

AUSTRALIAN HINDI INDIAN ASSOCIATION (AHIA)

-the Association that cares



Sandesh सन्देश

incorporating Seniors Newsletter

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Hon. Mark Coure, NSW Minister for Multiculturalism and Minister for Seniors at Holi function.



AHIA HOLI- 2022



Everyone is feeling a bit relieved that we are getting back to almost normal activities after two long years. We had our March meeting, face to face in the hall and a very successful Holi gathering a week after. Members were very happy to meet each other after a long time.

Hopefully Covid-19 will leave us alone now. Of course, we cannot take this good time for granted and be careless. We must keep following the advice from the Health authorities as and when given.

However, Covid-19 is not the only worry. We are having a terrible weather in many states of Australia, in particular our state of NSW. Some towns like Lismore had to be evacuated more than once and will need to rebuild many houses. When we look around, there are more unfortunate people in other parts of the world, as in Ukraine who are under attack from Russian forces for more than 40 days. The rest of the



world can only offer sympathy and moral support, which is of no use to them as the loss to life and property is unimaginable. The Ukraine President Volodymyr Zelenskyy has told the UN Security Council Russia has committed the worst atrocities since World War II.

Sri Lanka is another country where there is a complete failure of the elected Government to provide food and other essential commodities to its citizens. The country is almost bankrupt, has borrowed heavily from foreign countries and



have no resources to payback.

India has been approached by the Sri Lankan President for financial and other help to get over this difficult period. PM Modi has promised to help. The refugees from Sri Lanka will

be a very big problem for India when the people are forced to flee.

Looks like the month of April may be having some more surprises for us.

The Prime Minister of Pakistan, Imran Khan's actions in dissolving the Assembly and asking for fresh election just when he was to face the 'No confidence' motion, has created a new crisis in that country. The Opposition parties led by Shahbaz Sharif went to the Supreme Court of Pakistan, which on Thursday unanimously rejected the bypassing of the no-confidence motion in the National



Assembly on Sunday against Prime Minister Imran Khan's government. The court has ordered the speaker to

have fresh no-confidence vote in the National Assembly on April 9. It is a big blow to Imran Khan and people are waiting for his fight to the 'last ball'.

India is watching the happenings in its troubled neighbours with caution and concern.

China's strong presence in both these countries is a matter of worry too.

Australia is going to have Federal elections in the month of May. Prime Minister Scott Morri-



son and the Labor's Anthony Albanese are running neck to neck in the polls.

Santram Bajaj

'Sandesh' is AHIA's
Newsletter and is published every month.

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INSIDE THIS ISSUE

** The Cartoons/pictures are courtesy various Newspapers.

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AHIA President's Report

Hi everyone

I hope you all are well and staying dry as the wet weather refuses to leave. The COVID variant Omicron is also still around, please take care. For some of us the second booster is now available from 4th April'22. Please arrange to vaccinate if you have had your last booster 4 months from this date. Please also consider taking the flu shot at the same time.

After two years, we held the Holi Festival last month and had very high participation by the Community even under the threat of rain and wet weather. The guest of honours of the day was Hon Mark Coure, Minister for Multiculturalism and Minister for Seniors.

Both adults and children enjoyed playing with dry colours. It was good to see everyone had good time as they mingling with each other and spread love and happiness. There was plenty of "thandai" and other snacks and variety of delicious food. Everyone danced away in the afternoon with the Bollywood traditional Holi songs. The whole event was very successful all around. I like to thanks EC members for putting in great effort and time to arrange the Holi function. Also, thanks to many AHIA members who stayed back to do the clean up afterwards

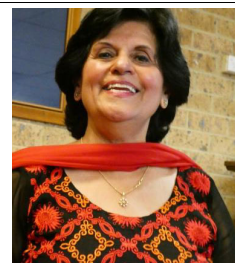
of the front covered foyer and the Hall. It was very heartening to see many attendees joined as new members of AHIA. We welcome them with open arms and look forward for their participation in AHIA's future events.

With continuing wet weather, AHIA could not hold the Clean-Up Australia Day which is now rescheduled to another date in September'22.

Our next major event is Baisakhi which we will first celebrate at our next Seniors meeting. It will then be followed by function to be held in May'22. For details, please see Mr Mohinder Kumar Ji, AHIA Secretary's report.

See you all at our next Seniors meeting on Saturday 9th April'22 at the Grevillia room, Wentworthville. Until then please take care and stay safe.

With best wishes
Sushma Ahluwalia
President AHIA



AHIA Secretary's report for April 2022



Dear Members,
Hope all of you are doing well despite the continuation of the wet weather and new covid strain.

Your participation at the celebration of Holi Function on 19 March 2022 made the function a big success. It is highly appreciated. Another good news is that we received a number of applications from the following new members:-

Mr. Sandeep Bansal, Mr. Anil Beri, Mr. Hazari Lal Chawla, Dr. Charn Khind, Mr. Saurabh Kaushik, Mr. Saket Batra, Mr. Deepender Singh, Mr. Karan Beri, Mr. Vikas Kalra, Mr. Ramachandran Nagainellur, Mr. Subhash Bhargava, Mr. Ambrish Attrey and Mr. Hargopal Verma. Mr. Manish Thareja .

