

NEWSLETTER

J[•]CONNECT

Journeys & Connections..

Before cities rose and borders were drawn, humanity thrived in close-knit tribes. Survival wasn't just about strength; it was built on trust. Each evening, as the sun dipped behind the hills, they gathered around the fire, sharing food, stories, and laughter. In those moments, smiles and gestures created invisible bonds that silently wove hearts together. These connections gave them courage to face storms and hope to build tomorrow.

Today, our journeys are different, through digital spaces, urban paths, and personal quests. Yet the instinct remains. Every handshake, kind word, and shared dream rekindles that ancient bond, reminding us that connection is our greatest survival tool. In every relationship we nurture, we continue the timeless journey of growing stronger together.



Invitation to Entrepreneurs & Ventures

J Connect welcomes inspiring stories and participation from:

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

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



Hard copy available on request

Our Webpage

WWW.JCONNECT.ONLINE

Elevate your Visibility

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

Come forward and be part of our next edition!

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

Call: 8610564907

Email: jagryty@gmail.com

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

<https://www.instagram.com/jconnect.online?igsh=MXB1eHdyZDdtYnNmcg==>



NOVEMBER 30, 2025

Where Comfort Meets Convenience in Mahindra World City



Comfort Meets Functionality

Our rooms are designed with both business and leisure travelers in mind. Every detail, from interiors to amenities, ensures you feel at home.

Premium Rooms (166 Rooms)



Fully
Air-conditioned



Comfortable
Bedding & Modern
Furnishings



High-speed
Internet Access



24/7 Room
Service



Ideal For Short Or
Long Corporate
Stays

Visit Our Website



Spacious interiors with
premium furnishings



Scenic views of
Mahindra World City



Designed for guests who prefer
extra comfort and exclusivity

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Internet



Laundry
Facilities



Air-conditioned
Rooms



Business-friendly
Facilities



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Support



Dine-in & 24/7
Room Service

+91 74474 47717 | enquiry@agcorporatestay.com | reservation@agcorporatestay.com
www.agcorporatestay.com

AG Corporate Stay: 6&7, Andavar GG Avenue, Malayampakkam, Mahindra World City,
Chengalpattu-603002. Tamil Nadu.

NOVEMBER 30, 2025

Building Values Through Education

Nupur Sharma is the founder of **V & V Classes**, established in 2014, and is a passionate educator from Haridwar. She embraces the Gurukul philosophy, fostering deep teacher-student relationships that go beyond academics. Known for her simplified and technical approach to teaching Maths and Science, she integrates practical examples to make learning accessible. Nupur emphasizes character building and moral values, aiming to nurture humble and successful individuals. Her mission is to teach with personalized attention, and she proudly mentors students who've become successful engineers.



Nupur Sharma

Founder of **V&V Classes**

+91 9458980288

Nova, MWC

Nupur Sharma is on a mission to teach Maths and Science in the most easiest possible manner, with personalized attention to each student

Connect For

Class 9th & 10th - Maths
(Online / Offline)

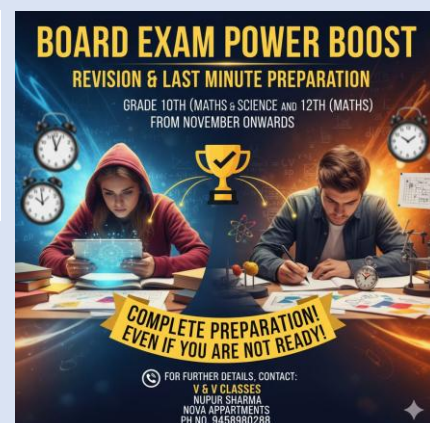
Class 10th - Science (Offline)

Class 11th - Maths (Offline)

Class 12th - Maths (Offline)

In-person classes with dedicated focus

- ✓ Small Batch Size
- ✓ Crystal-Clear Concepts
- ✓ Technical & Modern Teaching Methods
- ✓ Progressive Result-Driven Approach
- ✓ Expert Guidance for Career Growth



V & V CLASSES
Unlock Your Potential.

What We Offer

- ✓ Small Batch Size
- ✓ Crystal Clear Concepts
- ✓ Technical Approach
- ✓ Career Guidance

Courses Available

- ★ Class 9th Maths (Online Maths (Online/Offline))
- ★ 10th Science (Offline)
- ★ 11th Maths (Offline)
- ★ 12th Maths (Offline)

Experience Interactive Learning



Success Stories

"V&V helped me understand complex topics!"

"My grades improved significantly, and I found my career path."

Ananya S., Class 10th

"V&V helped me understand complex topics!"

Fenilene T., Class 12th

Why Choose V&V?

- Experienced Faculty
- Personalized Attention
- Proven Results
- Flexible Learning Options (Online/Offline)

Contact Us

Tutor Nupur Sharma
Ph. no: 9458980288
Address: Nova Apartments



Scan for Contact

NOVEMBER 30, 2025

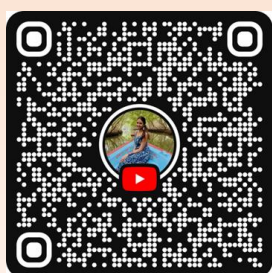
Carnatic Soul: A Journey in Melody

Simran Subramanian's musical journey began at the tender age of three, when she first embraced Carnatic music. What started as early training blossomed into a lifelong passion, leading her to launch her YouTube channel in 2017 as a creative space to share her love for classical melodies. The pandemic in 2019 became a turning point, Simran immersed herself in learning new compositions and consistently recording them, transforming her channel into a vibrant destination for music lovers. Her renditions reflect dedication, depth, and a soulful connection to tradition. Music is a cherished family affair, with her parents actively supporting and appearing in her videos, adding warmth and authenticity to every performance. Simran's journey is one of heart, heritage, and harmony.



