

ZEN BEEHIVE

THE MIRROR
A COMMUNITY MAGAZINE



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EID MUBARAK TO ALL ZENITHIANS



Happy Ramzan - Eid Mubarak



Ramzan, or Ramadan, is the ninth month of the Islamic lunar calendar and is considered the holiest month for Muslims. It commemorates the month in which the Quran was revealed to Prophet Muhammad. During Ramzan, Muslims fast from dawn until sunset, engage in increased prayer and reflection, and strive for self-discipline and spiritual growth. The month ends with the celebration of Eid-ul-Fitr, a festival of gratitude and community.

Ramzan, also known as Ramadan, is a sacred month for Muslims around the world. It's a time of fasting, prayer, reflection, and community. Muslims observe this month to commemorate the first revelation of the Quran to Prophet Muhammad.

Celebrations and Practices:

- **Fasting:** From dawn to sunset, Muslims refrain from food, drink, and other physical needs. It's a spiritual discipline that promotes empathy and self-control.
- **Iftar:** The fast is broken at sunset with a meal called iftar, often starting with dates and water, followed by a festive feast.
- **Taraweeh:** Special nightly prayers performed at the mosque after Isha prayer, often involving long recitations of the Quran.
- **Charity:** Giving to the poor (Zakat and Sadaqah) is emphasized to purify wealth and help those in need.
- **Eid-ul-Fitr:** The month concludes with the joyous festival of Eid, marked by prayers, family gatherings, feasts, and giving gifts.

Ramzan is not just about abstaining from food but also a time for spiritual growth, renewed faith, and community bonding. In cities and towns, there's a vibrant atmosphere with markets selling festive foods and decorations. The celebration emphasizes faith, community, and charity.

In different parts of India, Ramzan and Eid celebrations have unique local customs:

- **In North India:** People often visit mosques for special prayers, and markets are filled with sweets like seviyan (sweet vermicelli), baklava, and delicacies. Eidgahs host large community prayers.
- **In South India:** The celebrations include processions and fairs, with traditional foods like biryani, haleem, kebabs, and sweet dishes. Many mosques have special programs during Ramzan.
- **In West India:** Cities like Mumbai and Ahmedabad have vibrant street markets, and people enjoy street food. The focus on charity and community gatherings is prominent.
- **In East India:** Celebrations often feature community feasts, and special cultural programs sometimes accompany the festivities.

Overall, the core themes of prayer, fasting, charity, and community remain central across India, but local cuisines, music, and customs add regional flavors to the celebrations.

Regards,
Sha

Casagrand Zenith - Box Cricket League (BCL) Season 2



From left to right: Vicky, Srijith aka Chetta, Kailash, Gopinath, Sridhar Deena, Mr.Mohankumar S (EX CGZFOA President), Ashok, Saikrishna, Eashwar, Rocky

The much-awaited BCL Season 2 (Box Cricket League) at Casagrand Zenith was successfully conducted with immense enthusiasm and overwhelming participation from our community members.

This tournament was meticulously planned and executed, starting from initial discussions in early February 2025, leading up to the grand event held on March 22nd and March 23rd, 2025.

The matches took place at M's Turf, Medavakkam, providing the perfect venue for an action-packed and thrilling tournament. We had a record participation this season, with 11 dynamic teams competing with great spirit and sportsmanship.

Organizing Committee:

Lead Organizers: Sridhar Deena and Kailash Kumar

Tournament Lead: Ashok Kumar

Supporting Organizers: Sai Krishna, Srijit, Easwar, Vignesh J, Karthik Kannan, Santhosh, Aishwarya, Sandhiya, Kavitha, Ramya Krishnan, Kavitha Kailash

Umpires: Easwar, Ashok, Pradeep, Gopi, Santhosh, Rajesh, Kailash, Saikrishna.

Special thanks to all the organizers for their day-and-night effort in ensuring a smooth and exciting tournament!

Team Name	Captain	Owner
Turf Warriors	Saikrishna	Prasanna
Turf Titans	Madan	Venkatesh
Zen Jaguars	Santosh	Kishore
Turf Challengers	Saravanan	Gopal
Zen The Boyz	Sridhar Deena	Uma
Sultan of Swings	Suraj	Rajesh
Charging Veeranz	Pradeep	Thangavel
Stars of War	Kailash	Krishna
Zen Super Kings	Sasi	Srinath
Zen Smashers	Rajesh	Nagaraj Nagoji
The Royal Strikers	Subash	Srikanth

Casagrand Zenith - Box Cricket League (BCL) Season 2



From Left to right: Sridhar Deena (Captain), Sandhiya, Savitha, Uma (Owner), Kali Raj, Sandy, Karthik, Rajesh, Gopi, Nagaraj and Gopinath AB

Tournament Highlights

Total Hours Played: 14 hours
Total Runs Scored: 2,652
Total Wickets Taken: 189
Total Fours Hit: 123
Total Sixes Hit: 190
Total Catches Taken: 79

The tournament saw some jaw-dropping performances, nerve-wracking finishes, and thrilling moments that kept the spectators on the edge of their seats.

Grand Finale and Winners:

The electrifying finals were played between Zen Jaguars and Zen The Boyz. Zen The Boyz emerged as the Champions of BCL Season 2 under Sridhar Deena's captaincy, showcasing resilience, smart gameplay, and true team spirit.

Zen Jaguars finished as the Runner-up under Santosh Captaincy, giving a tough fight throughout the tournament. The Prize Distribution Ceremony was held at M's Turf immediately after the finals, with trophies and awards presented to the winners and runners-up.

Prize Distribution Ceremony:

The prize distribution ceremony was a proud and joyous moment for all of us.

The trophies and awards were distributed by CGZFOA Members: Mr. Radhakrishnan (Treasurer), Mr. Sri Ganesh (Secretary), and Mr. Krishna (Joint Treasurer) – along with a few of our well-wishers of Zenithians and supporters of sports committee including Rajesh, Brinda Rajesh, Prasanna, Amirtha Prasanna, Jayanthi, Venkatesan, Varun Singh, Srikumar, Ajay Malani, Sunita Ajay Malani and by all the team owners.

