



ZEN BEEHIVE

THE MIRROR
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HAPPY

Mother's
DAY

HAPPY MOTHER'S DAY, MOM! YOU
ARE THE MOST AMAZING MOM I
COULD EVER ASK FOR

Zenith Elite Laughter Yoga Club (ZELYC)



Zenith Elite Laughter Yoga Club (ZELYC)

The Dementia Care Foundation (TDCF),Thoraipakkam , Chennai conducted a summer camp from 5th to 9th May this year for children and also for adults with dementia. As part of their activities, they had requested the Zenith Elite Laughter Yoga Club (ZELYC) to visit them and entertain the children and the elders.

The team led by Mr. Ramesh visited them on Monday , 5th May and performed laughter yoga and laughter yoga dance. A riddles solving session and a Magic Show added flavour to the program. It was an energy packed show altogether for an hour and the entire crowd participated enthusiastically in all these activities and thoroughly enjoyed it as well. It is to be mentioned here that this program is organised and successfully managed for the second consecutive year by Mr. Ramesh and his team.

**Regards,
Geetha, G-106**

Disclaimer: This is not an advertisement or promotion. Our team has published this with a good notion with a view to appreciate our Zenithians effort in rendering social service to make this world a better place. We thank Geetha from G-106 for connecting with us to know if our team will publish such incidents and sharing the information.



Hail our Indian Army



Hail our Indian Army !!!

Operation Sindoor: India's Response to Cross-Border Terrorism. The month of May 2025 witnessed a significant development in India's approach to countering cross-border terrorism with the execution of "Operation Sindoor." This operation, initiated by the Indian Armed Forces, was a direct response to the barbaric terrorist attack on April 22nd in Pahalgam, where 26 innocent lives were tragically lost.

The Trigger: The Pahalgam Attack

The attack on tourists near the scenic hill station of Pahalgam sent shockwaves across the nation. Reports indicated that the terrorists specifically targeted Hindu pilgrims. The responsibility for this heinous act was claimed by a relatively unknown group called The Resistance Front (TRF), believed to be an offshoot of the Pakistan-backed Lashkar-e-Taiba.

India's Decisive Response: Operation Sindoor

In the aftermath of the Pahalgam attack, the Indian government, under Prime Minister Narendra Modi, asserted its commitment to holding those responsible accountable. On May 7th, 2025, the Indian Armed Forces launched Operation Sindoor, conducting precision strikes targeting terrorist infrastructure inside Pakistan and Pakistan-occupied Jammu and Kashmir (PoK).

The initial phase of the operation saw the targeting of at least nine sites identified as key hubs for planning and directing terrorist activities against India. The Indian government emphasized that the strikes were focused, measured, and non-escalatory, with no Pakistani military facilities being targeted. This demonstrated a clear intent to address the terror threat directly while avoiding a wider conflict. Pakistan's Retaliation and the Escalation Following India's strikes, Pakistan retaliated on May 8th with drone and missile attacks aimed at several Indian airbases and logistics infrastructure in the northern and western theaters. These included locations such as Srinagar, Jammu, Pathankot, and Bhuj. India's air defense systems successfully neutralized many of these threats, though some damage to equipment and personnel at a few air force stations was reported.

The situation further escalated with unprovoked mortar and heavy artillery fire from Pakistan along the Line of Control (LoC), targeting civilian areas in Jammu and Kashmir and resulting in further casualties. India responded in equal measure to these acts of aggression.

International Reaction and India's Stance Operation Sindoor and its aftermath garnered significant international attention. Several countries, including the USA, UK, Israel, Saudi Arabia, Qatar, and the UAE, expressed support for India's right to self-defense against terrorism. The European Union also issued a strong statement condemning terrorism.

India maintained that its actions were a response to a clear and present danger, emphasizing its commitment to peace while asserting its resolve to protect its citizens. The government highlighted that the operation targeted terrorist infrastructure and was not an act of aggression against the Pakistani state.

A Shift in India's Counter-Terrorism Strategy?

Analysts suggest that Operation Sindoor could represent a turning point in India's approach to cross-border terrorism. It signals a more proactive and assertive stance, indicating a willingness to use military force to dismantle terror infrastructure across the border when deemed necessary.

Current Status:

A fragile ceasefire is reportedly in place, though both sides have alleged violations. Diplomatic efforts are likely underway to de-escalate the tensions and seek a more stable resolution.

Operation Sindoor stands as a significant event, highlighting the complexities of the relationship between India and Pakistan and India's evolving strategy in countering the persistent threat of cross-border terrorism.

LET'S BE INDIAN AND SUPPORT AS MUCH AS WE CAN IN WHATEVER MANNER WE CAN TO HELP TO ERADICATE TERRORISM

By Anish (A304)



BRIDGING THE DIGITAL DIVIDE

In today's world, technology is everywhere- from paying utility bills to accessing government services, from online banking to ordering groceries with a few taps on a smartphone. But while some of us navigate this digital space with ease, there are many right here in our own apartment complex who feel left behind.

Digital literacy- once considered optional- is now essential. It determines how well people can access opportunities, stay connected with loved ones, and carry out day-to-day activities. As members of a shared community, we have both the power and the responsibility to help each other bridge this gap.

The digital divide doesn't only exist between rural and urban India- it also lives between the young and the elderly, the tech-savvy and the hesitant, the comfortable and the cautious. Many of our neighbors- especially senior citizens- still struggle with seemingly basic digital tasks. They may feel overwhelmed by mobile apps, wary of online payments, or even fearful of making a mistake.

What they need isn't just technical guidance, but patient, empathetic support from someone they trust. And who better to offer that support than a friendly face from next door?

You don't need to be an IT expert to help. Anyone with basic smartphone knowledge and a little time can make a meaningful difference.

Here are a few practical and impactful ways you can contribute:

1.Start with Conversation

Often, the first step is simply talking to neighbors and asking, "Would you like help learning how to use your phone better?" This small gesture opens the door to bigger change.

