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IN THIS ISSUE

AI and our Children

Are we Making them Smarter – or Making them Dependent?



Mangalagaur

Where Tradition, Friendship
& Fun Come Together



Shravan Special

Fasting Favourites with a Twist



PODDAR Vasundhara



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Editorial...



Growing, Learning & Staying Connected

August at **TownParle.in** brings together stories that may appear different on the surface, but share one common thread – **the things that truly matter take time, care and conscious effort.**

This issue explores how we live, learn, celebrate and grow.

We look at **AI and our children**, asking an important question: *Are we giving children enough opportunities to think for themselves?* We celebrate **Mangalagaur**, a beautiful tradition where devotion, friendship, music and laughter continue to bring women together. Our **Food Court** adds a delicious touch with traditional farali favourites for Shravan.

We also revisit the timeless relationship between a **family doctor and the families they serve**, explore how **virtual windows can bring nature and a sense of openness into urban homes**, and follow the **Joshi family's August journey**, where two daughters discover that patience is not passive waiting but active trust in their future.

And, as always, our stories connect back to **Vile Parle – its people, memories, traditions and changing way of life.**

Perhaps that is what a community is all about – learning from one another, celebrating what makes us unique, caring for our families and continuing to grow with the times. From traditions and food to health, technology, homes and money, this August issue brings together stories that remind us that while the world around us keeps changing, **the values that keep us connected remain timeless.**

We hope you enjoy reading this issue as much as we enjoyed bringing these stories to you.

Happy Reading!

CHANDA MANTRI

Editor – Townparle.in



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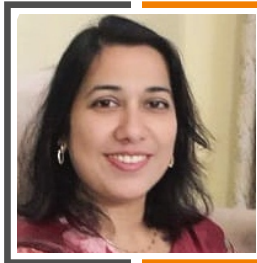
News, Events & Updates



THAT VIRTUAL WINDOW

Each one of us at some point of time in our lives has an obsession for the window. If you travel by car you desire to peep out through the window to see the commotion or when you travel by air you look forward for a window seat. You could be viewing the seascape or the sheer chaos of the streets through your window especially when you do not have a balcony. Your day could be set in a better way with a good view from your window.

Window viewing may be a very immersive activity which pronounces a sense of solitude within you thus invoking deep thinking. Windows often furnish us with



Ar. Rashmi Phulkar

Phulkar & Phulkar Architects
(Practicing Architect, Vile Parle E)

light, color and distraction from the static and sometimes boring everyday indoor view. Windows can create energy problems and keep architects and designers from making the most efficient use of space, but being without them often causes a negative psychological response in a

building's human occupants, including feelings of tension, isolation and depression.

Here relating to Mumbai, more than half the properties in and around the city are sold by sheer luring its customers, that view from the window.

Windows facing the landscape or a living room opening to the sea view is the utility sales of any property. The size of the window openings have been substantially enlarged, to allow for maximum light and ventilation rather than provide for a good sight. The fact is that the sea surrounds the city on at least three



Actual View from My Window- Courtesy Pune Home

sides, but a beautiful view is only for the few fortunate; those that reside on the frills of the sea or for those residing at the uppermost floors.

Factually the structures are so up and close that the view left to see in reality are enough to invade into someone else's private space. One is left with no choice than to draw curtains to others, or to avoid being a form of entertainment to others.

However If outside view is not available then one can create a vista of their own. One can enhance a home by simulating the internal scape in such a way that the interior can present itself as if it is a part of some landscape. To create an appealing view of the landscape or nature, one can mimic a real window by installing virtual windows. These are artificially created

faux windows, roof lights inducted in such a way so as to show variety and realism. It is a high illusionary window or a 3D wall decals and stickers which can be installed with easy apparatus and standard electrical outlets.

Such a window undisputedly cuts you from the outer chaos, creates a larger picture of space and livens up the internal environment. No added construction is required for this as it is mounted directly on flat walls thus transforming to an experience of a real window and real world.

These views can have a positive effect on restoring attention, relieving stress and provide some visionary barrier against urban chaos. So while you dream of extensive houses, long backyards and sky lit roofs, one can design & generates their own mirage in this city of dreams and then delve into its serenity.



Actual View from My Window - Courtesy Pune Home



Illusion of Office Overlooking Mountain Scenery



AI & OUR CHILDREN

ARE WE MAKING THEM SMARTER – OR MAKING THEM DEPENDENT?

– Ruchi Adlakha

AI can give our children answers in seconds. But are we giving them enough opportunities to find those answers themselves?

There was a time when a child came home with a difficult homework question and the first instinct was to ask a parent.

Then came the encyclopaedia.

Then Google.

And now, there is AI.

A question that once took an evening of searching, reading, discussing and sometimes even arguing over

has suddenly become a matter of typing a sentence into a box.

The answer appears.

Neatly written. Well structured. Often impressive.

Convenient, isn't it?

Perhaps a little too convenient.

Artificial Intelligence has quietly moved into our children's world. It can explain a difficult chapter, solve a mathematical problem, suggest ideas for a school project, write an essay, create a presentation and even help

with coding.

There is no denying its potential.

But somewhere between "How can AI help my child learn?" and "Let AI do it for my child", lies a line that we may not always notice.

And perhaps that is the line parents need to think about.

The problem isn't AI

Let us be clear.

AI is not the villain.

Our children are growing up in a world where artificial intelligence will be part of



almost every profession. Keeping them away from it completely would be as unrealistic as asking them to ignore the internet.

The real question is not whether children should use AI.

It is **how they use it**.

Imagine a child struggling with a mathematics problem.

Earlier, the child would try.

Perhaps make a mistake.

Try again.

Ask a friend.

Ask a parent.

Look through the textbook.

Eventually, the answer would come.

But today, one click can produce the solution.

The answer is correct.

The homework is complete.

