

USHODAYAM

eNewsletter of

Community living with a sense of belonging

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A. Community Notes

Are We Happy?



Happiness is elusive in nature and is not a permanent feature in one's life. Happiness and unhappiness co-exist.

Happiness is pursued universally, yet the answer to "Are we happy?" remains complex and very personal. While the question seems simple, its answer lies in layers of individual experience, societal expectations, and shifting life circumstances.

Defining Happiness

Happiness is not a constant state. Most people experience a mix of emotions-joy, sadness, stress, and contentment-throughout their daily lives. Philosophers and psychologists have long debated its definition. Some equate happiness with pleasure or positive emotions, while others see it as overall life satisfaction or a sense of purpose.

By RK Wanchoo
22 BHEL HIG2



. Modern research often combines these views, defining happiness as subjective well-being-a blend of life satisfaction and positive emotional experiences.

Society and the Pursuit of Happiness

Society plays a significant role in shaping our understanding of happiness. Many people find themselves striving to meet social standards or expectations, sometimes at the expense of their own joy. This pressure can lead to stress and a sense of inadequacy, especially when we compare ourselves to others or chase perfection in every aspect of life.

Measuring Happiness

Surveys and studies have tried to quantify happiness, often by asking people to rate their life satisfaction. Results show that happiness varies widely across countries and individuals.

Wealthier people and nations tend to report higher happiness levels, but money alone does not guarantee lasting contentment. For example, in the United States, only about one-third of adults say they are “very happy,” a proportion that has remained stable for decades despite rising incomes. In India, happiness rankings are relatively low, with stress and societal pressures cited as contributing factors.

The Role of Relationships and Daily Life

Personal relationships, acts of kindness, and small positive interactions often contribute more to happiness than material wealth. Moments like a friendly greeting from a stranger or helping others can create lasting feelings of joy. Conversely, stress—whether from work, school, or relationships—remains one of the biggest obstacles to happiness.

Major life events, such as marriage or job changes, can affect happiness, but it is seen that people often adapt over time. This adaptability means that neither good nor bad events have as much long-term impact on happiness as we might expect.

Living in the Present

Many people fall into the trap of postponing happiness, believing they will be happy “once they achieve” a certain goal or milestone. However, true contentment often comes from appreciating the present moment and finding meaning in everyday life.

Long-term and Short-term Happiness

Long-term happiness refers to a sustained sense of well-being, fulfillment, and life satisfaction that endures over time, rather than fleeting moments of pleasure or joy. Unlike short-term happiness, which is often tied to immediate gratifications or temporary experiences, long-term happiness is built on deeper, more meaningful foundations such as purpose, personal growth, and strong relationships.

One of the strongest indicators of long-term happiness is living a life with purpose. Setting and working toward meaningful goals, contributing to something larger than oneself, and having a sense of direction all contribute to enduring happiness. Quality Relationships show that close, supportive relationships are the most consistent predictors of long-term happiness and health.

People who are satisfied with their relationships tend to be healthier, happier, and live longer.

Accomplishing significant personal milestones, overcoming challenges, and taking pride in one's work or family can foster lasting happiness. This includes achievements like running a marathon, raising children, or reaching career goals.

Considering the above, here are a few suggestions if followed can significantly contribute to a happier and more fulfilling lives of ours;

1. Form and Cultivate Strong Relationships**

- Invest time in meaningful connections with family, friends, and loved ones.
- Surround yourself with positive, supportive people who uplift you.

2. Practice and Show Gratitude

- Regularly acknowledge and appreciate the good things in life, no matter how small.
- Keep a gratitude journal or take a moment each day to reflect on positives.

3. Take Care of Your Health

- Prioritize physical well-being through exercise, a balanced diet, and sufficient sleep.
- Mental health matters—seek therapy or self-care if needed.

4. Live in the Present (Mindfulness)

- Avoid excessive worry about the past or future; focus on the "now."
- Practice mindfulness, meditation, or deep breathing to stay grounded.

5. Pursue Purpose & Passion

- Engage in activities that bring joy and a sense of fulfillment.
- Set meaningful goals (personal, professional, or creative) and work toward them.

6. Let Go of Negativity

- Forgive others (and yourself) to release emotional burdens.
- Avoid toxic relationships, excessive complaining, and self-criticism.

7. Help Others & Practice Kindness

- Acts of generosity and compassion boost happiness.
- Volunteer, donate, or simply offer a listening ear to someone in need.

8. Manage Stress & Embrace Resilience

- Develop coping mechanisms for stress (exercise, hobbies, relaxation techniques).
- Accept that setbacks are part of life—learn and grow from them.

9. Limit Materialism & Seek Experiences

- True happiness rarely comes from possessions; invest in memories and adventures.

- Travel, learn new skills, or engage in hobbies that enrich your life.

10. Accept Imperfection & Embrace Self-Love

- No one is perfect—stop comparing yourself to others.

- Practice self-compassion and celebrate your uniqueness.

By consciously applying these principles, you can create a more joyful, balanced, and meaningful life. Happiness is often a choice—nurture habits that align with it! 😊

Conclusion

So, are we happy? The answer is neither a simple yes nor no. Happiness is deeply personal, shaped by our circumstances, expectations, and daily choices. While some factors-like income and relationships-can influence our well-being, the key may lie in balancing ambition with gratitude, and striving for fulfilment rather than perfection.

