

AUSTRALIAN HINDI INDIAN ASSOCIATION (AHIA)

-the Association that cares



Sandesh सन्देश

incorporating

Seniors Newsletter

Established 1994:

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President: Sushma Ahluwalia

Editors: Sant Bajaj/Raj Batra

Secretary : Mohinder Kumar



Happy Independence Day

Happy Raksha Bandhan Day

Seniors Meeting on 8 July, 2023

Hello Every One,

I hope everyone is well. As the weather is slowly warming up and days are gradually getting longer, Spring is not too far.

At our July's Seniors meeting, all who attended enjoyed immensely singing session presented by the Natraj Academy, with melodious songs sung by the very talented Academy members. We sincerely thank Mr Avijit Sarkar for Natraaj Academy presenting the musical after-noon show to the Seniors as always he has supported Seniors for many years.

In our next Seniors meeting, we will be celebrating India's Independence Day. On the day, a musical program will be presented by Nautanki Theatre Company, a non-profit organisation, the voice of the South Asian diaspora. They will sing patriot songs and other songs which will give opportunity to members to join in and dance.

Please note our next Morning Walk is on the 16 September'23 from 9 am to 10 am at the Rhodes walking area near the Parramatta River. We will advise meeting point very soon.

I look forward to welcome you at our next Senior's meeting on Saturday 12th August'23, until then please take care.

With best wishes

Sushma Ahluwalia

President

Dear Members,

Hope this finds you well.

AHIA's next seniors' meeting will be held from 1 pm to 4 pm on Saturday, 12 August 2023 in the Grevillea Room at the Wentworthville Community Centre, 2 Lane Street, Wentworthville NSW 2145.

Please join us at the meeting and encourage your friends to come along as well if they wish to become a member of the AHIA family.

The flexible agenda includes - Welcome address, good wishes for birthdays and wedding anniversaries, a grand celebration of our Independence Day, 15 August – a musical program by Nautanki Theatre Company, a Bingo session if time permits, followed by tea and refreshments.

Please note that the next AHIA Morning Walk is from 9 am to 10 am on Saturday, 16 September. The venue is Rhodes Foreshore Park, LOT 142 Shoreline Drive, Rhodes. The meeting point is near the Kid's play area at Rhodes Foreshore Park. Here is the link to the venue:

https://maps.app.goo.gl/PiCFsDjEEv5wFpoo8?g_st=iw

AHIA's most popular Diwali event is also getting close. It will be held from 5 pm to 11 pm on Saturday, 4 November 2023 at Grand Royale Hall at Granville. AHIA's executive team is in the final stages of making the necessary arrangements. You will be advised of further details in due course.

We are pleased to share great feedback for the mobile Hindi library at our Senior Meeting. If you wish to donate any books, please discuss it with Mr Singh. Thank you, Mr. Mritunjay Singh Ji for doing this voluntary work for our Indian community.

With best wishes,

Mohinder Kumar



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INSIDE THIS ISSUE

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World moving towards a new world order: PM Modi to Indian diaspora in France

Amidst the present state of affairs, the world is moving towards a new world order, asserted Prime Minister Narendra Modi during his address to the Indian diaspora at the iconic La Seine Musicale. Earlier, he got a rousing welcome from the Indian community in Paris after landing in the French capital for his two-day visit to France.

We make mini-India wherever we go in the world, said PM Modi in his opening remark to the Indian diaspora amidst loud cheers from a packed crowd.

Reminiscing about his old connection with France, the prime minister said that he has visited the country many times, but this time it is special.

"It's a special occasion to come to France. Tomorrow is a national day of France. I congratulate the people of France on this day, and I thank people for inviting me on this occasion," said Modi.

The capability and the role of India is changing fast. At this time, India is the President of the G20 group. It's for the first time, in a country's Presidency, that more than 200 meetings are being held across the country, said Modi.

While talking about the India-France partnership, Modi said that people-to-people connect is the strongest foundation of the India-France partnership and both countries are tackling many challenges of the 21st century together.

"Heritage or history, art or aesthetics, craft or creativity, cuisine or culture of both countries bring us together. The popularity of France footballers is immense in India. Footballer Mbappe probably has more fans in India than in France," he added.

At this crucial time, the importance of the strategic partnership between our countries has increased even more, he added.

"Be it climate change, supply chains, counterterrorism or counter-radicalism, the world is looking to India," Modi added.