Sponsors and Special Thanks:

We would also like to express our heartfelt thanks to our valuable sponsors who supported us throughout the tournament: Black Pekoe Tea (Alagappan), Ryan Interiors (Saravanan aka Rocky), The Red Box (Gopal), and March 8 Collections (Kavitha).

Your support meant a lot in making this BCL Season 2 a grand success. A special thanks to Prasanna, Kishore, Ashok, Gopal, Thangavel Rajan, and Krishna for their tireless efforts, guidance, and encouragement throughout the event.



From Left to right: Vandana, Farooqi, Raghav, Santosh (Captain), Sai, Imran, Sunil Panda, Eashwar, Aadhya, Kishore (Owner)

Your involvement played a crucial role in the smooth execution of the tournament.

Closing Note:

The tournament witnessed massive support from the Casagrand Zenith residents, with a full crowd cheering for the teams during all matches. Also we have circulated feedback form to all the players

A big thanks to CGZFOA and our President Mr. Mohankumar for their constant encouragement and last-minute support to make this event a grand success.

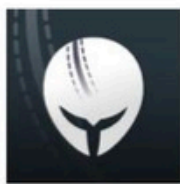
We look forward to organizing many more such exciting sports events, and we are also planning a Women's Box Cricket League (WBCL) soon!

Until then, let's continue to play, support, and build our healthy, happy community.

Thanks,

Sridhar Deena
CGZFOA Sports Committee

Casagrand Zenith - Box Cricket League (BCL) Season 2



Zen BOX Cricket League - Season 2 presented by
THE SQUAD



GROUP A (LEAGUE MATCHES)

#	Team	Mat	Won	Lost	Drawn	Tied	N/R	NRR	For	Against	Pts	Last5
1	Zen Jaguars	5	4	1	0	0	0	1.719	264/25.5	255/30	8	W-L-W-W-W
2	Charging Veeranz	5	3	2	0	0	0	1.209	231/28.5	178/26.1	6	L-W-L-W-W
3	The Royal Strikers	5	3	2	0	0	0	0.307	261/30	242/28.5	6	W-W-W-L-L
4	Zen Smashers	5	2	3	0	0	0	0.705	222/26	235/30	4	W-L-L-W-L
5	Turf Warriors	5	2	3	0	0	0	-0.826	177/27.1	197/26.5	4	L-L-W-L-W
6	Sultans Of Swing	5	1	4	0	0	0	-2.867	199/30	247/26	2	L-W-L-L-L

GROUP B (LEAGUE MATCHES)

#	Team	Mat	Won	Lost	Drawn	Tied	N/R	NRR	For	Against	Pts	Last5
1	Zen The Boyz	4	3	1	0	0	0	0.642	169/21.2	165/22.4	6	W-W-W-L
2	Zenith Superb Kings	4	2	2	0	0	0	1.121	214/24	178/22.5	4	L-L-W-W
3	TURF TITANS	4	2	2	0	0	0	0.730	162/21.1	165/23.5	4	W-L-L-W
4	Turf Challengers	4	2	2	0	0	0	-0.988	158/22.4	191/24	4	L-W-W-L
5	Stars of War	4	1	3	0	0	0	-1.664	167/24	171/19.5	2	L-W-L-L

Casagrand Zenith - Box Cricket League (BCL) Season 2



Casagrand Zenith - Box Cricket League (BCL) Season 2



COPING WITH HOUSING LOAN EMIS



SMART STRATEGIES FOR PEACE OF MIND

Buying a home is a dream for many of us—but with it comes the responsibility of managing monthly EMIs (Equated Monthly Instalments). Housing loans often span 15–30 years, and EMIs can be a major part of your monthly budget. While owning your own flat brings security and pride, the pressure of EMIs can sometimes feel overwhelming—especially during unexpected expenses, job changes, or rising costs.

Here's how you can manage your home loan EMIs smartly and stay financially stress-free.

1. Plan Your Loan Before You Borrow

The best EMI management starts before you sign the loan papers. Here's how:

- Choose a comfortable EMI amount—ideally not more than 40% of your monthly income.
- Opt for a longer tenure if you're worried about cash flow (you can always prepay later).
- Compare interest rates from different banks and negotiate with your existing one.

2. Maintain an Emergency Fund

Always keep at least 3–6 months' worth of EMIs in a separate savings account. This acts as a cushion during:

- Job loss
- Illness or medical emergencies
- Sudden expenses (like repairs or school fees)

Even small monthly savings can build this fund over time and give you peace of mind.

3. Refinance or Balance Transfer When It Makes Sense

Interest rates fluctuate. If your current loan has a high rate, consider:

- Negotiating with your existing lender for a lower rate
- Transferring your loan to another bank offering better terms

Even a 0.5% reduction in interest can save you lakhs over the loan term.

4. Make Partial Prepayments When Possible

Got a bonus or tax refund? Consider using it to make partial prepayments. This reduces your outstanding principal and can:

- Lower your EMI amount, or
- Help you close your loan earlier

Most banks no longer charge prepayment penalties on floating rate loans.

5. Budget Smartly and Track Expenses

Create a monthly budget and monitor where your money goes. Try to:

- Cut unnecessary expenses (subscriptions, frequent eating out)
- Avoid taking on new EMIs or loans
- Set automatic reminders or auto-debits so you never miss a payment

There are multiple Apps that can help you stay on track. Simple Excel sheets can help you too!

6. Get Your Family Involved

If you're married or living in a joint family, talk openly about finances. Sharing responsibilities or aligning family goals (like reducing other debts or postponing vacations) can make EMI management easier for everyone.

7. Think Long-Term, Stay Consistent

Home loans can feel never-ending—but every EMI brings you closer to full ownership. Stay focused, make timely payments, and remember: it's a disciplined path to financial freedom and asset creation.

Final Thought

Paying off a housing loan is like running a marathon, not a sprint. The key is steady steps, a bit of planning, and some smart strategies along the way. With awareness and financial discipline, you can enjoy your home without letting EMIs become a burden.

Regards,
Narayanan

SUSTAINABLE ENERGY AS A PERMANENT SOLUTION



Sustainability is no longer a buzzword—it's a necessity. As a flat association in Tamil Nadu, we have a great opportunity to lead by example and shift towards clean, renewable energy. Although the builder has built solar rooftops, it seems to be either for limited purposes or not adequately used.