But what about the thinking that happened in between?

That struggle may actually have been the most valuable

part.

Education has never been only about reaching the correct answer. It has been about learning how to reach it.

When Convenience becomes Dependence

The danger of AI may not be that children stop studying.

It may be much more subtle.

They may slowly become uncomfortable with **not knowing**.

A difficult paragraph? Ask AI to summarise it.

An essay? Ask AI to write it.

A project? Ask AI for ideas.

A maths problem? Ask AI to solve it.

A question? Ask AI.

And before long, the habit becomes:

“Why should I think about it when something else can think about it for me?”

That is where the concern begins. Because thinking is a

muscle too.

It needs to be exercised.

Children need to experience the frustration of not knowing, the excitement of discovering something, the embarrassment of making a mistake and the satisfaction of finally figuring something out.

If every difficult moment is instantly removed, are we also removing an important part of learning?

Are we becoming impatient with thinking?

We live in an age of instant gratification.

Food arrives with a tap.

Entertainment begins with a click.

Directions appear on a screen.

Answers are available almost immediately.

And now, even writing can be generated in seconds.

Our children have grown up with this convenience.

So perhaps we shouldn't be surprised if they begin expecting the same speed from learning.

But learning doesn't always work that way.

Some things need time.

A book needs to be read.

A concept needs to be understood.

A skill needs to be practised.

An opinion needs to be

formed.

And sometimes, a child simply needs to sit with a difficult question for a while.

Silence, boredom and struggle are not always problems to be solved. Sometimes, they are where thinking begins.

What should parents do?

Ban AI?

Probably not.

Pretend it doesn't exist?

Definitely not.

Instead, perhaps we need to change the conversation at home.

Rather than saying,

"Don't use AI."

we could say,

"Use AI, but don't let it do your thinking for you."

A child could first attempt the problem.

Then research it.

Then use AI to understand what they missed.

And finally explain the answer in their own words.

Think.

Try.

Research.

Ask.

Verify.

Explain.

That could become the new learning cycle.

If AI gives a child an answer, perhaps the next parental question shouldn't be, "Is your homework

finished?"

It could be:

"Do you understand it?"

And perhaps even more importantly:

"Do you agree with it?"

Let Children make Mistakes

We sometimes forget how important mistakes are.

A child writes the wrong answer.

The teacher corrects it.

The child tries again.

A science experiment doesn't work.

Try again.

A story doesn't make sense.

Rewrite it.

That process may look inefficient.

But it is education.

If AI constantly corrects every spelling mistake, completes every sentence and provides every solution, children may never get the opportunity to discover their own errors. And discovering

an error is often how we remember the correct answer.

A mistake is not wasted time. It is part of learning.

Perhaps we need to become a little more comfortable watching our children struggle.

Not every struggle requires an immediate solution.

Ask them "Why?"

There is a very simple way parents can protect independent thinking.

Keep asking:

Why?

Why do you think this is correct?

How did you reach that conclusion?

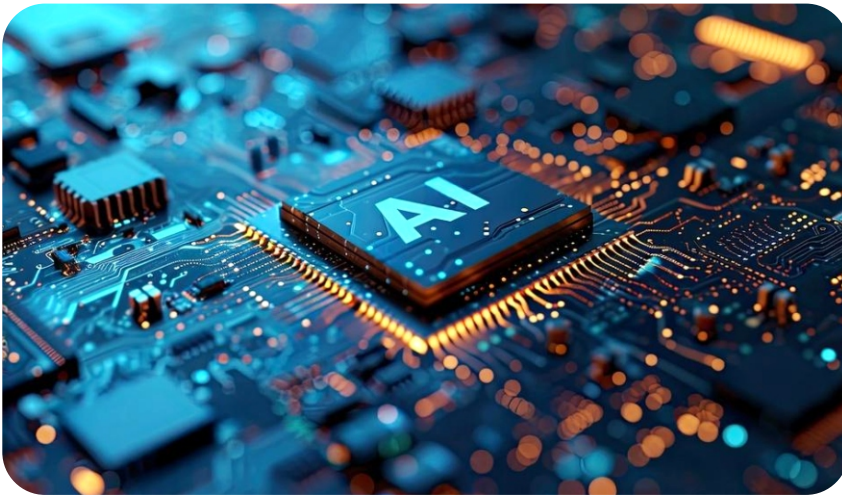
What makes you believe it?

Could there be another answer?

What does the other side say?

These questions do something that no technology can do on behalf of a child.





They make the child think.

And that habit will matter even more in a world overflowing with information.

Because the future problem may not be finding information.

It may be knowing which information deserves to be trusted.

The child should still be able to explain it

Here is perhaps one simple rule parents can follow.

If AI helped your child write something, your child should still be able to explain it.

Without looking at the screen.

Without reading from the answer.

In their own words.

If they cannot, perhaps the assignment is complete but the learning isn't.

This distinction will become increasingly important as AI becomes better at producing polished work.

A beautifully written essay may tell us very little about who actually did the thinking.

And that is something schools will have to grapple with too.

Schools will have to rethink learning

For years, education has often rewarded the final product.

The assignment was submitted.

The answer was marked.

The project was graded.

But in an AI-powered world, the final product may no longer tell the whole story.

Schools may increasingly need to look at the process.

Discussions.

Presentations.

Debates.

Practical projects.

Problem-solving.

Viva-style assessments.

And perhaps the simplest test of all:

"Tell me how you arrived

at this answer."

The ability to explain one's reasoning may become more valuable than the ability to produce a flawless page.

Perhaps we need some "no-AI" spaces

Not every part of childhood needs to be optimised.

Let children read a physical book.

Draw something badly.

Write a story with spelling mistakes.

Play a board game.

Plan a family outing.

Calculate how much money they need.

Help make a shopping list.

Cook something.

Get bored.

Argue with their siblings.

