


**The
Anandda
Dialogue**
Conversations
that inspire,
wisdom
that endures..

ANANDDA

A confluence of pathways to bliss!



**The
Anandda
Dialogue**

UNEARTHING SECRETS

Of Our Body through Dowsing



CHITRA SINGH WITH

SIDHESHWAR BHALLA

Featured Inside

**Driving the
'Mussoorie Bloom'
Initiative**



Sandeep Sahni

**The
Passionate Fountain Pen
Collector**



Dr. Sanjay Manchanda

• Visionary
• Sustainable Travel Curator
• Explorer



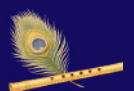
Sanjay Sharma

**Advocating
Eye Care In
the Digital Age**



Dr. Sanjay Choudhary

Real Lives, Real Passions, Real Journeys!



About CLA Indus Value Consulting

CLA Indus Value Consulting is an independent member firm of the CLA Global Network, delivering advisory-led professional services aligned with India's regulatory, business, and governance frameworks.

Built in India and connected globally, CLA Indus Value Consulting supports organisations through complex decisions, growth journeys, and transformation initiatives across sectors. As a full-service advisory firm, it offers integrated consulting, tax, assurance, and business advisory solutions to private enterprises, public sector organisations, multinational corporations, global member firms, and government institutions.



Industry Recognition

**11th Largest
Professional Services
Firm in India**
International Accounting Bulletin
(IAB) Survey 2025

**World's 15th Largest
Accounting Network**
Member Firm of CLA Global

Empanelments & Ongoing Engagements

Empanelled with India's market, banking & enforcement regulators

 SEBI Forensic Audit of Listed Companies	 Income Tax Department
 (IBA) – ASM Indian Banks' Association	 Narcotics Control Bureau (NCB)
 (IBA) – Forensic Audit Indian Banks' Association	 NSE & BSE
 EOW Enforcement Agencies	 MCX
 RERA	 CDSL

Key Service Lines

Forensic Investigations and Dispute Advisory Services

- Arbitration, Disputes and Litigation Support Service
- Digital Forensics
- Integrity Due Diligence
- Asset Tracing and Skip Tracing
- Anti-Bribery Anti-Corruption Reviews
- Fraud Risk Assessments
- Anti-Fraud Advisory

AI and Technology Consulting

- AI, Neural Networks/Advanced NLP
- Python, Big Data & Hadoop
- Video Analytics/Surveillance
- AI/ML & DL along with Gen AI
- Power BI & Tableau
- Py Spark & Kafka

Cyber Security Privacy and Data Protection (CSPDP)

- Compliance and Global Standards
- Brand Monitoring
- Vulnerability Management
- (VAPT, Red Teaming)
- Identity & Access Management
- Privacy & Data Protection (GDPR, DPDPA)
- Resilience Third-Party Risk Management
- Cyber Regulatory Compliance
- Audit and Implementation of ISO Standards

Government and Public Sector Advisory (GPSA)

- Project Management Consultancy (PMC/PMU)
- Digital Governance
- Smart City-Implementation and PMU
- GIS-Based Master Plan
- IoT-Based Solution
- Infrastructure

Corporate Finance and Deals (CFD)

- Financial and Vendor Due Diligence
- Business Restructuring
- Project and Cash Flow Monitoring
- Merger and Acquisition
- Valuation and Modelling
- Investment Banking
- Capital Sourcing by way of Equity/Debt/Mezzanine
- Corporate Advisory and Project
- Financing

Tax Advisory and Compliance Services (TACS)

- Direct Tax
- International Tax
- Transfer Pricing
- Goods and Service Tax
- Expatriate Tax
- Foreign Exchange Control
- Company Law
- Tax Due Diligence
- Litigation Services

Governance Risk Resilience and Compliance (GRRC)

- Internal Audit
- Risk Analytics
- Governance & Risk Management
- Project Audit
- Compliance Management & Automation
- SOP Documentation
- SOX Audit

International Business Office (IBO) and India Centre of Excellence (Ind-CoE)

- Inbound & Outbound International Business Facilitation
- Dedicated International Growth Leader for Member Firm Relationship Management
- International Webinars & Collaborative Workshops
- Joint Pitch & Cross-Service Line Collaboration
- MSA/MoU Framework Management with Member Firms
- Cross-Border Business Development & Referral Coordination
- International Client & Market Expansion Support
- Global Network Collaboration & Stakeholder Engagement



ABOUT THIS PUBLICATION

Anandda is a global digital publication - a confluence of pathways to bliss that strives to bring together content that empowers its readers with wisdom and perspectives to gain harmony in the body, mind, and soul. It carries real stories, passions, and journeys through well-curated articles on the environment, people and their unique journeys, leadership, culture, travel, hospitality, aviation, food, and beauty, bridging astute readers worldwide. It is dedicated to my parents, Purnima and Janardan Thakur, and my brother, Sankarshan Thakur.

Chitra Singh
Founding Editor & Publisher

Team Anandda

Here with a purpose

Founding Editor & Publisher

Chitra Singh

Creative Director -
Design & Advertising

Neeraj Singh

Honorary Consultant Editor

Sidheshwar Bhalla

Executive Editor, Inner Horizons

Chandna Dixit

Editor-in-Soul

Nitya Upadhyay

Head -

Global Collaborations & Impact

Shalini Gaur

AI & L&D Strategist

Manu Puri

Chief Legal Officer

S. Sharma

Chief Legal Officer

R. R. Gupta

Curator of

Inspired Expression

Sheena Mendiratta

Custodian of Digital Pathways

Ashutosh

Advisor - Pathways & Presence

Pratishtha Bhardwaj

Visual & Art Alchemist

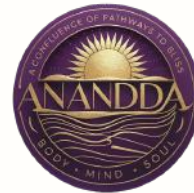
Harit Gulia

.....

*Each one is a lamp on the path,
gathered to serve the reader's
awakening.*



Table Of Contents



05 Letter From the Editor

Chitra Singh shares a personal reflection on a month of immersive journeys, inspiring encounters and shared purpose, each enriching Anandda's continuing journey as a confluence of pathways to bliss.

06 The People Behind the Vision

Meet the people behind Anandda — a collective brought together by creativity, consciousness, experience, and a shared commitment to meaningful storytelling and human connection.

07 From the Desk of the Honorary Consultant Editor

Observing Anandda from the unique vantage point of both corporate leadership and an enduring inner journey, Sidheshwar Bhalla reflects on the quiet momentum that arises when purpose begins to find its own path.

08 Pathways of Purpose: Anandda's Journey

A continuing chapter in Anandda's evolving journey, embracing a growing global readership and creating a meaningful new home through www.ananddaglobal.com

09 The People Behind Anandda: Chitra Singh

Glimpses into Chitra Singh's editorial journey with the Penguin Ananda book, Life-Changing Maha Mantras: The Art of Living the Gita, authored by Sakshi Shree

10 The People Behind Anandda: Sidheshwar Bhalla

A glimpse into the lifelong inner journey of Sidheshwar Bhalla, whose passion for wisdom quietly shapes the philosophy and purpose of Anandda.

11 Pathways of Purpose: Conversations. Connections. Community.

As Anandda travels across people, professions and places, every meaningful encounter strengthens our shared journey towards wisdom, well-being, and human flourishing.

12 The Anandda Dialogue: Unearthing Secrets of Our Body Through Dowsing

In this thought-provoking conversation, Chitra Singh speaks with Sidheshwar Bhalla to explore how dowsing, science, ancient wisdom, and integrated healing can deepen our understanding of the remarkable intelligence of the human body.

16 Uttarakhand May Become the Global Himalayan Rudraksha Hub

Can a sacred Himalayan seed help restore forests, strengthen livelihoods, and reconnect a region with its timeless spiritual heritage? Uttarakhand's Rudraksha revival is nurturing that possibility.

20 The Mussoorie Bloom Initiative

In Mussoorie, Chitra Singh discovers how Sandeep Sahni's vision has inspired an entire community to plant trees for a greener, more colourful future while nurturing the next generation of environmental stewards.

26 Reimagining the Himalayas: Eco-Glamp & Aramya

In the stillness of Kanatal, Chitra Singh discovers how one vision is quietly reimagining the future of experiential tourism in the Himalayas.

30 When Success Becomes a Crossroad

Some of life's most important questions emerge after success has already arrived. Dr. Scott Adrian Zarcinas reflects on that quiet turning point.



Our Pathway Partners

People walking with Anandda

Astrology/Numerology

Master Fon Lim.....34

Books

Life-Changing Maha Mantras.....19

Corporate Advisory & Professional Svcs.

CLA Indus Value Consulting.....2

Digital Marketing

AlgoHype.....49

Property/Investment

Aramya Glass-Facade Villas....Back Cover

Sound Healing

Arahat Sound Wellness.....25

We are available on:



www.magzter.com

With 88 million readers in
more than 150 countries.



www.substack.com

CONTACT US



+91-9811164108

+91-9205933455



+91-9811164108

+91-9205933455



ananddaofficial@gmail.com

chitraoffice@gmail.com



[ananddaofficial](https://www.instagram.com/ananddaofficial)



[anandda-bliss](https://www.linkedin.com/company/anandda-bliss)



www.ananddaglobal.com



New Delhi, India.

Table Of Contents



32 BeLucidNow: Nothing Real Can Be Lost

In this month's BeLucidNow, Manu Puri shares a deeply personal reflection that gently reminds us how life's ordinary moments often reveal that what is real can never be lost.

35 Our Eyes in The Digital Age

Dr. Sanjay Choudhary brings more than three decades of clinical expertise to an important conversation on safeguarding one of our most precious senses in the digital age.

38 The Ingredient We Keep Ruining: Onion

Every layer of the onion reveals a deeper story. Blending gastronomy, flavour science, and sustainable food innovation, Ali Özseven uncovers the remarkable chemistry and timeless wisdom that have made this humble ingredient an enduring treasure across cultures and generations.

41 A Life Written in Ink

Step into the remarkable world of Dr. Sanjay Manchanda, where every fountain pen preserves a story of craftsmanship, history and the enduring joy of the written word.

45 The Ancient Wisdom of Natural Herbs

Master Lim Say Fon explores the timeless wisdom of natural fragrance and the quiet harmony between botanicals, mindfulness, and the human spirit.

50 The Hidden Cost of Success

What does success ask of us? Toby Maguire reflects on the personal cost of achievement and the importance of nurturing well-being along the way.

52 Nothing New!

Neeraj Singh brings together three enduring stories from the world's wisdom traditions, each offering a timeless insight into restoring what truly matters.

54 Nuggets

Inner Reflections on different facets of life!

55 Is Genuineness the Key to Corporate Relationship Success?

Drawing upon years of entrepreneurial and healthcare experience, Dr Bhawna Gautam explores how genuineness becomes the foundation of trust, loyalty and enduring corporate relationships.

58 Discover Anandda

An invitation to organisations, institutions and leaders seeking to place human flourishing at the centre of performance, purpose and progress.

VISIT OUR WEBSITE TO ACCESS ALL ISSUES



www.ananddaglobal.com

LETTER FROM THE *Editor*

“Every meaningful journey leaves us with more than memories. It expands our understanding, deepens our relationships and quietly shapes the person we become.”



Dear Reader,
Greetings!

One of the greatest privileges of journalism is the opportunity to remain a lifelong student.

Every journey offers new learning, every conversation opens a new perspective, and every story reminds us that wisdom often reveals itself through people who quietly dedicate their lives to a purpose greater than themselves.

Recently, that learning took me to Uttarakhand, India's Himalayan state. Travelling across the region became far more than a reporting assignment. It offered an immersion into a changing landscape where tourism, environmental stewardship, local communities, and cultural heritage are coming together with remarkable sensitivity.

At **Eco Glamp** in Kanatal, I experienced how hospitality can celebrate the Himalayas while honouring the environment. The **Mussoorie Bloom Initiative** reflected the inspiring power of community participation, while conversations around the proposed revival of **Rudraksha** cultivation revealed a vision that embraces ecology, livelihoods, India's cultural heritage, and spiritual consciousness.

It has been my honour to have been associated with the editorial journey of the book **“Life-Changing Maha Mantras: The Art of Living the Gita,”** authored by former Indian civil servant and world-renowned enlightened master **Sakshi Shree**. Recently published by Penguin Ananda, it has been very well received in the corporate world. Spanning almost two years, this editorial journey was very enriching and reaffirmed my belief that the timeless wisdom of the Bhagavad Gita continues to offer profound guidance for contemporary life.

I also had the privilege of attending a felicitation ceremony where our Honorary Consultant Editor, **Sidheshwar Bhalla**, received an appreciation award at the Bharatiya Vidya Bhavan for his scholarship and thoughtful presentations. What stayed with me was the warmth and admiration with which he was received by his mentors and fellow seekers from diverse walks of life. It was deeply inspiring to witness a senior corporate leader pursuing his inner journey with such humility, passion, and unwavering commitment to lifelong learning.

Following Anandda's successful participation as the official media partner at the Annual Conference of the Institute of Internal Auditors (IIA) India – Delhi Branch in New Delhi, I had the pleasure of presenting a copy of Anandda to **Kartik Radia**, a dear friend visiting from Mumbai, a respected corporate leader, and a devoted follower of Lord Krishna.

He warmly appreciated Anandda's philosophy and its endeavour to bring together insights into the body, mind, and soul from global authors and experts for the corporate readership.

This was another encouraging reminder that conversations around well-being, wisdom, and human values are finding a meaningful place in contemporary leadership.

This issue also marks a meaningful milestone as we warmly welcome **Anjjalii Mathhur** and her organisation - **Arahat Sound Wellness**, as **Anandda's Wellness Partner**, strengthening our shared commitment to holistic well-being.

My heartfelt gratitude goes to every author who has generously shared their knowledge and experience and to every member of our team, whose dedication, creativity, and belief continue to shape this journey.

As I reflect on the month of July, I am reminded that every journey, every conversation, and every new relationship quietly enriches Anandda's own understanding of what it truly means to be a confluence of pathways to bliss.

For that learning, and for everyone who continues to walk beside us, I remain deeply grateful.

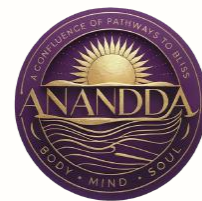
With heartfelt gratitude and best wishes to each one of you,

Chitra Singh



ANANDDA

A Confluence of Pathways to Bliss!



Founding
Editor & Publisher
Chitra Singh



Creative Director
Design & Advertising
Neeraj Singh



Honorary
Consultant Editor
CA Sidheshwar Bhalla



Executive Editor
Inner Horizons
Chandna Dixit



Chief Legal Officer
S. Sharma



AI & L&D Strategist
Manu Puri



Chief Legal Officer
R. R. Gupta



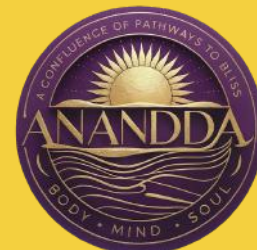
Custodian of
Digital Pathways
Ashutosh



Wellness Partner
Anjali Mathhur



Behind every idea is a team that makes it happen. From planning to execution, our people bring passion, creativity, and commitment into everything we do. Proud to introduce the faces behind the work! ”



Curator of
Inspired Expression
Sheena Mendiratta



Head – Global
Collaborations & Impact
Shalini Gaur



Visual & Art
Alchemist
Harit Gulia



Editor-in-Soul
Nitya Upadhyay



Advisor – Pathways
& Presence
Pratishtha Bhardwaj

THE PEOPLE BEHIND THE VISION



FROM THE DESK OF THE

Honorary Consultant Editor

When Purpose Finds Its Own Momentum

Dear Reader,

Greetings!

Every meaningful journey reaches a stage where it begins to gather momentum of its own.

The moving blocks begin finding one another. Conversations appear at the right time. Relationships deepen naturally. New pathways open. What once depended upon persistent effort gradually begins to move with its own quiet traction.

Watching Anandda over the past few months, I have found myself reflecting on this very phenomenon.

Although my professional life remains rooted in governance, leadership, and organisational performance, a parallel quiet journey shaped by Indian wisdom, consciousness, and the enduring principles that govern human life draws my attention.

Perhaps this balance between the outer and the inner allows me to observe Anandda from a different vantage point.

As each issue takes shape, I find myself looking less at individual articles and more at the patterns they reveal. This month, those patterns feel especially significant.

Without consciously planning it, Anandda has brought together conversations on sustainable tourism, healthcare, hospitality, environmental stewardship, passions, inner journeys, and timeless wisdom. Different voices, different disciplines, yet all pointing towards one enduring truth: knowledge becomes meaningful only when it is lived with purpose.

To me, that is Anandda's quiet evolution. It is becoming a genuine confluence of pathways to bliss, where the dimensions of body, mind, and soul naturally enrich one another while speaking meaningfully to contemporary life.

One of the greatest encouragements continues to be "The Anandda Dialogue." The conversations it inspires among leaders and professionals reaffirm that organisations are increasingly recognising the value of self-awareness, consciousness, and human values in shaping thoughtful leadership.



Another deeply satisfying milestone has been the publication of the book, "Life-Changing Maha Mantras: The Art of Living the Gita," authored by Sakshi Shree and published by Penguin Ananda. Watching Anandda's founding editor Chitra Singh devote nearly two years to its editorial curation, along with the author, revealed her deep engagement with the inner world from which such work quietly emerges. I eagerly look forward to reading it.

Equally heartening was Anandda's participation as the official media partner at the annual conference of the Institute of Internal Auditors (IIA) India – Delhi Branch, at which it received overwhelming appreciation.

My sincere appreciation goes to every contributor who has enriched these pages, to Chitra Singh for her thoughtful editorial stewardship, and to every member of Team Anandda whose dedication continues to keep these moving blocks in motion.

For me, Anandda's greatest achievement is not measured by the number of issues it has published but in the quiet momentum with which the right people, the right ideas, and the right intentions continue to find one another.

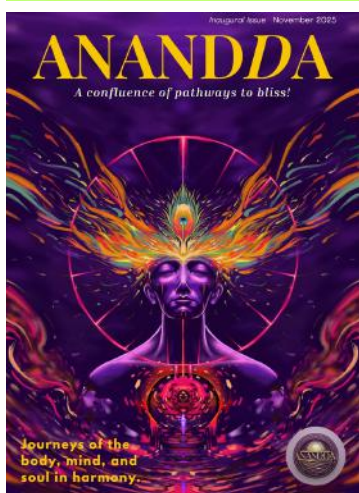
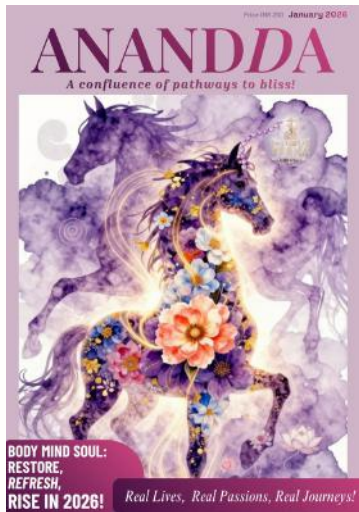
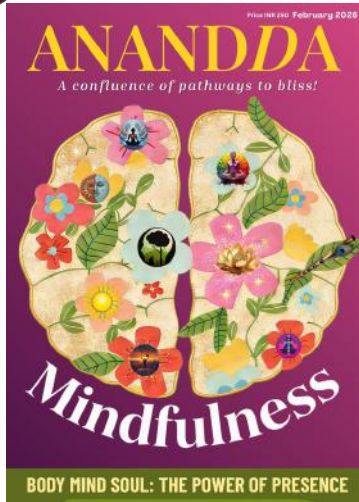
With warmth and gratitude,

Sidheshwar Bhalla





Pathways of Purpose: ANANDDA'S Journey



We have been spreading
our wings!

Exploring our readers and our
editorial contributors. We found our
readers particularly in:

Afghanistan
Australia
Bangladesh
Belgium
Brazil
Canada
China
Egypt
Germany
Hong Kong
India
Ireland
Kazakhstan
Mexico
Myanmar
Nepal
Netherlands
New Zealand
Philippines
Russia
Rwanda
Singapore
South Africa
Spain
Switzerland
Thailand
Turkey
United Arab Emirates
United Kingdom
United States of America
Zimbabwe

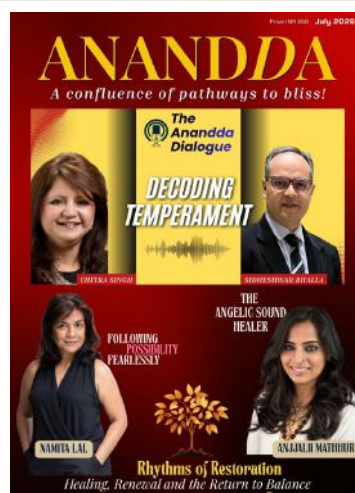
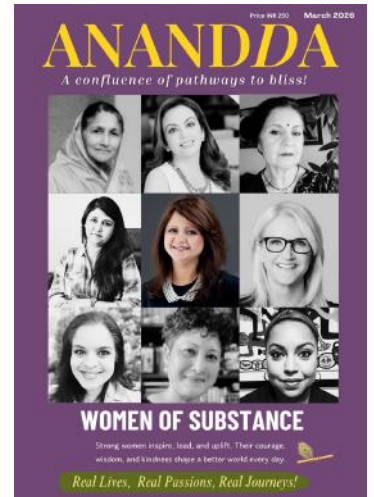
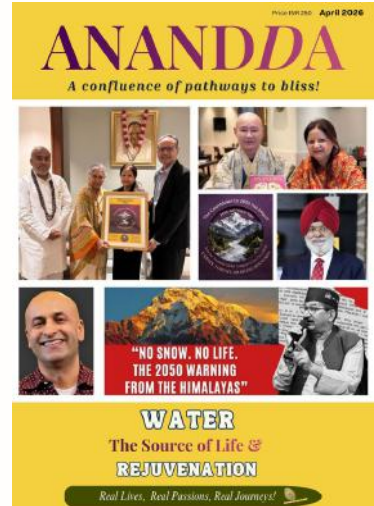
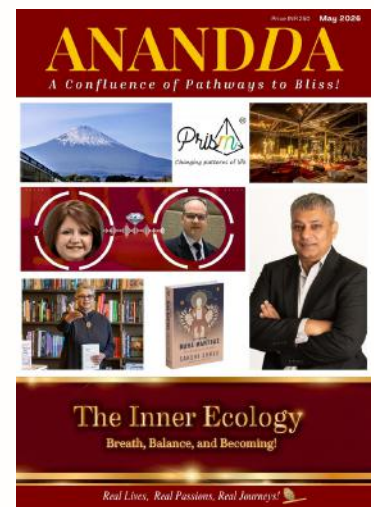
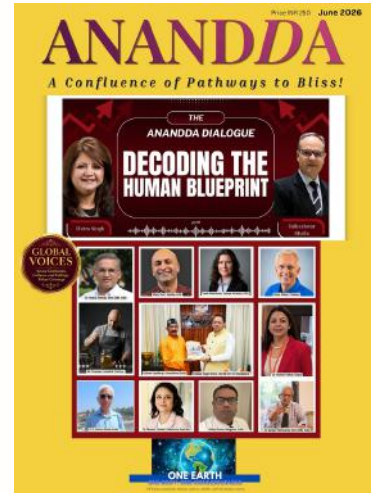
We have created a robust space where
you can find your anandda, your bliss!

We have put all the issues of Anandda
on our website so that whenever you
wish to read what you may have
missed, you can log on to:



www.ananddaglobal.com

and enjoy the content!



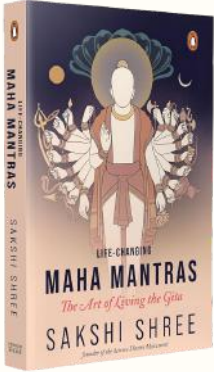


The People Behind Anandda: Chitra Singh

The passions, pursuits and personal journeys that quietly shape Anandda's philosophy and voice.

Chitra Singh

*A Journalist
in Search
of True Meaning*



A treasure for the corporate world and all those who have to navigate the complexities of life.

Anandda's editor, Chitra Singh, is honoured to be a participant in the editorial curation journey of this book, authored by Sakshi Shree, a world-renowned enlightened master and a former Indian civil servant. It has been published by Penguin Ananda and is available on Amazon and other platforms. The book reaching its intended readership has been a boon. Wishing all readers empowerment in their paths of life!



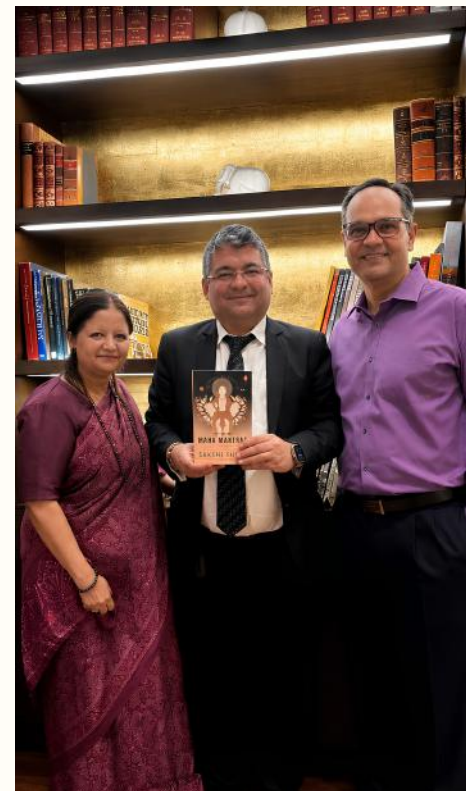
A memorable moment as Chitra Singh presents the book to Bharat Garg, Sidheshwar Bhalla, Neeraj Bansal, and CA Sangam Kumar Aggarwal at the IIA India Delhi Branch Annual Conference.



Amidst the energy of the conference, CA Sangam Kumar Aggarwal shares a meaningful moment with Chitra Singh around the book, celebrating the meeting of leadership and timeless wisdom. at the IIA India Delhi Branch Annual Conference.



