



*Everything we do,
every decision we make,
everyone's end goal,
everyone's destination ...
Ultimately, it's all about happiness, isn't it?*

2025
52 weeks of happiness

*Every day ensure to think, act, feel such that our hearts fill with joy,
It's this one special life we all have, so let's not forget to enjoy!*

We spend 8 hours at work, 4 hours on TV and Social Media

Why don't we have even a few minutes for our own selves!

Why aren't we willing to invest time and effort for happiness?

*This calendar will guide you through this year's 52 weeks,
because we all live and plan week by week,
on the path to greater joy and fulfilment in your life.*

*We will touch upon 52 simple things for you to do,
that are bound to bring a smile to your face and heart.
The couplets give a glimpse into the week's concept,
the hand-drawn doodles represent its various possibilities.*

Let's move closer to the ultimate state of Happiness – Bliss!





Take a walk in nature

*A walk in the forest awakened my senses and soul
Carefree I wandered, with no destination, no goal*

WEEK 2 : JANUARY 2025

5	6	7	8	9	10	11
Sun	Mon	Tue	Wed	Thu	Fri	Sat



Do things you love

*The best part of my day comes after school
 - when I pick up my pen and begin to write
 Math and science classes are all skippable,
 but I'll never let my passion out of my sight*

WEEK 3 : JANUARY 2025

12	13	14	15	16	17	18
Sun	Mon	Tue	Wed	Thu	Fri	Sat



Dance. Get up and dance

*I couldn't help but nod my head and tap my feet
I was dancing to the music of my own heartbeat*

WEEK 4 : JANUARY 2025

19	20	21	22	23	24	25
Sun	Mon	Tue	Wed	Thu	Fri	Sat



Look for the rainbows, when it rains

*It's always heartbreakingly tough to lose
a loved one, at any stage in one's life
If you look deeper though,
there is hidden learning amidst all the strife*

WEEK 9 : FEBRUARY / MARCH 2025

23	24	25	26	27	28	1
Sun	Mon	Tue	Wed	Thu	Fri	Sat



Flow with the flow

*Eventually, you'll learn to stop resisting
the waves and happily flow along
Human predictions are often incorrect,
but life's intuition can never be wrong*

WEEK 10 : MARCH 2025

2	3	4	5	6	7	8
Sun	Mon	Tue	Wed	Thu	Fri	Sat

Roast and Toast !