Come up with a solution.

These ordinary experiences quietly develop decision-making, patience, imagination and problem-solving.

Not everything needs an app.

Not every question needs an answer in five seconds.

Sometimes, the best thing we can give a child is the time to figure something out.

Teach AI literacy, not AI fear

The children of today will not live in a world without AI.

They will work alongside it.

They will use it professionally.



They may eventually depend on it for tasks we cannot even imagine today.

So fear is unlikely to be the answer.

Awareness is.

Children need to know that AI can be wrong.

It can misunderstand a question.

It can give outdated information.

It can confidently present something that isn't true.

And just because something is written beautifully doesn't make it correct.

Perhaps this is where AI literacy becomes as important as digital literacy.

Children need to learn not just how to ask AI questions, but how to question AI's answers.

The smartest child may not be the one with the fastest answer

Technology will keep changing.

The tools we use today may look primitive a few years from now.

But some things will remain valuable.

Curiosity.

Judgement.

Imagination.

Empathy.

Reasoning.

The ability to listen.

The ability to disagree.

The ability to ask a better question.

And above all, the ability to think independently.

A calculator didn't make mathematics disappear.

The internet didn't make

teachers irrelevant.

AI doesn't have to make thinking disappear either.

But it does require us to be more conscious about what we are teaching our children.

Perhaps the goal isn't to raise children who know how to get every answer from AI.

Perhaps the goal is to raise children who know **when to use AI, when to question it, and when to put the screen away and think for themselves.**

So before we ask,

"Is my child using AI?"

perhaps there is another question worth asking.

"Is my child still thinking independently?"

For the AI generation, that may be the more important question of all.





Mangalagaur

Where Tradition Friendship and Fun Come Together

A Celebration of Womanhood, Devotion and the Timeless Joy of Playing Together

– Bhargavi S.

As soon as Shravan arrives, Maharashtra comes alive with the sounds of devotional songs, traditional rituals and festive gatherings. Among the many traditions associated with this auspicious month, **Mangalagaur** holds a special place in the hearts of Maharashtrian women.

For generations, Mangalagaur has been much more than a religious ritual. It is an occasion for women to dress in their finest traditional attire, meet friends and family, sing, dance, laugh and keep alive a beautiful cultural tradition.

Even today, in homes across Maharashtra—and here in Vile Parle—women can be seen celebrating Mangalagaur with the same enthusiasm. A newly married woman traditionally celebrates Mangalagaur during the first five years of her marriage, making these Tuesdays particularly special.

Dressed in a traditional nine-yard sari, adorned with a bindi, mangalsutra, bangles and toe rings, with mehendi on her hands & a gajra in her hair, she becomes part of a celebration that beautifully connects the present with generations past.

And then comes the most exciting part—the **Mangalagaur games!**

The Tradition Behind Mangalagaur

Mangalagaur is traditionally associated with the worship of **Goddess Parvati (Gauri)**, along with Lord Shiva.

The couple is regarded as an ideal symbol of love, companionship and marital devotion.

Traditionally, married women observe



the Mangalagaur puja on every Tuesday of Shravan during the first five years after marriage. The puja is followed by the reading of the Mangalagaur story, which narrates the devotion of a woman named Sushila and the blessings she receives from Goddess Mangalagaur.

The story symbolises faith, devotion and the blessings of an enduring married life. After the story is read, women offer rice to the goddess and complete the traditional rituals.

The puja itself is elaborate, with flowers, durva, leaves, betel nuts, fruits, coconuts, turmeric, kumkum, lamps, incense and various offerings. In many homes, a haldi-kumkum ceremony is also organised in the evening, bringing together women from the neighbourhood, family and friends.

The Night of Mangalagaur: Games, Songs and Laughter

If the puja represents the spiritual side of Mangalagaur, the jagar represents its joyful spirit.

After dinner, women gather together and play traditional games late into the night. These are not simply games for entertainment—they are an important part of Maharashtra's folk culture and were traditionally a wonderful way for women to socialise, exercise and enjoy themselves.

The list is long: **Phugadi, Zimma, Pinga, Ghatod, Phere, Gof, Soop, Ghagar Ghumu De, Khurchi Ka Mirchi, Kis Bai Kis, Kombda, Kikich Paan, Dinda, Supari and Kachkirda**, among others.

Many of these games require coordination, rhythm and physical movement. The result is an evening filled with music, laughter, friendly competition and plenty of energy.

For women who may

otherwise have had very little opportunity to gather socially, these traditional games created a space where they could simply be themselves.

The Songs That Bring Everyone Together

No Mangalagaur celebration feels complete without its traditional songs.

Songs such as **"Pinga Ga Pori Pinga," "Aamba Pikto Ras Gaalto," "Ek Limbu Zhelu Bai,"** and **"Nach Ga Ghuma, Kashi Mi Nachu?"** instantly bring back memories for anyone who has grown up around Maharashtrian traditions.

The songs are playful, rhythmic and often filled with humour. They talk about jewellery, clothes, family relationships, husbands, brothers, sisters and everyday life.

"Nach Ga Ghuma, Kashi Mi Nachu?" is perhaps one of the most recognisable songs associated with this tradition. The playful lyrics imagine a woman wondering how she can dance when the jeweller hasn't arrived with her toe rings, the tailor hasn't brought her blouse or the bangle seller hasn't brought her bangles.

Then there is the energetic **Pinga**, where women dance in pairs, matching their movements to the rhythm of the song.

These songs have survived

because they are not merely songs—they are pieces of living folklore passed from one generation to another.

More Than Just a Religious Tradition

What makes Mangalagaur special is that it brings together several aspects of life—**faith, friendship, music, dance, exercise, humour and community.**

The traditional games themselves can be viewed as an excellent form of physical activity. Phugadi, Pinga, Zimma and other games involve movement, balance, coordination and stamina. At the same time, the laughter and camaraderie create an atmosphere of happiness and togetherness.

