



# The Happiness Network™

A PARANJAPE SCHEMES INITIATIVE



[www.pscl.in](http://www.pscl.in)

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

January - March 2021

Exclusive Newsletter for Paranjape Schemes Residents

## 8<sup>th</sup> edition of OPTIONS UNLIMITED an exclusive home fest received a good response



After seven successful editions of 'Options Unlimited', a mega home buying fest, Paranjape Schemes organized this year's Options Unlimited in online format considering the current situation. This exhibition was held between 5th March and 21st March 2021.

This exhibition showcased projects across Maharashtra and Karnataka. Blue Ridge Groves, Blue Ridge Orion and Broadway were the special attractions of this year's exhibition. A lot many new customers walked to our sites and booked their dream home.

This huge home buying fest had lots of offers, discounts & benefits for buyers. In addition to this, PSCL has done a tie-up with Ola Cabs for a hassle-free pick-up and drop facility for our customers.

This exhibition had more than 30 projects from 8 important cities ranging from 15 lakhs to 15 crores including residential projects located at Wakad, Hinjawadi, Mhalunge, Tathawade, Rahatani, Bavdhan, Baner, Bhugaon, Deccan, Dhayari and Khed Shivapur in Pune and other cities like Mumbai, Nashik, Chiplun, Ratnagiri, Bengaluru and Vadodara.





## SADDLE UP FOR A HIGH-SPIRITED EXPERIENCE!

Experience the ultimate joy of horseback riding. Equestrian Centre at Forest Trails



### A GLIMPSE OF THE EQUINE HISTORY IN INDIA

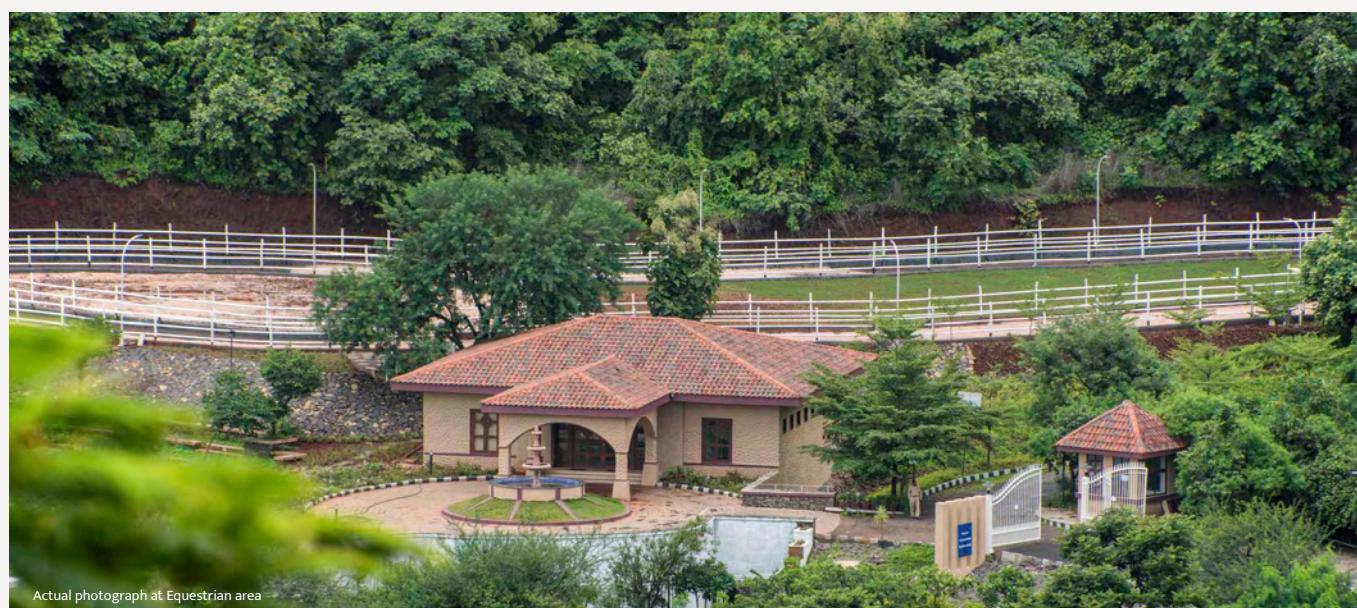
- There were two kinds of stables: Huzur Paga – for the Royals, and Paga – for Generals
- Malhari and Badal were a couple of Shrimant Bajirao Peshwa's favorite horses
- In the history of Mewars, Chetak was the chosen horse of Maharana Pratap
- Chetak was known as "Neela Ghoda" or Blue Horse because it had sparkling blue eyes
- During the Battle of Haldighati, albeit being crippled and immobilized, Chetak didn't give up with Maharana Pratap on his back
- Only after Chetak jumped a trough of 25 feet and made his way back to the safety, the brave horse collapsed in the end



Image used for representation purpose only

### EQUESTRIAN STRENGTH

KATHIYAWARI HORSES	-	4
THOROUGHBRED HORSES	-	6
PONIES	-	3



Actual photograph at Equestrian area

The Equestrian Centre is the place where the finest breeds of horses are bred, and those with an inclination towards learning the equestrian art, are taught the intricacies of horse riding. Equestrian Centre at Forest Trails, lies amidst the prodigious 170 acres of a verdant township at Bhugaon, Pune. It houses some of the renowned breeds of horses.

Over the past few years, Equestrian Training Centre has become the go-to place in Pune to acquire the best equine training. It is built for those who would love to understand and ride along with another creature that loves to clop along.