"Your (members of the Indian diaspora in France) contribution towards improving the Indo-French relationship will be written in history in golden words," said PM Modi.

India is mother of democracy, model of diversity and world has also come to believe that it won't take long for India to become USD 5 trillion economy, he added.

Highlighting his 2015 France visit, Modi said that during that visit he paid tribute to the thousands of Indian soldiers who sacrificed their lives in the First World War.

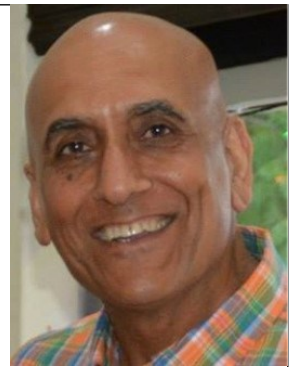
Around 100 years ago, these soldiers laid down their lives to protect the pride of France, he added.

Talking about Unified Payments Interface (UPI), Modi said that India and France have agreed on the UPI payment mechanism. It will begin from the Eiffel tower which means Indian tourists can pay in rupees, he added.

"Indians studying Masters in France will get a 5-year long term post-study visa," Modi added.

The prime minister had been invited as the Guest of Honour by French President Emmanuel Macron to attend the Bastille Day Parade. The parade will see the participation of a 269-member Indian tri-service contingent..

Source: The Economic Times

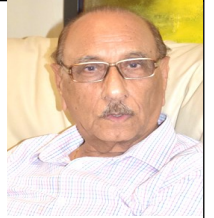


मित्रता दिवस की हार्दिक बधाई एवं शुभकामनाएं	बहुत याद आते हैं....अब जाने कौन सी नगरी में, आबाद हैं जाकर मुददत से....मैं देर रात तक जागूँ तो , कुछ दोस्त बहुत याद आते हैं....कुछ बातें थीं फूलों जैसी,कुछ लहजे खुशबू जैसे थे,मैं शहर-ए-चमन में टहलूँ तो,कुछ दोस्त बहुत याद आते हैं.सबकी जिंदगी बदल गयी,एक नए सिरे में ढल गयी,किसी को नौकरी से फुरसत नहीं...किसी को दोस्तों की जरूरत नहीं....सारे यार गुम हो गये हैं... "तू" से "तुम" और "आप" हो गये हैं....मैं गुजरे पल को सोचूँ तो, कुछ दोस्त बहुत याद आते हैं....धीरे धीरे उम्र कट जाती है...जीवन यादों की पुस्तक बन जाती है,कभी किसी की याद बहुत तड़पाती है... और कभी यादों के सहारे ज़िन्दगी कट जाती हैकिनारों पे सागर के खजाने नहीं आते,फिर जीवन में दोस्त पुराने नहीं आते...जी लो इन पलों को हस के दोस्त, फिर लौट के दोस्ती के जमाने नहीं आते हरिवंशराय बच्चन
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Membership Renewal

Please renew your membership at the Seniors meeting

“आता है याद मुझको गुजरा हुआ ज़माना”



पुरानी बातें अक्सर याद आती रहती हैं। कल, ऐसे ही बैठे बैठे फिर कुछ बातें याद आईं।

क्या ज़माना था? क्या लोग थे? याद आ रही है, चूनीलाल साइकिल वाले की।

चूनी लाल करीब ३० साल का, गठे बदन और गंदमी रंग का फुर्तीला जवान था। बड़ा भला आदमी था, अपने काम में कॉफी निपुण था और बड़ी मेहनत से काम करता था। उसने अपनी हेल्प के लिए दो छोटे लड़के भी रखे हुए थे जो इधर उधर का काम करते रहते थे। मेरे पास जो साइकिल थी वो काफी पुरानी थी और उसमें कुछ ना कुछ खराबी होती ही रहती थी। मैं उसे चूनी लाल के पास ले जाता था और वो उसे फिक्स कर देता था, खासतौर पर पंकचर की बड़ी समस्या होती थी।

