



ZEN BEEHIVE

THE MIRROR
A COMMUNITY MAGAZINE

ISSUE NO. 2 | NOVEMBER 2024 ISSUE

OUR MAGAZINE LAUNCH

www.zenbeehive.in

DIWALI CELEBRATION

HAPPY
DIWALI

CHILDRENS DAY ART COMPETITION

INTERVIEW WITH ZENITH KIDS BOX CRICKET TEAM

WHATS NEW IN THIS EDITION



ZENITH YOUNG ART COMPETITION RESULTS

CROSSWORD | COOKING TIPS | POETRY | RIDDLES | INTERVIEW | GAMES

Zen Beehive Magazine Launch



Launching anything needs a lot of planning and must be very well organised. We, as a team from Zen Beehive, had been planning the release of our Magazine at the right place and at the right time. A gathering that made this launching a perfect timing was the gathering that was witnessed in the Diwali Celebrations of our Zenithians. The place looked so colourful with positive vibrations filling the place. There were different stalls that kept the kids and their parents busy. The Zen Beehive team had a Hawk's eye and decided that Diwali celebrations would be the apt time for the release of our Magazine.

The Launch of Zen Beehive Magazine took place on the 26th of October 2024 in the Phase I podium. A small team of volunteers took the stage and spoke about the idea of the Magazine. It was mentioned that this Magazine is for the Zenithians and by the Zenithians. A community Magazine that speaks about the happenings inside Zenith. There are a lot of owners who are staying away from Zenith. Zen Beehive will truly make them feel connected. It was also said that there is no language barrier for any write up contributed to the Magazine. There will definitely be a group of readers and feel that instant connection to the language. The Magazine focuses on contributions from any age group.

Next, comes the moment that we all were waiting for. Our Digital Team, have done a commendable job by creating a most colorful magazine and also had printed a few hardcopies for the Launch. Senior hands are always experienced and are encouraging. Three Golden agers with a golden heart joined the team on stage for the Launch. Our Team wholeheartedly thank Mr. Venkatesan, Mrs. Anitha Raj, Mrs. Amirtha Prasana, Mrs. Nirmala, Mrs. Seethalakshmi, Mrs. Maheswari, Mr. Sharief, Mr. Radhakrishnan, Mrs. Abhirami and Mrs. Anuradha for displaying a copy of the Magazine to the crowd. We concluded by mentioning the email id's **editor@zenbeehive.in** for contributors to send in their writings and **publisher@zenbeehive.in** for concerns that readers may have respectively. “ **No Beauty Shines better than that of a Good Heart**”. So, let me thank all the good hearts of Zenith who made this launch a great success.

Zen Beehive Team

Box Cricket in Zenith



Box cricket is a version of cricket that's played in a confined space, often indoors, using a tennis ball wrapped in electrical tape. It's also known as indoor cricket or tape ball cricket. Box cricket aka Turf cricket is a popular variation of traditional cricket. It has a distinct set of rules and dynamic, fast-paced gameplay. The gameplay and scoring are quite similar to traditional cricket, but special rules are included to accommodate the smaller playing field. Zenithians are a mix of everything. This literally means that there are people here who are passionate about music, sports, art etc. This passion has led one set of people to form a Sports committee that is headed by Mr. Ashok Upadyay. This committee has its own whatsapp group with around 26 plus members and to name a few known faces Srijith, Sridhar Deena, Kailash etc are a part of the committee. An organized planner is in place for the year 2024 with Sports like Throwball, chess and Table tennis, Carrom etc are also

Victory Vipers	Seven Ninja Strikers	Mini Cricketers	Victorious Titans
Rithvik Johan (C)	Ranadheeran (C)	VJ Nikhilesh (C)	Abhinav Singh (C)
Vinayak Dev	Gitta Naga Suvas	Sarvadhric	Ruthween
Aarav Radeep	M S Thanai Sreshta	Agaran	Devesh P
Ishan	V Vishnuu Vidharth	Shreehaan	K Levin Anbu Edrics
G Libin Shaun	Pranesh Kumar A V	Gitta Sai Shreyas	Skanda D
Akshan	N Sushanth	Lionel Henix	S Jaiakash
Juhisha	Akshada N	Samanyu Singh	Rohit

being played now and then at Zenith. Sandhya, Raji, Aishwarya and many others have taken up these sports and are carrying it forward. Sports looks like a serious business in Zenith, not in terms of money but in terms of interest shared by the residents. Even before the committee took birth in Zenith, Box cricket had made its way here through adults. They had formed a team and had organised a league just like our T20 matches which took place at M's Turf. Owners (Mr. Mohan Kumar, Mr. Sampath, Mr. Kishore etc) took responsibility for the team and virtual money of Rs. 1,00,000 was declared for the tournament.

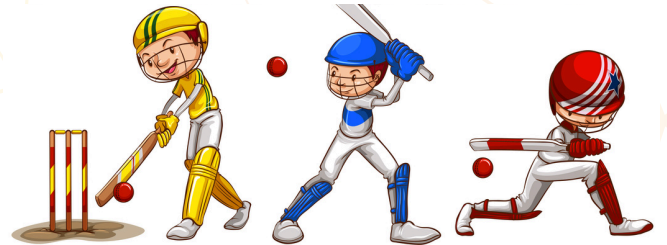
As this news spread inside, slowly kids took interest and they wanted to take part in such a tournament. This was moving to the next level and a committee was formed and a successful Box cricket League Tournament was conducted on the 27th of October 24 at our OSR grounds. Sridhar and Kailash took the responsibility of running the show. Since they were not sure on the strengths and weaknesses of the players as first timers, they resorted to Google forms for registration and the players could choose what they wanted to be.



