

## NEWSLETTER

# J<sup>•</sup>CONNECT

*Journeys & Connections..*

As we unveil the 4th edition of J Connect, we draw powerful inspiration from the Indian women's cricket team, whose remarkable comeback has earned them a place in the ICC Women's Cricket World Cup 2025 final. Their journey marked by resilience, grit, and standout performances from players like Jemimah Rodrigues and Harmanpreet Kaur mirrors the spirit we celebrate in every story we share. From setbacks to triumphs, they've shown us that perseverance leads to greatness. As we spotlight changemakers across continents, let their story remind us: every challenge is a chance to rise. Let's keep rising, together.



## Our network is expanding



- Locations networking with J Connect

Our Webpage

[WWW.JCONNECT.ONLINE](http://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](mailto:jagryty@gmail.com)

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

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



NOVEMBER 2, 2025

## MWC Runners – Running with Purpose, Unity & Passion



**JConnect** proudly features **MWC Runners**, a vibrant and inclusive community driven by passion, purpose, and unity. Founded in 2017, MWC Runners has evolved from a small circle of enthusiasts into a thriving network of over **350 members**, inspiring fitness, social impact, and togetherness.

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

A significant milestone was achieved on Feb 2, 2025, when the club celebrated its official inauguration with the grand unveiling of the **MWC Runners flag** — a proud symbol of unity, enthusiasm, and the indomitable spirit of running. Registered under the Tamil Nadu Societies Registration Act, MWC Runners is a non-profit organisation dedicated to promoting health, fitness, and an active lifestyle for individuals of all ages.



The club has also secured its trademark, completed Darpan registration, and initiated the 80G registration process to enable CSR support for social causes through its running events. These professional milestones position MWC Runners among the most structured and compliant running clubs in India. Behind this success stands a dedicated team of leaders and volunteers. The Executive Committee includes

**Mr. Santosh** – President, **Mr. Ponniselvan** – Vice President, **Mr. Gurushankar** – Secretary, **Mr. Marimuthu** – Joint Secretary, **Mr. Ashok** – Treasurer, **Mr. Arun** – Joint Treasurer, and Executive Members **Mr. Dinesh**, **Mrs. Subathra**, **Ms. Nithya**, and **Mr. Subramani**. Their collective vision and efforts continue to strengthen the club's mission and impact.



Among the club's notable initiatives is the Trailblazers' 5K Run, held every Sunday within Mahindra World City. This event has successfully inspired many residents to embrace running and participate in marathons across the region.

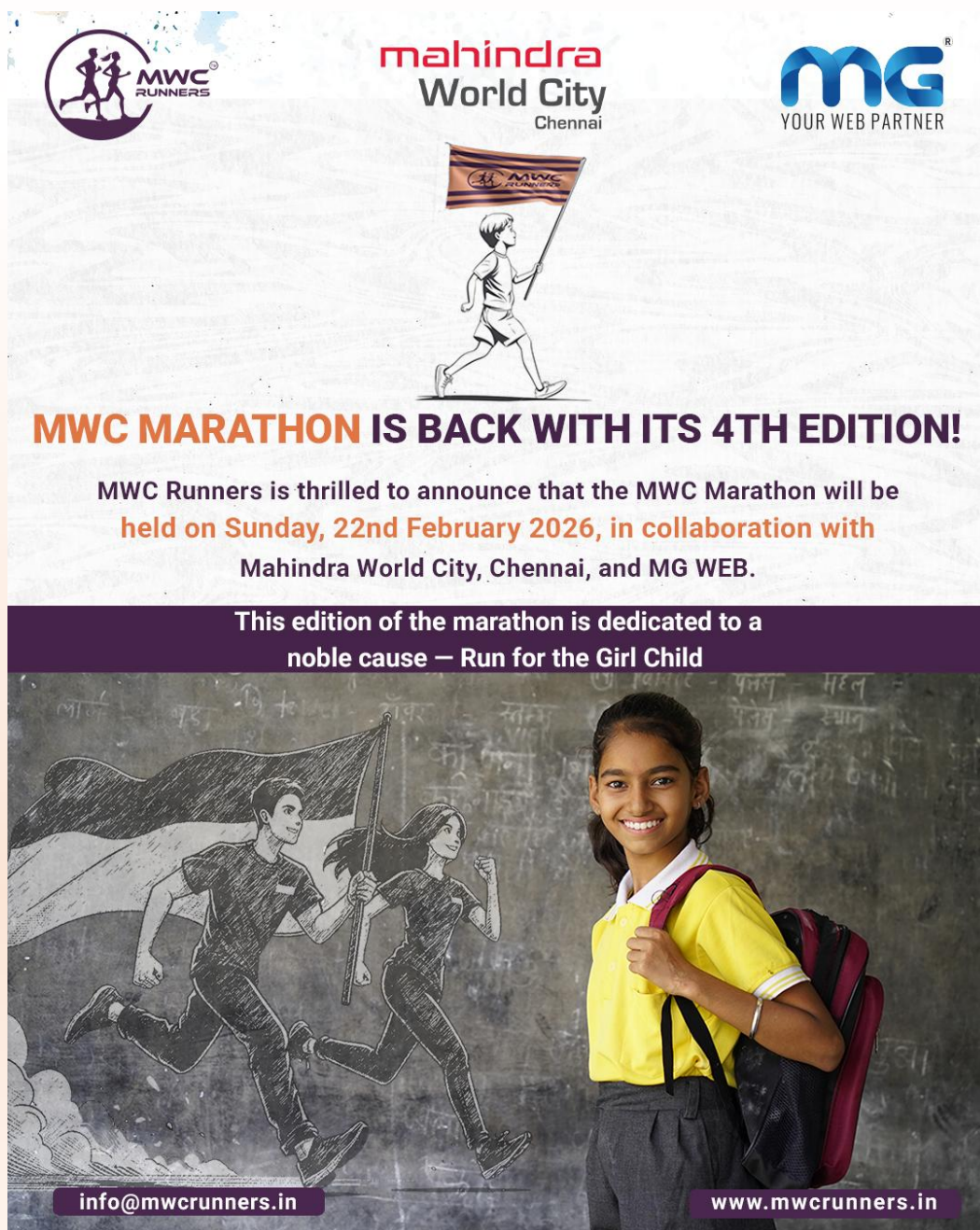




NOVEMBER 2, 2025

## MWC Runners – Running with Purpose, Unity & Passion

Looking ahead, MWC Runners is proud to announce the return of the **MWC Marathon – 4th Edition**, scheduled for **February 22, 2026**, in collaboration with Mahindra World City and MG WEB. More than just a fitness event, this marathon supports a noble cause, education for the girl child, through contributions to **Project Nanhi Kali**, founded by **Mr. Anand Mahindra**



