

# AUSTRALIAN HINDI INDIAN ASSOCIATION (AHIA)

-the Association that cares



## Sandesh सन्देश

incorporating

Seniors Newsletter

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President: Sushma Ahluwalia

Editor: Raj Batra

Secretary : Mohinder Kumar



**Seniors Meeting on 11 March, 2023**

Hello Every One,

I hope everyone is well and healthy. Finally, now days the weather is cooling down in the morning and night, a real autumnal weather.

My sincere condolences to the Families of departed soul of Mrs Sushila Chhabra (March'23) and Dr Kanta Ahluwalia 21<sup>st</sup> March'23. We pray to God for peace to the departed souls. Both have been Life Member of AHIA for a long time and always supported AHIA Functions. We will sorely miss them.



Just a gentle reminder about our forthcoming picnic on Sunday 7<sup>th</sup> May'23 at the Parramatta Park. There are some tickets still available for this event. Please see flyer in this month's Sandesh for details.

Our next Senior's meeting is on Saturday 8<sup>th</sup> April 2023 at the Wentworthville Community Centre where we will be celebrating Vaisakhi, a spring Festival. Please do join us for this important Harvest Festival.

See you and until then please take care and stay safe.

With best wishes

**Sushma Ahluwalia**

Dear friends,

Hope it finds you well.

AHIA's next seniors' meeting will be held from **1 pm to 4 pm on Saturday, 8 April 2023** in the Grevillea Room at the Wentworthville Community Centre, 2 Lane Street, Wentworthville NSW 2145. The flexible agenda includes a welcome address and best wishes for members' birthdays and anniversaries, a yoga session, an open-form musical session (songs, talks, jokes etc) followed by a Bingo session and tea/refreshments.



Please note in your diaries that AHIA's picnic day is 7 May 2023 at Parramatta Park, Mana Shelter, Railway Parade and Park Avenue, closer to Westmead Railway Station. Please join us for a fun-filled afternoon and delicious lunch, tea and coffee from 11 am to 3 pm. The cost is \$20 per ticket. The shelter area can accommodate 120 people but the sitting arrangement is only for 70 people, so could you bring your chair if you are coming by car?

We would like to know your views on starting a new session at the seniors meeting for 15 minutes – AAJ KA VICHAR. Could you advise at the seniors meeting on 8 April 2023 about your thoughts including what topics can be included in this session? One of our executive members, Vivek Bhatnagar Ji, will lead this session.

One of our new initiatives during 2023 is to visit our senior life members who are now unable to attend the senior's meeting due to health conditions etc. (community work) We are pleased to share that AHIA's President Sushma Ahluwalia ji and one of our senior life members, Mrs Renu Sabharwal, are visiting a few senior life members on 3 April 2023.

Look forward to seeing you at the Senior's meeting at **1 pm on Saturday, 8 April 2023.**

Kind regards

**Mohinder Kumar**



# International Women's Day

International Women's Day (IWD) is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality.



Marked annually on **March 8th**, IWD is one of the most important days of the year to:

- celebrate women's achievements
- educate and awareness raise for women's equality
- call for positive change advancing women
- lobby for accelerated gender parity fundraise for [female-focused charities](#)

Everyone, everywhere can play a part in helping forge gender equality. From a wide range of IWD campaigns, events, rallies, lobbying and performances - to festivals, parties, fun runs and celebrations - all IWD activity is valid. That's what makes IWD inclusive.

The campaign aims to encourage important conversations on *Why equal opportunities aren't enough* and *Why equal isn't always fair*. People start from different places, so true inclusion and belonging require equitable action.

We can all challenge gender stereotypes, call out discrimination, draw attention to bias, and seek out inclusion. Collective activism is what drives change. From grassroots action to wide-scale momentum, we can all [embrace equity](#).

And to truly [embrace equity](#), means to deeply believe, value, and seek out difference as a necessary and positive element of life. To [embrace equity](#) means to understand the journey required to achieve women's equality.