Simran Subramanian

Chicago USA



https://youtube.com/channel/UCq_RrKCn...

Tune in to Simran's soulful journey; listen, like, and subscribe to her YouTube channel for timeless Carnatic melodies and heartfelt performances.

NOVEMBER 30, 2025

Cocoonz Preschool: Safe, Joyful, and Holistic Learning



Cocoonz Preschool is a trusted early learning institution that creates a safe, joyful, and stimulating environment for young children. With four branches across **Chennai, Maraimalai Nagar, and Singaperumal Koil**, Cocoonz ensures families have easy access to quality early education.

Following NEP-aligned, activity-based learning, the school focuses on the holistic development of every child, emotionally, socially, physically, and intellectually. From Play Group to UKG, Cocoonz offers child-friendly classrooms, caring and trained teachers, and a play-way teaching approach that makes learning fun and engaging. With daycare facilities, regular events, and parent interactions, Cocoonz builds strong foundations for confident young learners. True to its mission, it nurtures every child in a protective "cocoon," helping them blossom into their fullest potential.



School aims to nurture every child in a safe, joyful "cocoon," fostering holistic growth through play-based, NEP-aligned learning and empowering them to blossom into confident young learners.

Highlights of Cocoonz Preschool

- NEP-aligned, activity-based curriculum
- Play Group, Pre-KG, LKG, UKG programs
- Safe infrastructure & child-friendly classrooms
- Experienced, caring teachers
- Daycare facilities for working parents
- Regular events, parent engagement & skill-building activities
- Four branches: Chennai, Maraimalai Nagar, Singaperumal Koil



Our Branches

Akshaya homes main road Maraimalainagar
Chengalpattu dist,
Tamil Nadu 603204
9941737981

Pragnya, L&T Eden Park,
Cocoonz pre school,
Siruseri, Chennai,
Tamil Nadu 603103
98841 65938

No 7 Sathya Sai Nagar,
Sengundram road,
Singaperumal koil
Chengalpattu,
Tamil Nadu 603209
9941737981

Theagarajapuram,
Thirukatchoor, Maraimalai
nagar.
Near Thirukachur
Marundeeswarar Temple
Tamil Nadu 603204

Opening soon

Pre kg to
Grade V

For more information Visit : www.cocoonz.net

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

NOVEMBER 30, 2025

Impactful and Intelligent Digital Designs

Founded by Ms. Sheela Nagendiran and directed by Mr. Hari Vignesh, SheVi Digital is a Tamil Nadu based creative powerhouse redefining digital marketing through the fusion of design, strategy, and AI innovation. With a passion for storytelling and a commitment to excellence, they help brands grow through impactful visuals, smart campaigns, and personalized digital solutions. From branding to automation, SheVi Digital crafts experiences that connect, communicate, and convert, ensuring your brand stands out in a crowded digital world with creativity, clarity, confidence, and lasting impact

SheVi Digital



Mr. Hari & Mrs. Sheela

Chiefs of SheVi Digital

+91 96005 58874

+91 70101 13517

Tamil Nadu

Their vision is to be a leading design and digital solutions company, creating transformative, user-centric experiences that inspire and empower communities

Connect For

Smart, AI-powered design and marketing solutions

**Personalized branding
Creative support**

Affordable, timely, and professional service

Expertise in design, digital content, and training

<https://www.instagram.com/shevidigital?igsh=MWZpYXY2bmVxczU3bA==>

shevi101020@gmail.com



NOVEMBER 30, 2025

Aaptherbs: Nature's Touch for Everyday Wellness

Ramya Badri, founder of **Aaptherbs** in 2018, is a passionate entrepreneur from Salem dedicated to reviving natural living through skincare, haircare, and traditional food products. Her brand stands out for preservative-free creations like Age Revive Serum, Shikakai Shampoo Bar, Herbal Jaggery Powder, and Instant Sprouty Ragi Milkshake. Rooted in authenticity, Aaptherbs assures handmade products crafted with groundnut oil, jaggery, traditional rice varieties, and millets, free from artificial colors, preservatives, or sweet enhancers. Ramya's vision blends wellness with entrepreneurship, empowering young minds through wholesale opportunities while catering to parlours, boutiques, organic shops, and festive return gifts, bringing back the warmth of motherly touch.



Ramya Badri

Founder of Aapt Herbs

+91 9965320776

Salem, TN

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

Connect For

Millet-Based Sweets

Wholesale & Corporate orders for any festivals

Palm Jaggery & Traditional Delights

Savory Murukku & Crunchies

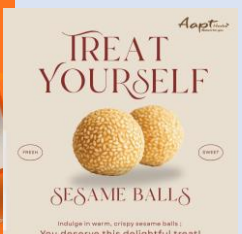
Online Orders delivered, Contact : 9965320776

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

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

<https://aaptherbs.com/>

AaptHerbs
Nature for you



NOVEMBER 30, 2025

Tech-Driven Teaching, Heart-Led Learning

A passionate educator with over eight years of experience, Nisha Tiwari blends creativity, collaboration, and technology to make learning impactful. Holding a B.Tech in Computer Science & Engineering and a B.Ed, she brings both technical depth and pedagogical insight to the classroom. Her innovative methods foster conceptual clarity and practical skills in students. As Assistant Head Examiner for CBSE, she upholds academic standards with precision. Nisha's venture is rooted in creating inclusive, engaging spaces where learners thrive, and educators grow through shared creativity and purpose..



