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awarded  
the Padma  
Bhushan  
P3**

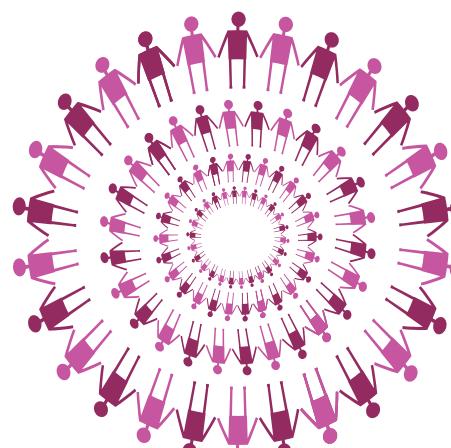
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# The Happiness Network

**f** <https://www.facebook.com/paranjapeschemes>  
**e** [happinessnetwork@pscl.in](mailto:happinessnetwork@pscl.in)



‘आनंदघन २०१४’चं उद्घाटन करताना (डावीकडून) श्री. सुदेश खटावकर, श्री. शशांक परांजपे, ‘अथश्री बाणेर’चे अध्यक्ष श्री. मलगी, श्री. श्रीकांत परांजपे, ‘अथश्री हडपसर’चे सचिव श्री. नेवाळकर आणि ‘अथश्री पाषाण’चे अध्यक्ष श्री. गाडगीळ.

## ‘आनंदघन २०१४’मध्ये ‘अथश्री’वासीयांचा जल्लोष

‘परांजपे स्कीम्स’च्या वतीनं ‘अथश्री’वासीयांसाठी आयोजित ‘आनंदघन २०१४’ हा कार्यक्रम ज्येष्ठांचा जल्लोष, पारंपरिक रचनांवरील नृत्य, अभंग डान्स हा हिंदी चित्रपटगीतांवरचा बहारदार नृत्यजल्लोष अशा उत्साही वातावरणात नुकताच साजरा झाला. ‘अथश्री’ संकुलांतल्या रहिवाशांसाठी दरवर्षी हे स्नेहसंमेलन आयोजित करण्यात येते. यंदा त्याचं तिसरं वर्ष होतं.

**पा** च एप्रिल रोजी एंडवणेतील कर्नाटक हायस्कूलचा परिसर मुलांऐवजी ज्येष्ठांच्या उपस्थितीनं फुलला होता. निमित्त होतं बावधन, पाषाण, बागेर आणि हडपसर इथल्या ‘अथश्री संकुला’तल्या ज्येष्ठांच्या वार्षिक स्नेहसंमेलनाचं! या कार्यक्रमास ‘परांजपे स्कीम्स’चे अध्यक्ष श्रीकांत परांजपे, व्यवस्थापकीय संचालक शशांक परांजपे, ‘अथश्री होम्स’चे कार्यकारी संचालक मुद्देश खटावकर, ‘सेंटिजन्स डॉट कॉम’चे संचालक आणि सहसंस्थापक मुंधीर आळेकर आदी उपस्थित होते. श्री. श्रीकांत परांजपे यांनी गेल्या वेळच्या तुलनेत यंदा कलाकारांच्या संखेत लक्षणीय वाढ झाल्याबदल ज्येष्ठ नागरिकांचं कौतुक केलं. ते म्हणाले, “यंदा ‘आनंदघन’ चं तिसरं वर्ष आहे. त्यातला ज्येष्ठांचा उत्साह आणि सहभाग दरवर्षी वाढतो आहे. त्यांच्यात तरुणाईचा जोश असल्याचं प्रत्यायात येतं. पुढच्या वर्षी त्यात आपल्या ‘फॉरेस्ट ट्रेल्स’मधल्या ‘अथश्री’वासीयांचा सहभाग असणार आहे. गेल्या वर्षी कलाकारांची संख्या ४५ होती, यंदा ती

९५ झाली. पुढच्या वर्षी शंभराहून अधिक कलाकारांचा आविष्कार आपल्याला पाहायला मिळाणर आहे. या कार्यक्रमातून ‘अथश्री’वासीयांना आनंद आणि ऊर्जा मिळत आली आहे. त्यामुळे त्यांचा उत्साह देखील द्युगुणित होतो.” “अथश्री”च्या नवीन प्रकल्पांची माहितीही श्री. परांजपे यांनी या वेळी दिली. महाराष्ट्राखेरीज अन्य राज्यांत देखील ज्येष्ठ नागरिकांसाठी निवासी संकुलं उभरण्यात येणार आहेत. त्यात गुजरातमधील वडोदरा, तमिळनाडूमधील कोईम्बतूर इत्यादी प्रकल्पांचा समावेश आहे, असं त्यांनी सांगितलं.

‘परांजपे स्कीम्स’ आता ज्येष्ठ नागरिकांसाठी ‘sentizens.com’ नावाचं वेब पोर्टल मुरु करत आहे. गेल्या ऑक्टोबरमध्ये श्री. शशांक परांजपे यांनी त्याची घोषण केली होती. त्याचा उपयोग ज्येष्ठांना विविध प्रकारची माहिती मिळण्यासाठी होईल. माहिती-तंत्रज्ञान क्षेत्रातील प्रदीर्घ अनुभव असलेले श्री. मुंधीर आळेकर यासंदर्भात अधिक माहिती देण्यासाठी लवकरच

‘अथश्री’वासीयांशी संवाद साधतील, अशी माहिती श्री. श्रीकांत परांजपे यांनी दिली. या वेळी श्री. आळेकर यांनी ‘सेंटिजन्स’ विषयी सादारीकरण केले.

‘आनंदघन’चा प्रांभ ‘अथश्री हडपसर’च्या अभंग नृत्यानं झाला. त्यानंतर त्यांनी आदिवासी नृत्य आणि दांडिया सादर केला. या नृत्यांना भरभरून दाद मिळाली. ‘अथश्री बाणेर’च्या कलाकारांनी ‘लग्नबंधन’ ही नाट्यछटा आणि रमिक्स नृत्य सादर केलं. ‘अथश्री पाषाण’नं लेझीम, तसंच ‘गंगावतरण’ सादर केलं. ‘अथश्री बावधन’चा पार्टी डान्स आणि ‘मदारी-जमुरा’नं ज्येष्ठांची मनं जिंकली. सर्वांत शेवटी ‘मेकिंग ऑफ आनंदघन’ हा कार्यक्रम सादर झाला, त्यात सर्व संकुलांतले कलाकार सहभागी झाले होते. श्री. खटावकर यांनी आभार मानले. श्री. अभय गोखले यांनी सूत्रसंचालन केलं.



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‘हा उत्सव जगण्याचा, ही मैफल गाण्यांची’ हे कवी सुधीर मोर्घे यांचे शब्द प्रत्यक्षात ‘अथश्री’मध्ये सार्थ ठरतात. ‘आनंदघन’ कार्यक्रमातला ‘अथश्री’तल्या सान्या ज्येष्ठ तरुणांचा उत्साह हा त्यांच्यातल्या उत्स्फूर्तीतेच दर्शन घडवतोच; पण तो पाहणाऱ्या प्रत्येक तरुणालाही नवी ऊर्जा देणारा असतो. ‘आनंदघन’चं आणखी एक वैशिष्ट्य म्हणजे या उत्सवानं ‘अथश्री’तल्या कलागुणसंप्रतेला प्रचंड वाव करून दिला आहे. ज्यांच्यात हे गुण होते, त्यांना तर अभिव्यक्त होण्याची संधी लाभतेच, पण यांनी आजवर व्यासपीठावर कधी आपली क्षमता आजमावून बघितली नव्हती तेही स्वच्छंदपणे यात सहभागी होतात.

आणखी एक, ‘द हॅप्पिनेस नेटवर्क’च्या १६ पानांच्या आपल्या परिवाराच्या एकत्रित अंकातून यापुढे आपण सारे भेटणार आहोत. ‘परांजपे स्कीम्स’च्या प्रत्येक संकुलातल्या रहिवाशांना आता आपल्या संपूर्ण परिवरापर्यंत पोचता येणार आहे. आपल्या सगळ्यांना स्नेहाच्या धायात बांधणाऱ्या या ‘द हॅप्पिनेस नेटवर्क’च्या नव्या स्वरूपातल्या अंकाचं तुम्ही स्वागत कराल, ही खात्री आहे. तो अधिकाधिक समृद्ध करण्यासाठी तुमच्या सूचनांचं मनापासून स्वागत.

- श्रीकांत परांजपे  
अध्यक्ष, परांजपे स्कीम्स

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## Prof. J.B. Joshi awarded the Padma Bhushan

Senior researcher, academician and a resident of Crystal Garden Prof. J. B. Joshi was conferred with Padma Bhushan at the hands of Hon. President of India Shri. Pranab Mukherjee. 'Paranjape Schemes' and 'The Happiness Network' community congratulates Prof. Joshi on receiving the third highest civilian award in the Republic of India. Here is a brief profile of Prof. Joshi.

Prof. J.B. Joshi has done truly outstanding work in the area of multiphase reactor design. He has succeeded admirably in developing design procedures for multiphase sparged and mechanically agitated reactors. His success has arisen out of a conceptual breakthrough and has brought about fresh thinking in this difficult area in which several renowned scientists all over the world are actively involved. A unique blend of theory, modeling, experiments and intuition has resulted in a rational basis for the design, scale-up and implementation of a large number of commercial size reactors in India and throughout the World.

Born on May 28, 1949 in Masur in Satara district, he obtained Bachelor and Doctorate degrees in Chemical Engineering from the University of Mumbai. He joined the faculty in 1972 in the University Department of Chemical Technology (UDCT, now ICT) and held the position of Director during 1999-2009.

His progress as an independent researcher has been phenomenal in all respects: teacher, scholarly writer and also as the most wanted consultant in the Chemical Industry in India and abroad. This is evident from the list of his publications (more than 400) and extraordinary citations [9700, Google Scholar] to his credit. He continues to be very productive and has graduated 69 Ph.D.'s, 59 Masters and supervised 20 Post-doctoral students.

His major contributions include:  
(i) He has developed in house codes for computational

fluid dynamics (CFD) for multiphase dispersions and complex geometries. These codes have many superior features, which better describe the physics of fluid motion as compared with the available commercial codes.

- (ii) He has made detailed flow/ temperature/ concentration measurements using laser-Doppler anemometer (LDA), particle image velocimeter (PIV) phase Doppler particle analyzer, hot film anemometer (HFA) and ultrasound Doppler anemometer. For the first time, he has performed the LDA measurements in multiphase dispersions and developed an algorithm for the prediction of fractional gas hold-up and bubble size distribution. He has extended the PIV technique to shadowgraphy for measuring motion of dispersed phases (bubbles, drops and particles).
- (iii) Using these first two steps and using the mathematical tools, he has developed a methodology for estimating detailed knowledge of the entire range of length, velocity and energy scales of turbulent structures in large number of Chemical Process Equipment.



