



The Happiness Network™

A PARANJAPE SCHEMES INITIATIVE



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July - September 2021

Exclusive Newsletter for Paranjape Schemes Residents

ABOUT GANARANG ONLINE - 2021



This year too, 'Ganarang 2021' was conducted in an online format which received an overwhelming response! This was the 11th year of Ganarang. This year, the Lokmat media group was associated with Ganarang.

A part of 'The Happiness Network' events, 'Ganarang' is a platform created in 2010 that brings out the hidden talent in you, gives you the confidence to perform on stage, and gives you exposure to various cultural events.

This year, for the singing competition, there were more than 200 entries from all age groups (Solo & Duet singing). For the Dance competition, there were around 130 entries. For stand-up comedy and solo acts, there were around 50 entries. For short film making, got around 15 entries and more than 30 entries across our societies from Pune, Bengaluru and Kolhapur for home Ganapati decoration which was not given any theme.

This year too, renowned playback singer, Makarand Patankar judged our karaoke solo and duet competitions. For the dance competition, Kathak Dancer Mugdha Pathak Dance Academy Mugdha Pathak was there who has more than 10 years of experience in the dance arena. Solo act and stand-up comedy competitions were judged by well-known actress, Pooja Nayak who has worked in various films and Marathi serials. For more than 4 years, Dr. Balkrishna Damle is judging our short film-making competition who is a multimedia professional and a film producer. Home Ganapati decoration competition is judged by Prof. Sunil Deshpande who is an artist & heading - Sculpture Dept, in Bharati Vidyapeeth. He has vast experience of more than 20 years. Thanks to all of them for their valuable time and guidance.

Big thanks to all the participants for making efforts, practicing and participating in 'Ganarang Online 2021'.

Some highlights of 'Ganarang 2021'

- The youngest participant of 'Ganarang Online' 2021 was 5 years and the oldest was 92 years!
- First-time participation from our new project, Paranjape Abhiruchi Parisar
- Received individual level entries for short film making having participation from Athashri as well for the first time.
- In duet singing, D age group, 1st Winner, Deepak & Sarita Desai of Athashri Bavdhan have made a hat-trick. They have held the first position for the last three years - 2019, 2020 and 2021.

Heartiest congratulations to them! Let's hope, next year's Ganarang would be organized in the auditorium and you will enjoy it more!



2021

We Have!
a Winner!



Yuthika - Best Performing Society, Winner - Ganaranga, 2021



Ruturang - Best Performing Society, Runner Up - Ganaranga, 2021



2021

We Have!
a Winner!

KARAOKE SOLO SINGING

A - AGE GROUP (Above 10 yrs)

1st Prize – Vedika Deshpande, Blue Ridge Unit C

2nd Prize – Sai Kamathe, Madhukosh

3rd Prize – Kalyan Sahasrabuddhe, Madhukosh

A - AGE GROUP (Below 10 yrs)

1st Prize – Yuvraj Kale, Paranjape Abhiruchi

Parisar

2nd Prize – Atharv Sane, Ruturang

3rd Prize – Shriya Bhagwat, Woodland

B - AGE GROUP

1st Prize – Parth Ghamande, Madhukosh

2nd Prize – Apurva Gokhale, Madhukosh

3rd Prize – Sanika Chiney, Woodland

C - AGE GROUP

1st Prize – Anushri Kinhikar, Magnolia

2nd Prize – Mayura Kale, Paranjape Abhiruchi

Parisar

3rd Prize – Dr. Gautam Talawadekar, Gloria

3rd Prize - Hrishikesh Sabnis, Gloria

D - AGE GROUP

1st Prize - Mukund Thatte, Madhukosh

2nd Prize – Dr. Shantha Radhakrishnan

2nd Prize - B Varadlakshmi, Athashri Pashan

3rd Prize – Ashok Joshi, Yuthika

3rd Prize - Bharat Tendolkar, Royal Retreat,
Kolhapur

Judge's prize - Anant Rangnekar, Athashri

Bavdhan (age 86)

KARAOKE DUET SINGING

A - AGE GROUP

1st Prize - Tejasvi Thombare and Noopur
Paranjape, Ruturang

2nd Prize - Riya Prabhu and Rishabh Joshi,
Camellia

3rd Prize - Viha Patil & Netra Khare, Yuthika

B - AGE GROUP

1st Prize - Soham Bhalerao and Devika Agashe,
Ruturang

2nd Prize - Mrunmayee Joshi & Anmol Thatte,
Madhukosh

3rd Prize - Priya Kulkarni & Kinjal Bhayani,
Yuthika

C - AGE GROUP

1st Prize - Sameer Agashe and Neelam Joshi,
Ruturang

2nd Prize - Sapana Kulkarni and Ajit Kulkarni,
Camellia

3rd Prize - Amit Vaze and Manoj Soman,
Ruturang

3rd Prize - Sarang Kshirsagar & Nishikant
Thakur, Meghdoot

D - AGE GROUP

1st Prize - Deepak Desai & Sarita Desai, Athashri
Bavdhan

2nd Prize – Akshaykumar Mankad & Uma
Paranjape, Athashri Pashan

3rd Prize - Subhash Joshi & Kalpana Bhave,
Athashri Baner C

SOLO DANCE

A - AGE GROUP

1st Prize – Aadhya Sharma, Blue Ridge Unit A

2nd Prize – Tejasvi Thombare, Ruturang

3rd Prize – Ovi Sunny Salunke, Blue Ridge

Consolation Prize – Devyani Jaiswal, Yuthika

B - AGE GROUP

1st Prize – Manali Angal, Rolling Hills

2nd Prize – Radha Thote, Crystal Towers

3rd Prize – Anaya Bhide, Camellia

C - AGE GROUP

1st Prize – Sangeeta Parihar, Blue Ridge, Unit A

2nd Prize – Renuka Ghorpade, Yuthika

3rd Prize – Anushri Kinhikar, Magnolia



We Have!
a Winner!

2021

D - AGE GROUP

1st Prize – Devika Joglekar, Blue Ridge Unit C
2nd Prize – Shubhangi Joshi, Yuthika
3rd Prize – Pratima Raghavendra, Woodland
Consolation – Suchitra Samel, Azure

GROUP DANCE

A - AGE GROUP

1st Prize – Mausami & Manini, Gloria
2nd Prize – Group 2, Raturang
3rd Prize – Ashmira, Mehek, Woodland
Consolation – Shriya, Taniya, Woodland

B - AGE GROUP

1st Prize – Meghdoot – Lavani Tadka
2nd Prize – Camellia
3rd Prize – Crystal Towers

C - AGE GROUP

1st Prize – Group 1, Yuthika
2nd Prize – Blue Ridge Unit C
3rd Prize – Camellia

D - AGE GROUP

1st Prize – Athashri Pashan
2nd Prize – Yuthika
3rd Prize – Athashri Baner C

SOLO ACT

Group A

1st Prize - Anvi Patil, Magnolia
2nd Prize - Mishthi Jain

3rd Prize - Suyash Gore, Crystal Towers

Consolation Prize

Mihika Agashe, Raturang

Shreya Palve, Blue Ridge Unit A

Lakshavedhi

Prathamesh Mandke, Avaneesh

Vishesh Lakshavedhi

Advik Jathar, Crystal Towers

Group B

1st Prize - Pranav Barve, Akashdeep

Group C

1st Prize - Manasi Vaze, Raturang

2nd Prize - Nandkumar Pise, Akashdeep

3rd Prize - Indrayani Dixit, Madhukosh

Consolation Prize - Shwetangi Borgaonkar,
Yuthika

Group D

1st Prize - Jayashree Joshi, Madhukosh

2nd Prize - Ashwini Mulye, Raturang

3rd Prize - Avinash Wagh, Woodland

STAND UP COMEDY

Group A

1st Prize - Tanush Mangavkar, Yuthika

2nd Prize - Shaunak Jawarkar, Magnolia

3rd Prize - Rugved Bharde, Yuthika

Consolation Prize

Nachiket Phansalkar, Raturang

Vibha Kulkarni, Gloria

C Group

1st Prize - Ashish Joshi, Blue Ridge Unit C

2nd Prize - Ashwini Vaidya, Yuthika

3rd Prize - Sumedha Joshi, Gloria

D Group

1st Prize - Aarti Joshi, Yuthika

2nd Prize - Madhavi Bhide, Camellia

3rd Prize - Dr. Taruja Bhosle, Blue Ridge Unit C

SHORT FILM MAKING

1st Prize – Gloria

2nd Prize - Anjali Godbole, Athashri C Baner

3rd Prize - Akashdeep

Consolation Prize

Yuthika (Me vaat baghtey)

HOME GANAPATI DECORATION

1st Prize – Sanjeevani Auty, Crystal Garden

2nd Prize – Bhagyashree Tendolkar, Royal
Retreat, Kolhapur

2nd Prize – Rasmi Bhairavkar, Raturang

3rd Prize – Athashri Aastha

Consolation Prize

Pooja Darade, Yuthika

Shweta Patil, Yuthika

There has been a lot of uproar related to the opening of schools and colleges due to the current pandemic situation. Children have been raring to step out of their homes and break free from the mundane, quite surprisingly and parents, on the other hand, feel equally concerned about the safety of their little ones. It's obvious! Their skepticism towards not sending children to school is valid as well.