In today's world, where social interactions increasingly happen through phones and social media, there is something wonderfully refreshing about a tradition that asks people to put their phones aside, hold hands, sing together and simply enjoy one another's company.

Mangalagaur in Modern Mumbai

Mangalagaur has changed with the times, but it has certainly not disappeared.

Today, women may gather in apartment complexes, community halls, offices or



social clubs instead of traditional courtyards. Many groups organise Mangalagaur evenings where women dress traditionally and perform games and dances in a carefully planned programme.

Even women who describe themselves as thoroughly modern often make an effort to celebrate their first Mangalagaur after marriage.

And in a neighbourhood like **Vile Parle**, where old traditions and modern lifestyles exist side by side, Mangalagaur continues to find its place.

There are several groups in Parle that organise Mangalagaur games with great enthusiasm. For many women, these gatherings are also an opportunity to reconnect with friends, meet new people and introduce younger generations to traditions they may otherwise know only through stories.

Keeping the Tradition Alive

Traditions survive when they are experienced—not simply remembered.

A child watching her mother dress in a nine-yard sari, listening to the sound of bangles, watching women play Zimma or Pinga and hearing the familiar words of “Nach Ga Ghuma” is witnessing something much more valuable than a festival.

She is witnessing a piece of Maharashtra's cultural heritage being passed on.

Mangalagaur reminds us that celebrations do not always need elaborate arrangements or expensive decorations. Sometimes, all that is needed is a group of women, a few traditional songs, a little space and the willingness to laugh, dance and celebrate together.

Perhaps that is why, year after year, Shravan brings back the familiar sound:

“Pinga ga pori, pinga...”

And somewhere in Parle, the circle begins again.



Mangalagaur Aarti

The traditional celebration also includes the **Shri Mangalagauri Aarti**, beginning with the familiar invocation:

*“Jai Devi Mangalagauri,
Ovaalin soniya taatin...”*

The aarti describes the beauty of Goddess Mangalagaur, the traditional offerings, flowers, lamps, ornaments and the devotion with which women worship her.

It is this combination of **devotion, tradition and celebration** that gives Mangalagaur its unique place in Maharashtrian culture.

A Tradition Worth Celebrating

Mangalagaur is not simply about observing a ritual because it has always been done. It is about preserving a sense of community,

celebrating womanhood and keeping alive the songs, games and stories that form part of Maharashtra's cultural memory.

As the generations change, the way Mangalagaur is celebrated may continue to evolve. But as long as women gather, sing, dance, laugh and pass these traditions on, the spirit of Mangalagaur will remain alive.

Do you remember playing Mangalagaur games in your childhood or after your marriage? Does your society or group in Vile Parle still organise Mangalagaur?

Share your memories, photographs or traditional games with us—we would love to hear from Parlekars and add more of these beautiful traditions to our community archive.





SHRAVAN SPECIAL

FASTING FAVOURITES WITH A TWIST

SABUDANA PURI



Crispy on the outside and soft inside, these puris make a delicious change from the usual fasting fare.

Ingredients

2 cups soaked sabudana, 2-3 boiled potatoes, ¼ cup roasted peanut powder, 6-7 green chillies, ¼ tsp cumin seeds, juice of ¼ lemon, 1 tsp salt, 2 tsp sugar and oil for frying.

Method

Grind the sabudana, boiled potatoes, peanut powder, chillies, cumin, lemon juice,

FOOD COURT – FASTING FAVOURITES

Shravan is a month of devotion, traditions and, of course, special food! For those who observe fasts, the usual Sabudana Khichdi can sometimes feel a little predictable. So why not add some variety to your Farali menu?

Here are a few traditional fasting recipes that are simple, delicious and perfect for a Shravan special spread.

salt and sugar together without adding water. Mix well to form a dough. Grease a plastic sheet with a little oil and flatten small portions into thick puris. Deep-fry on medium-low heat until golden and crisp. Serve hot with fasting chutney.

FARALI DOSA



Looking for a breakfast option during Shravan fasts? These dosas are light, crisp and pair beautifully with coconut chutney.

Ingredients

1 cup vari rice and 1 cup sabudana.

Method

Soak the vari rice and sabudana separately overnight. Drain and grind them together into a smooth batter. Add salt and enough water to get a dosa-like consistency. Spread on a hot tava just as you would a regular dosa. Serve with fresh coconut chutney.

FRESH COCONUT FASTING CHUTNEY



Blend 1 cup fresh grated coconut, 4–5 green chillies, ¼ tsp cumin, 1 tsp sugar and a small piece of tamarind with a little water. Grind to a

smooth chutney. It is an easy accompaniment for dosas, puris and farali snacks.

Peanut Chutney

Dry roast 1 cup peanuts and combine with red chilli powder, cumin, salt, sugar and a little kokum or tamarind water. Grind everything together to make a slightly tangy, spicy chutney that goes perfectly with fasting dishes.

FARALI PATTIES



These stuffed potato patties are ideal when you want to turn a fasting meal into something special.

For the Patties

1 kg boiled potatoes, 1 cup peanut powder, 1 grated coconut, 1½ lemons, salt, sugar, raisins, oil and about 1 cup sabudana flour or arrowroot.

For the Filling

Grated coconut, green chillies, cumin, peanut powder, raisins, sugar, salt and lemon juice.

Method

Prepare a coarse mixture of green chillies and cumin. Mix half of it with grated

VARI RICE SHEERA



A comforting sweet dish made with vari (barnyard millet), this sheera is perfect when you want something festive yet simple.

Ingredients

1 cup vari rice, 2 cups water, ½ cup milk, ¾ cup sugar, 2 tbsp ghee, 3–4 cardamom pods, 7–8 raisins, a pinch of salt and saffron.