Long-term happiness is not about constant pleasure or the absence of hardship. It is about building a life rich in purpose, strong relationships, and personal growth. Achieving it requires conscious effort, self-reflection, and a focus on what truly matters over time. In the end, happiness is not a destination but a journey, unique to each individual.

Ref Writeup aided by AI tools



How Birds Communicate



We see a lot of birds around us chirping and making sounds seeking attention. We rarely pay heed to what they are communicating. Birds have evolved diverse ways to "talk" without words, making them some of the most fascinating communicators in the animal kingdom! They communicate through a variety of vocalizations, body language, and visual signals. Using these communication methods they perform

- Mating : Songs and displays attract partners.
- Territory Defense: Calls and chases warn rivals.
- Alarms: Specific calls signal predators (e.g., *Crows* mobbing hawks).
- Flocking Coordination: Geese honk to maintain formation during flight.

1. Vocal Communication (Songs & Calls)

- Longer, complex vocalizations used primarily by males to attract mates and defend territories. (Robins sing melodious phrases to mark their territory.)

- Shorter, simpler sounds used for alarms, contact, or coordination. (Chickadees use distinct "chick-a-dee-dee" calls to warn of predators.)

- Mimicry: Some birds (*Mockingbirds, Parrots*) imitate other species or sounds in their environment.

2. Body Language & Visual Signals

- Postures & Displays (Courtship dances* (Peacocks fanning tails, Albatrosses elaborate mating rituals)

- Aggressive postures puffing up feathers, spreading wings to appear larger (Head bobbing* (pigeons), wing fluttering (begging behaviour in baby birds).

- Colour Displays: (Bright plumage of Cardinals) signals health and fitness to mates.

3. Non-Vocal Sounds

-Wing Whistling: Some birds (like doves) produce whistling sounds with their wings during flight.

- Bill Clattering: Storks and some parrots clatter their beaks as a form of communication.

- Drumming: Woodpeckers use rapid pecking on trees to mark territory.

4. Tactile Communication

- Nudging or beak-touching between mates or parents/chicks.

5. Chemical Signals (Less Common)

- Some birds (like Auklets) use scent for mating signals, though this is rare.



C. Finance Notes

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Recent Changes in ITR Filing for FY 2024–25 (AY 2025–26)

The Income Tax Department has introduced several significant changes to the ITR filing process for the Financial Year 2024–25 (Assessment Year 2025–26). These modifications aim to simplify filing procedures, expand eligibility criteria, and enhance compliance. This article outlines the key updates that taxpayers should be aware of.

1. Extended ITR Filing Deadline

The deadline for filing ITRs for FY 2024–25 has been extended from the usual July 31 to September 15, 2025. This extension accommodates the recent structural changes in ITR forms and provides taxpayers with additional time to adapt to the new requirements.

2. Revised ITR Forms with Broader Eligibility

The Central Board of Direct Taxes (CBDT) has notified updated ITR forms, notably ITR-1 and ITR-4, with expanded eligibility criteria:

ITR-1 (Sahaj): Now permits reporting of long-term capital gains (LTCG) from listed equity shares or mutual funds, up to ₹1.25 lakh provided other conditions are met.

ITR-4 (Sugam): Similarly ITR-4 also accommodates LTCG from listed equity shares or mutual funds, up to ₹1.25 lakhs benefiting individuals under the presumptive taxation scheme.

These changes simplify the filing process for many taxpayers who previously had to use more complex forms.

3. Default Adoption of New Tax Regime

For FY 2024–25, the new tax regime has been set as the default option across applicable ITR forms. Taxpayers wishing to opt for the old tax regime must explicitly indicate their choice by filing Form 10-IEA. This measure encourages a shift towards the simplified tax structure introduced in recent budgets.

Old Tax Regime will allow deductions under various headings, keeping the basic exemption at same lower level of Rs.2.5 lakhs fixed a decade back and even the tax rebate continued to be restricted to Rs.5 lakhs. Whereas New Tax Regime do not allow most of the deductions but basic exemption is raised to Rs.3 lakhs and tax rebate is also extended upto Rs.7 lakhs. The standard deduction from Income from Salaries (including pension) is raised to Rs.75,000/- , while keeping it at Rs.50,000/- under Old Tax Regime.

4. Enhanced Reporting Requirements

The updated ITR forms necessitate more detailed disclosures

Capital Gains: Taxpayers must provide comprehensive details of capital gains, including ISIN codes, acquisition and sale dates, and corresponding amounts.

Dividend Income: Mandatory reporting of dividend income, along with Tax Deducted at Source (TDS) details, is required.

Share Buybacks: Proceeds from share buybacks by listed companies on or after October 1, 2024, are to be treated as dividends and reported accordingly.

For those opting Old Tax Regime, seeking deductions towards life insurance premium (80C) or Health Insurance (80D) the name or insurer and policy numbers are to be indicated mandatorily. Likewise, name of Doctor, Hospital etc need to be indicated to claim medical expenses for specified treatments (80DD) Similarly for those claiming HRA deduction, it is now required to report complete details such as Metro/ Non-Metro, HRA, Rent paid, Basic & DA etc mandatorily in an inbuilt screen

5. Updated Filing Utilities

To facilitate the new reporting requirements, the Income Tax Department has released updated utilities for ITR-1 and ITR-4:

- **Online Forms:** Available on the e-filing portal, these forms offer real-time validation and a user-friendly interface.
- **Offline Utilities:** Downloadable Excel and Java utilities are being provided for those preferring to prepare returns offline before uploading them to the portal.