Children, by nature, are curious! They do not stress too much about safety. It's the parents' job (rather a duty) to worry about that. With schools & colleges shut down, the teachers too are struggling to adjust to the new normal of teaching online. Trying to focus on every 50+ kids on a screen that's smaller than the blackboard, is something that they weren't prepared for, at all.

Now that the vaccination is widely made available to all adults, more than 20% of the population in India is fully vaccinated and that's a staggering percentage. This has given us hope to restart our lives and get back out there. That's why, in order to bring about a smooth transition in the teaching-learning process, an "effective coordination" between education and health departments was carried out. Schools & colleges were officially reopened from 4th October, 2021. More than 70% of parents wanted schools & colleges to reopen, and the consent of the parents is necessary to admit students in physical classrooms.

The entire state of Maharashtra is committed to providing a conducive environment to students who will be returning to school almost after a year and a half.

I wish the students and teachers all the very best for beginning a new chapter post-vaccination and hope that there's much to learn & teach from the new experiences.

Shashank Paranjape

Managing Director, Paranjape Schemes (Construction) Ltd.



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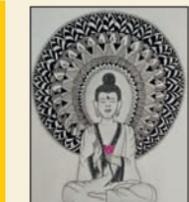
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नाते आपुलकीच्या चवीचे

पाककला ही प्रत्येक स्त्रीच्या आणि सध्याच्या काळात पुरुषांच्याही जीवनातील अविभाज्य घटक आहे. "आधी पोटोबा मग विठोबा" अशी गंमतशीर म्हण अगदी खरी वाटते, जेव्हा आपल्याला खूप भूक लागलेली असते. अशीच ही पाककला आधी आई कडून आणि नंतर लग्न झाल्यावर सासूबाईकडून शिकत असताना मलाच माझं लक्षात आलं की नेहमीची पोळी भाजी करण्यात मजा येत नाहीये. हेच पुरणपोळी, मोदक, लाडू, निरनिराळ्या वड्या करताना एक प्रकारचा उत्साह जाणवतो आहे.

म्हणूनच सर्व सणांच्या वेळी केले जाणारे पदार्थ स्वतः करून बघायला सुरुवात केली. माझ्या सासूबाई उत्तम प्रकारचा चिवडा व लाडू करतात. त्यांच्या कडून हळू हळू हे सर्व शिकून घेतले. स्वयंपाक घर ही एक खोली नाहीये. आपण जर विचार केला तर ती एक प्रयोग शाळा सुद्धा आहे जिथे आपण निरनिराळे पदार्थ करून बघतो. चुकतमाकत मी पण हे प्रयोग माझ्या प्रयोगशाळेत सुरू केले. यातील रवा बेसन लाडवाला प्रथम मान मिळाला. यात साखरेचा पाक करणे हे अतिशय कौशल्याच काम आहे. ते अवगत करून घ्यायचं ठरवलं आणि सराव करून ते जमायला लागलं. मस्त वाटलं. आणि मग हे लाडू शाळेत जिथे मी शिकवते तिथल्या मैत्रिणींना कसे झालेत बघा म्हणून घेऊन जायला लागले. माझ्या पाककृतीच्या टेस्टर माझ्या सर्व मैत्रिण. काय कमी काय जास्त हवं, सगळं छान सांगायच्या. अजूनही सांगतात. मग हळू हळू "अग तू हे लाडू मला करून देशील का" अशी विचारणा व्हायला लागली आणि कधी मी हो म्हणून लाडू करून घ्यायला सुरुवात केली माझं मलाच कळलं नाही. संगीता टीचर ची तर गणपतीत रवा बेसन लाडवाची ऑर्डर असतेच. मला ही खुप समाधान मिळतं बाप्पासाठी प्रसादाचे लाडू करायला. मग तू पौष्टिक लाडू पण कर ना! अशी मागणी आली. विचार केला चला हा ही प्रयोग करूयात. मग निरनिराळी पीठ, साजूक तूप, सुकामेवा आणि पूर्ण गूळातली पौष्टिक लाडू बनवायला लागले त्यालाही खुप मागणी आली. मग त्या बरोबरच रवा नारळ, अळिवाचे, बेसनाचे असेही लाडू बनवायला लागले. काय गंमत आहे ना, आपले घरचे पदार्थ पण ते नवीन प्रकारे लोकांन समोर आणले की त्याची लज्जतच वाढते... मग मी food license काढून माझ्या या आवडीच्या व्यवसाला SONIYA FOODS नाव दिले..

भारतीय पदार्थांमध्ये किती तरी प्रकार आहेत आणि खरंच खुप विविधता आहे. मी तर छोटासा खारीचा वाटा उचललाय. नंतर लोकांच्या आग्रहास्तव मी पातळ पोह्याचा चिवडा करायला सुरुवात केली... दिवाळीत लाडू आणि चिवड्याला खुप मागणी असते.. छान वाटतं.

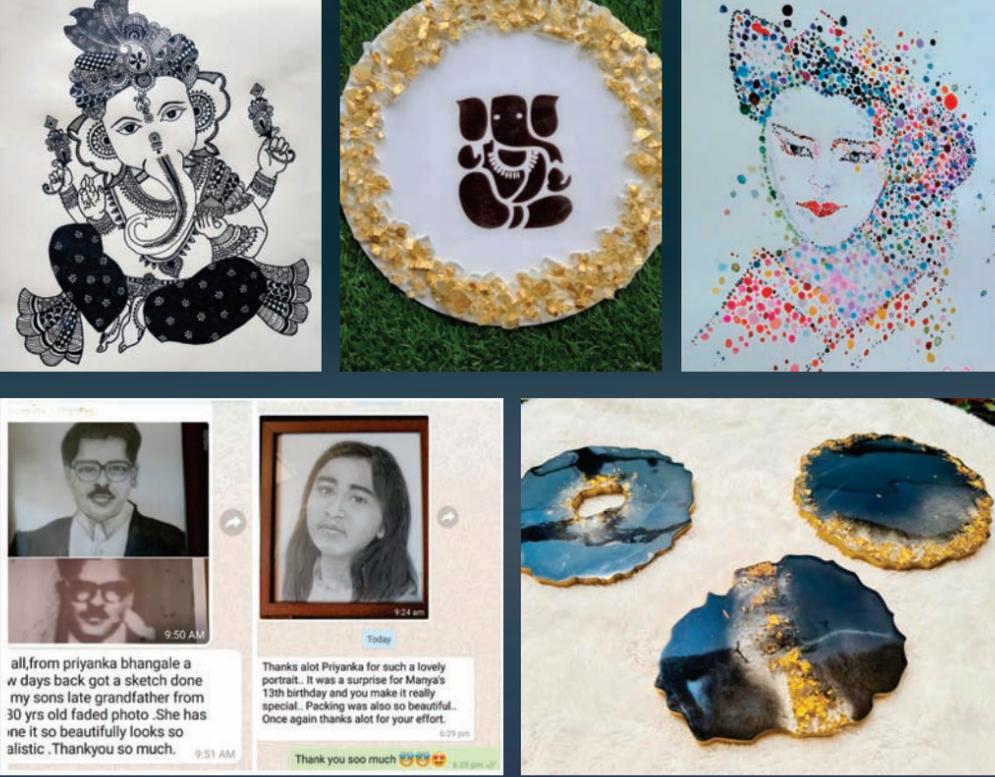
भारतीय पदार्थांबरोबर काही परदेशी पदार्थांनीही माझं लक्ष वेधलं. मी निरनिराळे केक करायला शिकले. अंडं नसलेले वाढदिवसाचे केक करायला लागले. यात विशेष सांगावं वाटतं ते म्हणजे मेघदूत सोसायटी मधील सर्व रहिवासी यांनी खुप कौतुक केलं आणि प्रोत्साहन दिले. माझा पहिला केक सौ जयश्री सारोळकर काकूंनी ऑर्डर केला आणि खुप पाठिंबा दिला माझ्या या व्यवसायालाही. शाळेत तर प्रत्येक मैत्रिणीच्या वाढदिवसाला केकची ऑर्डर असतेच. माझ्या या हौसेला कितीतरी जणांचा पाठिंबा आहे.