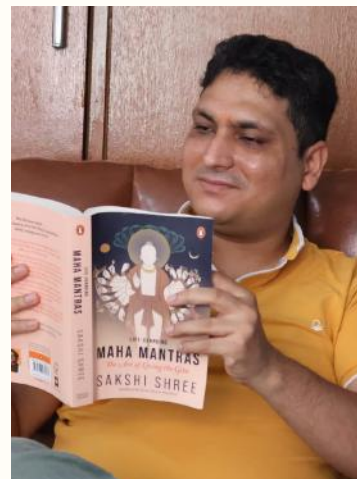
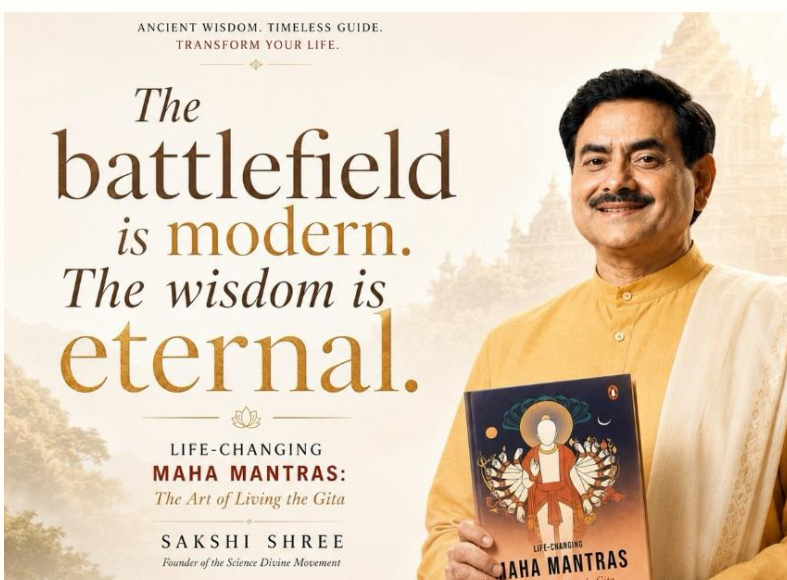
Sana Baqai, President, IIA India – Delhi Branch, joins the group to extend her good wishes for the book.



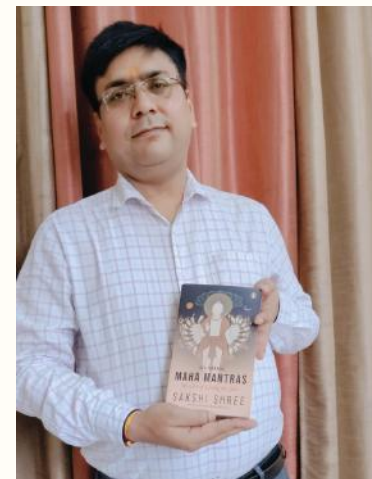
Celebrating a shared appreciation for leadership, wisdom, and human values, Chitra Singh and Sidheshwar Bhalla present a copy of the book to Kartik Radia.



Anandda team member Shalini Gaur immersed in the book.



A thoughtful moment as Peeyush Pasbola, Senior Corporate Leader at EY, engages with the book.



With great pride, Ramesh Pandey, an ardent follower of Sakshi Shree's philosophy, holds the book.





The People Behind Anandda

Sidheshwar Bhalla: *The Seeker Who Shapes Our Journey*



“
The quality of our
destiny is determined by
the quality of our karma.
The quality of our karma
is determined by the
quality of our
consciousness.”

Every publication gradually begins to reflect the philosophy of the people who nurture it.

In Anandda, readers encounter a spirit of enquiry, thoughtful reflection, and a quiet confidence that timeless wisdom still has much to offer to our rapidly changing world.

That philosophy is gently shaped by **Sidheshwar Bhalla**, affectionately known to colleagues, friends, and readers as **Sid**.

His inward journey began in Grade IX, when questions first arose that reached beyond the boundaries of the classroom. They stayed with him, quietly inviting him to understand life, human consciousness, and the unseen order that holds creation together.

Perhaps every soul arrives carrying its own purpose. Life does not create that purpose but patiently reveals it.

As a devoted young son, Sid travelled with his deeply spiritual mother on pilgrimages across India. While her devotion found expression through prayer, his found expression through observation. Rivers, mountains, forests, people, paths, and ancient temples became living classrooms.

Those journeys awakened a lifelong relationship with Mother Earth, the cosmos, and the timeless wisdom woven into nature itself.

Nature revealed itself not merely as landscape but as consciousness in motion.

The rhythms of Mother Earth awakened a lifelong reverence for the cosmos and for the invisible intelligence that quietly sustains all life.

That search is still on.

Sid earned the distinction of **Jyotish Acharya** (Master of Vedic Astrology) under the guidance of the legendary **Shri K. N. Rao** and continues his research in various Indic knowledge systems to date.

In the course of this journey, he has received many awards in appreciation of his research-oriented presentations and lectures that enlighten his audience all across forums, both in the corporate world and in those seeking the brilliance of knowledge systems.

Sid's learning, however, has never remained within the classroom. Across professional forums, including the Institute of Internal Auditors (IIA) India, the Institute of Company Secretaries

of India (ICSI), and Bharatiya Vidya Bhavan, colleagues and fellow professionals look forward to his presentations that explore Vedic astrology, consciousness, karma, integrated well-being, NLP, and the deeper dimensions of leadership.

His conversations gently remind audiences that professional success is only one dimension of a meaningful life. The deeper journey is to understand ourselves, for it is through self-awareness that our decisions, relationships, and contribution to the world acquire greater purpose.

For Sid, astrology is not about predicting destiny. It is about understanding the human being who is shaping it through conscious karma.

Every chart is viewed as a living relationship between the individual and the larger universe, where body, mind, consciousness, nature, and the cosmos remain deeply interconnected.

His methodology seeks to understand temperament, strengths, challenges, and life's purpose through a holistic lens, often helping the

seekers discover fresh perspectives rather than fixed answers.

At the heart of his philosophy lies a simple conviction: *the present moment is the only place where karma can be consciously performed. Every thought, every decision, and every action quietly shapes the destiny that follows.*

Learning, therefore, finds its fulfilment not in accumulating knowledge, but in allowing it to transform the way we live.

That philosophy naturally finds expression in his professional life, bringing clarity to leadership, balance to judgement, and calm to complexity.

It also quietly shapes Anandda.

Readers experience it through “**The Anandda Dialogue**,” and through the publication's editorial direction, where timeless wisdom, contemporary thought and the well-being of the whole human being across body, mind, and soul come together in one continuing conversation.

For Anandda, Sid is far more than an Honorary Consultant Editor. He is a lifelong seeker whose journey reminds us that the most meaningful success lies not in what we achieve, but in the awareness, wisdom, and karma with which we choose to live.

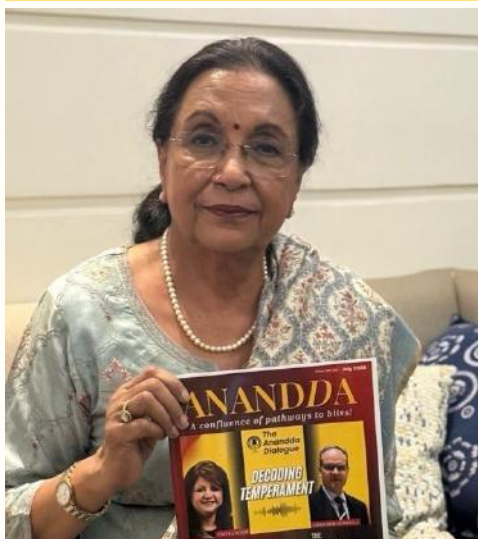




Journeying its way into Uttarakhand, Anandda is graciously received by Sandeep Sahni, the Mussoorie-born tourism leader and President of the Uttarakhand Hotel & Restaurant Association. Seen with him are Chitra Singh and Kishore Upadhyay. Read about his 'Mussoorie Bloom' Initiative on [Page # 20](#)



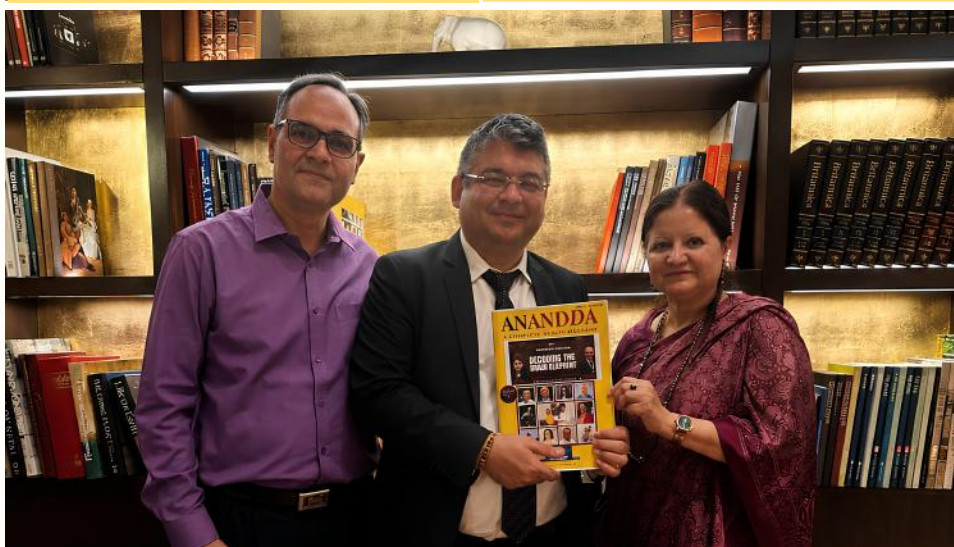
Chitra Singh presenting a copy of Anandda to CA Sangam Kumar Aggarwal, Member NIRC of ICAI (2022-29).



Renowned IVF specialist Dr. Abha Majumdar holding a copy of the July 2026 issue of Anandda, in which she was featured.



Anandda reaches the owners of the famous **Eco-Glamp** experiential resort in Kanatal, Uttarakhand. Receiving it graciously are owners Sanjay Sharma (second from the left) and Vipin Mamgain (on his left). Seen with them are Neeraj Singh (Ext. L), Chitra Singh & Kishore Upadhyay. Read about Eco-Glamp and the changing tourism scenario on [Page # 26](#) and on the [Back Cover](#).



One evening in New Delhi, Sidheshwar Bhalla (L) and Chitra Singh (R) presented a copy of Anandda to Kartik Radia (Center). A true Krishna devotee, Mr. Radia truly appreciated the venture and its philosophy.



World-renowned Sound Therapist Anjjali Mathhur holds a copy of the July Anandda which featured her. Connect with her on [Page 25](#)



The
Anandda
Dialogue



CHITRA SINGH WITH

UNEARTHING SECRETS Of Our Body through Dowsing



SIDHESHWAR BHALLA



Every day, the human body performs millions of extraordinary tasks without asking for our attention. Long before illness appears, however, it often begins communicating in quieter ways through subtle changes in energy, sleep, emotions, movement, and rhythm.

The question is not whether the body speaks. The question is whether we have learnt to listen.

Modern medicine has transformed our understanding of health through remarkable advances in diagnosis, treatment, and scientific research.

At the same time, ancient wisdom traditions continue to remind us that the human body is far more than muscles, bones, and organs. It is an extraordinary living intelligence in which the body, mind, and consciousness remain in constant dialogue.

One practice that has quietly travelled through history is **dowsing**. Traditionally associated with locating underground water, minerals, and hidden objects, it has gradually found a place in conversations about human awareness, subtle observation, and complementary approaches to well-being.

In this month's Anandda Dialogue, **Chitra Singh (CS)** and **Sidheshwar Bhalla (Sid)** begin with dowsing but soon journey much further. Their conversation explores the nervous system, consciousness, the body's energy centres, neurological health, medical astrology, and the growing philosophy of integrated healthcare.

Sid, a renowned Jyotish Acharya (Master of Vedic Astrology), distinguished risk and governance leader, author, and lifelong student of Indian knowledge traditions, has spent decades studying consciousness, dowsing, medical astrology, Neuro-Linguistic Programming (NLP), elemental science, and complementary healing systems. His work reflects an enduring curiosity to understand the human being as a whole.

Chitra Singh, founding editor of Anandda, approaches every dialogue with the curiosity of a journalist and the openness of a seeker. Together, they invite readers into a thoughtful conversation where ancient wisdom and contemporary understanding illuminate one another without claiming certainty.

Reach Sid at: bhallasidheshwar@gmail.com [in ca-sidheshwar-bhalla](https://www.linkedin.com/company/ca-sidheshwar-bhalla)
Chitra Singh at: chitraoffice@gmail.com [in chitrasinghjourn](https://www.linkedin.com/company/chitrasinghjourn)

Discovering Dowsing

CS: Sid, welcome back to *The Anandda Dialogue*. Our previous conversation on decoding temperament received an overwhelming response from readers across professions and age groups. Many wrote to say that it encouraged them to understand themselves with greater awareness. Today we turn to another fascinating subject, one that has intrigued civilisations for centuries. For someone encountering dowsing for the very first time, what exactly is it, and why has it continued to capture human curiosity?

Sid: Thank you, Chitra. I was deeply touched by the response to our previous dialogue.

What pleased me most was not that readers agreed with every idea, but that they began asking themselves new questions. To me, that is the real purpose of these conversations: to awaken curiosity.

The word "dowsing" simply means to search or to discover. Traditionally, it has been used to locate what lies hidden beneath the earth, whether underground water, minerals, gemstones, or even lost objects.

Across cultures, people have been fascinated by it because it appears to reveal what cannot be seen with the naked eye.

Historically, practitioners have used simple tools such as pendulums or Y-shaped rods to assist in this process.

My own journey began with a very simple question.

If dowsing could help uncover what remained hidden within the earth, could it also help us understand what remains hidden within the human body?

That single question stayed with me for a long time till I explored it.

Our ancient wisdom describes both the Earth and the human body as expressions of the Panchamahabhutas, the Five Great Elements: Earth, Water, Fire, Air and Space.

According to this understanding, everything in nature, including the human body, is composed of these same elemental principles.

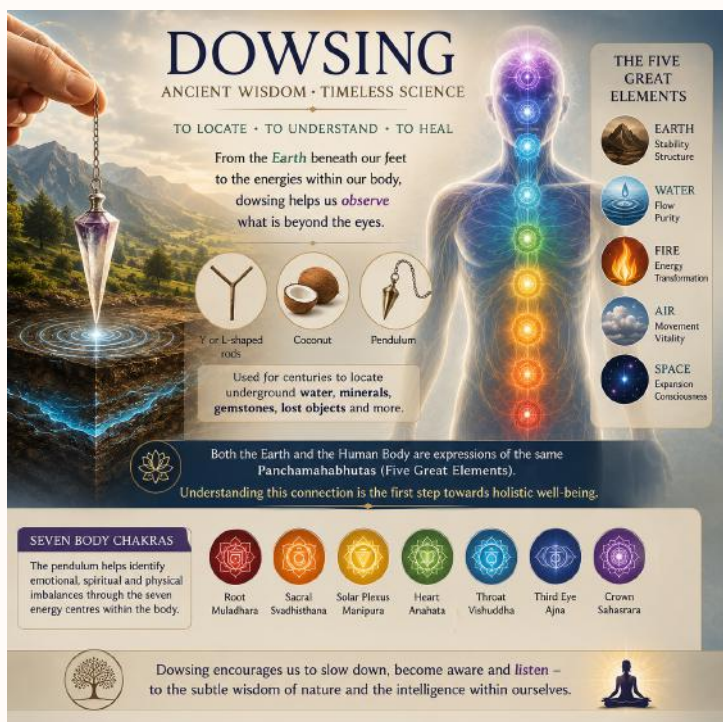
If both the Earth and the body arise from the same foundations, perhaps the methods that help us observe one might also encourage us to observe the other more deeply.

That curiosity gradually led me into a much wider exploration of consciousness, medical astrology, neuroscience, and complementary systems of healing.

I realised that dowsing was not an isolated practice. It became one doorway into understanding how different traditions have attempted to observe the remarkable intelligence of the human body.

Over time, I also discovered that dowsing is often misunderstood.





Many people see only the pendulum and assume that the instrument itself possesses some mysterious power. I see it differently. The pendulum is simply a tool. The real instrument is the awareness of the person using it.

Whether one approaches dowsing through ancient wisdom or through modern scientific enquiry, its greatest value lies in observation. It encourages us to become quieter, more attentive, and more willing to notice subtle patterns that we might otherwise overlook.

For me, dowsing has never been about predicting the future or searching for miracles. *It is about cultivating a deeper relationship with awareness itself.*

The Pendulum and the Mind

CS: For many readers, the obvious question would be this. How can a simple pendulum provide answers? Is it responding to some external force, or is there a scientific explanation for what happens?

Sid: That is probably the most important question we can ask, because it encourages us to look beyond appearances.

When people first see a pendulum move, they often assume that the pendulum itself possesses some mysterious power. I do not see it that way. The pendulum is simply an indicator. The real activity is taking place within the person holding it.

Modern neuroscience offers an interesting explanation known as the *ideomotor effect*. It describes tiny, unconscious muscular movements that occur without deliberate intention. These movements are so subtle that we are often unaware of making them, yet they can produce visible motion in a suspended object such as a pendulum.

In other words, the pendulum does not move by itself. It reflects microscopic movements originating within the nervous and musculoskeletal systems.

Every voluntary movement in the body begins in the brain. The brain formulates an intention, sends electrical signals through the spinal cord, and those signals travel through the nerves to activate the muscles.

The muscles contract, the hand responds, and the pendulum moves. Whether the movement is conscious or unconscious, it still follows the remarkable communication network of the human nervous system.

Ancient traditions approached this phenomenon from another perspective. They spoke of the conscious mind, the subconscious mind, and the unconscious mind, each influencing our perceptions and responses in different ways.

While the language differs from that of modern neuroscience, both perspectives recognise that much of human behaviour operates below the level of conscious awareness.

That is why preparation has always been considered important in traditional dowsing. Practices such as *Pran Pratishtha*, which may be understood as a process of dedicating or attuning an object for purposeful use, are not about giving magical powers to the pendulum.

They are about preparing the mind of the practitioner.

Similarly, daily attunement encourages stillness, focus, and clarity before any observation begins.

The emphasis is less on the instrument and more on the quality of awareness brought to it.

Many traditions also attach symbolic meaning to the hand that holds the pendulum.

The thumb has been associated with higher consciousness, while the index finger symbolises the individual self.

Whether one interprets these ideas spiritually or symbolically, they remind us that observation requires harmony between intention and attention.

I believe this is where science and spirituality quietly meet.

Science explains how the pendulum moves. Ancient wisdom asks why our inner state influences what we observe.

Neither perspective diminishes the other. Instead, they invite us to look at the same experience through different windows.

Ultimately, I do not think the pendulum is answering our questions.

It is simply making visible a conversation that may already be taking place within us.

The quieter the observer becomes, the clearer the observation often becomes.

Listening to the Body

CS: Sid, until now we have spoken about the pendulum and the remarkable relationship between the mind and the nervous system. Let us now move to the human body. If someone approaches dowsing from the perspective of health and well-being, what exactly are they trying to understand?

Sid: That is truly fascinating. Most people think of the human body as a collection of organs, each performing its own specialised function.

Modern medicine quite rightly studies these systems individually because every one of them is extraordinarily complex.

Yet the more we learn about the human body, the more we realise that nothing functions in complete isolation. Every system is constantly communicating with every other, creating a remarkable network of relationships that allows the body to maintain balance and respond to the world around us.

When I began studying dowsing, I gradually found myself looking beyond individual symptoms.

My attention shifted towards understanding how different parts of the body work together and how subtle changes in one area may influence many others.

That broader perspective became far more interesting than simply asking whether a particular organ was functioning well or not.

Ancient Indian wisdom has long described the body as an interconnected field of intelligence. It speaks of approximately **72,000 nadis**, often translated as subtle channels through which prana, or life energy, is believed to flow.

Among these, **Ida, Pingala, and Sushumna** are regarded as the three principal pathways. These are concepts drawn from the yogic tradition and should not be confused with the anatomical nerves recognised by modern medicine.

Instead, they offer a symbolic framework for understanding balance, vitality, and the movement of consciousness throughout the body.

Another important concept is that of the **seven chakras**, or energy centres. The Sanskrit word "chakra" means "wheel," suggesting continuous movement and flow.

Each chakra has traditionally been associated with particular physical, emotional, and psychological qualities.

Interestingly, many researchers and practitioners have observed that the locations of these chakras broadly correspond with major nerve plexuses and endocrine glands, opening an intriguing dialogue between ancient observation and modern anatomy.

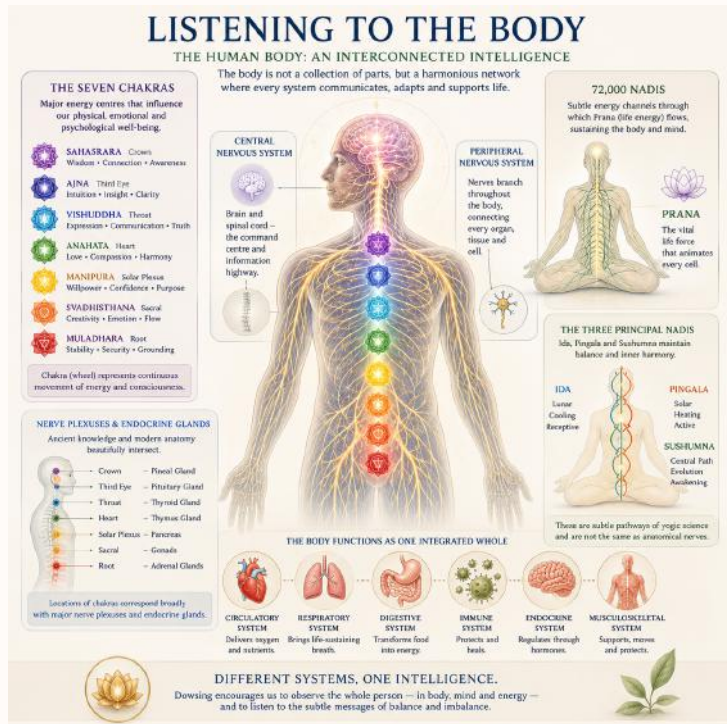
I find this conversation deeply enriching because it does not ask us to choose between one system of knowledge and another.

Instead, it encourages us to appreciate that different civilisations have often observed the same human reality while expressing it through different languages.

Modern medicine describes electrical impulses, hormones, and neural pathways.

Traditional knowledge speaks of prana, nadis and chakras.

Each seeks to understand the extraordinary intelligence that sustains human life.



Seen from this perspective, dowsing becomes another way of observing rather than another way of diagnosing.

It does not replace clinical examination, medical investigation, or scientific reasoning. It simply encourages us to view the individual as a whole rather than focusing only on an isolated symptom.

That distinction is important because the body rarely begins its conversation with illness.

More often, it communicates quietly through changes in sleep, breathing, digestion, emotional resilience, posture, energy levels, or a general sense that something is no longer in harmony.

Those subtle messages often appear long before disease is recognised.

The more I study the human body, the more it teaches me humility. Every answer opens another question, and every discovery reminds me how much still remains to be understood.

Beyond Symptoms: Understanding the Body's Patterns

CS: Sid, I must compliment you. You have explained a complex subject with remarkable clarity.

As someone listening to you, I am left with a greater sense of wonder about the extraordinary intelligence of the human body.

That naturally leads me to my next question.

If the body is constantly communicating with us, why do chronic disorders develop, and how can dowsing help us understand that journey?

Sid: That is perhaps one of the most important questions we can ask.

Most chronic disorders do not appear suddenly. They usually develop over many years through a combination of genetic predisposition, ageing, lifestyle, environmental influences, and countless interactions that science continues to study.

By the time a diagnosis is made, the body has often been adapting to those changes for a long time.

Modern medicine has transformed our understanding of neurological disorders such as Parkinson's disease, Alzheimer's disease, epilepsy, dementia, and migraine.

Research into genetics, brain chemistry, and neurodegeneration has given us extraordinary insights, while continuing to open new avenues of investigation.

Traditional systems of healing observe the same journey through a different lens.

Ayurveda, for instance, views health as a dynamic state of balance.

One of its three constitutional principles, **Vata**, is associated with movement, communication, and the functioning of the nervous system.

Classical Ayurvedic texts describe how prolonged disturbances in Vata may influence neurological and degenerative conditions.

These are traditional concepts and should not be interpreted as direct medical diagnoses, yet they offer an interesting perspective on how imbalance may develop gradually rather than suddenly.

Another area that fascinates me is the study of **brain waves**.

Modern neuroscience shows that our brains operate through changing electrical rhythms.

Deep sleep, relaxed awareness, focused thinking, and meditation are each associated with different brain-wave patterns.

This reminds us that the brain is not static. It is constantly responding to our inner and outer environment.

My own work also includes the study of **medical astrology**, which is perhaps one of the most misunderstood disciplines.

Used responsibly, it is not about predicting disease or creating anxiety. Rather, it examines constitutional tendencies that may indicate greater sensitivity in particular systems of the body.

I see it as another observational framework, one that encourages greater awareness and preventive care rather than certainty.

The same principle applies to dowsing.

I do not use it to diagnose illness or replace medical investigation. Diagnosis belongs to qualified healthcare professionals using established scientific methods.

Dowsing simply encourages me to observe patterns, ask better questions, and consider whether different pieces of information are pointing towards an area that deserves closer attention.

To me, every discipline contributes something valuable.

Genetics explains inherited tendencies. Neuroscience helps us understand the brain.

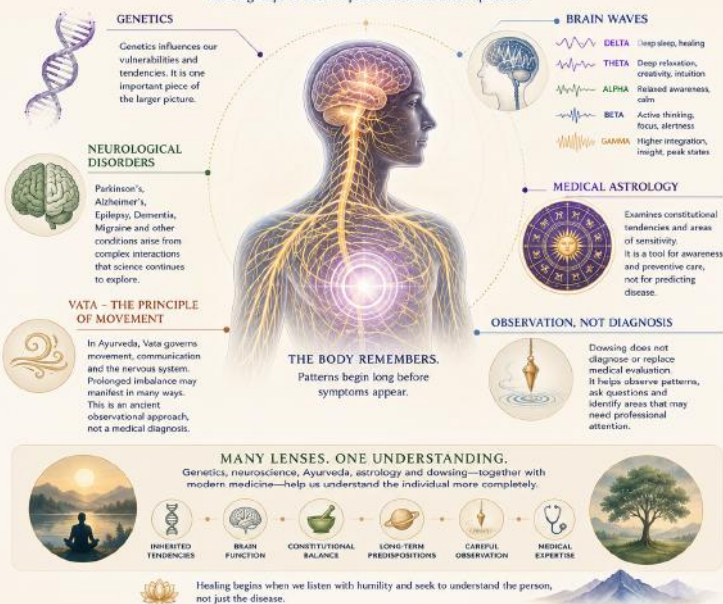
Ayurveda explores constitutional balance. Medical astrology offers another perspective on individual predispositions. Dowsing encourages careful observation.

None of them, in isolation, tells the whole story. Together, they remind us that every individual is far more complex than a diagnosis or a medical report.

BEYOND SYMPTOMS

UNDERSTANDING THE BODY'S PATTERNS

Chronic disorders develop over time through many influences. Dowsing helps us observe patterns and ask better questions.



The Future of Healing

CS: Sid, over the course of this conversation, you have taken us through dowsing, neuroscience, the nervous system, Ayurveda, medical astrology, and several complementary systems of healing.