चूनी लाल उस साइकिल को जमीन पर लिटा, टायर से ट्यूब निकाल- उसमें हवा भरकर एक तसले के पानी में घुमा घुमाकर, पता कर लेता था कि पंकचर कहाँ हुआ है, फिर वो उस पर निशान लगा ट्यूब की हवा निकाल उसे सुखाकर उस पर एक रेती से या एक रेगमार से अच्छी तरह से रगड़कर उस पर एक लोशन लगाता था जिसे वह फूंक फूंक कर सुखाता, फिर एक छोटा सा टुकड़ा फटी हुई पुरानी ट्यूब से लेकर उस पर भी वह वही काम करता, फिर वो टुकड़ा ट्यूब के उस हिस्से पर रख देता और खूब ज़ोर से दोनों हाथों से दबाकर उसे चिपका देता। अब पंकचर लग चुका था, लेकिन ठीक लगा है या नहीं उसे फिर से टेस्ट करने के लिए वो उसमें हवा भरता, उसे फिर वही पानी के तसले में घुमाता। जब उसे पूरी तसल्ली हो जाती कि पंकचर वाले एरिया से कोई हवा नहीं आ रही है, तो ट्यूब को फिर टायर के अंदर धकेलकर, पूरे तरह से हवा वाली टूटी या वॉल्व को भी सेट कर के टाइर को फिर हाथों से रिम के ऊपर अच्छी तरह से फिक्स करके बंद करता और फिर उसमें हवा भरकर साइकिल को खड़ा कर देता।

कितना जोखम का काम था!

चूनी लाल की दुकान के बाहर एक बड़ा इंट्रेस्टिंग बोर्ड लगा हुआ था जिसपर लिखा हुआ था,

‘जाते हो किधर, किधर का खयाल है- बीमार साइकिलों का यही अस्पताल है।’

प्रोपराइटर चूनी लाल

चूनी लाल की दुकान के सामने एक हलवाई, जिस का नाम मंगतराम था, की दुकान थी।

पतला सा, मैली धोती में और मैली ही बनियान पहने रहता था। वह आम तौर पर जलेबी और घेवर ही बनाता था और सारा दिन भट्ठी पर बैठा रहता था। उसकी बनाई हुई घेवर मिठाई इलाके भर में मशहूर थी।

ये घेवर हरियाणा में खासतौर पर बहुत पॉपुलर हैं। यह एक मक्खियों के छत्ते की तरह गोल सा होता है। इसे गर्म तेल या घी में अच्छी तरह से तल कर इसके ऊपर चीनी की चाशनी डाली जाती है, और ठण्डा होने के बाद उसे बड़े मज़े से खाया जाता है। शादी ब्याह में यह एक स्पेशल डिश गिनी जाती है। दिवाली के मौके पर मंगत राम चीनी के रंग बिरंगे खिलौने, जो हाथी, घोड़े -कई प्रकार के जानवरों की शकल में होते थे, बनाता था -जो बच्चों में बहुत पॉपुलर होते थे।

मंगत राम की एक बात सबको अच्छी लगती थी वह हर समय मुस्कराता रहता था।

और हंसराज को भूलना तो और भी मुश्किल है। उसकी दुकान मंगत राम की बगल में थी और उसका सब्जी का थोक का - अर्थात् छोटे छोटे किसान अपनी ताजा सब्जी सुबह उसके पास लाते और वहाँ छोटे छोटे दुकान वाले खरीदने के लिए आकर उसकी बोली लगाते या हंसराज फिक्स किए हुए रेट पर वे अपनी जरूरत के हिसाब से ले जाते।

हंस राज करीब ३०-३५ वर्ष का, दरमियाने क़द का और जरा फेयर कलर का था।

हंसराज आँखों का चश्मा पहनता था, जो हमेशा उस की नाक के अंत तक लटका रहता था और ऐसे लगता था कि अभी गिर जाएगा, परन्तु वह उस के ऊपर से देखता रहता था और बड़ा अजीब लगता था।

वह १९४७ में पाकिस्तान से भारत के विभाजन के बाद यहाँ आकर बस गया था। पाकिस्तान में तो उस केपिता की कपड़े की बहुत बड़ी दुकान थी और वह उसी दुकान पर काम करता था।

हंसराज की दुकान के बाहर दो एक चारपाई पड़ी रहती थी जिन पर उर्दू और हिंदी के दो अखबार रखे रहते थे, जिन्हें उस की दुकान पर आने वाले लोग पढ़ते थे।

चूनी लाल, मंगत राम और हंसराज की तरह के कुछ और लोग भी हमारी कहानी के पात्र हैं, जिनके बारे में फिर कभी बात करेंगे।

छोटे गांव में रहने का जो मज़ा है वह बड़े शहरों में कहाँ ? बड़े बड़े शहरों में तो आदमी गुम हो जाता है- ना प्रेम और न आपसी भाईचारा, शहरों में हर एक अपनी ही फिकर में रहता है, पड़ोसी, पड़ोसी को नहीं जानता। गांव में सब लोग एक दूसरे के दुख सुख में काम आते हैं।