केक करणे आणि त्यावरील डेकोरेशन करणे हे माझ्या अत्यंत आवडीच काम झालंय. वेग वेगळ्या थीम, वेगवेगळ्या कल्पना केक वर साकारायला खूप छान वाटतं. असेच मग टीटाइम केक म्हणजेच क्रिम नसलेले केक ही करायला सुरुवात केली त्याच बरोबर माझ्या जावे बरोबर कुकीझ, पिझाबेस ही करायला लागले. अश्या प्रकारे घरच्यांच्या भक्कम आधारामुळे आणि प्रोत्साहानाने मी हा माझा छोटासा व्यवसाय सुरू केला आहे आणि प्रत्येक पदार्थात आपुलकीचा सुगंध घालण्याचा प्रयत्न करीत आहे.

माझं फेस बुक वर पेज आहे तिथे तुम्हाला आतापर्यंत केलेले लाडू ,केक दिसतील. नक्की बघा. सर्व पदार्थ ऑर्डर प्रमाणे दिले जातील
SONIYA FOODS: (सौ सोनिया अमित चितळे, मेघदूत सोसायटी, हॅपी कॉलनी ,कोथरूड ,पुणे)
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माझ्या कलाजीवनाचा प्रवास



सहजच २०२० मध्ये एकेदिवशी आम्ही सर्व फॅमिली एकत्र बसून “पंगा” नावाचा हिन्दी चित्रपट बघत होतो. त्या चित्रपटामध्ये कंगना राणावतची एका विवाहित स्त्री ने स्पोर्ट्स मध्ये केलेल्या come back ची भूमिका माझ्या मुलाला, सोहमला, खूप आवडली. चित्रपट संपल्यावर तो मला म्हणाला “मम्मा तू कधी come back करणार?”. ते ऐकून मी सोहमला कचकचुन मिठी मारली आणि म्हणाले “लवकरच बेटा”. आणि बस, त्यानंतर मी ठाम मनावर घेतले की काही तरी स्वतःचा छोटामोठा व्यवसाय सुरू करायचा. त्याच Locked down च्या काळात मी एके दिवशी घरातली कपाट साफ करताना मला सहज कधीतरी आणलेला जुना मेहेंदी चा कोन सापडला. तो मेहेंदी चा कोन खरतर त्यावेळेस काहीच कामाचा नव्हता म्हणून मी फेकून देणार, तेवढ्यात मला एक कल्पना सुचली की मेहेंदी ने कागदावर चित्र काढून बघूया आणि मेहेंदी ने एक चेहरा काढला. तो माझ्या फॅमिली मेंबर्स ला खूप आवडला. मग त्यानंतर कॉफी पेंटिंग, stippling आर्ट देखील करून बघितले.

आणि मग एकदा मी पेन्सिल आणि कोरा कागद घेऊन Zentangle फॉर्म मध्ये गणपती चे चित्र काढले. ते चित्र सोशल मीडियाला अपलोड केल्यावर खूप जणांकडून पॉजिटिव प्रतिक्रिया आल्या आणि माझ्या मनात नवीन कामाचा श्रीगणेशा झाल्याची भावना निर्माण झाली. मला ही भावना अस्तित्वात आणायची होती आणि त्यासाठी मी ठरवले की आठवड्यातून किमान एक तरी स्केच, पेंटिंग, पोर्ट्रेट किंवा इतर काही तरी कलाकुसरीचे काम करायचे आणि केलेले काम सोशल मीडियावर पोस्ट करून प्रतिक्रिया घ्यायच्या. हे काम कित्येक आठवडे असेच चालले आणि खूप जणांकडून सकारात्मक प्रतिक्रिया येऊ लागल्या, तसेच बऱ्याच जणांनी केलेले काम बघून नवीन ideas दिल्या. त्यासोबत लॉकडाऊन असल्याने घरबसल्या पेन्सिल पोर्ट्रेट शिकण्यासाठी ऑनलाईन वर्कशॉप केले. त्यातून अनुभवी लोकांकडून बरेच काही अजून नवीन शिकायला मिळाले. त्यानंतर मी स्वतःच गूगल आणि यूट्यूब च्या माध्यमातून संशोधन करून खूप सराव केला.

काही दिवसांनी माझी एका जवळची मैत्रीण, रेणुका, हीने मला सहजच म्हटले, “अगं तू मला माझ्या भाचीच्या पहिल्या वाढदिवसासाठी ऑर्डर घेऊन गिफ्ट म्हणून तीचे स्केच बनऊन देशील का?” “हे बघ नुकतीच सुरुवात आहे माझी” थोडी मनात शंका घेऊनच मी म्हटले. “एकदा करून तर बघ” अगदी सहजपणे तीने मला आत्मविश्वास दिला. “हो मी प्रयत्न करून बघते” असे म्हणत मी माझी पहिली ऑर्डर स्वीकारली. ३-४ दिवसांनी पेन्सिल स्केचिंग करून बनवलेले पोर्ट्रेट फ्रेममध्ये रेडी होते आणि माझ्या पहिल्या कामाची delivery झाली. त्यानंतर मग एकामागे एक पोर्ट्रेटच्या अनेक ऑर्डर्स मिळत गेल्या. नवजात बाळाचे पोर्ट्रेट, फॅमिली पोर्ट्रेट,

कोणाला गिफ्ट म्हणून एखाद्या candid फोटो वरून बनवलेले पोर्ट्रेट असे कित्येक पोर्ट्रेट बनवले.

एका काकूंनी मला त्यांच्या सासऱ्यांचे त्यांच्या खूप जुन्या आणि फिकट झालेल्या फोटो पासून पोर्ट्रेट बनवण्याची ऑर्डर दिली. काका काकूंकडे त्यांच्या सासऱ्यांची आठवण म्हणून फक्त ते जूने आणि अस्पष्ट फोटो इतकेच होते. ज्या दिवशी मी त्यांच्या हातात पोर्ट्रेट दिले तेव्हा त्यांच्या चेहऱ्यावरील आनंद बघून मला अगदी आतून समाधान झाले आणि फक्त स्वतःसाठी काम न करता, समोरच्या व्यक्तीला त्यातून आनंद मिळवून दिल्याने अगदी कृतकृत्य झाल्या सारखे वाटले.

त्यानंतर माझ्या कामातील विविधता वाढवण्यासाठी मी resin आर्ट बद्दल ऑनलाईन वर्कशॉप केले. त्यामध्ये विविध प्रकारचे resins, त्यासाठी लागणारे विशिष्ट प्रकारचे रंग, साधने व पद्धती शिकले. नंतर स्वतः इंटरनेट आणि सोशल मीडिया द्वारे सविस्तर माहिती मिळवली. Resin वापरून अतिशय आकर्षक, सुंदर आणि personalized गोष्टी बनवता येतात. घरात, कार्यालयात, किंवा ठराविक कार्यक्रमां दरम्यान highlighter म्हणून त्या गोष्टी वापरता येऊ शकतात. उदा. coffe table, wallclock, name plate, decorative frames. तसेच resin वापरून लहान लहान आकर्षक आणि उपयोगाच्या वस्तू देखील बनवता येतात उदा. की-चैन, डॉग टॅग्स, परडी, बाउल, गळ्यातील पेंडंट, इत्यादी. Resin वापरून मी आता पर्यंत बऱ्याच निरनिराळ्या प्रकारच्या कलाकृती तयार केलेल्या आहेत. त्यातील काही निवडक कलाकृतींचे फोटो मी इथे दिलेले आहेत.