What emerges very clearly is that you are not advocating one discipline over another but encouraging a more integrated understanding of the human being.

As someone who has spent decades studying these diverse fields, what do you believe is the future of healthcare? And how has that journey inspired what you describe as your Ashtalakshmi Integrated Wellness Model?

Sid: The greatest lesson my journey has taught me is that genuine knowledge rarely exists in isolation.

Every authentic system of healing has evolved through years, often centuries, of careful observation.

Modern medicine has transformed healthcare through scientific research, diagnostics, surgery, and life-saving interventions.

Traditional systems such as Ayurveda and Yoga remind us of the importance of prevention, lifestyle, emotional balance, and harmony with nature.

Complementary approaches including sound therapy, aromatherapy, Reiki, reflexology, and other evidence-informed practices

continue to explore how they may support overall well-being when used responsibly alongside conventional medical care.

I have never viewed these disciplines as competing with one another. I see them as different windows through which we observe the same human being.

Each contributes something valuable, while none, on its own, can fully explain the extraordinary complexity of human life.

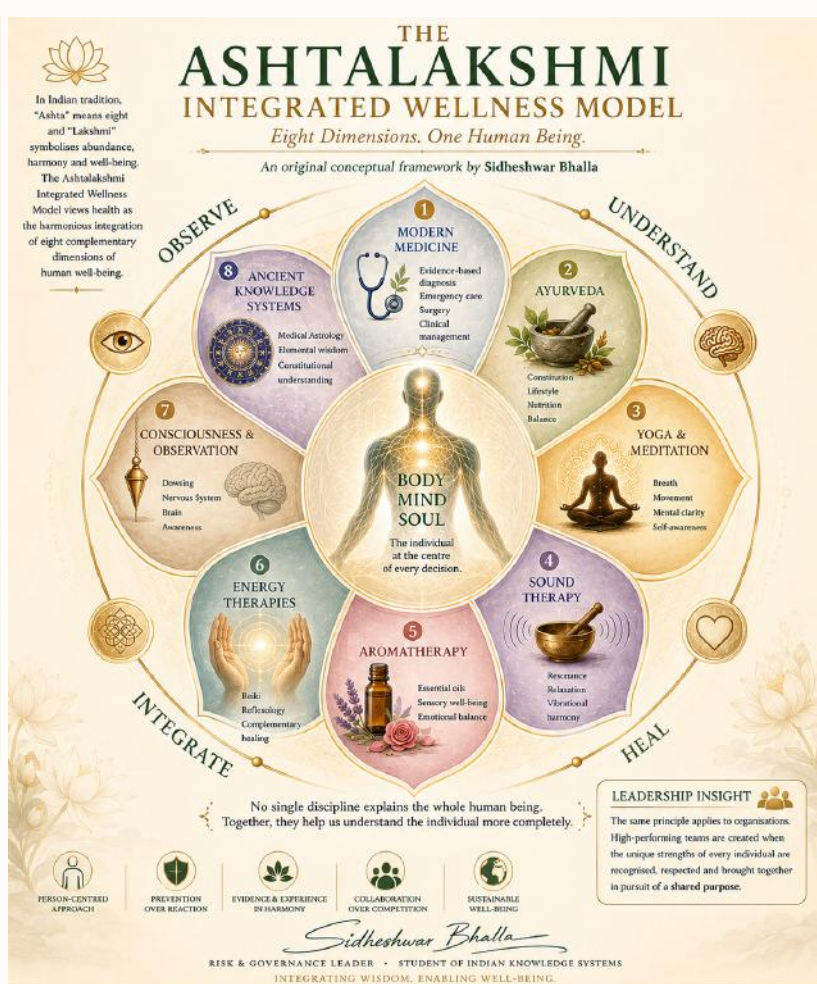
Over the years, this understanding gradually evolved into what I call the **Ashtalakshmi Integrated Wellness Model**.

It is not another therapy, nor does it seek to replace any established system of healthcare. Rather, it is a holistic framework that brings together diverse streams of knowledge while keeping the individual at the center of every decision.

The model encourages collaboration, recognising that the greatest strength of healthcare lies not in choosing one discipline over another, but in allowing each to contribute where it serves the individual best.

Interestingly, the same principle has guided me throughout my professional life in risk, governance, and leadership.

Successful organisations are rarely built by individuals who all think alike or possess identical strengths. They thrive when leaders recognise



the unique capabilities of every member of the team, create an environment of mutual respect, and enable those diverse strengths to work towards a common purpose.

In many ways, integrated healthcare and effective leadership are founded on the same timeless principle: *when every strength is valued and allowed to contribute, the whole becomes far greater than the sum of its parts.*

Coming back to the Ashtalakshmi Integrated Wellness Model, it is ultimately about the integration of wisdom. It asks us to remain scientifically rigorous, intellectually humble, and emotionally compassionate.

It encourages doctors, therapists, researchers, and traditional practitioners to learn from one another while always placing the well-being of the individual above professional boundaries.

Perhaps that is the direction in which healthcare is quietly moving.

As our knowledge expands, we are beginning to recognise that healing is rarely confined to a single intervention. It is influenced by biology, lifestyle, environment, relationships, emotional resilience, consciousness, and the remarkable capacity of the human body to adapt and restore balance.

If there is one thought I would like readers to carry with them, it is this: remain curious.

The more we study the human body, the more it teaches us humility.

Every discovery reveals another mystery, and reminds us that no two human beings are exactly alike.

The purpose of every authentic system of healing is the same. It is to reduce suffering, restore balance, and help people live healthier, more meaningful lives.

When we approach one another with openness rather than certainty, science and ancient wisdom cease to be separate conversations.

They become partners in a shared journey towards human well-being.

CS: Sid, thank you for sharing not only your knowledge but also the spirit of enquiry that has shaped your lifelong journey.

What began as our conversation on dowsing has unfolded into a much larger exploration of the remarkable intelligence of the human body and the value of learning across disciplines.

Perhaps the most enduring message of this dialogue is that while our understanding of health continues to evolve, curiosity, humility, and compassion remain timeless companions on every journey of healing.

UTTARAKHAND MAY BECOME THE GLOBAL HIMALAYAN RUDRAKSHA HUB

By Chitra Singh

How a vision to restore one of India's most sacred living legacies to the Himalayas could transform livelihoods, landscapes and the spiritual economy



Kishore Upadhyay and Prince Agrawal presenting the detailed technical report and proposed action plan to Uttarakhand Chief Minister Pushkar Singh Dhami.



In the pics. above and below: Kishore Upadhyay with Prince Agrawal and Dr. Ramesh Singh Pal



Few trees in the world are revered not only for the shade they offer or the fruit they bear but also for the profound place they occupy in the spiritual consciousness of an entire civilisation. The **Rudraksha** is one such extraordinary tree.

For thousands of years, its naturally formed seeds have accompanied sages, monks, householders, and spiritual seekers on the inward journey of self-discovery.

They have passed from one generation to another as symbols of meditation, wisdom, resilience, and inner balance. Today, authentic Rudraksha beads are worn across continents by millions of people seeking calm, mindfulness, and a deeper connection with themselves. Yet behind every bead lies a remarkable story that begins not in a temple or a marketplace but in the forests of the Himalayas.

That story is now entering a significant new chapter.

A far-reaching initiative emerging from Uttarakhand, India's Himalayan state revered as Dev Bhoomi, or the Land of the Gods, seeks to restore large-scale Rudraksha cultivation across the region.

Home to the sacred Char Dham pilgrimage, the sources of the Ganga and Yamuna rivers, ancient forests and centuries-old spiritual traditions, Uttarakhand has long occupied a unique place in India's cultural and ecological heritage.

The vision unfolding today is far greater than the cultivation of another tree.

It is about restoring a living legacy that connects nature, spirituality, science, sustainable livelihoods, and responsible tourism into a shared future.

Historically, Rudraksha trees have grown naturally across parts of the Indian Himalayas. Over the years, however, organised cultivation gradually shifted beyond India's borders.

Today, Nepal has emerged as the world's leading producer of high-quality Rudraksha, while Indonesia dominates global volumes.

India, despite its deep spiritual association with Rudraksha, now imports the overwhelming majority of the beads used by millions of devotees, wellness practitioners, and meditation seekers each year.

That paradox inspired an important question.

Could Uttarakhand once again become one of the world's foremost homes of the sacred Rudraksha tree?

Seeking the answer demanded far more than sentiment. It required science, research, and a willingness to learn from the world's most successful cultivation models.

Inspired by the vision of Uttarakhand Chief Minister Pushkar Singh Dhami to strengthen the state's ecological, spiritual, and rural

economy, a high-level delegation recently undertook an extensive study tour of Nepal.

Leading the delegation was **Kishore Upadhyay**, MLA from Tehri Garhwal and a long-standing advocate for the state's environmental and rural development.

He was joined by internationally recognised Rudraksha expert **Prince Agrawal** and senior agricultural scientist and noted spiritual author **Dr. Ramesh Singh Pal**.

Together, they embarked on a mission to understand every aspect of Nepal's Rudraksha ecosystem, from cultivation practices and nursery development to post-harvest processing, market systems, quality standards, and long-term commercial viability.

The study did not end at Nepal's plantations.

Scientific rigour formed the foundation of the entire exercise.

Soil samples were collected from Nepal's established Rudraksha-growing regions and subjected to laboratory analysis. These findings were then carefully compared with soil samples collected from Tehri Garhwal, Narendra Nagar, Rishikesh, Haridwar, and Dehradun.

The results revealed a remarkable similarity

between the two regions, demonstrating that several parts of Garhwal possess the altitude, rainfall, humidity, soil composition and ecological conditions required for successful commercial Rudraksha cultivation.

For Dr. Ramesh Singh Pal, the findings confirmed something deeply encouraging.

Uttarakhand possesses the natural ability to nurture a sustainable Rudraksha-based ecosystem capable of generating significant environmental, economic, and spiritual value. Rather than viewing Rudraksha simply as a sacred product, the study recognised it as the foundation of a much larger ecological and developmental opportunity.

The delegation's findings have now been compiled into an extensive 200-page technical report, Possibilities of Rudraksha Cultivation in Uttarakhand and a Comprehensive Strategic Action Plan for the Development and Expansion of Rudraksha Cultivation in the State, formally presented to Chief Minister Pushkar Singh Dhami on 9 July, 2026. The report lays out a detailed roadmap for scientifically managed plantations, farmer participation, nursery development, quality certification, value addition, and long-term market development.

Its ambition extends well beyond reducing imports.

The proposal envisions creating sustainable, high-value livelihoods for farmers across the Himalayan region, strengthening spiritual tourism and the wellness economy, encouraging rural entrepreneurship, and positioning **Uttarakhand as the Global Himalayan Rudraksha Hub.**

It also recognises that local wealth creation through

high-value agroforestry could become an effective response to one of the state's most enduring challenges: migration from its hill districts.

Yet numbers and policy tell only part of the story.

To understand why the return of Rudraksha carries such profound significance, one must first understand the extraordinary place this remarkable tree has occupied in human consciousness for thousands of years.

When the Sacred Rudraksha Tree Returns Home

Before the Rudraksha became a bead worn around the neck, it was a tree rooted in the earth.

Perhaps that is why its story has endured for centuries. It reminds us that every spiritual journey begins with nature itself. The wisdom associated with the Rudraksha is inseparable from the forests that nurture it, the mountains that protect it, and the generations who have preserved it with reverence.

Ancient Hindu texts describe the Rudraksha as originating from the compassionate tears of Lord Shiva after profound meditation for the welfare of creation. The Rudraksha Jabala Upanishad, the Shiva Purana, and several other scriptures speak of the tree not merely as a botanical species but as a symbol of awareness, discipline, and inner transformation.

Whether understood through faith or philosophy, the symbolism remains timeless. Compassion gave birth to a seed. The seed became a tree. The tree became a reminder that humanity flourishes when it lives in harmony with nature.

This understanding explains why the Rudraksha has never been regarded simply as a religious object.

Across centuries, yogis have worn it during meditation, monks have counted mantras upon its beads and householders have embraced it as a symbol of mindful living.

For many, the Rudraksha serves as a quiet reminder to pause, breathe, and cultivate greater awareness amidst the demands of everyday life.

Today, that journey extends far beyond India.

Authentic Rudraksha beads are worn by meditation practitioners in Europe, yoga communities in North America, wellness seekers across Asia, and spiritual travellers from every continent. They have become part of a growing global movement that values inner well-being, conscious living, and holistic health.

What many of these wearers may not realise is that every authentic Rudraksha begins life as the fruit of the evergreen *Elaeocarpus ganitrus* tree.

Hidden within a vibrant blue fruit lies the seed that eventually becomes the familiar bead. Nature itself creates the distinctive vertical grooves, known as **mukhis** or faces, that make every Rudraksha unique. No artisan carves them. No machine manufactures them. Every authentic bead is shaped patiently by the rhythms of nature.

Its uniqueness is precisely what has made authenticity such an important issue.

As global demand has grown, so too has the trade in counterfeit Rudraksha. Artificially carved grooves, glued composite beads, moulded resin replicas, and misleading online certifications have created widespread confusion among buyers. The detailed technical report prepared by the Uttarakhand delegation devotes considerable attention to this challenge, recommending scientifically accredited testing laboratories capable of authenticating genuine Rudraksha through modern techniques such as X-Ray verification rather than relying

upon popular myths or unreliable market practices.

This emphasis on authenticity reflects something much deeper than commercial value.

It safeguards trust. It preserves the integrity of a tradition that has been handed down through countless generations.

Modern science, too, has begun engaging with the Rudraksha from an entirely different perspective.

Researchers studying *Elaeocarpus ganitrus* have identified naturally occurring bioactive compounds in different parts of the tree, including antioxidant and anti-inflammatory constituents. Investigations have explored its potential role in supporting cardiovascular health, reducing oxidative stress, and contributing to neurological well-being. While many traditional beliefs continue to await extensive human clinical validation, scientific curiosity surrounding the tree continues to grow.

This is not a story of science replacing tradition but that of science asking new questions about knowledge that has quietly existed for centuries.

That convergence is one of the most compelling aspects of the Uttarakhand initiative.

The proposal recognises that the Rudraksha should not be viewed solely through the lens of spirituality. It is equally a tree of ecological, economic, and scientific importance.

The comprehensive study identifies Uttarakhand's mid-hill regions as particularly favourable for cultivation because of their altitude, rainfall, humidity, and forest ecosystems. The state's naturally rich organic soils, moderate temperatures and well-drained mountain terrain closely resemble those found in Nepal's established Rudraksha-growing districts, creating ideal conditions for long-term plantation development.



The project proposes scientifically managed plantations using nursery-raised seedlings, proper spacing, organic soil management, and agroforestry practices designed specifically for Himalayan conditions.

Rudraksha trees generally begin flowering after five to six years and commercial fruiting from six to eight years onward.

Once established, however, they continue producing for several decades, making them valuable long-term assets for farming communities.

That long-term perspective is central to the entire vision.

Unlike seasonal crops, a Rudraksha plantation represents an investment across generations. A farmer who plants a sapling today may not witness its full productive potential, yet future generations can continue benefiting from the same tree for forty to sixty years or more.

The economic implications are equally significant.

The strategic proposal identifies three rapidly expanding global markets that already sustain demand for authentic Rudraksha: the traditional religious and meditation sector, the international wellness and holistic healing movement, and the growing fashion and collector markets.

Together, they represent an opportunity that extends far beyond domestic demand.

For Uttarakhand, this opens an entirely new possibility.

Rather than remaining primarily an importer of one of India's most sacred natural products, the state could gradually emerge as a recognised centre for high-quality Himalayan Rudraksha, supported by scientific cultivation, authentic certification, and sustainable value addition.

Yet even this does not fully capture the proposal's true significance.

Its deepest ambition is not to cultivate more beads.

It is to cultivate a landscape where forests thrive, communities prosper, and an ancient relationship between humanity and nature is renewed for generations to come.

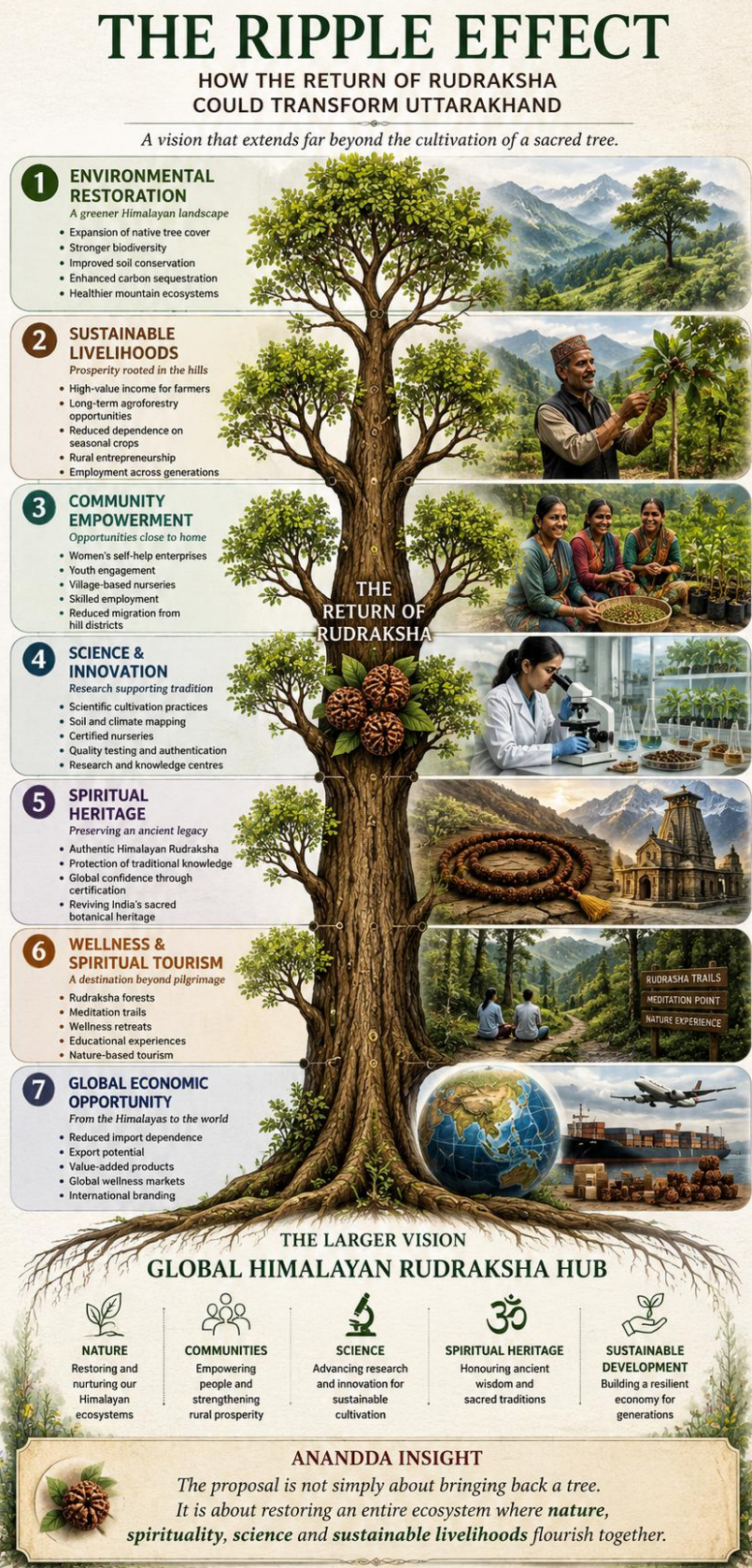
A Tree That Can Transform the Himalayas

The true significance of Uttarakhand's Rudraksha initiative extends far beyond the cultivation of a sacred tree. It presents an opportunity to create a sustainable mountain economy where environmental conservation, rural prosperity, and cultural heritage reinforce one another.

The proposal envisages an integrated ecosystem that begins with scientifically managed nurseries and extends through plantation development, farmer training, quality certification, grading, processing, value addition, and global marketing. Every stage of this value chain has the potential to generate meaningful employment, encouraging local entrepreneurship, supporting women's self-help groups, and creating new livelihood opportunities for young people within their own communities.

For Uttarakhand, where migration from the hill districts has remained a persistent challenge, such a model offers renewed hope. By creating a high-value, long-term agricultural enterprise, Rudraksha cultivation can encourage families to remain connected to their land while building sustainable incomes for future generations.

Its environmental benefits are equally compelling. Rudraksha plantations can



strengthen agroforestry systems, increase tree cover, conserve fragile mountain soils, support biodiversity, enhance carbon sequestration and contribute to healthier Himalayan ecosystems.

Every tree planted becomes part of a larger effort to restore ecological balance across the region.

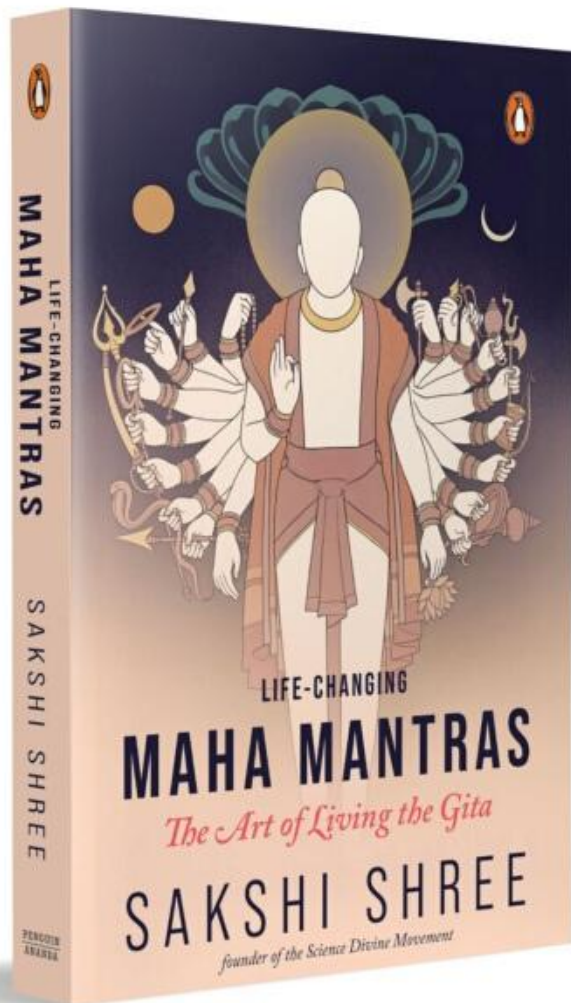
The initiative also complements Uttarakhand's growing identity as a global destination for spiritual and wellness tourism.

This holistic vision captures the essence of the initiative.

The proposal is not simply about bringing back a tree. It is about restoring an entire ecosystem where nature, spirituality, science, and sustainable livelihoods flourish together.

**Order
your
copy
today!**

Win
Your Inner World!



Life-Changing Maha Mantras
The Art of Living The Gita
By Sakshi Shree

Win the inner battle—10 Gita mantras for unshakable clarity, courage, and control

How do you stay grounded when everything around you feels uncertain? How do you act with courage—and still let go of the outcome?

Life-Changing Maha Mantras distils the timeless wisdom of the Bhagavad Gita into ten powerful, practical principles for modern living. Rooted in ancient Indian philosophy yet sharply relevant to today's fast-paced, high-pressure world, this book bridges spirituality and everyday decision-making.

Through compelling stories, relatable insights, and clear, actionable guidance, it helps you build resilience, find clarity in chaos, and cultivate inner freedom—whether at work, in relationships, or within yourself.

An emotive, accessible guide that turns the Gita into a compact toolkit for purpose, balance and quiet strength, transforming everyday life into an alchemy of joy and self-realization.

Buying Options



Crossword



Amazon



Atlantic

Imprint: India Penguin
Ananda
Published: June/2026
ISBN: 9780143481065
(Paperback)
Length : 358 Pages
MRP : ₹499.00

Explore the book on



Sakshi Shree
Life-Changing Maha Mantras by Sakshi Shree
gitamahamantras.com



www.ananddaglobal.com

THE MUSSOORIE BLOOM Initiative

The brainchild of Mussoorie-born tourism leader Sandeep Sahni, whose deep passion for preserving and enriching his hometown has inspired one of its most ambitious environmental movements, this community-led initiative is reimagining one of India's most celebrated Himalayan hill towns through a living legacy of flowering trees, ecological stewardship and shared responsibility.



Sandeep Sahni

By Chitra Singh

Every generation inherits a landscape. The true measure of our stewardship lies in whether we leave it richer, greener, and more beautiful for those who follow. Born and raised in Mussoorie, Sandeep Sahni has devoted much of his life to giving back to the town that shaped him. After studying at Hampton Court School and Wynberg Allen School, followed by Kirori Mal College, University of Delhi, and professional training in tourism, he returned home to build upon his family's hospitality enterprise. Over the years, his work has grown far beyond business, driven by a deep commitment to sustainable tourism, community development and environmental stewardship.

As **President of the Uttarakhand Hotel & Restaurant Association** since 2014 and a **former member of the Uttarakhand Tourism Board**, Sahni has championed initiatives that celebrate and strengthen the state's natural and cultural heritage. Following the devastating floods in Kedarnath in 2013, he was deeply involved in reviving tourism and the **Char Dham Yatra**, one of Hinduism's most sacred Himalayan pilgrimages that connect the shrines of Yamunotri, Gangotri, Kedarnath, and Badrinath. He also conceptualised the **Mussoorie Winterline Carnival**, showcasing one of the world's rare winterline phenomena, and the **Mussoorie Ultra Marathon**, encouraging people to experience

the mountains through wellness and responsible tourism.

The **Mussoorie Bloom Initiative** is perhaps the most personal expression of his lifelong relationship with his hometown. What unfolded across Mussoorie on 16 July 2026 demonstrated how one idea, embraced by schools, public institutions, businesses, and citizens, can grow into a movement with the power to transform landscapes and communities alike.

At **Anandda**, we celebrate initiatives that inspire lasting change. The Mussoorie Bloom Initiative deserves attention because it offers a practical model that communities everywhere can adapt. When local knowledge, scientific guidance, and collective participation come together, environmental stewardship becomes a shared way of life.

The hills of Mussoorie have witnessed nearly two centuries of history. Through the vision of Sandeep Sahni and the collective spirit of its people, they are now nurturing something equally enduring: *a living legacy that reminds us that the most meaningful transformations begin when communities choose to care for the landscapes that, in turn, care for them.*

You may connect
with Mr. Sahni on:



+91-9837054043



[sandeep-sahni](https://www.linkedin.com/in/sandeep-sahni)



sandeep@brentwoodhotels.in



sunnymussoorie@yahoo.com





United for a great initiative, along with the brave ITBP soldiers. (In civilian attire. L to R): Shailendra Karanwal, Rashmi Karanwal, Kiran Tripathi, Manoranjan Tripathi, Vinesh Singhal, Jt. Magistrate Rahul Anand (IAS), Sandeep Sahni, Chairperson-City Board Ms. Meera Saklani, Honourable Cabinet Minister Ganesh Joshi, Honourable MLA of Tehri Kishore Upadhyay, Rajesh Sharma (ITBP), Sanjay Agarwal and Ashwani Mittal

The First Flowering

It was a beautiful monsoon morning in Mussoorie. Soft clouds drifted across the mountains, the deodar forests glistened after the rain, and the fragrance of wet earth lingered in the cool Himalayan air.