Source: [International Women's Day 2023](#)

## राम- नवमी के शुभ अवसर पर

हम सभी जानते हैं कि महाकवि तुलसीदास जी राम भक्त थे। इस (निम्नलिखित) गीत में उन्होंने भगवान राम की बाल लीलाओं का वर्णन किया है कि वे बाल्या अवस्था में राजा दशरथ के महल में कैसी- कैसी अटखेलियां करते हुए, किलकारियां भरते हुए, ठुमक ठुमक कर चलते थे। बाल रूप की इन अटखेलियों को देखते हुए राजा दशरथ की रानियां कैसे - कैसे उनकी बलिहारियां लेती हैं।

ठुमक चलत राम चन्द्र, बाजत पैजनियाँ, ठुमक चलत राम चन्द्र।

1 किलक किलक उठत धाय, गिरत भूमि लट पताय।।

धाय मात गोद लेत, दशरथ की रनियां।

2 अंचल रज अंग झारी, विविध भान्ति सो दुलारी।

तन मन धन वारी वारी, कहत मृदु वचनियां॥

3 विद्रुम से अरुण अधर, बोलत मुख मधुर मधुर।

सुभग नासिका में चारू, लटकत लटकनियां॥

4 तुलसीदास अति आनन्द, देख के मुखार वृंद।

रघुवर छवि के समान, रघुवर छवि बनियाँ॥

शारदा शर्मा

## तोहफा - एक लघु कथा

नवीन बहुत उलझन में था।बेटे की बीमारी थी कि ठीक होने का नाम ही नहीं लेती थी।वैसे तो डाक्टरों ने एक तरह से जवाब ही दे दिया था परन्तु आदमी का दिल कहाँ मानता है। न जाने किस समय कोई चमत्कार हो जाए और संजू ठीक होकर दूसरे बच्चों की तरह भागने दौड़ने लगे।

दुनिया भर के टूने-टोटे के भी कर लिए थे।कई साधू संतों के डेरों के चक्कर भी लगा चुके थे। थक गये थे दोनों पति पत्नी।

नवीन को संजू के साथ सुधा की भी चिंता होने लगी थी, वह दिन प्रतिदिन कमज़ोर हो रही थी।

यह सब उस से देखा नहीं जा रहा था।उस की ऐसी मनोवस्था उस के काम को भी प्रभावित कर रही थी।

इसी उधड़-बुन में उस की ट्रेन भी मिस हो गयी और वह खिलौनों की दूकान पर पहुँचने में लेट हो गया।

“नवीन साहिब, जो खिलोना आप लेने को कह रहे थे वह थोड़ी देर पहले एक और साहिब ले गये हैं।”

सेठी स्टोर के मालिक ने नवीन को यह नहीं बताया कि दो साल पहले इन साहिब के 6 वर्षीय बेटे की भी उसी बीमारी से मृत्यु हो गयी थी और वह हर महीने कोई न कोई खिलोना खरीद कर ले जाते हैं।

“आप चिंता न करें अगले हफ्ते

और आ जायेंगे।” सेठी ने नवीन को सान्त्वना देते हुए कहा।

“अगले हफ्ते तो बहुत देर हो जायेगी। संजू का बर्थडे तो आज है और मैं ने उसे परोमिस किया था कि दफ्तर से आते हुए ले आऊंगा।पर मेरी ट्रेन छूट गयी और आने में देरी।”

“कोई दूसरा ले लें।”

“नहीं! संजू को वही चाहिए। समझ में नहीं आ रहा कि क्या करूँ? आप को तो पता ही है कि डॉक्टरों ने जवाब दे दिया है। मैं उस की आखिरी इच्छा भी पूरी नहीं कर पा रहा।”

नवीन निराशा में गुमसुम सा घर पहुँचा। सुधा ने उस का चेहरा पढ़ लिया और चुपचाप उस को मुँह हाथ धो चाय पीने के लिए कहा। “संजू सो रहा है,अभी अभी उस की आँख लगी है।”

नवीन बाथरूम से बाहर निकला ही था कि दरवाज़े पर दस्तक हुई। बाहर एक उधड़ उम्र का व्यक्ति हाथों में एक पार्सल लिए खड़ा था।

“जी,आप कौन?”

“मेरा नाम सुधीर शर्मा है,और मैं आप के बगल वाली बिल्डिंग में रहता हूँ।क्या मैं अन्दर आ सकता हूँ?”