2.Offer One-on-One Help

Many seniors may not feel comfortable in group settings. Take out 30 minutes to sit with them and explain:

- How to make digital payments (Google Pay, PhonePe)
- How to send messages and photos on WhatsApp
- How to book appointments, order medicines, or pay bills online
-

How to make safe and secure online transactions

3.Host Group Learning Sessions

Use community spaces to organize short weekend workshops. Keep topics simple and relevant:

- "How to Avoid Online Scams"
- "Using UPI and Mobile Banking Safely"
- "How to Use the Aarogya Setu App or Book a Vaccination Slot"
- "Video Calling Basics: Staying in Touch with Family"
- "How to Identify fake Whatsapp forwards"

4.Create Easy-to-Follow Guides

Design basic handouts or flyers with screenshots and instructions. These can be shared through WhatsApp or pinned on the apartment notice board. Topics might include:

- Step-by-step guide to using BHIM/UPI
- How to book a doctor's appointment online
- How to check your electricity or gas bill

5.Encourage Awareness of Digital Safety

Digital literacy must go hand-in-hand with digital security. Educate residents on:

- How to spot fake messages and phishing scams
- Importance of not sharing OTPs
- Creating strong passwords
- Checking website/app authenticity

6.Start a "Digital Buddy" Program

Create a network of residents willing to help others. A "digital buddy" can assist just one or two neighbors regularly- teaching them gradually and building their confidence.

When neighbors support each other, everyone benefits. A digitally literate community is more informed, more resilient, and more connected. Think about the joy on a grandparent's face when they successfully video call their grandchildren, or the relief someone feels when they learn to pay a bill without needing to visit the bank. These are real wins, and they begin with small acts of kindness.

By taking the initiative to help even a few people around us, we create ripples of empowerment. We create a safer, smarter, and more inclusive neighborhood. We build trust, strengthen relationships, and ensure that no one is left behind in this rapidly changing world.

By,
Narayanan (A1205)

Emergency Funds- how much is enough?



Life doesn't always go as planned. While we may strive for stability and prepare for known expenses, unexpected events- like job loss, medical emergencies, or urgent repairs- can catch us off guard. This is where the importance of an emergency fund comes in. It is one of the cornerstones of sound financial planning, offering peace of mind and a financial safety net when the unexpected strikes.

What Exactly is an Emergency Fund?

An emergency fund is a reserve of money set aside specifically for unplanned expenses or income disruptions. It's not meant for vacations, gadgets, or even routine bills. Instead, it's a buffer to help you avoid debt or financial distress during unforeseen circumstances.

This fund should be easily accessible, separate from your regular savings and reserved only for emergencies.

Why You Absolutely Need One

Emergencies don't come with a warning. Many people, despite earning well, find themselves financially vulnerable due to lack of preparation. Without a cushion, you may be forced to:

- Use credit cards at high interest rates
- Take personal loans
- Break long-term investments, often at a loss

An emergency fund helps avoid these consequences. It allows you to focus on solving the problem at hand without added financial stress.

How Much Should You Save?

The ideal size of your emergency fund depends on your lifestyle, income stability, and responsibilities. A commonly recommended range is three to six months' worth of essential living expenses.

That is to say:

- If your monthly essential expenses (like rent, groceries, utilities, insurance, EMIs, etc.) total Rs. 50,000, you should aim for a buffer of between Rs. 1.50- Rs. 3 lakhs.

Factors to Consider While Calculating Your Fund:

- Employment type- Freelancers, self-employed, or contract workers may need a larger buffer (6-9 months)
- Family structure- A single-income family or one with dependents (children, elderly parents) needs a larger fund
- Health- If your health insurance has gaps, you may want to include some medical contingency in your fund.
- Debt obligations- If you have significant EMIs or other commitments, account for those too

Where Should You Keep Your Emergency Fund?

Liquidity is key. Ideal options include:

- High-interest savings accounts: Offer quick access and modest returns
- Fixed deposits with premature withdrawal: Slightly higher returns with some flexibility
- Liquid or ultra-short duration mutual funds: Slightly less liquid but better returns; ideal for part of the fund

Avoid keeping it in stocks or equity mutual funds due to market volatility.

How to Build One from Scratch

Building an emergency fund can seem daunting, especially if your target is in lakhs. But it's okay to start small. Here's how:

- Set a realistic goal: Even ₹25,000 can be a good starting point.
- Automate savings: Set up a monthly transfer to a dedicated account.
- Use windfalls: Bonuses, tax refunds, or gifts can give it a boost.
- Track progress: Celebrate small milestones- ₹25K, ₹50K, ₹1 lakh.

Remember, consistency matters more than speed.

When to Use It- and When Not To

Your emergency fund should be touched only for true emergencies:

- Sudden loss of income
- Major medical expense not covered by insurance
- Urgent home or vehicle repairs
- Emergency travel due to family situations

Don't use it for: sales shopping, lifestyle upgrades, planned vacations, or short-term cash flow issues.

Replenish After Use

If you dip into your emergency fund, make it a priority to replenish it. Even partial use should trigger a fresh savings plan to restore your safety net.

An emergency fund is more than just money- it's financial peace of mind. It helps you make rational decisions during emotionally challenging times and ensures that a single crisis doesn't derail your long-term goals. Whether you're just starting your financial journey or already investing and saving, make your emergency fund your first financial goal.

**By,
Narayanan (A1205)**

God is omniscient



God is omniscient

"God knows what we do not know "In the last few Years, this is what I have learnt through my personal experiences and here I am sharing my own life as a personal testament. The most important Learning - "God knows everything. Trust Him and His Plans. Have faith in the Unknown". We as humans will always have a limited perspective & limited knowledge about our own lives, including our past, present and the future, but God knows everything about us and about everyone else. God knows the Past, Present and Future of every single soul in the universe because God is present in every living being, keeping an account of everything that the individual soul has done since its inception. When God allows something to happen, it is because God knows what is happening 'behind the scenes'.

Everything in this World has an energy of its own. Even in Srimad Bhagavad Gita, Shri Krishna talks about the Field and the knower of the field. The Field refers to our Physical body along with all the senses, the emotions, intellect and subconscious mind, and the 'knower of the field' refers to our Soul. Our Soul has limited knowledge and knows about our soul journey, our path, our past life karmas, our gifts etc., but it does not know about other people's journey. That knowledge is only known by God, the Supreme. He is the knower of all individual fields. Hence everything in this universe, moving and unmoving, has a vibration of its own. While we may not know what exactly lies in the energy field of everything that comes out way - opportunity, material objects, people etc; God knows what we do not know. So have faith in God's higher plan for you. Honour your own energy and choose what feels right 'energetically'. Before choosing your path ahead, ask yourself, "Is this particular opportunity, person, place or energy helping me vibrate higher or draining my energy?"

The Supreme dwells in the heart of all living beings and, according to their karmas, he directs the wanderings of the soul which is seated in the material body. It means that the decisions made by a person are based on their own karma, mode of nature and are directed by God.