### HORSEBACK RIDING IS A HEALTHY SPORT

**It encourages trust:** Learning to build trust is important between horses & riders as it is in all human relationships

**It increases your stable strength:** Horseback riding helps improve your muscle tone and strength which will allow you to engage in heavy physical activities

**It exercises the mind:** As you learn to communicate with the horse, implement actions and overcome the hurdles, your mind stores the information on how you completed the tasks

**It enhances your coordination skills:** As you learn to coordinate with the horse's movements, and direct the horse to move in the right direction, your coordination skills are honed

**It improves your posture:** Sitting on a horse's back can help improve your posture and by practicing, you would also find the right balance



Actual Photograph

#### THE BEGINNER'S COURSE

Duration: 10 days | Age Group: 8 - 10 years

₹ 600 / Ride

This includes monitoring of the child for further interest and boldness so that further training course can be designed for the child.

#### THE ELEMENTARY COURSE

Duration: 4 days a week for 5 weeks

₹ 650 / Ride

The course includes basic knowledge of horse, grooming of the horse, details of saddlery, mounting and dismounting the horse, walk and trot.

#### REGULAR HORSE RIDING

Duration: Daily 1 Hr. | For Trained Riders Only

₹ 700 / Ride

#### ADVENTURE MORNING RIDE

Duration: Sunday, 1 Hr. | Age Group: 8 yrs. & above

₹ 1,000 / Ride

SAFETY MEASURES ARE BEING FOLLOWED  
FRIDAY IS REST DAY - CLOSED

FOR MORE DETAILS CONTACT:  
YOGESH PATIL : 79724 58121

Greetings!

It feels like a blessing to be safe and healthy during these pandemic times. Looking at the past year and comparing it with 2021, we have come a long way from lockdown for close to a year without vaccination, to lockdown-like restrictions for a few days with ample vaccinations. I think this is a great achievement! While there are controversies surrounding a few vaccinations regarding the age limit, and the brand, we are still glad that the vaccination drive has been initiated at the earliest and the senior citizens have been given topmost priority because of their co-morbidities and vulnerable health.

The reason that the virus is still out there at large even after taking such strict measures is due to our sheer negligence of safety protocols. While some of us have been very careful following all the safety norms, sanitizing our hands regularly, maintaining social distancing and wearing masks at all times, there are a few people who have taken the vaccination and the safety norms, for granted. Attending religious gatherings at large without following social distancing, going to marketplaces and travelling outstations without masks have become quite normal these days because some people feel that the vaccine will cure them anyway. But, there are a few cases where some people have contracted the disease even after taking the vaccine.

Therefore, I strongly urge you all to seriously follow these safety precautions which have been put in place for a reason to break the chain. The development of the vaccine is still an ongoing process and whatever we have achieved so far is truly phenomenal and a commendable feat.

I laud the efforts taken by all the healthcare professionals and frontline workers for putting their lives on the line so that we could outlive the virus.

I also humbly thank all of them who have religiously followed the safety precautions and hope that together we can put an end to the pandemic and become the superspreaders of happiness rather than the virus.

Looking forward to spreading happiness.

### **Shashank Paranjape**

Managing Director, Paranjape Schemes (Construction) Ltd.



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## MAKING READING FUN

### (Flip: Happiness network business associate)

As parents, you often hear your children discuss TV shows, video games, sports, superheroes...but rarely books. We struggle to develop a passion for reading amongst children. While we would love to see our children read more books for fun, the reality is that we struggle to keep them away from the tech-screen. Reading is often looked down as an academic activity by children and is perceived to be boring.

Let's change that. Let's make reading fun!

FLIP is a novel book-sharing platform using an intensely simple, fun and secure app. Children can discover, share and review books, and be part of a reading community.

Flip aims to make reading fun for children by bringing in peer influence and peer interaction. Children have a lot of books at home which they are done reading or have outgrown them. Through Flip, they can tell their friends about all the books they own and are willing to share. Children crowdsource a library with their friends in schools and societies to share and discuss books among themselves. Through Flip, peers motivate peers to read. Children get a chance to interact with their friends over books through Flip and find it fun. In normal circumstances, a child is always dependent on a parent to procure a book either from a library or a store. With Flip, the child is empowered to make a choice of which book he/she wants to read and takes onus of procuring it. Once the child is done reading the book, he/she is required to return it to the lender.

Sonal Kane, co-founder of Flip, says "Flip is a unique framework through which we are trying to teach children strong values like sharing and trusting. When children physically meet to exchange a book, magic happens! They talk about the book and that's exactly what motivates them to read the next book. Peer influence is a major driver of child behaviour, and Flip is designed to promote good social behaviour and inculcate values such as trust and sharing in children."

How does Flip work?

Flip is very simple to use. Most books have an ISBN barcode on their back cover. Children are simply required to scan the ISBN barcode to add the book to his/her Flip Shelf. The app is simple and is well-suited for children above the age of 6 years.

How do I register on Flip?

Search for 'Let's Flip' in your smartphone app store. The app is free to download.

Google Play Store [Android]

<https://play.google.com/store/apps/details?id=com.quirklabs.letsflipp>

Apple App Store [iOS]

<https://apps.apple.com/in/app/lets-flip/id1484600482>

You will need a code to start a group, for this please

contact us - [letsflipbooks@gmail.com](mailto:letsflipbooks@gmail.com) or +918484072295

Can I create a Flip group in my society?

Flip works wonderfully in societies. Through Flip, children can share information about the books they own and others can request them and collect them from people living in the society. Since borrowers and lenders are co-located, it is convenient and easy to procure a book within the secure premises of your society for a child. Societies can utilise Flip to create an absolutely free and easy-to-maintain crowdsourced library.

Flip is being used and appreciated across schools and societies. The residents of Blue Ridge Township are actively using Flip to create a healthy reading community.

Can adults use Flip?