In Tamil Nadu, we enjoy plenty of sunlight throughout the year, making solar energy one of the most practical and cost-effective renewable energy options for our housing complex. By installing solar panels on our rooftops, we can:

- Power corridor and parking lights
- Run elevators and water pumps
- Cut down significantly on our EB bills
- Contribute to a greener, cleaner environment

Tamil Nadu Policies That Support Us

Net Metering by TANGEDCO:

Our society can export excess power to the TANGEDCO grid. We'll get credit on our electricity bill through net metering—saving money month after month.

Government Subsidies:

Under MNRE (Ministry of New and Renewable Energy), residential buildings are eligible for up to 40% subsidy on solar installations (for systems up to 3 kW). These are implemented in Tamil Nadu through TEDA (Tamil Nadu Energy Development Agency).

No Permission Hassles:

TANGEDCO has streamlined the process for residential societies to apply for net metering and solar installation. Plus, systems under 10 kW usually don't require complex approvals.

How You Can Be a Part of It

Here's how we can help bring solar energy to our community:

Understand Current Situation:

Identify metering of solar energy already generated and the calculation of how our electricity bills are reducing thereby.

Identify Additional Spaces for Solar Panels:

This could be the vast areas of open car parks, which with members' approvals can ensure we get more solar energy, while at the same time ensuring closed parking spaces for cars, which will keep them less exposed to sunlight. Similar spaces can be identified in clubhouse rooftop, garden spaces, swimming pool and open pathways.

Install Personal Solar Systems:

Install balcony or private terrace solar panels for your individual flat, and claim subsidies.

Talk to Neighbours:

Spread awareness about benefits, subsidies, and cost savings.

Join the Society's Green Team:

Help with vendor research, coordination with TEDA, and maintenance planning.

Use Professional Help:

There are consultants who specialise in designing optimal solutions for solar powering of apartments. They will help us in getting necessary approvals, installation and finally in ensuring net metering from TNEB.

Use power wisely:

Shift to energy-efficient appliances, LED lights, and reduce unnecessary usage.

Did You Know?

With Tamil Nadu's net metering policy, the electricity we generate through solar panels can reduce or even eliminate our EB bill for common areas—plus we help reduce the state's overall power load!

Let's Take the First Step Together

WE HAVE THE SUN. WE HAVE THE SPACE. WE HAVE THE SUPPORT FROM THE GOVERNMENT. TOGETHER, LET'S TURN OUR SOCIETY INTO A SHINING EXAMPLE OF GREEN LIVING IN TAMIL NADU !!!

Regards,
Narayanan

Parents during School Vacations



Here comes the school vacation !!!!

Such a wonderful time for kids to unwind their minds.

To make sure it's enjoyable for everyone, here are a few things parents might want to steer clear of:

Don't overschedule every minute. While some structure is good, resist the urge to fill every day with activities. Kids (and parents!) need downtime to relax, be spontaneous, and simply be.

Don't ignore their need for routine entirely. Going from a highly structured school day absolutely no routine can sometimes be unsettling for children. Try to maintain some consistency with wake-up times, mealtimes, and bedtimes, even if they're a bit more relaxed than during the school year.

Don't make it all about academics. While it's tempting to try and catch up on schoolwork, the vacation is meant for a break. Focus on fun, exploration, and creating memories. Sneaking in learning through games, outings, and reading for pleasure is a much better approach.

Don't isolate them from friends. Vacations are a great time for kids to socialize and strengthen their friendships. 1 Encourage playdates and outings with their peers.

Don't forget about your own needs. Parents need a break too! Make sure to carve out some time for yourself to relax and recharge. A happy parent often leads to happier kids.

Don't dismiss their boredom. Instead of immediately jumping in with a solution, acknowledge their feelings and perhaps brainstorm ideas together. This encourages creativity and problem-solving.

Don't compare this vacation to past ones (or others' vacations). Every vacation is different, and focusing on what's not happening can detract from the present enjoyment. Embrace the unique opportunities this particular break offers.

Don't let screen time take over. While some screen time is fine, encourage a balance with outdoor play, reading, creative activities, and family time.

Don't create unrealistic expectations. Vacations aren't always picture-perfect. There might be tantrums, disagreements, and unexpected hiccups. Try to roll with the punches and focus on enjoying the overall experience.

Ultimately, the goal is to create a relaxed and enjoyable break for the children and yourself.

Finding a balance between structure and freedom, and prioritizing connection and fun, can make all the difference.

Regards,
Anish/A-304

Overcoming Doubt and Fear Manifestation



It is disheartening to know that Many of us are unaware of the consequences of not Letting Go. Like many other amazing things that we manifest, we also end up manifesting doubt & Fears. Let me share my own experience, as to, Why is it important to #Letgo? For more than 15 years of my Life, I have stayed in this Zone of Struggle and then with deep deliberation I was able to find solutions.

I Understood that It is your own doubts in your own ability that keeps you stuck believing you can't get anything better or you don't deserve anything better. The issue is deeper than it looks. Doubt Manifestation :- It doesn't happen all of a sudden. The root is deeper and stems from a childhood of bad experiences. It also stems from a pattern of past life experiences.

Our Life is all about patterns. When you understand how a pattern is affecting all the other areas of your life, you do whatever it takes to stop it. Fear Manifestation :- Any Negative thing that takes place is based on Fear. The Energy of Fear is so strong that it literally overflows and manifests into physical reality creating more and more fearful states and deep embarrassment.

The frequency of Fear is at the lowest Spectrum of Consciousness. Fear is followed by Shame, guilt, apathy and grief. It is the manifestation of Lower frequency that results in such sufferings. That is where Healing comes in the picture. When I started Healing Energetically, I saw my world literally transform bit by bit in all areas and aspects of my life where not only did my perspective change but the perspectives of people around me and my family also saw the light of Transformation.

Like it is said, You can't change others. When you change or evolve, others automatically will change because of your frequency. I was no more a Victim begging for Pitty

Patty but I was able to take charge of the True Version of me, which is a Confident and Healed Person. This gave me more strength to raise my Son the Right way. The healed me, let's him be who he is meant to be, a free being and I am still standing as a Guide, a Father, a Mother and in all the required roles meant to be for his greater Good while also letting him use his own free will at all times.