Just a reminder that the upcoming face to face seniors meeting will be held from 1 pm to 4pm on Saturday, 9 April 2022 at Grevillea Room at Wentworthville Community Centre, 2 Lane Street, Wentworthville NSW 2145.

Please note that the new date for the celebration of the Baisakhi lunch function is Saturday, 28 May 2022 instead of 1 May 2022. The function also includes a musical afternoon with songs, dhol dance and Dj . The venue is Madison Function Centre, 632 Old Northern Road, Dural. The cost of a ticket is for an adult \$25, for children 6-12 years of age \$15 and for children 0-5 years of age are free.

The contact details for the ticket are Sushma Ahluwalia 0411967374, Meeta Sharma 0411966585, Sarita Sachdev 0407870490, Abha Gupta 0416570608, Chand Chadha 0410636199.

AHIA's participation at the Clean-Up Australia day is again postponed to 11 am to 12.30 pm Sunday, 18 September 2022 due to severe wet weather conditions in Sydney Metropolitan. The allocated place in Field 6, Fred Caterson Reserve, Caterson Drive, Castle Hill NSW 2154.

As you may know that AHIA has been supporting IABBV Hindi School Sydney for the award ceremony. The Hindi Divas Celebration 2022 including an award ceremony for students this year was held on 24 March 2022. Dr. Sarita Sachdev, EC member, Mr. Tilak Kalra, EC member and myself attended the function on behalf of AHIA. It is encouraging to see that there are a large number of young children learning Hindi. Mrs. Mala Mehta and her team are doing a great contribution to the cultural heritage of Indian community in teaching Hindi to children.

AHIA Executive team meeting was held on 4 April 2022 when, among other things, a decision is made that the AHIA van should be sold as it is not being used by the members as intended while the expenses such as annual registration, insurance and maintenance have been continually incurring.

With best wishes,
Mohinder Kumar
Secretary AHIA

Happy Birthday to

Krishan Yadav
Amarjit Kaur
Tarlochan Rekhi
Rakesh Bahl
Anita Khosla
Raj Kumari

Urmila Nanda
Nirmal Kanta Lal
Rakesh Sahgal
Asha Sood
Sant Ram Bajaj
Rakesh Sachdev

Happy Anniversary to

Mr. Harbant Singh &
Mrs. Mohinder Kaur
Mr. Mohinder & Mrs. Rita Malik
Mr. Naresh & Mrs. Manju Aggarwal

SENIORS MARCH 2022 MEETING

Sense of relief and happiness was clearly visualised at Seniors Meeting on 12 March 2022.

We wish to thank our senior members' positive feedback on the seniors meeting on 12 March 2022 which was held face to face after a long time due to covid19 restrictions.

The meeting commenced with welcome address including good wishes for birthdays and wedding anniversaries by Sushma Ahluwalia, AHIA President, followed by an informative and useful yoga session by Jagdish Chaudhry Ji, particularly guiding members as to how we can improve our immunity with Pranayama breathing exercises.

Members' participation at the singing and jokes session was really enjoyable. The new music session performed well.

AHIA appreciates ladies' help in the kitchen, serving food with smile and sense of humour.

Vinod Ahluwalia's name requires a special mention as he is always willing and helpful for AHIA's activities. Thank you, Vinod ji.

Thanks to Chand Chadha, AHIA Treasurer and Raj Batra, AHIA Executive member in setting up the new music system.

Mrs. Nanda, AHIA is thankful to you for organising the Bingo session which kept the members sitting glued to their chairs and concentrated on the game.

Tilak Kalra ji is AHIA's senior executive member with highly developed photographic skills as one of his hobbies. Thank you, Tilak ji, for taking and sharing memorable photos at all Ahia's functions and events. Happy birthday again. And happy wedding anniversary to Kali Ji and Kiran Gupta Ji.

AHIA wish to thank Santram Bajaj Ji who publishes Monthly newsletter Sandesh. We appreciate your time and efforts to publish such a quality newsletter for members every month.

We look forward to seeing you at the next seniors meeting on 9 April 2022.

Mohinder Kumar
Secretary, AHIA

AHIA HOLI FESTIVAL 19 MARCH 2022

AHIA celebrated Holi Festival of Colours on Saturday, 19 March 2022 at Harvey Lowe Pavilion, Doran Drive Castle Hill from 10.30am onwards.

Holi signifies triumph of good over evil, festival is celebrated by singing, dancing in groups, and throwing rose petals and coloured powder (Gulal) into the air and splash on the loved ones to enjoy the festival.

AHIA invited members of Indian Community and dignitaries to join the celebration of festival. The celebration was advertised on face book, emails to members and word of mouth.

Hon. Mark Coure MP Member for Oatley and NSW Minister for Multiculturalism and Hon. Alex Hawke Federal MP Member for Mitchell and Federal Minister for Immigration and Multicultural Affairs accepted the invite.

Few events on that day were cancelled but AHIA managed to pull through even of the rain prediction because of the hall booking – 350 people attended the event. Many non-members joined us to celebrate the day and become interested to be part of AHIA and joined as member on that day.

Honorary Mark Coure MP was received by AHIA Secretary Mohinder Kumar and AHIA Treasurer Chand Chadha. Honorary Alex Hawke could not attend due to some other urgent commitments and send his good wishes for the Holi festival.

