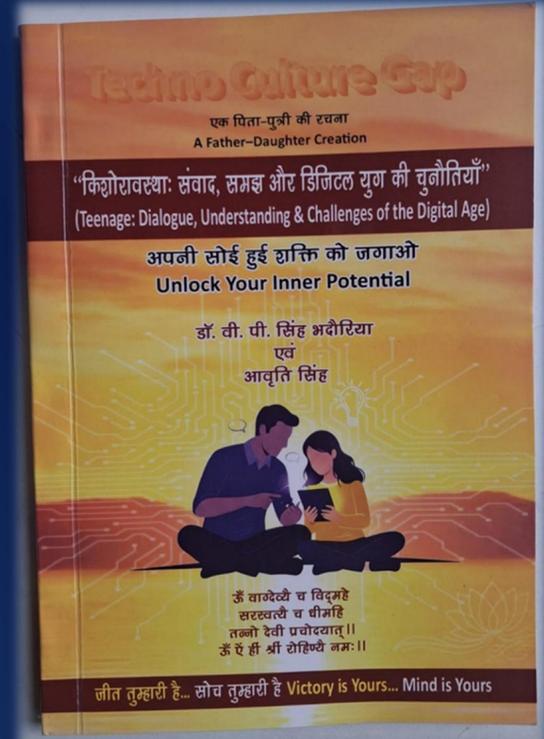
Early Booking Offer (Launch Special)MRP: ₹275/-Early Booking Price:

₹150/- मात्र

(सीमित अवधि के लिए)UPI ID: dean.vps-5@okicici

पहले आएँ— पहले पाएँ, अपने बच्चे के भविष्य में आज निवेश करें।

यह पुस्तक “पढ़कर भूल जाने” की नहीं, बल्कि रोजमर्रा की जीवन-गाइड है। संभव है—जिस उत्तर की आप वर्षों से तलाश कर रहे हों,वही इसमें छिपा हो।



लेखक

डॉ. वी. पी. सिंह भदौरिया,
सहायक नियंत्रकरानी,
लक्ष्मी बाई केंद्रीय कृषि
विश्वविद्यालय, झांसी
एवं

आवृत्ति सिंह

बी.एस सी. (फॉरेस्ट्री),

तृतीय सेमेस्टर

रानी लक्ष्मी बाई केंद्रीय कृषि
विश्वविद्यालय,

झांसी



माननीय कुलपति महोदय, RLBCAU, झाँसी द्वारा पुस्तक का गरिमामयी विमोचन किया गया “किशोरावस्था: संवाद, समझ और डिजिटल युग की चुनौतियाँ” पिता-पुत्री द्वारा संयुक्त रूप से लिखित एक खूबसूरत कृति

J Connect Quiz Challenge - Win & Shine!

Winners of last Edition



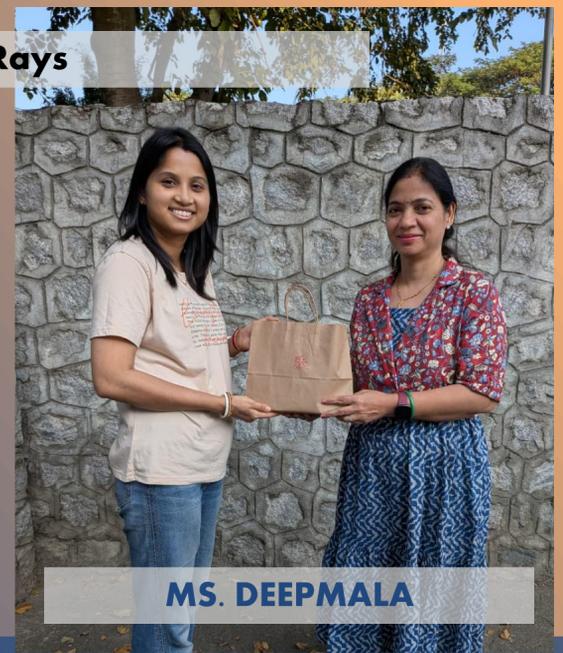
Sponsored by Ms JATEETA DAS – Regal Rays



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MS. DEEPMALA

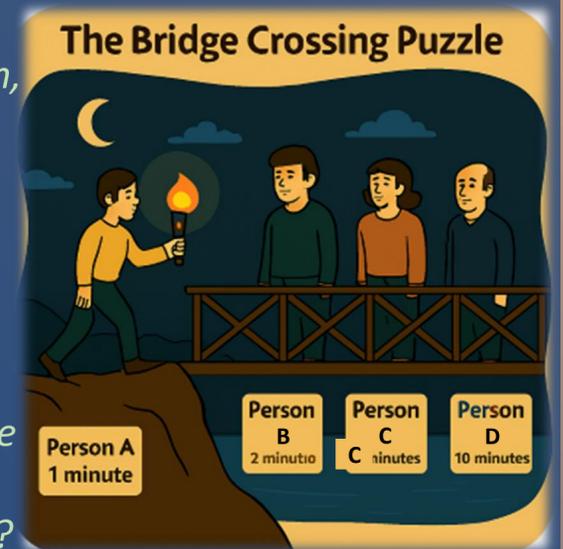
This Edition's Puzzle : The Bridge Crossing Puzzle

Four travelers need to cross a narrow bridge at night. They have only one torch, and the bridge can hold at most two people at a time. Each person takes a different amount of time to cross:

- Person A: 1 minute
- Person B: 2 minutes
- Person C: 7 minutes
- Person D: 10 minutes

Whenever two cross together, they must move at the slower person's pace. The torch must always be carried back and forth.

Challenge: What is the minimum total time required for all four to cross safely?



From the Editor's Desk

As I wrap up the eighth edition of J Connect, I feel deeply grateful to everyone who's journeyed with us. Each story has been a lesson, each voice a source of strength. Personally, this month was transformational, Our podcast series gave me a creative high.

Visitng Sarada Sakthi Peetam and meeting the childrens was memorable and profoundly moving. "Let's do our part", was my biggest take away.



Thank you for your overwhelming response to the podcasts and your continued support. Let's keep growing through journeys and connections.





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