6. Common Filing Errors to Avoid

- Taxpayers should exercise caution to prevent common mistakes that could lead to defective returns or penalties:
- **Incorrect ITR Form Selection:** Choosing the wrong form can result in processing delays.
- **Omission of Income Sources:** All income, including from previous employers or exempt sources, must be disclosed.
- **Inaccurate HRA Claims:** Ensure House Rent Allowance (HRA) claims are substantiated with proper documentation.
- **Neglecting AIS and Form 26AS:** Cross-verify income and TDS details with the Annual Information Statement (AIS) and Form 26AS to ensure accuracy.

7. Recommendations for Taxpayers

- **Await Complete Documentation:** Salaried individuals should consider filing their ITRs after receiving Form 16 and other relevant documents, typically available post-June 15, to avoid discrepancies.

Note: Changes / modifications in other Forms like ITR2/ ITR3/ ITR5/ ITR6 are not covered in this write-up (as these forms are yet to be made functional as on 30th June 2025).



Comparative statement of Old Tax Regime and New Tax Regime for FY 2024-25

Old tax regime		New Tax regime	
Tax slab		Tax slab	
Less than 2.5 lakh	Nil	0-3 lakh	nil
2.5 -5 lakh	5%	3-6 lakh	5%
5-7.5 lakh	15%	6-9 lakh	10%
7.5-10 lakh	20% tax levied	9-12 lakh	15%
10-12.5 lakh	30%	12-15 lakh	15%
12.5-15 lakh		Above 15 lakh	30%
More than 15 lakh			

87A tax rebate: Income upto Rs.5 lakhs

| 87A tax rebate: Income upto Rs.7 lakhs

D. Events of the Quarter

D1. 25th Memorial Anniversary of our Founder President

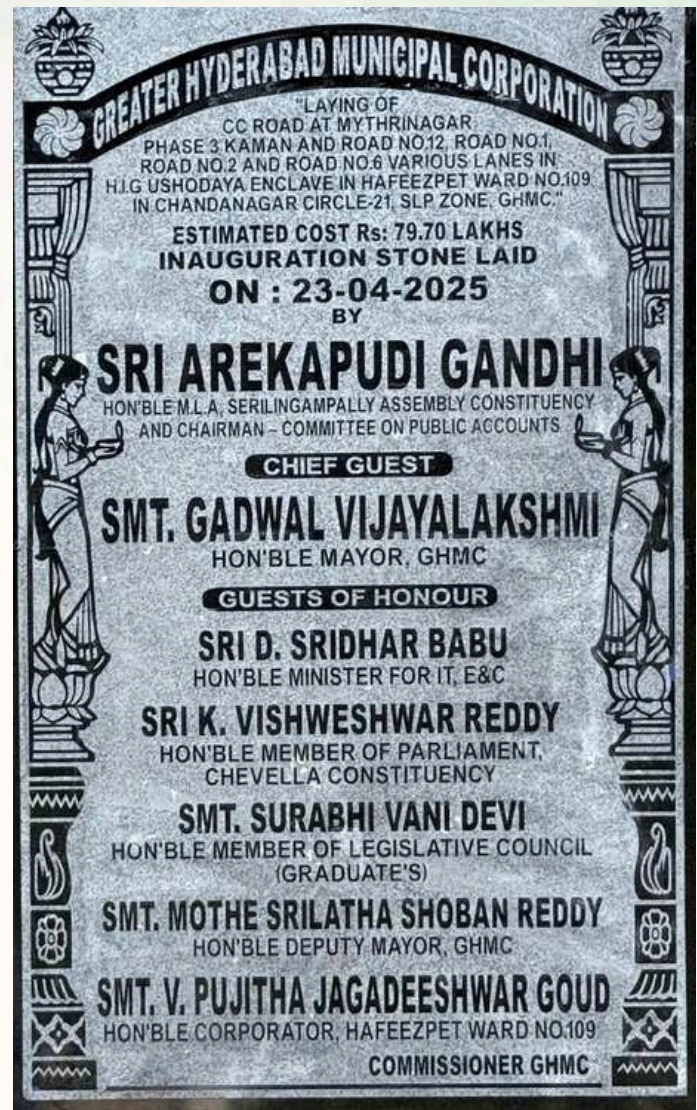


Twenty fifth anniversary of Late Sri. B. Padmanabiah ,Ex-General Manager Incharge (BHEL Hyderabad) and Former President Of BHEL Executives House Building Society was observed in Ushodaya Enclave on 6th June 2025. The residents paid rich tributes to the Ex President who was instrumental in conceptualizing the establishment of Ushodaya enclave housing project.

His contribution in establishing the township in Madinaguda village which was a barren and arid land was highly appreciated. Ushodayam also paid respects and rich tributes to this visionary Ex-President.

D2. Commencement of laying of CC roads

Sri. Arekapudi Gandhi , MLA and PAC Chairman , Corporators Sri. V . Jagdeeshwar Goud and Smt V Pujitha Jagadeehwar Goud inaugurated the commencement of laying of CC roads on road nos 1,2,6 and 12 on 23rd April 2025. Many residents of our colony participated in the inauguration ceremony. A commemorative stone was erected to mark the occasion.



D3. Laying of pavement tiles for Eastern Park

GHMC completed the long pending work of laying pavement tiles around the Eastern park, The re-laid Pavement will help the Park users apart from improving its aesthetic look, Ushodaya Enclave Residents offer their gratitude to GHMC



D4. Celebration Of Rama Navami festival

Ramanavami was celebrated on 6th April 2025, Pujas were organized by the puja committee in the Eastern Park Puja Pandal which was attended by large numbers of residents and their families. Devotees participated actively in pujas held on different days of the festival. A community lunch was also organized as is the practice.