In the picture what you see is him letting go of his doubts and fears, mostly because I don't fear him and doing The Triund Trek in Dharamshala all by himself without any assistance. #healedparenting vs #unhealedparenting My Struggles became my Solution and that led to my Success and am truly grateful for the Path in my Divine Plan that I was able to uncover and flow in the Divine Flow.

Healing helps you clear that energy of doubt and Fear that blocks you from reaching your highest Potential. This is a small attempt from my end to spread the message of Taking Charge of your life and navigate Blissfully, for when you Embrace Peace, that is when you truly Empower yourself. If you like the article, please feel free to give your feedback. Grateful for all that is and all that we are. I am nothing I know nothing I expect nothing. All is a part of Our Divine Plan.

Article by :- Leela Vriksha - Founder, The Blissful Navigator A 206 9150957735

Disclaimer: This is not a promotion but an article written by Leela herself about her experiences.

From Peaceful Resident to Notification Ninja: A Gated Community Saga



Living in a gated community is like starring in my own daily sitcom, "The WhatsApp Saga." I swear my phone buzzes more than a Chennai auto rickshaw in rush hour.

This morning's episode? A heated debate in "Block A Garden Enthusiasts" about the optimal fertilizer for petunias. Meanwhile, my actual garden looks like it's auditioning for a post-apocalyptic movie.

Then there's "Community Announcements (Official)." That's where I learn about everything from the plumber's visiting hours (apparently, he operates on a lunar cycle) to passive-aggressive reminders about parking etiquette that could rival Shakespeare in their dramatic flair.

Oh, and let's not forget "General Chit-Chat - No Admin Interference!" This one's a wild card. Yesterday, there was a spirited discussion on the best brand of instant coffee. Today? Theories on whether the stray cat with the wonky ear is a government spy. Honestly, at this point, I wouldn't be surprised.

It's not just casual chatter, mind you. Oh no. Living amongst a plethora of accomplished individuals means every mundane topic is dissected with the precision of a brain surgeon. The "Lost Pet Alert" thread quickly devolved into a debate on optimal feline tracking technology, spearheaded by a retired astrophysicist and a software engineer. The discussion about the Diwali fireworks regulations somehow involved a chemical engineer explaining combustion rates and a former diplomat weighing in on international noise pollution treaties.

You just wanted to know if anyone had seen your tabby, Mittens! It's like living in a perpetual TED Talk, except the topics are "Best way to unclog a drain" and "The socio-economic impact of the community's decision to switch to organic waste disposal." My head spins, but hey, at least I'm learning something... probably.

Trying to work from home while simultaneously keeping up with the 7 (yes, SEVEN) different WhatsApp groups is a special kind of Olympic sport. My concentration span is now roughly the length of a TikTok video. I start a sentence, my phone pings with a poll in "Kids' Play Area Scheduling," and by the time I look back at my laptop, I've completely forgotten what I was saying.

The upside? I'm never bored. The downside? I'm pretty sure my brain is slowly being replaced by a series of notification sounds and emoji reactions. Send help (and maybe a strong cup of coffee - the instant kind, apparently it's a hot topic).

#GatedCommunityLife

#WhatsAppWoes #DistractedBeyondBelief #SendCoffee

Regards,
Prasanna

Tips to Beat the Heat



Stay Hydrated

Drink more water than usual - and don't wait until you're thirsty!

Summer has started and the bright Sun smiles at its fullest, challenging us to handle the heat day in and day out. While the only major source of 'Vitamin D' is Sun, it also becomes the reason for heat strokes for certain periods of the calendar year. Taking care of ourselves and especially the kids with proper routine is the best thing to keep the heat at bay and enjoy the Sun.

We must understand that too much exposure to the Sun can be dangerous but the right amount exposure can help your bones stay healthy. Too much exposure can cause dehydration, Sunstroke, heat cramps, heat exhaustion etc.

Also, this can be the perfect time for a vacation with your families while kids are off from their schools. Following a few tips can truly be fruitful and make your trip memorable.

1) **Clothes:** Wearing soft linen clothes is a good choice. Cotton clothes really help you stay cool. Don't wear dark colours or tight clothes. Try choosing dry fit clothes this summer and see the difference.

2) **Sun glasses:** Sunglasses are both stylish and practical. They shield your eyes from harmful UV rays, helping to prevent damage to the cornea and ensuring long-term eye health. According to the American Academy of Ophthalmology, it's essential to choose sunglasses that block 99 to 100 percent of both UVA and UVB rays to protect your vision for many sunny seasons to come.

3) **Liquids:** Keep sipping water and sugar free juices to stay hydrated. Taking mint juices and juices containing Vitamin C makes you feel rejuvenated. Avoid consumption of Alcohol.

4) **Sunscreen:** Few things ruin a perfect summer day like a painful sunburn. When spending time outdoors, be sure to apply a broad-spectrum sunscreen with an SPF of at least 30. If you're heading to the beach or lounging by the pool, opt for a higher SPF and waterproof formula to ensure lasting protection.

5) **Lip Care:** Just like sunscreen shields your skin, a lip balm with SPF protects your lips by blocking harmful rays and locking in moisture — perfect for a day at the lake or any of your favorite spots.

6) **Fresh Food:** Fruits and veggies are light, easy to digest, and full of water. Seasonal salads help keep you cool, refreshed, and hydrated all summer.

Happy Reading!

Regards,

Amirtha Prasanna

Magical Rice Water



அரிசி கழுவிய நீரில் இவ்வளவு நன்மைகளா? இனிமே கீழே ஊற்றாதீர்கள்!

நம்முடைய உணவுகளில் மிக முக்கியமானது அரிசி. தினமும் சமைக்கும் போது அதனை கழுவிய நீரை பயன்படுத்தாமல் வீணாக்கிவிடுவார்கள். ஆனால் அந்த அரிசி கழுவிய நீரில் ஏராளமான விட்டமின்ஸ், மினரல்ஸ், அமினோ ஆசிட் நிறைந்திருக்கிறது. அது நம் சருமம் மற்றும் கூந்தல் பராமரிப்பிற்கு பெரிதும் துணை நிற்கும்.

இனி அரிசி கழுவிய நீரை முகம் கழுவவோ தலைக்குளிக்கவோ ஏன் பயன்படுத்த வேண்டும் என்பதற்கான சில காரணங்கள்.