Meeta Sharma – Vice President of AHIA was MC for the event and managed the program very well. Tilak Kalra and Vivek Bhatnagar AHIA Executives took photos and videos of the event.

Welcome address by Sushma Ahluwalia AHIA President to

Honorary Mark Coure, Pawan Luthra CEO Indian Link, Vijay Badhwar of Indian Down Under and community to join the celebrations.

Followed by some entertainment – **Lashkare Punjab De – Performed by Ruhani & Kabil**

Students from Mayur Indian Dance Academy performed a dance – Sauda Khara Khara – participants were – Arjan Grover, Suhavi Grover, Kaya Grover, Sienna De Silva, Alya De Silva & Ava de Silva,

Honorary minister Mark Coure was requested to address – He encouraged the Community to celebrate the Holi and continue such functions for multiculturalism and harmony in the community.

Mohinder Kumar – Secretary AHIA read the message from Honorary MP Alex Hawke and extended vote of thanks.

It was such an enjoyable celebration with dancing, splashing the colours and scrumptious food provided by Maya Da Dhaba.

AHIA thank to Ajay Owner of Maya Da Dhaba for his support. People enjoyed the afternoon dancing away with DJ and famous Bollywood Songs.

This was one of big gatherings in recent times since Covid 19 pandemic. There was so much enthusiasm in the air – AHIA extends thanks to each attendee to make this day successful and AHIA Executive team members for their hard work behind the scenes.

Namaste
Kali Gupta
Public Officer AHIA



...क्या बीतेगी

वे क्या जानें
चले मनमाने
वे क्या जानें
क्या बीतेगी

लाद -लाद कर किस मस्ती में
इस बस्ती से उस बस्ती में
इस हस्ती से उस हस्ती को -

चले उकसाने ...

वे क्या जाने ... क्या बीतेगी
शक्ति जिनकी दहला रही है
भीषणता को ललकार रही है
क्या होगा फिर -
कितने देहर-सेहर जायँगे
कितने केहर ढह जाएंगे
कितने खंडहर रह जाएंगे

बने अनजाने ...
वे क्या जाने ... क्या बीतेगी
रौंद - रौंद सांसे जिनकी
तिनका-तिनका आसँ जिनकी
उन फरियादों की परवाह उन्हें क्या
घास-फूस की चाह उन्हें क्या

ये दो हाथी हैं
मस्ती-भरी तलाशों वाले
तन के गोरे, मन के काले
विश्व-सत्ता के
बने स्वामी
अणुओं को फैलाने वाले
आतंकवाद के बलबूते पर
शक्ति अपनी चले आजमाने
वे क्या जाने ... क्या बीतेगी



पूर्णमा चावला

यह कविता १९९० में लिखी गयी थी और
आजके हालात पर ठीक बैठती है।
स्वर्गीय पूर्णिमा जी की बेटी, नीना बधवार
(जो AHIA की सदस्य हैं और Indian
Downunder की संपादिका हैं) के द्वारा
प्राप्त हुई है।

बैसाखी पर्व

भारत त्योहारों का देश है। कहते हैं
कि साल में 365 दिन होते हैं और
भारतवर्ष में 900 से भी अधिक
त्यौहार मनाए जाते हैं। बैसाखी पर्व
उनमें से एक है जो हर वर्ष 13
अप्रैल को पड़ता है। कभी कभी यह
14 अप्रैल को भी पड़ जाता है।

बैसाखी मनाये जाने के पीछे कई कारण हैं। बैसाखी को नये
साल के रूप में मनाया जाता है, इस समय गेहूँ की नई फसल
पक कर तैयार हो जाती है, उसे इस खास महूर्त में काटने के
लिए मनाया जाता है, खालसा पंथ की स्थापना के रूप में
मनाया जाता है आदि आदि।

बैसाखी भारत के विभिन्न विभिन्न राज्यों में अलग अलग नामों
से जानी जाती है, लेकिन इसके मनाए जाने के तरीकों में कोई
अंतर नहीं होता जैसे- असम में रोंगली बीहू तथा उड़ीसा में
महा विश्व संक्रांति, बंगाल और त्रिपुरा में पोहेला या नाबा
बारशा, आंध्र प्रदेश, तेलंगाना और कर्नाटक में उगादी, कुमाऊँ
उतराखंड में बिखु आदिआदि।

बैसाखी के दिन ही 1919 में जलियांवाला बाग का हत्याकांड
हुआ था। इस प्रकार अनेक यादों से जुड़ा यह दिन भारत में
अलग अलग तरीके से मनाया जाता है।

बैसाखी यह सिखों के लिए एक पवित्र पर्व है। बैसाखी के दिन



ही गुरु गोविंद सिंह जी ने 'खालसा
पंथ की स्थापना की थी। इस दिन
गुरुद्वारों में पाठ होते हैं, लंगर
होते हैं और पांच प्यारों के साथ
जलूस और झांकियां निकाली जाती
हैं जो श्रद्धा, सम्मान और जोश
की प्रतीक होती हैं।

त्यौहार आमतौर पर सभी दुखों को
भूलकर खुशी मनाने के अवसर

होते हैं। त्योहारों के माध्यम से किसी भी समुदाय को एकत्रित
और संगठित होने का अवसर मिलता है। बैसाखी के दिन मेले
लगते हैं सामूहिक नृत्य, भंगड़ा आदि होते हैं, यह संगठित होने
के तरीके हैं।