D5. Other festivals

Other festivals celebrated in the enclave during the quarter were

- Mahavir Jayanti 10th April 2025
- Good FRIDAY 18th April 2025
- Easter 20th April 2025
- Bakrid 7th June 2025
- International Yoga day
 21st Jun 2025

All the above festivals were observed and celebrated by the residents with enthusiasm and by performing traditional rituals. Residents were also seen greeting neighbours and friends on these happy occasions.

D6. Wedding of Challa, 49 HIG2

Wedding of Sri. Praveen Challa s/o Sri Kondala Raju Challa (49 HIG2) and Miss Rohini Ramanuja was held and celebrated at Shree Convention, Kompally on 9th May 2025. The function was attended by friends, neighbours and relatives.

Ushodayam sends best wishes to the young couple for a very happy married life and prays for their union to be full of happiness and joy for ever.



(Praveen and Rohini)

D7. Golden Wedding Anniversary

Golden Wedding Anniversary
Sri. Chidambaranathan and Dr.Dharani Devi (House no HIG33) celebrated their golden jubilee marriage anniversary on 15th June 2025 while touring USA. The Sathaabishekam function was held at the Murugan Temple hall of New Jersey, USA.

Ushodayam congratulates the dynamic couple on this happy occasion and wishes them a long journey further on the road of togetherness.



(Sri Chidambaranathan and Dr Dharani Devi)

D8. Superannuation of Sri. SK Pandey 162 HIG2

Sri. S K PANDEY (162 HIG2) retired from the service of BHEL on 24th April 2025 as General Manager (Electric Machines, DABG and Engg cord). Shri Pandey had joined BHEL as an Engineer Trainee in 1987. He had a very distinguished and long tenure of 37 years and 7 months of service to BHEL in technical capacity. Known for his friendly behaviour and team spirit, he remained a very popular colleague to fellow employees throughout his stint in BHEL.

Ushodayam wishes Sri S K Pandey a very healthy and happy post-retirement life.



(Sri. SK Pandey)

E. Know your neighbour

Diamond Jubilee Greetings

As per the personal data available with the society office, the following members will be reaching the Diamond Jubilee Age Milestone (75 Years) during quarter July-September 2025.

Ushodayam wishes all the jubilee members very happy diamond jubilee celebrations and prays for their long life full of good health, happiness, joy and with fulfilment of all desires.



B LAKSHMI PATHI
29, BHEL HIG2



K VENUGOPAL
70, BHEL HIG2



Chair Yoga For Seniors



Chair yoga is a modified form of traditional yoga that makes the practice more accessible to a wider range of people. Instead of performing poses on a mat on the floor, participants do them while seated in a sturdy chair or by using the chair for balance and support.

Key characteristics

•**Accessibility:** It's particularly beneficial for individuals who may have difficulty with traditional yoga due to:

Age (seniors)

Limited mobility or flexibility

Balance issues

Chronic conditions (e.g., arthritis, injuries)

Rehabilitation after surgery

Those who use wheelchairs

Beginners who are new to yoga.

•**Adaptation of poses:** Many traditional yoga poses, like cat-cow, warrior poses, sun salutations, and forward folds, can

be adapted to be done while seated or using the chair for support.

•**Core principles:** Like traditional yoga, chair yoga emphasizes:

•**Breathwork (pranayama):** Focusing on controlled breathing to calm the mind and enhance the physical movements.

•**Mindfulness:** Paying attention to the body's sensations, thoughts, and being present in the moment.

•**Physical postures (asanas):** Gentle stretches and movements to improve flexibility, strength, and balance.

Physical Benefits

Chair yoga offers a wide array of physical and mental health benefits, including:

Increased flexibility and range of motion: Gentle stretches help to improve joint mobility and reduce stiffness.

Improved strength: Engages muscles in the core, arms, and legs, contributing to overall strength and potentially bone density.

Enhanced balance and coordination: Using the chair for support can help improve stability and reduce the fear of falls, especially for older adults.

Reduced stress and anxiety: The mindful nature of yoga, combined with breathwork, promotes relaxation, reduces tension, and can improve mood.

Pain relief: Gentle movements and stretches can help alleviate pain in areas like the back, shoulders, and neck, and can be beneficial for conditions like osteoarthritis.

Improved circulation: Movement can boost blood flow throughout the body.

Better posture: Strengthening core muscles and stretching the chest and shoulders can contribute to improved posture.

Better sleep: Gentle exercise and relaxation can help improve sleep quality.

In essence, chair yoga provides a safe and effective way to enjoy the many benefits of yoga, regardless of physical limitations or experience level. Enhances mobility and joint health, which is especially helpful for those with arthritis or limited mobility. Boosts circulation and posture, supporting overall physical wellness.

Mental and Emotional Benefits

Reduces stress, anxiety, and symptoms of depression, promoting relaxation and a better mood.

Increases mindfulness and self-awareness through focused breathing and movement⁶⁸.

Improves sleep quality and overall life satisfaction.

Accessibility and Safety

Provides a safe, stable way to exercise, especially for those at risk of falling or with balance concerns.

Adaptable for all fitness levels and health conditions, making it suitable for most seniors.

Chair yoga offers a holistic approach to well-being, supporting both physical and mental health in a gentle, accessible format³⁵⁸.