Box Cricket in Zenith

The players were clear enough to say that they would be best as a bowler, batsman, captain etc. So, they were placed accordingly in the team. Minimum charge of Rs.50 was taken from the players as registration charges and it was purely used against the purchase of refreshments and tennis balls for the game. Age limit set for the players was from 6 yrs to 12 yrs. Organisers took the responsibility of forming a team with all the age groups to maintain equality. A total of four teams were formed out of 28 registered players that included 4 girls. The boys and girls were free to select the names of their teams. They had come up with vibrant names: Victory Vipers, Seven Ninja Strikers, Mini Cricketers and Victorious Titans. Box cricket is played at its best if there are a minimum of 4 players. Here, each team had 7 players including one girl player in each team. Strategically, other than the age criteria, gender, etc, organisers assigned a coach for each team. Karthik Kannan, Pradeep Durai, Sasi, and Suraj were the coaches for the teams and helped the kids practice for a week before the actual match. Victorious Titans emerged as winners and Seven Ninja Strikers became the runners up of the BCL (Box Cricket League) while the other two teams gave a tough fight. Winning team received a Trophy and all the other players received medals. It is quite natural to face any challenge while something good happens. As the belief has it, the organisers had a tough situation the previous evening of the tournament.

An external party wanted our Zenithian team to collaborate with them and play tournaments and they were against our own tournament. The organisers went clueless as this was totally unexpected in the eleventh hour. Luckily, two members from the EC Mr. Krishna and Mr. Vijayaraghavan, being a part of the sports committee, fought for our right to have the liberty of having our own teams and conducting matches at our will. Then came the other objection that matches should not be conducted in the OSR as we may cause any damage to the grounds. Again the organisers promised to be careful and take responsibility for the damage if it occurred. Amongst all the odds, the tournament took place without disappointing the kids and it was a wonderful show with good number of audience. Everyone had a good experience and to the surprise of the organisers, the kids were so talented and brilliant that their parents realised that their kids can do something really great in cricket. This was a fact that was not known to either the kids or the parents. Kids developed team spirit and the captains of the team did a great job by encouraging their mates to do better.



Box Cricket in Zenith



They were cool captains and never were agitated is what we heard. We had a chance to speak to the captain of the winning team, Abhinav and got to know his experience. The kid explained it so well with usage of terms Batting line up, fielding position etc. As a captain he did not take credit for winning and owed it to his team and coach, Mr. Karthik and a neighbor of Abhinav too. He just wanted to lead the team. Akash from his team bowls well and fields well, says the captain. Pranesh from the Seven Ninja Strikers is a tough guy. Someone from the other team guided Abhinav to bowl in a specific way to take pranesh's wicket. Akash executed it and Huray! and Abhinav (caught the ball) got him. Such was their team spirit that maybe adults should learn from them. As a footballer too, captain Abhinav took to imitating Lionel Messi's steps while getting the Trophy and the audience enjoyed witnessing the same.

Nikhilesh, captain of Mini cricketers team says that his friends encouraged him to be the captain as he has already played cricket using a sponge ball. Being a sweet kid, he takes the blame completely on him for losing the battle. Kids learn to take ownership too, isn't it readers? Though being the best player in the team, Nikhilesh couldn't gauge the strengths and weaknesses of his team mates as they all were new to him. Parents of the players got so involved in the tournament that they expressed anger, frustration, happiness and got connected and emoted so much.

This captain knew that his dad was unhappy about his performance, remained calm and was the main reason to emerge victorious in the third match that the team played. His actions spoke for him more than his words and we can call him "Captain Cool".

The Sports committee successfully accomplished the tournament and plans to continue doing it. The next tournament shall be conducted like the IPL says the organisers. Readers, wish them all Good Luck! and we will catch you up in our next release.

Info Courtesy:

Zen beehive team had a chat with the organisers Sridhar and Kailash. Since it was already late in the night, we could meet only a couple of kids as representatives of Box cricket. Parents kindly don't feel that the other kids were ignored. We just wanted a jist of the event to showcase it in our magazine. All the information is true to our knowledge.

Happy Reading!

Regards,

Mrs. Amirtha Prasanna

Zenithians Diwali Celebrations



Diwali, also known as Deepavali, is a festival celebrated by Hindus, Sikhs, Jains and some Buddhists too. This symbolizes Good over Evil and overcoming darkness by choosing light. Mythology says, Diwali is celebrated to remember the day that Lord 'Rama' came back to Ayodhya with Goddess 'Sita' from Lanka after destroying 'Ravana'. The other story that Hindu Mythology has for us is that Demon 'Narakasura' was destroyed by Lord 'Krishna' for his evil deeds. So, in order to remember this day, Hindus celebrate Diwali.

It is a festival of lights. "Diva" means lamp and on this day people light lamps and decorate the house to invite Goddess Lakshmi. Bursting crackers is also a tradition that is followed and it is done with such pomp that the happiness that this can give kids can't be described in words.

Zenithians chose to celebrate Diwali at its best by staging up different performances. There was no age bar and there were absolutely stunning performances from all the age groups. With a cheering audience, Zenithians had a great memorable day. Ranging from singing, dancing, fashion parade etc, the evening was such an enjoyment to all of us. We must applaud the cultural committee of Zenith to have put up such a neat and organized show. The event committee had arranged for a few stalls that included eateries too. Kids enjoyed it the most as there were popcorns, spring potatoes, mojitos etc. If I guessed it right, most of the residents completed their dinner in the



celebrations and took a night's break from cooking. The stall idea was a good opportunity for some of the Zenithians to showcase their entrepreneurship. Apart from food, there were stalls which had clothes, jewellery etc. The Diwali celebrations turned out to be a memorable one indeed.



Zenithians Diwali Celebrations Gallery



Tribute to the Indian Army



“Amaran” fever is on everywhere today. As it is a movie on a real life hero “Mr. Major Mukund Varadharajan”, it was worth watching the movie after all the hype that was created. This movie also created a thought in the minds of the ‘Zen Beehive Team’ to pay tribute to the Army men in some way. Hence, an Art competition on the Theme ‘Tribute to the Indian Army’ was announced and children could show their gratitude through their drawings. This was also a try to instill patriotism in the young minds of today who are the future of our Nation.