Method

Heat the milk and water together and add saffron. Meanwhile, heat ghee in a pan and roast the vari rice until lightly golden. Add the hot milk–water mixture carefully, cover and cook on low heat. Once the liquid is absorbed, add sugar, salt, cardamom powder and raisins. Mix well, cover and cook for another 3–4 minutes. Serve warm.



coconut, peanut powder, raisins, sugar, salt and lemon juice to prepare the filling.

Mash the boiled potatoes while still warm and knead them until smooth. Add the remaining chilli-cumin mixture, lemon juice, salt and enough sabudana flour or arrowroot to make a firm mixture.

Take a portion of the potato mixture, shape it into a small cup, fill it with the coconut-peanut mixture and seal it.

Shape into round patties. Deep-fry on medium heat until golden and crisp.

A Little Variety for Your Shravan Table

Fasting doesn't have to

mean eating the same dishes every week. With ingredients such as **Sabudana, Vari, Potatoes, Coconut and Peanuts**, you can create an entire menu that is traditional, satisfying and full of flavour.

So this Shravan, give your farali thali a delicious makeover!



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Prakash Joshi

(Ex-Banker & Freelance Educator)

CORE THEME

August teaches the daughters that patience is not simply “waiting around.” Patience is understanding — and trusting — that good things take time, especially when it comes to money, growth, and self-development.

BRIEF INTRODUCTION

August in Mumbai behaves like a dramatic poet: Sometimes gentle drizzle, sometimes angry

AUGUST-PATIENCE

WEALTH GROWS SLOWLY, NOT SUDDENLY

A VILE PARLE (EAST) STORY
THE JOSHI FAMILY
(SEASON 2026)

PURPOSE THREAD

HELPING DAUGHTERS UNDERSTAND PATIENCE, DELAYED GRATIFICATION, AND THE SLOW-BUT-SURE GROWTH OF WEALTH

downpour, sometimes sunlight cracking through clouds as if nothing happened. This year, though, the real turbulence inside the Joshi home in Vile Parle (East) wasn't the rain.

It was Impatience

Chitra (21) wanted everything to move faster — job offers, callbacks, portfolio improvements, visible career progress. She was doing the

work, but she wanted the payoff now. Sneha (16) wanted the same speed in her world — instant likes, messages, validation, online orders, and personal “growth” without the boring middle part.

Prakash and Seema Quietly Realized:

Their daughters had learned about saving,



discipline, value, emotions, and goals... but not yet about patience.

Without patience, even the best money habits can crack:

- Goals feel pointless.
- Consistency dies.
- Dreams look impossible.

August, they decided, would be the month the girls discovered that growth — financial, emotional, personal — is like the monsoon soil: slow, quiet, invisible at first... and then suddenly full of life.

The lesson would not come from textbooks.

It would come from a plant, a school incident, and a very tempting shortcut.

MAIN STORY

THE MONTH WHEN THEY
DISCOVERED THE MAGIC OF
SLOW GROWTH

Chitra's "Nothing Is Moving!" Moment

On August 2nd, Chitra flung her bag on the sofa with an exasperated thud.

"Papa... WHY is finding a good job taking so long?"

Seema peeked out from the kitchen. "Rejections again?"

Tears glimmered in Chitra's eyes. "Yes. I apply everywhere. I prepare. I show up. I'm consistent. But nothing is moving. It feels like I'm stuck."

From the corner, Sneha muttered theatrically, "Someone is having a Main Character Crisis."

"Sneha, please," Chitra snapped.

Prakash sat beside her. "Beta, growth takes time."

Chitra groaned. "But how much time?"

He smiled gently. "As much as it needs for the right opportunity to appear."

It was a wise answer. It was also deeply unsatisfying to a frustrated 21-year-old.

August had just started.

Sneha's "I Want Results Now!"

On August 6th, Sneha stormed in from school, fuming.

"Mummy! I studied so hard for the test and got only 18 out of 25. My friend studied half as much and scored more. This is completely unfair!"

Prakash asked calmly, "Did you learn the concepts properly?"

Sneha grumbled, "Yes, but marks don't care. Effort doesn't matter, apparently."

Seema wiped her hands and came closer. "Results do matter. But they do not always show instantly the moment you start working. They follow patterns, practice, and... patience."

Sneha's shoulders slumped. "So even results expect patience now? Great. This month is going to be painful."

Prakash and Seema shared a small smile.

They knew August was about to become a turning point.

AUGUST 7

THE PLANT EXPERIMENT

At dinner that night, Prakash placed three small potted plants on the dining table.

Sneha squinted. "Papa, are we growing salad where we eat?"

Prakash laughed. "No.

These are your teachers for August."

Chitra raised an eyebrow. "Plants are going to teach us patience?"

"Yes," Prakash said. "There are some things in life that grow slowly, but surely: careers, health, savings, relationships, dreams. These plants will remind you of that."

Each person got one plant – mint, tulsi, or ajwain.

The rules were simple:

- Water it daily.
- Observe.
- No over-fertilizing, no hacking, no magic shortcuts.
- Just patient care.

Sneha took the mint plant dramatically. "This is Minty. We are in this together."

Chitra took tulsi. "This is Tulsi," she said.

Sneha groaned. "Wow, Didi, such creative naming."

Seema just smiled. The lesson was underway.

WEEK ONE

IMPATIENCE EVERYWHERE

By Day 3, Sneha was glaring at her mint plant. "Mummy! Nothing is happening. It looks EXACTLY the same."

Seema replied gently, "That's how patience works. It looks like nothing is happening... until suddenly something has."



"Patience is boring," Sneha muttered, walking off.

On Day 5, Chitra looked between her tulsi plant and her email inbox.

"This plant is growing faster than my career," she sighed.

Prakash chuckled. "Careers grow like trees. Roots first, branches later."

"Roots are overrated," Chitra grumbled, but she smiled despite herself.