खरं म्हणजे मी सतत ह्या कामात व्यस्त असल्याने माझा वेळ खूप छान जातो आणि मन नेहमी आशावादी व सकारात्मक राहते. मी सोशल मीडिया वर नियमित माझे आर्ट्स अपलोड करत असल्याने माझे अनेक मित्र मंत्रिणी तसेच नातेवाईक यांना सुद्धा प्रेरणा मिळाली. ते स्वतः काहीतरी चित्र काढण्याचा थोडासा का होईना पण फायदा होत आहे आणि त्यांचे आभारी असल्याचे मेसेजेस वाचून खूप समाधान मिळते. त्यामुळे काहीतरी चांगले करून दाखवण्याचे माझे स्वप्न पूर्ण करण्याच्या दृष्टीने माझी वाटचाल योग्य मार्गाने जात आहे ह्याची खात्री वाटते.

- प्रियंका भंगाळे, युथिका



माझ्या इतर कलाकृती येथे बघता येतील:

- https://www.instagram.com/priativity_soulfulart/
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• Mobile: 9823759509



BEAUTIFUL, FROM THE INSIDE!

—
All about making
the best use of
interior design!

Ever wondered where to find all that amazing Pinterest and Instagrammable decor? Look no further than ALTROVE.IN. ALTROVE is a new home decor brand that creates and curates aspirational yet affordable home décor inspired by travel, craft, and culture, using Indian craftsmanship and a global

design aesthetic. They are also trying to revolutionize the budget interior design space through STUDIO ALTROVE. We sat down with Shreya Mantri Paranjape, founder of ALTROVE, to ask about her journey to becoming an Entrepreneur and Interior Designer.



1. How did ALTROVE start?

I graduated from my Master's hoping to make my way into UI UX design, but because I had almost no experience coding or a portfolio to reflect graphic work, I ended up taking a job at a home textile wholesale house based in New York, and it was love at first sight! I credit my mentor and boss, Nidhi Jain, for teaching me almost everything I know when it comes to home decor aesthetics, design, and manufacturing. I developed products for some of USA's best and biggest retailers for over 5 years and saw that 95% of products we sold came from India and China, and that's true for almost every brand out there. On every trip back home, my friends and family would look forward to the samples I brought with me because they were 'from there.' When they flipped over the label, 9 out of 10 times it would say, in big unsurprising letters: 'MADE IN INDIA.' It made me almost angry to see other countries capitalizing on our culture. Although India has the skill, the craftsmen, and history in handicrafts spanning centuries, there's no access in the Indian Market to the beautiful products we work so hard to create. When the pandemic hit, I finally got the time to put pen to paper and hatch out all my ideas and plans - and so ALTROVE was born.

2. How do you create such lovely designs?

I think because I studied design while living in USA, that aesthetic definitely works its way into everything we do. I look at a lot of brands to build up a visual library of color, texture, style, pairings, etc. I love traditional textiles from some of the older civilizations like Turkey, Morocco, Africa, South East Asia, Africa, Peru, and of course India. Our team of designers and buyers stay far ahead of trends and on-top of what's happening in the industry to bring you the best and latest in décor, home accessories, and furnishings, including exclusive styles you won't find elsewhere.



3. What product range does ALTROVE.IN carry?

We have our own textiles - cushions, bedding, throws, and grassware. We also house some of the finest homegrown Indian décor brands for wall art, rugs, and dinnerware. Our products are designed and sourced from everyone starting with weavers and artisans to large factories and brands, all made in India, striving to support recycling, sustainability, and fair trade.

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4. Challenges you faced in building such an inspiring brand?

I think the biggest challenge was getting manufacturers, artisans, and SMEs to work with me at such a small scale, at the start. Some of the products we make are so difficult to create for smaller economies. Also, most of these manufacturers would rather work with foreign buyers, because it meant more money or volume. I think the pandemic changed that. Building the website was also challenging as I did it completely on my own, but SHOPIFY has been a great platform for learning and building ALTROVE.IN.

5. What is the difference between interior design and interior decoration?

Interior design: Interior designers have the technical expertise to know the vast array of options and give creative solutions to the space they use for design.

Interior decorating: It is about using various forms of color and accents to make a particular space more visually appealing. Interior decorating does not require you to completely change your environment, just update it sometimes!

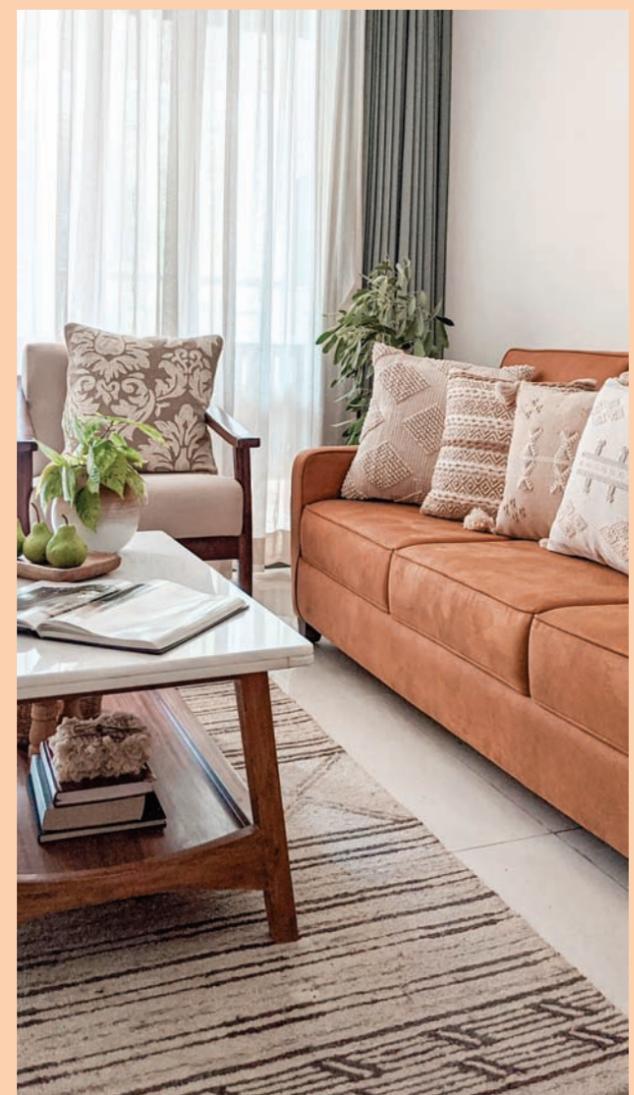
6. What is Studio ALTROVE?

Studio ALTROVE is our interior design arm - we bring you effortless and affordable interior design through multiple plans. Our Styling plan starts at ₹ 5,000 per space, where we make simple additions or adjustments to your space using small furniture, décor, lighting, and textiles, to create a more aesthetically pleasing environment without changing any fixed aspects. In the curation plan, we design the look and layout of your space, curate a collection of products from multiple resources and provide you with a complete roadmap to your #dreamroom, at any budget. In our Curation Plan, we design the look and layout of your space, curate a collection of products from multiple resources, give you all the resources to buy them and provide you with a complete roadmap to your #dreamroom, at any budget, all for ₹ 10,000 per room. Our Interior Plan starts at ₹ 20,000 per space, and we design the look and layout of your space, procure a collection of products from multiple resources, create custom designs, and fully execute your entire #dreamroom from scratch, without any civil changes.