- (iv) He has developed relationship between the flow patterns (mean and turbulent) and the design parameters such as axial mixing, mixing time, heat and mass transfer coefficients, etc.
- (v) He has been developing insights into the published theories of heat and mass transfer and used these for equipment miniaturization (reduction in capital cost) and intensification of ongoing operations (reduction in operating cost).
- (vi) Prof. Joshi has analysed probably the most complex case of multiphase reactions, namely the absorption of nitrogen oxides (NOx) in water, alkaline and acidic solutions.
- (vii) Prof. Joshi has been able to enhance the productivity and selectivity of a number of manufacturing processes including those competitively offered on the global basis. He has invented novel designs, which are far superior in performance and less expensive in capital and operating costs. Prof. Joshi (together with colleagues) has developed novel designs for cooker and stoves with thermal efficiencies of 50 to 60% as compared with conventional numbers in developing world in the range of 12 to 20%. In the developing world more than 300 billion dollar worth energy is used in household cooking. He has licensed and commercialized the technologies. Prof. Joshi has been very active in promoting science awareness in society holding about 200 workshop and 100,000 participants per year.

As the Director of Institute of Chemical Technology (1999-2009) he succeeded admirably in the formidable and mammoth task of coveting the University Department to Autonomous University Institution and finally to full fledged University. During his tenure all the academic parameters increased by factor of at least two (number of international publications, citations per year, number of Ph.D. admissions per year). As a consequence, the Institution ranked among top ten in the World. He was also responsible for phenomenal growth in external revenue generation (ERG) with compounded growth of 25% per year through research contracts, consultancy projects and donations. In 2009, such ERG was almost ten times the Government Grant, perhaps the highest ratio among state funded institutions.

Prof. Joshi is the recipient of numerous awards and honours. Notable among them are: Shanti SwarupBhatnagar Prize for Engineering Sciences, Fellow of Indian National Science Academy (FASc), Indian National Science Academy (FNA) and Academy for the Developing World (TWAS). He was selected as diamond (among 12 others) who have contributed the most for the growth of Chemical Industry, Chemical Engineering Education and Research in India.

The President of India on 31st March 2014 conferred the Padma Bhushan to Prof. J. B. Joshi.

### Fellow residents,

Happiness lies in each moment that we have thoroughly enjoyed. Such is the magic of these moments that they make us happy even when we memorize them. Our special moments come through especially when we are in a social sphere, sharing our lives with our dear ones. Be it through traditional functions, celebration of special occasions, weekend parties, success parties or get-togethers and picnics, we all discover innumerable moments of joy when we meet our beloved persons.

We, at Happiness Network, are excited to become your partners in revisiting your moments of happiness and fun. They say happiness is only real when shared. So, do spread this beautiful feeling by sharing it with thousands of members of 'The Happiness Network'. Send us the photographs of your special events along with brief info on [happinessnetwork@pscl.in](mailto:happinessnetwork@pscl.in)



# Interview

## Dr. Karve: A New Chapter in Energy Conservation

**Dr. Priyadarshini Karve, who started Samuchit Enviro Tech in 2005 to research and develop products for environment conservation, was felicitated on the International Women's Day by PSCL. She has been working in the sector of energy and environment conservation since long and the result of her determination can be seen through her several projects such as carbon footprint calculator, urban waste management, biogas and biomass fuel, etc. A resident of Shilpa Society on Paud road, Dr. Karve is two time Ashden Award winner. She talks to us about her projects that help support community living.**



**A community needs to calculate its carbon footprint in order to know their contribution to environment pollution. Tell us about your project of Carbon Footprint Calculator.**

I have developed the Carbon Footprint Calculator recently. Indians assume that our carbon footprint is less and therefore we have the liberty to pollute more till we reach the maximum limit. But this is not true. We have almost reached that level of pollution. We will realize it only when we can calculate our individual carbon footprint. So, through this calculator, we can count an individual's carbon footprint by tracking his/her electricity, LPG and fuel usage. I undertake workshops wherein I teach people to use this method. When people get the result in huge numbers, it stuns them. These numbers make them realize that they are contributing quite a lot.

**You have researched in the field of urban waste management. What is the scope of improvising in that sphere?**

It is known to all that biogas can be created from food waste. The corporation has even started doing it. They collect food waste from the residents to make biogas, but this procedure consumes too much fuel and money to reap benefits. I think, if made in each home, biogas can be more feasible. But there are certain limitations. A biogas plant cannot be installed

after construction of societies is done. It has to be included when the societies are planned. So, we can include the provision of biogas plant in upcoming societies. This will help us in many ways. The garbage and food waste will be disposed easily, the biogas can help support energy conservation and pollution will decrease as well.

**How do we get people started on this?**

Actually, it is not tough. For example, we need feedstock to develop a biogas plant. Every house in a building has food waste to dispose. We can collect this food waste and grate it in a pulper that can be fixed in the society. Once the pulp is created, it can be distributed equally to each house. They, in turn, can create their own biogas from this. Our

energy requirement is increasing. But we must understand that we don't have to rely upon the conventional energy sources such as electricity and LPG. We must start using the alternatives. We have made a kit that teaches about biogas formation at home. Anyone who knows a little about plumbing can create their own biogas plant by referring to this kit.

**You have also developed a stainless steel cooker that runs on coal?**

Yes. This is our flagship product that can help community living very well. This cooker runs on coal chulha. We see that there is a lot of dried leaves fallen on the ground. This is ultimately treated as garbage and goes to waste. So, we make coal from this waste and use it as energy source for cooking in the stainless steel cooker. It does not require constant monitoring as the amount of coal is fixed for cooking. So, one can place the cooker on chulha and leave for their work. Since the coal is made from waste leaves, the garbage part is also taken care of. One big society in the city has already implemented this project and is benefitting a lot.

**What more do you aim to do in the field of energy conservation?**

I want to focus on the urban lifestyle. The rural areas get minimal electricity in a day whereas urban areas get more. But, we have the infrastructure of creating renewable energy. So, we must look forward to making our cities off grid and provide that energy to the rural areas. It is not feasible to create new infrastructure in the rural areas to provide renewable energy. So, with the available money, expertise and infrastructure, we can run the cities on renewable energy. This is economically viable and can bring social equity.

Contact:  
Samuchit Enviro Tech  
Phone: 92268 94206  
020-2546 0138

**Fellow residents,**

*Our personality comes to life through our actions and thoughts. There is an extraordinary personality in every ordinary individual, a personality that inspires to contribute to our society in the best possible manner.*

*Know about any such personality that boasts a great track record in social contributions and causes and who happens to be 'The Happiness Network' member? A great artist, a learned person, an entrepreneur who is a visionary or any person who has made extraordinary contribution to our community? We would be glad to be informed about such personalities around you. Send us your suggestions and recommendations and we will feature them. Email your suggestions on [happinessnetwork@pscl.in](mailto:happinessnetwork@pscl.in) along with their contact number and address, and our editorial board will contact you at the soonest.*

## Rise of Water through Jaloday

**'Jaloday', the Rain Water Harvesting (RWH) project adopted created by architect Uday Chipalkatty and adopted by Suyog Nagar residents, is all set to harvest a whopping 90,00,000 litres of water, of which 70,00,000 litres will be 100% potable!**

"Even an emperor, denied water, would swiftly turn to dust. Water is the real monarch and we are all its slaves."

- Salman Rushdie,  
The Enchantress Of Florence

Inflated as these lines by the popular novelist may sound, today, one can hardly deny the truth stated in them. Most countries in the world are busy trying to figure out ways that will help us save and sustain water resources. Renowned historian and author Thomas Fuller said, "We never know the worth of water till the well is dry." Quite appropriate in the context of today's lifestyle, the statement of Fuller is also a reflection of the fact that shortage of water was a phenomenon feared in the 16th century as well. While it was just contemplation during that time, water shortage has become the matter of fact today.

But, we can still correct our mistake of not giving enough importance to saving water. Individuals, NGOs, social workers, social groups, even countries, are coming together to put their best foot forward to save water- the element of nature we need the most to survive. One such example lies in the community of our own 'The Happiness Network'. The residents of PSCL's Suyog Nagar, in Shivaji Housing Society (Pune), are determinately working on their rainwater harvesting project to help save water this rainy season.

Known as 'Jaloday', this Rain Water Harvesting (RWH) project is created by architect Uday Chipalkatty. This method of RWH is all set to gain the Suyog Nagar residents the harvest of a whopping 90,00,000 litres of water; of which 70,00,000 litres will be 100% potable. Talking about Jaloday, Pratap Jadhav, Chairman of the Suyog Nagar Society, said, "When our society members were planning for RWH, we came across Chipalkatty's Jaloday and decided to implement it immediately. One of our residents', Mr. Gogate, has implemented this method in his factory. It has been hugely successful and hence we did not face a single objection while deciding to implement it in our society."

For harvesting rain water, 100 meter deep bore wells have been dug at equal distances in the society premises. Generally, after falling on the ground, rain water runs towards the nearest source of escape such as water drains or gutters. In the Jaloday method, the water is directed towards the gutters which channelize it towards the filters. Once the water goes through the process of filtration, it is ready for use. "We have dug six bore wells in our society premises. Usually, other projects help you collect water for consumption, but we are able to store water underground in order to increase the quality of land through this method. At present, we are aiming to

### How it works?



RWH Project underway at Suyog Nagar Housing Society in Pune.

increase the water table through this method. Once the water table is increased, we can look forward to harvesting more water", said Jadhav.

So, what is unique about Chipalkatty's RWH project

Jaloday? While flowing, some of the rain water seeps through various strata of soil and percolates deep into the ground to create aquifers (volume of ground water). Usually, it takes years to develop an aquifer that is 100 meters deep. Aquifers are necessary for balance in temperature, good vegetation and water abundance. If we manage to store enough water in the ground, the aquifers will not dry out. This can be done by the Jaloday method. Chipalkatty has created an artificial aquifer on his land near Pune and has been successful in improvising on it after observation. Around

40 artificial aquifers have been created in Maharashtra, Karnataka and Andhra Pradesh, and they can store up to 5,00,000 litres or

### Advantages of Jaloday RWH:

- Cost is less than 1% when compared to conventional cost of RWH.
- Time required is 1% and does not require any skilled labour.
- Nature needs up to 10 years or more to reach a depth of 100 metres to create a natural aquifer. The Jaloday method can create an artificial aquifer in 10 seconds.
- Natural aquifers are a result of top to bottom filtration process. The Jaloday method works on an exactly opposite method of bottom to top.
- Artificial aquifers by the Jaloday method can be created on any part of land, where ever it rains.
- Government can have an unlimited source of revenue through excise, sales tax, service tax, etc. as this activity develops into a multi-fold industry.

more of rain water every year. added later. Also, the filtration system will have to be changed regularly. But these are inexpensive procedures. With little investment, we will soon be able to provide water to members of 210 flats in our society. In the future, we will also think about recycling methods."