Like how evil Narakasura was destroyed by Lord Krishna, our Army men fight terrorists and other evil forces to protect the Nation and its people. We had asked the kids to draw whatever comes to their mind when they think of the Army. We were so happy to receive entries from around 22 kids ranging from 5 to 12 age groups. Only kids were called for this competition as we wanted to celebrate children and their efforts on account of “Children’s Day” too. The competition took place on the 17th of November (Sunday) in our club house library, the day kids are off from school. The Zen Beehive Team had supplied A4 size charts for drawing and other required supplies like colour pencils, sketches, drawing pencils etc were brought by the kids. It was a sight to see the kids draw with such sincerity and competitive spirit. One hour was the time limit given to the kids and we had two

college goers Adhitya and Sangeeth who volunteered as invigilators. They were so committed and kept on moving around to see if everything was alright.

The thought process of the kids was impeccable. Some had drawn Army men saluting, few had drawn Indian flags with Army men while one kid had drawn the face of an Army man with a perfect Mustache. This is for you readers to picturise the drawings in your mind. That was the level of commitment and creativity that our Zenith kids have.

Mr.Venkatesan and Mr. S. Mohan Kumar were kind enough to be the judges for the competition. A fair judgement was seen in the deciding of the winners in three different age groups ie; 5-7, 8-10 and 11-12. All the categories got 1st, 2nd and 3rd places respectively. Winners were given Trophies and certificates and all the other kids received participation certificates too. We were extremely delighted and gratified to get good feedback from the parents who were present there. Thank you so much parents and that meant a lot to us.

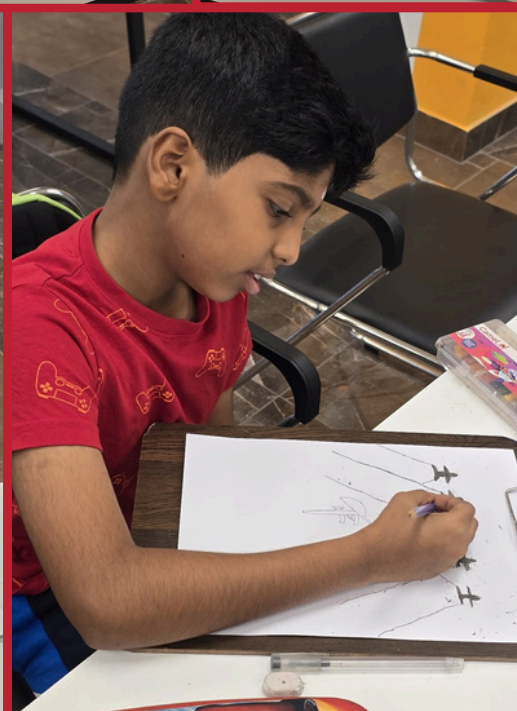
Zen Beehive plans to conduct such interesting events every now and then on different occasions inside our community. Keep an eye on the general group's readers.

Zen Beehive Team

Zenith Young Art Competition Gallery



Zenith Young Art Competition Gallery



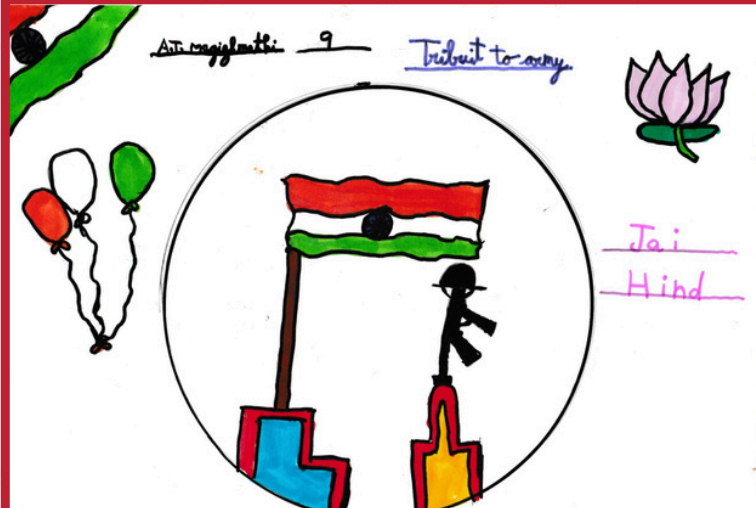
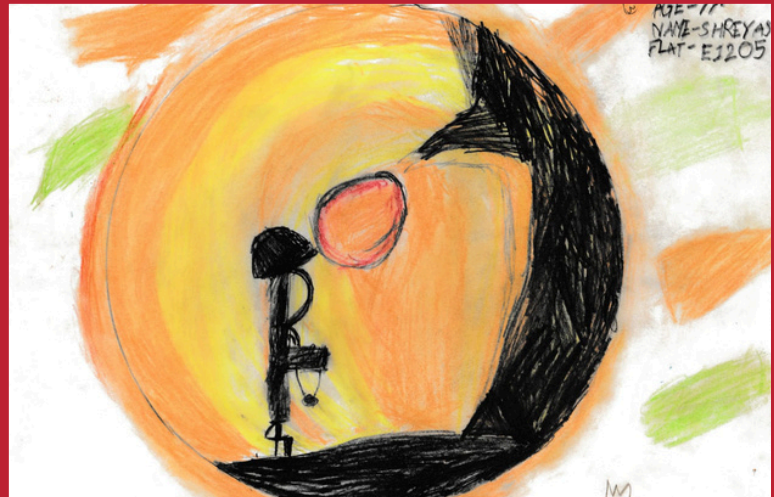
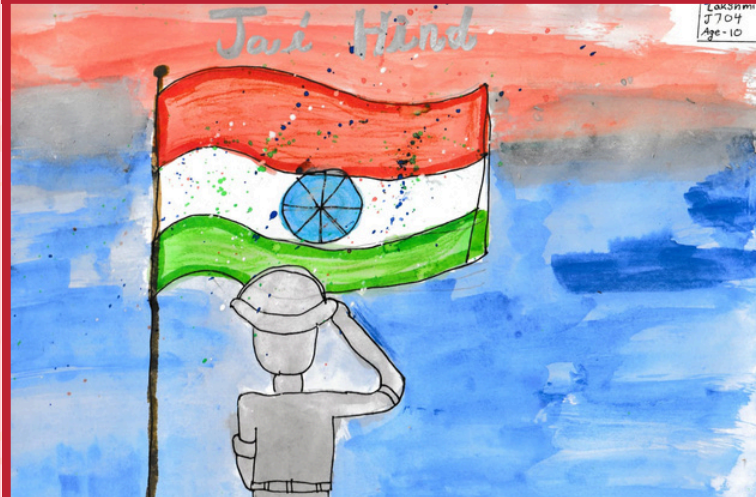
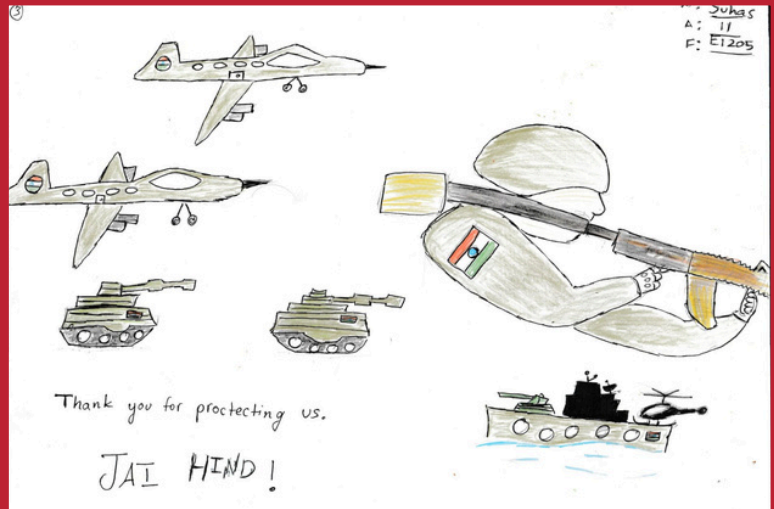
Zenith Young Art Competition Prize Winners