7. Any design tips for our customers?

We're spending a lot more time at home since the pandemic. Our lives have slowed down a bit and we're learning to appreciate the everyday. Simplicity is the key to good design. Less is more and luxury is a relative concept. People often confuse glamour with luxury. I feel like natural stone floors, a vintage coffee table, and a really soft couch is luxury. Whenever you're thinking of a space, think about its function, a color palette, a key piece of furniture, textile or art, and design around it. Don't just fill a house for the sake of it. Your home should be a reflection of YOUR environment, experiences, and aspirations.

There you have it, isn't it so inspirational? We love women-owned businesses that are trying to make a change. **Shop all their amazing decor at ALTROVE.IN.**



Use the Special code HAPPY10 to get 10% off your order until Diwali (November 10th)*

Dog Kibble... Or Homefood What's the difference?

- Vrushali Jadhav



Online office has gained momentum, children are busy with online school and classes. All of this together leaves very little quality time to spend together as a family. On top of all this, making home food for your family dog seems like an additional time-consuming task. Let me share what my own experience has been. When I first got Blossom, my golden retriever puppy in 2018, I would console myself that kibble was the best option because you see it everywhere you go, in shops, at veterinary clinics, online, etc. I would be convinced by all the shiny promotional words- such as grain free, free-range protein, etc. I told myself that if I switch completely to homefood, Blossom could get an upset stomach due to the sudden diet change, etc

Then during lockdown in 2020, I realized I getting my preferred kibble brand was going to be just too difficult, and decided to just give homefood a try. I searched the internet for lots of information on species appropriate homefood, I consulted Blossom's veterinarian (Petcentera Small Animal Clinic Kondhwa, Pune, Maharashtra) on the best way to transition step-by-step from kibble to homefood and what stomach upset signs to look out for, etc. Following all this advice and closely observing Blossom's eating pattern, I made the transition to homefood gradually over a duration of 30 days. Really- this was one of the best decisions I have made for my pet dog. How can I tell for sure? In so many ways! Few are listed below:

1. Blossom is less restless (now I know that maybe kibble was not very filling for her).
2. Her making puppy eyes- asking for food when we would have meals has drastically reduced.
3. She does not get attracted towards garbage on the road.
4. Her weight and other parameters are normal and healthy. What about the time it takes to prepare homefood?! There were benefits here too! Such as:

1. I reduce the use of single use plastic.
2. Managed to repurpose kibble budget (and instead spend on pampering her in a more useful way!)
3. Even now, when my family has expanded to include Marshal, it takes me only an extra 10 minutes to prepare their nutritious homefood daily!
4. I have even reduced purchasing of separate treats or biscuits for them! Because peels of: carrots, potatoes, dodka vegetable and few sticks of coriander become their evening snack, which they are very happy to munch on!

If you are still reading this- great, I am so glad this is useful to you! I have a few shortcuts to share too. These include:

1. Cutting vegetables in bulk- enough for 3 days. Then measure them meal-wise and store each meal in separate containers in the freezer. 6 hours before every meal, I remove one container to thaw and then steam the vegetables along with their protein ration.
2. Blossom and Marshal have rice alongwith their meal, which is cooked in a separate vessel, but together with our own rice and dal in the pressure cooker.

So now that I have shared my own experience of transitioning to homefood, you know it can be done. I will look forward to hearing your experiences!

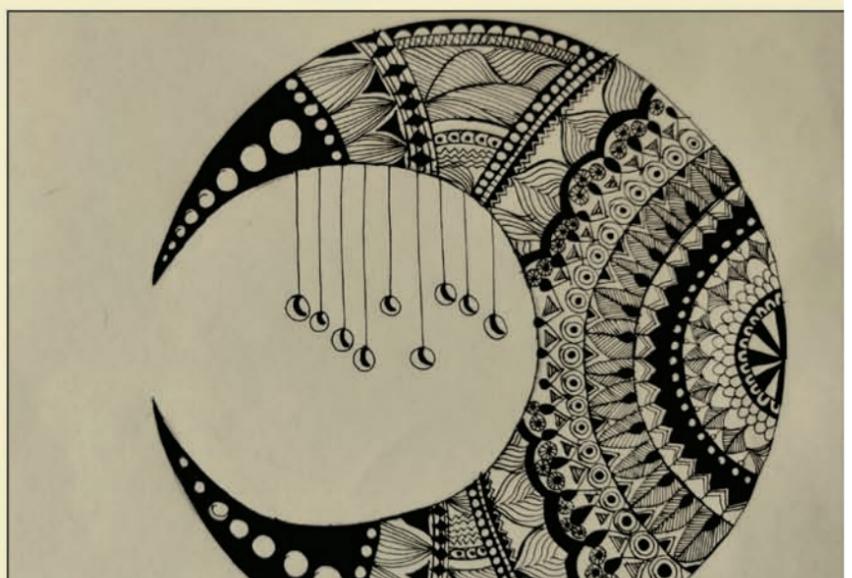
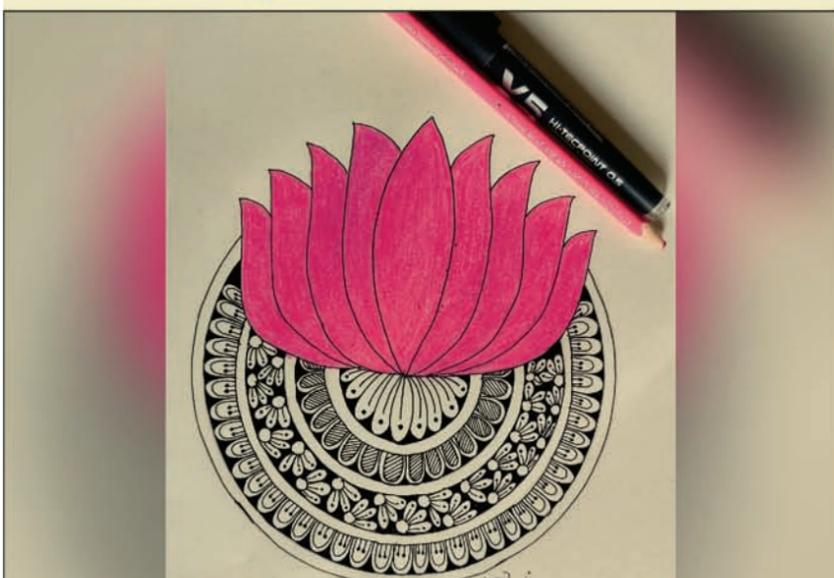
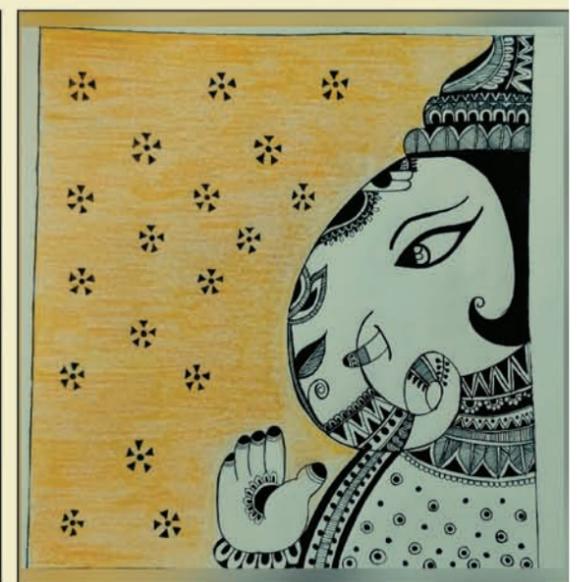
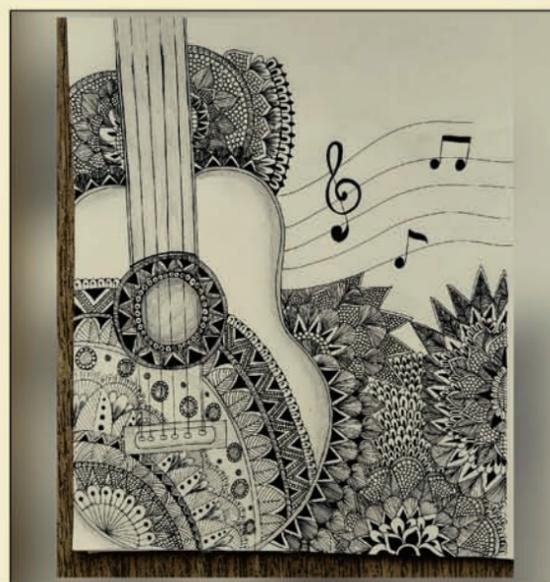
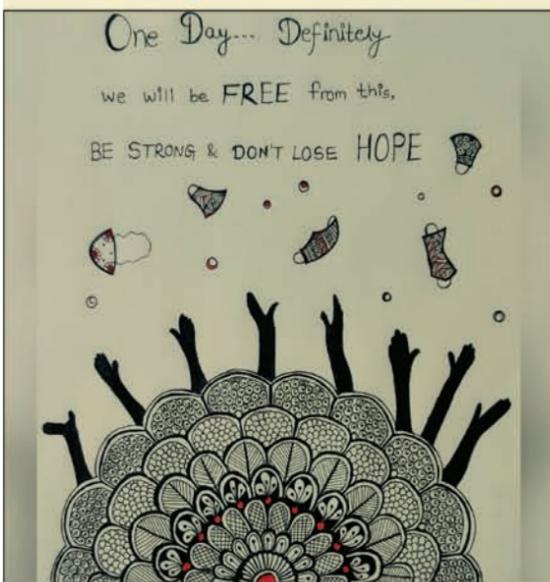
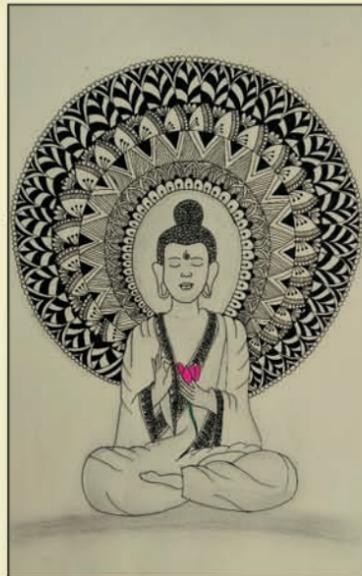
LaxmiPrasad Apartments, Erandwane