With the project being prepared to face this season's rains that are two months away, residents seem excited about their eco-friendly effort. When asked if the members of Suyog Nagar are willing to help their fellow Puneites understand this RWH method, Jadhav said, "we will keep our society open for all who wish to understand and benefit from our experience."

Talking about the costing of implementing Jaloday, Jadhav said, "the total expense for implementing this project in our society is around Rs. 9 lakh. The only expense required after it finishes is of maintaining the submersible pumps that will be

### Fellow residents,

A community is where individuals share basic values and constantly involved in the process of learning to be good citizens, most importantly, good humans. We all cherish community living and are driven by our fellow community members to perform our duties. Does your community have such members who motivate all to contribute to building civic values through their simple efforts such as car-pooling, rain water harvesting, energy saving, garbage management, community library and many such similar initiatives? Anyone living around you who works for civic and social causes that benefit our fellow living beings? Share their stories with us and follow the spirit of community living. Send us your stories on [happinessnetwork@pscl.in](mailto:happinessnetwork@pscl.in) along with photographs and we will feature them to inspire others to live with the same spirit.

Contact: **Ira Sustainable Water Solutions**, Nashik.  
Phone: **98901 30775 (Swapnil Potdar),  
98225 56670 (Udyam Gokhale)**

## Socially aware Youngistan



IBN Lokmat, in its show titled 'Youngistan Zindabad', interacted with the residents of Blue Ridge and the people working in the Blue Ridge SEZ.

Along with the people of Blue Ridge, representatives of four parties contesting elections from Pune - BJP, Congress, AAP and MNS, participated in a special show which held a discussion on the use of social media in campaigning. Discussion covered many points like comparisons between old

and new ways of campaigning, efficiency in leaders while using social media, interactions that take place on social networking sites etc.

Abhishek Chowdhary, Paresh Joshi, Deepak Dave, Amol Damle from Blue Ridge were present among others.



## One Day Trip of Meghdoot Senior Citizens Club

They may be senior by age, but the members of the Senior Citizens Club of Meghdoot Co-Operative Housing Society are young at heart. One who witnessed their enthusiasm in not only planning but also executing the one day trip would strongly agree.

On Sunday, 23<sup>rd</sup> March, the Senior Citizens Club of Meghdoot (Happy Colony, Kothrud) had organized a one day trip that

covered several places. 15 members visited Ramdara, Theur, Bhuleshwar, Siddhatek, Narayan Maharaj Bet and Morgaon in one whole day. They traveled by a Tempo Traveler, leaving at 6.45 am only to return by 9 pm. With songs, mimicry and lots of chit-chatting, the trip was full of young hearts shouting, "Ye Dil Mange More!"



## Contemplating Mudras

**Mudras have some magnificent effects on your body and mind. Ever wondered, how your pair of hands, formed in certain postures and manners can benefit your whole body? A series on Mudras shared by Sadhana Kathwate, resident of Paranjape Schemes will take you into the world of Mudras.**

**W**hat is Mudra, how does it help in bettering the health, how to practice it etc. are some of the questions that storm your brain and make you stay away from it. Mudras, when practiced correctly, help in improving your health. Through this article, we will introduce you to correct Mudras and their meanings.

### What is Mudra?

Keeping the fingers of both the hands in a specified posture and manner.

### What are the benefits of Mudra?

Each Mudra activates our body-mind system in a much specified manner and brings in a positive influence on our body which solves our physical and mental health problems. It regulates our energy system and removes the blockage of energy, within our body at certain points.

### What is the duration?

Mudras can be done during any time of the day, for any possible length of time. There are some Mudras which require specific time, details of which will be given while explaining each Mudra.

### How to practice Mudra?

1. Sit in a meditative posture. Sitting in 'Padmasana' would give optimum results.
2. Keep fingers of both the hands in required Mudra posture.
3. Close the eyes
4. Concentrate on Ajna Chakra (centre point between the eye brows)



Apan Mudra

and purifies the body and soul. This type of mudra stimulates the wood element which is associated with the energy of liver and gallbladder. It triggers calmness and makes one quiet, serene and confident. It has the power of undertaking and shaping the visions of the future.

### How it is done?

Join the middle finger and the ring finger with the tip of the thumb; the forefinger and the little finger should be held upright.



Fellow residents,

Achievements are the victorious moments of our lives. We cherish these moments and frame them in some form, be it a memento, a certificate or simply a note of appreciation with a glory. Achievements need not be grand or we can say that every small achievement can be held high in regard.

Do you have achievers in your family or neighbourhood? Achievements need not be academic only. They can be hobby or passion based or success in major exams, scholarships, awards, certifications and activities that are noteworthy. Your achievements can help other get inspired to achieve as well.

Send us the stories of achievers with a brief write-up, photographs and contact details on [happinessnetwork@pscl.in](mailto:happinessnetwork@pscl.in). The editorial board will evaluate all stories and selection will be its discretion. The decision taken by editorial board will be final.

## Happiness meets satisfaction, Sufi style

Happiness comes with doing something that makes you happy. And satisfaction comes with doing something for others. There are occasions when you can combine both these feelings and enjoy boundlessly. Varsha Shrikant Paranjape and Ravi Paranjape Foundation through SPACE NGO organised an event titled 'Sajda' which brought in the opportunity to bring smiles on the faces of twenty children from SPACE dealing with Cerebral palsy. The event was headed by Sandip Panchwatkar and had five

artists singing soulful, hummable Sufi songs. Held at Yashwantrao Chavhan Natyagriha, it attracted people who had a ear for Sufi music and heart for the children with Cerebral Palsy. As a gesture of thanksgiving, the attendees were bestowed with special bookmarks designed by these kids. Each year, the NGO comes out with unique fund raising programs for the children. Support from parents, citizens and well wishers makes each event a remarkable success.



## व्यसनाधीनतेपायी आयुष्य पणाला लागावं ?

प्रसंग एक : काही कामानिमित्त एका व्यसनमुक्ती केंद्रात गेले होते. नेमका तो दिवस नातेवाइकांच्या भेटण्याचा होता. स्वच्छ-सुंदर परिसर, सगळे रुण स्वच्छ नीटनेटक्या कपड्यांत. बघून वाटणार नाही की ते सगळे व्यसनी आहेत. त्यांचे कुटुंबीय बायको-मुलं, आई-वडील कुणाची बहीण, वहिनी. कुणाचे मित्र. मी बाहेरच संवंधित व्यक्तीची वाट बघत खुर्चीवर बसले होते. एका कुटुंबाकडे माझां विशेष लक्ष होतं. पस्तीशीतला बाप असावा भरती झालेला. त्याची तरुण बायको, एक दहा वर्षांची मुलगी आणि एक सात वर्षांचा त्याचा मुलगा. ती मुलं हौसेन त्याला काहीतरी दाखवत होती. काय आहे हे कळत नव्हतं, पण वडलांनी मुलांना जवळ घेऊन मिठी मारली आणि बायकोला काहीतरी बोलला. तिच्या डोळ्यांतून पाणी यायला लागलं. तेवढ्यात मुलगा त्याच्या गळ्यात पडला आणि रडायला लागला. बाप थोपत राहिला.

हे व्यसन किती गोर्टींचा नाश करतं, याची जाणीव झाली. त्या कुटुंबावर आलेल्या या प्रसंगामुळे किंवा वारंवार येणाऱ्या या आपत्तीमुळे त्या मुलांच्या आणि त्या व्यक्तीच्या बायकोच्या मनावर किती मोठा आघात होत असेल, याचा खूप खोलवर त्या मुलांवर आणि त्यांच्या व्यक्तिमत्त्वावर आयुष्याकडे बघण्याच्या

दृष्टिकोनावर परिणाम होणारच. व्यसनाधीन व्यक्तीच्या व्यसनाची कारणांही त्याच्या बालपणीची पाळंपुळं खण्णू बघितली तर नव्ही सापडतील.

प्रसंग दोन : अतिशय लहान वयातल्या एका अभिनेत्रीची आत्महत्या. वरकरणी कारण प्रेम, हत्तेलता किंवा अपेक्षाभंग, की दिशाहीनता? वादातीत आहे हे सगळं. तुटलेल्या कुटुंबातलं प्रेम शोधत फिरणारं वाट चुकलेलं लेकरु हेच वाटलं मला. तिच्या व्यवसायामुळे तिला जास्त खोटी माणसं भेटली, एवढंच तिचं जास्तीचं दुर्देव.

खरंच ही व्यसनाधीनता कसलीही असूदेत; दारूची, मादक पदार्थांची किंवा माणसाची, यशाची किंवा प्रेमाची. आपलं आयुष्य पणाला लावण्याइतकी महत्त्वाची आहे? आयुष्याला इतकी क्षुल्क गोष्ट मानावं का? आपल्याला वाटतो त्यापेक्षा आयुष्याचा कॅनव्हास खूप मोठा आहे. प्रत्येकाच्या जीवनाचा हेतू एक व्यक्ती अथवा एक पदार्थ, किंवा एक यशाची पायरी असूच शकत नाही. Don't miss the big picture... Life is good!

श्रुती जकाती,  
ए ६०४, नलिनी अपार्टमेंट, औंध

## Eye Care

### "The eyes have it"

“

**"Of all the senses, sight must be the most delightful."**

- Helen Keller

”

#### Hello friends,

This memorable quote from Helen Keller, one of the world's pioneer humanitarians who overcame the adversity of being deaf and blind and went to graduate and serve humanity says it all !!!

Well, its summer time folks and it can take a toll on this most delightful of our senses, whether it comes in the form of increased exposure to harsh sunlight, chlorine and other chemicals in swimming pools or other forms of infections.