சருமம் : அரிசி கழுவிய நீரில் இயற்கையாகவே சருமத்தை காப்பாற்றும் சத்துக்கள் இருக்கின்றன. அத்துடன் பருக்கள் ஏற்படாமலும் தடுத்திடும். தளர்ந்திருக்கும் சருமத்தை டைட் செய்திடும்.

பேஷியல் : இதனை தினமும் பேஷியல் க்ளன்சராக பயன்படுத்தலாம். சிறிய துணியிலோ அல்லது காட்டனை அரிசி கழுவிய நீரில் முக்கியெடுத்து முகத்தை துடைத்திடுங்கள். சிறிது நேரத்தில் தானாக காய்ந்திடும். கழுவ வேண்டாம். அரிசி கழுவிய நீரில் உள்ள சத்துக்கள் நேரடியாக சருமத்தில் விணை புரியும்.

வயதான தோற்றம் : வெயிலில் அதிகப்படியாக இருப்பவர்களுக்கு ஆக்னி ஏற்படும் அத்துடன் சருமம் வறண்டு விரைவிலேயே வயதான தோற்றத்தை ஏற்படுத்தும். இதனை தவிர்க்க தினமும் அரிசி கழுவிய நீரில் முகம் கழுவலாம்.

ஆரோக்கியமான கூந்தல் : சைனாவில் உள்ள யாவோ என்ற ஊரின் சிறப்பே அந்த ஊரில் உள்ள பெண்கள் அனைவருக்கும் நீளமான முடி இருக்கும். இச்சாதனை கின்னஸ் சாதனை புத்தகத்திலும் இடம்பெற்றிருக்கிறது. அவர்களிடம் காரணத்தை கேட்ட போது, அவர்கள் சொன்னது, நாங்கள் தினமும் அரிசி கழுவிய நீரில் தலைக்குளிக்கிறோம் என்பது தான். ஷாம்பு, சீயக்காய் என்று எதைத்தேய்த்து தலைக்கு குளித்தாலும் கடைசியாக அரிசி கழுவிய நீரை தலைக்கு ஊற்றிக்கொண்டால் கூட போதும்.

குழந்தைகளுக்கு அரிசி கழுவிய தண்ணீருடன் சாதாரண தண்ணீரைச் சேர்த்துக் குளிப்பாட்டுவதால் சருமநோய்கள் அண்டாது. நல்ல தூக்கமும் வரும்.

Regards,
Sudha Sundaram

Kids and Summer Vacation



கோடைவிடுமுறை வந்துவிட்டது.

குழந்தைகளை வைத்துக்கொண்டு என்ன செய்வது? எப்படி சமாளிப்பது?

கோடைக்கால முகாமில் கொண்டு விட்டுவிட்டு தப்பித்துக்கொள்ளலாமா?

இல்லை அடுத்த வகுப்புப் பாடங்களுக்கு இப்போதோ ட்யூஷன் டீச்சரைப் பார்த்து ஏற்பாடு செய்யவா?

தயவு செய்து அடுத்த வகுப்புப் பாடங்களை இப்போதிருந்தே படி என்று சொல்லாதீர்கள். உண்மையாகவே மூளைத்திறன் வளர வேண்டுமானால் சில காலம் ஓய்வு தேவை. பல்வேறு அனுபவங்கள் தேவை. முடியுமெனில் இந்த நாட்களில் விடுப்பெடுத்து குழந்தையுடன் செலவிட முடியுமெனில் மிகச் சிறப்பாக இருக்கும்.

குழந்தையைப் புரிந்துகொள்ளவும் குழந்தைக்கு உங்களைப் புரிந்துகொள்ளவும் உதவும் காலமாக இது இருக்கும். அடுத்த வருடம் குழந்தை சந்திக்கும் பிரச்சனைகளை உங்களிடம் பகிர்ந்துகொள்ளும். இல்லாவிட்டால் நண்பர்களிடம் சென்று அறிவுரை பெற்று அதுபோல் நடக்கத் தொடங்கிவிடும். குழந்தையின் நண்பரின் அறிவுரையை விட நம் அறிவுரை நல்லதல்லவா.

முதலில் குழந்தையிடமே இந்த கோடைவிடுமுறையை எப்படிக் கழிக்கலாம் என்று கேளுங்கள். இப்படி கேட்பது குழந்தையை நாம் ஏற்றுக்கொள்கிறோம் என்பதற்கான அடையாளம். சம்மாக நடத்துகிறோம் என்பதை மறைமுகமாக உணர்த்துகிறோம். அவருடைய ஆலோசனைகளைக் கேளுங்கள். நீங்கள் அவருடைய ஆலோசனைகளை மறுப்பதானால் அதற்குரிய காரணங்களைச் சொல்லுங்கள். காரணங்களுக்கு ஆதாரங்களையும் காட்டுங்கள். நம்மால் செய்யக்கூடியதாக இருப்பின் அவசியம் நிறைவேற்றுங்கள்.

இந்த விடுமுறையாவது அவர்களுக்குப் பிடித்தவற்றைச் செய்ய அனுமதியுங்கள். பத்து மாதம் பிடிக்காதவற்றைச் செய்தவர்களுக்கு ஒரு Unwinding தேவைப்படுகிறது.

Regards,
Sudha Sundaram

பணம் பந்தியிலே



சந்தைக்கடையில் இரண்டு பையன்கள் மீன் விற்றுக் கொண்டிருந்தனர். வியாபாரம் மிகவும் மந்தமாகத் தான் இருந்தது.*

சற்று நேரம் கழித்து ஒரு வாடிக்கையாளர் வந்தார். முதல் பையனிடம் சென்று மீன் விலை விசாரித்தார்.

“ஒரு கிலோ 100 ரூபாய் ஆகும், சார்,” என்று அவன் கூறினான்.

சற்று தூரத்தில் இரண்டாவது பையனும் அதே வகை மீனை வைத்துக் கொண்டிருந்ததால், அவனிடம் சென்று இந்த விலைக்குக் குறைவாகக் கொடுக்கச் சொல்லி, பேரம் பேசி வாங்கலாம் என்று நினைத்து அவனை அணுகினார்.

விலை என்னவென்று விசாரித்த போது, அவனோ, “ மீன் விலை ஒரு கிலோ 500 ரூபாய் ஆகும், சார்,” என்று கூறினான்.