Vrushali is a pet parent to Blossom & Marshal @BlossomChakradeo

She provides online training classes on communication, behavior and training for your pet dog or even cat or bird. +919822874540

Young Artist of The Happiness Network

Drawings by: Piyusha Ghatpande, Yuthika





REACHING HIS GOALS, ONE FEAT AT A TIME!

It is an immense pleasure to share this news with you all. Manas Dubey, now an 18-year-old and Blue Ridge Public School (BRPS) alumni, has excelled in his passion for football. He has been selected for a high-performance 3 months training program by FC Marbella in Spain. We are sure it must be a moment of pride for his parents and him.

We, at BRPS, are extremely proud of our ex-student. We wish him and his parents a very "heartly congratulations!" May he soar higher in his favourite sport and someday represent our country on the world map.

At BRPS, we believe in our core value of "SOAR TO SUCCEED." Recognising the talent, determination and passion of Manas towards football, our team BRPS extended firm support to him in his crucial academic year while he was pursuing his 10th Std. As he missed his regular school classes due to practice sessions and the selection process, Manas was provided full support from our then Principal Ma'am Mrs. Smita Kshirsagar. It was done by extending the flexibility of attending his exams and all the teachers helping him with extra lectures for explaining difficult concepts. All this, helped him score an outstanding 87 percentile in the final 10th Std. ICSE Board Examinations.

We will always abide by our values and support all our students to perform their best to be global citizens. May our BRPS Alumni grow with flying colours and support his Alma Mater.

- Principal, Blue Ridge Public School,
Hinjawadi





JANMASHTAMI CELEBRATION AT ATHASHRI WHITEFIELD BANGALORE



Covid did not prevent us from celebrating the birthday of Lord Krishna . All of us assembled in the basement , open space . The seating arrangement was keeping in mind the distance norms . We had a jhoola , Krishna's bhajans and most important the 'Dahi Handi' . Some of the seniors took active part in trying to knock down the Handi . A few also joined in dancing to some melodious bhajans . Aarti was performed by the seniors . And to top of it all amazing yummy Prasad 'Gopalkala' was served .

CELEBRATION OF INDEPENDENCE DAY 2021 AT ATHASHRI WHITEFIELD, BANGALORE



In today's Pandemic World Athashri Whitefield Bangalore residents, celebrated Independence Day on 15th August 2021, with great enthusiasm. All norms of social distancing and wearing masks were followed. . . Patriotic songs in different regional languages, Tamil, Sanskrit and Bengali, sung by our residents. We invited Ms. Sharada Sampath, Chief Postmaster General as a chief Guest. The programme ended with the 'Vande Mataram'.