Here are some tips to enjoy the summer safely :

#### Eye protection:

- Prolonged exposure to harsh sunlight can increase long term risk of developing conditions like cataracts and macular degeneration. Make sure that you and your children protect your eyes with good quality UV protective sunglasses.
- Many times, the skin below the eyes tends to wrinkle when exposed to UV for longer periods. Do look for larger shades/goggles, wraparound frames and wide lenses since they keep sun and dust out and also protect the area below your eyes. Spectacle users must go for top quality lenses like Essilor's Crizal Forte which has an Eye Sun Protection Factor (E-SPF) of 25 and offers best UV protection both on front as well as back surface of lenses.
- For those with extended hours outdoors, should prefer polarized sunglasses since they block reflected glare from shiny surfaces like metal and glass surfaces, water, snow besides providing UV protection. Essilor's Xperio is one brand of polarized lenses that offers 100% front side UV protection and also eliminates glares and reflections.
- For people using prescribed sunglasses, UV protection or both UV and glare protection is a good option.
- Always wear a wide brimmed hat to protect your eyes from direct sunlight besides goggles. And yes, wear sunglasses on cloudy / overcast days, since UV rays can still reach your eyes and do a lot of damage.

#### Swimming:

Swimming is a popular summer activity. However people tend to ignore the eye health while swimming. Given below are few precautions.

- Wear good quality swimming goggles to protect your eyes as chlorine in water can sometimes irritate the eyes. Preferably, avoid wearing contact lenses while swimming since there are bugs in water and chances of catching infection are more.
- You may also opt for prescription swimming goggles, for those with eye defects like short sightedness, long sightedness or astigmatism.

So put on your hat and your glares and enjoy sunny days !!!

(Sources: [www.lookafteryoureyes.org](http://www.lookafteryoureyes.org), [www.timeswellness.com](http://www.timeswellness.com), [www.chla.org](http://www.chla.org), Lecture Notes in Visual Sciences by Indian Optometric Association. Crizal Forte, Xperio are Registered Trademarks of Essilor.)

**- Rahul Abhyankar, Madhukosh, Sinhgad Road**

Rahul Abhyankar runs the Abhyankar Opticians which holds high repute in Pune for the last 105 years, since 1908. After completing graduation in Mechanical Engineering, Rahul studied MBA in Marketing and worked in several reputed organisations. He finished his 14 years of enriching experiencing by quitting as All India Head for Domestic Sales & Marketing with Cummins Sales & Service. In 2010, he joined Abhyankar Opticians and completed Diploma in Optometry. Besides eye care, Abhyankar Opticians deals in binoculars, telescopes, magnifiers and safety glasses. Rahul plans to contribute a series of informative articles on eye care.

# Joy of colours at Ruturang



The residents of Rutarang experienced a fun and joyful celebration of Rangapanchami. All the residents were very excited and lived a colourful day on the occasion of this festival of colours. While the youngsters had prepared and planned in advance for the fun they were going to experience, the elders looked surprised and enjoyed the day thoroughly while they were trying to save themselves from the rain of colours.

## Fellow residents,

We all are passionate about many things and often try to convert them into a profession. Lucky are those who are able to merge their passion and profession. After all, work is worship; and when one enjoys it like a passion, there is no stopping.

If you are pursuing your passion and interests and want to involve others too, we give you the platform. If you are running hobby classes, Yoga training, academic and non-academic

**coaching or any other similar services send us the details and we will feature your classifieds in our community newsletter.**

We request you to limit your applications to similar services to the ones mentioned above as this is not a buy-sell platform. Kindly use the form given below to apply for your classified and send it to the PSCL office. The editorial board will select the classifieds to be published and their decision will be final.

# Answers

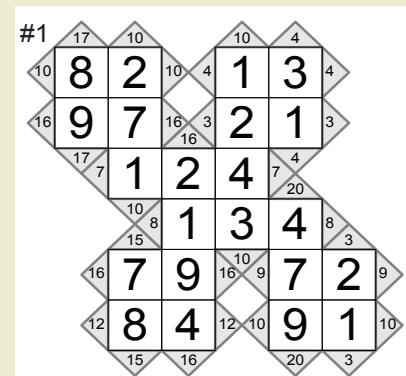
Crossword #01

	D	A	E	D	A	L		
S	U	B	L	I	M	A	T	E
I	D	A		M	O	T	I	F
P	E	N	T		R	E	S	T
	D	R	E	A	R			
A	N	O	A		L	A	V	A
T	O	N	N	E		L	I	D
E	R	E	C	T	N	E	S	S
	D	E	C	O	D	E		

## Sudoku #01

4	7	1	6	3	5	2	9	8
9	2	8	1	7	4	5	3	6
6	5	3	2	9	8	4	7	1
1	3	6	5	4	2	7	8	9
5	8	4	7	6	9	3	1	2
7	9	2	8	1	3	6	4	5
8	6	7	4	2	1	9	5	3
3	4	5	9	8	6	1	2	7
2	1	9	3	5	7	8	6	4

Kakuro #01



# THE HAPPINESS NETWORK CLASSIFIED AD FORM

Category: \_\_\_\_\_

Preferred Month: \_\_\_\_\_

- Please leave an empty space between words.
  - 5-line minimum
  - English and Marathi text allowed.
  - Use separate sheet of paper, if required
  - PSCL cannot be held responsible for any consequences that may occur.

**Name:**

**Address:**

---

**Phone:**

**To place a classified, complete this form and send it to : Paranjape Schemes (Construction) Ltd.,  
PSC House, Dr. Ketkar Road, Erandawane, Pune - 411004 or scan and send it to [happinessnetwork@pscl.in](mailto:happinessnetwork@pscl.in)**

## Walking into luxury

**The prototypical clubhouse should be comfortable, functional and convenient as only a well-planned residence can be, since the club is a home away from home for members. Here's a sneak peek at what's on offer at Forest Trails clubhouse.**



The grand yet unassuming club house at Forest Trails is a dream come true for most home owners. Located at a summit point overlooking the bungalow cluster below, the clubhouse makes you feel like the king of all as it is perched at a high altitude giving one a breathtaking view of the scenery below. Spread across 40,000 sq. ft and designed as a multilevel structure, the porch has a car drop-off point too. So just hand over the car to the valet and set yourself free from the hassles of parking. Serene water ponds beckon you in towards the reception lounge. Once here you will be transported into a luxurious world with panache as its main theme. As Italian marble floor greets you all around, the eye takes in the classy interiors done up in wood, wood rafter roofs and wooden wall panels. Your eye for detail will also take in the meticulous planning that has gone into the office area adjoining the reception area and the neat and clean interiors facilitating records back up space and daily chores management. First impression being last impression, the reception itself is sure to bowl you over and of course will be eager to know what lies in store ahead. Well, let's explore the

treasure trove of the Club house from within.

As we enter we reach a raised wooden floor with an impressive and very inviting pool table greet us. An indoor dining area as well as a terrace dining space, ensures you find a seating to match your mood. In case all this makes you wish to settle down there for the night, there's boarding available too. Well furnished guest rooms are kept ready to ensure your guests enjoy a comfortable stay. The double height garden niche overlooking the pool table area offers soothing serenity to the eyes and as you walk in towards the lift lobby, the expansive swimming pool stops you in your tracks. Cool blue waters invite you in and the locker rooms with its state of the art showers et al make it even more enticing. From 'The Pool Table' a spacious, artistically decorated passage leads you to the private eating lounges. Herein you just cannot resist your urge to linger on as a grand gazebo awaits you from which a breathtaking view of Manas Lake and Sinhagad Hill Ranges leaves you riveted. Once you climb down the staircase to the lower level, where additional guest rooms are provided, various Sport facilities Like Table Tennis Room/



### Multi-cuisine restaurant now open at the Forest Trails

The Cliff, a multi-cuisine restaurant has been started at the Forest Trails, last month. Although the restaurant specializes in serving traditional and authentic Punjabi dishes, it also serves continental and Thai delicacies. With desserts such as honey noodles with ice cream that is different than our traditional ones, The Cliff is sure to make its space in the heart of the sweet toothed as well.

The Cliff had already started its kitchen for party orders in December 2013, but the dine-in was started a month ago. The Cliff gets its name as it is located on a beautiful cliff in the Forest Trails premises. One can see mountains on all sides while dining. The restaurant is a part of a hotel that offers eight suites and other delightful facilities such as swimming pool. At present, The Cliff is open to members only. But soon the non-members and all residents of Pune will be able to access this beautifully located restaurant.

Card Room catch your fancy. A spacious Gymnasium offering Aerobics services and a Boxing await the fitness aficionado. Besides the calorie-loss, the wonderful view from the top makes exercising a great stress buster. To further beat stress you can also avail of the Spa Facilities. A Multi Purpose Hall with a capacity to house 300 Persons is also located at this level. One can throw a Party or get on the dance floor whenever the mood rises. We

climb down one more to reach the Facility Space for Squash. Two Halls are ready with all amenities such as Wooden Floor/ Hard Wall Toppings ample space. An Amphitheatre is located outside for an Open Air Performance. Now, here's one clubhouse that promises to make your leisure moments stress free and vibrant.



## Work on the second phase of Athashri, Baner begins



Bhoomi Poojan of the second phase of Athashri, Baner took place recently. Sahil Paranjape, Director, PSCL, himself sat for the pooja and saw to it that everything happened smoothly. Everyone from Paranjape family was present on the occasion. The second phase of Athashri, Baner has 262 flats- a lot more than phase one, which has 180. It will be ready for possession in next two and half years. Fellow residents of Athashri were present to grace the occasion.

## The Fast and Furious



### The fitness series

8

a table that indicates the effective percentage of fat burning and carb burning during exercise.

Exercise at % of MHR	% Of Carb Burnt	% Of Fat Burnt
65 to 70%	40%	60%
70 to 75%	50%	50%
75 to 80%	65%	35%
80 to 85%	80%	20%
85 to 90%	90%	10%
90 to 95%	95%	5%
100%	100%	0%

(source : Dr. Martha Gulati, Londree, Moeschberger & Miller)

If you exercise fast, your heart rate increases. Simultaneously the energy requirement also increases. As carbs burn faster than fat, this energy is produced by burning more carbs and less fat as shown in the above table. On the other hand, if you exercise at moderate speed by keeping your heart rate around 150 to 160, your body burns maximum fat and minimum carbs.

One more theory says that during the first 30-35 minutes after you start exercising, carbs are always burnt on priority. However, fat burning increases later as per the above table. So, those who desire a healthy fat loss should consider two aspects. Firstly, you should exercise for at least 50-60 minutes. Secondly, try to maintain the heart rate at 150 to 160 minus your age. Here is a simple technique to determine your approximate heart rate. If you are gasping during exercise, your heart rate is almost close to MHR. If you can sing a song, your heart rate is quite low. If you can say short sentences but can't sing, consider that your heart rate is just adequate for effective fat burning.