Nature seemed renewed, as though the hills themselves were quietly welcoming the season.

It was **Harela**, Uttarakhand's traditional festival celebrating the arrival of the monsoon and the renewal of life.

The word "Harela," derived from the Kumaoni language of the central Himalayas, means "greenery." The festival marks the season when nature awakens in abundance, reminding communities that caring for the earth is both a cultural tradition and a shared responsibility.

Across Uttarakhand, Harela has long symbolised gratitude to nature and hope for renewal.

In Mussoorie, that enduring tradition blossomed into a community movement with a vision that extended far beyond the planting of trees.

The **Mussoorie Bloom Initiative**, conceived by Mussoorie-born tourism leader Sandeep Sahni, grew

from a simple yet deeply held belief that every seed carries within it the promise of transformation. Given the right care, patience, and intention, it grows into something far greater than itself.

For him, the inspiration came from observing how landscapes across the world become part of a destination's identity through the changing seasons. From Japan's celebrated cherry blossoms and the spectacular spring bloom of India's northeastern hills to the vibrant colours of autumn that draw visitors across Europe and North America, he saw how nature itself becomes an experience that people travel to witness and celebrate.

Mussoorie, with its magnificent forests and timeless mountain character, possessed every natural advantage to create a flowering landscape of its own.

The thought was both simple and visionary. Why should the hills not come alive each year with blossoms that delight residents and visitors alike while enriching biodiversity and strengthening the ecological fabric of the region?

That vision extends well beyond Mussoorie. Sandeep Sahni hopes the initiative will gradually inspire similar community-led movements across Uttarakhand's hill towns,

creating seasonal corridors of flowering native and carefully selected trees that celebrate the state's natural heritage. For a region where tourism is one of the principal drivers of the economy, such landscapes have the potential to enrich the visitor experience while reinforcing the importance of conservation and community stewardship.

The same philosophy applies to children. When young minds experience the joy of nurturing nature, they develop a lifelong relationship with the world around them, one that continues to flourish long after the first sapling has taken root.

Preparing the Ground

The success of the Mussoorie Bloom Initiative was shaped over several months through thoughtful planning and remarkable community collaboration.

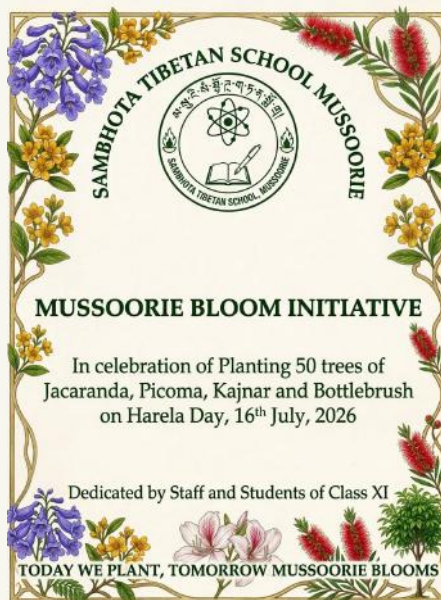
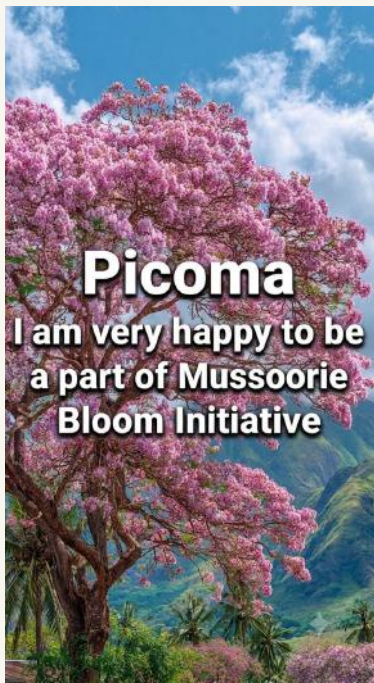
Beginning in April 2026, a series of meetings brought together the local administration, the Forest Department, school leadership, the hospitality sector, and community organisations. Together, they developed a framework that would allow the initiative to grow beyond a plantation drive into a sustained movement that



Rahul Anand (IAS)
Joint Magistrate Mussoorie

"Ever since Mr. Sahni proposed this brilliant idea to add colour to Mussoorie's landscape, the administration has been fully supporting it. Such initiatives by the local stakeholders should always be encouraged. I am sure this is one project I will always cherish throughout my career."





was rooted in education, ecological planning, and shared responsibility.

One of the earliest decisions reflected the heart of Sandeep Sahni's vision. ***Children would become active participants from the very beginning.***

Around World Environment Day, students from ten of Mussoorie's leading educational institutions diligently prepared more than 3,000 planting pits across school campuses and carefully identified hillsides. The work demanded patience, teamwork, and commitment long before the celebrations of Harela began.

The participating schools reflected the rich educational heritage for which Mussoorie has long been known.

Wynberg-Allen School, Woodstock School, St. George College, Hampton Court School, Guru Nanak School, Manav Bharti School, C.S.T. School, Waverly Convent, St. Claire's, and Mussoorie International School became an integral part of the movement, bringing together students, teachers, and school communities around a shared purpose.

Carefully selected native and flowering species were then distributed across the participating locations, with each school entrusted with the responsibility of nurturing its own plantation. Every sapling represented the beginning of a long-term commitment.

By the time Harela arrived, Mussoorie was ready. Months of preparation, thousands of planting pits, and an entire community working together had quietly prepared the ground for a movement that was about to unfold across the town.

A Town United in Bloom

When Harela finally arrived, months of preparation found their fullest expression.

Across Mussoorie, school campuses, public spaces, and institutional grounds came alive with quiet purpose. Young saplings were carried with care,

planting sites buzzed with activity, and conversations unfolded as naturally as the work itself.

There was little sense of ceremony. Instead, there was the unmistakable feeling of a community working together for something that would outlive the day itself.

Nearly **5,000 saplings** were planted across the town, with every plantation site reflecting the same spirit of collaboration.

Children worked with their teachers. Forest officials shared their ecological expertise. Members of the Indo-Tibetan Border Police (ITBP), civic authorities, volunteers, hospitality professionals, and local residents contributed their time and energy, each recognising that the responsibility of caring for Mussoorie belongs to everyone who calls it home.

For many of these children, it was their first experience of planting a sapling.

They approached the task with quiet concentration, gently lowering young saplings into the earth, pressing fresh soil around delicate roots and offering each plant its first drink of water.

These were simple gestures, yet they carried a significance that extended far beyond the morning. Every sapling became a living reminder that growth begins with care and continues through consistent attention.

The initiative also demonstrated something equally inspiring. Environmental stewardship flourishes when institutions work together with a shared purpose. Schools, government agencies, environmental experts, civic organisations, and the hospitality fraternity each contributed their own strengths, creating a model of collaboration in which every participant became part of a much larger vision.

The choice of species reflected the same thoughtful approach.

Guided by recommendations from the Forest Department, the plantation included native Himalayan varieties alongside flowering trees selected for Mussoorie's unique altitude and climate.

In the years ahead, ***kachnaar, wild padam, tejpat, bheemal, jacaranda, gulmohar, tecoma, amaltas and bottle brush***, together with carefully chosen ornamental species in selected public spaces, will gradually introduce new colours to the landscape while strengthening its ecological diversity.

When a Dream Finds Its Wings

As the day's activities drew to a close, there was a quiet sense that something far greater than a plantation drive had taken place.

For Sandeep Sahni, the Mussoorie Bloom Initiative had always been a deeply personal dream.

Watching an entire community come together with warmth, generosity, and a shared sense of purpose was perhaps the most meaningful affirmation that the vision had grown beyond one individual.

It now belonged to Mussoorie itself.

Amid the many moments of the day, his thoughts returned again and again to the children.

Their enthusiasm, curiosity, and unrestrained joy reaffirmed the very purpose with which the initiative had been conceived.

Every smiling face reflected the possibility that the values planted with each sapling would continue to flourish through the years ahead.

Long after the trees have matured and the changing seasons have painted the hillsides with colour, it is these young hearts that will carry forward an instinctive



Mrs. Meera Saklani
Chairperson of NPP
(City Board), Mussoorie

"The City Board, Mussoorie, is absolutely thrilled to be part of the Mussoorie Bloom initiative this year on Harela. Besides providing all possible support to the project, the Nagar Palika Parishad, Mussoorie, is planting about 50 full grown flowering trees."



Mr. Leslie Mark Tindale
Principal
Wynberg-Allen School, Mussoorie

"The staff and students of Wynberg Allen School are excited to be part of the Mussoorie Bloom Initiative this year on Harela. We are committed to supporting any good initiative that helps in adding to Mussoorie's natural beauty."



Anil Tewari
Principal
Guru Nanak Fifth Centenary
School, Mussoorie

"With the arrival of the monsoon rains comes Harela—the Green Festival of Uttarakhand—when the human spirit bows to Mother Nature in gratitude for water, food, life, and prosperity. A celebration of harmony with nature. We are glad to be a part of the Mussoorie Bloom Initiative on this occasion."





**Brother Jeyaseelan S.
Principal**

St. George's College, Mussoorie

"Harela, the festival of greenery and renewal, reminds us that every seed sown today shapes the future we leave for tomorrow."

The Mussoorie Bloom Initiative beautifully reflects this spirit by bringing the community together to preserve Mussoorie's natural heritage while inspiring environmental responsibility in future generations.

Every sapling planted is a promise to nurture, protect, and sustain the Queen of the Hills for years to come.

On this joyous occasion of Harela, I extend my heartfelt greetings and best wishes to all. May this festival deepen our bond with nature and inspire us to keep Mussoorie blooming in all its splendour."

understanding that nature flourishes when it is nurtured with love, patience and care.

In expressing his gratitude, Sahni acknowledged the remarkable spirit of collaboration that had brought the initiative to life.

"My heartfelt gratitude to each one of you for making today's programme such a wonderful success, especially the children who participated with such enthusiasm. Watching their happy faces was truly a joy," he said.

"I would also like to extend my sincere appreciation to our dynamic **Joint Magistrate, Rahul Anand; Divisional Forest Officer Amit Kunwar and the entire Forest Department team; the principals, teachers, and students of the participating schools; the brave soldiers of the Indo-Tibetan Border Police (ITBP) who, under the stewardship of their Director, IG G. C. Upadhyay, planted about 500 trees on their campus; Rotary Mussoorie; Tehri MLA and ardent environmentalist Kishore Upadhyay; the hospitality fraternity led by Sanjay Agarwal; Hon'ble Cabinet Minister and Member of the Legislative Assembly (MLA) Mr. Ganesh Joshi; Municipal Chairperson Ms. Meera Saklani; the Executive Officer and the entire City Board team.**

I am truly overwhelmed by the support and collective spirit shown by everyone," Sahni added.

With a heart full of hope, he added, "Let us continue this good work. This is only the first step. We now have to nurture these plants and keep this movement growing year after year. Together, let us give something back to the town that has given all of us so much."

Those words carry the quiet wisdom at the heart of the Mussoorie Bloom Initiative. Every meaningful journey begins with a first step, and every enduring legacy grows through patient care, shared responsibility, and the willingness to think beyond the present moment.

The nearly **5,000 saplings** planted across Mussoorie are only beginning their journey. In the years ahead, they will gradually take root, weather changing seasons, and, in time, grow into flowering trees that enrich the town with colour, shade, biodiversity, and renewed ecological vitality.

Every season will add another chapter to a story that began on a gentle monsoon morning during Harela this year.

The children who helped nurture this vision will also grow with the passing years. Many will one day look upon these trees and remember that they once held

those young saplings in their own hands. *Few lessons remain as powerful as those learned through experience, and few investments yield richer returns than teaching a child to care for the natural world.*

At **Anandda**, we hope the Mussoorie Bloom Initiative becomes an inspiration for schools, educational institutions, community organisations, and civic leaders across India and around the world.

Every region has its own natural heritage. Every community has young minds waiting to be inspired. What every community also needs are individuals with the vision to imagine a better future and the ability to bring people together in pursuit of that shared purpose.

Sandeep Sahni has shown how one person's enduring love for a hometown can blossom into a movement embraced by an entire community.

May this initiative encourage many more such journeys, where care for nature, investment in future generations, and collective action become the foundation of stronger, greener, and more compassionate communities.



THE SOUND OF INNER EXCELLENCE



ANJJALII MATHHUR

International Therapeutic Sound Practitioner
Founder, Arahat Sound Wellness
Curator of Experiential Wellness Journeys

Creating transformative therapeutic sound experiences for leading organisations, luxury hospitality, wellness destinations, and individuals seeking greater clarity, resilience, and inner harmony.

Drawing upon ancient wisdom and internationally recognised expertise, Anjjalii designs immersive experiences that support human well-being, conscious leadership and meaningful transformation through the intelligent application of therapeutic sound.

GLOBAL WELLNESS EXPERIENCES

-  Executive & Leadership Well-being
-  Luxury Hotels & Wellness Resorts
-  Wellness Tourism & Retreats
-  Healthcare & Integrative Wellness
-  Educational Institutions
-  Professional Mentorship & Certification

INTERNATIONAL CREDENTIALS

-  International Gong Master
-  ISTA-Certified Therapeutic Sound Practitioner
-  Pioneer in Conch Therapy
-  Ministry of AYUSH Certified
-  Yoga Teacher & Evaluator
-  Founder, Arahat Sound Wellness



**Retreats Available
Worldwide**

Return to your original rhythm.

 **+91-9911131259**

 [arahatsoundwellness](https://www.instagram.com/arahatsoundwellness)

 [anjjalii-mathhur](https://www.linkedin.com/in/anjjalii-mathhur)

 www.arahatsound.com



www.ananddaglobal.com

Anandda Aug. 2026 **25**



Reimagining the **HIMALAYAS**

A Journey by Chitra Singh



Travel has always been one of humanity's greatest teachers. Every journey offers an opportunity to discover new landscapes, new cultures, and new stories. Today, however, a quiet shift is taking place. Across the world, people are beginning to seek something deeper from their travels. They are looking for places that allow them to slow down, breathe a little more deeply, and reconnect with the natural world in ways that feel both meaningful and restorative.

The Himalayas have always possessed that rare ability. Their forests, valleys, and skies invite a pace of life that gently draws us away from constant distraction and back towards simplicity. As travellers increasingly seek experiences that honour both nature and well-being, a new philosophy of tourism is taking shape. It celebrates thoughtful design, environmental sensitivity, authentic hospitality, and experiences that linger long after the journey ends.

Curious to understand this evolving world of experiential tourism, I travelled to **Kanatal** in the northern Indian state of Uttarakhand to visit **Eco Glamp**, India's largest premium glamping destination. What I expected to be a visit to an innovative mountain retreat soon became a journey into a much larger vision. Through conversations with tourism strategist **Sanjay Sharma** and hospitality expert **Vipin Mamgain**, I discovered how a single destination can become the starting point for reimagining sustainable tourism in the Himalayas. Behind Eco Glamp lies a philosophy that now finds expression in their new venture, **Aramya Hospitality**, where experience, ecology, and thoughtful destination development come together with a shared purpose.

Sometimes, all it takes is one evening and one sunrise in the mountains to understand that the future of travel may not be defined by where we go but by how deeply a place allows us to experience, appreciate, and reconnect with the world around us.





The two-hour drive from Dehradun to Kanatal has a quiet way of preparing you for what lies ahead.

As the road begins its steady climb through forests and hillside villages, the air grows cooler, carrying the fresh fragrance of pine and the earthy scent of the mountains during the monsoon. Every winding bend reveals another glimpse of the Himalayas, encouraging the mind to leave behind the pace of everyday life and settle into a gentler rhythm.

I had heard much about **Eco Glamp**. Friends in the travel fraternity spoke about it with genuine admiration, and its growing reputation as one of India's pioneering glamping destinations had naturally sparked my curiosity.

More than the destination, I found myself intrigued by a question. What was it about this place that had encouraged travellers, particularly corporate groups and families, to return to it time and again?

That question stayed with me throughout the journey.

By the time I left the following afternoon, I realised I had found an answer that extended far beyond glamping itself.

Perched high above the Saklana Valley, Eco Glamp seems to belong to the mountains rather than occupy them. The thoughtfully placed geodesic domes, forest trails, and open viewing decks sit gently within the landscape, allowing the surrounding forests and distant Himalayan ranges to remain the center of every experience.

While walking through the property, I understood how it earned its distinctive character.

The towering trees stood undisturbed. Nothing appeared imposed upon the landscape. Instead, every structure seemed to have found its own place within it. I soon learned the reason.

During its development, not a single mature tree had been cut. The entire retreat had been thoughtfully planned around the existing forest, allowing nature to remain the defining presence.

It was a simple decision, yet one that revealed the philosophy behind the destination more eloquently than any brochure ever could.

As I continued exploring the property, I was warmly welcomed by owners Sanjay Sharma and Vipin Mamgain.

Their warmth was immediate and genuine, setting the tone for the entire visit. There was none of the formality that often accompanies professional meetings. Instead, there was the easy comfort of hosts who take genuine pleasure in welcoming their guests into a place they have created with conviction and care.

Over tea overlooking the valley, our conversation flowed effortlessly from the mountains before us to the changing nature of travel.

What immediately stood out was the shared passion with which both of them spoke about hospitality.

Sanjay reflected on more than three decades of experience in tourism and destination development, while Vipin spoke with equal enthusiasm about creating memorable guest experiences through thoughtful hospitality and personalised care.

It quickly became evident that this premier glamping destination had grown from the coming together of two complementary strengths, one envisioning destinations and the other bringing those experiences to life.

As I stepped inside my luxurious geodesic dome, another delightful surprise awaited me.

Everything one associates with refined hospitality was present, yet nothing distracted from the landscape beyond the panoramic glass.

The mountains became part of the room, changing gently with the passing light, while birdsong drifted effortlessly through the surrounding forest.

Sitting quietly by the window, I realised that the greatest luxury on offer was not found in the elegant interiors.

It was the rare privilege of simply being present, with nature quietly taking center stage.

Later, as we strolled through the property, our conversation gradually moved to the changing landscape of tourism.

It quickly became evident that Eco Glamp was not born out of the desire to create another mountain retreat.

It had grown from years of observing how the mindset of travellers was changing.



Every meaningful destination begins with a vision. For Sanjay Sharma, that vision has always been to create places where people reconnect with nature, with one another and with themselves.

Sanjay Sharma, one of the first graduates of India's pioneering Master's in Tourism Administration programme, has spent more than three decades working across top names in tourism, hospitality, adventure, entertainment, and destination development.

Years of travelling, planning, and creating world-class travel experiences have given him a unique understanding of what today's traveller seeks.

Beside him, Vipin Mamgain brings another equally important dimension. With his extensive experience in hospitality and food and beverage, he spoke about guests with the ease of someone who believes that every memorable journey is built on thoughtful care.

"People are no longer looking only for destinations," Sanjay said as we looked across the valley. "They are looking for experiences they can carry back with them."

Looking around what they had lovingly curated, I could see exactly what he meant.

The experience here begins with its landscape. Forest trails invite leisurely walks beneath towering pines. Forest bathing encourages guests to simply pause, breathe, and absorb the calming presence of nature. Jungle picnics with live cooking, adventure activities, evenings around a bonfire, and quiet moments watching the changing colours of the mountains create an itinerary that feels refreshingly unhurried.

Every experience encourages people to engage with the surroundings rather than merely admire them.

The growing popularity of this philosophy is perhaps best reflected in the visitors who have been arriving here.

During my stay, a lively group of young professionals from the internal audit fraternity had chosen this glamping destination for a short retreat. Their laughter echoed across the valley as naturally as the birdsong.

Watching them, it was easy to understand why organisations are increasingly looking beyond conventional conference venues.

Surrounded by forests and open skies, conversations seemed to become more relaxed, ideas flowed more freely, and colleagues discovered one another beyond their professional roles.

The months between July and February have become especially active at this destination, with leading organisations including Audi, EY, Lodha, Dalmia, and the Crown Group choosing it for their leadership retreats and team-building programmes.

With fifteen thoughtfully designed glamping units accommodating up to forty-five guests on a triple-sharing basis, the retreat has found a comfortable balance between intimacy and functionality, making it particularly well suited to curated corporate experiences.

As evening settled gently over the valley, the pace of Eco Glamp seemed to slow even further.

Guests returned from their walks, conversations lingered a little longer, and the mountains gradually dissolved into layers of soft twilight. It was the kind of evening that encouraged people to put their phones aside and simply enjoy the company.

Dinner became one of the most memorable moments of my stay.



Every course that arrived at the table was exceptional. Beautifully presented and freshly prepared, the cuisine reflected both imagination and precision, combining global standards with the warmth that only genuine hospitality can create.

Every ingredient spoke of freshness, and every flavour was perfectly balanced. It was the kind of dining experience one expects from some of the finest hospitality establishments, thoughtfully recreated amidst the serenity of the Himalayas.

I soon realised that this quiet excellence bore the unmistakable imprint of Vipin Mamgain.

With years of experience in hospitality and food and beverage, he approaches dining as an integral part of the guest experience. Menus are never rigid. They are thoughtfully tailored to individual preferences, whether vegetarian or non-vegetarian, with flavours gently refined to suit the palate of each guest.

His attention extends well beyond the kitchen. He enjoys understanding people, anticipating their preferences and ensuring that every meal becomes a memorable part of their stay.

Watching him move effortlessly between the kitchen and the guests, it was evident that his philosophy of

hospitality is deeply personal. Excellence, for him, lies not in elaborate presentation but in making every guest feel genuinely cared for.

It is this thoughtful attention that quietly elevates Eco Glamp from being a beautiful destination to becoming an unforgettable experience.

As dinner came to an end, our conversation lingered a little longer.

I looked at both Sanjay and Vipin and asked, "After creating something as distinctive as this, where do you see the journey leading next?"

Sanjay smiled before answering, and Vipin nodded in quiet agreement.

"Eco Glamp is where our journey begins."

Those words lingered long after they had been spoken.

As I listened, it became clear that Eco Glamp had never been conceived as a destination in isolation.

It was the first expression of a larger philosophy, shaped by decades of experience in tourism and hospitality and a deep understanding of how travellers, investors, and organisations are redefining their expectations from meaningful travel.

Drawing upon everything they have learnt through Eco Glamp, they are now creating Aramya, a landmark experiential destination in Tehri, Uttarakhand, that is expected to welcome its first guests in 2027.

If Eco Glamp demonstrated how thoughtfully designed glamping could transform a mountain holiday, Aramya expands that philosophy into an entirely new hospitality experience.

At its heart will be more than one hundred beautifully designed glass-facade villas overlooking the Himalayas, where contemporary architecture, panoramic mountain views, and immersive natural surroundings come together to create a destination that can be enjoyed throughout the year.

The vision extends beyond hospitality.

Aramya has been conceived as a professionally managed collection of glass facade villas where hospitality, wellness, and ownership come together in a thoughtfully integrated ecosystem.

While the commercial model is designed to make ownership effortless, what immediately stood out to me was the larger vision of creating a destination that remains alive all year round, welcoming corporate retreats, family celebrations, and travellers seeking meaningful experiences in the Himalayas.

One particularly thoughtful aspect of the model is the flexibility it offers families. Owners can accumulate their annual stay entitlement over time, allowing them to host extended family holidays, milestone celebrations, and traditional Hindu weddings amidst the Himalayan landscape, supported by professionally managed hospitality and thoughtfully planned event infrastructure.

Corporate wellness has been equally integral to the master plan.

Approximately sixty percent of the hospitality inventory has been envisioned with organisations in mind, recognising the growing demand for destinations that bring together leadership retreats, wellness programmes, conferences and team experiences throughout the year.

Having witnessed the enthusiasm of the young corporate group staying at Eco Glamp during my own visit, I could immediately appreciate why this philosophy has found such strong resonance among forward-looking organisations.

Sanjay shared that Aramya has begun attracting encouraging enquiries from investors and hospitality stakeholders in India and overseas.

It reflects a growing confidence in experiential destinations that combine thoughtful design, sustainable operations, and professionally managed ownership models within one of India's most beautiful mountain landscapes.

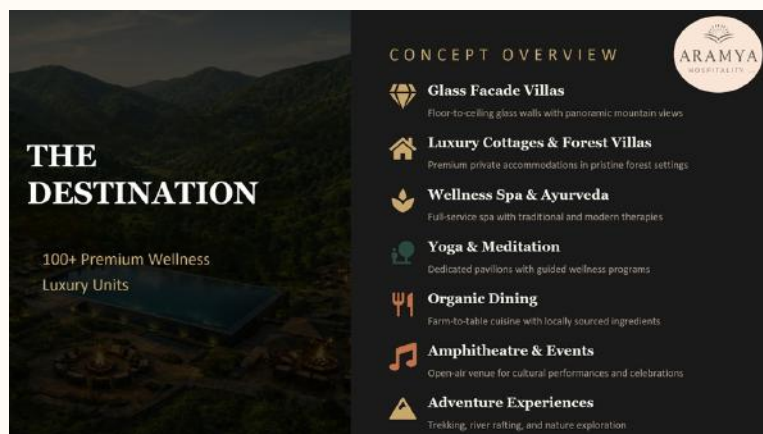
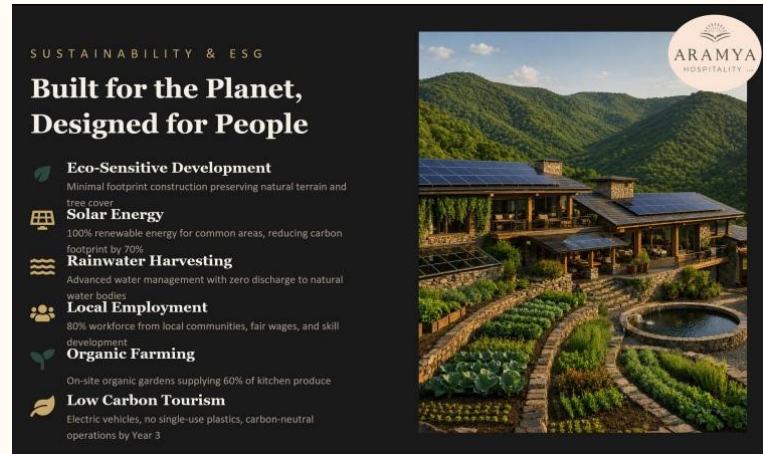
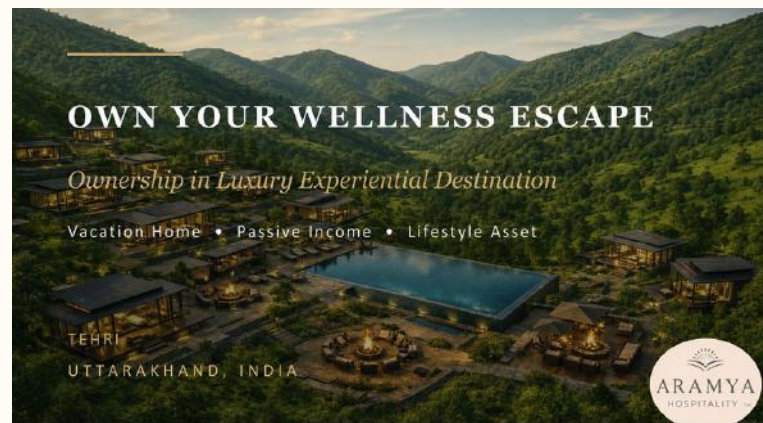
As our discussion continued, I realised that Aramya also represents something else.