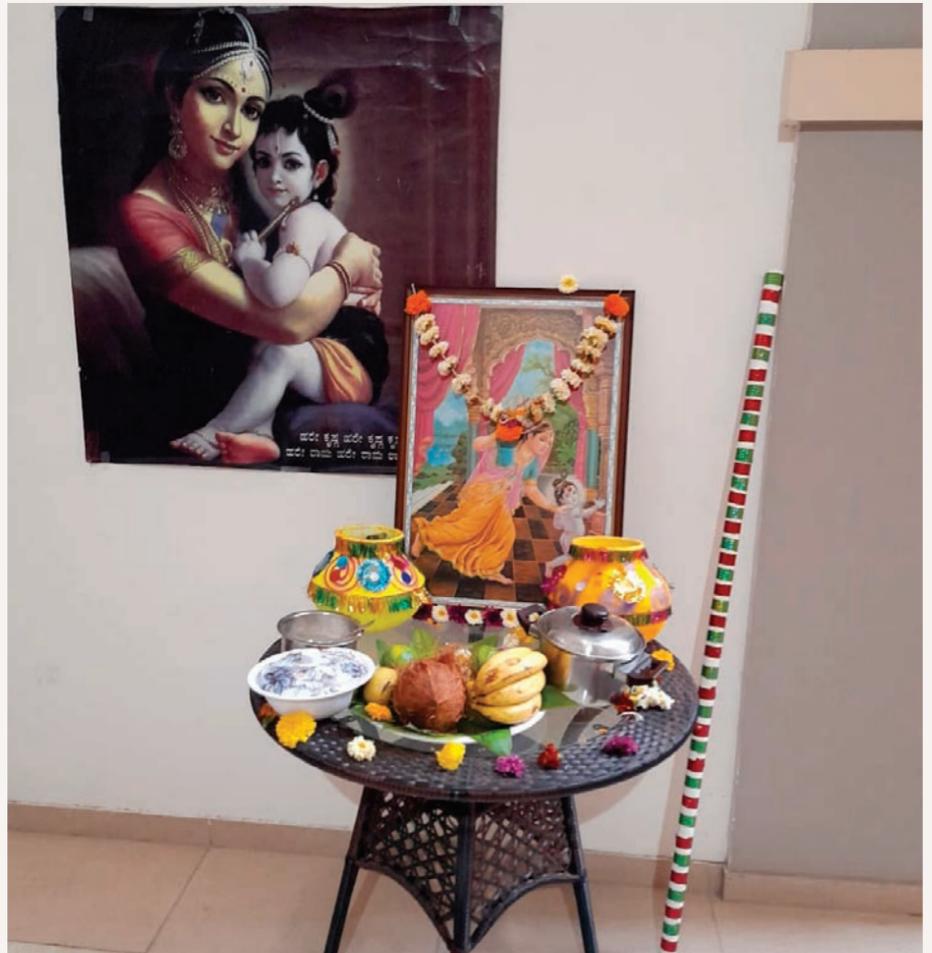


CELEBRATION OF GANAPATI CELEBRATION
AT ATHASHRI WHITEFIELD, BANGALORE

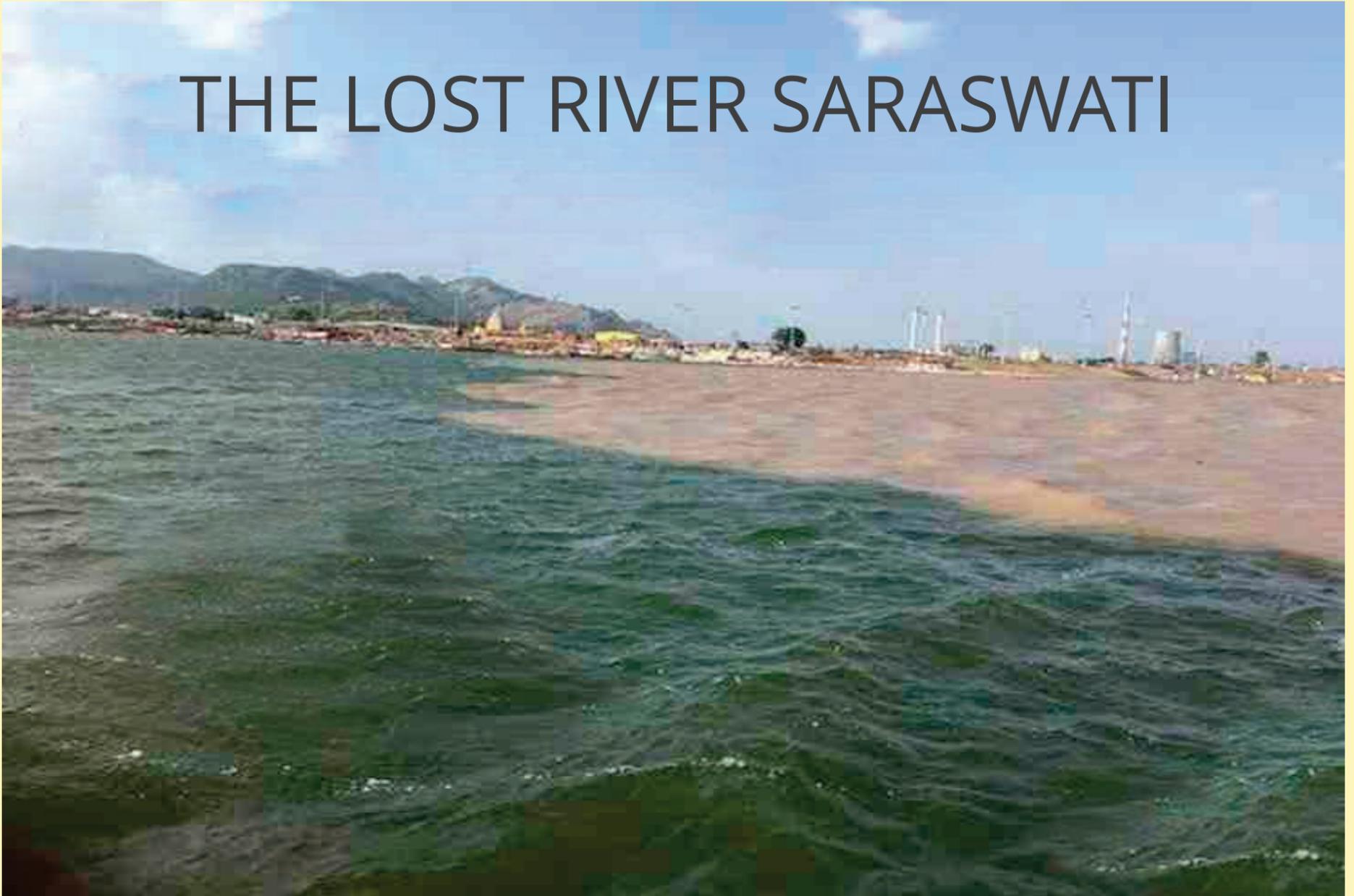




ATHASHRI SYNERGY ACTIVITIES



THE LOST RIVER SARASWATI



Triveni Sangam at Prayag

The first time I heard about the river Saraswati was on a visit to Prayag, Allahabad when I was very young. At the Sangam (the confluence), the two mighty rivers Ganga and Yamuna merge together and one can very distinctly see the two different rivers coming together as they have different colours. There we were told that there is a third river which also joins them and that is the Saraswati, hence the Sangam is known as 'Triveni' Sangam. On enquiring about its whereabouts we were told that she is a 'gupta' river and cannot be seen. In order not to sound rude it was accepted silently, albeit without being convinced.

After more than 35 years, I encountered the Saraswati at Badrinath. About 3 km from Badrinath is a village called Mana. On the way, there is a natural rock structure which lies supine over a rivulet gurgling down the mountains. As mythology goes, when the Pandavas were on their way to reach Swarga, they encountered this rivulet. Draupadi could not cross the river and therefore Bheem lifted a big boulder and put it across the river which today is known as 'Bhim pul'. Here the river is of course Saraswati. A few hundred meters down the line it disappears into the earth. So instead of an imaginary river here she was in reality!

That was more than 25 years ago. Now that I am in a more relaxed frame of mind I decided to explore things which I had never done before. Top of the list was taking a glimpse of the Vedic period and Vedic literature. The more I explored it the more fascinated I became and here I met the mighty river Saraswati

Rig Veda is the first compilation of hymns or suktas in Hindu scriptures, in fact it is the first compilation in the history of mankind. In the Rigveda, three suktas or hymns are totally dedicated to the river Saraswati. In at least 45 suktas she is showered with praise. She is called as 'great among greatest', 'an impetuous river', 'one who was created vast and limitless, unbroken, starting in the mountains

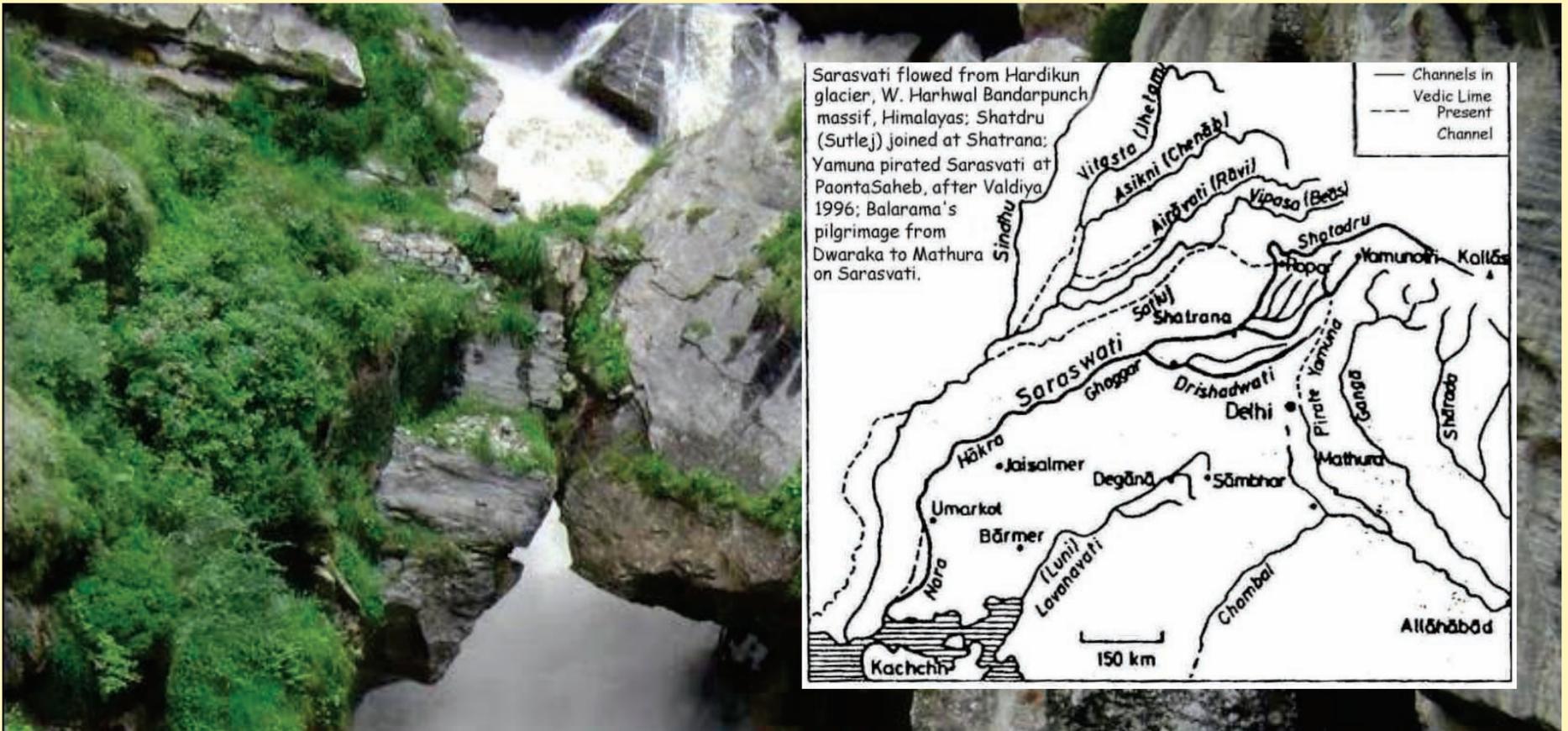
'giribhya' and reaching the seas 'a samudrat', swift moving, one who comes onward with tumultuous roar, 'the mother of all waters' and many such adjectives. From being an impetuous river, in Vedic symbolism she becomes the embodiment of illumination and inspiration. All the Sages or Rishis drew inspiration and revelations while contemplating on her banks. She was described as the impeller of truth which awakens the consciousness and illuminates all thought. Saraswati was the best of mothers, best of rivers, and the best of goddesses. This was the beginning of the deification of rivers. Many centuries later in the Yajur Veda the Saraswati additionally becomes the goddess of speech. Somewhere along the line she became the 'Mother of Vedas'.