விலையைக் கேட்டுத் திடுக்கிட்டுப் போன அவர், “ என்னப்பா இது ? அந்தப் பையனும் இதே மாதிரி மீன் தான் வைத்திருக்கிறான். அவன் விலை 100 ரூபாய் என்று சொல்கிறான். நீ அதே மாதிரி மீனுக்கு விலை 500 ரூபாய் என்று சொல்கிறாயே. இது நியாயமா?” என்று வினவினார்.

அந்தப் பையனோ கொஞ்சமும் அலட்டிக் கொள்ளாமல் சொன்னான்:

“ சார், பார்க்கத் தான் இரண்டும் ஒரே மாதிரியாகத் தெரியும். ஆனால் என்னுடைய மீன் மிகவும் விசேஷமானது. அதனால் தான் கூடுதல் விலை,” என்றான்.

“அப்படி என்னப்பா விசேஷம் உன் மீனில் இருக்கிறது?” என்று கேட்டார் வாடிக்கையாளர்.

“சார், இது புத்திசாலியான மீன். இதைச் சாப்பிடுபவர்களும் நாளடைவில் புத்திசாலியாகி விடுவார்கள். அதனால் தான் இவ்வளவு விலை,” என்றான் பையன்.

“உண்மையாகவா ?” என்று வியந்தார் வாடிக்கையாளர்.

“வாங்கிப் பாருங்கள், சார், உங்களுக்கே தெரியும்,”

“சரி,சரி, ஒரு கிலோ கொடு. ‘ட்ரை’ பண்ணிப் பார்க்கிறேன்”, என்று சொல்லி, ஒரு கிலோ மீனை 500 ரூபாய்க்கு வாங்கிச் சென்றார்.

அடுத்தடுத்து தொடர்ந்து 6 நாட்களுக்கு அதே மீனை அதே பையனிடம் அதே விலைக்கு வாங்கிச் சென்று சாப்பிட்டு வந்தார்.

புத்திசாலித்தனத்தில் ஏதாவது முன்னேற்றம் ... ?

ம்ஹும். ...! எதுவும் தெரியவில்லை.

அப்போது தான் அவருக்குப் புரிந்தது “புத்திசாலி மீன்” என்று அந்தப் பையன் சொன்னது எல்லாம் வெறும் பித்தலாட்டம் என்று.

கடுமையான கோபம் வந்து விட்டது அவருக்கு. ‘இன்று அவனைப் போய் ‘உண்டு அல்லது இல்லை’ என்று ஆக்கி விட வேண்டியது தான் என்ற தீர்மானத்துடன் சந்தைக்குச் சென்றார்..

அந்தப் பையனிடம் சென்று, தன் கோபத்தை வெளிக்காட்டாமல், “என்னப்பா, அந்த புத்திசாலி மீன் இருக்கா? ”, என்று இவர் கேட்க, இவரின் கோபத்தைப் புரிந்து கொள்ளாமல் அவனும், “ ஓ, இருக்கே. உங்களுக்காகவே தனியாக எடுத்து வைத்திருக்கிறேனே ! ”, என்று உற்சாகமாகக் கூறினான்.

வந்ததே கோபம் அவருக்கு !

“அயோக்கியப் பயலே! என்னையா ஏமாற்றப் பார்க்கிறாய் ? உன் பேச்சைக் கேட்டு ஒரு வாரமாக நானும் அந்த மீனை வாங்கிச் சாப்பிட்டுப் பார்த்து விட்டேன். அணுஅவளும் முன்னேற்றம் இல்லை. புத்திசாலி மீனும் கிடையாது, ஒரு மண்ணும் கிடையாது. என்னை ஏமாற்றி விட்டாய். உடனடியாக என் பணத்தையெல்லாம் திருப்பித் தந்துவிடு. இல்லையென்றால் உடனடியாகப் போலீசைக் கூப்பிட்டு விடுவேன்”, என்று கத்தினார். பையனோ அலட்டிக் கொள்ளாமல் பதில் சொன்னான்:

“ சார், இங்கே பாருங்க. இதே மீனை புத்திசாலி மீன் என்று நான் ஒரு வாரத்திற்கு முன்னால் சொன்ன போது நீங்கள் ஆட்சேபிக்கவேயில்லை. இப்போ பாருங்க, ஒரு வாரத்திலேயே இது புத்திசாலி மீன் இல்லை என்று நீங்களே கண்டு பிடித்து விட்டீர்கள். அப்படி என்றால் தற்போது நீங்கள் புத்திசாலி தானே சார்.. என்ன பிரமாதமான முன்னேற்றம்! இதைப் போய் முன்னேற்றம் இல்லை என்று சொல்கிறீர்களே, சார் ! தொடர்ந்து சாப்பிடுங்க, சார். இன்னும் பிரமாதமான முன்னேற்றம் கிடைக்கும்.”

வாடிக்கையாளர் வாயடைத்து நின்றார்.

கற்றது கையளவு கல்லாதது உலகளவு.

Regards,
Sudha Sundaram

"கல்லாதது உலகளவு..."

சாதி மதப்
பேதமின்றி பழங்கிடும்...!
சாவின் இறுதிப்
பயணம்வரை வந்திடும்...!

ஏழையென்று வந்துவிட்டால்
எட்டி நின்றிடும்...!
கோழையென்றும் வீரனென்றும்
பாராது பழகிடும்...!

பந்தியிலே முதன்மை
இடத்தைப் பிடித்திடும்...!
முந்தி கொடுப்பவர்க்கே
தரிசனம் கிடைத்திடும்...!

பணமின்றி வாழ்க்கையது
இருந்திட வாய்ப்பில்லை...!
பணமே வாழ்க்கையென்று
வாழ்வது சரியில்லை...!