“जी,आईये। कैसे आना हुआ?”

“अजीब है, हम पड़ोसी होते हुए भी एक दूसरे को नहीं जानते।थोड़ी देर पहले ‘सेठी स्टोर’ पर मैं भी था जब आप उस से किसी खिलौने की बात कर रहे थे।मैं ने आप की सब बातें सुन ली थीं, परन्तु जबतक

मैं दूसरी लेन से बाहर आया तबतक आप वहाँ से निकल चुके थे।जिस

खिलौने की आप को तलाश थी,वह मैं ने ही खरीदा था।सेठी से आप का पता लेकर आप को देने आया हूँ।”

“जी, थैंक यू, लेकिन आप के बेटे को भी तो इस की ज़रूरत है।”

“जी ऐसी कोई बात नहीं है, मेरा कोई बेटा नहीं है।मैं तो शौकिया ही कुछ न कुछ खरीता रहता हूँ। मैं तो फिर कभी ले लूंगा, मुझे इतनी जल्दी नहीं है।”

“मैं आप का बहुत आभारी हूँ,आप ने मुझ पर बहुत बड़ा उपकार किया है।”, नवीन ने अपनी जेब से पर्स निकालते हुए पूछा,“कितने का है यह?”

सुधीर अचानक उठ खड़ा हुआ और पार्सल को नवीन के हाथों में देते हुए बोला,“संजू का आज जन्मदिन है,उसे मेरी ओर से यह ‘हैपी बर्थडे’ का तोहफा है।”

इस से पहले कि नवीन कुछ कहे,सुधीर ने दरवाज़ा खोला और जल्दी जल्दी बाहर निकल गया।

नवीन ने महसूस किया कि सुधीर की आँखें नम थीं।

**संत राम बजाज**



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#### INSIDE THIS ISSUE

\*\* The Cartoons/pictures are courtesy various Newspapers.

\*\*The Content and the opinions expressed in the writings are the responsibility of the writers concerned.

\*\* The Health information is given in good faith and readers are advised to consult their own Doctor. AHIA does not accept any responsibility whatsoever.

माता मुखा



## India's achievements during first 75 days of the year 2023

Throwing light on the nation's achievements in the first 75 days of the year 2023, the Prime Minister informed that India's historic green budget was launched, a new airport in Shivamoga, Karnataka was inaugurated, the next phase of Mumbai Metro was launched, the world's longest river cruise completed its journey, the Bangalore-Mysore Expressway was inaugurated, a section of the Delhi-Mumbai Expressway was inaugurated, Vande Bharat trains from Mumbai to Vishakapatnam were flagged off, IIT Darward Campus was inaugurated and the country dedicated 21 islets of the Andaman and Nicobar Islands to the 21 Paramvir Chakra Awardees.

He further added that India launched E-20 fuel after achieving 20 percent ethanol blending in petrol, inaugurated Asia's most advanced Helicopter manufacturing facility in Tumkuru and Air India placed the highest

aviation order of all time. In the last 75 days, the Prime Minister informed that the milestone of 10 crore tele-consultations was achieved through the e-Sanjeevani app in India, 8 crore new tap water connections were provided, 100 percent electrification of rail networks was achieved, a new batch of 12 cheetahs have arrived at Kuno National Park, India's Women Under-19 team won the U19 T20 World Cup, and the country felt the joy of winning two Oscars.

He also informed that in the last 75 days, 28 crucial G20 Meetings, the Energy Summit and the Global Millets Conference took place, and more than a hundred countries took part in the Aero India Summit in Bengaluru. He also informed that UPI linkage was created with Singapore, India initiated 'Operation Dost' to help Turkey, and the Indo-Bangladesh gas pipeline was inaugurated earlier in the evening. "All this is a reflection of the India Moment", the Prime Minister remarked.