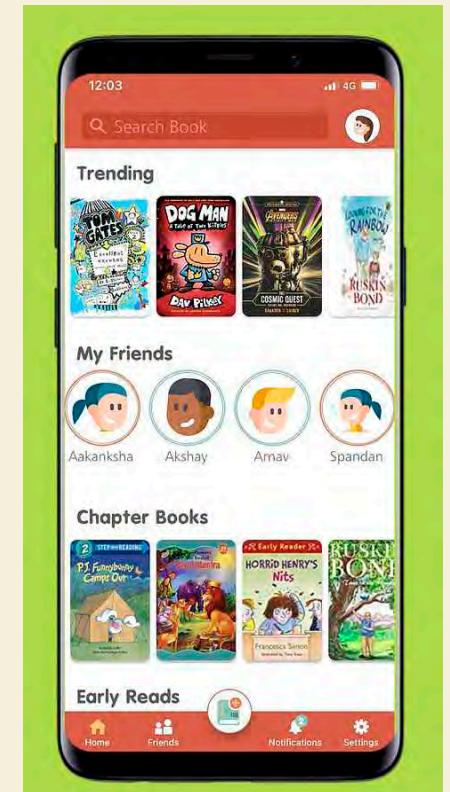
Absolutely! Flip can be used across societies for adults and children to share books. The app allows you to create separate profiles for family members (like Netflix). The app allows you to choose your reading level, and recommends appropriate books.

To read more about Flip, visit [www.letsflip.in](http://www.letsflip.in) and to create a flip group in your housing society, contact us at [letsflipbooks@gmail.com](mailto:letsflipbooks@gmail.com) or +918484072295.

Join Flip, and let's make reading fun!

*Flip is a unique framework through which we are trying to teach children values like sharing and trust. When children meet to exchange a book, magic happens! They talk about the book and that's exactly what motivates them to read the next book. Peer influence is a major driver of child behaviour, and Flip is designed to promote good social behaviour and inculcate values such as trust and sharing in children.*

**SONAL KANE** Co-founder



**FUN SIMPLE SECURE APP SHARE DISCOVER REVIEW BOOKS**

## Art corner – Manasi Dhotre, Woodland

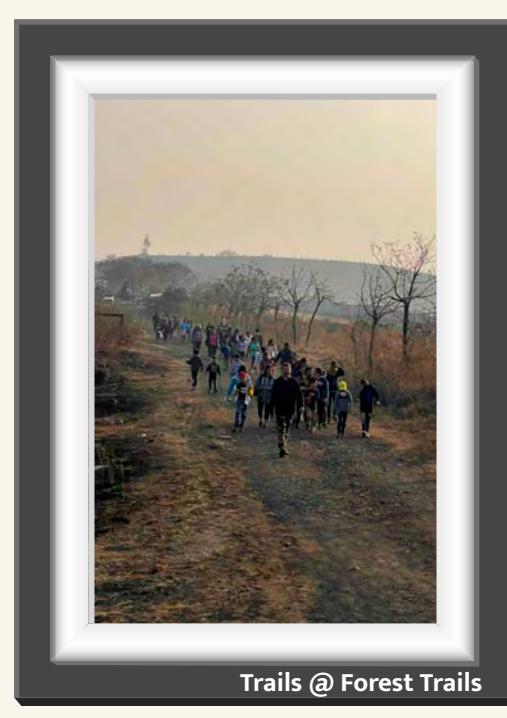
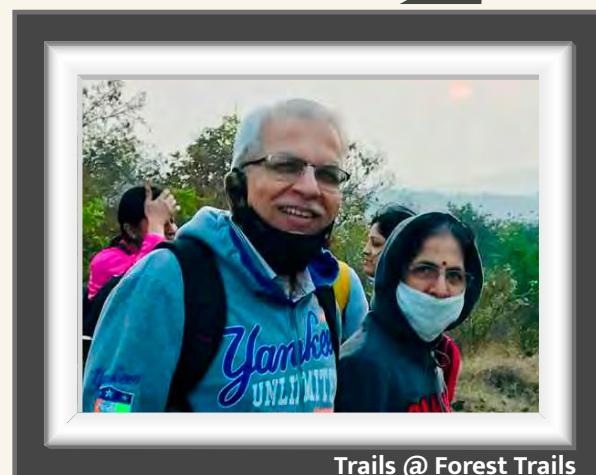
"Art has been my great companion in the lockdown. It was such a delightful experience to grab a pencil after ages and reignite my passion for art. It was a perfect stress buster and a therapy to build positivity!"

- Manasi Dhotre, Woodland



# HN SOCIETY ACTIVITIES

## BLUE RIDGE & FOREST TRAILS EVENTS



# HN SOCIETY ACTIVITIES

## YUTHIKA



Haldi Kumkum Celebration



Republic day Celebration



Republic day Celebration



Cricket Tournament Celebration



Republic day Celebration



Republic day Celebration



Cricket Tournament Celebration

# CREATIVE EXPRESSIONS AT BLUE RIDGE PUBLIC SCHOOL

During the course of the pandemic of COVID-19, everyone was locked in their homes. This allowed us to explore an optimistic and a funny atmosphere at home, also to plant the seed of knowledge sprinkling patiently with love. To nurture the growth of students living tomorrow's dreams the teachers of Blue Ridge Public School designed an individual project for students, keeping all the challenges of requirements and necessities in mind during this lockdown.

As told by Joyce Meyer, "Teachers can change lives with just the right mix of chalk and challenges".