MAPLE[™]
NONSTICK



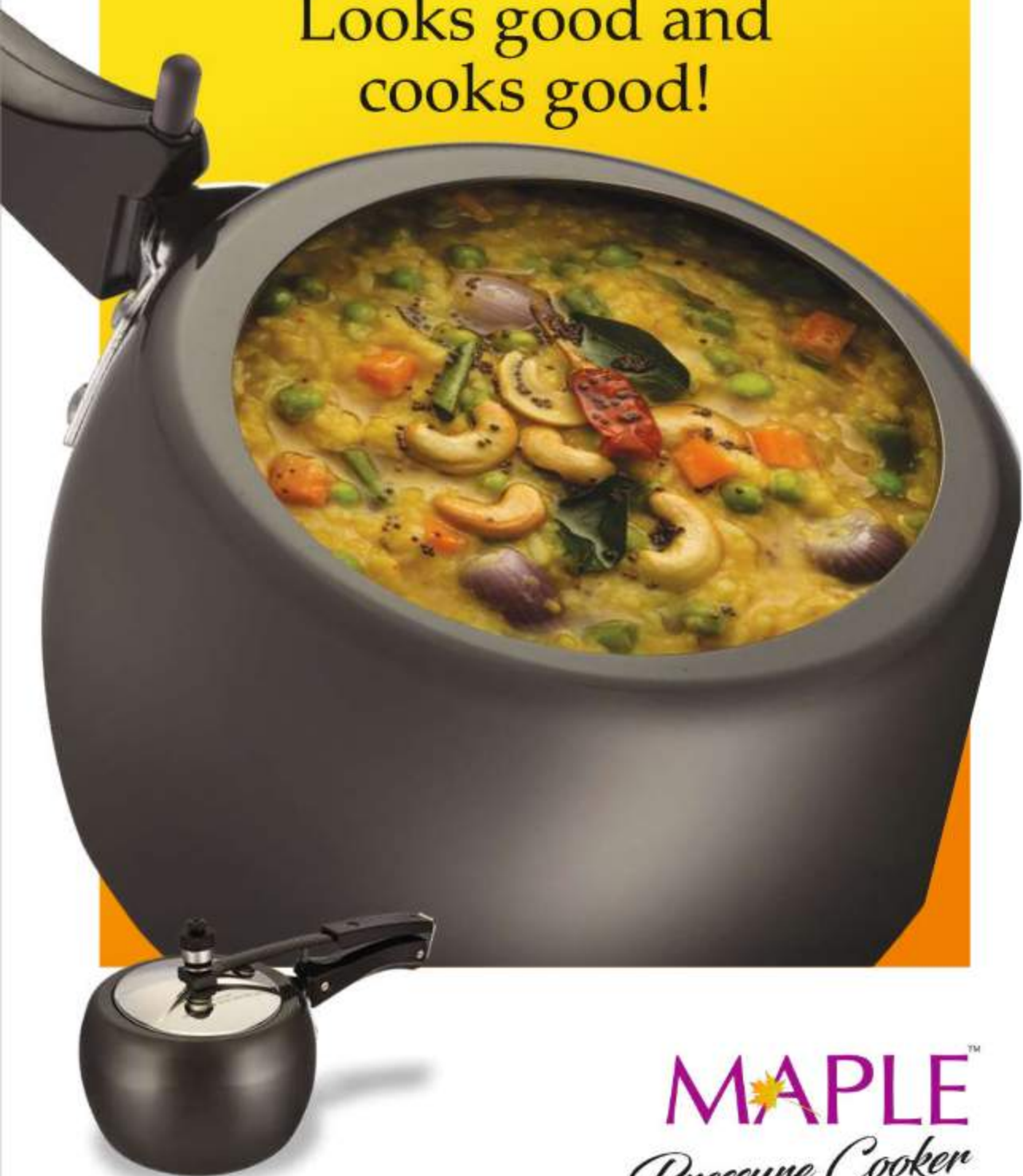
The power of a shower

*As all the others sought shelter, I stood and danced in the rain
The chilly water washed away all suffering, all misery, all pain*

WEEK 14 : MARCH / APRIL 2025

30	31	1	2	3	4	5
Sun	Mon	Tue	Wed	Thu	Fri	Sat

Looks good and
cooks good!



MAPLE[™]
Pressure Cooker

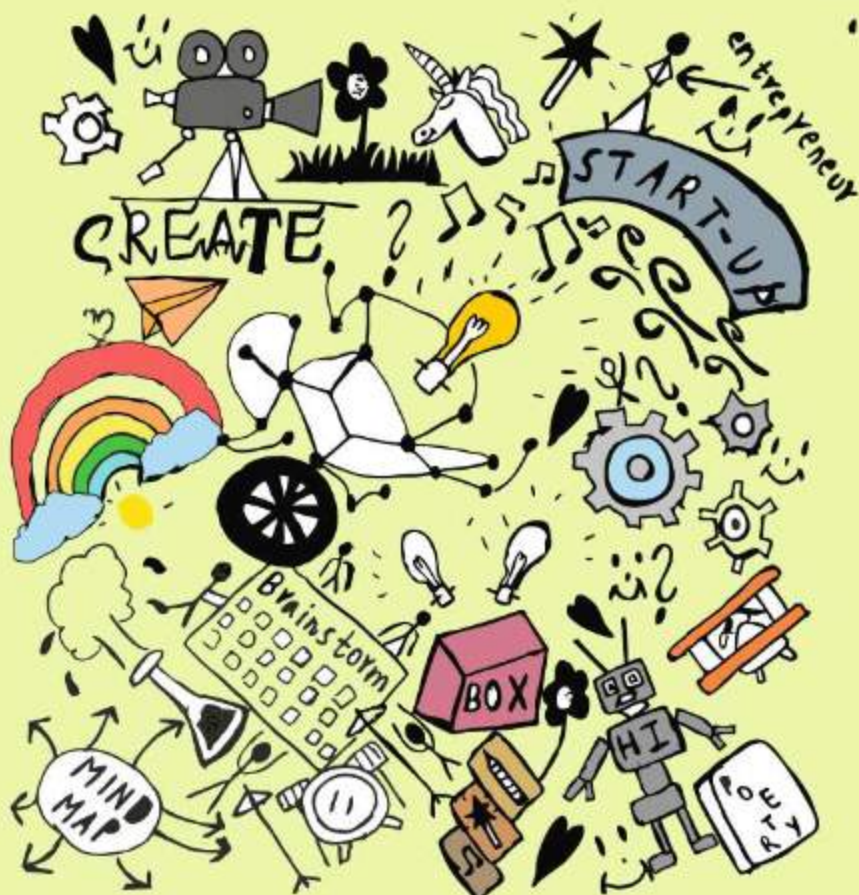


A break... a day off...