Though chair yoga is a low-risk and low-impact form of exercise, you should make sure you have the right equipment to prevent injuries and to get the most out of your workout. Some essential chair yoga equipment includes:

An armless, stable chair (no wobbling)

A flat, level surface for your chair

Flexible, comfortable clothing that isn't too tight or baggy

Space to fully extend your limbs

An experienced instructor or friend for safety.

Ref :Public domain information across the web



SENIOR CHAIR YOGA POSES

1. Ujjayi Breathing



2. Cat/Cow



3. Circles



4. Sun Salutation Arms



5. Sun Salutations with Twists



6. High Altar Side Leans



7. Eagle Arms



8. Assisted Neck Stretches



9. Ankle to Knee



10. Goddess with a Twist



11. Warrior 2



12. Forward Fold



OBITUARY

1. Sri Nandula Venkata Subbaiah (9 HIG2) passed away peacefully at the age of 84 years. He had retired from BHEL HYDERABAD as Sr Mgr (spares Mgmt) in 1999. He is survived by his wife, two daughters and a son. Ushodayam offers heartfelt condolences to the family and prays for eternal peace for the departed soul.



(Sri N Venkata Subbaiah)

2. Sri Rajarapu K Manohar (172 HIG2) aged 71 passed away on 4th April 2025. He had retired from BHEL Hyderabad as AGM / QC . He is survived by his wife, son and daughter. Ushodayam offers heartfelt condolences to the family and prays for moksha and Sadgati for the departed soul.



(Sri RK Manohar)

KBR Park Hyderabad

Kasu Brahmananda Reddy National Park (KBR Park), located in the Jubilee Hills and Banjara Hills area of Hyderabad, Telangana, is a lush green oasis amidst the urban sprawl. Established in 1998 and spread over approximately 390 acres (1.6 km²), it is named after former Chief Minister Kasu Brahmananda Reddy.

The park is famous for its rich biodiversity, hosting over 600 plant species, 140 bird species, and various animals including pangolins, jungle cats, peacocks, and porcupines. It also features butterflies and reptiles, making it a vibrant natural habitat within the city.

Historically, the park area includes the Chiran Palace, built in 1940 and gifted to Prince Mukarram Jah in 1967. The complex also contains other heritage structures like the Mor Bungalow, Gol Bungalow, stables for elephants and horses, a motor khana with vintage cars, wells, and water tanks, reflecting its royal past.

KBR Park is a popular spot for morning walks, jogging, yoga, and birdwatching. It offers walking trails, an open gym, a yoga section, and a mosque inside the park. The park provides a peaceful retreat from city life and is frequented by locals and tourists alike.

The park is easily accessible via the Jubilee Hills Check Post Metro station and is close to landmarks like LV Prasad Eye Hospital. Entry fees are nominal, supporting park maintenance.

Within KBR Park the most notable historical site is Chiran Palace, constructed in the 1960s as the residence of Prince. Additionally, the park is believed to be part of the ancient Golconda Kingdom, adding to its historical significance. These sites reflect the royal heritage and architectural legacy of Hyderabad within the park's boundaries.

In summary, KBR Park is a significant ecological and cultural landmark in Hyderabad, combining natural beauty, wildlife conservation, and historical heritage in one serene urban green space.

Ref Siasat hyderabad



BHEL HYDERABAD Township



BHEL Township in Hyderabad is a well-planned residential and industrial suburb developed around the Bharat Heavy Electricals Limited (BHEL) plant, located at Ramachandrapuram. Spread over approximately 16 square kilo meters, it was established following the inception of BHEL's operations in the area in 1964, inaugurated by then Prime Minister Lal Bahadur Shastri.

The township is renowned for its lush greenery and urban forestry, transforming what was once barren rocky terrain into a vibrant, green environment rich with diverse flora and fauna, including peacocks and various bird species. This greenery provides a serene atmosphere for residents and visitors alike.

BHEL Township offers comprehensive amenities to its residents, primarily BHEL employees and their families. Facilities include numerous parks, sports complexes with courts for tennis, badminton, basketball, and volleyball, a swimming pool, community halls, and a well-equipped library with over 10,000 books. Educational institutions within the township include St Ann's, Bharatiya Vidya Bhavan Public School (CBSE affiliated), Jyothi Vidyalaya, Vidya Bharati High School, Geetanjali School, Govt Zilla Parishad High School and a Govt junior college. To meet the spiritual and religious needs of residents the township has many beautiful places of worship like temples, Church, Mosque and Gurdwara

The township has well planned layout comprising separate segments called Neighbour-hoods (NH1,NH2,NH3,NH4,NH5) with each neighbourhood consisting of cluster of residences including a set of small Grocery stores for each.

It also features a central commercial area with a market complex, which houses grocery stores, a pharmacy, eateries, and banking services including a branch of State Bank of India. A weekly vegetable and fruit market is organized to meet fresh produce needs. Health services are robust, with the BHEL General Hospital providing free medical care to employees and their dependents. The township has very wide roads with lot of signages for the visitors. Various entry points include gates manned by BHEL'S security

Transport connectivity is strong, with the Lingampally local train station just 3 km away and two major railway stations, Hyderabad Deccan and Secunderabad Junction, about 26 km distant. The Rajiv Gandhi International Airport is approximately 40 km from the township. Road connectivity is facilitated by National Highway 9, and public transport is available via Telangana State Road Transport Corporation buses and nearby Hyderabad Metro Rail stations. Overall, BHEL Township Hyderabad stands as a self-sufficient, green, and community-focused residential area

supporting the workforce of one of India's largest public sector engineering companies, blending industrial activity with quality living standards and environmental consciousness. It enjoys a landmark status of Hyderabad and has been the backbone of development of adjoining residential and business areas.