Source: <https://www.oneindia.com/>

लड़का “ में तुमसे शादी नहीं कर सकता घर वाले नहीं मान रहे”

लड़की “तुम्हारे घर में कौन कौन है”

लड़का “एक बीवी और दो बच्चे”

एक सज्जन परेशान थे

दोस्त ने पूछा क्या हुआ

बोले लेटर बॉक्स में एक चिट्ठी आई है कि मेरी बीवी से इश्क़ बन्द कर दो नहीं तो जान से मार दूंगा

दोस्त बोले तो फिर बंद कर दो

सज्जन - चिट्ठी गुमनाम है समझ नहीं पा रहा हूँ

किसकी बीवी से बंद करना है

रात को चोर आये सर पर बटूक रखकर बोले

बताओ माल किधर है

मैने कहा पड़ोस में

सालों ने हँसते हँसते पीटा

अदालत में अगर कसम खिलाने कि बजाये चार पेग

पिलाये जाँँ तो सच सामने आने की ज़्यादा संभावना है

**Raj Saneja**



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India does not need to become anything else. India must become only India. This is a country that once upon a time was called the golden bird.

**Narendra Modi**

## **Brief Notes on Ashtanga Yoga from Yoga Sutra of Patanjali Maharishi ji**

The Yoga Sutra of Patanjali ji is a collection of Sanskrit sutras on the theory & Practice of yoga. Patanjali ji's yoga is mind oriented and meditation which is the highest practice. Swami Vivekananda ji said Patanjali ji's yoga is Raja Yoga. While Swami Swatmarama ji said in Hathayog Pradipika that Hatha yoga is a staircase leading to Raja Yoga.

Patanjali ji's Yoga Sutra has total 195 Sutras and the following four chapters:

- Samadhi Pad - 51 Sutras
- Sadhna Pada - 55 Sutras
- Vibhuti Pada - 55 Sutras
- Kaivalya Pada - 34 Sutras

The following are the 8 Lims of Patanjali ji's Ashtang Yoga:

**Yama** (ethical vows in the Yogic tradition and can be thought of as moral imperatives). The following are the five yamas listed by Patanjali in Yogasutra:

**Ahimsa** (Deefnbmee) : Nonviolence, non-harming to other living beings through actions, speech and thoughts.

**Satya**: truthfulness

**Asteya**: non-stealing

**Brahmacarya**: not only sexual restraint but control over your emotions.

**Aparigraha**: Non-greed, nonpossessiveness

**Niyama** - observances which includes virtuous habits, behaviours and observances.

**Shaucha**: Purity, clearness of mind, speech and body.

**Santosh**: Contentment, acceptance of others, acceptance of one's circumstances

**Tapa**: In yogic context it means persistence, perseverance

**Svadyaya**: Self-study, self-reflection, introspection of self's thoughts, speeches and actions, study of scriptures

**Isvarapranidhana**: Contemplation of the Ishvara (God, Supreme Being, Brahman, True Self, unchanging Reality)

**Asana**: Physical postures. Asana is thus a (meditation) posture that one can hold for a period of time, staying relaxed, steady, comfortable and motionless. Patanjali does not list any specific asana

**Pranayama**: control of the prana (breath). Pranayama, is the practice of consciously regulating breath.

**Pratyahara**: It is a combination of two Sanskrit words, Prai (the prefix "against") and Ahara (food or any intake (could be through sense organs like eyes etc). Hence, it means not taking any input or any information from the sense organs, consciously closing one's mind processes to the sensory world

**Dharana**: concentration Dharana (Sanskrit) means concentration, introspective focus and one-pointedness of mind. The root of word is dhru which has a meaning of "to hold, maintain, keep".

**Dhyana**: meditation Dhyana is contemplating, reflecting on whatever Dharana has focused on. Dharana is a state of mind, Dhyana the process of mind

**Samadhi**: absorption Samadhi is oneness with the subject of meditation

Article written by **Nirinder Jalpota**

References: **Yoga Margadarshika, Shri Ambika Yoga Kutir, Ministry of AYUSH, Govt. of India**

### **April Birthdays/Anniversaries**

#### **Happy Birthday**

Anil Beri	Rakesh Sehgal	Nirmal Kanta Lal
Amarjit Kaur	Sant Bajaj	Tarlochan Rekhi
Rakesh Bahl	Rakesh Sachdev	Reema Devi
Anita Khosla	Usha Chawla	Rakesh Sehgal
Kiran Bajaj	Asha Sood	Gurcharan Singh Gurwant
Raj Kumari	Anand Tandon	Urmila Nanda
Onkar Goyal	Darshan Kapoor	

#### **Happy Anniversary**

Mr and Mrs Sushil and Veena Kumar

Mr. and Mrs. Mohindera and Rita Nath Malik

Mr and Mrs Naresh and Manju Aggarwal

Mr. & Mrs. Veena & Narinder Kumar Sharma

### **Mobile Library**

Last month, Mr Mrityunjay Singh of South Asian Hindi School, Kogarah was kind enough to bring a mobile library of Hindi/English books to our meeting for members to borrow without any charge or fee. He will be doing this in every meeting.