Nisha Tiwari

+91 7488280055

Lakewood, MWC

Empowering students and educators through innovative, inclusive, and technology-integrated learning experiences.

Connect For

All Subject Tuitions
(Except Tamil)

Concept based Learning

Strong foundation in Hindi as
2nd/3rd language

*Contact if you are looking
for Inclusive & Growth-
Oriented Learning Spaces*

TUITIONS AVAILABLE – NURSERY TO GRADE 7

All Subjects
(Except Tamil)

Focusing on basic concept
of Hindi (2nd lang &
3rd language)



Experienced and
dedicated teacher with
8 years of teaching
experience in reputed
CBSE schools.

Personalized attention and concept-
based learning for every child.

Lakewood Apartment

 7488280055



NOVEMBER 30, 2025

Bringing Authentic Turkish Flavors to India

Sevki O., founder of Ottoman Baklava and Pasha Döner Kebap, journeyed from Türkiye to India with a vision to fill a unique culinary gap. Recognizing the absence of authentic Turkish flavors, he introduced premium desserts and street food that celebrate tradition, taste, and hospitality. Starting in Chennai's Nungambakkam, his ventures expanded to Express Avenue and Phoenix Mall, delighting customers with fresh ingredients and consistent quality. Sevki believes food should tell a story, and through his brands, he shares the rich heritage of Turkish cuisine, building lasting community connections while redefining the dining experience with authenticity and excellence



Sevki O

Founder of **Ottoman Baklava and Pasha Döner**

+91 8754519772

Aqualily, MWC

To be a leading design and build company creating transformative, user-centric spaces that inspire communities.

Connect For

**Ottoman Baklava
(Premium Pistachio)**

**Pasha Döner Kebap
(Classic Shawarma Wraps)**

**Family Packs & Event
Platters**

**Authentic Turkish Rice
Plates**

13, 8, Khader Nawaz Khan Rd, Srirampuram,
Thousand Lights West, Nungambakkam,
Chennai, Poombukar Nagar, Tamil Nadu
600006

**Instagram @ottomans_baklava
@pashaburgers**



NOVEMBER 30, 2025

Gifts of Joy, Moves of Magic

Meet Divya S., founder of **GiftGally** and **Dance-O-Fit**, two vibrant ventures rooted in joy and connection. From curating thoughtful gifts that create lasting memories to energizing lives through dance and fitness, Divya brings heart and creativity to everything she does. Whether you're looking for the perfect present or a fun way to stay fit, she offers expert guidance, seamless service, and a welcoming community..



Divya
+91 9920937871

Mumbai

Her mission: To inspire joy and connection, be it through gifts or through movements



- **Corporate Essentials & Stationery**
- **Apparel, Branding & Employee Kits**
- **Sustainable & Event Gifting**
- **Festive & Premium Hampers**

Social Media Link- GiftGally.com /
Instagram - Gift_Gally



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Both beginner and advanced classes are available

ONLINE CLASSES
MONDAY TO FRIDAY
Morning
7.00AM-8.00AM
Evening
7.00PM-8.00PM
The new session will begin soon on online.
Interested
Ladies may please contact Ms. Divya on
Cell No. 9920937871

Monthly fee to be paid in advance at the time of registration and 1st of every month.

DANCE-O-FIT

DANCING YOUR WAY TO FITNESS

DANCE YOURSELF TO FITNESS THROUGH

- Bollywood Dance
- Zumba
- Cross Fitness
- Power Yoga
- Fitness Session
- Meditation
- Stretching

PLEASE CONTACT
Cell: +91 9920937871
Mail: divyagub.05@gmail.com

Location / Address- Kharghar, Navi
Mumbai, Maharashtra

NOVEMBER 30, 2025

Ramana Vidyalaya: An Institute for Holistic Excellence

Ramana Vidyalaya (RV), founded in 2005 to support tsunami-affected children, now nurtures over 1,100 learners from diverse backgrounds. Rooted in holistic education, RV integrates academics, co-curriculars, and leadership while ensuring 25% of students are from economically weaker sections. With strong infrastructure and equal opportunities, RV empowers every child to thrive.



Marathadi at Ramana Vidyalaya

A Community-Driven Program of Culture and Connection

Launched in 2024, Marathadi is a free, community-driven initiative blending tradition, creativity, and wellness. Held under the big tree on our campus, the program is led by Ms. Ambily Paul Harris, Head of Ramana Vidyalaya. Guided by the dedication of the Marathadi Team, Ms. Sasireka Arunprasath and Ms. Meharaj Begum; the program offers monthly activities, from yoga and art to dance and healing, that inspire all ages, nurture bonds, and celebrate togetherness.



Major Highlights of 2025

- June : Yoga session (Art of Living)
- July : Leaf Art workshop (Ms. Neha Jaswal)
- August : Interschool Competition (MVM Athur & JRK Global)
- September : Naach Mahotsav Garba dance workshop
- November : Wellness session on natural healing (Dr. Vrushali Raibagkar)

Upcoming event in Dec 2025

Margazhi Mahotsav – Celebration for children 8+, with dance, singing, and kolam art, blending joy, tradition, and talent.