The Township has become a popular spot for outdoor shooting of movies and TV serials.





11. Food for thought

अपने आप से काम रखो
अपने आप से काम रखो" का अर्थ है कि हमें अपनी जिंदगी और अपने कार्यों पर ध्यान देना चाहिए, न कि दूसरों के मामलों में दखल देना चाहिए। जब हम अपने काम में व्यस्त रहते हैं, तो न केवल हमारी प्रगति होती है, बल्कि हम मानसिक शांति भी महसूस करते हैं। दूसरों की गलतियों या कमियों पर ध्यान देने से अच्छा है कि हम अपनी कमियों को सुधारें और अपने लक्ष्यों की ओर बढ़ें। इस सोच से समाज में भी सकारात्मक माहौल बनता है और व्यक्ति आत्मनिर्भर बनता है। इसलिए, हमेशा अपने आप से काम रखो और अपने जीवन को बेहतर बनाओ।

Mind your own self

"Mind your own self" means that we should focus on our own life and our own work and not interfere in the affairs of others. When we are busy with our own work, not only do we progress, but we also feel mental peace. Instead of focusing on the mistakes or shortcomings of others, it is better to correct our shortcomings and move towards our goals. This thinking also creates a positive atmosphere in the society and makes a person self-reliant. So, always mind your own life and make your life better.

मीकु मीरे ज़ाग़त्त वहींचण्डी

"मीकु मीरे ज़ाग़त्त वहींचण्डी" अంటे मनो मन स्वन्त ज़ीवितोन्धे मरियु मन स्वन्त पनिसै द्युष्टि पेष्टाली मरियु इतरुल वयवहाराल्लो ज़ोक्क्यं च़ेसुकूकाडदु. मनो मन स्वन्त पनिलो बीजेगा ऊन्नप्पुडु, मनो अभिवृद्धि च़ेन्दडमे काकुण्डा, मानसिक प्रशान्ततनु कूडा अनुभविस्तामु. इतरुल तप्पुलु लेदा लोपालपे द्युष्टि पेष्टे बदुलु, मन लोपालनु सरिदिधुकुनि मन लक्क्याल व़ेपु पयनिचण्डं मंचिदि. ఈ ఆలోచన సమాజంలో సానుకూల వాతావరణాన్ని కూడా సృష్టిస్తుంది మరియు ఒక వ్యక్తిని స్వావలంబన చేస్తుంది. కాబట్టి, ఎల్లప్పుడూ మీ స్వంత జీవితాన్ని గుర్తుంచుకోండి మరియు మీ జీవితాన్ని మెరుగుపరుచుకోండి.

12. Human Relations

By Gunti Vaishali, 79 BHEL HIG2

Teacher, Psychologist and Counsellor



* మానవ సంబంధాలు*

హలో అండి అందరికీ. ఈసారి నేను మీ ముందుకి ఒక అంశం తీసుకు వచ్చాను, అదేమిటంటే "మానవ సంబంధాలు".

మనందరికీ తెలిసిన విషయమే, అదేనండి ఇప్పుడు అంతా హడావిడి, ఉరుకులు పరుగుల తో కూడిన జీవితం. ఉదయం లేచినప్పటి నుండి రాత్రి నిద్ర పోయేవరకు అందరూ వారి వారి దైనందిన జీవితాల్లో, సొంతపనులలో కానీ, డ్యూటీ పరంగా కానివ్వండి చాలా బిజీగా అయిపోయారు. ఇక స్కూలుకి వెళ్ళే పిల్లలు మరియు కాలేజీకి వెళ్ళే విద్యార్థులు తప్పకుండా కొన్ని తెలుసుకుని ఆచరణలో పెట్టాలి. అసలు చాలా విచారమైన విషయం ఏంటంటే మనసు విప్పి ఆత్మీయంగా, ప్రేమగా మాట్లాడే సమయం కూడా లేకుండా పోతుంది. ఉన్న కొద్ది సమయంలోనే మనకు నచ్చినట్టుగా ప్లాన్ చేసుకోవాలి. అందరూ మంచివాళ్ళే అని అనుకోవద్దు, అలాగే అందరూ చెడ్డవారు అని కూడా అనుకోవద్దు. చెడ్డవారిలో కూడా ఏదో కొంత మంచి దాగి వుంటుంది. సో మనకు వారు, లేదా వారి ప్రవర్తనా నచ్చక పోయినా కూడా పరవాలేదు వారిని పలకరించండి. మనుషులు రకరకాల మనస్తత్వంతో ఉంటారు. కొందరైతే మనతో మంచిగానే మాట్లాడుతారు, కానీ మన వెనక మన గురించి చెడుగా మాట్లాడుతారు. ఇలాంటివి అన్నీ చూసి మనం బాధ పడొద్దు జస్ట్ లైట్ గా తీసుకోండి. " We are here to lead a happy and satisfied life".

ఒకొక్కసారి మనకు బాధ కలిగినప్పుడు మన బాధను ఎవరితోనో పంచుకోవాలి అని అనిపిస్తుంది కదా. ఎందుకో మన బాధ ఎవరికైనా చెబితే కొంత మనసులో భారం తగ్గినట్లు అనిపిస్తుంది. అలా అని అందరితో మన కున్న బాధలు కానీ, సమస్యలు కానీ చెప్పుకోలేము ఎందుకంటే కొందరు వ్యక్తులు ఇతరులు కష్టాల్లో ఉంటే వారు సంతోష పడతారు. మనుషులు రకరకాల వ్యక్తిత్వంతో ఉంటారు అని మనం ఇందాక చెప్పుకున్నాము కదా. Self satisfaction is more important.