If you are one of those who run on the treadmill kilometers after kilometers and yet do not achieve fat loss in that proportion, follow a simple technique. Walk fast on the treadmill for 10 minutes followed by 1-2 minutes rest followed by one set (20 repetitions) each of 3-4 stretching exercises followed by 1-2 minutes rest. Do this combination for 2 to 4 times depending on your endurance, and you will achieve much faster fat loss.

- Vrushali Mehendale



Director,  
Vrushali's Slimming Centre  
vrushali@vruhalislimming.com  
D-152, Crescent, Forest Trails,  
Bhugaon, Pune

## Dhokar Dalna - A Bengali feast

(Gram flour diamonds in curry)

### Ingredients:

- 200g split Bengal Gram (chana dal)
- 70ml mustard oil
- 1/4 teaspoon black cumin
- 1/8 teaspoon asafoetida (heeng)
- 1/4 teaspoon ginger, chopped
- 1/4 teaspoon green chillies chopped
- 70g onion paste
- 50g tomato paste
- 1teaspoon turmeric powder
- 2 teaspoons red chilly powder
- 1/2 teaspoon cumin powder
- 1/2 teaspoon coriander powder

- 1/2 teaspoon garam masala powder
- 2 cups water
- Salt and sugar to taste

### Method :

Soak the split Bengal gram for atleast 3-4 hours. Grind it to a rough paste

### For the Dhokars:

1. Heat mustard oil in a pan, add the black cumin seeds, asafoetida, ginger and green chillies. Add the black gram paste and cook

till it reaches dough consistency. Set the cooked mixture in a tray, level it nicely and cut into small diamonds and deep fry.

2. In another pan, add the onion paste and cook till it is golden yellow. Add the tomato paste and cook for a few minutes.
3. Add the powdered spices, cook for a few minutes and add the water to get a gravy consistency. Adjust the seasonings. Dip the fried Dhokars in the gravy and serve hot.



### Fellow residents,

Our country is so diverse that we have innumerable varieties of foods to last us for a lifetime. Every region has its own specialties that they can boast about. And, thus, we can say that we have at least one master chef in each household.

Do you have one in your home as well? If you do, they would definitely like to share their traditional and innovative recipes with others. Send us your special recipes on [happinessnetwork@pscl.in](mailto:happinessnetwork@pscl.in). Your recipes can be vegetarian or non-vegetarian written in English or Marathi. So, share your passion for food with others and get remembered each time they cherish your recipe.



**Shraddha Agarwalla**, resident of Blue Ridge, is the founder and owner of '**The Dessert Cart**'. She will be sharing with us some of her simplified and easy to make recipes.

[www.facebook.com/thedessertcart1](http://www.facebook.com/thedessertcart1)  
M: +919930398884 E:[thedessertcart@gmail.com](mailto:thedessertcart@gmail.com)





## जंगल सफारीचा आनंद

**म**ला जंगलात भटकायला आवडतं. गर्द झाडी, त्यावर वाढलेली ती बांडगूळ हिरवळ, आॅर्किड. पायाखाली न बघता चालता येत नाही आणि झाडांकडे, पक्ष्यांकडे बघितल्याशिवाय राहवत नाही, अशी पंचाईत होते. जंगलं, माळरानं, दागडोयांनी भरलेले नदीकिनारे हे सगळं एक परिपूर्ण सौंदर्य असतं. त्यातले प्राणी-पक्षी हे म्हणजे जंगलाचे दागदागिने. प्राणी-पक्षी हे काही सौंदर्य नाही, ती फक्त आभूषणं! सौंदर्य वाढवण, खुलवणं हे त्यांचं काम.

जंगल फक्त बघायचं नसतं, तर ते ऐकायचंही असतं. इतकंच नव्हे, तर त्याचा गंधांधी अनुभवायचा असतो. माकडं विशिष्ट प्रकारे ओरडली, की ऐकणाऱ्या हरणांना कळत वाघ जवळपास असल्याचं. हत्तीपेक्षा उंच झाडामागे झाकले गेलेले हत्ती त्यांच्या कडाकड फांद्या तोडण्याच्या आवाजामुळे ऐकणाऱ्या कानांना दिसतात. तर तेज हत्ती सॉंड वर करून वासावरून जवळपासच्या गवतमागे कुणी लपलं आहे, का याचा अदाज घेत असतात. वर घिरव्या घालणारी गिधांड दिसली, की जाणकार ओळखतात की जवळपास वाघ

शिकार खात बसला आहे.

आंबोलीच जंगल हिरवंगार! वृक्ष आणि औषधी वनस्पती यांनी संपन्न. रणथंबोरला गवताळ माळरान आहे, झाडी विरळ आहे आणि फार उंचही नाही. कोरडं ठणठणीत राजस्थान जवळ आहे ना. तिथे मधून वाहणाऱ्या नदीकिनारी मगरी उंहं खात बसलेल्या दिसतात. मदुमलाईला पावसाळा डबल! उंच आणि दाट झाडी आहे, वनराई आहे आणि मधून जाणारा गाडी रस्ता. पेंच हा ताडोबाचा एक भाग. पाऊस करी असला, तरी धरणामुळे पाणी मुबलक. तिथेही वृक्षराजी खूप विविध आणि विपुल आहे, पण आकाशाला हात लावणारी झाडं कॉवर्टमध्येच. तिथे गवताळ माळरानही आहे उंच जाणारं आणि चार पुरुषांच्याही कवेत येणार नाहीत इतके प्रशस्त वृक्षही आहेत. खलखलत वाहणाऱ्या उथळ नदीचं सुदूर पसरलेलं आणि दगड्योंड्यांनी भरलेलं पात्रही आहे. भरतपूरला पक्ष्यांना आकर्षित करणारी सर्पण आणि फलधारी झाडं आणि दलदली आहे. गीरच्या जंगलात झाली अगदी मोजकीच आहे. गवत भरपूर! काळीरंगाला

भरपूर पाणी असलेले प्रवाह आणि हत्ती झाकला जाईल इतक्या मोठ्या गवताचं जंगल आहे. त्यात हत्ती आणि गेंडे मजेत चरत असतात. जलदापारानं अभ्यारण्य सिलीगुडीच्या जवळ आहे. तिथे उंच झाडं आणि गवताळ माळरान मैलोन् मैल पसरलेलं आहे. हत्तींपासून हरणांपर्यंत आणि लहान लहान मध्यभक्षी पक्षी ते डबल चोचीच्या उंचात उंच झाडाच्या ढोलीत घर करून राहणाऱ्या हॉर्न विलपर्यंत सगळे पक्षी या जंगलाची शोभा वाढवत असतात. ईशान्य भारतातल्या अति पावसाळ्या डोंगरांवर जमिनीचा अंशी दिसार आणि त्यावर डोळे इतकी हिरवाई पसरलेली दिसते आणि त्यावर डोळे दिपतील अशी रंगिनी फुलपाखरं बागडत असतात.

जसा प्रांत तसं जंगल आणि जसं जंगल तसा आसमंत. एकात एक गुंफलेले! आदिवासींच्या पिढ्या याच जंगलाच्या आधारानं जगल्या, वाढल्या. स्थानिक लोकांशी बोललं, की त्यांचं या बाबतीत ज्ञान पाहून थक्क बघायला होतं. पण परिस्थिती बदलत चालली आहे. शिक्षणामुळे आर्थिक स्थिती बदलते, हे त्यांनाही उमजलं आहे. परतीच्या प्रवासात एक स्थानिक तरुण

गाडीत होता, शहरात शिकायला होता. आपण त्यांना समजून घ्यायलाच पाहिजे.

जंगलातून उद्युक्ता जीपां पिरायचं. बफर झोनमध्ये गार्ड आणि गाईड घेऊन पायी फिरायचं. हिरवा श्वास छातीत साठवून ठेवायचा, गर्द दाट शांतता कानांत साठवून ठेवायची. घाबरलेली हरणं, उभं राहून आणि टक लावून बघणार अस्वल, झाडाच्या उंच फांदीवर बसून सर्वत्र नजर ठेवणारा गरुड, कळपानं फिरणारी सुळेवाली डुकरं, मस्तीत झुलणारा आणि माती अंगावर उडवून घेणारा एकांडा हत्ती, आणि तुमच्या क्षुद्र असण्याची जाणीव करून देणारा जंगलाचा राजा यांच्यापैकी जे मनाला दिसेल ते हृदयात बंद करून साठवून ठेवायचं. कारण आज आपण जे बघतो ते उद्या आपल्याला दिसार नाही आहे. आपल्या मुलाबाळांना तर नक्कीच नाही आहे. आपल्या सांगणार, ‘आम्ही हे असं असं पाहिलंय!

- अरुण गाडगीळ

## आयुष्याचं प्रोग्रामिंग केलं...

**‘अ**थश्री वृत्त’मधलं श्री. शशांक परांजपे यांचं ‘यशस्वी आयुष्याचा मंत्र’ हे संपादकीय खूप आवडलं. आपलं आयुष्य यशस्वी कंसं जगता आलं, याचा अनुभव इतरांबोरेवर शेअर करावा, असं त्यांचं आवाहन वाचून हा लेख लिहीत आहे.

माझ्या आयुष्यातीली २७ वर्ष मी विद्यार्थ्यांबोरेवर होते आणि मुंबईच्या के. ई. एम. रुग्णालयाशी संलग्न असलेल्या शेठ जी. एस. मेडिकल कॉलेजमधून प्राध्यापिका महणून निवृत्त झाले. या कॉलेजच्या विद्यार्थ्यांना cream of society म्हणत, कारण बारावीत जास्तीत जास्त गुण मिळालेली मुलंच तिथे प्रवेश घेऊ शकत.

पहिल्यांदा माझ्यां आयुष्याचं programming मी कंसं केलं ते सांगते. मी शाळेत सहावी-सातवीत (इंग्रजी) असताना माझी मावसबहीण (डॉ. सौ. सुशीला बेडेक) माझं रोल माडेल होती. कारण नवरा आणि दोन मुलं असा सुखाचा संसार करूनही तिनं M.B.B.S. करून नंतर कलकत्याला जाऊन (तेव्हा मुंबई विद्यार्थीठाठ डिप्लोमा इन पब्लिक हेल्थ- D.P.H. हा कोर्स नव्हता.) D.P.H. पूर्ण केलं आणि हव्हूल्यू सरकारी नोकरीत प्रगती करत ती डेव्ह्युटी डायरेक्टर, Maternal and Child Health (माता-बालसंगोपन) झाली. मावसबहीण असूनही ती जवळ जवळ माझ्या आईच्या वयाची होती. मी तेव्हा चौदा-पंधरा वर्षांची असेन. तेव्हाच मी ठरवलं, की आपण याच मार्गानि जायचं. जायला-यायला सरकारी गाडी, टेबलखुर्चीचा केबिनचा थाट, चांगली सिल्क साडी नेसून जायचं आणि शिवाय संसार, मुलं हेही हवंच! मी देवाची खूप आभारी आहे, कारण शालेय वयात मला आयुष्य कंस हवं, ते कळल. त्याप्रमाणे प्रयत्नांती आणि देवाच्या मदतीनं अगदी तसंसंच मिळालं आणि मी

खरोखरच समाधानानं आयुष्य घालवलं.