The poster features the MWC Runners logo (two runners in a circle), Mahindra World City Chennai logo, and MG WEB logo (YOUR WEB PARTNER). In the center, a runner carries a flag with the MWC Runners logo. Below this, the text reads: **MWC MARATHON IS BACK WITH ITS 4TH EDITION!** MWC Runners is thrilled to announce that the MWC Marathon will be held on **Sunday, 22nd February 2026**, in collaboration with Mahindra World City, Chennai, and MG WEB. A purple banner states: **This edition of the marathon is dedicated to a noble cause – Run for the Girl Child**. The bottom half of the poster shows a chalkboard with a drawing of two runners and a photograph of a smiling girl in a yellow school uniform with a backpack. At the bottom, there are social media icons and the website [www.mwcrunners.in](http://www.mwcrunners.in).

Stay tuned for updates and registration details by following MWC Runners on social media:



Together, MWC Runners continues to run — not just for fitness, but for a **purpose that truly matters**.

**NOVEMBER 2, 2025**

## Sacred Stories on Every Canvas

Sheetal Ravi is a spiritually inspired artist and art coach based in Ontario, Canada, with over a decade of experience. Her expressive portraits and Indian Hindu spiritual paintings explore themes of self-love, consciousness, and inner beauty. Sheetal offers original artworks, high-quality prints, and custom portraits of loved ones, pets, and memorials. She conducts art classes for all ages and skill levels, both online and in person, and leads therapeutic paint workshops. Sheetal also provides live painting services for weddings and events, capturing heartfelt moments with grace and creativity



**Sheetal Ravi**

*Founder of **Sheetal Fine Arts***

**Phone: +1 (647) 425-6454**  
**Ontario, Canada**

*Her mission is to inspire healing, self-expression, & spiritual connection through art. She helps people of all ages explore creativity & inner peace through her paintings, classes, & workshops.*

### Connect For

**Original Paintings & High quality Prints**

**Custom Portraits of loved ones & Memorial Portraits**

**Art workshops/Classes**

**Creative & Therapeutic Paint workshops for adults**

*In-person & **Online Art Classes** for Kids & Adults (Basic & Advanced)*

Social media Link :  
Instagram- @sheetal\_fine\_arts  
Facebook- sheethalfinearts

Website: [www.sheetalfinearts.com](http://www.sheetalfinearts.com)





NOVEMBER 2, 2025

# Your Gateway to Premium Living at Mahindra World City

Aravind Subramaniyan from Mahindra Lifespaces is your go-to expert for premium homes in Mahindra World City. Whether you're looking for spacious 2 & 3 BHK apartments at Lakewoods, elegant duplexes at Aqualily, or ready-to-build plots at Green Estates, Aravind offers curated options starting from ₹38 Lakh\* to ₹1.10 Cr\*. With exclusive benefits like a 1.5% discount for corporate employees and the attractive 20:20:40 offer at Mahindra Happinest, he ensures a seamless home-buying experience. Reach out to Aravind for trusted guidance and a home that fits your lifestyle



Aravind Subramaniyan

**+91 85262 15317**  
**Iris Court, MWC**

*Aravind's aim is to help individuals and families discover their ideal home by offering trusted guidance, exclusive benefits, and premium properties through Mahindra Lifespaces*

## Connect For

**Tailored Property Solutions**

**Exclusive Corporate Benefits**  
(1.5% discount)

**Strategic Locations in Mahindra City**

### Mahindra Pan-India Customer Benefits

Category	Benefit / Discount
Existing Mahindra Customer	2%
Customer Referral	2%
Mahindra Employee	2%
Corporate Employee	1.5%
Bank Employees	1.5%

**Price Starting from 38L to 1.10Cr**

[Subramaniyan.aravind@mahindra.com](mailto:Subramaniyan.aravind@mahindra.com)

## mahindra LIFESPACES

 <small>Mahindra Lakewoods</small> <small>TNRERA/35/BLG/0276/2025</small>	 <small>Mahindra Green Estates</small> <small>TN/35/Layout/0556/2024</small>	 <small>Mahindra Aqualily</small> <small>TN/01/Building/0174/2022</small>	 <small>Mahindra Happinest</small> <small>TN/01/Building/0262/2022</small>
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A marvelous opportunity awaits you  
at Mahindra World City.



**mahindra Lakewoods** | Spacious 2 & 3 BHK apartments



**mahindra Green Estates** | Premium plots 750 to 2400 sq.ft



**mahindra Aqualily** | 3 & 4 BHK duplex apartments



**mahindra Happinest** | 1 & 1.5 BHK apartments

**Exclusive 1.5% Benefit for Corporate Employees**

**Aravind subramaniyan** ☎ **85262 15317**  
[subramaniyan.aravind@mahindra.com](mailto:subramaniyan.aravind@mahindra.com)

## Trailblazer in Holistic Learning

**Ginni Sharma**, the visionary founder of Learning Hub Tuition Classes, holds an M.Sc. in Mathematics, B.Ed., and CTET certification. With a passion for education and over a decade of experience, she is committed to nurturing young minds from Grade 1 to 10. Her expertise lies in delivering a comprehensive learning experience in **Mathematics and Hindi**. Under her guidance, students benefit from a well-rounded curriculum that includes traditional Maths, Mental Maths, and Olympiad preparation—empowering learners to build strong foundations and excel with confidence



Ginni Sharma

Founder - **Learning Hub**

**+91 8126042336**

**Lakewood, MWC**

*Ginni envisions a nurturing space where every child thrives academically and personally*

### Connect For

**Expert-Led Maths Learning**

**Mental Maths and Olympiad preparations**

**Strong Foundational Learning**

**THE LEARNING HUB**  
Learning today. Leading tomorrow  
Maths Tuition classes

**Why Choose Us?**

- Personalized attention
- Effective teaching methods
- Flexible scheduling


**Grade 1st to 10th**

- Traditional Maths
- Mental Maths
- Olympiad Preparation
- Practice worksheets

**3 classes per week**

Call or whatsapp - Ginni Sharma(M.sc(Maths),b.ed,Ctet (8126042336)

**Unlock your Maths potential with expert tutoring**



Looking for a  
**math Tutor?**

**The Learning Hub tuition classes**

- TRADITIONAL MATHS
- MENTAL MATHS
- OLYMPIAD PREPARATIONS
- WORKSHEETS

Contact:  
Ginni Sharma(M.sc(Maths), B.ed,CTET  
8126042336



NOVEMBER 2, 2025

## Strength in Heritage: The Velavan Arts Journey



**E. Sivaraman**

**Founder & President –  
Velavan Arts School**

**+91 7373418997**

**+91 9790765915**

**Chengalpattu**

E. Sivaraman is a dynamic cultural leader & martial arts mentor, passionately preserving Tamil heritage through Velavan Arts School.