वर्तमान काल में मेलों का महत्व कम होता जा रहा है। ऐसा
लगता है कि यह मेले एक संकुचित क्षेत्र में ही मनाए जाते हैं।
गावों तक ही सीमित हो गए हैं। शहरों में इन की चकाचौंध
कम हो गई है। नदियों में स्नान करने वालों की भीड़ भी कम
हो गई है। लेकिन किसानों को अपने परिश्रम का फल और
अपने खेतों को देख कर जो खुशी होती है और गुरुद्वारों में
श्रद्धालुओं के आने जाने में कोई कमी नहीं है, देखकर त्यौहार
का पूरा आनन्द मिल जाता है।

शारदा शर्मा

War Memorials for the Australians of Indian Heritage

Sunnybank, Brisbane, Cherrybrook, Sydney

The unveiling of the War Memorial for the Australians of Indian Heritage was performed at Sunnybank RSL, Brisbane on 18 November 2017. It was a historic event and first of its kind in Australia.

Subsequently, a similar War Memorial was unveiled at Hornsby RSL Sub-branch, Cherrybrook Community and Cultural Centre, Sydney on 10 November 2018.



Very little is known in Australia about millions of service men and women of Indian Heritage, of pre-independence and undivided India, who fought on the British side in World War-I and II. In WW-I, 1.3 million Indian soldiers fought and 74,000 lost their lives. At Gallipoli, 15,000 fought and 1,500 lost their lives. In WW-II 2.5 million Indian servicemen and women fought and 87,000 lost their lives. Indian soldiers were the largest single contingent of all Britain's colonies and dominions.

Several soldiers of Indian Heritage represented Australia in



the two Wars, whose contribution also went unrecognised.

In Brisbane, the initiative was taken by Mr. Surendra Prasad OAM, Advisor to the Federation of Indian Communities of Queensland Inc and a Director of the Hindu Council of Australia, who formed a committee named: the **Australians of Indian Heritage War Memorial Committee (AIHWMC)**. After lobbying with the government and through the help of Mr Nick Monsour financial help was obtained from the Federal government. An Education Bursary of \$1000 was also setup in the memories of the fallen Australian-Indian soldiers.

In Sydney, the initiative was taken by the Hindu Council of Australia with the Hornsby RSL Sub-Branch lobbying with the support of Mr. Julian Leeser MP, Federal Member for Berowra. A grant was received from the Department of Veterans' Affairs to establish the memorial at the Cherrybrook Community and Cultural Centre.

Vijai Singhal



खुशी की तलाश संतराम बजाज

हम सब मारे मारे फिरते हैं, खुशी को ढूँढ़ने में। मंदिरों, मस्जिदों, गुरुद्वारों और गिरिजाघरों में सिर झुकाते हैं, बाबाओं के डेरों पर जा माथा रगड़ते हैं। क्या खुशी मिलती है ?

शायद पल भर के लिए हम सैंकड़ों और हज़ारों लोगों की उपस्थिति देख, उन्हें झूम झूम कर नाचते देख सुरक्षित महसूस कर, उसे ही खुशी समझ लेते हैं और ज़ूँही वहाँ से निकले फिर चिंताओं में घिर दुखी हो जाते हैं। खुशी तो आप के अन्दर छिपी है, जब चाहो बाहर निकालिये। प्रीत दिन के छोटे छोटे कामों में, या छोटी छोटी बातों में खुशी मिल जायेगी। आप बहुत



बड़े चक्करों में मत पड़िए।

किसी बच्चे को खिलौना मिलता है, झट से उस के चेहरे पर मुस्कान आ जाती है और उस की इस खुशी में आप भी शामिल हो कर खुश हो जाते हैं। बच्चा तितली के पीछे भागता है, पकड़ ले तो तत्काल खुश हो जाता है। बच्चों की मुस्कराहट ही असली खुशी है। तत्काल (Instant) खुशी तो 'टू मिनट नूडल्स' की तरह है। झट से बनाई और फटाफट खाई।

अच्छा, जब आप कोई फिल्म देख रहे होते हैं और हीरो की पिटाई देख आप कितने दुखी होते हैं, और ज़ूँही पासा पलटता है और विलेन की 'धुलाई' शुरू होती, खुशियों का सैलाब आ जाता है हाल में, अर्थात् आप को खुशी की प्राप्ति होती है।

ठीक कहा ना मैं ने?

देखा, आप ने खुशी के लिए आप को किसी बाबा के पास जाने की ज़रूरत नहीं, बस 'सलमान खान' या 'अक्षय कुमार' या 'अजय देवगन' की फिल्म देख लीजिये और खुशियाँ बटोरिये।

खुशी, मन का एक भाव ही तो है जो महसूस की जाती है। आप क्रिकेट मैच देख रहे हैं, विराट कोहली ने छक्का लगाया और आप खुशी से अपनी सीट से कूद कर झूमने लगते हैं, या बूमरा की गेंद पर इंग्लैंड का कैप्टन आउट हुआ तो आप फिर जोश में आ जाते हैं।

परन्तु यह तो नहीं हुआ होगा कि आप की टीम हार जाए और आप फिर भी खुश हैं।

परन्तु कभी कभी ऐसा भी होता है। उदाहरण के तौर पर अभी अभी के भारत के कुछ प्रान्तों के चुनावों के नतीजों को लीजिये। पंजाब में कैप्टन अमरिंदर सिंह हार गये, क्या आप ने उन्हें उदास या दुखी देखा? वह तो गाना गा रहे थे। क्यों भला? क्योंकि उन के सब से बड़े दुश्मन नवजोत सिंह सिधू भी बुरी तरह से हार गये थे। उन्होंने ने चुनाव से पहले कहा था कि



ज़िन्दगी की सब से बड़ी खुशी उन्हें सिधू के हारने पर मिलेगी। जब ज़िन्दगी का मकसद पूरा हो जाए, तो इस से बढ़ कर और क्या खुशी हो सकती है?