సో ఫైనల్ గా చెప్పుకునేది ఏంటంటే మన లైఫ్ స్టైల్ మనది. No comparison. మనకు ఉన్న టైంలో మన కుటుంబానికి కచ్చితంగా కొంత సమయం కేటాయించాలి. మనం ముఖ్యంగా ఇప్పటి పిల్లల పైన మరియు యువత పైన ఎక్కువ శ్రద్ధ పెట్టాలి. అందుకే అంటాము కదా "మొక్కై వంగనిది మానై వంగునా అని". నేటి బాలలే రేపటి పౌరులు. మనం వారిపై ఎక్కువ దృష్టి పెట్టి మంచి పౌరులుగా ఎదిగే టట్టు చూడాలి అంటే వారితో మాట్లాడి వారి ఆలోచనలు, ఇష్టాలు చర్చించి, మంచి చెడులను వారికి తెలియ పరచాలి. వారికి ఇతరులతో ఎలా మాట్లాడాలో నేర్పించాలి. ఆప్యాయతను, గౌరవం, ప్రేమ పంచుకోవడం తెలియ పరచాలి. వీలైతే ఇతరులకు సహాయం చేయమని చెప్పాలి. ప్రతి ఒక్కరు సంతోషంగా ఉండే ప్రయత్నం చేయాలి ఎందుకంటే ఇప్పుడు మన జీవితం నీటి బుడగ లాగా ఉంది, మనం ఎంత కాలం బ్రతికి ఉంటామో తెలియదు, సో ఎప్పుడూ ఏమి జరుగుతుందో తెలియదు. అంటే మిమ్మల్ని భయపెడుతున్నాను అని అనుకోకండి, ఉన్న వాస్తవాలు మీ ముందు ఉంచుతున్నాను అంతే.

ఇక ఏదో ఒక రోజు ప్రతిఒక్కరు పోవాల్సిందే కదా. మరి ఈ విషయం తెలిసి కూడా ఎందుకండీ ఈ కోపాలు, కక్షలు, ప్రతికారాలు, ఉన్నన్ని రోజులు హాయిగా మనకు నచ్చినట్టు బ్రతకాలి. వేరే వాళ్ళకి ఇబ్బంది పెట్టేలా ఉండకుండా. మనకు సంతోషము, తృప్తి కలిగేలా జీవించాలి. క్షమాగుణం కలిగి ఉందాము.

13. Modern Parenting & The Clutter We Don't Talk About

One thing I've noticed—both as a new mom and a psychologist—is how much parenting today is tied to things. Somewhere along the way, love and care started looking like shopping carts full of stuff our babies never asked for.

We don't just raise children anymore—we curate their environments, their wardrobes, their routines. It's not always intentional, but there's this subtle pressure to get “all the right things” to prove (to ourselves and the world) that we're doing a good job. But here's the psychological catch: often, we're not buying for the baby. We're buying to soothe ourselves.

Anxiety in Disguise

That fancy weaning off set? The good looking feeding chair? The softest cute printed muslin swaddle? Most of the time, it's our anxiety driving those purchases. The fear of not being prepared. The guilt of not doing enough. The mental load that whispers, “Maybe if I just had this one more thing, mom-hood would be easier.”

In spite of my professional background and my training in offering help in emotional regulation; I myself am battling overwhelm, and occasionally find myself comparing my minimalist way of upbringing with parents of social media who shower their baby with fanciest gear.

By **Pankaja Dhondye, 138 BHEL HIG2**
Psychologist, Sr School Counsellor



Is buying things constantly becoming our coping mechanism? I wonder.

The Baby Doesn't Need It—We Do
Let's be honest: babies don't need half the things we pile into our homes. They need warmth, food, safety, and emotional connection. That's it.

From a developmental psychology perspective, the child isn't going to remember whether you had the latest gear or the Pinterest-worthy playroom. They're going to remember how they felt in your presence. Were they seen? Were they soothed? Were they safe?

Those moments—holding them when they cry, responding when they reach for you, laughing at nothing together—those are what wire their brains for connection and resilience.

This isn't about shame. It's about awareness. Because when we name what's really going on, we can take back some of our power. We can pause before the next impulse buy and ask: Do I really need this? Or do I just need a break, support, or reassurance that I'm enough?

15. Green Gram with Coconut (*Moong/Cherupayar*)



Ingredients:

Whole green gram (moong): 1 cup
Water: 3–4 cups (for cooking)
Grated coconut: 2–3 tbsp
Green chili 1, slit or black pepper powder
Ginger: ½ inch, finely chopped or grated
Salt: to taste
Curry leaves: 6–8 leaves
Mustard seeds: ½ tsp
Cumin seeds: ½ tsp
Coconut oil (or any cooking oil): 1 tsp
Hing (asafoetida): a pinch
Turmeric: ¼ tsp

Steps:

Soaking (Optional but recommended):
Wash moong thoroughly and soak in water for 3–4 hours (or overnight).
If short on time, you can skip soaking and cook directly, but it will take longer.

Cooking the Moong:

In a pot or pressure cooker, add the soaked moong with fresh water.
Add turmeric and a bit of salt.
Cook until soft but not mushy (about 2–3 whistles in a pressure cooker, or 20–25 mins in a pot).