Regards,
Sudha Sundaram

16. மனமும் உடலும் அமைதியே மருந்து.
17. நேர்மையும் நேர்நிலையும் மருந்து.
18. தன்னலமற்ற அன்பும் உணர்ச்சியும் கூட மருந்து.
19. அனைவருக்கும் நல்லது செய்வதும் மருந்தாகும்.
20. ஒருவருக்கு புண்ணியம் தரும் ஒன்றைச் செய்வது மருந்து.
21. எல்லோருடனும் சேர்ந்து வாழ்வதே மருந்து.
22. உண்பதும் குடிப்பதும் குடும்பத்துடன் பழகுவதும் மருந்தாகும்.
23. உங்களின் ஒவ்வொரு உண்மையான மற்றும் நல்ல நண்பரும் பணம் இல்லாத ஒரு முழுமையான மருந்துக் கடை.
24. குளிர்ச்சியாக இருங்கள், பிஸியாக இருங்கள், ஆரோக்கியமாக இருங்கள், உற்சாகமாக இருங்கள், இதுவும் மருந்துதான்.
25. ஒவ்வொரு புதிய நாளையும் முழுமையாக அனுபவிப்பது மருந்தாகும்.

எவை மருந்து...?

1. சீக்கிரம் தூங்கி சீக்கிரம் எழுவது மருந்து.
2. காலையில் இறைவனை நினைப்பது மருந்து.
3. யோகா, பிராணாயாமம் மற்றும் உடற்பயிற்சி ஆகியவை மருந்து.
4. காலை, மாலை நடைப்பயிற்சியும் மருந்தாகும்.
5. நோன்பு அனைத்து நோய்களுக்கும் மருந்து.
6. சூரிய ஒளியும் மருந்துதான்.
7. மட்கா தண்ணீர் குடிப்பதும் ஒரு மருந்து.
8. கைதட்டலும் மருந்துதான்.
9. அதிகம் மெல்லுவதும் மருந்துதான்.
10. உணவைப் போலவே, மெல்லும் நீர் மற்றும் குடிநீரும் ஒரு மருந்து.
11. உணவுக்குப் பின் வஜ்ராசனத்தில் அமர்வது மருந்தாகும்.
12. மகிழ்ச்சியாக இருக்க வேண்டும் என்ற முடிவும் மருந்தாகும்.
13. சில சமயங்களில் மௌனமும் மருந்தாகும்.
14. சிரிப்பும், கேலியும் மருந்து.
15. மனநிறைவும் மருந்துதான்.

இந்த மருந்துகள் அனைத்தும் முற்றிலும் இலவசமாக கிடைக்கும்.

கிடைப்பவர்களுக்கு கிடைத்தால் அது வெறும் பொருள் ...
கிடைக்காதவர்களுக்கு கிடைத்தால் தான் அது பொக்கிஷம்.

எந்த சூழ்நிலையிலும் நிமிர்ந்து நடக்க கற்றுக்கொள்.
உடலால் மட்டுமல்ல மனதாலும்.



Regards,
Sudha Sundaram

Little Gyan

Alphabetic advice for you:

A B C

Avoid Boring Company..

D E F

Don't Entertain Fools..

G H I

Go for High Ideas .

J K L M

Just Keep a friend like ME..

N O P

Never Overlook the Poor

Q R S

Quit Reacting to Silly tales..

T U V

Tune Urself for ur Victory..

W X Y Z

We Xpect You to Zoom ahead in life

Verybeautiful lines pls store it.

ONE Good FRIEND is equal to ONE Good Medicine. . .

Likewise ONE Good Group is equal to ONE Full medical store...



So Believein YOURSELF

We all are tourists on Planet Earth and we are lucky to have lived and met! So “Enjoy the "Trip" called LIFE...

You will never come back again ..Live Today Meaningfully



Regards,
Sudha Sundaram

Joke of the day

Old man has 8 hair on his head.

He went to Barber shop.

Barber in anger asked:

shall i cut or count ?

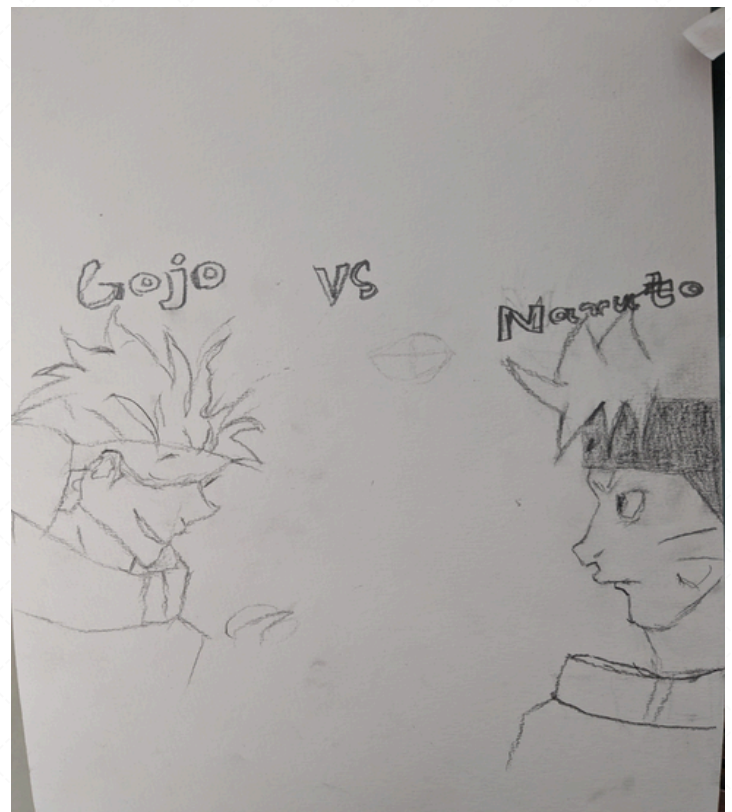
Old man smiled and said:

"Colour it!"

LIFE is to enjoy with whatever you have with you, keep smiling.

Regards,
Sudha Sundaram

Art Section

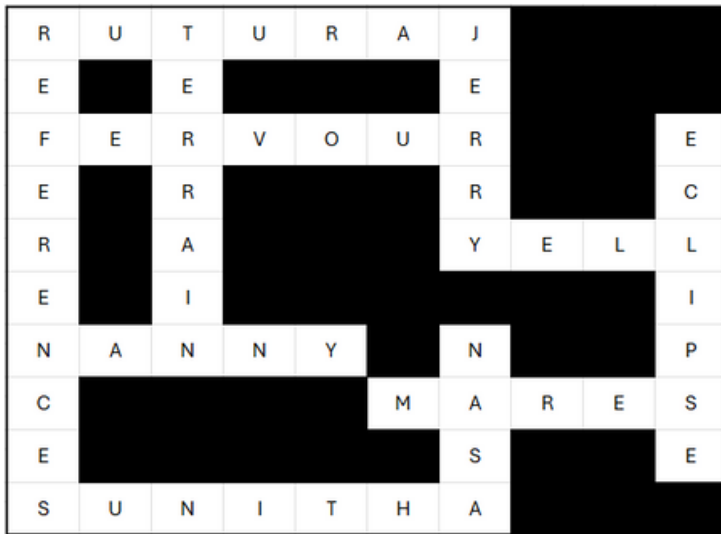


Regards,
Mufaz M.S 6 yrs, E-1001.