इसीलिए वह ज़माना, रह रह कर याद आता है।

सन्तराम बजाज



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August Birthdays/Anniversaries

Happy Birthday

Parvathy Parvathy	Gurharwant Sandhu
Umesh Taneja	Rakesh Bahl
Pushplata Sharma	Roshan Arora
Poonam Gupta	Ramesh Panwar
Subhash Bhargava	Pushp Ralhan
Vithal Sampat	Jagdish Mitter
Ritesh Shroff	

Happy Anniversary

Mr. & Mrs. Poonam & Ravinder Gupta

Mr. & Mrs. Inderjeet & Amarjit Bakshi

Mr. & Mrs. Ajaib & Jagjit Sidhu

Mr. & Mrs. S. P. & Adarsh Gupta

सुदेश गर्ग ---:

गुरु पूर्णिमा पर एक प्रणाम 🙏

उन गुरुओं के नाम (जिनमे एक मेरे पापा भी थे) जो कि आजीवन साइकिल से चले लेकिन हज़ारों जीवन उन्होंने कारों में चलने लायक बनाये।









गुरु ज्ञान है गुरु ही ध्यान है,
सर्वत्र महिमा गुरु की महान है *
जीवन एक विशाल विद्यालय है , समय इस स्कूल का शिक्षक है , प्रकृति प्रदत्त शिक्षा ग्रहण करे*
जीवन मे जो सफलता के गुण सिखाए , हर उस शख्सियत को प्रणाम 🙏

लोक परलोक परब्रह्म का ध्यान करे*
बुद्धि, सिद्धि, का मनन करे*
लोकहितकारी, सार्वदेशिक है गुरु महिमा*
त्रिकालदर्शी, कालजयी है गुरु की महिमा*
अध्यात्म, मानवता सिखाती है गुरु महिमा*
एक गुरु परिवर्तन और क्रांति का दूत भी हैं।
दैवीय शक्ति से परिपूर्ण भी हैं, हमारे गुरु।
मानव जाति का सर्व कल्याण भी कराते हैं गुरु,

हे गुरुवर तुम्हे प्रणाम 🙏 🙏 🙏 🙏

11:03

🌟 INDIA ON TOP 🌟
Thanks to India's superb showing at Archery World Championships with 3 GOLD & 1 Bronze medal, India finish on TOP of medal standings.
🌟 This is the 1st TIME EVER India have achieved this stupendous feat 🌟

MEDAL STANDINGS					
		GOLD	SILVER	BRONZE	TOTAL
1	 INDIA	3		1	4
2	 KOREA	2		1	3
3	 TÜRKİYE	1	1		2
3	 POLAND	1	1		2
3	 GERMANY	1	1		2
6	 CZECH REPUBLIC	1			1
6	 USA	1			1
8	 MEXICO		3	1	4

Mobile Library

Every month, Mr Mrityunjay Singh of South Asian Hindi School, Kogarah is 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 in future. AHIA thanks Mr Singh for his selfless services and generosity.

****Please bring the borrowed books for return/Renewal in the meeting**



क्रोध क्यों आता है ?

1. जब अपने को श्रृंगत दूसरे को wrong समझते हैं, तो क्रोध आता है।
2. मोह होता है, तो क्रोध आता है।
3. जब दूसरों से कुछ चाहते हैं और नहीं मिलता, तो क्रोध आता है।
4. जब हमारे सख में कोई विघ्न डालता है, तो क्रोध आता है।
5. जब मान नहीं मिलता, तो क्रोध आता है।
6. जब अपमान होता है, तो क्रोध आता है।



क्रोध से क्या होता है? x x x

1. क्रोध से रक्त जलता है।
2. क्रोध में सोचने की क्षमता कम हो जाती है।
3. क्रोध में B.P. बढ़ता है।
4. क्रोध से हम अपनी energy waste करते हैं।
5. क्रोध से हम अपने आत्म बल से गिर जाते हैं।
6. क्रोध भी हमें कुछ सिखा के जाता है।

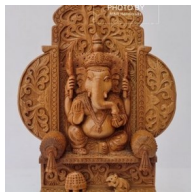
Sharda Sharma

अब सोचें क्रोध करना चाहिए या नहीं।

Sandalwood (चंदन)