Founder and President of the school, Sivaraman holds degrees in engineering and martial arts, and is officially recognized by the Tamil Nadu Department of Art and Culture. His academy offers training in *Silambam*, *Yoga*, *Karate*, and *Kung Fu*, empowering students with discipline and pride in tradition. Through his vibrant Instagram presence and community outreach, he inspires youth to embrace physical fitness and cultural identity. His motto: *Art is strength, tradition is power*

*He strives to instill physical strength, mental resilience, and cultural pride in ever`y student.*

### Connect For

**Silambam**

**Yoga**

**Karate**

**Kung Fu**

<https://www.instagram.com/sivaramanvelavanalaikkoodam?igsh=MWNjcDZud2oxbWpoYw==>

<https://youtube.com/@velavankalaikkoodam?si=zAuYkiOTy1YtKxyr>



NOVEMBER 2, 2025

## Dr. P. Subashree — Precision in Practice, Passion in Teaching

Dr. P. Subashree, Associate Professor of Ophthalmology at Karpaga Vinayaga Institute of Medical Sciences, is a skilled surgeon specializing in cataract and medical retina. With over 8 years of teaching experience, she inspires both undergraduate and postgraduate students. A proud gold medalist, she received the honor from Late Dr. Shantha, the revered head of Adyar Cancer Institute and Tamil Nadu's third female doctor, an unforgettable moment in her journey. She has published in seven reputed journals and spoken at multiple CMEs. Balancing career and motherhood with grace, she finds joy in painting and evening playtime with her son, embodying dedication and compassion.



Dr. P. Subashree

Ophthalmologist

**+91 9884839590**

**Madhuranthagam**

*She aims to advance excellence in ophthalmic care through precision surgery, empathetic teaching, and lifelong learning—empowering future doctors while delivering sight-saving solutions with integrity and heart*

### Connect For

**Expert in Ophthalmology**

**Manual and Laser cataract surgery**

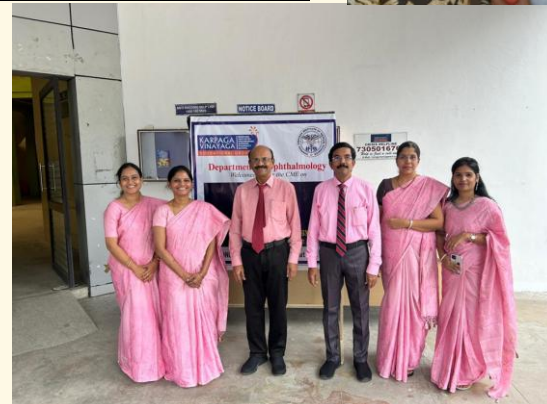
**Anterior segment surgeries**

Karpaga Vinayaga Institute of Medical Sciences and Research Center,

GST road, Chinnakolambakkam  
Madhuranthagam 603308

[psubashree.mbbs@gmail.com](mailto:psubashree.mbbs@gmail.com)

<https://share.google/IhiH13tgSnnrPAB6j>





**NOVEMBER 2, 2025**

## Serving Wellness from Sudhan's Kitchen

After an 8-year career break to raise her child, **Suvetha Gunasekar** reignited her passion for food by launching **Sudhan's Kitchen** in July 2023. Drawing from her roots and experience at Infosys, she now delivers wholesome, homemade-style lunches to companies in and around Mahindra City. Her kitchen is a celebration of purity—using farm-fresh produce, organic turmeric, and hand-ground spice powders, all free from artificial additives. Suvetha's commitment to quality and authenticity has made Sudhan's Kitchen a trusted name for nutritious, chemical-free corporate meals.



**Suvetha Gunasekar**

Founder – **Sudhan's Kitchen**

**+91 96982 99999**

**Aqualily, MWC**

*Her mission is to nourish working professionals with healthy, homemade-style meals crafted from organic, farm-fresh ingredients—free from artificial additives and full of authentic flavor.*

**Connect For**

**Home style Lunch for corporates**



**Sudhan's Kitchen**  
*Homestyle*

**SUVETHA .S**

M: +91 96982 99999

✉ [sudhanskitchen@gmail.com](mailto:sudhanskitchen@gmail.com)

📍 Plot No.5,6  
Blossom Avenue (MWC)  
Veerapuram Village  
Chengalpet - 603 003.



Corporate Lunch



Vegetable Kurma



Coconut Curry

NOVEMBER 2, 2025

## Empowering Young Minds at Ten Plus Academy

Ghanshyam Tiwari, the dedicated founder of Ten Plus Academy, located in Kota Raipur. With a passion for nurturing academic excellence and personal growth, Ghanshyam has built a coaching center that goes beyond marks, focusing on concept clarity, confidence-building, and holistic development. His team offers personalized attention, modern teaching methods, and regular assessments for students from classes 8 to 12. Ten Plus Academy also prepares students for NTSE, Olympiads, JEE, and NEET, ensuring they're future-ready. Ghanshyam's commitment to education is rooted in care, consistency, and a belief that every student deserves to thrive.