Zenith Young Art Competition Prize Winners



Zenith Young Art Competition Drawings



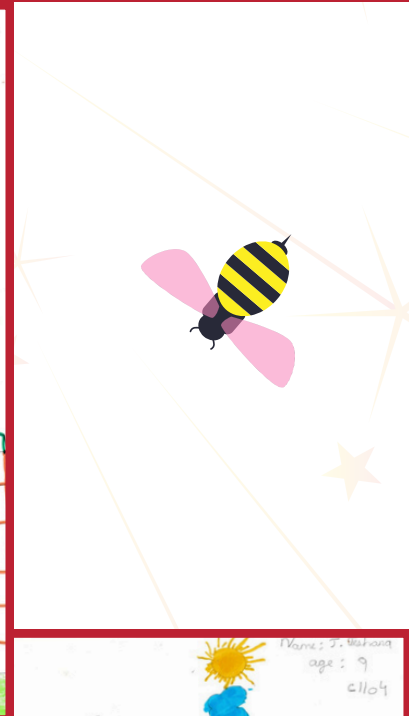
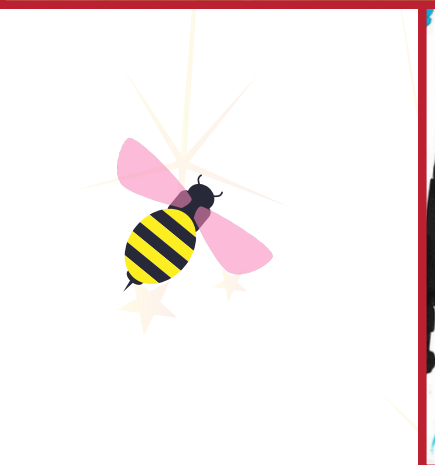
Zenith Young Art Competition Drawings



Name : A.R. Sanjana
Age : 9
Flat. No. : E307



Sleep peacefully at your homes. Indian army is guarding the frontiers.



Zenith Young Art Competition Drawings



Global Art Champ



This is Jaishnav. V of class 3B from H 205 participated in the Regional color champ contest conducted by Global Art held on 25.8.2024 at RK convention center Neelangarai and won the Winner trophy for the competition in the Group B category for the Chennai zone. He is also eligible to participate in the National competition to be held at Hyderabad in the month of October. In addition to that he has also been winning the hi buddy contest championship conducted by Global Art every year. He won consecutively for 2 years.

Connexions

GUESS THE VEGETABLE !!

1



2



Guess What?



Guess the Cartoon ?



+



GUESS WHAT?



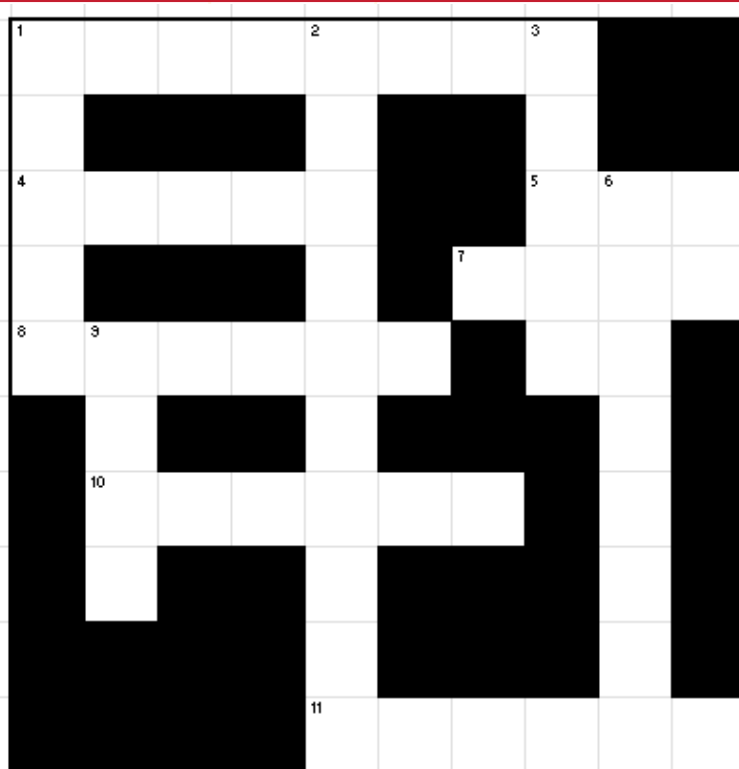
GUESS WHAT?