और दूसरी ऐसी ही मिसाल, भारत के पड़ोसी देश पाकिस्तान में प्रधान मंत्री इमरान खान और विरोधी दलों में हो रही लड़ाई की है। इमरान खान ने 'रिवरस-स्विंग' बोलिंग से दूसरों की स्कीम फेल की तो विरोधियों ने भी उन्हें 'क्लीन बॉल' करने की पूरी कोशिश की।

सुप्रीम कोर्ट ने इमरान खान के खिलाफ फैसला दे दिया है, विरोधी खुशी से फूले नहीं समाते। कभी एक धड़ा खुश तो कभी दूसरा। कहने का मतलब यह है कि अपनी जीत पर तो खुशी होती ही है, पर दुश्मन की हार पर जो खुशी मिलती है उस का मज़ा कुछ और ही है। उधर दिल की भड़ास निकली और इधर खुशी ने प्रवेश किया।

इस बीच मैं जनता दुखी, फिल्म 'दोस्ती' का यह गाना गा रही है, "राही मनवा, दुःख की चिंता क्यों सताती हैं, दुःख तो अपना साथी है। सुख है इक छाँव ढलती आती है, जाती है, दुःख तो अपना साथी है..."

चलिए छोड़िये ये स्यास्तदानों की बातें। कुछ और भिन्न भिन्न प्रकार की खुशियों की बात करते हैं।

आप बस में सफर कर रहे हैं और बाथरूम जाना चाहते हैं, परन्तु बस कहाँ रुकेगी कुछ पता नहीं और आप के अंदर प्रेशर बढ़ता जाता है, आप की क्या हालत हो रही है यह तो आप ही जानते हैं, कि अचानक बस एक पेट्रोल पंप पर रुकती है और आप तीर की तरह निकल कर शौचालय की ओर रस लगाते हैं। ड्राइवर में आप को भगवान् दिखने लगता है, उस समय की खुशी आप की सब से बड़ी खुशी बन जाती है।

आप को खुशी चाहिए ना! सिंपल- अपने फ्रिज पर बॉलीवुड की प्रसिद्ध हास्य कलाकार 'टुन टुन' की फोटो लगा लें, देखिये और हंसिये, या फिर 'जोहनी वाकर' और महमूद की।

खुशी कोई बाज़ार में बिकने वाली चीज़ नहीं है कि पैसे वाला लेकर आ जाएगा और गरीब उस से वंचित रहेगा।

कई बार देखा होगा आपने कि गरीब मजदूर रात को थके हारे होकर भी एक साथ बैठ कितने खुश हो रहे होते हैं, सस्ता दारू पीते हैं, गीत गाते हैं, मस्ती करते हैं जबकि उसी बिल्डिंग का मालिक अपनी कोठी में अकेला बैठा, उदासी दूर करने के लिए अंग्रेज़ी दारू (व्हिस्की) पी कर भी दुखी होता है, क्योंकि उसे इनकम- टैक्स वालों की रेड का डर सताता रहता है।

ज़रूरी नहीं कि लखनवी 'नवाबी टुंडा कबाब' या 'हैदराबादी शाही बर्यानी' खाने में खुशी मिलती है, जो खुशी 'मक्की की रोटी और सरसों का साग' खाने में मिलती है, उस का जवाब नहीं--किसी भी पंजाबी से पूछ कर देखिये।

.... (शेष अगले पन्ने पर).....

..... पिछले पन्ने से.....(खुशी की तलाश)...

मैं अपनी बात करूँ तो, आम के अचार और प्याज के साथ रोटी खाने में मुझे बहुत आनन्द मिलता है। आत्मा तृप्त हो जाती है। कहने का मतलब यह है कि खुशी केवल पैसा होने से और महंगे पकवान खाने से नहीं आती, बल्कि मन के अन्दर से आती है।

मेरे एक मित्र हैं, जिन्हें सिगरेट पीने की बुरी(?) लत है। एक रात को उन की सिगरेट समाप्त हो गयी और रात को अड़ोस पड़ोस की सब दुकानें बंद, क्या करें? बहुत दुखी! थोड़ी दूरी पर एक पान की दूकान थी, शायद खुली हो, सोच कर पहुंचे, परन्तु वह भी बंद थी। इधर उधर नजर घुमाई तो ज़मीन पर पड़ी एक डिब्बी दिखाई पड़ी, भाग कर उठाई, पर खाली थी, परन्तु उस के पास ही सिगरेटों के कई छोटे छोटे अध-पिये टुकड़े पड़े थे। अब भाई की यह हालत थी कि जैसे कोई खज़ाना मिल गया हो। खुशी से हाथ कांपने लगे। एक एक टुकड़े को उठा उस खाली डिब्बी में डाला और एक को रूमाल से पोंछ जेब से लाइटर निकाल सुलगाया और जल्दी जल्दी दो एक कश मारे। उस के कथनानुसार जो खुशी उसे उस समय मिली, उस का कोई मुकाबला नहीं।

