



NANDIVARDHAN

TM

TOWARDS TOMORROW

Exclusive newsletter for Nandivardhan Residents | Only for private circulation

VOLUME : 01 | AUGUST 2025 | ISSUE : 02 | 04 PAGES

BLISSVIEW

BLISSFUL LIVING, ELEVATED



NANDIVARDHAN SPREADS BLISS IN THANE'S PANCHPAKHADI

Panchpakhadi, one of Thane's most sought-after neighborhoods, is set to welcome a new residential landmark with the launch of Blissview, a premium space project by the Nandivardhan Group. The Bhumi Pujan ceremony for the Mohandeep building was held on August 4, led by Mr. Yash Mutha and Mr. Namit Mutha, who performed the traditional rituals to mark an auspicious beginning.

Soaring 13 stories high, Blissview will offer thoughtfully designed 2 BHK and 3 BHK apartments, all Vaastu-compliant and featuring expansive decks that open to scenic lake, temple, and city views. With just two residences per floor, the project offers enhanced privacy, abundant natural light, and a boutique living experience.

Located just 2.5 km from the upcoming Metro Line 4 and Mulund Station, Blissview combines prime connectivity with serene surroundings. Residents will enjoy proximity to reputed schools, hospitals, malls, and other lifestyle conveniences, making everyday living both seamless and sophisticated.

With its blend of premium amenities, prime location, and contemporary design, Blissview is poised to set a new benchmark for urban living in Thane.



NANDIVARDHAN GROUP:

With a legacy of delivering landmark projects such as Maansarovar in Thane, Nandivardhan Group is known for quality construction, timely delivery, and customer centric design. Blissview continues this tradition, offering a lifestyle that harmonises modern comforts with timeless elegance.

Contact us for more details: [+91 87687 60808](tel:+918768760808)

A Unique Brand For Ethnic Clothing



Shubhangi Ghatnekar
Founder of brand Purvaj

Shubhangi Ghatnekar is a Mechanical Engineer from LD College of Engineering, Ahmedabad, with over 28 years of corporate experience. Today, she also works partially as a consultant for one of the large multi-national companies in Mumbai.

At the age of 50, she took VRS from her regular 9 to 5 job and, in the initial days, completed various certified courses in different topics which are very close to her heart.

She founded Purvaj in March 2022, and within 2.5 years, it has grown into six verticals. She believes a saree is not just an attire; it's an emotion which can preserve our culture and carry forward our lineage by preserving our ancestral sentiments. The length of the saree fabric is good enough to design and showcase the customised theme and make the woman look special with a unique story to tell, which is apt for a particular occasion.

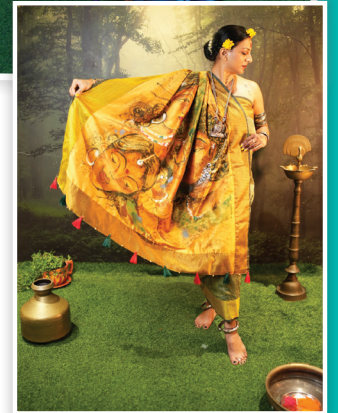
She, being into spirituality, says, "My goal is not only to bring out India's art, culture

She has adopted a sustainable lifestyle and is a naturopath who promotes various age-old healing techniques through Reiki and advanced Pranic healing. She is also certified to teach various topics, viz. Naturopathy, Ayurveda, Navagraha, Marma therapy, EFT (Emotional Freedom Technique), Soul Legacy and her journey continues...

and tradition but also promote spirituality on sarees and share our rich traditions across the globe."

Purvaj promotes sustainability and generates employment and opportunities for homegrown talent through the extensive use of hand paintings, hand embroidery, patchwork, laces, etc.

Let us together connect with Indian roots and pass on the rich heritage to the next generations.



Awards & Accolades for Purvaj :

- July 2022 : First runner up in the "Biz Master" competition held for start-ups in Mumbai
- February 2023 : Winner of "Best Costume Award" for the theme "GO GREEN" at Fashion Show in Dubai
- March 2023 : Recipient of prestigious Oracle award at Spiritual Summit at Egypt
- January 2024 : Launched collection "Jejuri I" in

- Fashion Show held at Shivaji Mandir, Dadar Mumbai.
- April 2024 : Recipient of Women Entrepreneur Award by Women Entrepreneur Enclave at Goregaon, Mumbai
- May 2024 : Launched collection "Jejuri II" in Fashion Show held at Dadar Bhagini Samaj, Dadar Mumbai.
- July 2024 : Purvaj gets trademark registration from

- Government of India
- August 2024 : Purvaj collaborates with Singapore based company "Go-Raw" for Handmade sarees
- October 2024 : Purvaj receives "Artisan Card" from Central Government of India for hand made Products
- October 2024: Purvaj participates in Diwali mela at Dadar, Mumbai for supporting women entrepreneurs

Instagram : https://www.instagram.com/p_u_r_v_a_j/ | Facebook : <https://www.facebook.com/Purvaj-101953679278841/>

• Purvaj Founder and Designer : Shubhangi Ghatnekar | • Studio : 1601, Park Pallazo, Hindu Colony Dadar (E), Mumbai 400014 | M/Wa : 9136685700

Understanding PCOS: Insights from a Gynaecologist



Dr Prathama Koshti Kulkarni
M.S. Obstetrician & Gynaecologist,
Infertility Specialist

Polycystic Ovary Syndrome (PCOS) is a common hormonal disorder affecting women of reproductive age, one in five Indian women may be affected by PCOS.