Contact: + 91 95662 84215 (09:00 a.m. - 05:00 p.m.)

Email : admissions.mwc@ramanaschool.com

Address: 2nd Avenue, Veerapuram village road, Mahindra World City, Chengalpattu - 603002

https://www.instagram.com/ramanavidyalaya_mwc/

<https://www.linkedin.com/school/ramana-vidyalaya/>

<https://www.facebook.com/share/1Akr5Gzyft/>

<http://www.ramanaschool.com>

Championing Tennis Excellence



Simon Ebenezer
Founder of Winner's Tennis Academy

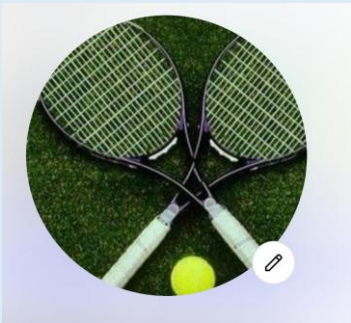
+91 9840313731
+91 9841695143

Simon Ebenezer, founder of Winner's Tennis Academy, is a passionate coach who has dedicated his career to nurturing players across Tamil Nadu and beyond. With experience spanning over a decade, he has led multiple centers, conducted national camps, and attended international workshops in Singapore and Bali. His evidence-based coaching, personalized screening tools, and structured training schedules ensure every player grows with clarity and confidence. Beyond the court, Simon's love for reading and hiking reflects the same discipline and enthusiasm he brings to tennis coaching

His mission is to empower every player with skill, discipline, and confidence through evidence-based tennis coaching

Connect For

Tennis Coach



*Personalized training tools
tailored to each player's
strengths and needs*

fb and Insta Winner' Tennis Academy

Center: Kalpakkam, Chengalpattu, Chennai,
Tirunelveli, Anupuram, Sadras



NOVEMBER 30, 2025

Extend a Hand, Transform a Life



FOLLOW US ON SOCIAL MEDIA...



சாரதா சக்தி பீடம்

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 : sspeetam@gmail.com | Website : www.sspeetam.in

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

அன்புள்ளம் கொண்டுபோகிறே!

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

கவாபி ஸ்ரீ சர்வாத்மாஜ்யா அய்யங்கரின் நல்வாழ்த்துடன்
இறைவன் தொண்டில்
நீர்வாசம்

AN APPEAL

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

The ashram aims at bringing the children to a level where in they can stand on their own legs. For this they are sent to good schools to study minimum of upto 10th or 12th std. Children who are good in studies are sent to college.

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

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

- | | | | |
|--|---|-----------------|--------------------------|
| i) Adoption of one student permanently till he / she completes his / her education | ₹ | 50,000 | <input type="checkbox"/> |
| ii) Providing Breakfast, Lunch & Dinner, once in a year on a particular day | ₹ | 35,000 | <input type="checkbox"/> |
| iii) Providing Lunch, once in a year, on a particular day | ₹ | 15,000 | <input type="checkbox"/> |
| iv) Providing Breakfast once in a year, on a particular day | ₹ | 10,000 | <input type="checkbox"/> |
| v) Providing Dinner, once in a year, on a particular day | ₹ | 10,000 | <input type="checkbox"/> |
| vi) Yearly Educational Expenses for one student | ₹ | 20,000 | <input type="checkbox"/> |
| vii) Baghawan Sri Ramakrishna Pooja once in a year on a particular day | ₹ | 5,000 | <input type="checkbox"/> |
| 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 (Food, Cloth, Education) | ₹ | 24,000 | <input type="checkbox"/> |

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

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



Scan and Donate



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

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

City Office :

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



Whats App
88070 00510

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.

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

NOVEMBER 30, 2025

Handmade Happiness in Every Bite

Meet Jyothisri, the creative soul behind **Cocohug**, a delightful homegrown chocolate brand based in Mahindra Iris Court. At Cocohug, every chocolate is lovingly handmade using premium ingredients, balanced flavors, and melt-in-the-mouth textures. These aren't just sweets, they're heartfelt gifts crafted to spread joy, warmth, and creativity. From rich darks to nutty surprises, each piece is designed to make your moments sweeter. Jyothisri's passion for quality and connection shines through every box, making Cocohug more than a brand, it's a celebration of love and community, one chocolate at a time.



Jyothisri

Founder Cocohug

+91 8639537864

Iris court, MWC

To spread happiness and warmth through handcrafted chocolates that celebrate love and creativity

Connect For

Signature Dark Collection

Nutty Surprise Bites

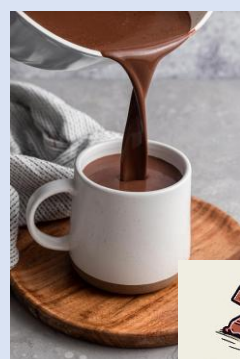
Creamy Blend Assortments

Personalized Gift Boxes

- First access to new chocolate drops
- Exclusive offers & seasonal specials

https://www.instagram.com/cocohug_?igsh=MTRsd2w3czhoYnZ2aA==

<https://chat.whatsapp.com/LXd7ffw9KO5E5o9hVjBcH4?mode=hqrt1>



NOVEMBER 30, 2025

Architecture that Crafts Meaningful Spaces

A. R. Narayani is an architect and crafter with over 15 years of experience, blending practice and pedagogy with equal passion. She is the founder of **Schema**, a design practice rooted in human-centered principles, specializing in residential and commercial projects that are practical, thoughtful, and attuned to the way people live and work. Her love for crafting brings unique material sensitivity to her designs, enriching both form and function. In academia, Narayani serves as Associate Professor at the School of Architecture and Interior Design, SRMIST, where she teaches, mentors, and inspires the next generation of architects. Through Schema and her academic work, she champions design that places people at its heart.