पर मेरे भाई, खुशी भी तो आती जाती रहती है। हम तो खुशी के कुछ क्षणों की बात कर रहे हैं ना! आप यह फल्स्फेदानों की बड़ी बड़ी बातों में ज़्यादा न उलझें कि 'ऊँचा सोचें, भविष्य की चिंता न करें, आत्मविश्वास पैदा करें, सत्य का साथ दें, आदि आदि...', तो खुशी मिलेगी। " आप को याद होगा कि जब आप फिल्म देखने जाते थे और 'हाउस फुल' का बोर्ड देख निराश हो जाते थे। तो अचानक 'दो का पांच' या 'दस का बीस' वाले ब्लैक में टिकट बेचने वाले की आवाज़ से आशा की किरन देख आप के चेहरे पर खुशी नहीं आ जाती थी क्या? उस समय आप यह नहीं सोचते कि यह भाई गलत काम कर रहा है और आप उस का साथ दे रहे हैं। यह बात रिश्तत (घूस) लेने वाले कर्मचारी और घूस देने वाले पर भी लागू होती है। लेने वाला खुश है- माल आ रहा है, देने वाला भी खुश है, क्योंकि उस का काम दूसरों से पहले हो जाता है। दोनों मिलजुल कर खुशी साझी करते हैं। खुशी की और कई मिसालें पेश कर सकता हूँ। कोविड-19 के समय शुरू शुरू में टॉयलेट-पेपर की रेश में जिसे पूरा रोल मिल जाता था, उसकी खुशी देखने लाईक होती थी। वह हंसता हुआ, सब को चिड़ाता हुआ छाती फैला कर चल रहा होता था। मेरे एक पड़ोसी ने तो टॉयलेट पेपर खरीद कर आधा गैराज भर लिया था और अपनी कार को बाहर पार्क करने लगा था।



खुशी कई बार थोड़ी सी मेहनत करके पैदा भी की जा सकती है। जैसे संयुक्त परिवारों में देवरानी ने दाल बनाई और जेठानी ने आँख बचाकर, उस में एक मुठी नमक और डाल दिया। अब खाते समय जब परिवार की झिडकियां देवरानी को मिलीं उस से भला खुशी किसे मिली, बताने की ज़रूरत नहीं है। यह बात अलग है कि देवरानी के पलटवार से जेठानी जी, कब तक बच पाएंगी, सोचने वाली बात है।

कल आशा बहन का फोन आया और उन्होंने मेरे एक लेख की बहुत प्रशंसा की, तो खुश होना स्वाभाविक ही था, पर इस बात की और भी खुशी हुई कि उन को लेख पढ़ कर इतनी खुशी मिली कि उन्होंने ने फोन कर शेयर किया।

राम - (राम नवनी के पावन प्रवचन)
सृष्टि के कण कण में बंसे बने राम
अजि राम - सुख धाम
तुम एक हो या अनेक
इस अनिश्चय के इतिहास के
बन्धों क्यों?
तुम साकार हो या निराकार
किस दुविधा में पड़े हो?
दोनों को प्रेम के धागे में जोड़कर
क्यों नहीं बन जाते एक होतु - (फूल)
है मर्यादाओं के समुद्र गम
अपने संसार को आपनाओ
इन लक्ष्मणों - दुर्विद्याओं को क्या?
तुम दण्ड भी न दोरे?
इस नए युग स्वागत - करता हुआ
यह संसार-तुम्हारे आँखों की प्रतीक्षा में है
आज - तुमसे प्रेम करता है तुम्हारा वह संसार
क्या तुम्हारा प्रेम का सागर -
सूख तो नहीं गया?
है! जनमन में बसने वाले राम
है! हमारे विश्वास!
इतिहास के कर्ज में दबकर
क्या तुम बौने हो गए हो?
क्या कुछ सीमाओं में ही खिन्न रह गए हो?
क्या हमारे हृदय हो तुम इतिहास में?
उबन तो गम्भीर है
और उत्तर भी कम नहीं है
नर युग में कदम रखते
तुम्हारे संसार का यह परिवार
तुम्हारे - प्रतीक्षा में है -
उसे अपनी - श्रवण से लेने राज!
लेने राज - कलाम गल्लो

Cholesterol

What is Cholesterol?

Cholesterol is a fatty substance and your liver makes it. Despite its bad reputation, you actually do need it. It helps to form cell membranes and some of your hormones.

Your body makes all the cholesterol it needs. But when you eat foods high in saturated fat, it triggers your liver to make more cholesterol than your body requires. This excess cholesterol builds up in your arteries, blocks blood flow and, if left untreated, can set the stage for a heart attack or stroke. When we say you have high cholesterol, it means that the total amount of cholesterol in your bloodstream is above a certain number that experts have deemed a risk to your health. There are two types of cholesterol—low-density lipoproteins (referred to as LDL) and high-density lipoproteins (called HDL). Lipoproteins are combinations of fat and protein made by your body. They are responsible for delivering other fats, which do not dissolve in your blood, to your cells.