By Mrs. Amirtha Prasanna

- Answers:**
- 1) Ladies Finger
 - 2) USB
 - 3) Dora
 - 4) Motherboard
 - 5) Home Theater

Crossword



Across:

1. Rockband that will be touring the country soon!
4. System used to track ships
5. Heads of companies
7. Carrier of bad blood
8. Relating to milk
10. Sound of repeated knocks
11. Craving for something

Down:

1. Precious stone from sea animals
2. Determined to do something
3. Country in the middle-east
6. Loathes
9. 43560 square feet

Crossword Answers will be published in the next edition

Crossword Designed By - Mr. Narayanan

RIDDLES

1. Which house can fly?
2. I am easy to lift, but hard to throw. What am I?
3. What has 5 fingers but is not alive?
4. What has 88 keys but cannot open a single door?
5. Which room has no doors and windows?
6. What goes z to a?
7. What can you catch but can't throw?
8. What has one eye but can't see?
9. What appears once in a minute, twice in a moment, but never in a thousand years?
10. If you drop me, I crack. If you smile at me, I smile back. What am I?

- Answers:**
1. Housefly
 2. Feather
 3. Glove
 4. A Piano
 5. Mushroom
 6. Zebra
 7. A cold
 8. A needle
 9. The Letter 'M'
 10. A Mirror

Tongue Twister: Six sick hicks nick six slick bricks with picks and sticks.

By Mrs. Amirtha Prasanna

Find 25 spelling mistakes

"Find 25 spelling mistakes in the short essay "Chennai"

Chennai: A Vibrant Metropol

Chennai, India's fourth-largest city, boasts rich cultural heritage. Established in 1639, Chennai seamlessly blends tradition and modernity. Located on India's southeastern coast, Chennai thrives. This cosmopolitan city attracts tourists, businessmen and students. Chennai's vibrancy is unmistakable.

Chennai serves Tamil Nadu's capital and commercial hub. Automobile industry earns Chennai the nickname "Detroit of India." Major IT parks, manufacturing units and export-oriented businesses contribute significantly. Chennai's port facilitates trade, boosting India's economic growth. Textile, pharma and chemical industries flourish.

Cultural Significance

Temples like Kapaleeswarar and Sri Parthasarathy exemplify Dravidian architecture. Vibrant festivals like Pongal and Margazhi beckon tourists. Chennai's cuisine satiates culinary cravings. Idlis, dosas and filter coffee delight foodies. Classical music and dance heritage flourish. Bharatanatyam and Carnatic music echo tradition.

Education and Healthcare

Premier institutions like IIT Madras and Anna University shine. Quality education attracts students nationwide. Apollo Hospitals, renowned healthcare provider, offers specialized treatment. Medicare facilities cater to diverse needs. Research institutions drive innovation.

Tourism

Marina Beach and Elliot's Beach attract tourists. Historical landmarks like Fort St. George fascinate. Kapaleeswarar Temple's architectural brilliance shines. Vibrant shopping districts offer unique experiences. Chennai's cuisine satisfies diverse tastes.

Conclusion

Chennai harmoniously blends tradition and innovation. Cosmopolitan spirit defines Chennai. Economic, cultural and educational hubs converge. Chennai inspires growth and progress.

By Mr. Anish

Achievements



Hi, I am happy to share that I, Sridhar Deena (H401) won the Photography Contest conducted by the Casagrand CCLE team, which included participants from all Casagrand projects.

The challenge was to showcase the interesting amenities of our community and capture the stunning elevation and architectural beauty of our Zenith community.

The photo I submitted was selected as the best among 155 participants! I was rewarded with a beautiful photo frame and a few coupons.

Feeling proud and grateful for this recognition!



- These are the 25 Spelling Mistakes
1. Metropol (Metropolis)
 2. cultur (cultural)
 3. Established (Established)
 4. modernity (modernity)
 5. cosmopolitn (cosmopolitan)
 6. traditon (tradition)
 7. comercal (commercial)
 8. Automobil (Automobile)
 9. manufactring (manufacturing)
 10. contribut (contribute)
 11. economi (economic)
 12. dravidian (Dravidian)
 13. architectur (architecture)
 14. festivals (festivals)
 15. cuisin (cuisine)
 16. institutions (institutions)
 17. innovaton (innovation)
 18. Elliots (Elliot's)
 19. brilliance (brilliance)
 20. satiates (satiates)
 21. Bharatanatyam (correct spelling, but incorrect usage)
 22. traditon (tradition)
 23. medicare (healthcare)
 24. innovaton (innovation)
 25. converg (converge)

Zenith and its Vicinity



Casagrande Zenith, situated on Mambakkam Main Road in Vengaiwasal, offers a strategic location that combines the charm of urban living with the serenity of nature. This area is known for its proximity to several picturesque lakes and viewpoints, making it an ideal place for nature enthusiasts and photographers alike. Below is a detailed exploration of the many lake viewpoints near the apartment:

1. Sithalapakkam Lake:

It is a prominent lake near Casagrande Zenith on Mambakkam Main Road. Located within a short distance, this lake is known for its serene beauty and is surrounded by lush greenery, making it a favorite spot for residents seeking natural retreats. It plays a crucial role in supporting the area's water table and local biodiversity.

2. Perungalathur Lake:

Located at a short driving distance from Vengaiwasal, Perungalathur Lake is a serene retreat, ideal for morning walks and bird-watching. The tranquil waters, surrounded by lush greenery, provide a peaceful escape from city life. Seasonal migratory birds often visit the lake, adding a touch of biodiversity to its charm.

3. Nanmangalam Lake:

Nanmangalam Lake is another hidden gem near Casagrande Zenith. This small yet scenic waterbody is a part of the Nanmangalam Reserve Forest area, making it a hotspot for bird watchers and nature lovers. The surrounding forest adds a sense of seclusion, making it a perfect spot for quiet reflection.