*Whenever nothing is working,
I take a week off and head to the beach
You'll be amazed at the answers, the direction,
the life lessons the sea can teach*

WEEK 23 : JUNE 2025

1	2	3	4	5	6	7
Sun	Mon	Tue	Wed	Thu	Fri	Sat



Awakening creativity

*I could splash paint and colors on a canvas all day long
When I'm tuned into my creative self, my soul sings its merry song*

WEEK 25 : JUNE 2025

15	16	17	18	19	20	21
Sun	Mon	Tue	Wed	Thu	Fri	Sat



Maintain a dream journal

*Dream big, dream wild, dream crazy
and soon you'll find*

*For any miracle to come true in real life,
it first has to be vivid in your mind*

WEEK 31 : JULY / AUGUST 2025

27	28	29	30	31	1	2
Sun	Mon	Tue	Wed	Thu	Fri	Sat

Elegance comes
in different sizes
and shapes.



MAPLE[™]
STAINLESS STEEL



Hug a tree

*Don't just hug people – they're always changing,
highly volatile, you see
Hug something that's always there,
and never changing – go hug a tree*

WEEK 35 : AUGUST 2025

24	25	26	27	28	29	30
Sun	Mon	Tue	Wed	Thu	Fri	Sat



Yoga

*Early mornings, bird song, warm sunshine,
me and my yoga mat
Yoga brings my mind, body and soul all together,
I can assure you that*

WEEK 38 : SEPTEMBER 2025

14	15	16	17	18	19	20
Sun	Mon	Tue	Wed	Thu	Fri	Sat



Becoming a bookworm

*I thought I'd just read the first chapter,
but that was last night
Today morning, groggy and tired,
I have a feeling that what I did was just right*

WEEK 39 : SEPTEMBER 2025

21	22	23	24	25	26	27
Sun	Mon	Tue	Wed	Thu	Fri	Sat



Active listening

*When you stop babbling and start
listening to what others have to say
You'll realise, listening teaches you so much
more than speaking, on any given day*

WEEK 40 : SEPTEMBER / OCTOBER 2025

28	29	30	1	2	3	4
Sun	Mon	Tue	Wed	Thu	Fri	Sat



Friendship week

*Five minutes with my best friend, that's all I will ever need
To vanish away in an instant all feelings of sorrow, hatred, greed*

WEEK 41 : OCTOBER 2025

5	6	7	8	9	10	11
Sun	Mon	Tue	Wed	Thu	Fri	Sat



Beat your own personal best

*It's not about beating him or beating her
 – always aim to beat your personal best
 Am I a more evolved, learned, happy person
 than I was yesterday – that is the real test*

WEEK 43 : OCTOBER 2025

19	20	21	22	23	24	25
Sun	Mon	Tue	Wed	Thu	Fri	Sat



You can also
cook rice in it.



MAPLETM
Rice Cookers



Ending each day with introspection

*I make it a practice to stop, think and reflect at the end of each day
How were the quality of my decisions,
what all did I think, feel and say?*

WEEK 45 : NOVEMBER 2025

2	3	4	5	6	7	8
Sun	Mon	Tue	Wed	Thu	Fri	Sat



Face a frightening fear

*Nothing haunts me more than the terrifying stage
But today, I face my fear – I break out of my restrictive cage*

WEEK 51 : DECEMBER 2025

14	15	16	17	18	19	20
Sun	Mon	Tue	Wed	Thu	Fri	Sat



Cherish the company of animals

*Lazy, summer afternoons spent with my cat and dog
They take away all my suffering, clear all my brain fog*

WEEK 52 : DECEMBER 2025

21	22	23	24	25	26	27
Sun	Mon	Tue	Wed	Thu	Fri	Sat



*Take a walk, smile and laugh some more
Dance in the shower, and exercise your core
Play a sport, spend time with your loved one
Happiness in the now – never forget the bright sun!*

WEEK 53 : DECEMBER 2025

28	29	30	31			
Sun	Mon	Tue	Wed	Thu	Fri	Sat

*Concept & Couplets : Arya Dharod Doodles : Ayan Dharod & Arya Dharod
Design & Digital Adaptation : Mahita Devulapalli*

Calendar 2025

JANUARY 2025

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

FEBRUARY 2025

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

MARCH 2025

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

APRIL 2025

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

MAY 2025

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JUNE 2025

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

JULY 2025

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

AUGUST 2025

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

SEPTEMBER 2025

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCTOBER 2025

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOVEMBER 2025

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

DECEMBER 2025

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			