A R Narayani

Founder of **SCHEMA**

+91 9790709164

*Aqualily, Happinest
MWC*

To be a leading design and build company creating transformative, user-centric spaces that inspire communities.

Connect For

Architectural Design Services

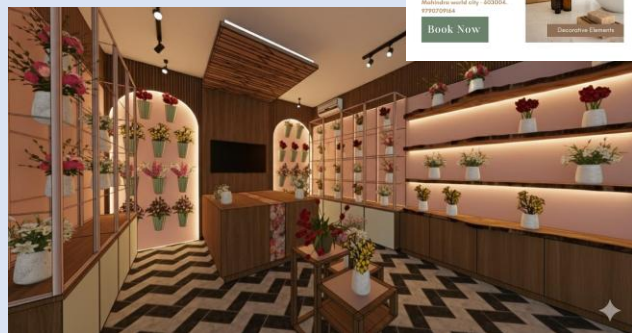
Interior Design Services

Design-Build Constructions

Customized Solutions

Office Address: M/s SCHEMA / ASNK
StudioB304, Happinest, Mahindra
World City, Chengalpattu, Tamil Nadu -
603004

https://www.instagram.com/schema_archdesk?igsh=MTZkeWU2MHpjZDk0cQ==



NOVEMBER 30, 2025

Chartered Accountant & Business Growth Mentor

Adarsh Agrawal is a Chartered Accountant with 13+ years of expertise in project finance, consulting, and internal audit. As Partner at **Agrawal Arvind & Associates**, he blends technical mastery with strategic insight, supporting businesses in fundraising, compliance, ERP, and governance. His mission is to empower startups and SMEs by mentoring them in financial discipline, growth strategy, and risk management. Passionate about FinTech, AI, and blockchain, he helps ventures align with modern innovations while ensuring regulatory strength. Connect with him to gain not just accounting support, but a trusted advisor for sustainable growth and success.



CA Adarsh Agrawal

+91 9827880009

Raipur, C.G.

Adarsh is empowering startups and businesses with financial clarity, strategic growth, and resilient governance.

Connect For

Project Finance & Fundraising

Compliance & Governance

ERP & Business Consulting

Startup & SME Mentorship

AGRAWAL ARVIND AND ASSOCIATES
RATNAGIRI ARCADE
OPP. RAJ KUMAR COLLEGE
NEAR KALDA NURSING HOME
G.E. ROAD RAIPUR
CHHATTISGARH - 492001



Certified Overseas
Outsourcing Services (UK)



NOVEMBER 30, 2025

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

J Connect proudly supports the 4th MWC Marathon, championing girl child education. Join us in running the extra mile to uplift futures and spark change. Every step you take empowers a dream. Let's unite in purpose, celebrate resilience, and make this movement unforgettable.

Register now and be the difference



mahindra
World City
Chennai

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

**TOGETHER LET'S RUN FOR
GIRL CHILD EDUCATION**

MWC RUNNERS PRESENTS

**4TH EDITION OF
MWC MARATHON**

22ND FEBRUARY 2026

IN COLLABORATION WITH **mahindra**
World City
Chennai **&** **MG**
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FOR MORE INFO : info@mwcrunners.in / +91 999 499 3020

NOVEMBER 30, 2025



MWC MARATHON 2026 REGISTRATION LAUNCHED

**23RD NOVEMBER 2025 @ MWC CLUB,
MAHINDRA WORLD CITY**

The event marked the beginning of an inspiring journey toward the 4th edition of the MWC Marathon, scheduled for 22nd February 2026.



**Chief Guests Mrs. Viji Swaminathan and Mr. Ranish
Officially Launched the MWC Marathon 2026 Registration**



The vibrant welcome was commenced by our Master of Ceremonies, **Mr. Dinesh**, who set an energetic tone for the evening.

Mr. Santosh Verma, President of MWC Runners, addressed the gathering with reflections on the Club's values and its unwavering vision for promoting fitness, unity, and wellbeing within Mahindra World City.

The introduction of the Race Directors for MWC Marathon 2026—Mr. Gurushankar and Mr. Santosh—highlighted their inspiring journeys, milestones, and commitment to shaping a memorable edition of the marathon.



Lamp - Lighting Ceremony



**Race Directors-MWC Marathon 2026
Mr. Santosh & Mr. Gurushankar**



A heart-warming presentation by **Mr. Gurushankar, General Secretary, MWC Runners Club**, showcased memorable moments from past MWC Marathon editions and unveiled exciting plans for MWC Marathon 2026.

A special token of gratitude was presented to the **Chief Guests of Honour, Mrs. Viji Swaminathan and Mr. Ranish**, for their gracious presence and inspiring contributions. The Club also felicitated **Mr. Rajesh, Head of Operations & Maintenance at Mahindra World City**, for his ongoing support and partnership.



The highlight of the evening was the **official launch of MWC Marathon 2026 registrations by the Chief Guests**, marking the beginning of the much-awaited countdown to race day.

Guests were treated to a powerful session on Balance, Endurance, and Leadership by **Mrs. Viji Swaminathan and Mr. Ranish**—a conversation filled with honesty, wisdom, and relatable insights that deeply resonated with the audience.