It is hence important to look beyond the physical and see the Energy.

Some words of Wisdom that I have practiced and now preach:-

- 1.Trust God and His ways. Have faith in the Universe.
- 2.Check the Energetic Vibration before saying 'YES' to something.
- 3.Observe how you feel around certain people, places, things, and ideas. Observe what makes you feel the most alive and what drains you. Trust your feelings.
- 4.Stay away from people, places, habits and things that lower your Vibration.
- 5.Do Energy Healing. Learn how to heal your own energy or find a healer who would help you go inward and heal.
- 6.Allow people to make choices based on their freewill.

7.Do not get upset by what others decide to do. Their journey is based on their Karmas. Allow people to walk on the path feels true to them.

8.Trust your Intuition. It is always speaking to you in different signs and reminders.

9.Love yourself to the fullest.

10.Be Selfishly Selfless (Read the next article in The next edition to know more about this term coined by me).

Have a Blissful month ahead and blissfully navigate through life. Blissfully Yours, Leela Vriksha Founder of "The Blissful Navigator"

Blissfully Yours,

Leela Vriksha

Founder of "The Blissful Navigator"

A 206

Food Corner



Our Little Chef: Mohit Viyan

Our son Mohit Viyan is just 2.6 years old, but his love for cooking is already shining bright. From the time he started talking, most of his words were related to food—ingredients, dishes, and kitchen tools! We noticed his passion early and made sure to give him safe ways to explore the kitchen.

What surprises us the most is his natural sense of caution—he carefully avoids hot vessels and even seems to judge heat levels instinctively. One unforgettable moment was during a cyclone day when we decided to spend the entire day indoors with our little chef. That was the day Mohit made his very first recipe: an egg omelette! I only helped with the chopping—he did the rest all by himself, and he absolutely loved it.

Now, he has taken a step into baking, and I've started teaching him slowly. Watching him grow and express himself through cooking is one of our greatest joys as parents.

Father - Sridhar

Mother - Sandhiya Sridhar

**Thanks,
Sandhiya Sridhar
H401**



Guacamole-Mexican Dip

If you are looking for a Healthy recipe without the need of a Stove, read on...

This is the recipe for Guacamole-Mexican Dip. Kids and adults will equally enjoy this.

Ingredients:

- 2 ripe avocados (It is not a Guacamole without avocados)
- 1 small tomato finely chopped
- 1 small onion finely chopped
- 2 small green chillies finely chopped
- 1 small lime (or 1-2 tablespoons lime juice)
- Salt (to taste)
- Coriander leaves finely chopped

Instructions:

1.Scoop the Avocados:

Cut the avocados in half and remove the seed. Scoop out the green goodness into a bowl using a spoon.

2.Mash It Up:

Let kids mash the avocado with a fork or potato masher until smooth or a little chunky—however they like it.

3.Add Flavour:

Squeeze in lime juice and sprinkle in salt. Add Chat Masala as per taste. Mix it up!

4.Mix in the Extras:

Add the chopped tomato, onion, green chillies and coriander leaves and stir it.

5.Taste & Serve

Cover and chill the Guacamole in the refrigerator for the flavors to blend.

Serve with Tortilla chips or use as a spread for sandwiches or Wraps!!

I used this as a spread for my Focaccia Sourdough Bread Sandwich!!

**Regards,
Tejaswi from J1303.**

வாழ்க்கை ஒரு போர்க்களம்



ஏழையின் சிரிப்பில் இறைவனைக் காண்போம்

பண்ணையார் ஒருவர் தன் பண்ணையில் விளைந்த வாழை மரத்திலிருந்து சுமார் 100 பழங்கள் உள்ள பெரிய வாழைத் தாற்றை அறுத்தார். தன் வேலைக்காரனை அழைத்து, "இந்த வாழைத் தாற்றைக் கோயிலுக்கு கொண்டு போய் கொடுத்து விட்டு வா...." என்றார். வேலைக்காரனும் அவ்வாறே செய்தான். அன்றிரவு பண்ணையாரின் கனவில் தோன்றிய இறைவன், "நீ அனுப்பிய ஒரு வாழைப் பழம் கிடைத்தது...." என்றார். திடுக்கிட்ட பண்ணையார், "இறைவா நான் 100 பழங்களையல்லவா அனுப்பினேன்..." என்றார் இறைவன், "இல்லை ஒரு பழம் தான் எனக்கு வந்து சேர்ந்தது..." என்றார்.

விடிந்ததும் பண்ணையார் வேலைக்காரனை அழைத்து, "நான் கொடுத்த வாழைப் பழங்களை முழுமையாகக் கோயிலில் கொண்டு சேர்த்தாயா...." என்றார். அவன் "ஆம்" என்றான். பண்ணையாருக்குக் கோபம் வந்து விட்டது. அவர் வேலைக்காரனை வேகமாக அறைந்தார். "உண்மையைச் சொல், இல்லையென்றால் அடித்தேக் கொண்டு விடுவேன்..." எனறார். அவன், "உண்மையைச் சொல்லி விடுகிறேன், வழியில் ஒருவன் பசியாய் இருக்கிறது என்றான், நான் பரிதாபப்பட்டு அவனுக்கு ஒரு பழத்தைக் கொடுத்தேன், மீதமுள்ள எல்லாப் பழத்தையும் கோவிலிலுக்குக் கொடுத்து விட்டேன்..." என்றான். பண்ணையாருக்குப் புரிந்து விட்டது. ஏழைக்குக் கொடுத்த பழமே இறைவனைக்குப் போய்ச் சேர்ந்திருக்கிறது. கோயிலுக்குக் கொடுத்த பழம் சேரவில்லை. கோயிலில் இருக்கும் இறைவனுக்கு நீ ஏதாவது கொடுத்தால், அது ஏழைகளுக்குப் போய்ச் சேராது. ஏழைகளுக்கு நீ ஏதாவது கொடுத்தால், அது இறைவனிடம் போய்ச் சேர்ந்து விடும்.

கோயிலில் போய்க் கொடுப்பதும், ஏழைகளுக்குக் கொடுப்பதும் ஒன்றா என்று சிலர் கேட்கலாம். ஏழைகளின் வயிறு அஞ்சல்பெட்டி, இறைவனுக்கு அனுப்ப வேண்டிய கடிதத்தை இதில் போட்டால் இறைவனுக்குப் போய்ச் சேர்ந்து விடும்.