It has become the living showcase of everything Sanjay and Vipin have learnt over decades in tourism and hospitality.

That expertise is now being shared through Aramya Hospitality, their destination development and hospitality advisory practice, which helps landowners, investors, and tourism entrepreneurs transform ideas into successful hospitality projects across the Himalayan region.

Their work spans boutique resorts, glamping retreats, eco-lodges, villa developments, wellness destinations, and adventure tourism projects.

Their involvement begins long before construction, with site evaluation, feasibility studies, and destination planning, and continues through design coordination, approvals, branding, staffing, marketing, and operational management.



What impressed me was not the breadth of these services but the philosophy that guides them.

They spoke often about preserving the character of the land, creating meaningful employment for local communities and developing destinations that remain commercially successful while respecting the landscapes that make them possible.

As I prepared to leave Eco Glamp the following afternoon, I found myself reflecting on something I had quietly observed from the moment I arrived.

The mountains had not merely provided the setting for this story.

They had shaped its vision.

And in Sanjay Sharma and Vipin Mangain, I had met two professionals who are not simply building places to stay. They are thoughtfully reimagining how the Himalayas can be experienced, shared, and sustained for generations to come.

Life is short. Take that trip.





When Success Becomes a Crossroad

By Dr. Scott Adrian Zarcinas

Achievement changes our circumstances. Reflection changes the way we understand them. Many people spend years building successful careers, businesses, and families, believing that fulfilment naturally follows accomplishment. Yet there often comes a moment when outward success gently gives rise to more profound questions about purpose and the life we are ultimately creating. In this thoughtful article, Dr. Scott Adrian Zarcinas reflects on one of life's least recognised turning points, the moment when success itself becomes an invitation to look within.

Two years ago, a client came to see me.

He was still in his twenties, yet by almost every conventional measure he had already achieved extraordinary success. He had built a business employing more than one hundred people, become a millionaire, represented his country in an Olympic sport, and was married with a young family.

Looking at his life from the outside, there was every reason to think he had achieved what most people spend decades working towards.

After we had spoken for a while, he asked me a question I was not expecting.

I had assumed we would be talking about growing the business, managing staff, balancing work and family, or making the next strategic decision.

Instead, he looked at me and asked, "What is the end game?"

I remember being struck by that question.

It was not simply what he asked. It was the fact that it came from someone who, at such a young age, had already achieved more than many people hope to accomplish in a lifetime.

Why would someone who had built such a successful life already be asking about the end game?

Building a Life

The more I reflected on that conversation, the more I realised that much of the first half of life is naturally devoted to building.

We build careers, businesses, relationships, families, financial security, and reputations. We accept responsibility, work hard, and gradually create a life that reflects our effort, commitment, and values.

In many ways, this is exactly what adulthood asks of us.

The questions that occupy us

during these years are practical and purposeful.

How do I establish myself? How do I create security? How do I provide for the people I love? How do I make something worthwhile of my life?

Those questions give us direction, and for many years they shape the choices we make.

What has interested me over the years is what happens after many of those questions have been answered.

When the Questions Begin to Change

I have met many people who have reached the goals they once believed would define success.

They have built respected careers, successful businesses, financial security, and family lives that reflect years of dedication and hard work.



Dr. Scott Adrian Zarcinas, widely known as DoctorZed, is an Australian medical doctor, author, speaker, and mentor whose work explores the meeting point of medicine, consciousness, psychology, and spiritual inquiry.

Drawing upon clinical practice, contemplative traditions, and decades of personal exploration, he helps individuals recognise the unseen patterns that shape their lives and reconnect with a deeper sense of clarity, purpose, and inner freedom.

Author of ten books and founder of Unlocking Your Life, Dr. Zarcinas is recognised for his thoughtful reflections on human flourishing, meaningful success, and the quiet transformation that arises through self-awareness.

Based in Adelaide, South Australia, he lives with his wife and their two daughters.



scottzarcinas.com



[dr-scott-zarcinas](https://www.linkedin.com/in/dr-scott-zarcinas)



They are not describing failure. If anything, they are describing lives that have unfolded largely as they had hoped.

Yet every so often I hear a sentence that has become strangely familiar.

"I thought I would be happier by now."

That sentence has become one of the most significant observations in my work because it rarely comes from people whose lives are falling apart.

More often it comes from capable, conscientious people who have spent years doing exactly what they believed they should do.

They have not failed.

On the contrary, they have arrived where they intended to go.

Yet reaching that destination has opened a space for a different kind of question, one that had been quietly waiting while life was occupied with the work of building.

Success as a Crossroad

I have become convinced that success can become one of life's least recognised crossroads.

We usually associate crossroads with crisis, loss, illness, or uncertainty because these are the moments when life visibly changes direction.

Success is different.

Outwardly, everything may continue exactly as before. Yet inwardly something has shifted.

The questions that once organised our lives no longer seem to carry quite the same weight, and different questions begin asking for our attention.

The young businessman who asked me, "What is the end game?" was no longer asking how to build a successful life.

Whether he realised it or not, he was beginning to ask a different question altogether.

What is this life ultimately for?

What am I building towards?

What gives all of this its deeper meaning?

Those questions are not signs that success has failed.

They are the kinds of questions that success itself can uncover.

Recognising the Crossroad

One of the reasons I think this matters is that many professionals assume something has gone wrong when these questions begin to emerge.

They wonder whether they have chosen the wrong career, lost their motivation, or simply become dissatisfied.

Sometimes those explanations are true.

Often they do not fully explain the pattern I have observed over many years.

I have come to believe that success changes the questions we ask.

The goals that once occupied so much of our attention have largely been achieved, opening a space for questions that were always there but were easy to postpone while life was busy being built.

Careers still matter.

Families still matter.

Responsibility, achievement, and contribution remain important.

What changes is not their value but our relationship with them.

When I think back to that conversation, I no longer hear a young businessman asking about business.

I hear someone who has reached one of life's least recognised crossroads.

The questions that had guided him to that point had done their work.

They had helped him build a successful life.

The question he was now asking

belonged to a different stage of the journey, one concerned less with building a life than with understanding what that life was ultimately in service of.

The more I reflect on that conversation, the more convinced I become that this crossroad is far more common than most professionals realise.

It is easy to recognise the crossroads created by failure because they interrupt our lives.

It is much harder to recognise the crossroads created by success because, from the outside, everything appears to be exactly as it should.

Yet beneath the surface, a different conversation has often already begun.

Perhaps recognising that conversation is one of the most important forms of success we will ever experience.



*A Timeless Reflection: The Traveller Who Reached the Mountain
Inspired by Taoist wisdom*

There was once a traveller who devoted many years of his life to climbing a mountain that everyone admired from afar. People spoke of its summit with awe. They believed that anyone who reached the top would find everything worth striving for: recognition, security, success, and fulfilment. The traveller believed them, and so he climbed.

The journey demanded patience and perseverance. There were steep paths, harsh weather, and moments of doubt. Yet he continued, convinced that the summit held the answers he sought.

After many years, he finally reached the top. The view was magnificent. Valleys stretched into the distance, rivers shimmered in the sunlight, and mountains rose beyond the horizon. For a while, he stood in quiet satisfaction, taking in all that he had worked so hard to achieve.

As he turned to leave, he noticed an old sage sitting peacefully on a nearby rock, watching the horizon. The sage smiled and asked, *"Is this what you hoped to find?"*

The traveller reflected before replying. *"I thought reaching the summit would answer all my questions."*

The old man nodded gently. *"It has answered the questions that brought you here,"* he said. *"Now it has given you the freedom to ask different ones."* He lifted his hand and pointed beyond the mountain. *"There are landscapes that can only be seen after the climbing is over."*

The traveller looked into the distance with new eyes. He realised the mountain had never existed simply to be conquered. It had prepared him to see further, to look beyond achievement towards understanding.

Success may bring us to the summit. Wisdom begins when we discover the wider landscape waiting beyond it.



Nothing Real Can Be Lost

Sometimes life's simplest experiences become our greatest teachers, quietly revealing that what we seek to protect may never have been the true source of our security.



By Manu Puri

There are moments in life that seem ordinary when they happen, yet continue to reveal their meaning long afterwards. They arrive without announcement, often through everyday experiences, and gently invite us to look beyond appearances.

In this month's BeLucidNow, Manu Puri shares two remarkably similar incidents that unfolded years apart on different continents. What begins as the story of a misplaced wallet gradually becomes a meditation on trust, abundance, and the quiet intelligence that seems to accompany us when we stop responding from fear. Without offering easy conclusions, he invites us to reflect on a timeless question: Where does our deepest sense of security truly reside?

I have an unusual relationship with my wallet. It is deliberately slim, with just enough room for an ID, two cards, and a money clip.

Even then, I often find myself taking it out of my back pocket and placing it somewhere else. Something in me resists carrying this form of security.

A couple of years ago, while in Mexico City, my family and I were enjoying a long lunch at a popular local restaurant.

The afternoon light filtered through the windows as we sat talking.

We left without incident. Thirty minutes later, I realised my wallet was gone. Inside were several hundred dollars in cash, money I carried, as I often do, to feel abundant.

My wife was visibly frustrated. Losing a wallet with that much cash while travelling abroad carried real consequences, and her reaction was understandable.

I, however, felt strangely calm. I did not panic or rush back in fear.

I simply returned to a quiet knowing I have come to trust: *All is always well.*

We went back to the restaurant anyway. The staff had not seen it. Then a friend suggested we check the photographs we had taken during the meal.

There it was, my wallet, sitting on the table beneath a paper napkin. I had simply forgotten to pick it up.

It had been mostly hidden from view. Before leaving, we asked the manager to review the restaurant's security footage.

The next day, the manager called. The wallet had been found, with every dollar and every card untouched.

I felt a quiet compassion for whoever might have been tempted. No accusations were made. When I tried to offer a reward, the manager gently declined.

Two years later, life brought the lesson back in a quieter but deeper form.

On the morning we were leaving after our seven-night stay in Goa, I realised my wallet was missing again. It was the same slim wallet, with several hundred dollars inside.

My wife was frustrated once more. I, however, felt no real disturbance.

I had not used the wallet throughout the trip because we had paid for everything using our phones.

It had been in my backpack, which I had given to my wife when she left for the airport earlier in the hotel car.

I arrived about ninety minutes later with my mother, who was on a different flight.

Our luggage had remained in the hotel lobby before being brought to the room.



Manu Puri is a mystic executive coach, AI strategist, and seasoned learning and development leader. Based in the Greater Seattle Area, he is the creator of the BeZenDo process, a structured pathway that moves from intentional being to mindful awareness and purposeful action. He works with executives, managers, and Fortune 100 organisations to cultivate clarity, presence, and sustained performance in complex environments. He currently leads the Learning as a Service initiative for Microsoft customers at TechM-Allyis and heads the AI Centre of Excellence, guiding teams to design intelligent, scalable solutions that elevate performance and human potential. With over 25 years of experience across global organisations, including Microsoft and GE, Manu integrates Eastern wisdom with practical executive realities.

As Anandda's revered AI and L&D strategist, he continues to guide individuals towards BeLucidNow, a direct experience of lucid awareness within the flow of everyday life.

You may connect with him on

 [linkedin.com/in/coachmanu](https://www.linkedin.com/in/coachmanu)

 thelucidleader.com (Personal!)

 manu@namastenow.com

 @namastenow

We informed the front desk and left for the airport.

While waiting at the departure gate, my phone buzzed.

It was the guest relations officer. She had sent a photograph of my wallet, cash, cards, and everything intact. They said it had been found inside the room safe.

I calmly replied that we had searched the safe thoroughly and it had not been there. She offered no further explanation. To this day, I do not know exactly how the wallet found its way back.

A few days later, the wallet and its contents were couriered to me, completely untouched.

Twice, on two different continents, the same wallet containing a significant amount of cash disappeared, and twice it came back whole.

I do not believe this happened because I was lucky. I believe it happened because of the inner state I chose to hold.

The wallet, as a physical object, is not ultimately real.

It is a temporary form appearing in awareness.

What is real is the feeling of abundance and trust I carry within me, not as something I manufactured through effort but as something that naturally arose when I rested in the simple knowing that all is well.

When we remember ourselves as this aware presence, this I AM, we naturally feel abundant, supported and at peace.

This is not a feeling that depends on having money in our pocket or on controlling outcomes.

It is the natural expression of our true nature.

The forms of this world may come and go, but the ground from which abundance and trust arise remains untouched.

In both incidents, life seemed to be offering the same gentle teaching.

Nothing real can be threatened. Nothing unreal exists.

A Course in Miracles



When we stop identifying so tightly with changing forms and rest instead in the aware presence that we are, the outer world tends to reflect that inner freedom. The wallet was not kept safe by how carefully I watched it. It was kept safe by the alignment I carried within me.

Perhaps the deepest form of security is not found in how well we guard what we have but in how completely we trust the intelligence that holds us.

Have you ever felt life quietly take care of something the moment you stopped gripping it so tightly?



The Keeper of the Lamp



There was once a traveller who carried a small brass lamp wherever he went. It had belonged to his grandfather, who had told him, "Take care of this lamp, for it will remind you who you are."

The traveller guarded it carefully throughout his life. Every evening, he polished it until it shone. Every journey began with the lamp wrapped safely inside his bag.

Whenever he crossed rivers or climbed mountains, his first thought was always the same.

Is the lamp safe?

One autumn afternoon, while resting beneath an ancient banyan tree, he opened his bag to light the lamp before sunset.

It was gone.

He searched every pocket. He emptied his belongings onto the ground. He retraced his steps along the forest path, asking strangers if they had seen a small brass lamp.

No one had.

As darkness settled around him, exhaustion replaced anxiety. With nothing left to do, he sat quietly beneath the tree.

For the first time in many years, he watched the evening without trying to protect anything.

The wind moved gently through the leaves. Crickets announced the arrival of night.

Above him, thousands of stars slowly appeared. Without the lamp, the night seemed brighter than he had ever noticed before.

An old monk happened to pass that way and found the traveller sitting peacefully beneath the tree.

"You seem unusually calm for someone who has lost something precious," the monk observed.

The traveller smiled. *"I have been searching for my lamp all day," he replied, "but somewhere along the search, I discovered the light it was pointing towards."* The monk nodded.

"Then perhaps," he said, "the lamp has completed its work."





CHAKRADIP CULTURE

www.chakradip.com

Align with the Wisdom of Heaven and Earth

**Personal Spiritual Consultation with
Master Fon Lim**

**Singapore's Tantric Master,
Spiritual Mentor, and
Guide to Inner Transformation**



Drawing from over two decades of experience in Numerology, Astrology, Vastu, Tantric practice, sacred Aromatics, and Meditation, Master Fon offers personalised online consultations designed to help individuals cultivate harmony, purpose, protection, and inner peace. Rooted in the profound traditions of Japanese Shingon Buddhism, Tibetan Nyingma Buddhism, and the Drukpa Kagyu lineage, his approach integrates ancient esoteric wisdom with practical guidance for contemporary living.

Experience Guidance Through:

- ◆ Numerology
- ◆ Astrology
- ◆ Vastu Consultation
- ◆ Sacred Aromatic Practices
- ◆ Mantra and Meditation
- ◆ Tantric Ritual Practices
- ◆ Spiritual Retreat Mentoring

**A Holistic Path Towards
Inner Peace**

- Clarity
- Protection
- Prosperity
- Transformation

**Book
Your
Personal
Consultation
from anywhere
in the world!**

**Consultation Fee:
480 SGD**

**For appointments:
WA: +65-92386546**

Scan this to pay:



*When inner alignment is cultivated, life begins to flow
with greater clarity, harmony, abundance, and purpose.*



OUR EYES

in the Digital Age

HOW DIGITISATION IS QUIETLY TAKING A TOLL ON OUR VISION

By Dr. Sanjay Choudhary

Our relationship with technology has transformed the way we work, learn, and connect with the world. As our lives become increasingly screen-centred, understanding how these changes influence one of our most precious senses has become more important than ever. Drawing upon more than three decades of clinical experience in ophthalmology, retinal specialist Dr. Sanjay Choudhary shares practical insights into caring for our eyes in the digital age.

“Our eyes are our window to the world. In the twenty-first century, however, that window is increasingly filled with glowing screens.”

A Typical Day in Modern Life

It was nearly midnight when Bobby finally turned off his phone. His intention had been to spend just a couple of minutes checking his messages, but one thing led to another. Soon he was reading emails, watching short videos, and browsing online shops. The only light in the room came from the bright screen held inches from his face.

As he switched it off, he rubbed his eyes. They felt tired, dry, sore, and gritty. His vision remained slightly blurred for a short while before eventually clearing. Over the previous few months, he had begun noticing frequent headaches, increased sensitivity to bright lights, and a lack of focus and concentration by late afternoon.

The morning brought little relief. He spent the next eight hours in front of two computer monitors before he

returned home to stream a movie while intermittently checking his phone. Like millions of people today, his eyes were rarely away from a glowing screen.

An eye examination eventually revealed that although his eyesight remained within normal limits, he was experiencing the classic symptoms of **Computer Vision Syndrome** (CVS), also known as **Digital Eye Strain**. Constant exposure to digital screens, artificial lighting, reduced blinking, and limited outdoor activity had placed unprecedented demands on his visual system.

This is a fictional story, yet the experience is becoming increasingly common across the world.

In the United States alone, approximately 65 million people are estimated to suffer from Computer Vision Syndrome.



Dr. Sanjay Choudhary

MBBS, MS (Ophthalmology), FRCS (Edinburgh),
MRCOphth (London)

Dr. Sanjay Choudhary is a Consultant Ophthalmologist and Clinical Head of the North Derbyshire Diabetic Eye Screening Programme at Chesterfield Royal Hospital, United Kingdom. A specialist in retinal diseases, he has expertise in diabetic eye disease and age-related macular degeneration. He completed his senior retinal fellowship at St. Paul's Eye Unit, Liverpool University Hospital, and has participated in several multicentre pan-European clinical trials in retinal diseases.

After completing his MBBS and MS (Ophthalmology) at Darbhanga Medical College in India, Dr. Choudhary served as a Senior Resident at Dr. Ram Manohar Lohia Hospital in New Delhi before moving to the United Kingdom, where he has practised for the past 33 years. During this time, he has worked in leading hospitals across London, Ipswich, Wigan, Wakefield, Derby, and Chesterfield, where he also headed the Department of Ophthalmology for ten years.

Although based in Derby, Dr. Choudhary remains closely connected to his alma mater and regularly returns to Darbhanga Medical College and Hospital to teach and train postgraduate ophthalmology students. Medicine is a shared vocation within his family. His wife is a General Practitioner, their son is a Consultant Cancer Specialist, their daughter is training to become a General Practitioner, and their daughter-in-law is also a General Practitioner. Together, they cherish time with his two-year-old grandson.

Human eyes have evolved over thousands of years, adapting to natural light and distant landscapes.

Today's environment is dramatically different.

Many people spend ten or more hours each day focusing on objects within an arm's length. Our eyes rarely receive the periods of rest they once did.

Time spent outdoors has reduced significantly, and even when people are outside, many remain absorbed in their mobile phones. Printed books have increasingly given way to electronic devices, adding further visual demands through glare, reflections, reduced contrast, and screen brightness.

Digital Eye Strain: A Twenty-First Century Epidemic

Eye care professionals are increasingly diagnosing Digital Eye Strain, or Computer Vision Syndrome, which, although usually temporary, can significantly affect comfort, productivity and quality of life.

Common symptoms include:

- tired eyes
- blurred vision
- headaches
- dry or watery eyes
- neck pain
- difficulty refocusing after prolonged screen use

One of the principal causes is reduced blinking. Under normal circumstances, we blink approximately 15 to 20 times each minute. Blinking spreads tears evenly across the surface of the eye, keeping it moist, comfortable and well lubricated. During prolonged screen use, however, our blink rate falls significantly. As a result, tears evaporate more quickly, leading to dry eyes and many of the symptoms associated with Digital Eye Strain.



Artificial Light and Blue Light

Artificial light has transformed modern living, allowing us to work, socialise, and remain active long after sunset. Yet our bodies continue to follow natural daylight rhythms.

LED lighting and digital screens emit blue light, which forms part of the visible light spectrum. During the day, blue light plays an important role in helping us stay alert and regulating our biological clock.

The concern arises when we continue exposing ourselves to blue light late into the evening and at night.

Current scientific evidence does not suggest that normal exposure to blue light from digital devices causes direct damage to the retina. However, prolonged evening exposure can suppress the production of melatonin, the hormone that regulates sleep. Poor sleep can, in turn, contribute to tired, irritable eyes the following day, creating a cycle of fatigue and visual discomfort.

The Hidden Cost of Social Media

The primary objective of most social media platforms is to capture and retain our attention. Endless scrolling encourages users to remain engaged for prolonged periods without taking regular visual breaks.

Hours can pass with our eyes focused at the same short distance. The muscles responsible for near vision remain under constant strain, blinking is significantly reduced, and both mental fatigue and physical eye strain gradually develop.

Late-night scrolling is particularly demanding because it combines prolonged near focus with continuous exposure to blue-rich light.

Together, these factors can disrupt normal sleep patterns, delay visual recovery, and leave the eyes feeling tired the following day.

Why Children Need Special Protection

Children are especially vulnerable to the effects of prolonged screen exposure because their eyes and brains are still developing.

A study of Indian children under five years of age reported an average daily screen time of more than two hours, far exceeding the World Health Organization's recommendation of minimal to no screen exposure for this age group.

Similar trends have been reported in China and Singapore, with screen time continuing to rise.

Prolonged screen exposure during early childhood, particularly before the age of two

and throughout the school years, has been associated with:

- reduced attention span and working memory
- lower academic readiness and language development scores
- poorer academic outcomes later in childhood
- emotional and behavioural difficulties
- attention deficits
- sleep disturbances
- weaker parent-child interaction

From an ophthalmic perspective, one of the most significant concerns is the increasing incidence of myopia (short-sightedness). Strong evidence suggests that prolonged near-screen focus, combined with reduced outdoor activity where children naturally use their distance vision, contributes to this growing problem.

Sleep disruption, including delayed sleep onset, poorer sleep quality, and fewer hours of sleep, is another important consequence of excessive screen use.

Reduced physical activity may also increase the risk of:

- early-onset obesity
- type 2 diabetes, which can have significant long-term effects on eye health
- poor muscle development
- delayed motor development



“ Our eyes were designed for natural light, distance and rest. By using technology wisely and adopting simple daily habits, we can protect our vision and keep our window to the world bright and beautiful. ”

Prolonged screen exposure therefore affects much more than children's eyes. It has important implications for their overall physical, cognitive, and emotional development.

Recognising these concerns, many countries, including the United Kingdom, France, Italy, Finland, Denmark, Australia and several Nordic nations, have introduced restrictions or guidelines on mobile phone use among children.

Caring for Your Eyes in the Digital World

Modern technology offers enormous benefits and has become an integral part of our daily lives. Very few people can realistically avoid screen exposure altogether. However, a few simple habits can significantly reduce visual discomfort and help protect our eyes.

One of the most effective strategies remains the well-known 20-20-20 rule.

Every 20 minutes, look at an object at least 20 feet away for 20 seconds.

This simple practice allows the eye's focusing muscles to relax, helping to reduce visual fatigue and eye strain.

Other healthy habits include blinking consciously while using digital devices, positioning the screen at approximately an arm's length, wearing the correct prescription glasses, ideally with an anti-reflective coating, increasing text size for comfortable reading, and maintaining good posture while working.

Staying well hydrated also helps maintain a healthy tear film. Where appropriate, lubricating eye drops may be recommended by an eye care professional to relieve symptoms of dry eyes.

Avoiding digital screens for at least one hour before bedtime and spending more time outdoors under natural daylight can significantly improve both eye comfort and sleep quality.

Outdoor time is most beneficial when it is free from mobile phone use, allowing the eyes to focus naturally over longer distances.

Regular eye examinations remain essential. Many eye conditions, including diabetic eye disease and glaucoma, produce few or no symptoms during their early stages. Routine examinations allow these conditions to be detected early, when treatment is often most effective.

Looking to the Future

Technology will continue to evolve through artificial intelligence, virtual reality, and wearable digital displays. These innovations promise exciting opportunities while also increasing the amount of time many of us spend viewing digital content.

The challenge is not to reject technology, but to use it wisely. By understanding how modern digital habits influence our eyes, we can continue to enjoy the benefits of technology while reducing unnecessary visual strain.

Our eyes are remarkable organs, yet they have their limits.

They were never designed for a world of continuous screen exposure, artificial lighting, and hours of uninterrupted near focus.

Digital Eye Strain, dry eyes, and the rising incidence of childhood myopia remind us that our visual system needs periods of rest and recovery.

The encouraging news is that small daily habits can make a meaningful difference.

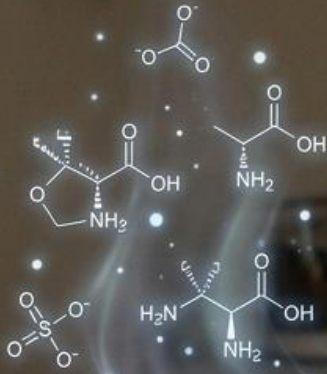
Taking regular visual breaks, blinking more often, spending time outdoors, limiting evening screen exposure, and scheduling routine eye examinations are simple practices that help preserve healthy vision.

Technology has transformed the way we live, work, and connect.

By balancing its many advantages with healthy visual habits, we can help ensure that our eyes remain clear, comfortable, and resilient for years to come.