The event concluded with a sincere **Vote of Thanks delivered by Mr. Ashok, Treasurer, MWC Runners**, appreciating all contributors, volunteers, teams, and partners who made the event a grand success.

The evening ended with joyful smiles as the participants captured a memorable group photograph, reflecting the strong camaraderie within the MWC community.



**SCAN TO
REGISTER**

**Register online
www.mwcrunners.com**

**Group Registrations
info@mwcrunners.com
+91 99949 93020**

RUN CATEGORIES

1 KM | 3KM | 5KM | 10KM (Timed) | 21KM (Timed)

Join us and be part of the movement towards Girl Child Education, supported through the Nanhi Kali initiative.

NOVEMBER 30, 2025

Handcrafted Elegance

Sweta Nagendra, founder of **Twist of Art by Sweta**, crafts unique, handmade wooden products that blend artistry with affordability. Based in Chengalpattu, she offers thoughtful gifts for homes, couples, and birthdays, along with bulk orders. Each creation reflects her passion, craftsmanship, and the joy of gifting something truly personal



Sweta Nagendra

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Aqualily, MWC

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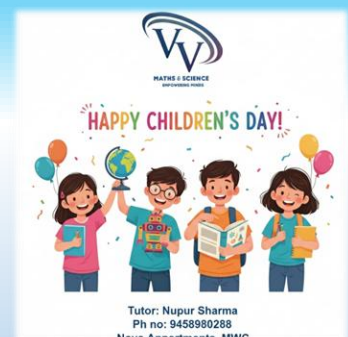
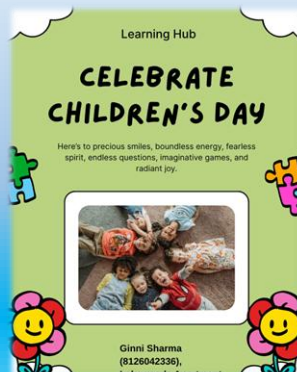
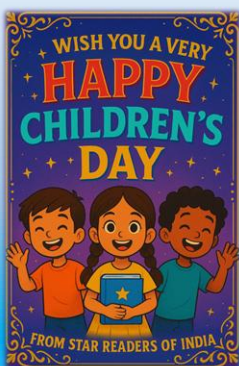
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<https://m.facebook.com/helloswetahere/>

J Connect joins hand to wish Children's day!



Writers Column

பசுமை நகரில் ஒளிரும் ஊக்கமூட்டும் ஆளுமை

திருமதி. ரஞ்சனி சரவணக்குமார் கலை, தொழில்நுட்பம், மற்றும் மனிதநேயம் இணைந்த ஒரு சிறந்த நபர்சென்னை:மகிந்திரா நகரின் பசுமை நிறைந்த சூழலில் ஒவ்வொரு நொடியையும் மகிழ்ச்சியுடன் அனுபவிக்கும் உயிரோட்டமிக்க பெண் - ரஞ்சனி.மருத்துவரை மணந்த இவர், இரண்டு இனிய பெண் குழந்தைகளின் அன்பான தாய்.சென்னையில் பிறந்து வளர்ந்த ரஞ்சனி, தகவல் தொழில்நுட்பத்தில் பொறியியல் பட்டமும், மனிதவள மேலாண்மையில் எம்பிஏ பட்டமும் பெற்றுள்ளார். தற்போது ஹெக்சாவேர் டெக்னாலஜிஸில் தொழில்நுட்ப நிபுணராகப் பணியாற்றி வருகிறார். மேலும், ஹெக்சாவேர் இந்தியா - சென்னை கிளையில் பணிபுரியும் மகளிர் ஊழியர்களுக்கான “வுமன் ஃட் ஹெக்சாவேர் இந்தியா (WAHI)” அமைப்பின் செயலாளராகவும் சிறப்பாகப் பணியாற்றுகிறார்.பாரதநாட்டியத்தில் பயிற்சி பெற்ற இவர், எப்போதும் எங்கேயும் தன் கலை உணர்வை வெளிப்படுத்த விரும்பும் உற்சாகமான பாரம்பரிய நடனக் கலைஞர். நிறுவனம் மற்றும் குடியிருப்பு நிகழ்வுகளில் பல்வேறு வகை நடனங்களை கற்பித்து, மகிழ்ச்சியுடன் மேடையில் நிகழ்த்தி வருகிறார். “நடனம் எனது ஆற்றல், நேர்மறை அலைகளின் வெளிப்பாடு,” என இவர் பெருமையாகக் கூறுகிறார்.பள்ளி மற்றும் கல்லூரி நாட்களிலேயே கல்வி மற்றும் பண்பாட்டு நிகழ்ச்சிகளில் ஆர்வத்துடன் பங்கேற்று வந்த இவர், இன்று நிறுவன உலகிலும் பல்துறை திறமையாளராக திகழ்கிறார். பெண் குழந்தைகளின் கல்விக்காக நடைபெறும் நிறுவன சமூகப் பொறுப்பு (CSR) முயற்சிகளில் ஈடுபடுவது இவரின் மனதுக்கு நெருக்கமான பணி. “சமூகத்தில் முன்னேற்றம் ஏற்பட, அனைவரும் கைகோர்க்க வேண்டும்” என ஊக்கமாகப் பகிர்கிறார்.“அக்வாலில்லி எங்களுக்கு வெறும் குடியிருப்பு அல்ல — இங்கு நாம் இயற்கையை பற்றி கற்றுக்கொள்கிறோம், இயற்கையை நேசிக்கிறோம், அதனுடன் வாழ்கிறோம்,” என ரஞ்சனி பெருமையுடன் கூறுகிறார்.இவரின் வாழ்க்கை நோக்கம் - “வாழவும், மற்றவர்களை வாழ விடவும்.”கலை மற்றும் கலாச்சாரத்தின் ஆன்மாவோடு வாழும் இவர், “தன்னம்பிக்கை மற்றும் சுய ஊக்கமே மனிதனின் மிகப் பெரிய ஆயுதம்” என்று நம்புகிறார்.