4. Selaiyur Lake :

Selaiyur Lake is a prominent attraction in the region, known for its expansive size and calm ambience. The lake is a great spot for evening strolls, with cool breezes and picturesque views. Its proximity to residential areas makes it a favorite for families seeking leisure activities.

5. Madambakkam Lake:

One of the larger lakes in the area, Madambakkam Lake is a prime spot for photography and picnics. The lake's surroundings are dotted with trees and open spaces, making it ideal for weekend family outings. Local efforts are

underway to restore the lake, enhancing its natural beauty further.

6. Ottiyambakkam Lake:

Ottiyambakkam Lake is renowned for its sprawling expanse and biodiversity. It's a preferred location for cyclists and joggers who enjoy scenic routes. The calm waters reflect the skies beautifully during sunrise and sunset, making it a popular spot for landscape photographers.

7. Pallikaranai Marshland:

Though not a lake, the Pallikaranai Marshland is a significant wetland ecosystem close to the Vengaiwasal region. It supports a wide range of flora and fauna, including rare species of birds. This marshland is a must-visit for anyone interested in nature and environmental conservation.

Why Explore These Lakes?

The lakes near Casagrande Zenith offer more than just scenic beauty:

- ***Recreational Activities:*** From jogging to bird-watching and photography, these lakes cater to a variety of interests.
- ***Community Engagement:*** Local communities often organize clean-up drives and events around the lakes, fostering a sense of belonging.
- ***Biodiversity Hotspots:*** These water bodies are home to many species of birds, fish, and plants, making them vital ecological zones.

How to Access These Viewpoints*

Most of these lakes are within a 10-15 km radius of Casagrande Zenith and can be accessed via well-maintained roads. Living near Casagrande Zenith on Mambakkam Main Road in Vengaiwasal provides a unique opportunity to enjoy the tranquility of nature while staying connected to urban amenities. The many lake viewpoints in the vicinity make it a haven for those seeking a harmonious blend of natural beauty and modern living. Whether resident or a visitor, these lakes promise unforgettable experiences.

Zenith and its Amenities



Swimming Pool Overview at Casagrand Zenith

Casagrand Zenith, located on Mambakkam main Road, which is a premium gated community offers a luxurious lifestyle with an array of world-class amenities. Among these, the swimming pool stands as a highlight—a place where relaxation, fitness, and socialization meet in perfect harmony. Thoughtfully designed with modernity and functionality in mind, the pool at Casagrand Zenith provides residents with more than just a space to swim; it is a sanctuary for wellness, recreation, and community engagement.

***Size and Scale*:** The pool is spacious, ideal for lap swimming, fitness routines, and leisure activities. It is designed to accommodate both individual swimmers and groups, making it a versatile space for all.

***Depth Specifications*:** The pool is carefully designed with varying depths to cater to swimmers of all levels:

***Shallow End*:** The shallow area, starting at (2 feet), is perfect for children and beginners, ensuring safety and enjoyment for younger swimmers.

***Main Section*:** The pool gradually deepens to 1.2 meters (3.94 feet) in the middle, and further deepens to (4.5 feet) in the far end, allowing experienced swimmers to enjoy a more immersive swimming experience.

This well-planned depth distribution ensures that residents of all swimming abilities can enjoy the pool comfortably and safely.

***Kids' Pool*:** A separate shallow zone which is dedicated to children, providing a secure environment for young swimmers to play.

Health and Wellness Integration

The swimming pool is an integral part of the wellness offerings at Casagrand Zenith:

***Aqua Fitness*:** The pool is perfect for low-impact exercises such as swimming laps, water aerobics, and hydrotherapy. The resistance of water helps in toning muscles while providing a full-body workout that is easy on the joints.



Do's and Don'ts of Using the Swimming Pool at Casagrand Zenith*

To maintain a safe, enjoyable, and hygienic environment for all, residents must adhere to the *Do's and Don'ts* of pool usage:

Do's

***Shower Before Swimming*:** Clean your body to remove oil, dirt, and sweat before entering the pool to maintain water hygiene.

***Use Proper Swimwear*:** Wear appropriate swimwear to ensure comfort and avoid damaging the pool's filtration system.

***Supervise Children*:** Always supervise young swimmers, especially in the deeper areas.

***Use Poolside Loungers Responsibly*:** Respect shared poolside loungers and avoid reserving them for long periods.

***Practice Safe Swimming*:** Swim within your comfort level and avoid rough play or running near the pool

***Maintain Good Pool Etiquette*:** Be considerate of others by respecting space and avoiding overcrowding.

Don'ts

***Don't Swim if You're Sick*:** Avoid swimming if you have any illness, particularly digestive issues or contagious diseases.

***Don't Dive into Shallow Areas*:** Only dive in the designated deep end to prevent injuries.

***Don't Splash Excessively*:** Avoid splashing others, especially in shared areas, to ensure a peaceful environment.

***Don't Engage in Horseplay*:** Rough play and pushing others into the pool can lead to accidents.

***Don't Leave Personal Belongings Unattended*:** Keep personal items in designated storage areas to avoid loss or theft.

***Don't Ignore Safety Rules*:** Always follow pool safety signage and instructions to ensure everyone's safety.

By following these guidelines, residents can ensure a safe, clean, and enjoyable swimming experience for themselves and others, enhancing the overall luxury and community spirit of Casagrand Zenith. The pool is not just an amenity; it is a centerpiece of wellness, social interaction, and relaxation, offering a unique living experience for all.