आपल्याकडे ‘डॉक्टर म्हणजे तो गळ्यात स्टेथोस्कोप घालून दवाखान्यात किंवा रुग्णालयात रुग्ण तपासत गंभीर चेहन्यानं बसणार,’ एवढ एकच चित्र सर्वांच्या डोळ्यांपुढे असतं, पण तसं नसतं. मेडिकलच्या non-clinical बाजूला १) Administration – व्यवस्थापन, २) Teaching – अध्यापन, ३) Research – संशोधन (शास्त्रज्ञ) या तीन गोष्टींपैकी एक आपण निवडू शकतो. इंटर सायनसला मी पुरेसे गुण मिळवून पुण्याच्या बी. जे. मेडिकल कॉलेजला प्रवेश घेऊन M.B.B.S. झाले. शेवटच्या परीक्षेच्या आधी दोन वर्ष माझं लग्नां लग्नां शेत्री झालं. आमचं आम्हीच ठरवलं असल्यामुळे अगदी मनासारखा जीवनसाथी मिळाला. दोन्ही बाजूनी काहीच विरोध नव्हता. करीअरचं क्षेत्र तर माझं शाळेतच ठरलं होतं. तथापि, मुलं लहान असताना मात्र मी दिवसभर घरीच असायची, कारण लहान मुलाना आई हवीच, असं आम्हा दोघांचंही ठाम मत होतं. नंतर मोठा मुलागा सात वर्षांचा आणि धाकटा पाच वर्षांचा झाल्यावर त्यांची पूर्ण शाळा म्हणजे तिसरी आणि पहिली सकाळी १५ ते सायंकाळी ५ अशी सुरु झाली आणि त्यानंतर मी शेठ जी. एस. मेडिकल कॉलेजमध्ये पूर्णविळ ९ ते ४ अशी व्याख्याती (lecturer) ची नोकरी घरली. पूर्णविळाची बाई घरकामाला ठेवली. नंतर D.P.H. पूर्ण केलं. तेव्हा Assistant Professor झाले. आणि नंतर M.D. केलं तेव्हा Professor झाले. या दोन्ही परीक्षांच्या आधी दोन-दोन महिने मी सकाळी ८ ते रात्री ८ कॉलेज लायब्रियर अभ्यासाला बसत असे. त्या वेळी माझी आई पुण्याहून येऊन माझ्याकडे राहत आसे. नोकरी करत असताना मुलं (विद्यार्थी), विशेषत: मुली मला विचारत, ‘मॅडम,

तुम्ही संसार आणि करीअर अशा दोन-दोन गोष्टी एकाच वेळी कशा सांभाळल्यात? आम्हालाही आई-बाबा म्हणत असतात, वेळेवर लग्न करा, केलंच पाहिजे. पण आम्हाला भीती वाटते, की संसार आणि दोन्ही जमेल का?’ तेव्हा मी त्यांना सांगत असे, की जसूर जमेल. ‘God helps those who help themselves’ हे नेहमी लक्षात ठेवा. बारीकसारीक अपयशानं हिंमत हून नका. दर सहा महिन्यांनी तर परीक्षा असतात. सगळ्यात महत्वाचं म्हणजे आपल्याला काय आवडतं, काय हवं, याचं स्पष्ट चित्र आपल्या डोळ्यांपुढे पाहिजे. कारण आवडत्या कामात आपला किंतीही वेळ गेला, तरी तो आनंदानं जातो. दुर्दैवान हे पुष्कळांना नीट माहीतच नसतं. प्रसिद्ध शास्त्रज्ञ एडिसन म्हणत असे, की ‘आयुष्यात मी तासभर सुद्धा काम केलं नाही.’ खरं म्हणजे तो त्याच्या प्रयोगशाळेत रोज सोळा-सतरा तास काम करत असे, पण त्याला ते काम वाटत नसे. मौजूदच वाटत असे. असं पाहिजे!

परीक्षांच्या वेळेला तर मला संसार, नोकरी आणि अभ्यास अशी तिहेरी कसरत करायला लागायची. परीक्षेच्या आधी दोन महिने रुजा घेत असे. माझा विषय Preventive & Social Medicine (प्रतिबंधात्मक आणि सामाजिक वैद्यक) हा होता. त्याचं ‘field work’ झोपडपट्टी आणि B.D.D. चाळी अशा ठिकाणी असायचं, त्यामुळे आपोआपच समाजसेवाही होत असे.

- प्रा. डॉ. कुमुद कोलहटकर  
M.D., D.P.H.  
फेज १, सी २८, अथश्री, पाषाण

## ‘आनंदघन’ला उत्स्फूर्त दाद

‘आनंदघन २०१४’ या ‘अथश्री’वासीयांच्या स्नेहसंमेलनात ज्येष्ठ नागरिकांनी तरुणाईच्या जोशात विविध कार्यक्रम सादर करून उपस्थितांची मनं जिंकली. त्याची चित्रमय झलक. अभंग, लेझीम, दांडिया, नाट्यछटा ते रीमिक्स गाण्यांवरील नाच अशा विविधरंगी कार्यक्रमानं रंगत गेलेल्या तिसऱ्या ‘आनंदघन’ सोहळ्यात ‘अथश्री’तले ज्येष्ठ तरुण होऊन सहभागी झाले आणि उपस्थितांनीही सादर झालेल्या सर्व कार्यक्रमांना उत्स्फूर्त दाद दिली.



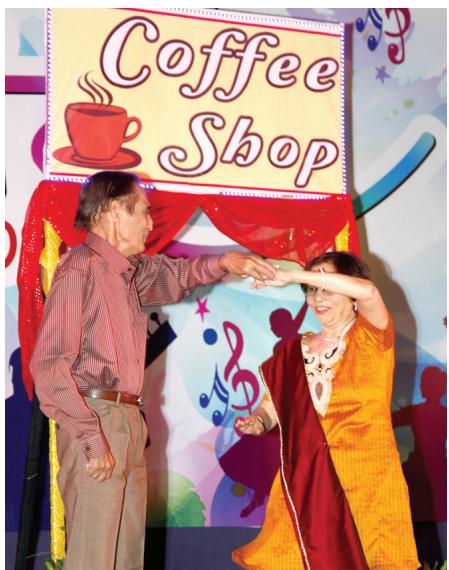
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**प्रतिक्रिया**

## आनंदाचा सदाबहार आविष्कार

काही लोक 'मोठ' होण्यासाठी काम करतात. काही लोक पैशांसाठी काम करतात. काही लोक कर्तव्य म्हणून काम करतात. काही लोक दुसऱ्यांना दाखवून देण्यासाठी काम करतात; पण काही लोक फक्त आपल्या स्वतःच्या आनंदासाठी काम करतात. ती माणस जे काम हतात घेतात त्यात स्वतःला पूर्णपणे झोकून देतात. वेड लागल्यासारखं काम करतात. त्या वेळी जग काय म्हणेल, याची ते यत्किंचितही पर्वा करत नाहीत. इतरांची नाहक टीका तर त्यांच्या कानांपर्यंत यायलासुद्धा घावरते, कारण त्यांच्या कामाचा दाराराच इतका मोठा असतो. त्या माणसांकडे एखादं काम दिलं, की ते विनाबोधाट आणि कोणत्याही अडचणीपिणी होणार, असा विश्वास तमाम जनतेमध्ये त्यांच्याविषयी आधीच झालेला असतो.

'परांजपे स्कीम्स'च्या वरीन आयोजित 'आनंदघन' या कार्यक्रमाविषयी हेच म्हणावं लागेल. 'आनंदघन २०१४' या कार्यक्रमाच्या संपूर्ण आखणीपासून ते त्यात सहभागी होणाऱ्या सर्वांसाठी वरील सर्व उपाधी आणि वर्कव्यं तंतोतंत लागू आहेत.

अहो, घरातलं एखादं साधं कार्य काढलं, तरी या वयात आपलं धडधडाणरं हृदय नक्की आपल्या छातीत आहे की डोक्यात आहे, हे आधी हात लावून तीन-तीनदा तपासून पाहावं लागतं असं हे वय. परंतु या वयातल्या आम्हा सर्वांचं सर्वांसाठी एकच सांगणं आहे. आमची स्पर्धा तरुणाईशी वरौं करण्याच्या नसत्या भानगडीत कुपी पढू नये. आमची या वयात कुणाशीही स्पर्धा नाही. तर या वयातल्या आम्हा सर्वांना आयुष्याच्या या टप्प्यावर केवळ आनंद घ्यायचा आहे आणि तोही भरभरून. म्हणून तर हे आमचं 'आनंदघन' आहे. आनंदाचा सदाबहार आविष्कार!

या आनंदाच्या सरी 'आनंदघन' तून एकदा बरसायला लागल्या ना, तर त्यांना थोपवणं महामुश्किल काम आहे.

कार्यक्रमाकरता ज्यांनी अहोरात्र मेहनत घेतली, कष्ट केले त्या 'परांजपे स्कीम्स'च्या सांस्कृतिक समितीतले तमाम पदाधिकारी, सहकारी आणि मदतनीस या सर्वांचे मनापासून आभार!

आमच्यासारख्या वयस्क लोकांच्या हातात हसण्याची जादूची काढी देणारे दीपक रोंगे आणि सहकाऱ्यांनो, आगे बढो हम तुम्हारे साथ है.

- विवेक देशमुख,  
अथश्री, हडपसर.

## सरस कार्यक्रमांची मेजवानी

'अथश्री'करंसाठी योजिलेला 'आनंदघन' दृष्ट लागेल असा पार पडला. तरुणांना लाजवेल असे एकापेक्षा एक सरस कार्यक्रम 'अथश्री'वासीयांनी सादर केले. लेझीम प्रकार स्टेजवर (पाषाण) सादर होऊन शकतो, हे पाहून आश्चर्य वाटलं. रिमिक्स, कॉफी हाऊस, दांडिया वरौं नृत्यप्रकारही छान होते. मधूनच जगासा खुसखुशीत विनोदी 'जुंबरे' (बावधन) सर्वांना हसवून गेला. 'गंगावतरण' (पाषाण) सारखा सामाजिक भान जागवणारा कार्यक्रमही चांगला वाटला.