In the Rigveda the Nadi Stuthi sukta, makes the geographical location of the Saraswati very clear. This remarkable sukta starts from the Ganga and moves westward till the Indus and its tributaries. It is indeed a bird's eye view, sweeping across more than 1000 km. It is made clear that the Saraswati flows between the Yamuna and the Shutudri or Sutlej.

However, the other three Vedas (Yajur Sama and Atharva) do not add any significant descriptions. Much later in the next generation of Vedic literature, the Brahmanas, we read that the unbroken flow was interrupted and the river disappeared at a place called Vinashana, which means loss or disappearance. This place is also called Adarshana or invisible. In later literature like the Bhagwat Purana The Vinashana moves eastward, eventually reaching Kurukshetra. This means that the river's drying up was not sudden but gradual. She finds mention in Ramayana as Ikshumati that is Brahma's daughter, but in Mahabharata Saraswati remains important. It is an echo of the Rigveda. Here we find the river still flowing from the mountains to the sea but with a crucial difference. In some parts she is visible and in some parts she is

Continue...

THE LOST RIVER SARASWATI



not, rather broken up into separate segments or lakes. Places of reappearance are considered sacred - Tirtha, and in today's Western Rajasthan we can identify more than 50 villages and towns having names ending in 'sar' which means a lake. In fact the Mahabharata also recounts Balarama's pilgrimage along the left bank of the Saraswati starting from 'Prabhas, that is today's Somnath and proceeding eastwards, visiting hundreds of famous "tirthas" on the way.

Savants or Seers like Baudhyana, Vashishta (not the Rig Vedic Rishi) and Patanjali (between the 6th and 2nd century BCE) mention Saraswati when they describe Aryavarta, Madhyavarta and Brahmvarta. The Puranas also have their say on Saraswati. In the latter literature like the Meghdoot as well as Abhigyan Shakuntalam, Kalidasa refers to Saraswati, So also the sixth century Savant Varāhamihira

Epigraphy also has its say in this matter through the inscriptions on tablets belonging to the middle of ninth century CE which confirms the literary references we have seen so far.

But today the Saraswati which is embedded in our ancient literature is physically not present. Then how did the mighty river and where did the mighty river disappear? There are many foreign as well as Indian scholars like Romila Thapar,

Rajesh Kochhar and Irfan Habib who claim that Saraswati never existed in reality, or in the form it is described, except in the poetic imagination of the Rishis and in the minds of the people of India.

The question of a disappearance has plagued many scholars, geographers, archaeologists and explorers world over, since the early 19th century. Their expeditions, research, surveys unearth many facets of the river and the civilization it nurtured more than 6000 years ago. They were also able to find out its systematic decline over a couple of millennia. This was further confirmed in recent times through satellite photography. But let us explore more of this in our next part and for the time being we remember that over centuries great rivers die because they too are living organisms, they are born, they thrive, they decline and they disappear. This may be true for our snow-fed Himalayan rivers like the Ganga, the Brahmaputra, the Indus, where their source is fast depleting due to global warming.

All these may be myths, or history or imagination, but they are deeply embedded in our psyche as knowledge, beliefs, folklore, and rituals. And maybe that is what must have prompted our ancestors to recreate an imaginary Saraswati at Prayag, when the real one was lost.

- Wasudha Korke, Athashri Baner

References: Michel Danino, Sanjeev Sanyal

Notes: Veda simply means "Knowledge". It is a Sanskrit word from the root "Vid", which means finding, knowing, acquiring, or understanding. What you acquire or understand is knowledge. The term Veda as a common noun means "knowledge". Vedic Philosophy regard the Vedas as Apaurusheya; meaning, not of a man or impersonal and also not belonging to a particular author. There are four Vedas: Rig Veda, Yajur Veda, Sama Veda, and Atharva Veda, and all of them together are attributed to as 'Chaturveda'. Rig Veda- is the principal and oldest of the four Vedas. Rigveda, in contemporary Hinduism, has been a reminder of the ancient cultural heritage and point of pride for Hindus, with some hymns still in use in major rites of passage, ceremonies Yajur Veda, is composed of Yajus and Veda; the two words translate to 'prose mantras dedicated to religious reverence or veneration' and knowledge respectively. It is famous as the 'book of rituals'. The words of Rig Veda put to music, and sung rather than to just be read or recited is elaborated in Sama Veda. It is also the Veda of Melodies and Chants. It is the third in the series of the four principle scriptures of Hinduism. 'Book of Songs', -the name is derived from two words, Saman, in Sanskrit, meaning Song and Veda, meaning Knowledge. Sama Veda, has served as the principal roots of the classical Indian music and dance tradition, The fourth and final of the revered text of the Vedas, the Atharva Veda, in short, is depicted as "knowledge storehouse of Atharvāṇas" Atharvāṇas meaning, formulas, and spells intended to counteract diseases and calamities, or "the procedures for everyday life". A late addition to the Vedic scriptures. Vedas, before the initial codification which took place, were generationally handed over by the rich oral literary tradition, which was then a precise and elaborate technique.

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लयींवर विसावते मी

जाणिवा मिटून घेताना उमलतात नेणिवांच्या पाकळ्या
फुलण्याच्या अगम्य क्षणात व्यक्त होते मी

झरणे, झुरणे, खळखळणे, खळाळणे सगळेच येते खुलून
खोलवर वाहता वाहता माझ्यातच पूर्ण होते मी

- Charuta Gaikwad, Chidanand

सोबत

आयुष्यातला आजचाही दिवस एकट्यानेच काढायचा हा विचार जेव्हा पहाटेच स्पर्शून जातो मनाला
डोंगराआडून हळूहळू बाहेर येणारा सूर्य म्हणतो की मी आहे ना दिवसभर सोबतीला

कधीकधी गडगडणारे ढग आणि कडाडणाऱ्या विजाही हव्याशा वाटतात कारण भेदून जातात त्या भयाण शांततेला
आणि त्यानंतर येणारा पाऊस तर काय चिंब धारांनी तृप्त करून टाकतो तन-मनाला

शांत सुनसान रस्त्यावरून हळूहळू आपण जेव्हा एकटेच लागतो चालायला
पानांची सळसळ, डोलणारी फुले आणि उडणारे पक्षीही असतातच की साथीला

समुद्राच्या किनाऱ्यावर दूरवर नजर लावून एकटेच तंद्रीत विचार करत असताना
एखादी लाट हळुच येते जीवलग मैत्रीणीसारखी आणि भिजवून जाते आपल्याला

- अंजली विपीनकुमार
(शिल्पा सोसायटी)