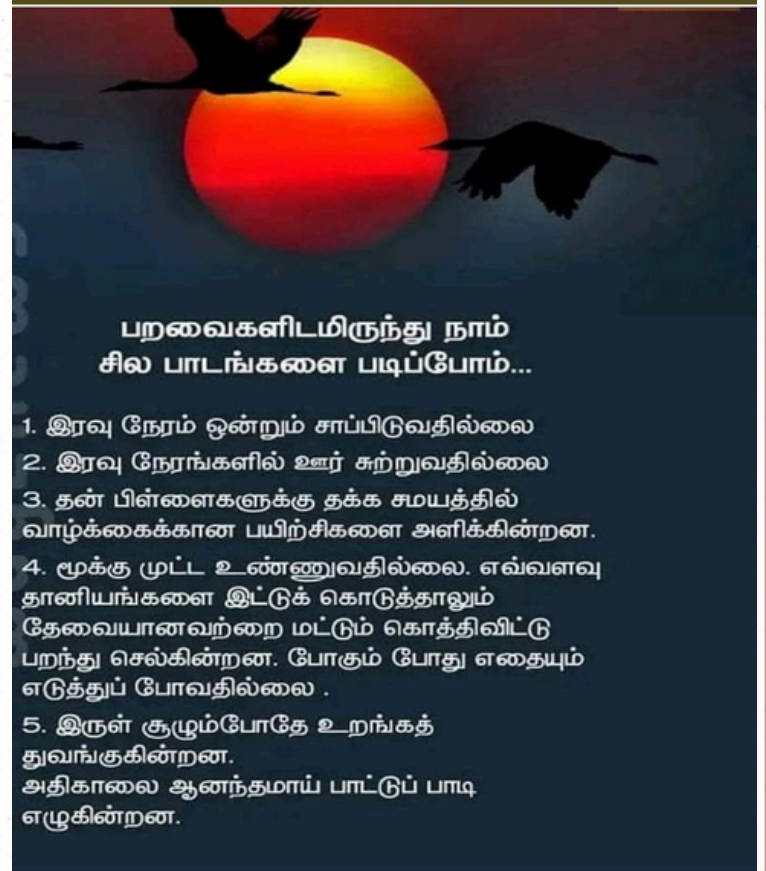
"ஏழையின் சிரிப்பில் இறைவனைக் காண்போம்.

Regards,
S.Mohankumar

வாழ்க்கை

வாழ்க்கை என்பது கடல் அந்த கடலில் நல்லா நீந்துங்கள்..
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Regards,
Sudha Sundaram



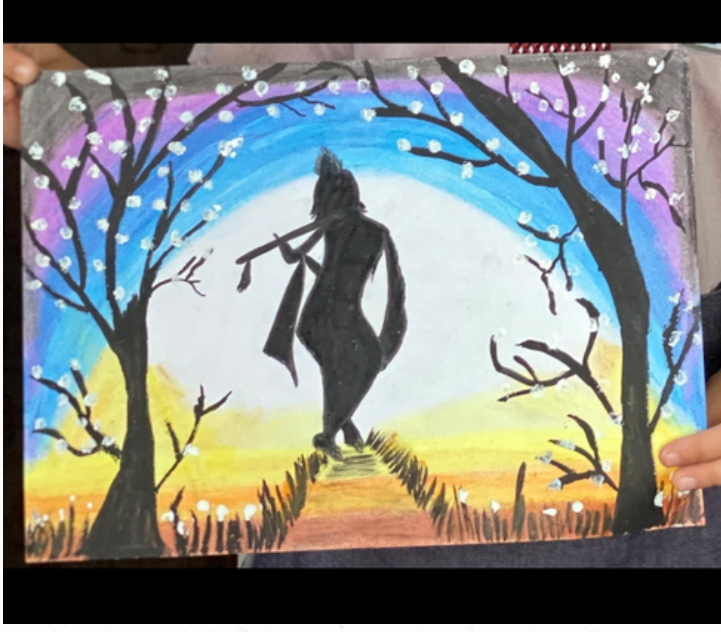
பறவைகளிடமிருந்து நாம்
சில பாடங்களை படிப்போம்...

1. இரவு நேரம் ஒன்றும் சாப்பிடுவதில்லை
2. இரவு நேரங்களில் ஊர் சுற்றுவதில்லை
3. தன் பிள்ளைகளுக்கு தக்க சமயத்தில் வாழ்க்கைக்கான பயிற்சிகளை அளிக்கின்றன.
4. மூக்கு முட்ட உண்ணுவதில்லை. எவ்வளவு தானியங்களை இட்டுக் கொடுத்தாலும் தேவையானவற்றை மட்டும் கொத்திவிட்டு பறந்து செல்கின்றன. போகும் போது எதையும் எடுத்துப் போவதில்லை .
5. இருள் சூழும்போதே உறங்கத் துவங்குகின்றன. அதிகாலை ஆனந்தமாய் பாட்டுப் பாடி எழுகின்றன.

Regards,
Sudha Sundaram

Junior Artists

ஆரோக்கியம்



Regards,
Khushee Mithil Mehta - B-701



Regards,
Daksha Rajesh E305 (5Yrs)



*ஆரோக்கியமே உன் விலை என்ன?. நான் உங்கள் உடல் பேசுகிறேன். எல்லாம் உங்கள் மனதிலும் நம்பிக்கையிலும் தான் இருக்கிறது. உங்கள் சிந்தனையை மாற்றி ஆரோக்கியமாக வாழுங்கள்.

*உங்கள் உடலில் இருக்கும் ஒவ்வொரு உறுப்பும் நீங்கள் உயிருடன் இருக்கும் அத்தனை நாளும் பயன்படுத்தவே படைக்கப்பட்டிருக்கிறது.*

அதனால் வயதானால் அந்த நோய் வரும் வயதானால் இந்த நோய் வரும் என்று சொன்னால், தயவு செய்து நம்பாதீர்கள்.

*உங்கள் கூடவே வாழும் மிருகங்களைப் பாருங்கள்.*

மரணம் வரும் வரை தன் வேலைகளைத் தானே செய்து கொள்கிறது.

*எந்தச் சிங்கமும் தனக்கு வயதாகிவிட்டது என்று தன் குட்டியிடம் சாப்பாடு கேட்பதில்லை.*

எந்த மாடும் படுத்துக் கொண்டு தன் கன்றிடம் தண்ணீரோ உணவோ கேட்பதில்லை.