**Ghanshyam Tiwari**  
Founder and Director  
– Ten Plus Academy

**+91 62649 70607**  
**Raipur, CG**

*His mission is to ignite confidence and curiosity in every learner by delivering concept-driven education, personalized mentorship, and competitive exam readiness—empowering students to succeed academically and grow holistically*

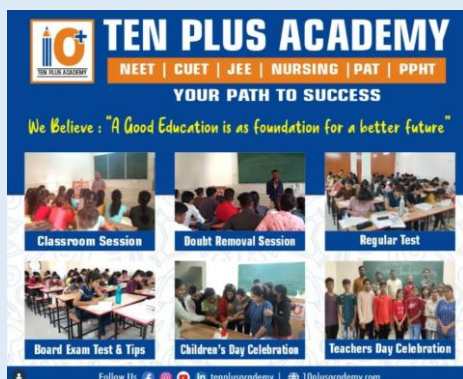
### Connect For

**Academic Coaching  
(Classes 8–12)**

**Foundation Courses for  
Competitive Exams (NEET, JEE)**

**1000+ Students**

<https://www.instagram.com/tenplusacademy?igsh=NGF1NmIjbTBvMjB1>



**TEN PLUS ACADEMY**



**ADMISSION  
OPEN**

**9<sup>th</sup> 10<sup>th</sup> 11<sup>th</sup> 12<sup>th</sup>**



**PHYSICS**



**CHEMISTRY**



**MATHS**



**BIOLOGY**

**FOR CG BOARD**

*Re-define Your Learning With*



**GHANSHYAM  
SIR**  
6+ Years of Teaching Experience in  
Biology & Chemistry



**PRAYAG  
CHANDRAKAR  
SIR**  
12+ Years of Teaching Experience  
in Maths & Physics

📍 KOTA, RAIPUR (C.G.)

**62649 70607**





NOVEMBER 2, 2025

## Freshness Delivered—Fast, Affordable, Reliable

Mera Laundry @ MCM Canopy is your go-to destination for smart, affordable, and hassle-free laundry services in Mahindra World City. With a vibrant setup and tech-enabled booking at [meralaundry.in](http://meralaundry.in), they offer everything from Wash & Fold (₹69/kg) to Express 24-hour delivery (₹199/kg). Whether it's dry cleaning, sports shoe care, or toy sanitization, Mera Laundry blends convenience with quality. Located at Unit 1A, 1st Floor, MCM Canopy, they're just a call away at 8438350919. With transparent pricing and a customer-first approach, they're redefining cleanliness for busy professionals and families alike. Fresh clothes, fast service—because you deserve the best.



**Meralaudr**



**+91 8438350919**

**Canopy, MWC**

*Their mission is to deliver smart, affordable, and high-quality laundry solutions that simplify life for busy families and professionals in Mahindra World City*

### Connect For

**Wash and Iron**

**Dry Cleaning**

**Shoe, Toy, Bag, Curtain  
Cleaning**



**After**

**before**



**meralaundry.in**  
5 Lakh Happy Customers | 10+ Cities  
Now @ MCM canopy , Mahindra City

**OFFER CODE**

'FLAT50'  
Rs.50 off On orders above 200

'FLAT100'  
Rs.100 off On orders above 400

**Starts at**  
**Rs.69/kg**  
only

**BOOK ONLINE**

[meralaundry.in](http://meralaundry.in)

- ✓ Wash & Iron
- ✓ Steam Iron
- ✓ Dry Cleaning
- ✓ Shoe Cleaning
- ✓ Toy Cleaning
- ✓ Bag Cleaning
- ✓ Curtain Cleaning
- ✓ Express Services

**For free Pick up & drop call**  
**8438350919**

NOVEMBER 2, 2025

## From Farm to Your Family; Rooted in Nature

Rahul Srivastav, an engineer by profession and a devoted family man, is the proud founder of The **Gulmohar Greens** Farm, a sanctuary of sustainable living and organic cultivation. Inspired by his visionary father, a retired railway employee with a deep love for farming and nature, Rahul nurtures the land with care and purpose. The farm flourishes with chemical-free crops like rice, wheat, mustard, sugarcane, and vibrant vegetables including brinjal, spinach, and tomato. Rooted in compassion and transparency, Gulmohar Greens reflects a legacy of ethical growth and generational wisdom.



R S Srivastav  
Rahul Srivastav

Founder - Gulmohar Greens

**+91 9456407410**

**Bareilly, UP**

*Rahul aims to cultivate ethically raised poultry and organic produce through sustainable farming practices that nourish families and honor nature.*

### Connect For

**Organic Rice, Wheat, Pulses  
Vegetables**

**Eucalyptus and Poplar  
Trees**

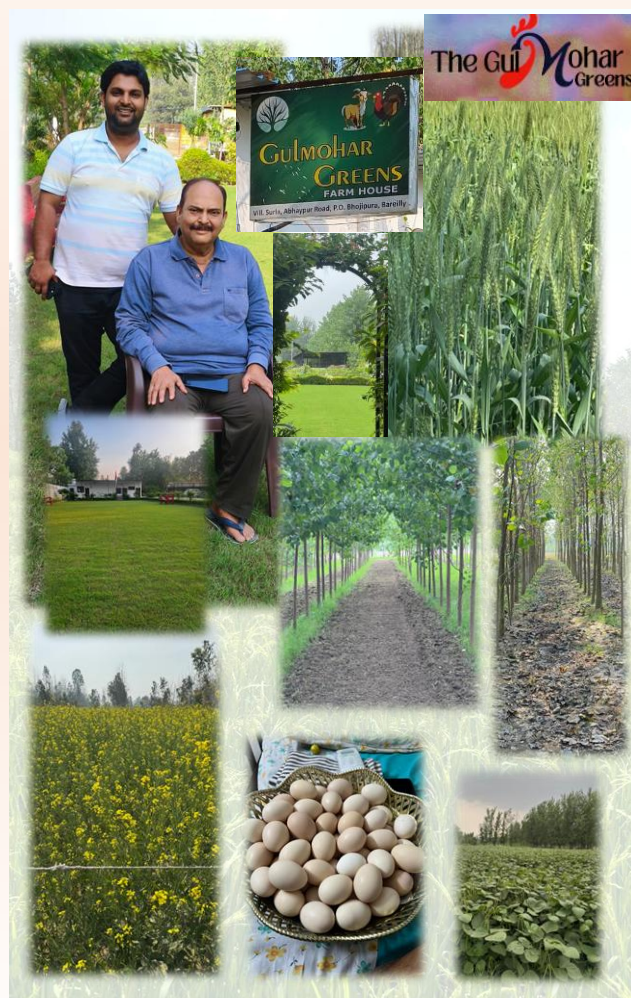
**Organic Poultry**

[thegulmohargreens@gmail.com](mailto:thegulmohargreens@gmail.com)

Village: Surla SRMS Engineering  
College Road Near Lucky Eint  
bhatta Bhojipura Bareilly