In recent research doctors have found that your LDL and HDL levels are equally important as your total cholesterol. LDL, often called the "bad" cholesterol. When there's too much LDL, it can combine with other substances to form a plaque—a hard, thick deposit that sticks to artery walls. If a blood clot develops in the vicinity of a plaque, the reduced blood flow can lead to a heart attack or a stroke. Experts now think that the lower LDL level is good for your heart health.

HDL is known as the "good" cholesterol. It carries about one-fourth to one-third of the cholesterol in the blood, transporting it from different organs to the liver for disposal. HDL may also pick up cholesterol deposited in your arteries and moves it out, preventing it from building up in your arteries.

Who is at risk?

The risk factors that make you susceptible to heart disease also raise your risk of high blood cholesterol.

- * Generally older people have high cholesterol and heart attacks
- * Family history i.e. genes help determine how your body handles LDL cholesterol
- * Men have a greater risk for heart attacks than women

How to Lower your Cholesterol?

"Between diet and exercise, the average drop in cholesterol is 20 to 30 percent, but up to a 50 percent reduction is possible," says Michael Miller, MD, associate professor of medicine and director of preventive cardiology at the University of Maryland, School of Medicine in Baltimore.

Diet:

You can make a big difference in your cholesterol levels and your heart disease risk just by eating less high-fat animal products such as meats and dairy products. They're loaded with cholesterol and saturated fat, which trigger your body to make more cholesterol.

Also be wary of oils high in saturated fat—such as coconut oil, palm kernel oil, and palm oil—which are common in processed foods.

Saturated fat, once in your bloodstream, it prevents LDL from properly breaking down in the liver, which drives your LDL level higher. Even low-cholesterol or cholesterol-free foods may be bad for you if they have a lot of saturated fat. Therefore it is recommended to eat plenty of low-fat, high-fibre foods like fruits, veggies, nuts and whole grains.

Getting Oatmeal into Your Diet

Most people should get 5 to 10 grams of soluble fibre a day. There are 3 grams of soluble fibre in 1.5 cups of oatmeal – enough to lower your cholesterol, according to the American Dietetic Association. It may be a bit much for breakfast, so just add in oatmeal or bran to dishes at other times. It's fairly simple to work oatmeal into your meal plan. Start with the obvious: enjoy hot oatmeal in the morning.

"Oatmeal makes a filling, healthy breakfast," says Ruth Frechman, a spokeswoman for the American Dietetic Association. She suggests that you add bananas or walnuts. If you are not so keen on hot oatmeal, try a cold cereal that is made from oat bran. Ground oatmeal can be added to any food, such as soups and casseroles. You can also add it to many recipes for baked foods. One-third of the flour in recipes can be made up with oats.

Please note that not everything with "oatmeal" in the name will be good for you. For instance, some so-called oatmeal cookies might contain very little oatmeal and lots of fat and sugar. So pay attention to the label. Look to see how much soluble fibre is in the ingredients.

NUTS

Nutritionists say that certain nuts deserve an honoured spot in the kitchen of every healthy eater (as long as you're not allergic, of course.) Nuts have lots of protein, fibre, healthy monounsaturated fats, vitamins, nutrients, and antioxidants. And many studies have shown that nuts have powerful cholesterol-lowering effects.

"Walnuts are great because they have high levels of omega-3 fatty acids," omega-3 fatty acids lower levels of triglycerides, a type of fat in the bloodstream. Experts are not exactly sure how. Omega-3 fatty acids may also slow down the growth of plaques in the arteries and reduce swelling throughout the body.

Many studies show that Almonds have real health benefits too. Like other nuts, they are high in protein, fibre, healthy monounsaturated fats, minerals, and other nutrients. They are also high in vitamin E, an antioxidant.

Along with almonds and walnuts, the FDA gave its qualified health claim to peanuts, hazelnuts, pecans, some pine nuts, and pistachios.

Many studies back up their benefits. For example, one small 2001 study compared a standard cholesterol-lowering diet with a diet that replaced one-fifth of the calories with pecans. When compared to the standard diet, the pecan diet lowered bad LDL cholesterol by 10.4% and decreased triglycerides by 11.1%. It also raised the levels of good HDL cholesterol by 5.6%. The results were published in The Journal of Nutrition.

Not all nuts offer equal benefits. The FDA cut Brazil nuts, macadamia nuts, cashew nuts, and some varieties of pine nuts from the qualified health claim. This is because of their high fat content. But in moderation, even these nuts may have some of the same benefits.

You can get the health benefits of nuts from just a handful a day. About 1 to 1.5 ounces is plenty, experts say. The high protein and fibre in nuts make them very filling. Make sure you don't overdo it.

Physical Activity:

Regular exercise can lower your LDL level, raise your HDL level, and help you maintain a healthy weight. Physical activity can also control other risk factors for heart disease, including high blood pressure. For seniors, walking is one of the good exercise.

Smoking:

If you smoke, you're more than twice as likely as a non-smoker to have a heart attack. That's because cigarette smoke oxidizes LDL, making it more likely to form artery-clogging plaque. Even if you've been a long-time smoker, quitting for 2 years will drop your risk of a heart attack to the level of someone who never smoked.

Weight:

The higher your body fat, the higher your LDL cholesterol. Excess pounds not only strain your heart, but they also affect your blood pressure and increase your odds of developing diabetes.