Characterized Kicks, that's Taekwondo



The popularity of Martial Arts is increasing day by day across the globe. It is simply understood as the systematic set of fighting practices. There are different types of Martial Arts like Kung fu, Karate, Judo etc. But, the most renowned one among them happens to be Taekwondo. It is a type of Martial art that uses more of your hands and fists. The special main character of this art is the kicks that differ from that of Karate. To maintain their Physique, people prefer to learn Martial arts like Taekwondo rather than aerobics. It was introduced as a demonstration sport in the year 1988 at Olympics and later in the year 2000 it was taken as a permanent sport. It is also accepted by Commonwealth Games from the year 2000. As already mentioned, this type of Martial Art is characterized by the way of kicks which is the main differentiating factor from that of Karate. A Taekwondo School or a Taekwondo Academy might follow a set of kicking techniques or they may develop their own style to be taught. The Kicks of this art may be classified as follows:

1. Kick Front- Raise one knee above your hip and kick with a jerk.
2. Kick Back- Hands close to your face, spin and kick with the kicking leg near your chest.
3. Kick Sideways- The most powerful one. Facing sideways to kick.
4. Kick Reverse Side- Left foot on the right foot and spin, right knee to the chest and kick out.
5. RoundHouse Kick- Hands near your face and kicking in a circular motion.
6. Crescent Kick- Rotation of leg in a Crescent motion and then kicking.
7. Back Thrust or push Kick- Spinning in the opposite direction of the kicking leg targeting the abdomen.
8. Front Snap Kick- Kicking outwards by whipping the leg.

Little bit of an understanding of the Kicks of Taekwondo may be helpful while learning. Learn the art either as an ambition or for other purposes like weight loss, stress reliever, to increase focus etc and get benefitted.

-Mrs. Amirtha Prasanna

Zenithians Recipe

Cumin seeds and black pepper Rasam/Soup

Ingredients

1. One unit cumin seeds
2. One unit black pepper
3. Half unit coriander seeds
4. One strip of curry leaves
5. Rock salt to taste
6. Tamarind big gooseberry size soaked in hot water
7. One big tomato
8. Garlic 4 to 5 cloves
9. Coriander leaves
10. Mustard
11. One table spoon ghee
12. asafoetida

Preparation:

1. Take enough water, which is sufficient to immerse the tomato
2. Boil the water
3. After thoroughly washing the tomato add the tomato in the boiling water
4. Once the tomato is boiled blanch it with normal water
5. Wait until the tomato get to the room temperature
6. Prepare mixie and add the tomato and the garlic cloves and grind it to paste
7. Take another mixie jar and add the cumin seeds, black pepper, coriander seeds, rock salt and the curry leaves and grind it well (if the curry leaves are very fresh, dry roast the curry leaves in a Kadaai until it gets brittle)

Method of cooking

1. Prepare the tamarind and extract the essence
2. Place a Kadaai and pour the tamarind extract in it and add 400 ml of water and start to boil .
3. Add the tomato and garlic purée and wait until one boil. Take a teaspoon and taste the mixture for the tanginess
4. Add the freshly ground powder and stir it well
5. Wait for two or three boils and taste once
6. If you are satisfied with the taste turn off the stove and add coriander leaves finely chopped
7. Take a smaller Kadaai and heat it
8. Add one tablespoon of ghee
9. Add one teaspoon of cumin seeds and half teaspoon of mustard seeds and a 2 pinches of asafoetida
10. Wait until you hear the crackling sound keep stirring.
11. Turn off the stove and add cumin, mustard and asafoetida in the prepared rasam /soup

Eat healthy live healthy

Recipe from Mr. Anand's Kitchen C605

A Tribute to the Army

The reason we are safe and sound,
The army that protects this ground
Across the mountains, deserts, and seas,
The are brave and unshaken, we can all agree
With courage in their hearts so bright,
They protect us all day and night
To the Indian Army we gratefully say,
Thank you for keeping danger away.

By Ms. Lakshmi T / Age - 10 / Grade - 5

மழை

ஆதவனின் கனலாலே அனல் பெற்ற ஆழிநீர்,
ஆவித் திவலைகளாய் மேலெழும்பி, வான்வெளியில்
பவனி வரும் கருவண்ண முகிலாகும் மாயமென்ன !!!

பின் தரணிவாழ் உயிர்கட்கெல்லாம் உணவூட்டும் தாயாகி,
வயலெல்லாம் நிரம்பி நின்று, பயிரெல்லாம் செழித்து வர
உயிருட்டும், கருணைமிகு மழையாகும் மாயமென்ன !!!

கர்ணனவன் கொடையதனை கற்கண்டாய் வர்ணிக்க
கவிஞர்தம் மனதினிலே உவமானப் பொருளான
மழையே !!!... நீ அழகுமிகு கவியான மாயமென்ன !!!

தரம் பார்த்து பிரிக்காமல், நிறம் கண்டு வெறுக்காமல்,
சமநீதி மாறாமல், எல்லோர்க்கும் எல்லாமாய்,
சமமாக பொழிகின்ற குணம் கொள்ளும் மாயமென்ன !!!

மாயங்கள் அத்தனையும் நம் மனதில் பதிந்து நின்று,
பிரிவினைகள் இல்லாத அறச்செயல்கள் புரிந்திடத்தான்
இயற்கையது இயல்பாக அறிவுறுத்தும் பாடமன்றோ !!

கோ. சங்கர நாராயணன் - A 1403

இந்திய ராணுவத்தின் 10 சிறந்த விலைமதிப்பற்ற பொன்
மொழிகள் இதனை, ஒவ்வொரு இந்தியரும் கட்டாயம் தெரிந்து
கொள்ள வேண்டும் என ராணுவ தலைமை தளபதி விபின் ராவத்
கூறியுள்ளார்.

*"உங்களுக்கு வாழ்நாளின் அசாதாரண சாகசம் என்னவோ..."
*அதுவே,
*எங்களின் அன்றாட வாழ்க்கை"
- லே-லடாக் நெடுஞ்சாலையில், இந்திய ராணுவம் வைத்துள்ள
வாசகம்.
*"காற்று வீசுவதால் எங்கள் கொடி பறக்கவில்லை..."
*தன் உயிரை தியாகம் செய்த ஒவ்வொரு ராணுவ வீரரின் இறுதி
மூச்சுடன் பறக்கிறது!"