On Day 7, Sneha saw an online ad:

"Grow Plants 10x Faster With This Magic Powder!"

She almost clicked "buy now." Then paused.

"No," she thought. "This looks like cheating."

Later, she told Chitra, "I didn't buy it. Shortcuts kill learning."

Seema hugged her. "Exactly. Shortcuts steal the satisfaction of real growth."

WEEK TWO

FAST PROMISES VS SLOW GROWTH

On August 14th, Chitra received a flashy message: "₹15,000 – 3-Day Workshop – Guaranteed Instant Placement!"

Her heart raced. "Instant placement" sounded like the answer to all her frustration.

Sneha read over her shoulder. "Instant? That already sounds suspicious."

Chitra bit her lip. "But what if it's real? What if this is what I've been waiting for?"

Prakash overheard and joined them. "Instant success is the most expensive illusion. Real growth takes seasons, not seconds."

Chitra re-read the message, checked the website, noticed vague promises and no real accountability... and quietly deleted it.



Seema smiled. "That's patience making the decision, not desperation."

Sneha's Fancy Bag Temptation

On August 17th, Sneha found a trendy bag online.

Price: ₹2,200

Delivery: within 24 hours

Trendiness: 11/10

She ran to Chitra. "Didi, should I buy this? It's so cute!"

Chitra asked two simple questions:

"Will you use it for a long time?"

Sneha hesitated.
"Honestly? Probably not."

"Will you still love it after the trend is gone?"

"...Probably not."

Chitra smiled. "Then do one thing. Wait one week. If you still want it, then we talk."

Sneha agreed grudgingly. A week later she shrugged. "I don't even like it now. It's old news already."

Chitra grinned. "That is what patience does. It filters out fake wants."

THE MOST POWERFUL MOMENT

WHEN THE PLANTS SPOKE

On August 21st, Sneha's delighted scream echoed through the house.

"EVERYONE COME HERE RIGHT NOW!"

The family rushed to the balcony. Sneha pointed at her mint plant with pure joy.

"LOOK!

Minty has a new leaf!"

Her happiness was bright and childlike. "I watered her every day. I waited. I didn't do anything extra, just regular care... and it happened!"

Prakash nodded. "Exactly. Real growth looks like nothing is happening... then one day, results show up quietly, like a new leaf."

Chitra checked her tulsi plant. "I see baby leaves too!"

Seema smiled. "That's how



wealth grows. Not overnight, not with drama, but slowly — one tiny 'leaf' at a time: one saving, one month, one decision, one habit."

For the first time, the lesson of patience felt real in their hands — not just in their ears.

THE MOST IMPORTANT FINANCIAL TEACHING

That evening after dinner, Prakash shared something quietly profound.

"Girls, broadly there are three types of people:

1. Those who want quick results.

2. Those who quit because results are slow.

3. Those who quietly keep working and let results come when it's time.

Be the third kind. Your future self will never stop thanking you."

Sneha whispered, "Patience is a superpower."

Chitra added, "And impatience is expensive — in money, career, and peace."



FINAL WEEK

WHEN PATIENCE STARTS PAYING

On August 26th, Chitra received a call from a company she had applied to nearly two months earlier. They wanted to interview her.

She screamed with joy. "See?! It took time, but it came!"

Prakash smiled. "Patience is slow... but it is never empty. Something is always happening behind the scenes."

On August 28th, Sneha shared something with Seema.

"Mummy, I realized something. Earlier I wanted everything fast because I didn't trust that I would keep going. It felt like 'If it doesn't happen now, it will never happen.'"

Seema asked gently, "And now?"

Sneha smiled. "Now I trust my slow steps. They may be small, but I know they're real."

The plants on the balcony were greener, fuller, and stronger.

So were the girls.

AUGUST 31

RAIN, TEA & REFLECTION

On the last evening of August, light rain tapped on the grill while the Joshi family sat with their tea.

Prakash asked, "So, what has August taught us?"

Sneha said, "Instant things feel good right now. Slow things feel good for a long time."

Chitra added, "Patience builds confidence. And confidence quietly builds success."

Seema said, "Quick fixes come and go. Slow growth stays."

Prakash concluded, "Patience doesn't make life easy. It makes big things possible."

The girls glanced at their plants — rooted, growing, quietly strong. And

somewhere inside, they knew the same was happening to them.

FTWC

FROM THIS WE CONCLUDE

August teaches a timeless truth:

- Good things take time.
- Great things take longer.
- The best things demand patience.
- Quick money vanishes. Slow money compounds.
- Quick decisions break. Slow decisions build.
- Quick emotions shout. Slow wisdom guides.

The Joshi daughters discovered that patience is not passive waiting.

Patience is active trust — in their effort, in their process, and in their future.

Nothing prepares a young girl to be MONEYSMART more deeply than the ability to say:

"I don't need it now.

I am building something bigger."





NOURISHING THE FUTURE

Food & Nutrition for Teenage Years

Energy Requirements

Teenagers experience rapid growth and increased physical activity during adolescence. As a result, they require more calories to fuel their bodies. However, it's essential to strike a balance to avoid excessive weight gain. Encourage your teenager to consume a diet rich in whole grains, fruits, vegetables, lean proteins, and healthy fats. Limit their intake of sugary snacks and beverages, as well as processed and fast foods.

Protein for Growth

Protein is a critical nutrient for teenagers because it supports growth, muscle development, and overall health. Encourage your teenager to include sources

The teenage years are a critical period of growth and development, both physically and mentally. Proper nutrition during this time plays a vital role in ensuring that teenagers have the energy, nutrients, and building blocks they need to reach their full potential. In this article, we will explore the unique nutritional needs of teenagers and provide practical tips for parents and teenagers alike on how to make healthy food choices.