*எந்தப் பூனையோ, நாயோ படுத்த படுக்கையாக இருந்து கொண்டு மலம் கழிப்பதில்லை.*

மரணம் அடையும் நாள் வரை ஆரோக்கியமாக சுயமாக தன் வேலைகள் அனைத்தையும் செய்கின்றன.

*மனிதர்கள் மட்டும் தான் வயதானால் நோய்வரும், இயலாமை வரும் என்று நம்பி, அடுத்தவர்களை எதிர்பார்த்து வாழ ஆரம்பிக்கிறார்கள்.*

நன்கு ஞாபகம் வைத்துக் கொள்ளுங்கள்

*முதுமை என்று எதுவும் இல்லை.*

நோய் என்று எதுவும் இல்லை.

*இயலாமை என்று எதுவுமில்லை.*

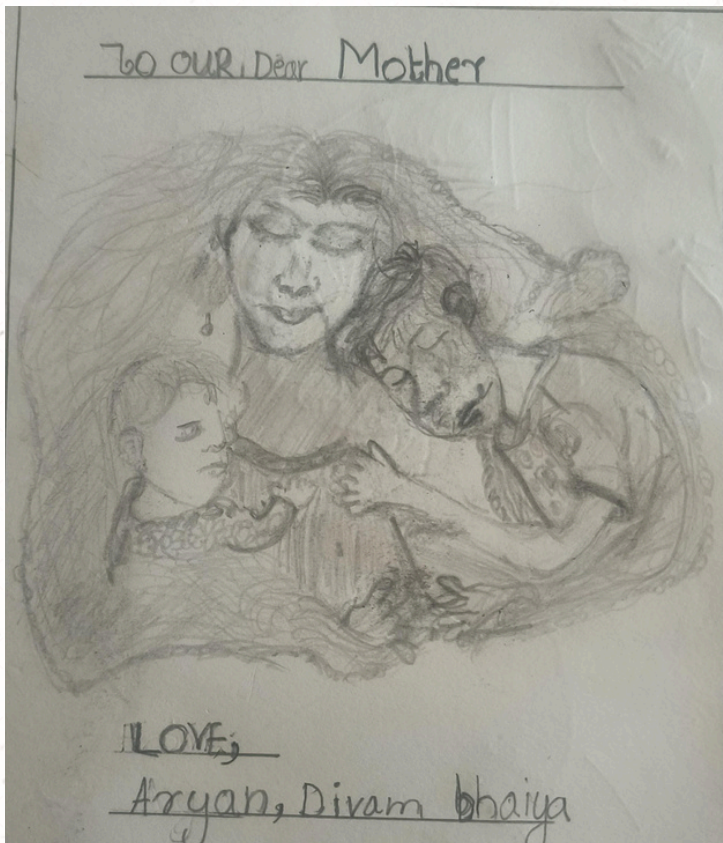
எல்லாம் உங்கள் மனதிலும், அதன் *நம்பிக்கையிலும் தான் இருக்கிறது.

*சிந்தனையை மாற்றுவார்கள். ஆரோக்கியமாக வாழுங்கள்.*



Regards,
Sudha Sundaram

Tribute to Mother and Motherland



Happy Mother's day

Dear Mom, (Dedicated to my mother and all mothers). Mothers are made of Blessings and Love But you are more than a blessing to me. You love everyone truly from your heart And you are always speaking the truth, Even if it hurts me too. You are guiding me and sometimes I am guiding you, Sometimes you are like a child and I feel I become your mother too, This bonding is what I love about us. Sometimes you make me do a lot of work And I know, you do this, so I become better. I love when you say, "I like hugs and kisses, but what I truly love is help with the dishes" It is to help me become independent. I hate when you put a smile and ask me to make Tea, But I also know if I don't make, you will add sugar in it 😊. Sometimes I do, sometimes I am lazy, But you understand my crazy. We fight, we laugh, we cry, and we disagree But then you and I cuddle and hug tight. We make up for everything and forgive each day. One more thing I love, is that I push you to do things you don't like & u do too. You do them with me because you want to see me smile and then you end up loving it, Just like how we did the water slides together, screaming and scared. Then you also thanked me for it.

Thank you, mom, for being my best mom. My best memories will always be with us in it. I love you.

Regards,
Aryan Vriksha (A 206)



INDIAN ARMY ! INDIAN ARMY !!!

Silent sentinels, by ice and fire they stand,
The Indian Army, guarding our dear land.
Through scorching desert and Himalayan snow,
A watch unbroken, where fierce winds blow.
No comfort found, in luxury's soft gleam,
Just duty's call, a waking, tireless dream.
Fatigue their comrade, pain a whispered foe,
Yet in their hearts, a fierce pride does grow.
Away from kin, from laughter, and from light,
They face the shadows, through the endless night.
A sacrifice unseen, a silent, heavy toll,
For every breath we take, they give their whole.
So we may sleep, in peace and gentle grace,
They hold the line, in that dangerous place.
Vigilant souls, a shield against all harm, Our brave
protectors, through every storm.

JAI HIND ! JAI BHARAT !!!!

By Anish (A304)



Did you know?



Psychological Facts of Human Behavior

Have you ever wondered why our taste buds get active right after seeing a restaurant? Why do we start liking a person right after seeing them, and why does it take ages to like someone? Well, the human mind is a lot more intricate than scientists have ever imagined. It is regulated by a plethora of factors, and the brain of every human works in a different way.

Read this blog to learn more psychological facts about human behavior and how they can be found in all humans.

The science of Behavior- Eye-opening psychological Facts about Human:

1.Negativity makes everyone weak:

Our thought process is directly connected to our health system. Continuously thinking about negative things weakens the overall immune system of your body.

2.Overthinking results in Depression:

Overthinking about unnecessary things can be a primary reason for depression. When we overthink something that does not exist, we lose focus on all the imperative things and start to feel exhausted, depressed, and lonely.

3.Spending Money on Adventurous gives happiness:

Humans are more gratified when they spend money on adventures like travelling, watching movies, playing sports, and more. It gives a feeling of happiness and, they get stress-free from the monotonous day-to-day routine.

4.Busier means Happier:

Keeping yourself busy with work makes you utterly happy. The reason is during the busy phase, there is no time to think about the negativity of life.

5.Feeing of Relaxation and Refreshment when someone hugs: Hugging a person for twenty seconds helps in gaining the trust of that person. The mind keeps thinking there is someone who genuinely cares about us and makes us feel stress-free.