1. What is PCOS, and why is it so common?

PCOS is a hormonal imbalance that affects the ovaries' ability to function properly. It is characterised by irregular menstrual cycles, excess androgen levels, and polycystic ovaries (enlarged ovaries with multiple small follicles).

2. What are the common symptoms of PCOS?

Irregular periods, excess hair growth on the face, chest or back, acne, weight gain, fertility issues.

3. How is PCOS diagnosed?

Clinical history and symptoms, sonography for presence of multiple small ovarian cysts and hormonal blood tests.

4. What treatment options are available for PCOS?

Lifestyle changes like weight management through diet and exercise.



Medications:

Oral contraceptives to regulate menstrual cycles and reduce androgen levels. Metformin to improve insulin sensitivity in insulin resistant PCOS.

Anti-androgens to treat excessive hair

growth and acne.

Clomiphene:

Induces ovulation in women seeking pregnancy.

Surgical options:

Rarely, ovarian drilling may be considered to restore ovulation and for conception.

5. Does PCOS cause infertility?

PCOS can cause infertility primarily by disrupting ovulation. Hormonal imbalances and insulin resistance interfere with the growth and release of eggs from the ovaries. Irregular or absent menstrual cycles prevent regular ovulation, reducing the chances of fertilization and pregnancy.

Conclusion:

PCOS is a manageable condition when understood and addressed appropriately. If you suspect PCOS or struggle with related symptoms, consult a gynaecologist for a tailored approach to diagnosis and treatment. Remember, proactive care and a supportive environment are crucial in managing this condition effectively.

Don't limit yourself. Dream Big!

Radha Paralkar is a 28-year-old mechanical engineer who works as a loss prevention consultant (risk engineer) for an American insurance company, FM (Factory Mutual Insurance Company). This engineering-driven insurance company has conducted 200 years of loss prevention research.

Radha's daily work involves visiting industrial facilities like automobile manufacturing, engine manufacturing, etc., helping their clients understand exposures to their businesses from fire, explosion, and natural hazards and working with them to prevent millions of dollars of losses.

Radha always wanted to do something different as a mechanical engineer other than conventional production jobs. This current profile allows her to visit different manufacturing facilities, understand their operations and learn



Radha Paralkar
Consultant
(Risk engineer)
FM (Factory Mutual
Insurance Company)

something new every day. Her job also involves a lot of travelling (120/360) days to explore different parts of India and Southeast Asia. As she loves travelling and exploring, this was her dream job.

Radha was always very ambitious; she started her career as an intern with a small fire protection

contractor in Mumbai in 2018 and always dreamt of joining FM. She worked hard towards achieving her goals and bagged this job with only three years of experience.

This job has given her the financial stability to be able to take her parents on international vacations, and now she is buying a house for herself and for her husband in her dream locality in south Mumbai Hindu Colony Nandivardhan Parkway, where she went to school for 12 years (IES Raja Shivaji Vidyalaya).

This is, of course, because of the incredible support from her parents, Nitin and Bhavana Paralkar, and her loving husband, Tanmay, who have always supported her and pushed her to do her best.

Radha advises all budding professionals, "Don't limit yourself; the world is full of opportunities. Seize every day, and don't be afraid to dream big."

Happy Customer

Nandivardhan gave me my dream home!

Sonali More is a 36-year-old working professional born and raised in Mumbai. She completed her graduation in Commerce from Mithibai College and spent the last 15 years building her career in the corporate world. Having started her professional journey with TCS, Sonali currently works as a Share Scheme Lead at one of the world's largest privately held commodity trading companies, where she has worked for the last 13 years.

As a part of her job, Sonali is involved in managing internal share plans for employees, which her company runs, and coordinating with shareholders across the company's offices in more than 50 countries. She ensures compliance, communication and smooth execution of the plan globally.

"Owning a home in Mumbai has always been a dream I worked tirelessly towards. I bought my first house in

Borivali in 2021, and in 2025, I took a big step forward by purchasing my second home in Matunga with Nandivardhan Group," says Sonali.

She adds, "My experience with Nandivardhan has been truly smooth and satisfying. I completed the transaction in February, and as promised, they delivered the Occupancy Certificate within a couple of months. Their professionalism and commitment really stood out. The entire team was approachable, responsive, and supportive throughout the process."



Sonali More

Sonali exclaims, "Buying a home is a huge emotional and financial decision, and I'm genuinely grateful that my journey with Nandivardhan was stress-free. I'm proud to call this place my home."

Celebrating Life and Milestones at Nandivardhan Group





MahaRERA No.: P51900018299,
<https://maharera.mahaonline.gov.in>



FORTUNA
BLUE

LOWER PAREL

EXPERIENCE THE EPITOME OF
LUXURY LIVING

SPACIOUS 1 & 2 BHK STARTS
FROM 2.20 CR._{ALL-INC}

LIVE WHERE MUMBAI WORKS, PLAYS AND GROWS



22 STOREY
RESIDENTIAL TOWER



SPACIOUS HOMES



VASTU COMPLIANT



AMPLE CAR PARKING

FEW RESIDENCES LEFT



7208985775