AHIA thanks Mr Singh for his selfless services and generosity.

\*Please bring the borrowed books for return/

### **Membership Renewal**

Please renew your membership at the Seniors meeting

## HUMAN NATURE-LOVE and HAPPINESS

The very purpose of life is to seek love and happiness. If you have a good heart, you will be a happy person, have happy family, good friends, happy relations, a happy society etc. Positive attitude and clear thinking, compassion, love, self-satisfaction, laughing, smiling and joy cause happiness.

Question. How can you lead a happy life?

Answer. As human beings we all want to be happy and free from misery. The key to happiness is inner peace. The greatest obstacles to inner peace are disturbing emotions such as anger and attachment, fear and suspicion, while love, compassion, and a sense of universal responsibility are the source of peace and happiness. (Quote from Dalai Lama.)

Life is a beautiful journey. To perform this journey, you require righteousness (Dharma), economic prosperity (wealth), fulfilment of desires (karma) and liberation (Moksha). We should have material facilities and spiritual sustenance as well. We should keep a balance between both of them. Without spiritual sustenance, it is difficult to have happiness and maintain peace of mind.

If you have happiness within, you cannot help radiating happiness and sharing it with others. You go to a happy person, he will automatically make you happy. He will relax you in two minutes. If you go to a miserable person, he will make you miserable within a very short time.

If we live in the will of God, and if we are grateful to him, whatever he has given to us according to our karmas, then we are extremely happy. Then we treat happiness and sorrow on the same footing. Acceptance and gratitude bring us peace of mind and happiness.

We should always keep clean the chamber of our heart, as God is within everybody in the form of Word, Name or

Shabd, and our soul is essence of God. This Shabd is the creative power of God through which it sustains the whole universe. The soul can merge into God if we purify

our soul through meditation. We will get released from the bondage of birth and death and have peace, happiness, bliss and love of God.

When our desires remain incomplete or unfulfilled, we feel sad. We should spend less money than our income, so that we have not to beg from others and could meet the necessities of our life. We should not lead a luxurious life.

We should try to lighten of our heavy load of karma by devoting some time in the love and devotion of God, and by being good human. This would give strength to face happy or sorrowful circumstances or events destined to lead our life.

Don't worry, be happy and make every moment of your life enjoyable. If we talk too much about the past, we avoid the present. There is no need to investigate the past, as that would drag us into unnecessary thoughts, emotions, desires, reactions, circumstances, happy or unhappy, which took place in our life. Also do not fear the circumstances or events that may take place in our life in the future; as they may not even take place.

Laughing, like walking, is healthy medicine for life, which cures most of our illness, and rectifies our problems. However, to remain happy, we should have a positive attitude, a kind heart, be humble and lead a simple life. We should be caring, sympathetic and have peace of mind. We all have to struggle hard to face our problems. However, we should not worry about the problem, but think wisely to find a solution to the problem. If solution is there, then why to worry and if there is no solution to a problem, then leave everything upon the nature and need not worry. Under both the circumstances, remain happy.

Let us form the habit of doing some yoga exercises early in the morning

even on bed, sports mat or a carpet and thereafter having healthy and energetic breakfast, devote sometime in worshipping or in the devotion of God and thereafter start work honestly and with full responsibility. The evening time may be spent in walking and loving and caring the family members and other such activities. If we could devote sometime in remembering the All-merciful Lord before going to bed, we will have peace of mind and happiness throughout the day.