- Ranjani

Ranjani is a living soul who cherishes every moment in the lush green haven of Mahindra City. Married to a humble doctor and a devoted mother of two lovely hearts, she brings grace and warmth to every role she plays. Born and brought up in Chennai, Ranjani holds a BTech in IT and an MBA in Human Resource Management. She currently serves as a Tech at Hexaware Technologies and takes on an inspiring add-on role as Secretary of WAHI (Women at Hexaware India, Chennai), where her leadership uplifts and connects women across the organization.



Ranjani Saravanakumar

Aqualily, MWC

NOVEMBER 30, 2025

Writers Column

'cause you are Precious!! (Mental hygiene)

It is imperative especially in today's fast changing, digitally inclined, more reel than real world to ensure what stuff you are feeding (by listening/ hearing or watching) to your mind.

Choose consciously, so that subconsciously your mind get trained to focus on constructive nourishment.

- Adapt simple yet sustainable habits in life that you can follow daily
- Engage in positive talks, choose encouraging words
- Learn something new that add value in your everyday
- Inculcate Meditation, Pranayama, Yoga or any form of physical exercise in your daily routine
- Pay Gratitude
- Be kind to yourself and others as well
- Live in the present moment & Smile often

The most essential gift it gives is the release of good chemicals in the body that protect and boost body's immunity and maintain overall wellbeing.

You cannot avoid negative people in life every time however you always have the option to chose positivity over negativity.

Optimistic outlook of life helps in navigating through adversity, reduces anxiousness, stress, depression & onset of many diseases.

Remember, Change will not happen overnight. Set small attainable goals, be disciplined and trust the process.

Start NOW, because you are PRECIOUS!!

-Rohini

Rohini is a dynamic HR professional with a deep passion for exploring new places, embracing diverse cultures, and savoring local and global cuisines. Her love for connecting with people from all walks of life reflects her open-minded and empathetic nature. She believes life is a journey filled with unexpected opportunities, best experienced with trust and joy. Whether navigating professional landscapes or wandering through unfamiliar streets, Rohini approaches every moment with curiosity and gratitude. Her zest for life and genuine interest in others make her a vibrant presence wherever she goes.



Rohini Kumar

Coventry, United Kingdom

NOVEMBER 30, 2025

Writers Column

Shifting Focus - From Helicopter Parenting to Quiet Thriving

If you've ever found yourself protecting your children from every discomfort, tracking their movements, monitoring their phone conversations, managing their friendships, or scheduling their time, you're not alone. Most of us as parents do it to safeguard our children, out of love and concern. But, somewhere along the way, we are slowly controlling their minds, and that definitely affects their mental well-being.

It is reported that at least 50 million children experience some form of mental health issue in India, yet most go untreated or uncared for. Increasing academic demands, peer pressure, FoMO (Fear of Missing Out), and digital distractions are some of the common reasons for poor mental health among children and adolescents. Added to this, 'helicopter parenting' - the constant hovering, correcting, and protecting, causes more stress among our children, leading to low self-esteem, anxiety, and depression. The over-involvement of parents often hampers the child's ability to develop resilience, emotional balance, and self-confidence. It's time we make a gentle shift - from control to connection, from constant correction to Quiet Thriving.

Quiet Thriving is a transformative mindset and a conscious practice - actively taking small, intentional efforts to find fulfilment, purpose, and well-being. It helps children find happiness and emotional strength at their own pace. It does not seek external validation for every move, nor can it be taught through constant supervision. How can we go about this? Encourage children to embrace gratitude and appreciate even the small things that happen around them. They can maintain a gratitude journal and write down one thing they're thankful for before going to bed. Children can be guided to engage in creative expression tasks and to dedicate a little time each day to learning something new. They need to be taught the culture of respect and empathy, to collaborate without competing, focus on progress, not perfection, and to pause now and then to self-reflect. These will help the children to be mindful and identify their purpose in life. As parents, let us not try to make life perfect for our children, but rather help them find strength within imperfection. Let us encourage our children to slow down, reflect, and connect with themselves. Celebrate the small efforts that your children take; give them the gift of quiet thriving. When we move from hovering to helping them quietly thrive, we help children to grow from within, nurturing happier and more grounded young minds.

- Dr. Anthea Washington



Dr. Anthea Washington

Bahrain

Dr. Anthea Washington is a seasoned academic and researcher with over 22 years in higher education. Holding degrees in HR, Social Work, Business Administration, and Education Management, she is currently pursuing Theology at Queen's College, Canada. She has taught undergraduate and postgraduate programs in India, Dubai, and Oman, bringing a global perspective. Passionate about social science research and curriculum development, she blogs at questmeraki.com and serves remotely as Professor at MS Chellamuthu Institute, Madurai, while residing in Bahrain..