<https://share.google/h99uvzGUh5QVGGh7i>

<https://thegulmohargreens.com>





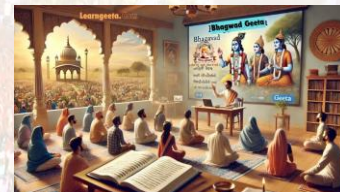
NOVEMBER 2, 2025

## Learn Geeta: A Path to Purpose and Peace

Founded in 1986 by Swami Shree Govind Dev Giri Maharaj, Geeta Pariwar has been a beacon of value-based education, now reaching over 5 lakh children across 21 states. Rooted in the timeless wisdom of the Bhagavad Geeta, its mission extends beyond borders, uplifting lives, defeating poverty, and fostering social justice. The upcoming **free online batch** starting **31 October 2025** invites seekers to **Learn Geeta, Teach Geeta, Live Geeta**. It's a transformative journey of clarity, connection, and purpose, where ancient values illuminate modern life with strength and serenity.

Youtube Link: <https://youtu.be/RhsREyZwzTQ>

Zoom Link: <https://gplg.in/L1/CeremonyID-87130907094Passcode-1>



**Register now** at [joingeeta.com](http://joingeeta.com) and be part of a movement that inspires purposeful living through ancient knowledge.

## Stride Together, Serve Together

Join the Sri Sathya Sai Run & Ride, a vibrant fitness-for-a-cause event celebrating 100 years of "Love All, Serve All." Open to students aged 15 and above, it's a joyful blend of unity, health, and purpose. With pre-run Zumba, medals, T-shirts, and refreshments, it's more than a race, it's a movement. Whether you're a seasoned runner or just love being part of something meaningful, register now and ride the wave of energy, community, and service. Let's move together for a cause!

### Mumbai Unity Run & Ride

Gather your friends, register together at the

**Run & Ride mega event!!**

Register here: <https://sssunityrun.ssssoindia.org/event-details/MjA=>

OR Scan the QR Code on the flyer to REGISTER NOW!





NOVEMBER 2, 2025

## Writers Column

### Threads of Devotion: Crafting Golu with Heart and Heritage

As a young girl, I have seen my mother set up Golu with handcrafted items, as she had very few dolls to display. She used to make cutouts from magazines and use matchboxes and other commonly found household items to create pieces appropriate for the theme she had planned. She paid attention to the minute details to make everything look realistic. This truly inspired me, though I'm not particularly skilled in art and crafts!

Way back in 1994, I started my very first thematic Golu, a village! It's interesting how the idea came to me. My daughter had to make a post box for her school project. We converted a lemon squeezer into a post box, as it had a dome (in those non-YouTube days). We covered it with red paper, placed a black strip over it, added some writing, and the post box was ready! I was so excited with the outcome that I decided to include a post office in the upcoming Golu. Thus, the village had a post box, police station, and more. From then on, there was no looking back!

From 1994 till date, the diverse themes I have displayed include: Village, Farming, Singara Chennai, Sringeri, Kailash Mountain, Festivals, Places of Worship, Samskaras, Process That Leads to a Wedding, Fitness Mantra, Pancha Bhootha, Agni, Pancha Maha Yagna, Daivi Sampath (values from the 16th chapter of the Bhagavad Gita), Paths of Yoga, Peace: Tranquility (Essence of Blissful Living), Mahindra City, Wealth of Wellness, Save Earth, Sanskriti, Sampradha—Wealthy Life, Nithya Vandanam, Krishnam Vande Jagadgurum, Chidananda Roopah Shivoham Shivoham, and Devi Namostute.

My husband has supported me in every possible way. I'm now looking forward to another innovative theme next Navaratri!

**Harini Chandrasekhar**

*Harini Chandrasekhar is one of those rare souls who radiates joy through every phase of life. Born in Madras and raised in Nagpur, she carries the warmth of the South and the vibrancy of Central India in her heart. A proud B.Sc graduate from the Institute of Science, Nagpur, she briefly worked in banking before choosing a life rich in rhythm, flavor, and connection.*

*She's a devoted mother to two wonderful daughters and a doting grandmother to three little bundles of joy, her greatest treasures. Her days are filled with music, dance, fitness, and culinary exploration.*



What truly sets her apart is her creative flair, especially during Navarathri, when she curates stunning thematic golus using everyday materials with extraordinary imagination. Her festive displays are not just artistic, they're soulful expressions of tradition and innovation.

Since moving to Aqualily in 2015, Harini has become a cherished part of the community. Her passion for cultural events, her ability to connect with people, and her commitment to community bonding make her a source of inspiration and energy for all of us.

Her mantra is simple yet powerful: **Keep moving. Be active.** She truly lives it.



**Harini Chandrasekhar**

**Aqualily, MWC**



NOVEMBER 2, 2025

## Writers Column

### Hold on please!

Dear You,  
Hold on please.

It's okay if everyday is just the same,  
If you are not on your A game.  
What matters is you are alive and fit,  
Take some time out, sit and introspect.

It's okay if you feel that the going is getting rough,  
The times are definitely very tough.  
Go slow, calm down, why the hurry?  
This too shall pass, don't you worry.

It's okay if you feel you are dwelling in the past,  
Keep reminding yourself that hard times don't last.  
The good vibes and the fun times will soon be back,  
To every problem there is a hack.

It's okay if it's hard to keep tears at bay,  
"It is what it is" is all we can say.  
Be hopeful and keep at it,  
Cry and scream but rebuild yourself bit by bit.

It's okay if you want to take some time out and chill,  
Always remember you are your own happy pill.  
Don't let things bog you down,  
The smile looks prettier rather than the frown.

It's okay if you think there is so much to do and achieve,  
In better times we all do believe.  
Live through this and do your best,  
Who knows? This might just be a test.

Once this ends we'll be up, running and at ease,  
Till then dear you, hold on please!