It is said that God is comedian to an audience that is too afraid to laugh, smile and enjoy happily. It was time when Holi festival was being celebrated everywhere. God remembered how as Lord Krishna he had played colourful Holi with Radha and other Gopies and enjoyed Ras Leela. He with his magic powers created two large rooms and decorated them with beautiful rainbow colours. In both the rooms, tables and chairs were kept, and on each table some plates full of Gulab Jamun and very long spoons were placed. In one room everyone from Hell was sitting and in the other room, everybody from Heaven was sitting on the chairs. God instructed them to celebrate Rangwali Holi and enjoy eating sweet Gulab Jamun with those lengthy spoons and be happy. Next day God with some angels went to visit both the rooms. They found that everyone from the Hell was feeling sad and miserable as they could not put Gulab Jamun in their own mouth as the spoons were quite lengthy. On the other hand, they found that everyone from Heaven in the other room was laughing, smiling and happily enjoying the taste of Gulab Jamun. The reason was that everyone was picking up Gulab Jamun with those lengthy spoons, but instead of putting Gulab Jamun in his own mouth, was placing in the mouth of others and hence, everybody was happy to enjoy its taste. This shows that happiness lies in sharing, giving and caring of others.

**Roshan Lal Gakhar**



## Highest Railway Arch and concrete Bridge over River Chenab in Jammu India near completion

It is Engineering Marvel expected to open to traffic in 2024.

Chenab bridge is arguably the biggest civil-engineering challenge faced by any railway project in India's recent history and is part of the Udhampur-Srinagar-Baramulla 272 kms long rail link project, aims to boost connectivity in J&K India. The bridge site is about 42kms by road from Reasi town towards Srinagar.

After various preliminary designs and safety considerations and safe design was prepared construction on site of steel arch bridge over the river Chenab in the Reasi district of Jammu and Kashmir by Indian Konkan Railway and Afcons on site started in 2017 and now near completion.. The bridge stands at over 359m above the riverbed and 1315m long. Bridge features steel and concrete Arch Bridge having 17 spans and longest arch span of 467m. It is the highest railway bridge in the world, 35 meters taller than the iconic Eiffel Tower in Paris, France. The bridge's construction



involved highly skilled engineering design, difficult geological and harsh site conditions,

the fabrication of blast proof 28,660 MT special steel on site, huge earth and concrete works.

Photo taken by Kali Gupta 25 Sept 2022

I was born at Reasi and completed my schooling at Reasi. I visit to my birthplace every time we go

to India. Last time I visited Reasi on 24 to 27 September 2022 and travelled to Bakkal village to see the Chenab Railway bridge site with Railway Engineers to view the engineering feat. I was imaged to see such a huge blast proof steel arch concrete structure and it was difficult for me to imagine how such a huge structure was built in harsh conditions. The mighty Chenab River looks like a small stream from the top of the bridge.

The trail run by small train has been completed and bridge is expected to open for traffic from Udhampur, Srinagar to Barramulla in 2024.

**Kali Gupta**

### हिसाब क्या रखें !

समय को इस अनवरत बहती धारा में,  
अपने चन्द सालों का हिसाब क्या रखें।  
जिन्दगी ने दिया है जब इतना बेशुमार यहाँ,  
तो फिर जो नहीं मिला उसका हिसाब क्या रखें।  
दोस्तों ने दिया है इतना प्यार यहाँ,  
तो दुश्मनी की बातों का हिसाब क्या रखें।  
दिन है उजाले से इतना भरपूर यहाँ,  
तो रात के अन्धेरो का हिसाब क्या रखें।  
रबुड़ी के दो पल काफी हैं खिलने के लिए,  
तो फिर उदासियों का हिसाब क्या रखें।  
हसीन यादों के मंजर इतने हैं जिन्दगानी में,  
तो चन्द दुख की बातों का हिसाब क्या रखें।  
चाँद की चाँदनी जब इतनी दिलकश है,  
तो उसमें भी दाग है ये हिसाब क्या रखें।

—x—x—x—

कमलेश चौबे

**AHIA executive wishes all  
members a very Happy  
Vaisakhi**

## Soil Guide: Everything You Need to Know About Soil Types (Part 1)

Good gardeners know that **90% of the success of their produce comes from the soil**. While the care you take for your plants is important, you will have to put huge amounts of work in controlling and keeping the soil in proper growing



condition. The perfect soil varies for the different plants you grow. Some plants like soil on the more acidic side, while others enjoy neutral or sweeter pH. But first, let's talk about the essence of soil.