Stress:

Unhealthy responses to stress—such as overeating and smoking—are recognized risk factors for high cholesterol and heart disease.

High Blood Pressure and Diabetes:

Both of these conditions raise your risk of heart disease. If you have either one, you should be under professional care. Your doctor can monitor your health status and adjust your treatment as necessary.

Keeping tabs on your cholesterol profile is your best insurance against heart disease, the leading cause of death among men and women. The landmark Framingham Heart Study determined that the higher someone's total cholesterol level, the greater that person's heart disease risk. On the other hand, reducing total cholesterol by just 1 percent can reduce heart disease risk by 1 to 2 percent.

If diet, exercise, and other natural approaches fail to lower your cholesterol, talk to your doctor about prescription medications such as statins.

... **compiled by Tilak Kalra...**

Suffering from irritable bowel syndrome?

By Zarafshan Shiraz, 'The Hindustan Times'

According to WebMD, irritable bowel syndrome or IBS is a mix of belly discomfort or pain and trouble with bowel habits: either going more or less often than normal (diarrhoea or constipation) or having a different kind of stool (thin, hard, or soft and liquid). It is a common condition that affects the digestive system and results in symptoms like stomach cramps, bloating, diarrhoea, abdominal pain and constipation whose frequency and intensity varies among individuals as they tend to come and go over time and can last for days, weeks or months at a time.

In an interview with HT Lifestyle, Lavleen Kaur, Head Dietitian and Co-founder of Diet Insight, shared, "IBS is a very, very common health issue in India and it's been noticed that women suffer through this condition more than men. Some have only minor discomfort while for others it may end up disrupting daily routine. Irritable bowel syndrome is a collection of symptoms that include abdominal discomfort and changes in bowel motions, which might be only diarrhea, only constipation, or even both. It's not the same as inflammatory bowel disease (IBD) and it has nothing to do with other bowel problems."

She asserted that diet, like any other health issue, is the key to managing IBS as well. While certain food items can help you keep the symptoms under control, others can aggravate the pain further.

Food to avoid if suffering from IBS

1. Refined, packaged, and processed carbohydrates should be avoided.
2. Dairy and gluten-containing foods may cause diarrhoea in certain IBS sufferers and should be avoided.
3. Deep-fried meals and artificial sweeteners are never suggested since they contain significant levels of trans and saturated fats as well as can cause further digestive irritation in IBS sufferers.
4. Insoluble fibre, such as whole grains and vegetables found in beans, carrots, broccoli, apricots, sprouts, and foods like apple, guava, and pears, is also not suggested. Peeled apple can be had though.

Adding her expertise to the same, Functional Nutritionist Mugdha Pradhan, CEO and Founder of iThrive, listed food products that can damage the intestinal lining and disrupt gut mucosal integrity. These include:

1. Gluten - Many people have allergies due to gluten sensitivity, which can cause symptoms like diarrhoea, stomach pain, tiredness, bloating etc. Many people do not test positive for celiac disease but still react negatively to gluten.
2. Vegetable/ seed oils - Vegetable oils are high in polyunsaturated fats, which our bodies are not designed to consume. Unhealthy fats can also make a contribution to skin cancer if they enter the skin. Vegetable oils are high in omega 6, which promotes cancer cell growth, blood clotting, and inflammation in

the body.

3. Dairy products - Overconsumption of dairy products can cause lactase enzymes to deplete faster because they are overworked. After consuming dairy products, symptoms of lactose intolerance include abdomen bloating, gas, stomach pain, vomiting, and diarrhoea.

Foods to consume if suffering from IBS

According to Dietician Lavleen Kaur, "Food recommendations with patients with IBS needs to be highly personalised as few food items may help some, while it may trigger IBS even more for others. Therefore, one needs to be very cautious of what they eat and when they eat, in order to realise which food items, trigger their IBS. Once the triggers are identified, it's easier for dietitians to create a personalised diet plan to sooth the pains of IBS."

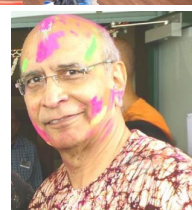
She added, "Some common food items that may help IBS patients are cabbage, lettuce, fermented food, certain types of nuts and seeds, digestive protein options like eggs (in certain cases) and lastly certain fruits such as papaya, strawberries and oranges but remember, dietary modifications only start the process of IBS management. Regular interventions and changes in diet are a must to ascertain what is working and what is not, as every body reacts to different groups in different ways."



Nutritionist Mugdha Pradhan listed food products that help in maintaining gut mucosal integrity and are good for acid production in the stomach. These include:

1. Herbal teas - A cup of herbal tea after meals aids in the digestion of food. Herbal tea contains spearmint, which soothes the digestive tract and acts as a tonic, reducing the desire to overeat.
2. Garlic - Garlic's high sulphur content gives it antibiotic properties, which aid in keeping the digestive tract clean by flushing out toxins.
3. Mastic gum - Mastic Gum helps reduce stomach acid and protect the stomach and intestine lining. Mastic also contains fragrant oil that has the potential to kill bacteria and freshen the breath. Mastic gum can be chewed like regular gum, or it can be taken as a capsule or powder. Mastic gum essential oil is also available.





Photos by Vivek Bhatnagar

And

Tilak Kalra



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