The Ingredient We Keep Ruining *Onion*



How Modern Cooking Has Been Slowly Diminishing One of Nature's Most Remarkable Foods

By Ali Özseven

Hidden beneath its familiar layers lies a remarkable chemistry that has nourished generations. Drawing upon his experience in gastronomy, flavour science, and sustainable food innovation, Ali Özseven explores how thoughtful cooking can help us rediscover the quiet strength of one of the world's most extraordinary everyday ingredients.

In kitchens around the world, few ingredients are as common and as overlooked as the onion. We chop it carelessly and sauté it almost without thought.

More often than not, it serves as a translucent base for stronger flavours. Yet beneath its papery skin lies one of the most chemically complex and nutritionally valuable foods in our diet.

The irony is striking. In our efforts to soften onions through cooking, we often break down the very compounds that give them their remarkable qualities.

This is not simply about cooking techniques. It reflects how modern habits, shaped by convenience and flavour, have quietly diminished much of the onion's natural nutritional potential.

Onions belong to the Allium family, along with garlic, leeks, and shallots, plants that have been valued for both nourishment and medicine for thousands of years.

Ancient Egyptian workers consumed onions to build strength and endurance. Traditional Chinese medicine recommended them for supporting respiratory health. In medieval Europe, onions occupied an important place not only in kitchens but also in apothecaries, the early pharmacies where medicinal herbs and natural remedies were prepared and dispensed.

Today, however, their role has quietly diminished. We celebrate their sweetness when caramelised and their softness when stewed. We value the way they disappear into sauces and soups.

In doing so, we may also be losing the qualities that once made them an important part of everyday well-being.

The explanation lies in the onion's chemistry, particularly its delicate sulphur-containing compounds and flavonoids, many of which are highly sensitive to heat.

When an onion is cut, its cells are broken, triggering a natural reaction that produces compounds such as allicin and various thiosulfates.

These molecules are responsible for the onion's distinctive aroma, the tears it brings to our eyes, and, more importantly, many of its antimicrobial and anti-inflammatory properties.

Another important compound is quercetin, a powerful antioxidant flavonoid found in

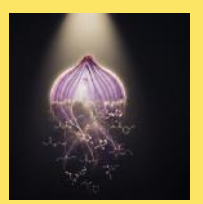


Ali Özseven is a gastronomy specialist, flavor developer, and food innovation professional based in Istanbul, Türkiye. With nearly fifteen years of experience across professional kitchens, bars, and the hospitality industry, complemented by a bachelor's degree in Gastronomy and Culinary Sciences, he combines practical culinary expertise with a deep understanding of flavour science, food chemistry, and sustainable food systems.

His work explores how everyday ingredients can be understood more thoughtfully through the lens of science, nutrition, and sustainability.

Passionate about unlocking the hidden potential of food, particularly ingredients and by-products that are often overlooked, Ali develops innovative recipes and wellness beverages that celebrate both flavour and nourishment while encouraging more conscious approaches to the way we cook and eat.

[in ali-özseven](https://www.linkedin.com/in/ali-ozseven)



especially high concentrations in red and yellow onions.

Numerous studies have associated quercetin with reduced inflammation, improved cardiovascular health, and potential anti-cancer benefits.

It also helps protect our cells against oxidative stress, a process caused by unstable molecules known as free radicals that can damage cells and contribute to ageing and many chronic diseases.

This is not to suggest that cooked onions are without value. They continue to provide fibre, vitamins, and antioxidant benefits. The difference between raw onions and heavily cooked onions, however, is greater than many people realise.

This distinction matters because onions are not a niche ingredient. They are eaten every day across the world, in almost every culture and at every economic level. Small changes in the way they are prepared could make a meaningful contribution to public health, particularly in communities where access to a wide variety of nutrient-rich foods is limited. The onion also offers a broader lesson in how we think about food.

In our pursuit of flavour, texture, and visual appeal, modern cooking often celebrates transformation more than preservation. Ingredients are expected to change, to soften, to sweeten, or to disappear into the final dish. Yet not every ingredient benefits equally from this approach.

Some, like the onion, possess natural qualities that gradually diminish through excessive processing.

Rethinking the onion does not mean abandoning cherished culinary traditions.

It simply means expanding them and recognising that the crisp bite of a raw onion is not a flaw to be eliminated but a characteristic that carries both flavour and nutritional value.

It invites cooking methods that respect both taste and function.

In practical terms, the changes can be surprisingly simple. Thinly sliced red onions can be added to a finished dish instead of being cooked into it.

Quick-pickled onions preserve much of their characteristic sharpness while becoming milder and more versatile.

Finely grated raw onion or fresh onion juice can also be incorporated into dressings, allowing many of the onion's naturally active compounds to remain intact.

For professional chefs and home cooks alike, the challenge is not to stop cooking but to cook more consciously.

Heat is an invaluable culinary tool, yet it need not be the default approach for every preparation.

The more useful question is not whether onions should be cooked, but how much cooking best serves the flavour, texture, and nutritional purpose of the dish.

The modern kitchen offers remarkable innovations, from

precise temperature control to improved methods of food preservation.

Yet some of the most meaningful advances come through a deeper understanding of ingredients that have been with us for centuries. ***The onion does not need to be reinvented. It simply deserves to be reconsidered.***

At a time when chronic diseases and nutritional imbalances are becoming increasingly common across the world, the idea that such an ordinary ingredient could support better health may seem deceptively simple.

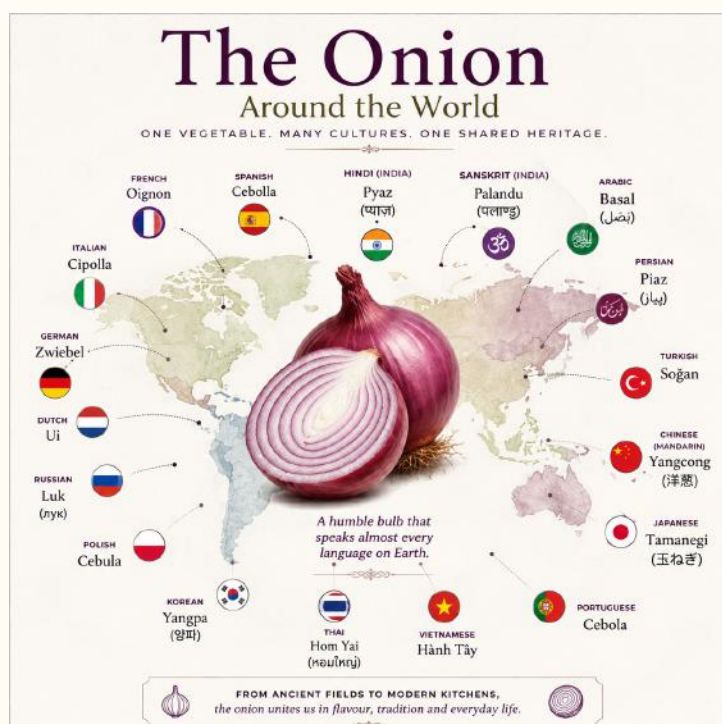
Yet that simplicity is precisely its strength. Unlike fashionable superfoods that often come and go, onions

remain affordable, widely available, and deeply rooted in culinary traditions across cultures.

Perhaps the greater loss is not the onion itself, but our understanding of it. We have gradually cooked away much of its quiet strength, often without realising what was being left behind.

Perhaps the onion's greatest gift lies not only in the flavour it brings to our meals but in the quiet reminder that the way we prepare our food shapes the nourishment we receive from it.

Sometimes, preserving an ingredient's natural character is itself an act of care for the food on our plate, for our health, and for the generations who will inherit the way we choose to eat.





Few ingredients have travelled as quietly, or as widely, as the onion. It has crossed deserts and mountains, sailed with merchants and explorers, nourished emperors and labourers alike, and found a place in almost every culinary tradition on Earth. Beneath its modest layers lies a remarkable story of migration, resilience, and human civilisation.

Botanists believe that the cultivated onion (*Allium cepa*) originated in the broad region stretching across Central Asia, particularly present-day Iran, Turkmenistan, and parts of western Pakistan. Wild relatives flourished in these dry landscapes, where their ability to survive harsh climates made them a dependable source of nourishment.

Archaeological and botanical studies suggest that people began cultivating

onions more than five thousand years ago, although the precise location of their domestication remains the subject of scholarly discussion.

From Central Asia, the onion journeyed westward into Mesopotamia, where it became an important crop in one of humanity's earliest urban civilisations. Clay tablets indicate that onions were grown alongside barley, lentils, and garlic, forming an essential part of everyday meals. Their long storage life made them invaluable during seasons of scarcity and for long-distance travel.

In ancient Egypt, the onion acquired a significance that extended far beyond the kitchen. Its concentric rings symbolised eternity and the cycle of life.

Archaeologists have discovered onions placed within tombs, including those of pharaohs, reflecting the belief that

they would nourish the departed in the afterlife. Workers who built the pyramids are believed to have received onions as part of their regular diet, valued for both sustenance and vitality.

The bulb travelled across the Mediterranean into Greece and Rome, where physicians and philosophers praised its restorative qualities. Greek athletes reportedly consumed onions before competitions, believing they enhanced strength and endurance. Roman soldiers carried them during military campaigns, introducing the crop to distant provinces across Europe. As the Roman Empire expanded, so too did the onion's place in agriculture and cuisine.

To the east, ancient trade networks carried onions into India and China. In India, the bulb became deeply woven into regional cooking and traditional systems of healing. Ayurvedic texts describe onions for their warming nature and their role in supporting digestion, circulation, and general well-being. Chinese medical traditions likewise valued onions for promoting warmth and balance within the body.

The Silk Road transformed the onion into a truly global traveller. Merchants exchanged seeds, farming knowledge and culinary practices across continents, allowing the crop to adapt to diverse climates. During medieval Europe, onions became indispensable. Easy to cultivate and capable of lasting through long winters, they were consumed by nobles and peasants alike. In some regions, onions even served as a form of rent or barter.

The Age of Exploration carried onions across the Atlantic. European settlers introduced them to the Americas during the fifteenth and sixteenth centuries, where they flourished alongside native crops and gradually became integral to the cuisines of North and South America. Today, countless varieties are cultivated across every inhabited continent.

Modern science has added another layer to this ancient story. Researchers have identified onions as rich sources of flavonoids, particularly quercetin, together with sulphur-containing compounds that contribute to their distinctive aroma and many of their health-promoting properties. Studies continue to investigate their potential role in supporting cardiovascular health, reducing inflammation, and providing antioxidant protection, while recognising that they are part of a balanced diet rather than a standalone remedy.

The onion's remarkable journey reminds us that civilisation is often built not only upon monuments and empires but also upon humble seeds carried by ordinary people. Layer by layer, century by century, this unassuming bulb has nourished communities, connected cultures, and become one of humanity's most enduring companions. Its story is ultimately our own: a tale of movement, adaptation, and the shared table that unites the world.

A LIFE WRITTEN IN *Ink*



Dr. Sanjay Manchanda

By Chitra Singh

There are collections that impress, and there are those that quietly reveal the person behind them. My afternoon with Dr. Sanjay Manchanda, Chairperson and Head, Department of Sleep

Medicine, Sir Ganga Ram Hospital, New Delhi, was one such experience. Internationally recognised as one of India's pioneers in sleep medicine, he has devoted decades to advancing the science of restorative sleep and holistic well-being. Away from the hospital, however, lies another extraordinary passion: a remarkable collection of fountain pens, each carrying its own history, craftsmanship, and character. As he shared the stories behind these timeless writing instruments, I realised I was not simply looking at rare pens but at a lifetime shaped

by curiosity, precision, and an abiding respect for the written word. In an increasingly digital age, this quiet encounter became a gentle reminder that some stories continue to be written most beautifully in ink.

You may connect with Dr. Sanjay Manchanda on



[sleep_guru](#)



[sleep_guru](#)



[sleepguru_drسانجیمانچاندا](#)



[sleep_guru](#)



www.ananddaglobal.com

I still have that prescription.

Every now and then, while sorting through my papers, it quietly finds its way back into my hands. The medicines fulfilled their purpose long ago, while the prescription itself chose to remain.

A page written in a beautiful shade of green has gently preserved the memory of an unexpected discovery.

My eyes had followed the movement of Dr. Sanjay Manchanda's fountain pen long before I began reading what he had written. The handwriting possessed an effortless grace that immediately drew my attention. Every letter seemed to settle naturally upon the paper, creating a rhythm that felt both elegant and deeply reassuring.

Almost instinctively, I looked up. *"That is a beautiful fountain pen."*

Dr. Manchanda smiled, glanced at the pen resting comfortably in his hand, and said with complete ease, *"It is one of the hundreds of fountain pens in my collection."*

The consultation continued, and the prescription was folded and placed carefully in my bag, while one sentence quietly travelled home with me.

One of the hundreds.

The words returned often over the following days. They stirred an almost childlike curiosity.

What kind of journey leads someone to collect hundreds of fountain pens? Where had they come from? What stories had travelled with them? How many hands had held them before they reached his own?

Somewhere within those questions lived another story waiting to be discovered.

When Dr. Manchanda invited me to visit him the following month, I accepted with genuine anticipation.

Soon after, I found myself standing in a room where fountain pens were laid out. They seemed to have travelled from different corners of the



world, each carrying its own history, its own craftsmanship, and its own quiet personality.

Soon after, Dr. Manchanda walked in carrying a bagful of pen cases.

"Come," he said with a welcoming smile. "Let me show you something."

He reached into his bag, took out a beautiful black velvet case, gently lifted the fountain pen resting in it with the familiarity of an old companion, and placed it in my hand.

"Feel its balance." That simple invitation became the beginning of one of the most memorable afternoons I have spent in many years.

He reached for another case and smiled as though he were about to introduce yet another old friend.

"This," he said, placing the pen gently in my hands, *"is the Montblanc Meisterstück 149."*

I had heard of this one.

Collectors around the world affectionately call it the *"Diplomat's Pen,"* a writing instrument that has accompanied statesmen, authors, and professionals for generations.

The generous eighteen-carat gold nib rested gracefully against the polished black barrel, its remarkable balance

becoming evident the moment it touched my hand. It was easy to understand why, after nearly a century, it continues to inspire admiration across the world.

Another case opened almost immediately.

The striped barrel of a **Pelikan Souverän M800** caught the afternoon light. Dr. Manchanda spoke warmly about its piston-filling mechanism, a piece of engineering that fountain pen enthusiasts continue to celebrate for its precision and reliability.

Nearby rested the elegant **Aurora 88**, carrying the unmistakable refinement of Italian craftsmanship, while the **Parker Duofold Centennial** reflected a design that has travelled confidently across generations without ever losing its character.

As the afternoon unfolded, I noticed that every pen represented a different chapter in the evolution of handwriting. **Parker Vacumatics**, **Sheaffer PFM**s, the graceful **Pelikan 400NN**, the ever-reliable **Montblanc 146**, **Waterman Carène** and the understated elegance of **ST Dupont** each carried stories that extended far beyond their polished exteriors.

"Parker, Waterman and Sheaffer probably offered the widest variety," Dr. Manchanda observed. "Some of the most fascinating innovations happened inside the pen."

The engineer in him quietly emerged. He explained vacuum filling systems, reverse pumping mechanisms, self-filling designs, and piston fillers with the enthusiasm of someone describing timeless works of engineering.

It became increasingly clear that every advancement had been driven by a remarkably simple ambition: *allowing ink to flow with complete consistency while making writing an effortless pleasure.*

Listening to him, I found myself travelling far beyond this peaceful room.

The story of the fountain pen began more than a thousand years ago, when historical accounts describe the Fatimid Caliph of Egypt wishing for a pen that could carry its own ink without staining his hands or robes.

That elegant request inspired centuries of experimentation before Lewis Edson Waterman



transformed the fountain pen forever in 1884 by designing a reliable feed that regulated ink through capillary action.

His invention opened the door to an extraordinary period of creativity. Gold nibs became the hallmark of fine writing. Lever fillers, button fillers, piston fillers, and vacuum fillers followed one another with remarkable ingenuity. Parker, Sheaffer, Pelikan, Waterman, and Montblanc competed not only to produce beautiful pens but also to make writing smoother, cleaner, and more dependable.

One name appeared repeatedly during our conversation. **The Parker 51.** Dr. Manchanda smiled as he uncapped one from his collection.

"Many collectors still consider this the greatest fountain pen ever made."

Designed in 1941, its hooded nib and innovative aerometric filling system transformed the experience of writing and earned it an almost legendary place among enthusiasts. Even today, decades after its introduction, it continues to inspire admiration from collectors across the world.

Our conversation gradually moved towards newer generations of fountain pens.

Italy had brought its own distinctive elegance through **Montegrappa, Delta, and Marlen**, while fashion houses such as **Dunhill** had discovered

that writing instruments could become expressions of personal style as much as instruments of communication.

Somewhere between history and craftsmanship, another thought quietly emerged.

Perhaps the enduring appeal of the fountain pen has very little to do with ink. Perhaps it lies in the experience.

A fountain pen invites the hand to slow down. It asks for attention without demanding effort. The nib glides almost effortlessly across the paper, reducing fatigue while allowing handwriting to develop its own unmistakable personality. Ink becomes more than colour. It becomes expression. Every writer gradually discovers a preferred nib, a favourite shade, and a rhythm that quietly becomes their own.

As I listened to Dr. Manchanda speak, I realised I was witnessing much more than a remarkable private collection. I was listening to the story of human ingenuity told through instruments that have faithfully carried ideas, discoveries, poems, letters, prescriptions, and memories across decades. Every fountain pen resting before me had become part of that extraordinary journey.

As the afternoon gently drew to a close, I found myself asking the question that had quietly accompanied me throughout the day.

"When did all this begin?"

Dr. Manchanda looked around the room before answering, his eyes resting for a brief moment on the fountain pens that had been his companions for so many years.

"It started when I was in school."

The words carried the simplicity of a memory that had never really faded.

I found myself smiling.

How many childhood fascinations quietly disappear as life gathers pace? School gives way to college. College gives way to careers. Responsibilities grow, priorities change and interests patiently wait their turn.

His love for fountain pens chose a different path. It accompanied him through his years as a medical student, through the demands of building a successful practice and through decades of caring for thousands of patients.

Somewhere in the midst of consultations, emergencies, conferences, and family life, there was always room for one more pen, one more story, and one more journey.

Looking around the room, I realised that I was not looking at a collection assembled over the years but at a lifetime that had quietly unfolded in ink.

Every fountain pen had been lovingly cared for. Each had been cleaned, serviced, and preserved with extraordinary patience.

Time had left its gentle imprint upon them, while careful hands had protected them from neglect.

Watching Dr. Manchanda return every pen to its place, I was reminded that genuine affection reveals itself through small, repeated acts of care.

Nothing had been hurried. Nothing had been forgotten. Every pen had found a home where it was understood, valued, and cherished.

Some had travelled across continents and some thousands of kilometres before reaching him.

A rare discovery in Mumbai meant boarding the next available flight. Another unexpected opportunity led him to Kolkata. Jaipur became another memorable journey in search of a pen that had quietly waited for the right custodian.

To an outsider, those journeys may seem extraordinary. To someone guided by passion, they simply become part of the story.

Perhaps that is what true passion is.

It asks for time.

It rewards patience.

It quietly becomes part of the person we are.

As the last fountain pen found its way back into its velvet-lined case, I slowly rose, almost reluctantly.

The afternoon had passed with such gentle ease that time seemed to have slipped away unnoticed. I thanked Dr. Manchanda for so generously opening the doors to his extraordinary collection and sharing its stories with me.

He smiled. *"You have only seen a small part of my collection."*

I looked back at the neatly arranged cases spread across the table, convinced that I had already witnessed something extraordinary.

"There are many more," he said softly. "Some are kept elsewhere." For a brief moment, he paused.

"During one of our house moves, we lost a large part of the collection in a theft."

His voice remained remarkably calm. There was no bitterness, no lingering sense of loss, only the quiet acceptance that accompanies someone who has learnt to treasure memories even more than possessions.



I found myself thinking of the years that must have gone into building that collection.

Schooldays had sparked the first fascination. Decades of searching had followed. Journeys to Mumbai, Kolkata and Jaipur. Countless hours spent studying, restoring, cleaning, and preserving every treasured acquisition. Somewhere along that remarkable journey, a part of it had disappeared forever.

Yet the passion had remained untouched.

Perhaps that is the true measure of love. It survives disappointment. It quietly begins again.

Looking around the room once more, I realised that the fountain pens resting before me had become symbols of remarkable resilience.

Every one of them had been welcomed into a home where craftsmanship was respected, history was remembered and beauty was cared for with extraordinary tenderness.

As I stepped outside, my thoughts returned to the prescription written in that beautiful shade of green. It had quietly led me to this unforgettable afternoon.

A few graceful lines written by a doctor had opened the door to a story that stretched across continents, centuries, and a lifetime of unwavering devotion.

The prescription still rests among my papers.

Whenever it finds its way back into my hands, I pause before reading a single word.

I remember the elegance of the handwriting. I remember the warmth with which every fountain pen was introduced.

I remember the schoolboy whose fascination quietly

THE JOURNEY OF THE FOUNTAIN PEN

THROUGH THE AGES

A TIMELINE OF INNOVATION, CRAFTSMANSHIP & CULTURAL LEGACY

EARLY ORIGINS

10TH – 18TH CENTURY



Pens that carried ink within themselves were imagined over 1,000 years ago.

In 953 CE, the Fatimid Caliph of Egypt requested a pen that would not leak on his hands or clothing.

THE FIRST PRACTICAL FOUNTAIN PEN

19TH CENTURY



1884 – Lewis Edson Waterman designs the first reliable feed system using capillary action. He founds Waterman, making fountain pens practical for everyday writing.

THE GOLDEN AGE OF INNOVATION

1880s – 1950s



- A period of rapid advancement.
- Gold nibs become standard
- Self-filling mechanisms
- Lever, Button, Piston & Vacuum fillers evolve
- Celluloid brings color and style

THE PARKER 51 ERA

1941



The Parker 51 redefines modern writing with its hooded nib and aerometric filling system.

Considered by many as the greatest fountain pen ever made.

THE BALLPOINT CHALLENGE

1950s – 1970s



Ballpoint pens become cheaper, more convenient and require less maintenance.

Fountain pen companies face tough times and many disappear.

REVIVAL & MODERN ERA

1980s – PRESENT



Fountain pens reinvent themselves as luxury items, collectibles and instruments for handwriting lovers and calligraphers.

Icons like Montblanc Meisterstück 149, Pelikan Souverän M800 and Lamy 2000 lead the renaissance.

ENGINEERING MARVELS – THE EVOLUTION OF FILLING SYSTEMS

EYEDROPPER

(Pre-1880s)



Ink is dropped directly into the barrel. Simple but prone to leaks.

LEVER FILLER

(1880s)



A lever draws ink from the bottle into the barrel. Reliable and easy to use.

BUTTON FILLER

(1890s)



A pressure button pushes and pulls ink in and out. Smooth and convenient.

VACUUM FILLER

(1920s–1940s)



Creates vacuum to draw ink in. Large ink capacity and excellent efficiency.

AEROMETRIC FILLER

(Parker 51 – 1941)



Barometric pressure system for clean, quick and reliable filling.

PISTON FILLER

(Present Day)



Modern refinement of the classic piston mechanism. Smooth, durable and precise.

GLOBAL ICONS – TIMELESS BRANDS

EUROPE

MONTBLANC
Meisterstück 149, 146
The “Diplomat’s Pen”
symbol of prestige.



PELIKAN
Souverän M800, 400NN
Renowned piston filler & impeccable balance.



AURORA
88
Classic Italian design & smooth nibs.



WATERMAN
Carène
Pioneer in innovation and elegant design.



ST DUPONT
Refined luxury & contemporary elegance.



AMERICA

PARKER
Duofold, 51, Vacumatic
Innovation, durability and timeless appeal.



SHEAFFER
PFM, Balance
Known for variety of filling systems.



ITALIAN NEW GENERATION

MONTAGRAPPA
Artistry in every detail.



DELTA
Bold designs, Italian soul.



MARLEN
Modern creativity & fine craftsmanship.



FASHION BRAND

DUNHILL
Sophistication meets style.



FOUNTAIN PENS IN CULTURE



Leaders, writers, thinkers and visionaries have used fountain pens to shape history.



From Mark Twain’s manuscripts to Einstein’s equations, fountain pens have been silent partners in genius.



They have signed treaties, written love letters, drafted constitutions and captured life’s most important moments.



“A pen is a dream you hold in your hand.”
– Maya Angelou

THE MODERN ERA AND BEYOND



Limited editions celebrate art and heritage.



Materials evolve – from ebonite & celluloid to resin, titanium, gold and carbon fiber.



Ink technology advances with water-resistant, archival & vibrant inks.



The digital age increases the value of handwritten expression.

THE LEGACY CONTINUES...

The fountain pen remains a symbol of thoughtfulness, elegance and the enduring human touch in a fast-changing world.

NOT JUST A WRITING INSTRUMENT, BUT A LEGACY OF INSPIRATION.

YESTERDAY. TODAY. FOREVER.

grew into a lifelong pursuit.

Above all, I remember a man who chose to preserve beauty with the same care that he has devoted to healing people throughout his professional life.

Perhaps that is the real story behind Dr. Sanjay Manchanda’s remarkable collection. It has never been about the number of fountain pens he owns.

It has always been about the life he has shared with them.

Somewhere between a doctor’s prescription and a quiet Sunday afternoon, I discovered that a fountain pen does much more than write.

It carries memory. And memory, when cared for with love, has a remarkable way of finding its way home.

My deepest gratitude to Dr. Sanjay Manchanda for inviting Anandda into a lifelong journey that began in a schoolboy’s hands and grew into one of India’s most lovingly nurtured private collections of fountain pens. It has been an honour to listen, to learn and to narrate this story.

44 Anandda Aug. 2026

 www.ananddaglobal.com



THE ANCIENT WISDOM OF NATURAL HERBS

How Fragrance Became a Pathway to Mindfulness, Well-Being, and Inner Harmony

Long before fragrance became an industry, it was a language of nature.

Sacred herbs, aromatic woods, flowers and resins accompanied meditation, healing, worship, and everyday rituals across many of the world's great civilisations. Their purpose extended far beyond pleasing the senses. They created spaces for stillness, contemplation, and inner balance.

In an age where synthetic scents increasingly surround us, Master Lim Say Fon invites us to rediscover this ancient relationship between nature and human well-being.

Drawing upon decades of study in the Japanese art of Kodo, the Way of Fragrance, and the aromatic traditions of India, Tibet, China, and Southeast Asia, he reflects on the enduring wisdom of botanical ingredients and the quiet role they continue to play in mindful living.

His article gently reminds us that fragrance is not simply something we wear or experience.