PUZZLE

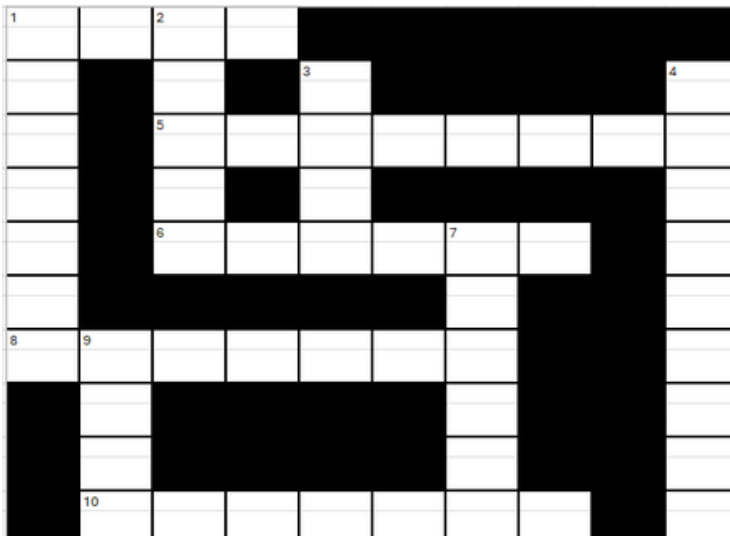
Connexions

March Issue Crossword Answer



Refer March Magazine for the full crossword and hints

Crossword Designed By - Mr. Narayanan



Down:

- 1 JAPANESE ART OF PAPER FOLDING (7)
- 2 BLOOD DETOX ORGAN (5)
- 3 A TYRE THAT HAS BEEN PUNCTURED (4)
- 4 A PLACE TO BUILD YOUR MUSCLES (9)
- 5 A PLAYFUL GAME TO CHECK COMPATIBILITY (5)
- 6 BACK OF THE NECK (4)

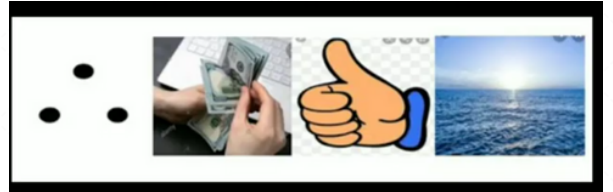
Across:

- 1 CAPITAL OF NORWAY (4)
- 5 RATE OF MOTION (8)
- 6 FORMALLY APPROVE A DEED THAT ALREADY HAPPENED (6)
- 8 A STATE OF REST (7)
- 10 A FEMALE RULER (7)

Crossword Answers will be published in the next edition

Crossword Designed By - Mr. Narayanan

Guess the word



By - Mrs. Amirtha Prassana

- 1) Microsoft
- 2) Commodity
- 3) Accountancy
- 4) Industry
- 5) Discount

Answers:

Who Am I?

- 1) People Buy me to eat, but never eat me. Who am I?
- 2) I shoot but never kill. Who am I?
- 3) I am delicious way of representing data. Who am I?
- 4) I become smaller everytime I take a bath. Who am I?
- 5) I am bird, I am a fruit and I am a person. Who am I?

By - Mrs. Amirtha Prassana

- 1) A Plate
- 2) A camera
- 3) A Pie Chart
- 4) A bar of Soap
- 5) Kiwi

Answers:

THANK YOU

Dear Zenbees!

We hope you have enjoyed reading our magazine. This is the collective effort of some of our volunteers, who have contributed through their creative pursuits.

We look forward to the community to join us! Yes, anyone irrespective of age group is free to send in their entries to us. Just a few pointers before you can send these-

1. Please send us only original material- kindly avoid picking from another source.
2. Kindly ensure authenticity of entries. Although we have a team volunteering for proof-checking, it may be beyond us to fact-check each and every post of ours.
3. Kindly ensure not to express any political or religious views in any part of your entries.
4. Let us strictly ensure we protect the harmony and brotherhood in the community. No posts in the magazine would be targeted at any specific individual, group of individuals or a class/creed/caste/religion/gender in a personal manner.
5. As much as we look forward for information exchange through this medium, let us avoid advertising or promotional entries.
6. Ensure to send in articles in editable word format. This will help us in aligning to the design aligned to the magazine.
7. Let the articles not exceed 500 words. In the interest of time and effort of all involved, we would love to see more people joining the creative bandwagon, and hence this limit.
8. We propose to publish the magazine on the 20th of every month. Entries sent before 10th of every month will be considered for the edition on the 20th of that month. Those sent after 10th of the month will be considered thereafter. To ensure smoothness of operations, the editorial committee reserves the power to relax these timelines.
9. Entries can be sent by email to **editor@zenbeehive.in** only and not through any other medium. This will help ease of compiling the entries without any misses.
10. The editorial team reserves the right to make edits to entries considering various factors like size of the entry, subject-matter involved, etc. In doing so, we will strive to ensure that the substance of the article does not get diverted.
11. The editorial team reserves the right to refrain from publishing any material in the magazine. This can be for various reasons ranging from community appeal, avoiding repetition to violation of the magazine guidelines.

With these basic tenets in mind- come, join us and let's buzz!

Team Zenbeehive



ZEN BEEHIVE

THE MIRROR
A COMMUNITY MAGAZINE



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Mrs. Sudha Sundaram
Mr. Narayanan
Mrs. Aishwarya
& Team

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Our Special Thanks To

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CGZFOA
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Send your articles and works to editor@zenbeehive.in

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For any reports and feedback drop us an email to
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