In school, teachers play with chalks to encourage the minds of the students to think, hands to create and hearts to love. Now during the lockdown, a teacher is facing the challenge to inspire hope among students, ignite the imagination and instill love of learning by online sessions and an individual project. The project is designed to -

- Develop self-learning habits through day-to-day activities
- Make the children well-versed with essential life skills
- Empower them with the ability, of course, relating concepts and their application in relation to various academic subjects
- To encourage trans-disciplinary learning

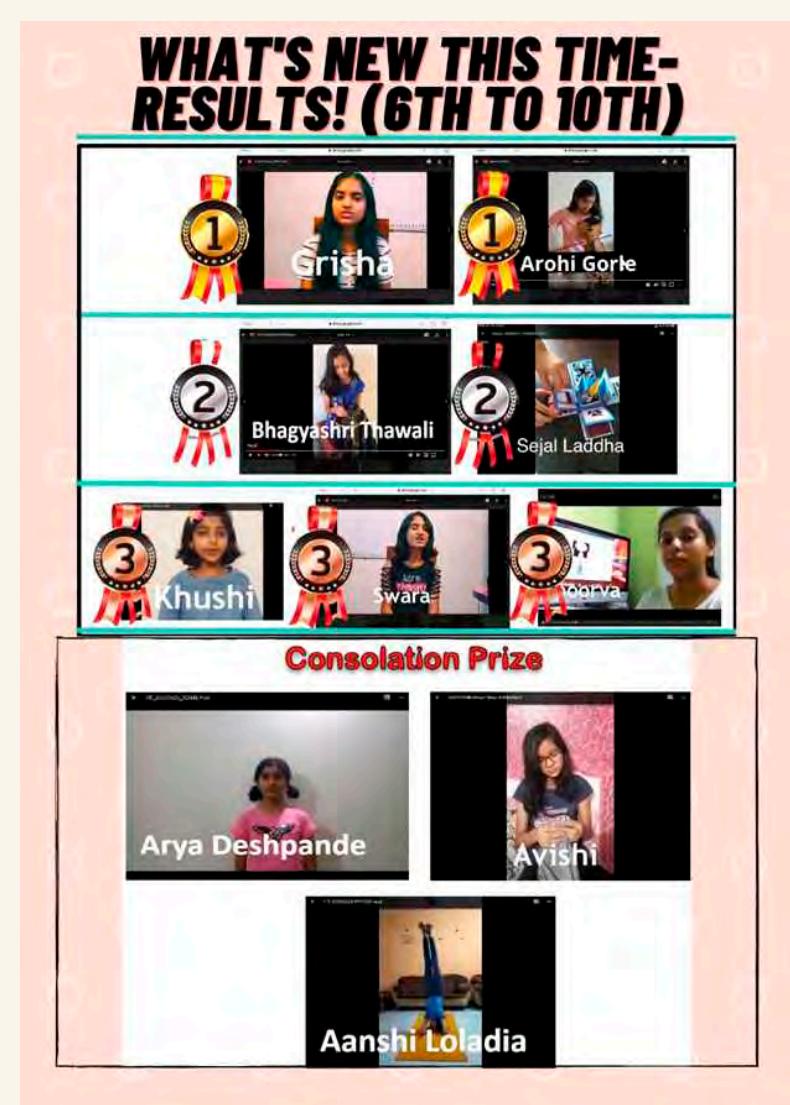
Along with the individual project, they were encouraged to participate in various online competitions for the classes where they showcased their talent. Some of the competitions were:

- Tap the Dance Floor
- Master Chef
- Cozy waves (Diwali decorations)
- Vibes of colour (Rangoli competition)
- Roast master (Standup Comedy)
- Poster making competition
- Letter Writing -My past/My future
- What's new this time (showing their newly learned talent)
- Solo Singing

Every month along with the studies, one day is reserved for the Razzle-Dazzle activity in which a theme for the month is given to the students to perform accordingly.

Some remarkable events took place at BRPS in the year 2020:

- Online Launch of School Magazine
- Reading competition for the students, teachers as well as parents
- Heartfulness sessions for the parents
- Creative expressions by teachers ( where teachers have expressed themselves with their hidden talents)
- Razzle-Dazzle activity for teachers (fun games)



# POST LOCKDOWN AND PETS

**Mrs Vrushali Chakradeo Jadhav**

+91 9822874540

Laxmi Prasad Apartments, Prabhat Road - Pune



The lockdown has lifted and we are back on the roads, going out for shopping and generally trying to lead a normal routine while taking necessary precautions- yay!

What does this mean for our pets?!

Let's find out!!

## 1. Taking a short trip:

This is the time to take a short break. A weekend getaway to nearby hill stations or just a drive to the nearest beach. But you want to leave your pet behind, but how? The good news is there are caring dog boarding centres all around Pune that cater to different pet needs.

For cats, there are spacious cages. For small and mid sized dogs, cage-free, leash-free home boarding is an ideal option. For dogs that need daily exercise and a long run, there are leash-free enclosed boarding facilities with an open ground for your dog to run around as much as they want! And then, for resting time your dog has a spacious kennel big enough to fit a grown human, which makes for safe yet leash-free spaces.

If you are still not convinced, there are always pet sitters- trained professionals who 'pet sit' your pets at your own home!

## 2. Taking a short pet friendly trip:

Yes! This is very much possible! A lot of venues welcome well behaved dogs and pamper them just like you do, including giving them hot meals!

There are pet friendly hotels right here in Pune city also that you can check out!

It is always advisable to carry along a 'pet kit' which should include the following:

1. 1st aid

2. Pet's veterinary vaccination file

3. Specific medications

4. Breed specific food

5. Extra leash and harness

6. Food & water bowls

7. Light bedding/ mattress

8. Extra bedsheets

9. A bath towel

10. Dry dog biscuits, treats, etc for snacking

## 3. Pet friendly trains:

If you wish to travel by train for a long distance journey- IRCTC has good news for you! All trains that have 1st AC coaches (very important) allow pets! Quite a few families now avail this facility and travel comfortably across the length and breadth of our wonderful country

via train! It is quite manageable as long as you do a bit of research beforehand and keep a positive attitude!

A few points to remember are as follows:

1. Do your homework! Search the internet for as much train related information as possible.(You can reach me for further details also!)

2. Carry all medical documentation and a letter from your pet's veterinarian that your pet is healthy & fit to travel.

3. Book a two seater coupe or a 4 seater coach.

4. Reach the departure station atleast 3 hours beforehand and inform the officer at the parcel office about your pet.

5. Check the train timetable and time your pet's toilet breaks at stations where the train halts long enough!

## 4. Relocating cities or locations:

As work takes a front seat now, you may return from your hometown or are looking for an accommodation closer to work or at central locations. Pet friendly accommodations are still uncommon, but are available if you search the internet correctly!