6.Brain Loves Problems:

The brain always tries to find out the problems as it is designed to solve those problems. This is the primary reason why the brain has to face problems again and again.

7.A Single Negative Thing could damage the a minimum of 5 positive Memories:

According to human psychology, our brain tends to

remember negativity more than positivity.

For instance, a person keeps on ranting about how their boss insulted them rather than focusing on the compliment they received from the coworker.

8.Appearance is directly interconnected with our mood:

Dressing is directly interconnected with the mood. It helps in keeping you happy, fresh, and in a good mood. It's not only about the colours we tend to choose but the overall appearance which matters the most.

By Aiswarya. C (A-402)

Ways to Build Confidence in Children



Ways to Build Confidence in Children

To boost a child's confidence, encourage them to try new things, praise their efforts, and help them develop a growth mindset. Create opportunities for them to experience success, celebrate their achievements, and provide a supportive environment where they can learn from mistakes.

1.Encourage and Support Trying New Things:

Emphasize that it's okay to fail and learn from mistakes

2.Help them to find their passions:

Encourage them to explore their interests and pursue activities that genuinely excite them.

3.Praise Effort and Progress:

Focus on their effort and progress, not just the outcome:

Acknowledge and celebrate their hard work and persistence
Offer specific Praise: Instead of generic compliments, point out specific behaviors or traits you appreciate
Celebrate small wins: Acknowledge and appreciate their accomplishments, no matter how small

4.Create a Supportive Environment:

Spend quality time together: Engage in activities that foster connection and build a strong parent-child relationship

Be a good role model: Show them how you handle challenges, make decisions, and interact with others
Encourage healthy social interactions: Provide opportunities for them to interact with peers and build positive relationships

5.Help Them Develop a Sense of Self-Worth Help them identify their strengths and talents: Focus on their unique quality and abilities Encourage them to set achievable goals: Help them develop a sense of accomplishment by setting realistic goals they can achieve

By Aiswarya. C (A-402)

Amusement parks near Chennai



For those seeking a refreshing escape from Chennai's often scorching temperatures here we have listed the types of rides and attractions, ticket prices, operating hours, food options, accessibility, history/unique features, recent news, and reviews about the Amusement Parks in around Chennai..

Let's dive into each park:

1. VGP Universal Kingdom

Types of Rides and Attractions :

VGP Universal Kingdom boasts a wide variety of rides catering to different age groups and thrill levels.

These include:

Thrill Rides:

Roller Coaster, Super Trooper, Wave Swinger, Flash Dance, and more.

Family Rides:

Ferris Wheel, Flying Carpet, Pirate Ship, and others suitable for the whole family.

Kids Rides:

Several gentle rides designed for younger children.

Water Rides:

Though not a dedicated water park, they have some water-based attractions like the Go-Karting with water splashes.

Other Attractions:

Statues of historical figures, art exhibits, and live shows.

Ticket Prices and Special Offers:

VGP Universal Kingdom Chennai Entry Fee
350 per person for Adults (Silver Crown)
300 per person for Children (Silver Crown)
600 per person for Adults (Golden Crown)
500 per person for Children (Golden Crown)
945 per person for Adults (Platinum Crown)
845 per person for Children (Platinum Crown)

Ticket prices can vary depending on the day of the week, time of year, and any ongoing promotions. It's best to check their official website (VGP Universal Kingdom) for the most up-to-date pricing and any special packages or discounts. They often have combo tickets with Snow Kingdom.

Operating Hours and Best Times to Visit:

Typically, amusement parks are open throughout the week, but hours might change. Weekends and holidays tend to be more crowded. Visiting on weekdays or during the early hours of the day can help you avoid long queues. Usually opening timings is 9.30am to 6pm daily .

Food and Dining Options:

VGP Universal Kingdom usually has several food stalls and restaurants within the premises offering a range of cuisines, from local Indian food to fast food.

Reviews and Ratings:

4star Ratings and good reviews.



VGP SNOW KINGDOM:

Located on East Coast Road (ECR) in Injambakkam, adjacent to VGP Universal Kingdom, Snow Kingdom maintains a chilly -8°C (18°F) to provide an authentic snow experience.

Visitors are provided with sterilized, cold-weather clothing, including jackets, gloves, socks, and boots, to ensure comfort during their session. The park is designed to offer a fun-filled experience for all ages, with a range of attractions and activities:

Snow Adventures:

Engage in classic snow activities like throwing snowballs, building snowmen, and playing in the expansive snow play areas.

Snow Slides :

Experience the thrill of gliding down snowy slopes .

Snow Dance Floor:

Groove to upbeat music in a unique disco setting surrounded by snow.

Snow Trekking & Mountain Climbing:

For those seeking a bit more adventure, there are indoor snow treks that simulate climbing snow-capped peaks.

Unique Photo Opportunities:

The park features incredible ski-resort-themed winter scenery and snow sculptures, providing plenty of picturesque spots for photos.

Other Attractions

While Snow Kingdom is a standalone experience, it's often

Amusement parks near Chennai

part of a larger visit to the VGP Universal Kingdom, which also includes attractions like the Click Art Museum (featuring 3D art) and a 12D cinema experience.

Ticket Information & Timings:

Ticket Prices:

Entry tickets for Snow Kingdom typically start from around ₹650 to ₹750 per person for adults and children. Combo tickets, which include access to VGP Universal Kingdom and/or Marine Kingdom, are also available and can be more cost-effective.

Duration: Each session inside the Snow Kingdom usually lasts for about 45 minutes, with an additional 15 minutes for acclimatization to the cold temperatures.

Operating Hours:

VGP Universal Kingdom, which often includes Snow Kingdom in its Platinum Crown package, is generally open from 11:00 AM to 7:30 PM on weekdays and 10:30 AM to 8:00 PM on weekends. It's advisable to check the official website or booking platforms for the most up-to-date timings and session availability.

Visitor Experience & Reviews:

Reviews generally highlight the enjoyable and unique experience of playing in the snow, especially in a tropical city like Chennai. Many appreciate the provided snow gear and the overall cleanliness and maintenance of the park.

The snow slides and dance floor are popular attractions. Some visitors note that the 45-minute session feels a bit short, but overall, it's considered a good place to spend time with family and friends, particularly for kids. VGP Snow Kingdom offers a welcome respite and a memorable "winter" adventure right in the heart of Chennai, making it a popular choice for families and thrill-seekers alike.