एकंदरीत या वर्षीचे 'आनंदघन'चे कार्यक्रम उत्तरोत्तर होणाऱ्या प्रगतीची जाणीव करून देणारे होते.

- विद्या हुलिकवी,  
ए-९, अथश्री, बावधन

# Athashri

## 'आनंदघन'ला भरभरून दाद

'आनंदघन'चा कार्यक्रम ज्याची गेले दीड-दोन महिने आम्ही प्रॅक्टिस करत होतो. तो सादर होणार याचा आनंद होत होता. हडपसर, बावधन, बाणेर व पाषाणच्या कलाकारांनी अगदी जीव ओतून सर्व कार्यक्रम केले. टाळ्यांच्या कडकडातून कळत होत, की रसिक प्रेक्षकांना हा कार्यक्रम आवडत आहे.

पाषाणच्या 'युवा लेझीम वृंद'नं उत्तम लेझीम सादर केली. हडपसरच्या टिप्पी आणि ठाकर नृत्यांन तालावर नाचायला लागावं, असं वाटत होत.

ओ. पी. नव्यरच्या गाण्यांवरचं युगल नृत्य क्या कहाना! Remix इ.खरंच कौतुकापदच. कॉफी हाऊसमध्ये कॉफी प्यायला जायचं का, असं वाटलं.

सर्वांना आवडला तो नृत्यानिकेचा प्रयोग 'गंगावतरण'. जो मीना सोमण- शाहनी यांनी लिहिण्यापासून तयार करण्यापर्यंत सर्व मेहनत घेतली. आम्हाला त्यात भाग घेण्याचं खरंच सार्थक वाटलं. हे सर्व कार्यक्रम पार पाडण्यासाठी श्री. परांजपे बंधूंनी आम्हा सर्वांना मदत केली व उत्साहाही वाढवला. त्याबद्दल आभारी आहेत.

आमच्या मदतीला श्री. दीपक रोंगे व वृंदा, तसंच म्युझिक डायरेक्टर व डामा डायरेक्टर श्री. आदित्य असल्यानं कार्यक्रमाला विशेष शोभा आली. त्यांच्या टिप्समुळे आम्हाला लहान लहान गोषी किती महत्वाच्या आहेत, हेही समजलं.

हे टीमवर्क आहे हे खरंच असलं तरी आरती वैद्य, पुष्णा सेलम, नंदा, संगीता बापट व श्री. गाडगील यांच्या सहकार्यांशिवाय हे होऊ शकलं नसतं.

शेवटी माते गंगेचे (नीता) व भगीरथ (विमलताई) यांचं क्रण फेडू शकत नाही, हेच खरंच.

खूप गंमत आली. या कार्यक्रमात सहभागी होऊन व पुढेही असाच भाग घ्यावा, असं वाटत. 'परांजपे स्कीम्स' व त्यांच्या स्टाफला अनेक धन्यवाद!

- माया पेंड्से,  
एफ २६ II, अथश्री, पाषाण

## मेहनतीचं चीज झालं

'अथश्री'मध्ये ग्राहयला येऊन वर्ष नाही होत तोच 'आनंदघन'मध्ये रंगमंचावर सूरधार म्हणून येण्याची मुसंधी मिळाली. दिदरशक रणजीत मोहितेन घेतलेल्या मेहनतीचं चीज झालं. अनेकांनी काम छान झाल्याबद्दल अभिनंदन केलं. खरोखरच नवीन आयुष्याचा 'श्रीगणेश' झाला.

- सीमा चव्हाण,  
बी-८१६ अथश्री, बाणेर

## 'द हॅपिनेस नेटवर्क'मधील 'अथश्री'ची पानं

हे 'अथश्री'वासीयांना व्यक्त

होण्यासाठीचं हक्काचं व्यासपीठ आहे.

तेव्हा आपल्या मनातले विषय

कागदावर उतरवा आणि आपला लेखनसहभाग

वाढवा. योग्य मजकूर उपलब्ध

जागेनुसार यथावकाश प्रसिद्ध केला जाईल.

लेखनासंदर्भात खालील व्यक्तींशी संपर्क साधावा :

१) संगीता बापट, अथश्री, पाषाण.

२) जयश्री मासूर, अथश्री, बाणेर.

३) ज्योत्स्ना बैचवाल, अथश्री, बावधन.

४) आनंद परांजपे, अथश्री, हडपसर.

५) अंजिंक्य पावडे, पीएससी हाऊस :

मोबाईल : ८६००२ ३४६३८

Email: ajinkyap@pscl.in

## 'अथश्री-बावधन'मध्ये महाशिवरात्र साजरी

'अथश्री, बावधन'मध्ये दरवर्षीप्रमाणे महाशिवरात्रीचा उत्सव मोठ्या उत्साहात साजरा झाला. सकाळी सूर्योदयाच्या प्रसन्न वातावरणात महारुद्राभिषेक व शिवलिंगाची पोडबोपचार पूजा झाली.या कार्यक्रमाला बहुसंख्या सदस्य मोठ्या उत्साहात उपस्थित होते. सायंकाळी मानसी बडवे यांच्या सुशाश्व्र कीर्तनाचा कार्यक्रम सर्व 'अथश्री'करांसाठी आयोजित करण्यात आला होता. त्यांनी तरुण पिढीच्या प्रबोधनासाठी या पारंपरिक माध्यमाचा केलेला उपयोग सर्व ज्येष्ठांना कौतुकस्पद वाटला. प्रसादवाटप, अल्पोपाहार व चहापानानं कार्यक्रमाची सांगता झाली.

- विद्या हुलिकवी

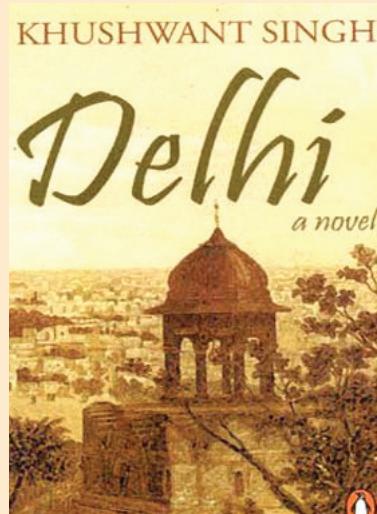
## अयोध्येतला रामजन्मोत्सव

अयोध्या हे रामाचं जन्मस्थळ. रामनवमीला अयोध्या राममय होऊन जाते. तिथे नऊ दिवस रामजन्माची धूम असते. प्रत्येक देवळात ग्रांदिवस धार्मिक कार्यक्रम सुरु असतात. असे वाटतं, जण अयोध्या नऊ दिवस चोवीस तास जागीच असते. अयोध्येत रामाची खूप मोठी मंदिरं आहेत. तसंच लहान मंदिरही आहेत. पण सगळीकडे रामजन्माचा उत्साह जोरात असतो.

उत्तर प्रदेशात पूजापद्धत वेगळी आहे. तिथे सकाळी प्रत्येक देवळात पाणी वाहण्याची पद्धत आहे. त्यासाठी प्रत्येक देवळात एक लहान मूर्ती समोर ठेवलेली असते. त्यावर दहा-अकारा वाजेपर्यंत पाणी वाहण्याचा कार्यक्रम सुरु असतो. त्यानंतर देवळात आरती होते आणि प्रसाद दिला जातो. बहुतेक रामंदिरात तुलसीकृत रामचरित मानस (रामायण)चा अखंड पाठ सुरु असतो. बन्याच देवळात रामजन्म नवमीला दुपारी बारा वाजताच होतो. पूजापद्धत किंतीही वेगळी असली तरी.

अयोध्येत तीन-चार मराठी रामंदिरं आहेत, त्या ठिकाणी गुढी पाडवा ते नवमी मराठी भाषेतली कीर्तनं, कथा, गायन सुरु असतं. एक काळारामंदिर बन्याच ठिकाणाहून मराठी भाषक कलाकार येतात व आपल्या कला श्रीरामाच्या चरणी अर्पण करतात. बन्याच वर्षांपूर्वी आम्हीही तीन दिवस रामंदिरात राहून तिथल्या धार्मिक कार्यक्रमात सहभागी होत होतो. महाराष्ट्रातून आलेल्या बहुतेक भगिनी समर्पणाला चैत्रगौरीचं आयोजन करत असत. सुंदर आरास करून छान कार्यक्रम सर्वांसाठी आयोजित करण

## Book of the month



## Delhi: A Novel

by Khushwant Singh

We lost one of the most blunt and profound writers, Khushwant Singh, this year. Known for his bold approach and ability to take on anyone for the purpose of truth, Singh was loved by his critics as well. A journalist for many years, he held an equally strong repute in writing both fiction and non-fiction. To celebrate his work, we have selected Khushwant Singh's Delhi: A Novel to feature this month.

Delhi: A Novel is the story of a journalist trying to stabilize his life in bad times and his relationship with a eunuch. The book is mostly about the time through the history of Delhi and the journalist's life is its backdrop. Delhi: A Novel took almost 25 years to complete, according to Khushwant Singh. This novel was translated in Urdu by Irfan Ahmad Khan. It was widely acclaimed for Khushwant Singh's reflections of Delhi.

## Fellow residents,

As parents, when you discover the first drawing, sketching, painting or craft of your child, the feeling cannot be expressed in words. It is like rediscovering your own childhood. The memories of your children's first step and first words they spoke come to your mind. Secretly, you start hoping that their interest in art continues this way and they keep creating art.

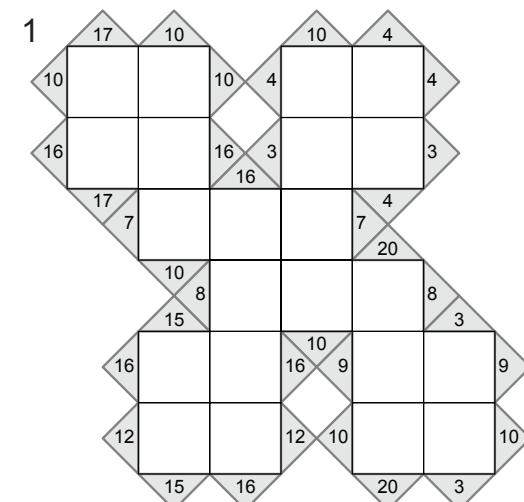
At such times, you become proud parents and often boast about your children's creations to friends, relatives and colleagues. Why limit your child's talents to them? You must share the creations with more and more enthusiasts.