For example, Paranjape Schemes sites are all very well planned with open spaces around the buildings. This gives your pet a calm gated area for a leisurely walk with highly engaging sniffing tracks that challenge their minds and tires them out! Once their outdoor business is taken care of and disposed off as per the norms, this leisurely walk within the premises provides enough 'brain exercise' to satisfy the exercise needs of your dog! Yes, it's true!

As a certified trainer and behaviorist- I completely vouch for this method of exercise. All those 2 wheelers, cars, cycles, seating areas, etc are ideal sniff spots for your dog which provide them with 'gossip' that will engage your dog's nose & brain!

So as we get back to a precautionary routine, make sure your pets remain happy and well cared for!

Vrushali is a pet parent to Blossom & Marshal @BlossomChakradeo

A trained, certified & experienced animal behaviorist, animal trainer and handler to Therapy dog Blossom, she provides methods to build a strong family-pet bond through her endeavor via Vrushali & 2Woofs @consultwithveena

# जन्म अंधुकश्या वाटेवरचा!

**“दोन डोळ्यांची दोन पाखरे फिरती अवती भवती  
साठवून सारे पापण्यांवरी मनापाशी जणू पोहोचवती”**



अशीच असते ना प्रत्येकापाशी सुखावणारी आठवण? पण एखादा राजहंस निराळाच भासतो! जणू त्याच्या डोळ्यातली दृष्टिच काहीशी हरवलेली असते. मग त्याने सौंदर्य टिपावे कसे? पण एक दिवस असा उगवतो की त्याचे त्यालाच कळून जाते त्यांच्यातच काय सौंदर्य दडले आहे ते!

जसंच्या तसं नाही पण एक प्रतीकात्मक गाण आठवलं – ते शीलाताईकडे पाहून! आमची ‘अथश्री’ सोसायटी – इथे सारेच वयोवृद्ध! वयाप्रमाणे दृष्टी कमी होणारी बरीचशी असणारच. पण तरीही ते खूप काही पहात पहात जगलेले असतात. मात्र शीलाताई गुसे...? आहेत आमच्या अथश्री परिवारातल्याच. सारं काही फिरल्या आहेत – देशात आणि परदेशातही. पण डोळसपणे सारचं साठवता आलं असेल का त्यांना? कारण जन्मापासूनच त्यांची दृष्टी अधू! वयाप्रमाणे आता २४ ते २८ नंबरच्या चष्मा वापरावा लागतो. गेली ८३-८४ वर्षे त्यांनी आपलं आयुष्य असंच व्यतीत केलेलं आहे. मदतीचे हात नाहीत, असं नाही. मोर्ड्या परिवारात त्यांचा जन्म झाला होता. ७ बहिणी व ४ भाऊ अशा भावंडाच्या गोतावळ्यात लहानाचं मोठं होताना साच्यांनीच सांभाळून घेतलं. मात्र आयुष्यात त्यांनी स्वावलंबनाला प्राधान्य दिलं. देवदूतासारखा अचानक सुशिक्षित व उच्चपदस्थ अधिकारी असणारा डोळस जोडीदार मिळाला. त्यांना एक मुलगा आणि एक मुलगी अशी दोन अपत्ये आहेत. साच्यांनीच त्यांच्या डोळ्यातील उणीव, रोजच्या जगण्यात भरून काढण्याचा प्रयत्न केला. पुढे नियतीच्या ओघात जोडीदाराचे साथ सुटली. काळाच्या ओघांत मुले परदेशी स्थिरावली. पतीबरोबर आणि नंतर मुलांकडे त्या परदेशी वास्तव्य करून आल्या. पण पतीच्या माघारी आता त्या निर्धाराने एकट्याच जीवनाला सामोन्या जात आहेत. महत्वाची गोष्ट म्हणजे आपल्या दिसत नाही, याची खंत आतल्या कप्प्यात दडवून ठेवून आता त्या जगण्याचा पुरेपूर आनंद मिळवत आहेत. स्वतःच्या मर्यादा लक्षात

घेवूनच फक्त सकारात्मक भावनेनेच जगण्याची कला त्यांना साध्य झाली आहे.

या कलेत आणखी एका कलेची भर पडली आहे, ती म्हणजे लोकरीचे विणकाम! तान्हुल्यापासून ती कोणा मोर्ड्यांसाठी सुद्धा त्या स्वेटर विणतात. अंगडी-टोपडी हा तर त्यांचा हातखंड! सारं विणकाम डोळस माणसाला मागे टाकील असं! निरनिराळी कल्पक डिझाईन्स, त्यातले बारकावे, रंगसंगती ह्या कशातही त्यांची अधू दृष्टी आड येत नाही. सारं विणकाम अगदी सफाईदार आणि वाखाणण्यासारखं! केवळ स्पर्शच्या आधारे केलेल्या या विणकामाचं खरंच आश्र्य वाटत! कशी जोपासली असेल त्यांनी ही कला? त्यांच्या बहिणी या कलेमध्ये तरबेज होत्या पण यांच्या अधू दृष्टीमुळे त्यांना कोणी विणू देत नसे. पण त्यांनी पुडीचा दोरा आणि गवताच्या काडीच्या सहाय्याने सातत्याने सराव केला. प्रथम चष्याशिवाय काहीच दिसू शकत नव्हते त्यांना. पण नंतर चष्मा मिळाला आणि काही प्रमाणात दिसू लागलं. मग कला आत्मसात झाली. सर्व भावंडे व नातेवाईकांसाठी त्याचा त्यांनी छान उपयोग केला. याला म्हणतात जिद्व! या जिद्वीनेच त्यांनी अखेर त्यात प्राविण्य मिळवलंच! उपचार नसलेल्या या दृष्टीदोषामुळे त्यांना तिसरीनंतर शाळा मात्र शिकता आली नाही. त्याएवजी त्यांनी चित्रकलेच्या परीक्षा दिल्या व त्यांत त्या प्रथम श्रेणीने उत्तीर्ण झाल्या. इंग्रजी शिकण्यातही त्या मागे राहिल्या नाहीत. आणि मग ३ वर्षांचा नर्सिंगचा कोर्सही त्यांनी पूर्ण केला. अडलेल्या बाळंतिणीची सुटकाही केली. साच्या गावाने कौतुक केलं. काही काळ जॉब केला. सिव्हील हॉस्पिटल मध्ये असताना भावाच्या मित्राशी परिचय झाला. घरोब्याच्या परिव्यानंतर मित्रानी आणि त्याच्या आईनी शीलाताईसाठी लग्नाच्या मागणीचा प्रस्ताव घरच्या समोर मांडला. सर्वांची सहमती मिळाली. मग अखेर लग्न न करण्याचा निश्चय मोडून शीलाताईनी जीवनसाथीचा स्वीकार केला. सासू व पतीने प्रेमाने