QUEENS LAND AMUSEMENT PARK:

Queens Land Amusement Park, located in Poonamallee, Chennai, is a popular destination for families and thrill-seekers looking for a fun day out. Spanning 70 acres, the park offers a wide array of rides and attractions designed for all age groups.

Rides and Attractions:

Queens Land boasts over 50 rides, with a division of 33 rides for adults and 18 for children, as well as a variety of water attractions. Some of its notable rides include:

Thrill Rides

Free Fall Tower
Centrox
Alpen Blitz
Hanging Coaster
Octopus
Pirata Ship
Tora Tora
Disco Fly

Water Rides:

- * Himalayan Water Ride
- * Water drops and winding tunnels.
- * Wave Pool
- * Lazy River
- * Rain Dance
- * Separate swimming pools for women are also available.

Family Rides:

Boating,
Orchestra
Dragon fly
Cable Car
Queens Express Train

Ticket Prices and Timings:

Adults: ₹750

Kids (within 2.6 - 4.6 feet): ₹650

Infants (under 2.6 feet): No ticket required.

Operating Hours:

Tuesday to Sunday: 9:30 AM to 6:00 PM

Monday: Closed for maintenance (except public holidays).

Food and Facilities:

Queens Land offers various dining options within the park:
Spice Garden: Serves South Indian vegetarian dishes.

King's Feast: Offers non-vegetarian options, including South Indian and North Indian favorites.

Chillers and Thrills: A stall for beverages, ice creams, and snacks. Outside food and drinks are generally not allowed inside the park.

Additional facilities include:

- * Ample parking space for cars and buses.
- * Clean and well-maintained restrooms.
- * First aid centers for minor injuries.
- * Gift shops offering souvenirs and accessories.

Location and Accessibility

Queens Land Amusement Park is located on the Chennai-Bengaluru Highway (NH4) Chembarambakkam, Chennai. It is easily accessible by bus.

It is advisable to check the park's official website or contact them directly for the most up-to-date information and to inquire about ride availability before your visit.

Regards

Abhi, G-304

Plus One Potti



Plus One Potti: When Your Chellam's "Future" Involves Football & Fantastic Thoongal

The annual Plus One course selection has begun in our house, and it's less "choosing a bright future" and more "negotiating with a superstar who just finished a tough match." My teenage son, let's call him "The Kutty," approaches academic decisions with the urgency of a snail doing a Bharatanatyam recital.

The Career Counseling Begins (and Goes Sideways)

Amma, ever the sensible one, tries to nudge him towards something practical. "Think about your real interests, chellam," she says, gently pushing a brochure for engineering courses his way. "What makes your blood boil, in a good way?"

The Kutty, deeply engrossed in a YouTube video of Cristiano Ronaldo's greatest goals, just grunts, "Football?"

"Yes, football is superb, but what subject interests you?" I jump in, picturing him as the next big IT honcho. "Maths? Physics? Computer Science? Something to get you a good sambalam?"

He screws up his nose. "They sound like... too much brain-work."

"The "Visionary" Back-Up Plan

We try a different angle. "Okay, think about your future, da," Amma continues, her voice laced with the desperation of someone trying to get a toddler to eat sambar.

"What kind of job do you see yourself doing? Something stable, something with good perumai?"

The Kutty finally looks up, a genuine spark in his eyes. "You know what I'm really good at, appa?"

We lean forward, hope rising like pongal in a pressure cooker. Finally, a breakthrough!

"Perfecting the bicycle kick," he declares with the unwavering conviction of a Thalaivar fan. "I could be a professional footballer! Think of the roaring crowds! The fancy kicks! The big, big kaasu!"

My wife and I exchanged a look that could curdle buttermilk. "That's... a very tough path, kutty," Amma says softly.

"True," The Kutty concedes, a thoughtful expression on his face. "Which is why I need a backup plan."

We brace ourselves.

"Competitive napping," he announces triumphantly. "Imagine the endorsements! The super soft thalayanai! The international thoonga competitions!" Amma and I just stare. Competitive napping? Is this what years of school fees, endless tuition, and countless plates of dosa have led to?

The Unending Debate "Chellam," I begin, trying to keep my voice steady, "competitive napping is... not really a proper career, you know?"

"Not yet!" Kutty insists, his voice brimming with the enthusiasm of a new movie release.

"The market is untapped! I'm a visionary, like a director!"

The ensuing argument involved impassioned defenses of "optimal recovery," bewildered inquiries about "nap-time sponsorships," and my muttered observation that his current level of "not doing homework" seemed to be excellent training for at least one of his chosen professions.

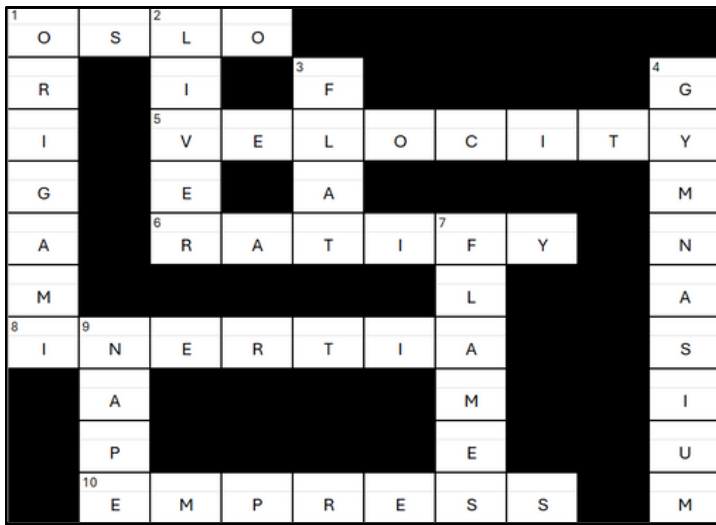
The Plus One forms are still sitting on the table, unsigned, like a forgotten cricket bat after a long innings. It seems our journey into the fascinating world of vocational training is going to be a long and hilarious one. Send some strong filter coffee. And maybe a good quality pillow. Just in case.