– Sujata

of lean protein in their diet, such as poultry, fish, lean meat, beans, lentils, tofu, and dairy products. These foods provide essential amino acids that their bodies need to build and repair tissues.

Calcium for Strong Bones

Teenagers are still building bone mass, making calcium a crucial nutrient. Dairy products like milk, yogurt, and cheese are excellent sources of calcium. If your teenager is lactose intolerant or vegan,

consider fortified plant-based milk alternatives like almond, soy, or oat milk. Additionally, leafy greens, almonds, and fortified cereals can contribute to their calcium intake.

Iron for Energy

Iron is essential for transporting oxygen throughout the body, which is vital for maintaining energy levels. Teenagers, especially girls, may be at risk for iron



deficiency due to growth spurts and the onset of menstruation. Encourage the consumption of iron-rich foods such as lean meats, poultry, fish, beans, lentils, fortified cereals, and dark leafy greens. Pair iron-rich foods with vitamin C-rich options like citrus fruits or bell peppers to enhance iron absorption.

Fiber for Digestive Health

Fiber aids in digestion and helps maintain a healthy weight. Encourage your teenager to consume plenty of whole grains, fruits, vegetables, and legumes to ensure they get enough fiber in their diet. Fiber-rich foods also keep them feeling full and satisfied, reducing the temptation to reach for unhealthy snacks.

Hydration Matters

Teenagers may not always be aware of their hydration needs, but staying well-hydrated is crucial for overall health. Encourage your teenager to drink plenty of water throughout the day, especially if they are physically active. Limit sugary drinks like soda and energy drinks, as they can contribute to excess calorie intake and dental issues.

Moderation and Balanced Meals

Teaching your teenager about portion control and balanced meals is essential. Encourage them to eat regular meals and snacks that include a combination of carbohydrates, proteins, and healthy fats. Avoiding extreme diets or food restrictions is

crucial to prevent nutrient deficiencies.

Educate and Involve Them

Take the time to educate your teenager about the importance of good nutrition and involve them in meal planning and preparation. When they have a say in what they eat, they are more likely to make healthier choices.

Proper nutrition during the teenage years lays the foundation for a lifetime of good health. As a parent or guardian, you play a vital role in guiding your teenager toward making healthy food choices. By providing a balanced and nutrient-rich diet, you can help them thrive physically and mentally during this critical stage of development, setting the stage for a healthier future.





SOCIAL MEDIA PICK OF THE WEEK

LEARN SANSKRIT THE FUN WAY WITH @GoSanskritam

Learning Sanskrit no longer has to mean flipping through textbooks or attending lengthy classes. Thanks to social media, one of India's oldest and most revered languages is now just a scroll away.

This week's **TownMumbai.com** and **Townparle.in Social Media Pick** is **@GoSanskritam**, an Instagram page dedicated to making Sanskrit learning simple, enjoyable, and accessible for everyone. Through short, well-crafted reels, the page introduces viewers to everyday Sanskrit words, useful phrases, correct pronunciation, grammar basics, and fascinating facts about the language.

Designed for learners of all ages, the content is easy to understand and perfect for those who want to spend just a few minutes each day exploring Sanskrit. Whether you're a student, a parent, a teacher, or simply

someone interested in Indian culture and heritage, @GoSanskritam offers a refreshing and practical way to begin your learning journey.

What makes the page especially appealing is its modern presentation. Instead of traditional classroom lessons, it uses engaging visuals and bite-sized content that fit perfectly into today's fast-paced digital lifestyle.

As educational content continues to thrive on social media, initiatives like @GoSanskritam are playing an important role in preserving and promoting India's linguistic heritage while inspiring a new generation to rediscover the beauty of Sanskrit.

If you've been looking for an easy, enjoyable way to learn Sanskrit, this Instagram handle is definitely worth following.

Instagram

<https://www.instagram.com/gosanskritam/reels/>



Olympic-Size Swimming Pool at PTKS to Open from October 1

PTKS SWIMMING

ADMISSIONS OPEN

Dear Members,
Swimming Admissions for the October-December 2026 quarter will open on **17th August 2026**.

SWIMMING PERIOD
1st October – 31st December 2026

POOL STARTS
1st October 2026

BATCHES & VACANCIES			
	ADULTS	KIDS	60+
6:00 AM – 6:50 AM	50	20	30
7:00 AM – 7:50 AM	70	30	–
8:00 AM – 8:50 AM	70	30	–
9:00 AM – 9:50 AM	40	20	40
4:00 PM – 4:50 PM	30	50	20
5:00 PM – 5:50 PM	35	50	20
6:00 PM – 6:50 PM	30	60	10
7:00 PM – 7:50 PM	30	70	–
8:00 PM – 8:50 PM			

Kids / Adults: 100 | Monthly Batches x 3

60+ concession is not available for the 7:00 AM, 8:00 AM and 7:00 PM batches.

HOW TO APPLY

Existing PTKS Members

No documents are required. Simply provide your PTKS Membership Number for batch allocation and payment.

New Members

Please fill the online admission form and select your required batch.

You will need to upload:

- Aadhaar Card
- Address Proof
- Medical Certificate from a Registered Medical Practitioner
- Passport-size Photograph

Online Admission Form:

Please use the admission link provided below.

FEES

Adults	₹9,000
Kids	₹7,000
60+	₹4,500
8:00 PM	₹3,500
Coaching (3 months)	₹5,500

IMPORTANT

- First Come, First Served – batches are subject to availability.
- Once selected, batch timing cannot be changed or adjusted.
- Fees are non-refundable and non-adjustable.

Next Quarter: Admissions for 1st January – 31st March 2027 will open on 1st December 2026.

Krida Sankul, Vile Parle East, is set to open from **1 October 2026**.

Admissions for the **October–December 2026 swimming quarter** are now open on a **first-come, first-served basis**, with limited availability. PTKS is offering separate batches for **adults, children and senior citizens**, with multiple morning and evening timings.