AA

**Arushi Agarwal**

*Arushi, currently pursuing her MD in General Medicine, is a sincere and dedicated soul. With a sharp mind and an unwavering work ethic, she stands out as a truly talented and committed doctor in the making. Her sharp intellect, compassionate nature, and tireless hard work make her an inspiration to all who know her. Whether in academics or patient care, she brings focus, empathy, and excellence to everything she does. She is a rare blend of brilliance and humility, a talent destined to shine and make a meaningful impact in the world of medicine..*



Arushi

**Chennai**

NOVEMBER 2, 2025

## Writers Column

### Bridges of Belief: A Journey Beyond Borders



*Crossing borders begins with courage, and this journey proves that confidence can build bridges across cultures. In every challenge, perseverance triumphed over doubt, turning obstacles into stepping stones. Leading in a foreign land, self-belief became the strongest compass, guiding each step with clarity and conviction. With two decades in the industry and a spirit that continues to evolve, the path reflects a deep commitment to growth. Embracing new cultures with open arms, this story reminds us that success blooms where respect and resilience meet.*



**Ming**

Ming is an expat from Taiwan and has been living and working in Chennai since 2020. She has been working in the electronics manufacturing industry for the past 20 years and was sent by her company to India to set up factory operation. Over the past 5 years in India, she has traveled extensively around India, experiencing the richness and beauty of Indian culture and cuisine.

Through out her journey in career and working overseas, she always believes in perseverance and self confidence. As a female working in a foreign country, confidence in one's own capability and capacity helps navigate in the right direction and leads to fruitful results



**Ming**

**Aqualily, MWC**



## Writers Column

### निर्णय

सुमेधा अपने फूलों की क्यारियों में खड़ी पौधों की कटिंग करवा रही थी कि मनीष की आवाज ने उसे चौंका दिया, "मां यह शिल्पा है मेरी गर्लफ्रेंड।" वह आवाज की तरफ मुड़ी तो सामने एक पतली दुबली समान्य शक्ल की सूरत वाली लड़की खड़ी थी। जिसने ब्लू रंग के जीन्स और गुलाबी टॉप पहन रखे थे। उसके छोटे छोटे बिखरे बालों के लट करीब करीब आधे चेहरे को ढक रहा था। अगर ढंग से कपड़े पहनती तो अच्छी लगती। आंखें मिलते ही उसने नमस्ते के लिए हाथ जोड़ दिए। उसका मन मणिहारा सर्प की भांति बेचैन हो उठा। एक तो उसका बेटा उसे बिना बताए अपने लिए लड़की पसन्द कर लिया उसपर से यहां लाने से पहले पूछा तक नहीं। अब बेशर्मा की तरह खराब मुस्करा रहा था, पर किसी तरह अपने को संभाले दोनों को गार्डन में लगे कुसियों पर बैठ मोहन को बुला कर चाय लाने के लिए बोल ही रही थी कि पतिदेव और उनकी बेटी रमा भी जाने कैसे सुघते वहां पहुंच गये थे। थोड़ी ही देर में उसे छोड़ बाकी सब ठहाके लगा रहे थे। पर उसका चिंताआतुर मन यहां वहां विचरण कर रहा था। कैसे कैसे अच्छे रिश्ते आ रहे थे पर इसको यही शूर्पणखा पसंद आई। प्यार करते समय इन लड़कों के अक्ल पर तो जैसे पत्थर पड़ा जाता है। वह भी चाहती थी मनीष को पढ़ी लिखी आधुनिक सोच वाली सुंदर लड़की मिले। पर इतनी भी आधुनिक नहीं कि सास का पाव छुना भी जरूरी नहीं समझे। कम से कम ढंग के कपड़े पहन ठीक से तैयार होकर कर तो आ ही सकती थी। उसने बह की जो तस्वीर बरसों से अपने मन में खींच रखी थी, अचानक उसमें जैसे किसी ने पलीता लगा दिया था। उसके खिन्न मन और आंखों में छिपे इंकार को बेटा भांप गया था। इसलिए लगातार शिल्पा के गुण गिनवा रहा था। आप जानती हैं शिल्पा एनआईटी में अपने बैच की टॉपर रह चुकी हैं। अभी मेरी ही कंपनी में यह मेरे बराबर के पोस्ट पर काम कर रही हैं। गाना भी बहुत अच्छा गाती हैं। ककिंग का भी बहुत शौक है। अपनी बड़ाई सुन शिल्पा के अहंदिप्त चेहरे पर एआत्मगौरव का तेज झलक उठा था। उसका दिल चाहा कहे, चाहे डियियां कितनी ले ली हो पर इसे तो सामान्य शिष्टाचार निभाने भी नहीं आता है।

आजकल तो पद का गौरव ही लड़कियों के सब से बड़े हथियार हो गये हैं। न बड़ो का मान सम्मान न पति की कोई कद्र। पति साथ मिलकर हर काम में मदद करता रहता है फिर भी छोटी छोटी बातों में उसे जेल भेजने और पुलिस की धमकियां मिलती रहती हैं। शिल्पा जैसी करियर बेसड लड़कियों के लिए तो आजकल शादी का जैसे कोई मतलब ही नहीं रह गया है। वह महसूस कर रही थी कि मनीष उसकी प्रतिक्रिया जानने के लिए बेताब था। पर वह अपने मन का थाह ही नहीं लगने दे रही थी। वह चुपचाप उठकर किचेन में आ गई। पीछे से मनीष भी उठकर आ गया था। मां शिल्पा आप को कैसी लगी। सुमेधा के गले में मनीष अपनी बांहें डालते हुए बोला। जब तुम दोनों ही एक दूसरे से प्यार करते हो फिर मुझे पसंद हो या नहीं हो क्या अंतर पड़ता है। तुम दोनों को शादी करनी है तो हो जायेगी। आजकल बच्चों के जीवन में माता पिता का क्या कोई स्थान रह गया है जो हम कुछ बोले। तभी मनीष के पीछे से एक आवाज सुनाई दी। ऐसा मत कहिए मां मुझसे ज्यादा मां का मूल्य कौन समझ सकता है जिसने अपनी मां को जन्म लेते ही खो दिया हो। घर में विमाता के आ जाने के बाद से मेरे जीवन का अधिकतर हिस्सा होस्टल में मां के प्यार के लिए तरसता हुआ ही गुजरा। मैं जानती हूं मैं आपके संस्कारी बहू वाले कसौटी पर खरी नहीं उतर सकती न मैं सुंदर हूँ। पर मैं आपको विश्वास दिलाती हूं कि जैसा आप चाहेंगी मैं वैसा ही अपने आप को बदल लूंगी। बस मुझे दिल से अपना लीजिए मां। कभी कभी विनम्रता से कही गई कुछ बातें अचानक बहुत कुछ बदल देता है। उसके मुंह से मां सुन सुमेधा का मन भी भीगने लगा था। ऐसे ही निश्चल बहू की तो उसे तलाश थी। अचानक उसके अंदर ममता का एक ज्वार भाटा सा उठा और वह उसे खींच कर अपने गले से लगा ली। तू तो बहुत प्यारी लड़की है। तुम्हें नहीं बदलना है मुझे। तू जैसी है वैसी ही अच्छी है। अब तू मेरा यह निर्णय भी सुन ले कि तू ही मेरी बहू बनेगी दूसरी कोई नहीं। फिर अपने गले से चेन निकाल कर उसके गले में डालते हुए बोली। आज से ही तू मेरे बच्चों में शामिल है। तुम्हारा भी मेरे प्यार पर उतनी ही अधिकार है जितना मनीष और रमा का। शिल्पा ने जब आश्चर्यचकित भीगी दृष्टि से सुमेधा को देखा तो उसे ऐसा लगा जैसे कुछ देर पहले सुमेधा की जिस दृष्टि में इंकार था अब वहां केवल प्रेम था। अबाध और निश्चल प्रेम जिसकी उसे शिद्दत से तलाश थी।