Regards,

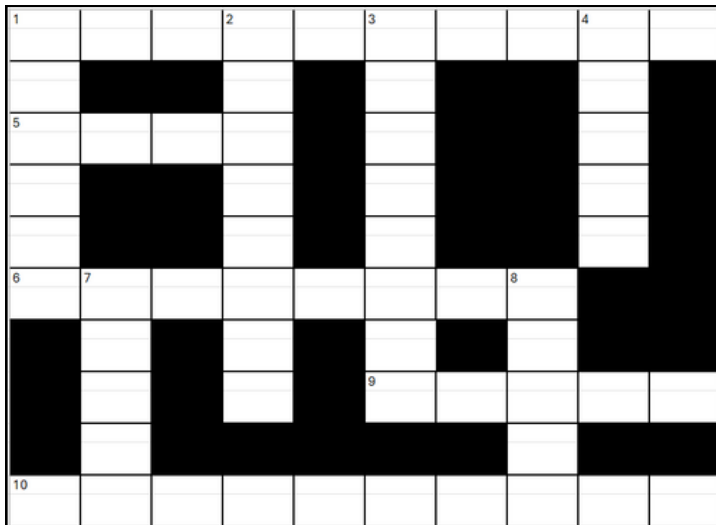
Prasanna C-404

PUZZLE

April Issue Crossword Answer



Refer April Magazine for the full crossword and hints



Down:

- 1 "MERCHANT OF _____" (6)
- 2 OFFICIAL LANGUAGE OF CHINA (8)
- 3 A POLYGLOT PERHAPS? (8)
- 4 TREE RELATED TO RECONCILIATION (5)
- 7 THE OG OF PHOTOCOPYING (5)
- 8 SOME MORE (5)

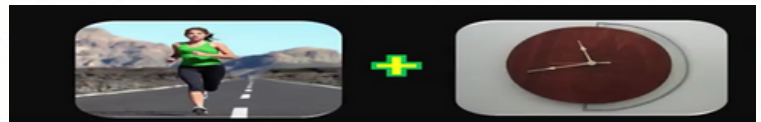
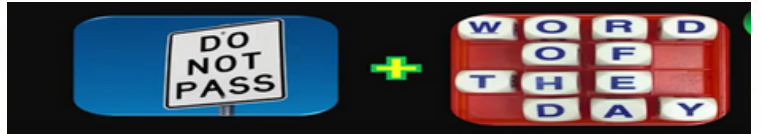
Across:

- 1 SINDOOR IN ENGLISH (10)
- 5 SECOND NOBLE GAS IN THE PERIODIC TABLE (4)
- 6 TO USE ONE'S POWER (TO VOTE, SAY) (8)
- 9 SOMETHING RELATED TO FOUR (5)
- 10 A PERSON LIVING OUTSIDE HIS OWN COUNTRY (10)

Crossword Answers will be published in the next edition

Crossword Designed By - Narayanan (A1205)

Connexions



By - Amirtha Prassana (c-404)

- Answers:**
- 1) Search Engine
 - 2) Home Page
 - 3) Password
 - 4) Run Time
 - 5) Bluetooth

Who Am I?

- 1) What do you call a bear with no teeth?
- 2) What has many rings but no fingers?
- 3) I sometimes run, but I can't walk. What am I?
- 4) Who has married many women but was never married?
- 5) Forward, I am heavy; backward, I am not. What am I?

By - Amirtha Prassana (c-404)

- Answers:**
- 1) Gummy Bear
 - 2) A Phone
 - 3) Nose
 - 4) A priest
 - 5) Ton

Into the Universe with Sha



The universe is vast, and we live on a tiny planet, almost like a speck of dust. Sometimes, when I look at the sky from my balcony, I can't help but wonder: who created all of this, aside from our religious beliefs? With advancements in science and technology today, we can see far beyond Earth—through the Milky Way, to black holes, and beyond. But what is the true story behind the formation of these planets, and how life and the functioning of Earth came to be? Who is really responsible for all of this? To explore this curiosity, I asked ChatGPT, “What might humans have thought about the universe before the development of science?” and its answer is as follows.

Before modern science emerged, human understanding of the universe was shaped by mythology, religion, philosophy, and direct observation. These early ideas weren't based on systematic experimentation but on cultural narratives, logical reasoning, and attempts to explain natural phenomena using available concepts. Here's a broad overview of what different civilizations and eras thought about the universe:

1. Mythological and Religious Worldviews (Prehistoric – Ancient Times)

- Creation myths: Most early cultures had stories that explained the origin of the universe as the work of gods or supernatural beings.
 - Example: In Mesopotamian mythology, the universe was created from the slain body of a primordial chaos monster.
 - In the Hebrew Bible, God created the world in six days.
 - Hindu cosmology described cyclic creation and destruction of the universe, tied to the breath or dance of deities like Brahma or Shiva.
- **Flat Earth & Dome Concepts:**
 - Many early peoples believed the Earth was flat or disk-shaped, with the sky as a dome overhead (e.g., the Babylonian cosmology).
 - Stars and planets were often seen as divine beings or lights affixed to this dome.

2. Philosophical Models (600 BCE – 1500 CE)

Ancient Greece:

- Thales, Anaximander, and early thinkers began seeking natural (rather than supernatural) explanations.
- Pythagoras and Plato introduced geometric and mathematical harmony into cosmology.

- Aristotle proposed a geocentric universe: Earth at the center, surrounded by concentric spheres for the Moon, Sun, planets, and stars.
- The universe was finite and perfect, with the heavens made of a special, unchanging substance called aether.

Ptolemaic System (2nd Century CE):

- Claudius Ptolemy expanded on Aristotle's ideas into a complex geocentric model that explained planetary motion using epicycles.
- This model was highly influential for over 1,000 years in Europe and the Islamic world.

3. Other Cultural Views

- Ancient Chinese cosmology often emphasized cycles, balance (yin and yang), and an Earth-centered model, though not identical to Aristotle's.
- Mayan and Aztec civilizations had intricate calendars and star charts but also tied cosmology tightly to religion and fate.
- Indigenous traditions around the world often view the universe as alive and interconnected, emphasizing spiritual relationships between humans, Earth, and the cosmos.

Summary

Before science, humankind thought of the universe as:

- Created or governed by divine forces.
- Geocentric, with Earth at the center.
- Ordered by purpose or meaning rather than physical laws.
- Often finite, enclosed by some kind of "outer" boundary (like a firmament or crystal sphere).

These views show a deep human need to understand existence, even in the absence of experimental tools—leading naturally into the development of science when observation, logic, and mathematics began to dominate.

In our upcoming article, we will dive deeper into the fascinating facts hidden behind the universe. Don't forget to look up at the midnight sky—without any noise—observe the stars and the moon. The questions that arise in your mind while gazing are sure to be the same as mine. Stay tuned for my next article!

Regards,
Sha - F1306

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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Send your articles and works to editor@zenbeehive.in

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