The quarterly fees are **₹9,000 for adults, ₹7,000 for children, ₹4,500 for senior citizens and ₹3,500 for the 8.00 p.m. batch**. A three-month coaching programme is also available for **₹5,500**.

Existing members can apply using their PTKS membership number, while new members can complete the online admission form. Required documents include an Aadhaar card, address proof, medical certificate from a registered medical practitioner and passport-size photograph.

With a new Olympic-size facility and dedicated swimming batches, the pool is expected to provide a valuable sporting and fitness facility for residents of Vile Parle and surrounding areas.

Swimming enthusiasts in Vile Parle have a new facility to look forward to as the **Olympic-size swimming pool at Prabodhan Thackeray**

Saatyaki Mitra Wins Three Bronze Medals in Artistic Gymnastics



Saatyaki Mitra, a Grade IX student of **VPMS Orion ICSE School**, delivered an impressive performance at the **CISCE Regional Artistic Gymnastics Competition**, held at BPCA, Wadala, on **31 July 2026**.

Saatyaki won three **Bronze Medals** in **High Bar, Parallel Bars and Still Rings**, and secured **3rd place in the All-Round Championship**. With this achievement, Saatyaki has qualified for the **CISCE Nationals Artistic Gymnastics Competition**, scheduled to be held in **Bengaluru in October 2026**.

PTV ICSE Pre-Primary Admissions Open for 2027-28

Parle Tilak Vidyalyaya (ICSE), Vile Parle (East) has announced admissions for its **Pre-Primary Section — Nursery, Jr. KG and Sr. KG** for the academic year **2027-28**.

Admission forms are available from **15 August 2026 onwards**. Duly filled forms will be accepted **Monday to Friday, between 9.00 a.m. and 12.00 noon**, at the **PTV ICSE Section, Ground Floor, Subhash Road, Vile Parle (East)**. The admission form fee is **₹500**, payable at the time of submission.

Forms can also be downloaded from **www.parletilakicse.com** and **www.ptvicsepreprimary.com**

With a legacy of over 106 years in education, the institution offers a safe, nurturing and activity-based learning environment with a focus on **holistic development**.

For details: 90825 43535



Parle Tilak Vidyalyaya (ICSE)
Pre-Primary Section



ADMISSIONS OPEN
for Pre-Primary Section
Commencing from the Academic Year 2027-28

Nursery **Jr. KG** **Sr. KG**

Admission Forms available from 15th August 2026 onwards at PTV ICSE School, Ground Floor, Subhash Road, Vile Parle East
Time : 9:00 a.m. to 12:00 noon

The Perfect Start to a Bright Future

About Us
Parle Tilak Vidyalyaya Association is a value based, premier educational Institution in Mumbai, with 106 years old legacy of excellence in education.

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- ▶ Activity Based, Child Centered Learning.
- ▶ Safe, Stimulating & Supportive Environment.
- ▶ Focus on Holistic Development.
- ▶ Well - Equipped Classrooms & Play Areas.

Language & Communication Excellence



Forms are also available at www.ptvicsepreprimary.com

Contact Us : (Between 9:00 a.m. to 3:00 p.m.) **9082543535**

Sharvil Murkar Wins Seven Gold Medals in Swimming



Sharvil Sandeep Sandhya Murkar of the Parle Tilak Vidyalyaya English Medium School Primary Section delivered an outstanding performance at the Swimming Federation of India – Maharashtra State Senior & Lower Age Group Aquatic Championship 2026, held at the Shree Shiv Chhatrapati Sports Complex, Balewadi, Pune, on 17 May 2026.

Competing in the Boys Under-8 category, Sharvil won gold medals in the 200m Individual Medley, 50m Backstroke, 50m Butterfly, 50m Freestyle and 50m Breaststroke, besides winning gold in both the Team Mumbai 4×50m Medley Relay and 4×50m Freestyle Relay.

Adding to his remarkable achievement, Sharvil was also crowned Individual Champion in the Boys Under-8 category.

PTV ICSE Students Shine at CISCE Regional Games & Sports 2026



Parle Tilak Vidyalyaya (ICSE) has once again made the school and Vile Parle proud with a series of outstanding performances by its students at the **CISCE Regional Games & Sports 2026**. Students from the school have excelled in **Yoga, Karate and Hammer Throw**, with several of them securing top positions and earning qualification for the national-level competitions.

In **Yoga**, **Nishka Naik (Std. VI/B)** put up an impressive performance in the **U-14 Girls** category. She secured **1st Place in Traditional Yoga** and **3rd Place in Artistic Single**. With this achievement, Nishka has qualified for the **CISCE National Yoga Competition**,

scheduled to be held from **25th to 28th August 2026** at Billabong High International School, Bhopal, Madhya Pradesh.

The school also celebrated



a notable achievement in **Hammer Throw**, where **Rudra Chavan (Std. X/C)** secured **2nd Place** in the **U-17 Boys category** at the CISCE Regional Games & Sports 2026. The competition was

held on **13th and 14th August 2026** at **Savitribai Phule Pune University, Pune**. Rudra was awarded a **Certificate of Merit** for his performance and has qualified for the **CISCE National Level Championship**.

In **Karate**, siblings **Payal Parekh and Pratik Parekh**, both from **Std. IX/A**, achieved a double victory in their respective categories. **Payal Parekh** secured **1st Place** in the **48–52 kg U-17 Girls**

category, while **Pratik Parekh** secured **1st Place** in the **45–50 kg U-17 Boys category**.

Their achievement follows their success at the **CISCE Zonal Games & Sports 2026**, held at **The Cathedral and John Connon School, Mumbai**, on **1st and 2nd August 2026**, where both students were awarded Certificates of Merit and qualified to represent the **Mumbai Zone** at the Regional Level Karate Championship.



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