सांभाळ केला त्यांचा! जोडीदाराची खूपच मदत झाली त्यांना! म्हणूनच संसाराच्या सर्व जबाबदान्या व कर्तव्ये त्यांनी व्यवस्थितपणे पार पाडली. मुलांनाही शिकवलं. स्वयंपाकातही नुसंतं प्राविण्य नाही तर त्यांत स्पर्धामध्ये बक्षिसेही पटकावली. आयुष्यातल्या अनुभवाच्या जोरावर, शिकलेल्या माणसांसारखी जीवनाची सारी समाज त्यांच्या जवळ आहेच. ही समज त्यांचं सामाजिक भानही जागृत ठेवू शकली आहे आणि हे जागृत सामाजिक भान फक्त मनात न ठेवता त्यांनी कृतीतही उत्तरवलं. लोकरीच्या विणकामाची प्रदर्शनंही भरवली. त्यातूनच मनापासूनच्या इच्छेने स्वतः कमावलेले पैसे साठवून सारं उत्पन्न त्यांनी अंध संस्थाना दान केले. अंध संस्थांच्या शाळेतील मुलांना थंडीपासून बचावासाठी कानटोप्या विणून दिल्या. पुण्यातील ससून हॉस्पिटल आणि सोफोश येथील अनाथ बालकांना त्यांनी विणलेल्या टोप्या आणि स्वेटर्स त्या स्वतः जाऊन घालून आल्या. या साच्याचीच संबंधित व इतर संस्थानी जाणीवपूर्वक दखल घेतलेली आहेच. त्यांना सत्कार आणि ‘भगिनी गौरव’ सारखे पुरस्कार ही मिळालेले आहेतच. विणकामाचा हा त्यांचा छंद आजही चालू आहे. त्याबरोबरच मदत आणि एक लाख रुपयाच्या देणगी नंतरही पतीच्या माघारी त्यांनी स्वीकारलेला सेवायज्ञाही चालू ठेवायचा आहे त्यांना! अगदी देहदानाचाही संकल्प त्यांनी सोडलेला आहे. त्यांच्या पाठी आमच्या सर्वांच्या मनःपूर्वक शुभेच्छा आहेतच! तर अशा या शीलाताई गुसे! अत्यंत प्रेरणादायी आणि खंबीर असं कणखर तसंच लाघवी आणि प्रेमक व्यक्तिमत्व!! दृष्टी अधू असूनही सौंदर्याची नजर आणि कलेची अभिव्यक्ती ह्यामुळे राजहंसासारखं त्याचं वेगळेपण डोळसांच्या राज्यात उटून दिसणारं आहे.

**- माधवी मधुकर कवडीकर,  
अथश्री पाषाण**

# Ahashri Baner PAINTING EXHIBITION

Painting exhibition held at Ahashri Baner received overwhelming response from artists and viewers.  
Here are some glimpses.





# PRIDE OF PARANJAPE

अथश्री डियॉन  
मध्ये राहणारे

## गौतम मुर्देश्वर

हे रंगमंच व टीव्ही माध्यमातील 40 पेक्षा अधिक वर्षाचा अनुभव असलेले ज्येष्ठ अभिनेते आहेत. 20 वर्षे पूर्णपणे व्यावसायिक अभिनय त्यांनी केला आहे. आजवर हौशी, प्रायोगिक, व्यावसायिक रंगभूमी व दूरदर्शन माध्यमातून त्यांनी अभिनय केला. ऐतिहासिक, सामाजिक, गद्य व संगीत अशा सर्व प्रकारच्या कलाकृतींमध्ये त्यांनी प्रगल्भ अभिनयाचे दर्शन घडविले आहे. अभिनय व संगीताची बक्षिसेही त्यांना मिळाली आहेत. बटाट्याची चाळ, गरुड़झेप, कट्यार काळजात घुसली, घाशीराम कोतवाल, हे बंध रेशमाचे, अवघा रंग एकचि झाला, तिन्हीसांज ही त्यांची प्रसिद्ध नाटके. अवंतिका, तिसरा डोळा, मुक्ताई, चार दिवस सासूचे, एका लग्नाची तिसरी गोष्ट, गणपती बाप्पा मोरया इत्यादी गाजलेल्या मालिकांमध्ये त्यांनी काम केले.

सध्या ते स्टार प्रवाह वरील रंग माझा वेगळा या मालिकेत श्रीरंग देवकुळे ही, हिरोईनच्या वडिलांची भूमिका करीत आहेत.

We at Paranjape Schemes take pleasure to announce that we are starting a series 'Pride of Paranjape' in our newsletter. There are many veteran actors, sports persons, social workers, scientists, renowned businessmen who stays in our societies. We would be happy to profile them on this page. Here is the first one, Mr. Gautam Murdeshwar, renowned actor who stays in Athashri Xion. You can come up and nominate such person for this series.