It is our pleasure to share your children's glorified art work with thousands of members of our 'Happiness Network'. So, send us the photographs and scanned copies of art done by your children in the school (KG to 10th) along with their name, school name and their photograph on [happinessnetwork@pscl.in](mailto:happinessnetwork@pscl.in). Our editorial board will select the art work to be published and their decision will be final.

## Sudoku #01

				2		8		
9	2			4				
			2	8	7	1		
3	6							
		7	9					
				6	4			
8	6	4	1					
		9			2	7		
2	9							

## Kakuro #01



Kakuro puzzles are like a cross between a crossword and a Sudoku puzzle. Instead of letters, each block contains the digits 1 through 9. The same digit will never repeat within a word. If you add the digits in a word, the sum will be the number shown in the clue. Clues are shown on the left and right sides of "across" words, and on the top and bottom sides of "down" words.

Answers elsewhere in this issue

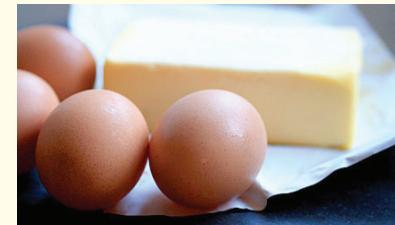
## Joke of the month

### Zip It!

My mother taught for 11 years at a day-care center. One winter afternoon she was trying to show a young boy how to zip up his coat. "The secret," Mom said, "is to get this piece of the zipper to fit in the other side before you try to zip it up."

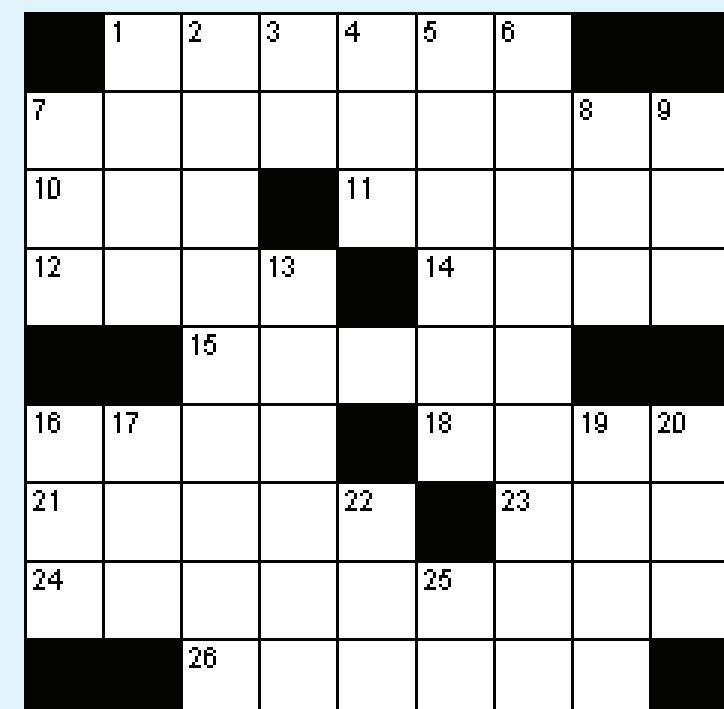
After struggling with the zipper for several minutes, the boy sighed and said, "Why does it have to be a secret?"

## Tip of the month



When you plan to bake, leave butter and eggs at room temperature overnight. This will give you best results as these ingredients will mix easily in the batter.

## Crossword #01



### Across

- 1. Complex in design
- 7. Vaporization of a solid
- 10. Actress Lupino
- 11. Recurring theme
- 12. Confined
- 14. A musical pause
- 15. Gloomy, in poetry
- 16. Dwarf buffalo
- 18. Magma
- 21. 1000 kilograms
- 23. Cover
- 24. Vertically
- 26. Decipher

### Down

- 1. Guy
- 2. Forfeited
- 3. L
- 4. Not brilliant
- 5. Ethically indifferent
- 6. Passed sideways
- 7. Take in slowly
- 8. "\_\_\_ the season to be jolly"
- 9. Eastern newt
- 13. Hypnotic state
- 16. Consumed food
- 17. Neither \_\_\_
- 19. Workbench attachment
- 20. Commercials
- 22. And so forth
- 25. Negative

## DVD of the month

### Little Miss Sunshine (2006)

What would you do if your family was dysfunctional and still made to travel in one vehicle for a cross-country trip? Thrilling as it sounds; the trip of Hoovers puts up an exciting act for viewers of the comedy-drama road film Little Miss Sunshine.

Directed by real life husband-wife Jonathan Dayton and Valerie Faris, Little Miss Sunshine was released in the American theatres in 2006. The movie stars Greg Kinnear, Steve Carell, Toni Collette, Paul Dano, Abigail Breslin and Alan Arkin in the main roles.

Little Miss Sunshine is the story of a family that is dysfunctional, but loves one another immensely. When Olive, the youngest daughter, learns she has qualified for the "Little Miss Sunshine" beauty contest that is being held in California in two days, the family has to find some way to reach on time. Thus, this movie forms the story of a family determined to get their young daughter into the finals of a beauty pageant take a cross-country trip in their VW bus. This trip turns out to be an eye-opener for the family members and they learn more about each other. Do they reach their destination within time? Do they get along throughout the trip? Does Olive win the beauty contest? Watching Little Miss Sunshine is worth the thrill that you are bound to experience.

Little Miss Sunshine was nominated for four Academy Awards and won two-Best Supporting Actor and Best Original Screenplay. It is considered as one of the best vacation movies of all time.





## Holiday with nature

**Planning to take a nature trail this summer? We take you to the Nandur Madhmeshwar Bird Sanctuary in Nashik to enjoy your vacation with hundreds of species of birds, trees, fish and animals**

Nashik is known for its mythological and historical locations. We have taken you on a journey through its cultural and heritage gems such as the Mangi Tungi peaks, Ramshej Fort, Pandav Leni, its scenic temples and many other interesting places. We introduced you to the nature trails of Nashik by picking the best waterfalls for your read.

The heritage of history and mythology get rather heavy on the other wonders of Nashik. But today, we take you on a different journey that involves several types of birds, trees, fish and all elements of nature- the Nandur Madhmeshwar Bird Sanctuary. Located at around 60 km, in the Niphad Tehsil of Nashik district, the Nandur Madhmeshwar Bird Sanctuary is spread over the protected area of 10,000 hectares. In the limits of this protected area, lies the core area of 1,765 hectares that is home to large variety of water birds, resident and migratory, who gather here in season.

### Recognized by the International Union of Conservation of Nature

Nandur Madhameshwar gets its backwaters from the water released from Gangapur and Darana water reservoirs and is also the storage and supplier of the same water to canals for irrigation. Due to this, many ponds and small lakes have been created in the area, making it enriched in its aquatic vegetation. This has given the sanctuary a reputation of 'Bharatpur Of Maharashtra'. The Nandur Madhmeshwar Bird Sanctuary is home to over 220 species of birds, 400 species of vegetation, 24 species of fish and several smaller mammals. These mammals are a result of the existence of the Nandur Madhmeshwar dam at the confluence of Godavari and Kadwa. Thanks to the efforts of Bombay Natural History Society, World Wildlife Fund and

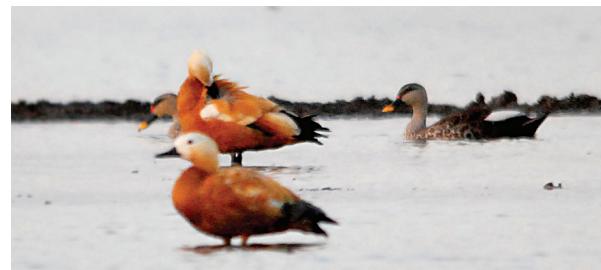
Forest Department of the Government of Maharashtra, it is counted as one of the important waterfowl habitats by the International Union of Conservation of Nature.

### Home to resident and migratory birds

Of the 230 odd species of birds found in this sanctuary, 80 are of migratory nature such as White Stork, Glossy Ibis, Spoonbills, Flamigo, Goose Brahminy Duck, Pintails, Mallard, Wigeon, GarganeyShoveller, Pochards, Cranes Shanks, Curlews, Pratincole Wagtails, Godwits, Weavers and many more. The resident birds found here are Black Ibis, Spot Bills, Teals, Little Grabe, Cormorants, Egrets, Herons, Stork, Kites, Vultures, Buzzards, Harriers, Osprey, Quails, Patridges, Eagles, Water Hens, Sand Pipe, Swifts, Grey hornbill, Peafowl, etc. Tourists often visit here just to watch these birds as being able to watch so many species of birds at one place is a rarity.

### Vegetation and wild life

This is a unique sanctuary where around 460 species of plants are found, 80 of which are aquatic plant species. Trees like Babul, Neem, Tamarind, Jamun, Maharukh, Vilayati



### ► How to reach?

The Nandur Madhmeshwar Bird Sanctuary is located at 60 km from Nashik city and is easily approachable by road. State Transport buses are available from Nashik and Sangamner. Taking your own transportation such as car or bike is more convenient as the sanctuary is spread across 5 km and walking around can be hectic.

### ► Accommodation

Accommodation is available at the rest house at KhangaonThadi. The reservation is to be done in advance from Executive engineer, Irrigation, Nasik. Besides, one can stay in Nashik city and travel to the sanctuary.

### ► Best time to visit

The Nandur Madhmeshwar Bird Sanctuary can be visited all year long.

Chinch, Mango, Pangara, Nilgiri, etc are found across the inner area and the outskirts are intensely cultivated with wheat, Jowar, Sugarcane and vegetables. Although this sanctuary is famous for its varied species of birds, animals like Ottar, Palm Civet, Fishing Cat, Jackal, Mongoose, Wolves, various species of Snakes and 24 species of fishes are spotted too. This makes the NandurMadhmeshwar Bird Sanctuary more interesting for nature lovers.

Fellow  
residents,

**It is said that happiness is real only when shared. Being social animals, we like to share our emotions with our fellow humans. We like to meet such people repeatedly with whom we enjoy the most.**

**The best times of fun and enjoyment are during picnics, outings, events and functions, where we meet people after a break and thus have lots of laughter to share. When you plan for any such event, outings or functions, sending out**

**individual invites can be tiring.**

**So, send us the advance schedule of your fun activities and we will list them. The preferred format is a form with the details of the event, venue, dates and a brief write-up on the same. You can list your events up to three months in advance. Email us the above details on [happinessnetwork@pscl.in](mailto:happinessnetwork@pscl.in) along with your contact number and address.**