Tempering:

In a small pan, heat coconut oil.
Add mustard seeds. When they start spluttering, add cumin seeds, hing, ginger, and green chili.
Add curry leaves and sauté for a few seconds.

By Annamma Joseph
39 BHEL HIG2



Mixing:

Add the tempering to the cooked moong.

Stir in the grated coconut.

Simmer everything together for 2–3 minutes. Adjust salt.

Serving Suggestions:

Serve warm as a light meal, side dish, or as part of prasad or fasting meal.

Goes well with steamed rice, chapati, or just as-is like a healthy warm salad.

It can also be cooked without other ingredients.

Health Benefits of Green Gram

Easy on Digestion

Moong is one of the lightest and easiest legumes to digest.

Ideal during recovery, fasting, or for the elderly.

High in Protein

Good plant-based protein source, especially when combined with rice or chapati.

Rich in Fiber

Supports digestion and helps prevent constipation.

Balances Tridosha (Ayurveda)

Especially good for Kapha and Pitta.

Doesn't aggravate Vata much like other legumes do.

Detoxifying and Cooling

Helps in detoxification, especially in the summer.

Commonly used in Ayurvedic cleansing diets (e.g., kichdi).

Blood Sugar Friendly

Has a low glycemic index, helps in managing blood sugar.

Heart Friendly

High in magnesium and potassium—good for blood pressure control.

The Importance of Early Childhood Education

Supporting your child's growth and development.

Why Early Childhood Education Matters More Than Ever!

🧠 **Brain Boost:** Most brain growth happens before age 5!

📺 **Screen Time Alert:** Kids spend more time with screens and less time with people.

😞 **Real-World Woes:** This can lead to:

- Speech delays
- Trouble making friends
- Stubborn behavior

Early childhood education is **more** important than ever! Think of it as giving your child a **super start** in life.

These early years are when their brains are like **sponges**, soaking up everything around them.

However, our world is changing. Many children spend more time glued to screens than playing and interacting with others. This can cause problems with their **speech, social skills, and behavior**.

Routines and real-world experiences help children learn and grow in healthy ways. It's all about balance and giving them the best possible start!

How Busy Parents Can Support Early Education

💬 **Talk Time:** Chat during daily routines.

📖 **Reading Rocks:** 10 minutes each day!

👤 **Nature Calls:** Replace screens with storytelling or walks.

🏠 **Helpful Hands:** Let children help with small chores.

🎓 **Learning Centers:** Consider a trusted early learning center.

We know you're super busy, but even small efforts can make a **huge** difference!

- **Turn everyday moments into learning opportunities.** Talk to your child while you're making dinner or doing laundry.
- **Reading together** for just 10 minutes a day can spark their imagination and boost their vocabulary.
- **Swap screen time** for storytelling or a walk in the park. Let them explore the world around them.
- **Give them small chores** to help build responsibility and confidence.
- If possible, joining a trusted **early learning center** is an amazing way to support your child!

💡 **Remember:**

A child's best screen is your face.

Their best toy is your time.

Their best classroom is the world around them.



17. Feedback

Greetings to all, the latest Ushodayam edition was an interesting read! Getting better and better, while i have kept off writing articles due to lack of time, i did enjoy the articles esp Mr. Wanchos articles (challenges of ageing, your informative articles on finance matters , the cookery item this time was a culinary pleasure a welcome surprise! The environmental article on the bird too was refreshing. The happenings ie pics of colony celebrations too give us a wonderful idea of the quarter. Aslesha Hajirnis, 138 HIG2

I saw how our holi pictures are included in the magazine and its sweet. Topics are also really diverse. Personally liked the visa article and many more. Dr Priyanka, 84 HIG2

Very good n very informative. Author names for all has not come. Ex forest article. I liked the contents. M Sailaja, HoF RnD

Congratulations to the team of Ushodayam for bringing an useful stuff. J Sampada Rao 84 HIG2

Congratulations to the team for this interesting, informative, easy to read, multilingual newsletter! KAR Kalyani 162 HIG2

Liked the way of presenting all the events which were done in the colony. Very well planned 👍 Ms Gunti Vishali Psychologist

Congratulations to the team of Ushodayam, our community magazine. The contents are very interesting to read, informative and useful. Thank you for the team and articles contributors. GS Ashok Kumar, 145 HIG2

Holi pictures are good .Topics are also really diverse. Personally liked the visa article and many more. Regards Dr Recharla Priyanka MD Psychiatry, Institute of Mental Health

Excellent edition of Ushodayam. It is easy to read with good font size in bold letters and arrangement of topics, sections and nice coverage of various events of colony. Congratulations to the team Ushodayam for making it interesting and readable friendly format. Good job done! 🙏 G Appa Rao, 112 HIG2

18. Humour

1. *My boss was selling his car.*

I bought it from him on EMI

Now I have Car and Job Security !



2. *After performing puja and listening to spiritual talk by the purohit everybody rushes to take out the mobile phone as if the GOD has sent an OTP for accepting our puja.*

3. *Nowadays the private banks employ very beautiful girls on front desks. The other day I went to close my account and I returned with a new credit card.*

4. *Nowadays, the tooth paste manufacturers include spices like tulsi Karpoor, ilaichi, lavang/clove Neem, chandan etc. Don't understand whether I have to brush my teeth or perform a homam in my mouth.*

Thought of the Day

"Every day is a new chance to do something good" - Anonymous