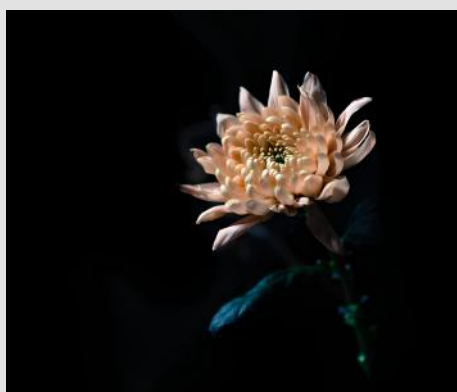
It can also become a subtle bridge between nature, memory, awareness, and the deeper rhythms of life.

Master Lim Say Fon is an internationally recognised teacher, practitioner, and custodian of the ancient *Japanese art of Kodo*, the Way of Fragrance, a contemplative tradition that cultivates awareness through the appreciation of natural aromatics.

As the first Chinese disciple to receive lineage from Japanese Kodo Master Hidetsugu Tanaka-sensei, he carries forward the eighth generation of this distinguished tradition, preserving a rare cultural and spiritual heritage with authenticity and quiet devotion.

For decades, Master Lim has immersed himself in the study of natural herbs, aromatic woods, flowers, and resins, guided by the belief that nature offers profound gifts for nourishing the body, mind, and soul. Through workshops, lectures, and international teaching engagements, he has introduced audiences around the world to the timeless wisdom of botanical fragrance, aromatic incense, and mindful living.

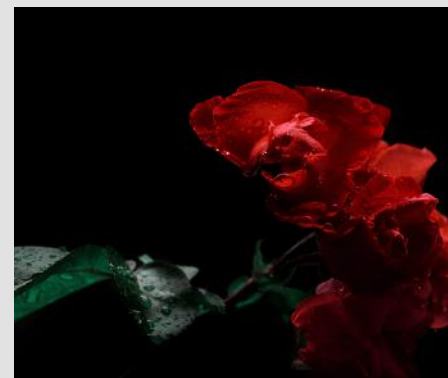
His work has been recognised by organisations including The China International Highest Agarwood Association, The China Aromatic Incense Therapy Culture Institute, and The China Aromatic Incense Association.



He has also been nominated as an Honorary Professor for the Institute of Brain Chemistry and Human Nutrition at Imperial College London.

Master Lim is the founder of *Shambhala Kodo*, where ancient aromatic traditions from India, Tibet, China, Japan, and Southeast Asia are thoughtfully preserved through the use of natural botanical ingredients and traditional formulations.

An advocate of authentic aromatherapy and sustainable craftsmanship, he believes that fragrance is far more than a sensory experience. It is a gentle bridge between nature and human consciousness, creating environments that encourage well-being, mindfulness and inner harmony.



theshambhala.com



[sayfonlim](https://www.facebook.com/sayfonlim)



[Say Fon Lim](https://www.linkedin.com/in/SayFonLim)



www.ananddaglobal.com

For thousands of years, civilisations across India, Tibet, China, Japan and Southeast Asia have treasured natural herbs, aromatic woods, flowers and resins, not simply for their pleasing fragrance, but for the atmosphere they create.

Temples, meditation halls, monasteries, and sacred ceremonies have long embraced these precious botanicals to cultivate serenity, reverence, and mindful presence.

Inspired by these enduring traditions, **Shambhala Kodo** embraces the philosophy that true fragrance begins with nature. Rather than relying solely on synthetic aromas, it draws upon carefully selected herbs, woods, spices, flowers and resins to create perfumes and incense that honour centuries of botanical wisdom while remaining relevant to contemporary life.

Returning to Nature

Modern life surrounds us with constant stimulation, environmental pollution and increasingly artificial environments.

Many commercial fragrances rely heavily on synthetic compounds designed primarily to deliver intensity or longevity. While such products have their place, there is a growing appreciation for fragrances inspired by nature.

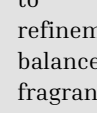
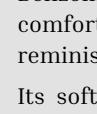
At Shambhala Kodo, every botanical ingredient is valued for its individuality. Climate, soil, altitude, and changing seasons subtly influence every harvest, making each aromatic material a unique expression of the natural world.

The purpose extends beyond creating a pleasant scent. It is about cultivating calmness, mindfulness, and a deeper appreciation of nature through fragrance.

The Enduring Wisdom of Botanical Ingredients

Natural herbs have accompanied humanity for millennia.

NATURE'S FINEST AROMATIC INGREDIENTS

 SANDALWOOD Grounds the mind with warm, woody serenity.	 AGARWOOD A rare resinous wood of profound depth.	 FRANKINCENSE Sacred resin celebrated across ancient civilisations.	 BENZOIN Soft vanilla-like resin that brings harmony.	 PATCHOULI Earthy herb that anchors botanical fragrances.	 VETIVER Aromatic roots with fresh, grounding character.	 HIMALAYAN JUNIPER Crisp mountain aroma inspired by pristine forests.	 CEDARWOOD Warm woody notes that symbolise quiet strength.
 ROSE Timeless floral elegance with graceful softness.	 JASMINE Rich blossoms that add radiant floral depth.	 LAVENDER Fresh herbal blooms that evoke calm and clarity.	 CLOVE Gentle spice that enriches aromatic warmth.	 CARDAMOM Bright citrus spice with lively freshness.	 CINNAMON Comforting warmth with naturally sweet spice.	 STAR ANISE Sweet licorice notes with aromatic richness.	 SAFFRON Precious spice renowned for luxurious warmth.

NATURAL. AUTHENTIC. TIMELESS. | Crafted by Nature, Inspired by Tradition.

In India, aromatic botanicals were blended into Ayurvedic preparations, India's ancient system of holistic health, and offered in sacred temple rituals.

Across Tibet, carefully selected herbs formed an important part of incense traditionally used within monasteries and meditation practices.

In Japan, the appreciation of fragrance evolved into Kodo, the Way of Fragrance, a refined cultural art in which aromatic woods and herbs are appreciated with the same attentiveness given to music, poetry, or fine art.

Across Asia, natural fragrances have quietly accompanied daily rituals, seasonal celebrations, and moments of contemplation for countless generations.

Shambhala Kodo draws inspiration from these timeless traditions while creating fragrances suited to modern living.

Sandalwood
The Noble Foundation

Among the world's aromatic treasures, sandalwood remains one of the most revered.

Its warm, creamy, and woody fragrance has been cherished throughout Asia for centuries.

In perfumery, sandalwood is regarded as one of the finest base notes because of its remarkable ability to harmonise with a wide range

of botanical ingredients while lending depth and longevity to a composition.

Within Shambhala Kodo, sandalwood provides balance, elegance, and quiet strength, allowing lighter floral and herbal notes to unfold naturally.

Agarwood
The Precious Wood

Few aromatic materials possess the rarity and mystique of agarwood.

Its rich, resinous fragrance develops naturally over many years within selected trees, creating an aroma that is warm, woody, subtly sweet, and remarkably complex.

Treasured across Asia for centuries, agarwood brings sophistication, depth, and enduring character to premium perfumes and incense. Used with care, it enriches a composition while preserving its natural elegance.

Frankincense
An Ancient Aromatic Resin

For thousands of years, frankincense travelled along the great caravan routes linking Arabia, Africa, and the Mediterranean.

Harvested as a fragrant tree resin, it offers delicate citrus brightness woven through warm balsamic notes.

Its long association with places of worship and sacred ceremonies has made frankincense one of history's most celebrated aromatic materials. Today, it continues

to bring freshness, refinement, and luminous balance to natural botanical fragrances.

Benzoin
Gentle Sweetness

Benzoin resin introduces a comforting sweetness reminiscent of warm vanilla.

Its soft character smoothenes sharper aromatic edges while gently connecting different botanical notes into a harmonious whole.

Traditional incense makers have long valued benzoin for the lingering warmth and quiet harmony it brings to every composition.

Patchouli
Earthy Character

Patchouli offers one of nature's richest earthy fragrances. Its deep botanical character anchors lighter floral ingredients while contributing warmth, persistence, and remarkable versatility.

It blends beautifully with sandalwood, cedarwood, frankincense, and aromatic spices, making it an essential element in many Shambhala Kodo creations.

Vetiver
The Fragrance of the Earth

Derived from aromatic roots, vetiver possesses a clean, woody fragrance with distinctive earthy depth.

Highly regarded in fine perfumery, its naturally grounding character introduces freshness while maintaining balance and sophistication within botanical blends.

Himalayan Juniper

For generations, juniper has been treasured throughout the Himalayan region for its crisp, resinous fragrance.

Its refreshing aroma evokes the serenity of mountain forests, crisp alpine air, and untouched natural landscapes. Within incense compositions, it introduces brightness while complementing the deeper character of aromatic woods and resins.

Cedarwood

Cedarwood offers a warm, dry, and elegantly woody fragrance often associated with quiet strength and stability.

Its balanced character supports numerous botanical compositions without overwhelming more delicate ingredients, making it a timeless favourite in both traditional and contemporary perfumery.

Rose

Among floral ingredients, natural rose remains one of perfumery's most treasured gifts.

Its rich floral elegance introduces softness, beauty, and refinement. Carefully balanced, rose harmonises effortlessly with woods, spices, and herbs, contributing grace without seeking prominence.

Jasmine

Jasmine lends an intensely rich floral aroma that enhances both depth and complexity.

Its naturally sweet yet refined fragrance blends exceptionally well with sandalwood and precious woods, bringing elegance and quiet radiance to botanical compositions.

Lavender

Lavender is cherished around the world for its fresh herbal and floral character.

Its clean fragrance introduces brightness and equilibrium while creating smooth transitions between floral and woody ingredients, making it one of nature's most versatile aromatic botanicals.

Clove

Clove contributes gentle warmth through its naturally spicy aroma.

Used thoughtfully, it enriches woody compositions while adding subtle complexity without overwhelming neighbouring botanical notes.

Cardamom

Cardamom offers an elegant combination of herbal freshness, citrus brightness and gentle spice.



Its lively aromatic character brings freshness and vibrancy to woody botanical blends.

Cinnamon

Natural cinnamon introduces comforting warmth and delicate sweetness.

Its inviting fragrance blends beautifully with sandalwood, benzoin, floral ingredients, and aromatic resins, enriching compositions with quiet richness.

Star Anise

Star anise contributes a naturally sweet fragrance accompanied by delicate liquorice notes.

Its distinctive aromatic profile adds depth and individuality to complex botanical creations.

Saffron

Among the world's most precious spices, saffron possesses a uniquely warm and luxurious aroma.

Used with restraint, it contributes remarkable refinement, richness, and subtle sophistication to premium fragrance compositions.

Himalayan Herbs

Ancient Botanicals from the Roof of the World

For generations, a rich variety of Himalayan herbs has been incorporated into the traditional art of incense making. Nurtured by pristine mountain landscapes, these botanicals offer fresh, uplifting aromas that blend beautifully with aromatic woods and precious resins.



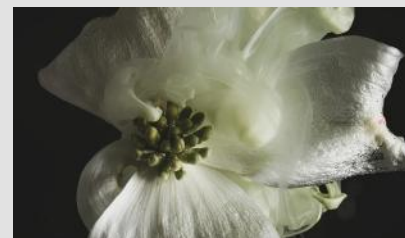
Their continued use reflects centuries of botanical knowledge carefully preserved within Himalayan cultural traditions, carrying forward a living heritage inspired by nature's abundance.

Botanical Harmony

The Art of Balance

Creating a natural perfume involves far more than blending pleasing scents.

Every botanical ingredient shapes the overall composition. Some introduce freshness, while others bring warmth. Certain herbs soften





the richness of aromatic woods. Resins lend depth and longevity.

Flowers contribute elegance, while spices enrich a fragrance with subtle complexity.

The true artistry lies in achieving harmony among these natural elements, allowing each ingredient to express its own character without overwhelming the others.

At Shambhala Kodo, every botanical composition is developed with careful attention to this delicate balance, creating fragrances that feel complete, harmonious, and deeply connected to nature.

Traditional Inspiration, Contemporary Craftsmanship

While inspired by ancient aromatic traditions, Shambhala Kodo also embraces the expectations of contemporary living through quality, refinement, and craftsmanship.

Every ingredient is selected with great care, honouring botanical authenticity while ensuring balance, consistency, and elegance. Each fragrance seeks to capture the timeless beauty of nature in a form that resonates with modern lifestyles.

Sustainability and Respect for Nature

Natural fragrance begins with healthy ecosystems. Respectful sourcing and the responsible stewardship of botanical resources therefore remain fundamental principles. Many aromatic trees require years, and sometimes decades, before yielding their precious woods and resins.

Flowers, herbs, and spices likewise flourish only when cultivated with patience and care.

Shambhala Kodo values the importance of protecting these natural resources so that future generations may continue to experience and appreciate their remarkable gifts.

Fragrance as a Daily Ritual

Across cultures and throughout history, perfume and incense have accompanied moments of reflection, hospitality, celebration, and personal care.

Lighting incense or applying a natural fragrance can become a simple daily ritual, gently marking the transition from the activity of the day to a quieter state of awareness.

Rather than viewing fragrance merely as adornment, Shambhala Kodo encourages us to experience aroma as an invitation to mindfulness, presence, and a deeper connection with nature.

A Journey Through Natural Aromatics

Every Shambhala Kodo creation tells a botanical story.

- The creamy elegance of sandalwood.
- The mysterious richness of agarwood.
- The uplifting brightness of frankincense.
- The comforting sweetness of benzoin.
- The earthy depth of patchouli and vetiver.
- The crisp freshness of Himalayan herbs.
- The timeless beauty of rose and jasmine.
- The gentle warmth of cinnamon, cardamom, clove, and saffron.

Together, these remarkable botanicals create harmonious fragrances inspired by centuries of aromatic wisdom and craftsmanship.

Conclusion

Nature has always offered humanity extraordinary aromatic treasures. Across countless generations, herbs, flowers, woods, spices, and resins have enriched cultural traditions, inspired artisans, and accompanied moments of reflection, reverence, and quiet contemplation.

Shambhala Kodo continues this enduring legacy by carefully selecting natural botanicals for the creation of perfumes and incense. Every formulation reflects a commitment to craftsmanship, botanical authenticity, and respect for traditional aromatic knowledge while embracing the needs of contemporary life.

More than a fragrance, each Shambhala Kodo creation is an invitation to rediscover the timeless beauty of nature, where every scent becomes a gentle reminder of forests, mountains, flowers, and the ancient wisdom from which it was born.

Perhaps the deepest fragrance is one that cannot be bottled.

It lingers in the stillness of a forest after rain, in the warmth of ancient wood, in the quiet bloom of a flower and in the memories awakened by a single breath.

Across cultures and centuries, nature has spoken to humanity through its subtle aromas, inviting us to pause, become present, and remember our place within the living world.

As we rediscover the wisdom carried by these timeless botanicals, we may also rediscover something within ourselves. For every fragrance born from nature carries a quiet invitation: to breathe more deeply, to live more consciously, and to honour the profound harmony that exists between the Earth, the body, the mind, and the soul.

SHAMBHALA KODO

FRAGRANCES OF NATURE. INSPIRED BY TRADITION.



GANESHA FRAGRANCE BUNDLE
\$190.00 \$220.00
SALE



DRAGON KING AGARWOOD INCENSE STICKS 龙王沉香
\$108.00 \$120.00
SOLD OUT



SHIMON NO.1 EAU DE PARFUM
from \$60.00



DEVI NO.2 EAU DE PARFUM
from \$60.00



VITHA NO.3 EAU DE PARFUM
from \$60.00



GURUVAR NO.4 EAU DE PARFUM
from \$60.00



LAKSHMI NO.5 EAU DE PARFUM
from \$60.00



HANUMAN NO.6 EAU DE PARFUM
from \$60.00



RAVIVAR NO.7 EAU DE PARFUM
from \$60.00



SEVEN WONDERS EAU DE PARFUM BUNDLE
\$390.00 \$420.00
SALE



YOKHI & KINKO FRAGRANCE DUO
3 payments of \$20.00 with atome



SHANGRI-LA WEALTH EAU DE PARFUM
3 payments of \$20.00 with atome



ROSE CONSECRATION BUNDLE 开光水香套
\$189.00 \$240.00
SALE



TREASURES EAU DE PARFUM
\$130.00



RAIN OF WEALTH EAU DE PARFUM
\$110.00

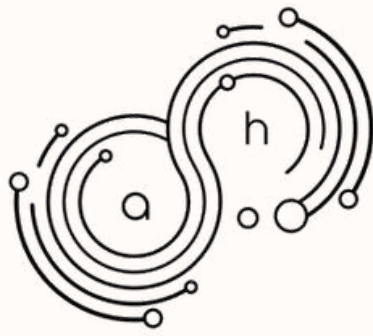


PANGRI RILBU BLESSED PILL 甘露丸
\$30.00

NATURAL BOTANICALS • ANCIENT WISDOM • CONTEMPORARY LIVING



To explore the entire range of Shambhala products, visit: theshambhala.com



AlgoHype

Where Strategy Meets Story, Where Visibility Becomes Legacy.



**PR &
Media**



SEO



**Content
Management**



+91 8826023527



[https://www.linkedin.com/
company/algohype](https://www.linkedin.com/company/algohype)



<https://thealgohype.com>



hello@thealgohype.com



www.ananddaglobal.com



The Hidden Cost of Success

Why achievement alone cannot create the inner fulfilment we all seek

By Toby Maguire

Success is one of life's most enduring aspirations, yet our relationship with it is often more complex than it first appears. Drawing on more than two decades of working with people from diverse walks of life, wellness coach and human performance specialist **Toby Maguire** shares a perspective that invites us to pause, reflect, and perhaps view success through a different lens.

For most of our lives, we are taught that success is the destination. We are encouraged to work harder, earn more money, build impressive careers, and accumulate the symbols of achievement because we believe these accomplishments will eventually bring happiness, fulfilment, and lasting peace of mind.

Society reinforces this message at every stage of life, convincing us that fulfilment lies somewhere beyond the next promotion, the next financial milestone, or the next major achievement.

After spending more than two decades working in health and wellness resorts around the world, I have had the privilege of supporting elite athletes, billionaires, television personalities, entrepreneurs, chief executives, and members of royal families. Like many people entering that environment for the first

time, I assumed these individuals had discovered something the rest of us were still searching for. *I was wrong.*

As I came to know these remarkable people beyond their public image, I discovered a very different reality. Behind the wealth, influence, and recognition were ordinary human beings carrying the same fears, insecurities, and emotional struggles that affect us all. Their circumstances were extraordinary, but their psychology was not.

They worried about relationships, struggled with anxiety, questioned their decisions, and battled self-doubt. Some carried painful experiences from childhood that continued to influence their lives decades later. Their problems looked different from those of the average person, but they were no less significant.

That experience fundamentally changed my understanding of success.

I began to realise that external achievement does not automatically create inner fulfilment. In many cases, success simply magnifies whatever already exists beneath the surface. If someone has developed emotional resilience, gratitude, and a healthy sense of self-worth, success can become a wonderful blessing. If, however, they are driven by fear, insecurity, or a constant need for validation, success often amplifies those patterns instead.

Success does not heal emotional wounds. It exposes them.

Many of us believe that if we could only earn a little more money, build a successful business, or achieve recognition in our chosen field, everything else would naturally fall into place.

We imagine that happiness is waiting for us on the other side of success, patiently sitting behind the next promotion or financial milestone.



Toby Maguire discovered meditation and Eastern philosophy in his early twenties, an experience that transformed the course of his life. Seeking a deeper understanding of these traditions, he left his career in London and moved to Thailand in 1998.

Since 2005, he has worked with health and wellness resorts worldwide, developing an approach that blends evidence-based coaching, mindfulness, Eastern philosophy, and performance psychology. His clients have included world champion athletes, senior executives, entrepreneurs, and leaders from diverse industries, helping them cultivate resilience, clarity, and sustainable high performance.

His work has been featured in The Sunday Times, Forbes, and The Huffington Post, and he has delivered coaching programmes, workshops, and retreats across Europe, Asia, the Caribbean, and the United Kingdom.

 www.tobymaguire.com
 [toby-maguire-coaching/](https://www.linkedin.com/company/toby-maguire-coaching/)

It is an understandable belief.

After all, we are surrounded by images of successful people smiling on magazine covers, travelling the world and living lives that appear effortless. Social media reinforces this illusion by presenting carefully curated moments while hiding the emotional reality that exists behind the scenes.

The truth, however, is far more complex.

Psychologists have spent decades studying what is known as **hedonic adaptation**, the tendency for human beings to return to a relatively stable level of happiness after both positive and negative life events.

Whether we receive a pay raise, buy our dream home, or achieve a lifelong ambition, the excitement eventually fades as our new circumstances become normal. What once felt extraordinary soon becomes our new baseline, and before long our attention shifts towards the next goal.

Neuroscience offers another explanation. The brain's reward system, driven largely by dopamine, is designed to motivate pursuit rather than provide lasting satisfaction.

It encourages us to seek rewards, but once those rewards are obtained, our attention naturally shifts towards finding the next one.

This mechanism was invaluable for our ancestors because it promoted survival, exploration, and resource gathering.

In today's world, however, it can leave us trapped in an endless cycle of striving without ever feeling truly satisfied.

The finish line keeps moving. This is not an argument against ambition. I believe we should all strive to become the very best version of ourselves.

There is nothing wrong with building a successful career, creating financial security, or enjoying the rewards of hard work.

Financial stability provides opportunities, freedom, education, healthcare, and experiences that undoubtedly improve our quality of life.

The problem begins when we expect success to provide something it was never designed to deliver.

No amount of wealth can create genuine self-worth. No title can heal unresolved childhood pain, and no luxury holiday can silence the voice of self-doubt.

These are inner experiences that require inner work.

This is something I witness repeatedly when clients come to work with me. Although they often arrive believing they need help managing stress or improving performance, our conversations rarely remain focused on business for very long.

Instead, we begin exploring the beliefs, fears, and emotional patterns that have quietly shaped their decisions for years.

Many of those patterns were established in childhood. Some grew up believing they had to earn love through achievement, while others learned that making mistakes was unacceptable, creating perfectionism that followed them into adulthood.

Some carried a deep fear of failure because they associated it with rejection or shame.

These unconscious beliefs became the invisible forces driving extraordinary success while simultaneously preventing genuine contentment.

Their achievements were real. So was their suffering.

The encouraging news is that these patterns are not fixed. The brain possesses an extraordinary ability known as **neuroplasticity**, meaning it can reorganise itself throughout life by forming new neural pathways. In other words, the beliefs and habits that have shaped us for decades do not have to define our future.

Change is possible, but it begins with awareness.

One of the most important lessons I have learned is that we must first become observers of our own minds. Most people spend their lives reacting automatically to their thoughts without ever questioning them. They assume every fear is true, every doubt is justified, and every critical inner voice deserves to be believed.

Developing self-awareness through practices such as **mindfulness, meditation, breathwork, or even quiet reflection** allows us to create space between ourselves and our thoughts.

It is within that space that we begin to recognise that we are not our fears. We are simply the observer.

Equally important is learning to appreciate what we already have. The human brain is remarkably efficient at adapting to success, which is why yesterday's dream so quickly becomes today's normal. Gratitude interrupts that process. Numerous studies in positive psychology have shown that regularly reflecting on what we appreciate improves emotional well-being, strengthens relationships, and increases life satisfaction.

Gratitude does not reduce ambition. It simply allows us to enjoy the journey while continuing to pursue meaningful goals.

Another question I often encourage clients to consider is this: *If nobody ever applauded your success, would you still want it?*

For many people, that question is deeply revealing. It exposes the difference between pursuing goals that genuinely align with our values and pursuing goals simply to gain approval or validation. *Purpose creates fulfilment. Validation creates dependency.*

Understanding the difference can transform the way we approach success.

Finally, lasting change requires us to address the root cause rather than continually managing the symptoms.



Many high achievers become experts at coping with stress without ever asking why they are so driven in the first place.

Sometimes the relentless need to achieve is fuelled by an unconscious belief that they are not enough unless they are succeeding.

Until those deeper beliefs are explored and healed, success often becomes another coping strategy rather than a source of genuine fulfilment.

Perhaps we also need to redefine what success really means.

For much of society, success is measured by income, status, possessions, and influence. *Yet after working with some of the world's most accomplished individuals, I have come to believe that true wealth is having enough external success to live comfortably while developing enough inner peace to genuinely enjoy it.* One without the other leaves us feeling strangely incomplete.

We spend years learning how to build successful careers, profitable businesses, and financial security. We celebrate those achievements because they are visible to the world.

Perhaps we should spend just as much time learning how to build a peaceful mind.

Because, at the end of the day, success determines how you make a living.

Your mindset determines how you experience your life.





NOTHING *New*

Across cultures and centuries, humanity has sought to understand how life finds its way back to harmony. In monasteries and marketplaces, across mountains, rivers, and deserts, sages, storytellers, and philosophers have preserved timeless wisdom that continues to speak to every generation.

Though these stories arise from different civilisations, they often point towards the same enduring truth: restoration begins with awareness, grows through connection, and flourishes when we live in harmony with the natural order of life.

In this edition of *Nothing New*, three timeless stories from different parts of the world explore those pathways. A Taoist tale reveals how nature restores itself when we remove the barriers that stand in its way. A Sufi parable reminds us that lasting change begins by restoring the way we see ourselves.

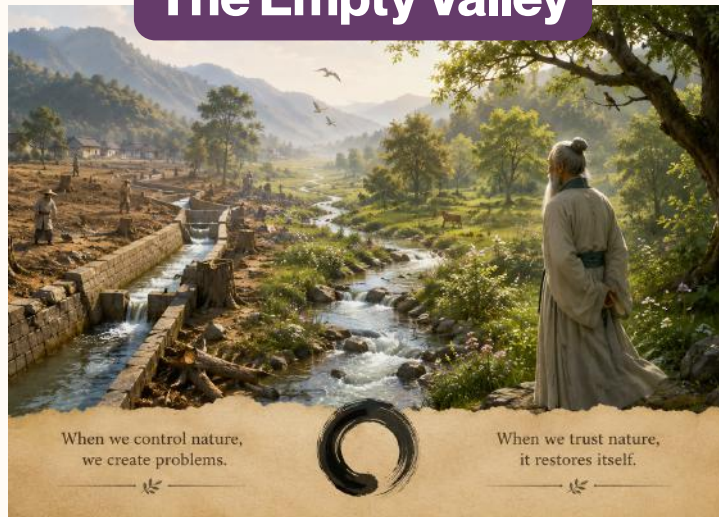
An ancient Andean story celebrates the quiet power of rebuilding the relationships and shared purpose that allow communities to thrive.

Curated by Neeraj Singh, *Nothing New* is an invitation to pause and rediscover timeless wisdom gathered from humanity's rich cultural inheritance. Through careful exploration of traditions across the world, he brings these enduring stories to readers as thoughtful nuggets of wisdom, each carrying insights that have guided generations through change, uncertainty, and renewal. They do not belong to the past alone. They continue to illuminate the present, reminding us that some of life's deepest truths are not new discoveries but timeless understandings, waiting to be remembered, practised, and quietly woven into the way we live, relate to one another, and experience the world.