### What is soil?

The soil is a living substance containing different elements whose interaction determines the health of the plants. **Soil contains minerals, such as sand, silt and clay.** The proportion of minerals in the soil determines the texture. It is the organic matter called humus that determines the soil's fertility.

The humus is constantly being regenerated by the living organisms, contained in the soil. The ground is full of microorganisms. The microorganisms facilitate the absorption of carbon in the soil, producing the polluting effects which contribute to climate change. By merging with roots, bacteria and fungi protect the plant from disease and provide it with water and all the nutrients it needs.

So, when you study the soil of your

garden it's helpful to grab a shovel and dig a hole. It needs to be big enough to reveal a vertical section of soil that ranges from the surface to the underlying rock – referred to as a soil profile.

The soil profile is somewhat like the soil's fingerprint. It will differ from other soil samples based on factors like its colour, texture, structure and thickness, as well as, its chemical composition.

Each layer of a soil profile is referred to as a soil horizon. These horizons are identified by letters. Horizon "A" is the upper layer or the topsoil, which is closest to the surface. As you move deeper into the layers of the soil profile you have horizon "B"

and "C", giving us the three main horizons.

### The importance of soil health

One gram of plant-covered soil contains about 1 billion bacteria from **between 5 000 and 25 000 species**. The other star of the soil is the earthworm, of which there are around **25 000 per hectare**.

In one year several thousand tons of earth pass through the digestive tract of just a single earthworm. Worms also create tunnels, which help plants access the nutrients and speed up the absorption of water, which also prevents soil erosion.

Soil health has a direct impact on human health, so it's important to take care of it well enough. Some effective ways to maintain good soil quality is through **composting**, practising crop rotation, **fertilizing** with green manure and by not harming its underground organisms by digging or ploughing it up.

Because if **plants are deprived of natural nutrients**, the fruits

and vegetables that they produce will be of inferior quality, meaning they will be low in vitamins and central nutrients.

### Types of soil

There are three basic types of soil – **Sand, Silt and Clay**, but most soils are composed of a combination of the different types. The mixture determines the texture of the soil, or in other words, how the soil looks and feels.

In addition to the three basic soil types, gardeners can benefit from **peat** and **saline soils**. And, of course, the **loam soil**, which we consider a type of soil, even though it is really a combination of sand, silt and clay. The soil that will fit best your needs is determined by the type of plants that you're growing.

### Sandy soil

Sandy soil is greyish-brown in colour. It is very dry, and it's also one of the soil types that are hardest to grow in. It consists of small, weathered rocks and because of this, it can't retain water well. Sand is fairly coarse and loose so water is able to drain through it easily. While this is good for drainage, it is not good for growing plants because the sandy soil will not hold water or nutrients.

In fact, sandy soil is used to improve the drainage for other soils. Sand warms up much quicker than other soil types and it can be used as a way to warm up the ground after winter.

### Sandy soil characteristics:

- Very Dry
- Grey/Brown in colour
- Vary hard to grow plant in it
- Great for improving the drainage of your current soil

Compiled by Raj Batra Copyright@Shutterstock.com



## Clean Up Australia Day on Saturday 1 April 2023



AHIA organised Clean Up Australia Day on Saturday, 1 April 2023 at 9:30am around field 6, Fred Caterson Reserve Castle Hill NSW. The event was circulated to members by emails and published in the AHIA Sandesh. A clean up kit containing gloves, garbage bags, first aid kit, sharps box, high visible jackets etc was received from Clean Up Australia.

15 Members of AHIA Team joined the event and gathered at Field 6, Fred Caterson Reserve under the shelter. Members were given pickers to collect the rubbish by AHIA and few brought their own. The gloves and bags were distributed and then members spread in groups of 2 around the reserve to collect the rubbish. Teams came back after one hour with rubbish in the bags.

Members brought snacks, water, soft drinks, and tea and enjoyed the get together. Rubbish bags were packed and put near the council garbage collection bins. The event finished around 11.30am. AHIA thanks to members attended the Clean Up Australia Day.



**Kali Gupta, Public Officer**