## BEFORE...

Before the sky turns brighter  
Let us dissolve into the  
depth of the darkness

Before the mist clears the path...  
Let us disappear  
into the crazy woods

Before the wind starts to blow  
Let us rejoice the  
moment of stillness

Before we depart in duality  
Let us flow in the  
stream of oneness

- Charuta Gaikwad,  
Chidanand



## सावरकर

ही कविता मी 27 फेब्रुवारी 1966, सावरकरांचे देहावसान झाल्याच्या  
दुसऱ्या दिवशी, रविवारी, घटी रडत रडत लिहिली होती. मी VJTI  
इंजिनिअटिंग कॉलेज मध्ये होतो, आणि प्रिन्सिपॉल च्या परवानगीने  
28 फेब्रुवारी रोजी कॉलेज च्या नोठीस बोर्ड वर दोन दिवसांसाठी  
लावली होती. सावरकरांना जाऊन नुकतीच 55 वर्ष झाली.

- प्रसाद पाठोरे

स्वातंत्र्या, तुज ज्याने प्राणांचे अर्ध्य दिले,  
उधळ जरा रे त्यावर मुक्त तुझी अश्रूफुले!

हृदयी या देहाच्या ... एक अग्निदेवता  
आत्म्यावर या मुद्रित .. एक मृत्युसंहिता  
अपराजित अंतरात ... एक ध्येयसंपदा  
याच देह-मानसात ... अवतरली शारदा  
वचनातुन स्फुरलेली .. वाग्देवीची गाथा!

याच तनातुन मृणमय ... स्रवलेला दीप्त स्रोत  
रक्षामय या देही ... ब्रह्मतेजही सीमित  
आज जरी नच तेजा, म्हणशिल तू तेळ्हा म्हण  
"हाच पराजय माझा ... अंतिमतर अंतिमतम,  
नम्र तुला रे वंदन ... जन्मांतरी कल्पांतरी!"

# MaitriBodh Parivaar

- Madhumita Deshmukh,

Athashri Baner



MaitriBodh Parivaar is a socio-spiritual organisation. Its work is aimed at transforming humanity through self-realisation and selfless service. It is preparing humanity to enter a new era of universal peace and love.

MaitriBodh is a path reconnecting you with your higher sacred self. It is an inner awakening whereby one experiences a bonding with the source of the creation within. It is a state where you can experience unconditional love. As the name suggests, this is a family of friends with a common mission to develop, nurture and strengthen the human bond of friendship and love.

The focus is on experience by the self. Whatever you may read in the books, articles and discourses, the learning is not truly yours until you experience it yourself. Live it, enjoy it, feel the emotions that come with each incident in life and learn from it.

For many devotees, one of the easiest ways to experience Love is to be in the physical presence of Maitreya Dadashreeji. Maitreya means Divine Friend. Maitreya is the founder of MaitriBodh Parivaar. He is a qualified medical doctor and was initiated by his Master 'Mahavataar Babaji' in the year 2006. He experienced a shift in the inner consciousness and realised that his life's purpose and mission was to serve humanity.

Maitreya has now completely devoted his life to serving humanity. He has guided thousands of spiritual seekers, enabled them to live a rich, meaningful lives full of positivity, compassion and love. He is a guiding light, a mentor, a Divine Friend. He has set a good example with his simple living, humility, and boundless energy. He is a youthful, charismatic leader who is a blend of ancient wisdom and modern insight. To be in his presence is to experience amazing Grace, Love and be a witness to the infinite patience he has.

India has been blessed with thousands of great souls who have each come and gone leaving behind a rich legacy for their followers. Maitreya is here to be your true friend. He does not expect you to stop revering your Guru or favourite form of the Divine. In fact, he promises that he will help you to connect to your Divine if you permit him.

Maitreya is a modern Divine Friend who is here to help you transform and become the best version of yourself. He has shared certain practices or processes which are very relevant and apt for our current times that you may use to help you reach the highest and be closely bonded with your Divine. Members have full freedom to lead their lives

as they choose without any restrictions. You are guided to be the best human being that you can be and allow Maitreya to take you towards transformation.

Another good way to tap into the positivity is to visit the Shanti Kshetra Premgiri Ashram located near Karjat, District Raigad, Maharashtra. Here you will find the Shaktipeetham, the cosmic epicentre of energy and the abode of the Divine loving mother, Maa Adishakti Mahakali; The Dhyaan Manthan Kshetra – the abode of Mahaavtaar Babaji and Meditation centre; The Gyan Sthal –the spot where daily Havan is held for Love and peace of entire humanity and for Mother Earth. The premises resonate at a higher powerful Divine vibration enabling one to experience the higher truth of life.

## Spiritual programmes

Various spiritual programmes are held on a global level through centres in India, Asia, Europe and America. Starting with the beginner level Bodh, Maitri Sutras, Maitri Aradhana, Maitri havan, Meditations, Prayers and advanced spiritual practices. One may also benefit from Maitri Light a praying process. All this is made possible by a dedicated team of volunteers and devotees.

## Youth for Global Peace and Transformation

The activities here are totally driven by the Youth. They help in enriching the lives of all its members and recipients. The youth focus on skill enhancement through training programmes and workshops. They also regularly conduct tree plantation, blood donation and cleanliness drives. Meeting the elderly or terminally ill patients is a regular activity. During the lockdown, truckloads of daily essentials were distributed to the disadvantaged members of our society.

## Peace Projects

A host of activities are conducted such as education for underprivileged children, taking care of abandoned cows, providing free health check-up in association with Hinduja Foundation and empowering women by offering various vocational training workshops.

# Keep Life Simple

**D**o you feel that today's life is too complex and complicated and it is taking a toll of our mental peace and happiness? It is very much up to us to make it simple and uncluttered.