Neeraj Singh
Creative Director –
Design & Advertising,
Anandda

The Empty Valley



For generations, the Valley of Clear Waters had been known for its quiet abundance. A gentle stream wound through meadows of wildflowers, birds nested among ancient trees, and villagers harvested only what they needed. The valley never seemed to ask for attention. It simply flourished.

As the years passed, a new generation began to believe the valley could be made even better.

"If we straighten the stream," one villager suggested, "the water will flow faster."

"If we clear these old trees," said another, "we shall have more land to cultivate."

Others proposed stone embankments, wider paths, deeper channels, and carefully ordered fields. The work continued season after season. The stream was diverted into neat lines. Trees that had stood for centuries were felled. Wild grasses were replaced with uniform crops. Every change seemed sensible on its own.

Yet something unexpected happened. The birds disappeared. The soil began to dry. The winds carried away the loose earth. The stream that once flowed gently through the valley became unpredictable, overflowing after heavy rains and shrinking during the summer months.

Each new problem prompted another solution. More walls were built. More channels were dug. More rules were introduced.

Still, the valley grew quieter.

One autumn morning, an elderly Taoist traveller arrived.

He spent several days walking through the valley without offering advice. He listened to the water, watched the hills at sunrise, and sat beneath the few old trees that remained.

Finally, the village elders asked him, "You have travelled widely. Tell us what we must build to restore our valley."

The old man smiled.

"Perhaps," he replied, "the valley does not need another invention. Perhaps it simply needs fewer interruptions."

His answer puzzled everyone.

Over the following weeks, he invited the villagers to join him in a different kind of work.

Together they dismantled abandoned stone barriers that no longer served a purpose. They allowed the stream to return to parts of its ancient course.

They stopped clearing every patch of wild growth and planted young trees where old ones had been cut.

Instead of forcing the land to follow their plans, they began observing how nature had once shaped the valley for itself.

Nothing dramatic happened overnight.

The first spring brought only small signs. Tiny wildflowers appeared beside the water. Dragonflies returned. A pair of birds built a nest in one of the young trees.

By the third year, the stream flowed more steadily. The soil held moisture once again. The hillsides became greener, and the

songs of birds filled the mornings. Travellers who passed through the valley remarked on its quiet beauty, unaware that its greatest transformation had come not from what had been added but from what had been allowed to return.

The villagers eventually understood that the valley had never lost its wisdom.

They had simply forgotten how to trust it.

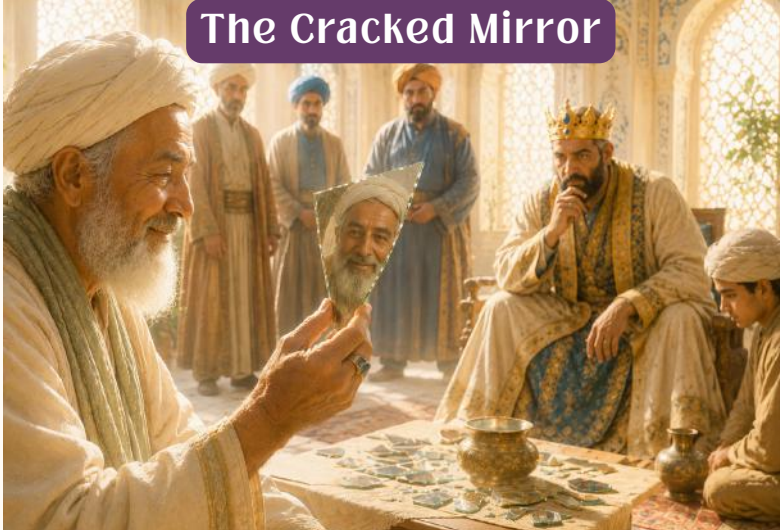
From that day onward, whenever someone proposed another grand improvement, the elders would walk together to the riverbank before making any decision. They would sit in silence, listening to the water find its own way.

For they had learned that the deepest harmony is rarely created through control. It emerges when we remove what prevents life from expressing its own nature.

Nothing New

The Tao Te Ching reminds us that the greatest transformations often arise through wu wei, or effortless action. It does not suggest doing nothing. Rather, it invites us to act in harmony with the natural intelligence of life instead of constantly attempting to dominate it. Whether we are restoring forests, healing relationships, or rebuilding ourselves, wisdom sometimes lies not in adding more, but in gently removing the barriers that keep wholeness from returning.

The Cracked Mirror



There was once a Persian king who possessed a magnificent mirror unlike any other in his kingdom. It was said that its surface reflected with extraordinary clarity. Visitors often admired its flawless beauty, believing it to be one of the greatest treasures in the royal palace.

One morning, as the mirror was being carefully moved to another chamber, it slipped from the hands of a young servant. It struck the marble floor and shattered into countless pieces.

The sound echoed through the palace.

The servant fell to his knees, convinced his life was over. Courtiers rushed into the room, horrified by what they saw.

Some urged the king to summon the finest craftsmen to recreate the mirror. Others suggested melting the fragments and making something entirely new.

A few insisted that no repair could ever restore what had been lost.

The king stood silently, gazing at the scattered shards.

Just then, an elderly Sufi dervish, who had come to visit the palace that day, quietly entered the room. Without speaking, he knelt beside the broken mirror and gently picked up one of the largest fragments.

He wiped away the dust and polished its surface with the corner of his robe.

Then he held it before the king.

"What do you see?" he asked.

"Myself," the king replied.

The dervish smiled and turned towards the anxious servant. "And what do you see?" "Myself," whispered the young man.

One by one, every person in the room looked into the fragment. Each saw the same thing.

The dervish then said softly, "Everyone mourns the mirror because they believe it has lost its purpose.

Yet its purpose has never changed. It was never created to display itself. It was created to help those who looked into it see themselves."

The room grew quiet.

The king looked again at the fragment in his hand.

The mirror was no longer whole, yet nothing essential had been lost.

From that day forward, he kept the polished fragment on his writing table. Whenever difficult decisions awaited him or conflict arose within the kingdom, he would first look into the small piece of glass before looking out at the world.

Over time, people noticed that he had become more patient, more compassionate, and slower to judge. They believed the fragment possessed some hidden power.

The king knew otherwise. The wisdom had never belonged to the mirror. It had always belonged to the willingness to look honestly at oneself.

The Sufi sages often taught that the world we experience reflects the quality of our own perception.

We may spend our lives trying to change people, circumstances, or society, yet lasting transformation begins much closer to home.

When we restore clarity within ourselves, we begin to see others with greater understanding, humility, and compassion.

Perhaps the first step towards restoring the world is restoring the way we choose to see it.

The Bridge Builder

High among the mountains of the Andes, where rivers descended from snow-covered peaks and valleys echoed with birdsong, two villages had lived alongside one another for generations.

A wooden bridge stretched across the gorge that separated them, carrying farmers to market, shepherds with their flocks, children on their daily journeys, and families gathering for festivals and celebrations.

It was part of the rhythm of everyday life, quietly connecting people whose lives had become deeply intertwined.

One rainy season, the river swelled beyond its usual course. The mountain waters gathered strength, carrying rocks and fallen trees downstream until, one morning, the bridge was no longer there.

When the skies cleared, only the flowing river remained between the two communities.



Life continued, yet its rhythm had changed.

The marketplace grew quieter. Festivals became smaller. Friends standing on opposite sides of the valley could still see one another, their greetings carried across the river by the wind, yet the easy closeness that had once existed slowly gave way to distance.

One autumn morning, an elderly carpenter walked to the riverbank carrying a few simple tools. He examined the place where the bridge had once stood, gathered timber from trees that had already fallen in the forest, and quietly began shaping the first beams. He worked with the same patience he had brought to his craft throughout his life.

The following day, a young shepherd joined him, carrying heavy logs down the hillside. Soon afterwards, children arrived with smooth stones gathered from the riverbank.

Women brought baskets of food and fresh water for those who worked. Blacksmiths sharpened tools. Farmers contributed ropes woven from strong mountain fibres. Each person offered what they could.

Across the river, the neighbouring village watched the work unfolding. They, too, began preparing timber, weaving ropes and shaping beams, building steadily towards the same meeting place above the rushing waters.

Day after day, the distance between the two sides grew smaller. Then, on a bright mountain morning, the final beam found its place. **The bridge stood once more.**

Children were the first to cross, laughing as they ran from one side to the other.

Families embraced after many months apart. Merchants reopened their stalls, musicians filled the valley with familiar melodies, and the quiet rhythm that had always belonged to the mountains returned.

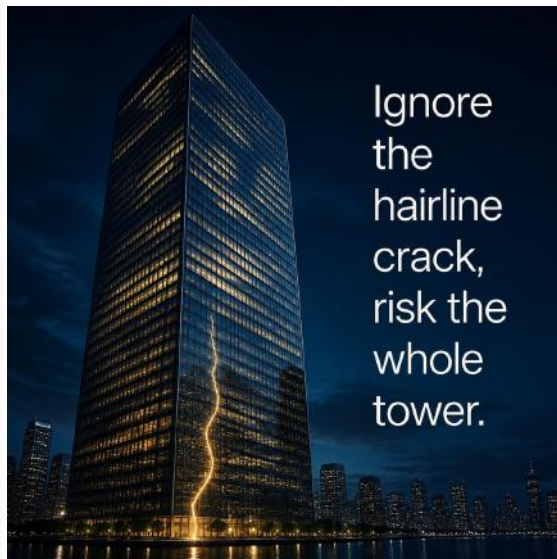
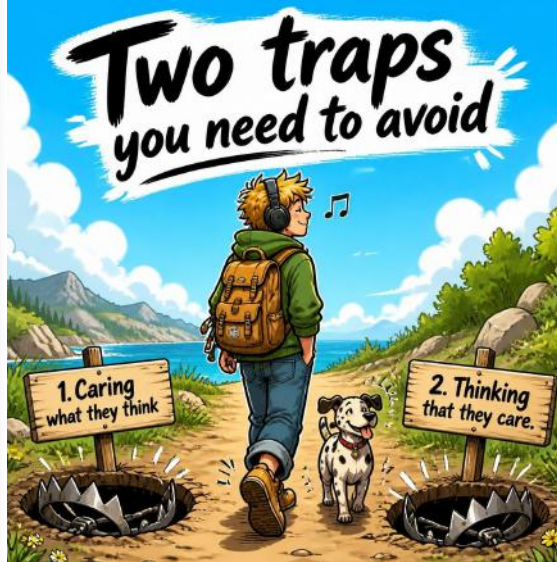
During the celebration, the village elder turned to the old carpenter. "Tell us," he asked, "who rebuilt the bridge?" The old man looked at the gathering of smiling faces from both villages. "No one rebuilt the bridge," he replied gently. "The bridge rebuilt us."

For a moment, the valley fell silent. Everyone understood. The bridge had always been made of timber, rope, and careful craftsmanship. Its true strength, however, had always lived in the willingness of people to build together.





Nuggets



Is *Genuineness* the Key to Corporate Relationship Success?



By Dr. Bhawna Gautam

In every organisation, relationships shape culture long before strategy shapes results. While innovation, technology and performance remain essential to business success, the quality of human relationships continues to determine whether trust grows or gradually fades. Drawing upon over fifteen years of experience in healthcare entrepreneurship, **Dr. Bhawna Gautam** reflects on why genuineness remains one of the most valuable assets any organisation can cultivate.



What happens when you enter a business and feel genuinely welcomed, cared for, and valued? *You feel like returning.*

This is how businesses grow: when their culture reflects genuineness in the way they treat people.

Genuineness not only attracts people but also builds the loyalty every organisation needs to flourish.

Successful business relationships are built on understanding, trust, commitment, quality, and support. Whether the relationship is with customers, employees, suppliers, or other businesses, the genuine foundation on which it stands makes all the difference.

This is one principle I relied upon when I started my practice.

Competition in the healthcare sector is intense, yet one value has guided both my personal and professional life: *being honest, genuine, and always doing my best.*

After fifteen years in business, when I see patients who have been with me since the first day of my practice continuing to return, employees, most of whom have worked with us for over a decade, and long-standing associations with other businesses, I can confidently say that being genuine is one of the most important factors that has helped me navigate the ups and downs, build excellent rapport with my patients, and grow my business.

In a corporate environment where growth, profitability, and

competition often dominate decision-making, genuineness can easily be overlooked. Businesses frequently invest heavily in better products, stronger marketing, and new innovations to remain competitive.

Lasting relationships, however, are not built by these alone. They are built through the way people experience the organisation behind them.

One of the reasons businesses struggle to maintain long-term relationships is that they focus too heavily on short-term outcomes.

The pressure to compete or the pursuit of greater profits can sometimes lead businesses to compromise on quality,

Dr. Bhawna Gautam is a distinguished Indian-born Australian medical professional, author, speaker, and yoga and meditation coach deeply rooted in the wisdom of ancient Indian yogic philosophy.

Drawing from her professional experience, personal journey, and lifelong exploration of human well-being, she believes that the true purpose of life lies in healing, serving, and inspiring others towards greater awareness and inner balance.

Over the past decade, she has shared insights on health, mindfulness, discipline, emotional resilience, self-awareness, and conscious living with a global audience through her writings, talks, and social media platforms.

Dr. Gautam is the author of *50 Best Quotes from The Power of Thoughts and Imaginations: A Book of Inspiration (Volumes 1 and 2)* and co-author of *My Voice*, where she reflects on her spiritual journey and life experiences.

Her contributions to healthcare, wellness, and community empowerment have earned recognition across Australia, France, Singapore, and the Philippines. Through her work, she continues to encourage individuals to live healthier, more mindful, and purpose-driven lives in an increasingly complex world.



www.bhawnagautam.com



[speakerbhawnagautam](https://www.facebook.com/speakerbhawnagautam)



[dr.bhawna.gautam](https://www.instagram.com/dr.bhawna.gautam)



[drbhawnagautam](https://www.linkedin.com/company/dr.bhawnagautam)

Links for Books: <https://bhawnagautam.com/#works>



www.ananddaglobal.com

overpromise, or make decisions that may benefit them in the short term while gradually weakening the trust of their stakeholders. While these choices may deliver temporary gains, they often come at the expense of something far more valuable: *relationships that could have lasted for many years.*

What Does Genuineness Mean?

Genuineness is often associated with honesty, but it extends much further. It is about being transparent, acting with integrity, and remaining true to one's values and principles, even when doing so is difficult.

When an organisation consistently does what it says it will do, it builds confidence. Most companies have their values and principles documented and speak about customer care, teamwork, or integrity.

Unless those words are reflected in daily actions and interactions, they carry little meaning.

Genuineness begins within the organisation, with its leaders setting the example. Employees observe and follow what they see. They notice how their leaders treat people, respond to challenges, and accept responsibility when mistakes occur.

Over time, these behaviours shape the culture of the organisation.

This is something I have personally witnessed in my own organisation. I see my employees demonstrating the same empathy, support, and care that I strive to show towards both my patients and my team.

Positive behaviour creates a chain reaction. When leaders are genuine, that authenticity naturally reflects in everyone else's interactions.

When leaders are genuine, employees are more likely to communicate with customers in the same way.



If authenticity is absent within the organisation, it eventually becomes evident in its relationships with customers and business partners.

The Cost of Losing Trust

Trust develops gradually. It grows through repeated experiences in which people feel valued, treated fairly, and confident that promises will be honoured.

As relationships deepen, confidence grows as well. Customers become loyal because they believe the organisation will continue acting in their best interests.

Business partners become more willing to collaborate because reliability has been demonstrated over time.

Trust, particularly in a corporate setting, can also be broken by a single incident of dishonesty, misleading communication, or a failure to accept responsibility.

Once people feel deceived, they begin questioning not only the individual involved but also the organisation that individual represents.

The consequences often extend far beyond a single customer or contract. Dissatisfied customers frequently share their experiences with others and leave negative reviews. Referrals decline, reputations suffer, and valuable business opportunities are lost.

The same applies within organisations. Employees who lose trust in the leadership often become less engaged.

Their enthusiasm gradually declines, productivity falls, and their commitment to the organisation begins to fade.

While they may continue performing their duties, they become less involved and no longer contribute with the same sense of ownership and purpose.

Why Genuineness Matters

In today's world, customers are not only well informed but also highly aware. They can usually tell whether a business is genuine.

Before a person walks into any business, they often already have a mental picture based on the reviews they have read. What they seek is a simple, convenient, and authentic experience.

This is where many businesses fail to recognise customers' real needs.

Organisations often search for new ways to distinguish themselves from competitors. They improve technology, introduce new products, and strengthen their marketing strategies. While these efforts are important, they can often be replicated. *The genuine human touch within a relationship cannot.*

Customers are naturally drawn to businesses where they feel valued and appreciated. They are more likely to remain loyal because their relationship is built on confidence and positive experiences and does not rely

“ When the relationship is genuine, mistakes are often forgiven. ”

on convenience alone. Even when things do not go exactly as expected, they are more understanding and willing to cooperate.

The same is true for employees. They are more committed to organisations where they feel trusted, listened to, and valued. They willingly contribute beyond their formal responsibilities because they believe they are part of something meaningful.

They also become more effective ambassadors for the organisation because they genuinely believe in its products and services.

In such an environment, sales are not forced; they happen naturally.

Genuineness, therefore, becomes a genuine competitive advantage, something that no training programme or marketing strategy can fully replicate.

Creating a Culture of Genuineness

Genuineness creates a positive working environment, and that positivity naturally reflects in the quality of each person's work.

To strengthen relationships, make honesty and transparency part of your organisational culture. Encourage open communication, particularly during difficult situations.

Mistakes are inevitable in every organisation, which is why accountability is equally important. What matters is the willingness to acknowledge mistakes, learn from them, and take appropriate action.

Listen carefully to customers and engage in genuine conversations.



Nothing to Hide

A wealthy merchant travelled to a small town to purchase handcrafted lamps known for their exceptional quality. Every shop displayed polished brass and intricate designs. One modest workshop stood apart.

Outside hung a simple sign: *"Every lamp is made as though it will light our own home."*

Curious, the merchant stepped inside. He watched the elderly craftsman carefully inspect each lamp, polishing even the hidden parts that would never be seen once it was assembled.

The merchant smiled. "Your customers will never notice those details. Why spend so much time on work that remains hidden?"

The craftsman placed the lamp gently on the table. "They may never see it," he replied, "but I will always know it is there."

Then he added, "A lamp does not fail because of what is visible. It fails because of what is neglected where no one is looking. The same is true of people and businesses. Reputation is built in public. Character is built in private."

The merchant purchased every lamp in the workshop.

Years later, customers continued to seek those lamps. They were trusted because every one of them had been crafted with the same care, whether seen or unseen.

Whenever people asked the merchant why he always returned to that humble workshop, his answer never changed. ***"I am not buying lamps. I am buying the integrity that shines through them."***

Reflection: *Our true character is revealed in the choices we make when recognition is absent.*

Genuine conversations are easy to remember, and people appreciate them. Sometimes, when I speak to my patients about something they shared with me several years earlier, they are genuinely surprised.

It is because I listened not only to their treatment needs but also to their personal stories and important moments in their lives. I can see the joy in their eyes when they realise they have been remembered and truly heard.

At times, people do not return because they feel their concerns were never heard.

Customers, employees, and business partners all want to know that their opinions matter. Whether it is a complaint or positive feedback, listen carefully and

act upon it to demonstrate respect and genuine concern.

Treat every individual with equal dignity and respect, regardless of their position or influence.

Perhaps most importantly, businesses need to think beyond immediate profits.

Financial success is important, but relationships and trust must remain at the forefront. This is what builds loyalty. Loyal customers return. Employees remain committed. Business partners continue investing in the relationship.

Is Your Business Built on a Genuine Foundation?

Whether you work in a corporate environment, own a business, or are an employee, take a moment to reflect on how genuine your workplace culture truly is.

What can you do to strengthen it, and how can you contribute positively?

Business has always been about people and the relationships between them.

Products change, markets evolve, and technology continues to advance, but relationships remain at the heart of every successful organisation.

In the end, short-term gains may sustain a business for a period of time, but genuine relationships sustain a business for generations.

When organisations remain true to their values and genuinely care about the people they serve, success becomes more than a financial outcome.

It becomes the natural result of relationships built on trust, integrity, and mutual respect.

DISCOVER ANANDDA

A global digital monthly magazine that empowers life, leadership, well-being, sustainability, and human potential. Led by distinguished professionals from journalism, advertising, communication, risk, and governance, AI & L&D strategy and enriched by a galaxy of authors from around the world, Anandda creates meaningful conversations that inspire clarity, resilience, purpose, and positive action.



Scan & Explore



Behind Every Decision is a Human Being!

Data
Analytics
Risk
Governance
AI
Technology

***Resilience* powers performance.**
***Wisdom* shapes leadership.**
***Purpose* inspires impact.**

Anandda illuminates pathways that nurture resilience,
cultivate wisdom, and awaken purpose.

www.ananddaglobal.com





Reach: 88+ Million Potential Readers in 150+ Countries. Available through Magzter, LinkedIn, Instagram, Facebook, Substack, professional and corporate digital channels.

Explore Anandda

- Conscious Leadership & Humane Governance
- Well-being, Resilience & Mindfulness
- Sustainability, Environment & Climate Awareness
- Culture, Heritage & Human Values
- Human Potential, Purpose & Personal Growth
- Personal Journeys. Real Stories. True Passions. Boundless Bliss.
- Global Authors, Experts & Thought Leaders
- Body • Mind • Soul Perspectives for Conscious Living

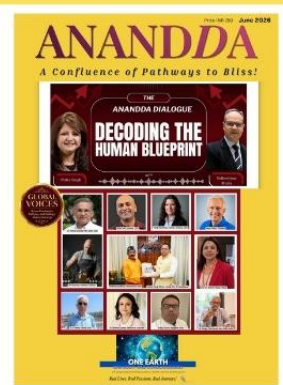
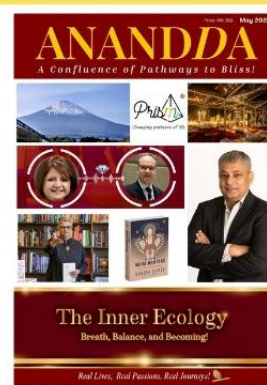
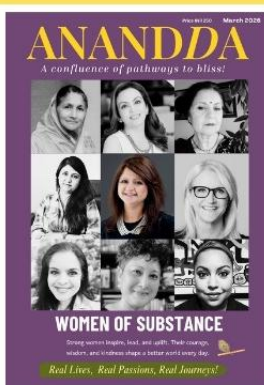
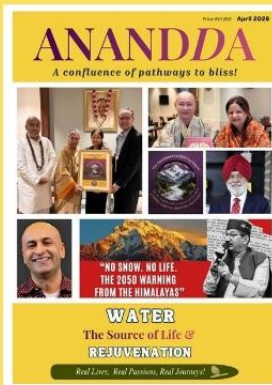
COLLABORATE WITH ANANDDA

- Publish Thought Leadership Articles
- Share Leadership Insights
- Showcase Organisational Achievements & Innovations
- Promote CSR, ESG & Sustainability Initiatives
- Advertise Products, Services & Brand Stories to reach a global audience
- Feature Corporate Milestones & Success Stories
- Participate in Interviews, Dialogues & Knowledge Series
- Support Environmental & Community Impact Campaigns
- Become a Contributor, Author or Thought Leader
- Partner for Conferences, Events & Awareness Initiatives

THE FARMS INITIATIVE Forests • Air • Rivers • Mountains

Anandda's Global Environmental Awareness Movement

- Promoting Environmental Stewardship & Sustainable Living through knowledge-sharing
- Encouraging Responsible Citizenship & Collective Action
- Supporting Conversations & Actions on Water, Forests, Mountains & Biodiversity



+91-9811164108  anandda-bliss  ananddaofficial@gmail.com

Founding Editor & Publisher: Chitra Singh

Explore all editions on: www.ananddaglobal.com



Disclaimer

The views and opinions expressed in the articles published in Anandda are solely those of the individual authors. They do not represent the views of Anandda, its publisher, editor, or the team members and are not legally binding on the organisation. All content is published in good faith and is the sole responsibility of the respective contributors. Publication of any content or opinion does not constitute endorsement by Anandda.

While every effort is made to ensure accuracy, Anandda assumes no responsibility for any errors or omissions, nor for any consequences arising from reliance on the information provided. All content is offered for general informational purposes only, and readers are advised to use their discretion. Any inadvertent inaccuracies are sincerely regretted.

All advertisements featured in Anandda are published in good faith. The magazine does not guarantee or endorse any product or service advertised and assumes no responsibility or liability for any claims, offers, representations, or transactions made by advertisers. Any interaction between readers and advertisers is undertaken at the readers' own risk and discretion.

Anandda is committed to respecting all cultures, traditions, and communities. There is no intent to offend or disregard any individual, group, or belief system. If any content is perceived as inappropriate or disrespectful, it is entirely unintentional, and we welcome constructive feedback.

© 2025 Anandda. All rights reserved. No part of this publication may be copied, reproduced, stored, or transmitted in any form, whether digitally or in print, without prior written permission from the Editor & Publisher, Chitra Singh.



www.ananddaglobal.com

Anandda Aug. 2026 **59**

Own a share in...

Luxurious Experiential Destination

TEHRI - UTTARAKHAND, INDIA



OWN IT · WE LEASE IT BACK · YOU EARN

Glass Facade Villas

Own a signature unit in 100+ Wellness & Wedding Destination in Tehri, Uttarakhand
Enjoy passive income, lifestyle privileges and long-term appreciation, hassle-free operations.

550 / 750 / 950 SQ.FT · FLOOR-TO-CEILING GLASS · PANORAMIC MOUNTAIN VIEWS · FROM ₹55 LAKHS*

₹ 55 Lac*

Ownership Entry

18 – 22%

Target IRR (5-Yr)

8 – 12%

Annual Rental Yield*

10 – 14%

Annual Appreciation*

WHY OWN A LEASEBACK VILLA

01

Guaranteed Leaseback

We lease your villa back and run it as a luxury hospitality asset — you earn rental income from a professionally managed property, day one.

02

Hassle-Free Maintenance

All upkeep; repairs, housekeeping, staffing and property management are fully handled and included — true zero-effort ownership.

03

Lifetime Membership

Enjoy 15–20 complimentary owner nights every year, plus lifetime privileges and priority access across all Aramya destinations.

04

Assured Buy-Back Option

Exit with confidence — choose resale, continued holding, or a company buy-back at an appreciated valuation when it suits you*.

Reserve Your Glass Facade Villa Today

aramyahospitality@gmail.com · +91 97801 22690 / 79061 60994 · www.aramyahospitality.com