लेखिका रीता कुमारी

It's my privilege to introduce Rita Kumari, a gifted writer and MSc Botany graduate who has been crafting literary gems for the past 22 years. Her work spans poetry, short stories, novels, children's literature, plays, and micro-fiction, over 100 stories published in leading magazines like Vaneeta, Saritha, and Meri Saheli. Rita's creative brilliance has earned her numerous accolades, including the prestigious Dr. Tara Singh National Award (2025). Her story series : Antim Guzarish, Purn Viram Se Aage, and Prem Pravanchana, reflect her emotional depth and narrative mastery



Rita Kumari

Patna



## Writers Column

### இந்தப் பெயர்கள் எப்படி வந்தன?

ஒரு நாள் ஊரைச் சுற்றிப் பார்க்கலாம் என்று கிளம்பினான் தமிழன். அவன் கிளம்பிய இடத்திலிருந்து கொஞ்சம் ஊர்ந்து சென்றாலே அடைந்து விடலாம் என்கிற தொலைவிலிருந்து அந்த இடம் ஊர்ந்து சென்றாலே அடைந்து விட முடியும் என்பதால் அதற்கு ஊர் என்று பெயர் வைத்தான் அந்தத் தமிழன். இன்னும் சற்றுத் தொலைவில் வேறு ஒரு இடம் இருந்தது. ஊர்ந்து மட்டும் சென்றால் அதை அடைந்து விட முடியாது. அதை அடைய வேண்டும் என்றால் குறைந்தபட்சம் நகர்ந்து செல்ல வேண்டும். நகர்ந்து சென்றால் தான் அடைய முடியும் என்பதால் அதை நகரம் என்று அழைத்தான். இவன் இருந்த இடத்திலிருந்து வெகு தொலைவில் வேறொரு இடம் இருந்தது. அதை ஊர்ந்து சென்றாலும் அடைய முடியாது. நகர்ந்து சென்றாலும் அடைய முடியாது. குறைந்த பட்சம் அதை அடைய வேண்டும் என்று விரும்பி, அதை நாடிச் செல்ல வேண்டும். அப்போது தான் அதை அடைய முடியும். நாடிச் சென்றால் தான் அடைய முடியும் என்பதால் அதை நாடு என்று அழைத்தான். இப்படியே ஊர்ந்தும், நகர்ந்தும், நாடியும் சென்ற தமிழன் ஓரிடத்தில் ஒரு காளையின் திமிலைப் போல வீங்கியிருந்த நிலத்தைக் கண்டான். அவ்வளவு தான் மலைத்துப் போனான். உடனே அதற்கு மலை என்று பெயர் வைத்தான். அது ஒரு வள்ளலைப் போல மல்லல்களை வாரித் தந்ததால்... அதாவது வளங்களை வாரித் தந்ததால் மலையென்ற பெயர் அதற்குக் கச்சிதமாய்ப் பொருந்திப் போனது. அந்த மலையின் உச்சியில் ஊறிய தண்ணீர் அங்கிருந்து ஆனந்தமாய்க் கீழே குதிப்பதைக் கண்டான். அப்படி அங்கிருந்து கீழே குதிக்கும் தண்ணீர் இடையிலிருந்து பாறைகளையெல்லாம் அறுத்துக் கொண்டு கொட்டியது. தமிழன் பார்த்தான். அறுத்துக் கொண்டு கொட்டியதால் அதை அறுவி என்று சொன்னான். அதுவே மருவி பின் உருவானது. அருவி. அப்படி கீழே விழுந்த தண்ணீர் விழுந்த வேகத்திலேயே ஒரு இலக்கு நோக்கிப் பாயத் தொடங்கியது. பாய்ந்து சென்ற அந்தத் தண்ணீர் தனக்கென்று ஒரு வழியை வகுத்துக் கொண்டு பயணித்ததைப் பார்த்தான். அது தனக்கென்று ஒரு வழியை வகுத்துக் கொண்டு பயணித்ததால் அதை ஆறு என்று சொன்னான். ஆறு என்றால் வழி என்பதை நீங்கள் அறிந்திருப்பீர்கள். வேறொரு இடத்தில் நிறைய தண்ணீர் தேங்கி இருப்பதைக் கண்டான். அந்தத் தண்ணீரைக் கொண்டு தான் நம்மவர்கள் வேளாண் தொழிலை வெற்றிகரமாகச் செய்து வந்தார்கள். ஏர்த் தொழிலுக்குப் பயன்பட்டதால் அதை ஏரி என்று சொன்னான். இன்னொரு இடத்திலும் அதே போலக் கொஞ்சம் தண்ணீர் தேங்கி இருப்பதைக் கண்டான். அது ஏரியைப் போலவேல்லாம் பெரிதாக இல்லை. அதை வைத்துக் கொண்டு ஏர்த் தொழிலெல்லாம் செய்ய முடியவில்லை. உள்ளூரில் வசிப்பவர்கள் குளிப்பதற்கு மட்டும் அது பயன்பட்டது. குளிப்பதற்கு பயன்பட்டதால் அதைக் குளம் என்று சொன்னான். இன்னொரு இடத்திலும் அதே போலக் கொஞ்சம் தண்ணீர் தேங்கியிருந்ததைக் கண்டான். அது குளத்தை விடவும் ஆழம் குறைவாக இருந்தது. ஆழம் குறைவாக இருந்ததால், அதாவது குட்டையாக இருந்ததால் அதற்குக் குட்டை என்றே பெயர் வைத்தான். இன்னொரு இடத்தில் நிலத்துக்கு கீழே இருந்த தண்ணீர் அந்த நிலத்தைக் கிழித்துக் கொண்டு வெளியே வந்தது. தமிழன் பார்த்தான். ஊறியதால் அதை ஊற்று என்று சொன்னான். ஊறிய தண்ணீர் ஓடியது. ஓடியதால் அதை ஓடை என்று சொன்னான். இப்படியாய்ப் பயணித்து வந்த அந்தத் தமிழன் ஓரிடத்தில் அசந்து போய் நின்று விட்டான். அதற்குக் காரணம்... அப்போது அவன் முன்னால் இருந்தது ஒரு மிகப்பெரிய தண்ணீர்க்காடு. அது அந்த வானத்தையே தரையில் விரித்து வைத்தது போல இருந்தது. அது நீளத்தண்ணீர் மட்டுமல்ல நீலத்தண்ணீர். கண்ணுக்கு எட்டிய தூரம் வரை மட்டுமல்ல, அவன் கண்ணுக்கே எட்டாத தூரத்திலும் அந்தத் தண்ணீர்க்காடு தான் விரிந்து கிடந்தது. அதாவது அவன் இங்கு ஒரு நிலத்துண்டில் நின்றான். அவனுக்கு முன்னால் அந்த மிகப்பெரிய தண்ணீர் வானம். அந்தத் தண்ணீர்ப் பரப்பிற்கு அப்பால் இன்னொரு நிலத்துண்டு இருந்தது. இவன் நின்ற நிலத்துண்டு மிகவும் வெப்பமானது. அந்தத் தண்ணீருக்கு அந்தப் பக்கம் இருந்த நிலத்துண்டு மிகவும் குளிர்ச்சியானது. இங்கே இருந்த வெப்பத்தை அந்தத் தண்ணீர் அங்கே கடத்தியது. அங்கே இருந்த குளிர்ச்சியை அது இங்கே கடத்தியது. தமிழன் பார்த்தான். கடத்தியதால் அதைக் கடல் என்று சொன்னான். அதுவே பரந்து இருந்ததால் பரவை என்றும் சொன்னான். இந்த பூமியின் தொல் குடியான அந்தத் தமிழனைப் போல பெயர் வைத்த ஒருவனை வேறொரு மொழியில் எங்கேனும் பார்த்தால் மறக்காமல் எனக்குச் சொல்லி அனுப்புங்கள். தமிழன் என்று கூறுவதில் பெருமை கொள்வோம்.