- இந்திய ராணுவம்

*"நான் மூவரண கொடியை 'ஏந்தி' கொண்டு..."
*அல்லது
*மூவரண கொடியைப் 'போர்த்தி' கொண்டு வருவேன்..."
*கண்டிப்பாக வருவேன்"

- கேப்டன் விக்ரம் பத்ரா, இறுதி வீர சக்கரம்.

*"என் வீரத்தை நிரூபிக்கும் முன் என் மரணம் வந்தால்..."
*நான் மரணத்தைக் கொல்வேன்..."
*என்று சத்தியம் செய்கிறேன்"
- கேப்டன் மனோஜ் குமார் பாண்டே,

பரம் வீர சக்ரா, 1/11 கோர்க்கா ரைபிள்ஸ்

*"எங்களைப் பெற நீங்கள் நன்றாக இருக்க வேண்டும்..."
*எங்களைப் பிடிக்க நீங்கள் கூர்மையாக இருக்க வேண்டும்..."
*ஆனால்...
*எங்களை வெல்ல நீங்கள் குழந்தையாக இருக்க வேண்டும்"

*"கடவுளே! எங்கள் 'எதிரி கள்' மீது கருணை காட்டுங்கள்..."
*ஏனென்றால்,
*நாங்கள் அதனை அவர்களிடம் காட்ட மாட்டோம்"

*"நம் வாழ்வு தற்செயல், நம் காதல் நம் விருப்பம், நாட்டை
பாதுகாக்க கொலை செய்வது நம் தொழில்."
- அதிகாரிகள் பயிற்சி அகாடமி, சென்னை

*"மரணத்திற்கு பயப்படவில்லை' என்று ஒருவர் கூறினால், அவர்
ஒன்று பொய்யாக இருக்க வேண்டும்..."

*அவர இந்திய ராணுவத்தை சேர்ந்தவராக இருக்க வேண்டும்."
- பீல்ட் மார்ஷல் சாம் மானெக்சுஷா

*"பயங்கரவாதிகளை மன்னிப்பது கடவுளின் வேலை..."
*அதற்கு, அவர்களை கடவுளை சந்திக்க வைப்பது எங்கள்
வேலை."

*"நம் நாட்டுக்கு கொடுக்க ஒரே ஒரு உயிர் மட்டுமே உள்ளதே' என்று
வருந்துகிறோம்."

- இந்திய ராணுவம்

ஜெய் ஹிந்த!

நாங்கள் இங்கே நிம்மதியாக உறங்க நீ
அங்கே உறக்கமின்றி ஊர்எல்லையில்
தூணாய் நின்று எங்களைக் காக்கின்றீர்!
இராப்பகல் குளிரவெயில் பாரா பாரதஎல்லையைக்
காக்கும் நீங்கள் எங்களுக்கெல்லாம்
எல்லலைச் சாமியாய் நிற்கின்றீர்!
நீங்கள் வாழ்ந்தபோது செய்த சாகசம் காலகாலமாக
நீங்கள் வீழ்ந்தபோதும் சுடர்விட்டு ஜொலிக்கும்!

ஜெயஹிந்த்.

Mrs. Sudha Sundaram

FEEDBACK SECTION

Box Cricket in Zenith Feedback From Parents

Rachana Varun Singh CG

To all the kids - Congratulations on an amazing tournament! Your teamwork & sportsmanship impressed everyone. Keep shining!

To all the coaches - Thank you for guiding our young cricketers with expertise, patience, and enthusiasm. Your impact goes beyond the game! Your guidance and expertise were invaluable. 🥰

To each and everyone in the Sports committee - The whole tournament was very well planned & arranged!

Thank you for an unforgettable experience! Indeed a day spent very well ❤️

9:13 PM

❤️ + 👍 10

Thank you 🙏🙏 to the sports committee and volunteers for your incredible efforts in organizing the today's cricket match for Zenith kids 🙏🙏🙏🙏. Your encouragement and support have truly motivated the kids and brought so much joy to everyone involved... 🥰🥰 Your dedication to fostering a love for sports in our community is truly appreciated, and we can't wait for the next event! 🔥🔥🙏🙏 Waiting eagerly for today's finals 🥰🥰

9:11 pm

As a parent I would like to extend my thanks to the sports committee and it's a well-organized team. It was a wonderful opportunity for us to know our son's talent as a sportsman even though we knew it earlier and usually he says that he is interested in Cricket. But now we got an opportunity to see it lively by the match conducted by the Zenithian team. So great thanks to the sports committee and the team. It was an immense pleasure to watch the match. Thank you so much. Heart felt thanks to the sports committee.

Regards

Pranekumar.A.V Parent

Vidhya Arun

E 1003

9:11 pm

To all the kids - Congratulations on an amazing tournament! Your teamwork & sportsmanship impressed everyone. Keep shining! 🙏🙏
To all the coaches - Thank you for guiding our young cricketers with expertise, patience, and enthusiasm. Your impact goes beyond the game! Your guidance and expertise were invaluable. 🥰

To each and everyone in the Sports committee - The whole tournament was very well planned & arranged! 🥰

Thank you for an unforgettable experience! Indeed a day spent very well ❤️

9:11 pm

Zenith Young Art Cempetition Feedback From Parents

A "Tribute to the Indian Army" art competition is a powerful and meaningful theme, offering young artists a chance to reflect the bravery, sacrifice, and patriotism associated with the Indian Army.. Kids did all possible research to know about India Army, it increased curiosity in younger mind. Hoping for more such competitions. THANKS TO THE ORGANISERS.
Kids: NAGA SUHAS AND SAI SHREYASE.

Shanthi 1205

4:52 pm

I very rarely leave reviews, however, team BeeHive deserving the most of one!

Showcasing a skill set requires a forum or a space. Beehive not only giving a Forum but also Encouraging Zenithians to fulfill the dreams.

This children's day (drawing competition) celebration became an start up for the Zenith children and also adults to forecast their talents on the forum

I request BeeHive team to continue these process in future

I too will give my personal support for the further new ideas and development for conducting the competition etc ...

I am really happy to be a part of it

Thank you

2:4

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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CGZFOA
ALL ZENETHIANS

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