Writers Column

जीवन की असली शांति

ज़रूरत एक ऐसा शब्द हैं जिससे हर कोई परिचित हैं ,बिना ज़रूरत के जीवन का एक पल भी नहीं चल सकता, इसलिए कहा गया है, आवश्यकता ही आविष्कार की जननी है ,पर समय के साथ ज़रूरतों का स्वरूप बदल गया है ।कभी ज़रूरत भोजन, वस्त्र और आश्रय की थी ।आज ज़रूरत बन गई है, नया मोबाइल ,नयी कार, सोशल मीडिया पर पहचान और लगातार अपडेट रहना, मनुष्य की यह नई दौड़ थमने का नाम नहीं लेती।हम अपनी ज़रूरतों को पूरा करने की व्यवस्था में उलझकर रह गए हैं ।यह भूल चुके हैं कि हम किसके लिए ज़िंदा हैं,हमारे भीतर साँस आती जाती है और इस सीमित समय के भीतर हमें अपनी असली ज़रूरत को पहचानना है ।मछली को पानी की ज़रूरत होती है ,पानी को मछली की नहीं । उसी तरह मनुष्य को शांति की ज़रूरत है पर शांति को मनुष्य की नहीं। वह हमारे भीतर हैं पर हम उसे बाहर खोजते रहते हैं, किसी नौकरी में, किसी रिश्ते में या लाइक और फॉलोवर की गिनती में।आज जब दुनिया युद्धों, आर्थिक अस्थिरता और पर्यावरणीय संकट से जूझ रही है, तब ज़रूरत की परिभाषा खुद में ही उलझी दिखाई देती है, एक तरफ लोग तकनीक और कृत्रिम बुद्धिमत्ता से नई उंचाइयां छू रहे हैं तो दूसरी ओर मानसिक तनाव, अवसाद और अकेलेपन के आंकड़े बढ़ते जा रहे हैं। यह विरोधाभास बताता है कि हमारी असली ज़रूरत कहीं नजर नहीं आती जो भीतर की शांति है।शान्ति का मतलब ये नहीं है कि युद्ध बंद हो जाए या कोई विवाद खत्म हो जाए। असली शांति वह है जो मन के भीतर ठहर जाए। जब हम अपनी आंतरिक ज़रूरत को समझ लेते हैं तब जीवन का हर अनुभव बदल जाता है, जो शांति हम बाहर ढूँढते हैं, वह वास्तव में हमारे भीतर ही जन्म लेती है, अब सवाल यही है, क्या आपने अपने जीवन में उस शांति का अनुभव किया है? अगर नहीं तो यह समय है, रुकने का, सोचने का और खुद से मिलने का क्योंकि आज की सबसे बड़ी ज़रूरत यही है।

-Chetana

Chetana Harit holds an M.Phil in Economics and has worked as a lecturer, sharing knowledge with passion and dedication. For the past 13 years, she has embraced the role of homemaker, balancing family life with creativity and curiosity. She finds joy in writing thoughtful articles, experimenting in the kitchen, and expressing herself through drawing. Exploring new places and learning fresh skills energize her, while her love for trying new things reflects her open-minded spirit. Chetana thrives on growth, creativity, and meaningful experiences.



Chetana Harit

Delhi

NEWSLETTER

J•CONNECT

Journeys & Connections..

J Connect – Journeys & Connections



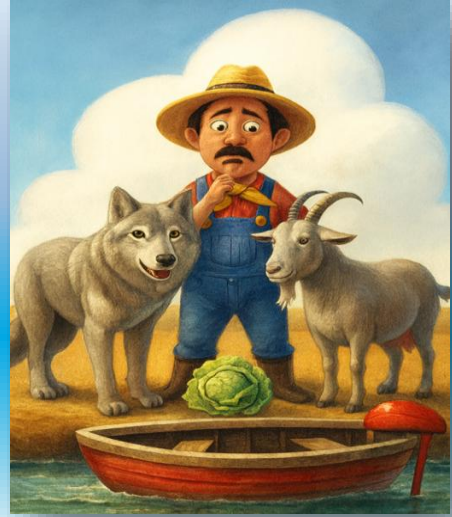
NOVEMBER 30, 2025

J Connect Quiz Challenge - Win & Shine!

Are you ready to put your knowledge to the test? J Connect is thrilled to announce our exclusive quiz contest! The first winner will receive a special gift. But that's not all, gain added visibility and networking opportunities across our vibrant community.

How to participate:

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



A farmer must carry wolf, goat, and cabbage across a river. Boat holds farmer + one item. If left alone together: wolf eats goat, goat eats cabbage. How can farmer cross all safely?

From the Editor's Desk

As I am concluding the 5th edition of J Connect, I am thrilled to see our community grow stronger with every story shared. We are also delighted by the wonderful response to our printed version; it's heartening to see readers enjoy J Connect in both digital and print.

This time, I also bring you something special; along with inspiring journeys, I invite you to contribute to our brand-new **"Story of the Year 2025"** section. Share your memorable experiences and let your voice inspire thousands. We will publish your story in next edition.

And for those who love a challenge, our exclusive **quiz contest** awaits; be the fastest with the right answer and win a special gift, plus recognition across our vibrant network. Together, let's keep weaving creativity, connection, and celebration into every edition of J Connect.

Cyclone Ditwah has brought heavy rainfall to our region; please stay safe and take care. Amidst the storm, may J Connect continue to bring you warmth, strength, and joyful reading.



Kind Regards

Jagrity Shrivastava

Aqualily, MWC, Chennai