Ms. Mohanavalli is a dynamic individual whose journey blends academic excellence, leadership, and artistic flair. With postgraduate degrees in Economics, Advanced English, and Tamil Literature, she has also earned banking certifications including CAIIB and served as a Direct Recruit Officer at Bank of India. Her early years were marked by achievements in NCC, rising to Cadet Sergeant Major and representing Tamil Nadu at the Republic Day Parade and Kashmir camps.

She was the only girl selected from PSG R Krishnammal College, Coimbatore, for advanced leadership training in Mercara and Pahalgam.

A best cadet and rifle shooting awardee, she also shines as a Tamil debater, TV presenter, and performer. Her talents span dancing, singing, gardening, cooking, Tamil poetry, swimming, and marathon running, recently winning first prize. Rooted in gratitude, meditation, and service, she inspires others with her energy, humility, and love for people, a testament to how discipline and self-belief shape a purposeful life.



Mohanavalli

Aqualily, MWC



NOVEMBER 2, 2025

## Writers Column

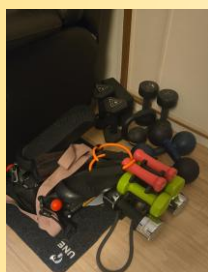
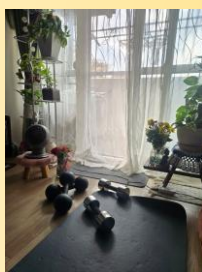
### *Self-Care Is Your Superpower*

*Self care is all about taking an active role in the management of one's emotional, mental, and physical happiness. The more intentionally you play a major role in this process, the healthier, fitter, and confident you become to lead a great quality life in later years. Treat your body with the respect and care it deserves as that's the only way to live a great life. Nothing compares to the feeling of taking control of your health, mental peace, and happiness. Lead a boring life if you need to but be scared of being bored!*

**Diviya Vinod**



Life starts at 40, and Diviya Vinod, ex Sylvan County resident and MWS English teacher, who now lives in Tokyo with her family, wants to encourage women to live their lives in great health with fitness as their priority. A hypothyroid patient living with difficulties like frozen shoulder and plantar fasciitis, Diviya always struggled with weight gain and mobility issues. However, things took a positive turn when she decided enough was enough. Taking control, she started her weight management journey with regular walking, food monitoring, sleep duration correction, strength training, and, most importantly, lifestyle change.



**Diviya Vinod**

**Tokyo, Japan**

From a whopping 82 kgs in 2024, she has come down to 69.5 kgs in 2025. A working mom of 2 lovely girls, a professional saree drape artist, and a saree studio owner, Diviya proves that impossible is nothing!

NOVEMBER 2, 2025

## From the Editor's Desk

As we turn the page to a new edition of J Connect, I'm thrilled to share how far we've come. 78 inspiring journeys and counting! Each story continues to spark meaningful connections, opening doors and hearts across our growing community.

We're proud to announce that J Connect is now available in print at selected locations and clubhouses, offering a tangible way to enjoy these voices of change. Also, our stories are reaching new audiences and being shared across global locations.



Last week, I had the privilege of celebrating Chhath Puja, a festival that honors the Sun and nature with deep devotion. It involves a rigorous four-day ritual, including a 36-hour fast without water, symbolizing purity, gratitude, and resilience. Standing by the water, offering prayers at sunrise and sunset, reminded me of the strength that comes from faith and the beauty of giving thanks to nature.

This journey has always been about celebrating people, purpose, and possibilities. Your encouragement, feedback, and belief in this platform have made it all possible. Thank you for walking this path with us. Let's continue to uplift one another, discover changemakers, and build bridges across continents, one story at a time.

Kind Regards

**Jagrity Shrivastava**  
Aqualily, MWC, Chennai