Simple living is different for each person, but in general, a simplified life means that we are getting rid of any extra mental and physical clutter, so that you can have more time, energy and space for the things that actually matter to us.

From time immemorial Man has been striving throughout his life for peace and happiness. But has he been successful in achieving a state of everlasting bliss in his life? Obviously the answer is a No.

It is obvious that the mankind has chosen a wrong path to achieve the goal of peace and contentment. We believe that a lot of money, property, power will lead us to that permanent state of happiness. We get disillusioned when even after getting all the luxuries in life, we feel so restless, unhappy and dissatisfied with what we have. Then we strive for more of those things with the false hope that maybe now we will get that mental peace.

Not that our forefathers did not warn us. Hindu scriptures like Upanishads, ShrimadBhagwadgeeta have stressed the need to restrain our senses, not to run after sense objects but to look inwards for that illusive peace. ShrimadBhagwadgeeta has emphasised again and again to have Vivek (discrimination) and to decide which things/actions can make us permanently happy and which are just an illusion (Maya).Hankering after outside objects only increases our craving for more things and if we do not get them, it leads to frustration and anger.

"Simple Living and High Thinking" was a motto we were taught in our childhood. Our teachers, professors were all dedicated people devoted to their work. They were not rich but we respected them. In India people were happy to live within their means. We did not even realise when consumerism took hold of a whole generation. Suddenly Money became the new God. At one time the discussing of money matters was considered vulgar. Now even a

child will ask the price of a gift which he/she has received. All over the world we are now witnessing the adverse effects of consumerism and materialistic lifestyle. In spite of getting everything we ever wanted, we are restless and there is a feeling that something is missing. We have no time to sit still and no time even to read our favourite book.

Wise people have now realised that "Things are not the THINGS that make us happy." Minimalism, decluttering or simplification of life is now being advocated, not just in personal life but also in Industries. Japan is the leader in spearheading a movement for continuous improvement (Kaizen) in improving quality, reducing wastage of material, money, time and generally organising the workplace for overall prosperity. One of the techniques widely employed is known as 5S –

5S stands for five Japanese words: seiri, seiton, seisō, seiketsu, and shitsuke. These have been translated as "Sort", "Set In order", "Shine", "Standardize" and "Sustain". The list describes how to organize a work space for efficiency and effectiveness by identifying and storing the items used, disposing off unwanted items, maintaining the area and items and sustaining the new order.

In some quarters, 5S has become 6S, the sixth element being safety (Safe).

This 5S technique can be easily applied to our personal life to make it more organised, less cluttered and ultimately more happy and meaningful. And the fun of this technique is, it actually saves money!

During the Covid-19 induced lockdown of more than 8 months, we have suddenly awakened to the reality that there are actually very few things which are essential for a happy and healthy life. As the lockdown eases we may again revert to the old lifestyle. What are the various areas where we can apply this principle of 5S as well as minimalism?

Do we really want to have a more contented and meaningful life style in the New Year 2021? Then we must start simplifying following important aspects of our life

1. Our Material Possessions – Let us first form the habit of not buying too many things. Unnecessary material possessions not only cost a lot, they occupy a lot of space, demand too much of our time and energy for their upkeep. Once we reduce our material possessions and the craving for more, we will realise that our life has become simpler, that there is more time to spare for the family and for all those favourite hobbies for which we were unable to spare time.

Reduction in material possessions has a direct impact on our finances. Our credit card dues and other debts are kept within manageable limits and we can sleep peacefully at night.

2. Our daily tasks and engagements – It is important to release ourselves from those time commitments which make us uncomfortable. We must learn to say No if for example we do not want to attend some social gathering and would rather go for a long walk or prefer to stay home to read a book.

Commitments accepted under social pressure make our life stressful.

3. Our Goals – Let us not try to achieve too many goals all at once. Let us concentrate on only two of them at a time and after achieving one, add one more to the list. This will immediately reduce the tension we feel while doing too many things all at once.

4. Our Negative Thoughts – Controlling our mind is as critical as controlling external aspects of our life. It is our mind which unnecessarily broods over the past and has worries about the future, instead of being happy in the present moment. Negative emotions like resentment, bitterness, hate, jealousy, anger are very corrosive. They do not improve the quality of our life. Let us not expect anything from anyone. And try to be always grateful for what we have, learn to forgive and forget and concentrate on positive aspects of life.

5. Our Words – sometimes silence is more effective than a long speech. We must learn to express ourselves in few words. In fact if we are honest and sincere, it shows through even in simple sentences. Let us try to avoid gossip as it leads to negative vibes.

6. Our health – One of the most critical factor in having a happy life is good health. Loads of information is available on what to eat, what to avoid. A simple rule is to have a lifestyle close to nature. Nourishing and natural food, enough sleep, regular exercise are the major factors of a long and worry free life.

7. Our Screen Time – Focusing our attention on mobile phones, television, movies, video games- in short technology addiction affects our life more than we realise. We start believing in unreal life. Constantly watching something on the screen prevents us from thinking for ourselves or from creating something on our own. Switching off these devices even for a few hours a day gives peace of mind and then our brain starts getting creative ideas.

8. Our relationships – Relationships with others are good, but from time to time we must take stock of which relationships are relevant today and which need not be pursued further, just for the sake of keeping in touch. Do we need to register our opinion for each and every WA post? Do we still have to wish Happy Birthday to someone we had met briefly some years ago and now are not in touch? Reducing these contacts lightens a load on our mind and brain. It is psychologically very refreshing.

This is a summary of some of the aspects we need to focus on in order to make our life less complicated. Each one of us will have different areas we need to focus on. So let us get down to it today and start working on the most complicated aspect of our life first!

I saved time to write this article by reducing the unnecessary chores I was doing in the kitchen! I would like to have readers' comments on how they managed to simplify life just a little after reading this article!

- Tara Deo

A111, Athashri, Forest Trails.