

# nandhavanam

The Castle for Dignified Seniors



## Happiness

*Bob Williams*

A happy or successful person is not someone who is living in a certain set of circumstances, but rather someone who is living with a certain set of attitudes.

The happiness of the next moment in life is determined by the decisions and thoughts of this moment in life. . . happiness is a state of mind depending on what you include and exclude in your thoughts in any moment.

### Recipe for Happiness:

- Get a container and rinse thoroughly
- Add 7 things to be thankful for
- Add 3 things to be hopeful for
- Take a deep breath and focus on the 10 ingredients while stirring....

**Now SMILE!**

A reporter was sent to find out what creates true happiness.

Her first visit was to a wealthy man. "Why are you happy?" the reporter asked.

"Why, I've got all this," he said showing her his vast pristine estate.

Her second visit was to a middle-aged couple living in the suburbs. "Why are you happy?" she asked the couple. "Because we have all this," both responded, explaining that they felt lucky to have each other, and were blessed with a daughter to care for.

Her last visit was to a financially poor woman in a run-down deteriorating neighborhood. "Why are you happy?" the reporter asked. The woman smiled and said, "because I have many things to be thankful for. I am alive, I have a roof over my head, and I am blessed by being able to bring up four children and watch them grow up." She pointed to a small dirt park across the street with children playing and laughing and added, "and I have all this to enjoy."



**Happiness is everywhere. Sometimes you just have to look around to see it.**

**Happiness is where we look to find it**

**Happiness is finding it where we look**

**Happiness is in the perspective of the beholder. . .**

Finding peace and happiness doesn't depend on getting rid of all conflicts and problems in life.... rather, finding peace and happiness depends on learning how to deal with those problems and conflicts and knowing how to rise above them to enjoy the good things.

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*“Happy = Having A Positive Perspective (about) Yourself”*

# Nandhavanam Developmental Activities

## Leveling:

Nandhavanam is spread over 15 acres of land. The land leveling was done during September, 2010.

Nandhavanam Site



Excavator Involved in Leveling Work



Continuation of Leveling Work



# Nandhavanam Developmental Activities Contd...

## Plot & Road Marking:

Continuation of Leveling Work



Leveling Completed



Marking of plots in Nandhavanam was done immediately after the completion of leveling work.

Survey Process



Team Involved



# Nandhavanam Developmental Activities Contd...

Plotting Continuation



Stones for fixing Boudary



Fixing Plot Boundary Stone



Electricity Board



## Nandhavanam Developmental Activities Contd...

### Plantation Work:

The word 'Nandhavanam' in Tamil portrays a serene place with enormous flowers, fruits and trees of different species. To confer the same meaning, the execution of master plan started in November, 2010. So far more than 1100 saplings have been planted. This includes different varieties of fruits, vegetables, shade trees and flower trees.

#### Plantation of Coconut Trees



#### Plants in row



#### Water Supply for Plants



## List of Plants Planted in Nandhavanam



FRUITS & VEGETABLES	In Count
Banana	10
Blueberry ( <i>Naaval</i> )	20
Chikku ( <i>Sappotta</i> )	20
Citron ( <i>Narthanka</i> )	1
Cocunut	200
Curry Leaves ( <i>Karuvepilai</i> )	20
Custard Apple ( <i>Seetha Palam</i> )	20
Drumstick ( <i>Murungai</i> )	2
Guava ( <i>Koiya</i> )	60
Indian Gooseberry ( <i>Nelli</i> )	20
Jackfruit ( <i>Palaa</i> )	20
Lemon	13
Mango	66
Pomelo ( <i>Bublimas</i> )	9
Pomogranate( <i>Madhulai</i> )	25
Sweet Lime ( <i>Saathukudi</i> )	12
Wood Apple ( <i>Vilaam</i> )	10



TREES	In Count
Avalanda	10
Badam	40
Bamboo	20
East Indian Walnut -Sub-Specie( <i>Iyal Vagai</i> )	40
East Indian Walnut( <i>Vagai</i> )	2
Eucalyptus	40
Gulmohar	42
Illupai	20
Maattu	20
Maghizham	20
Mandarai	20
Neem	40
Paathimugam	20
Portia Tree( <i>Poovarasu</i> )	20
Punghu	40
Punnai	2
Raintree	10
Sarakonnai	10
Siva Kundalam	40
Teak	20
Terminalia arjuna ( <i>Neer Maruthu</i> )	2
Thean Poochi	40
YaanaI Kundu Mani	40

# Nandhavanam Developmental Activities Contd...

## Infrastructural Activities:

Temporary Shed



Water Tanks



## Water Sources

Borewell



  
Open Wells



Rest Rooms



# Around Nandhavanam

## Habitation:



Keelperamanallur Village Temple & Water Tank view from Nandhavanam



Busstop opposite to Nandhavanam



Beautiful view of the birds in the next



Sunset View from Nandhavanam



Keep an eye to watch many more developments in the next Newsletter...!!!

**“Happiness Comes When Your Work & Words Are Of Benefit To Yourself & Others.”**  
- Buddha