Indian sandalwood

(*Santalum album*) and Australian sandalwood (*Santalum spicatum* or *Fusanus spicatus*) are considered two of the most coveted varieties. Sandalwood paste (चंदन) is revered in India in Hindu worship. Sandalwood is native to Southern Indian States of Karnataka, Tamil Nadu, and Kerala. It is also grown in Sri Lanka, Timor Leste, Indonesia, Malaysia, the Philippines and in northern Australia. The heartwood contains sandalwood's healing and aromatic properties. Indian sandalwood has a long and sacred history of many thousands of years to calm the mind and relieve anxiety. Due to its high value, there is over-exploitation. Indian sandalwood demands higher value due to its high *santalol* content. It is estimated that 90% of Indian sandalwood in the marketplace is sourced from illegally harvested wood in India and Indonesia. Indian sandalwood is now grown in Northern and Western Australia by Quintis Sandalwood. The perfume extracted from sandalwood is used



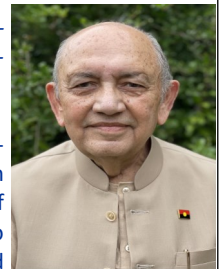
in the preparation of incense sticks, toilet soaps and powders. Sandalwood carvings of gods and goddesses form part of artistic skills of Indian craftsmen. Sandalwood is very sacred in the Hindu wholistic medical system of *Ayurveda*. Sandalwood oil has been used as an antiseptic and astringent, and for the treatment of headache, stomachache, urinary and genital disorders, and for the treatment of inflammatory and eruptive skin diseases to help soothe anxiety and sleeplessness.

Australian Sandalwood has also been used for thousands of years by the Aboriginal communities, *Noongar* people for its therapeutic and spiritual benefits. The Aboriginal elders chewed on the nuts to release the active ingredients and create a paste, which was applied to skin to treat ailments, protect, and heal superficial skin wounds and to soothe aching joints. The elders also ingested the paste considering it as good for health. They burned the wood of the tree to create a natural mosquito repellent, inhaling its beautiful scent to holistically heal the mind, body, and spirits. According to the National Aboriginal Health Strategy, Aboriginal health is viewed as *“not just as the physical well-being of the individual, but emo-*



tional and cultural well-being of the whole community."

There are so many similarities between Indian and Australian use of Sandalwood. We also share many spiritual and cultural similarities between the Australian Indigenous people and people of Hindu faith as we know that there was migration from India to Australia over 4,320 years ago according to the Max Planck Institute Research published in 2013.



Vijai Singhal

References:

https://en.wikipedia.org/wiki/Santalum_album
<https://quintis.com.au/q-lab-knowledge-centre/blogs/sovereign-wisdom/>

- ◆ I don't carry the burden of the past or the madness of the future. I live in the present.
- ◆ Education makes life self-reliant. It inspires man to live with dignity in the society.
- ◆ Each one of us has a natural instinct to rise, like a flame of the lamp.

Narendra Modi

Seniors Meetings at 2 Lane Street. Wentworthville August 12 and September 10, 2023 from 1 to 4 PM

Humility

I have been reading and thinking a lot about Gratitude lately. It occurred to me that the concept of Humility seems closely related to Gratitude. Following are a few notes from my readings and thoughts about Humility.

Deriving from the word humus (earth), Humility at first sight appears to clash with our current valuation of self-worth and self-realisation.

But humility has nothing to do with meekness or weakness. Nor does it mean being self-effacing or submissive. Humility is an attitude of spiritual modesty that comes from understanding our place in the larger order of things.

An accurate understanding of our strengths and weaknesses is a core feature of humility - counter-reaction to a "The Narcissism Epidemic", and "age of entitlement." Paradoxically, a stubbornly low opinion of ourselves is also in contradiction to a humble view of ourselves. Extremely low self-

esteem, just as a narcissistic overvaluation of our talents, lacks accuracy. It is just an inverted form of self-obsession, another way of fixating on ourselves rather than directing our attention toward others.

Humility is a core value in many ancient ethical and theological frameworks. The Confucian form of humility, for example, is profoundly other oriented in spirit, consistently valuing the social good over the satisfaction of our individual aspirations. In this ancient Chinese form, humility can significantly

enhance social cohesion and our sense of belonging.

The Greek philosopher Socrates held that wisdom is, above all, knowing what we

don't know. He taught an intellectual form of humility that freely acknowledges the gaps in our knowledge and that humbly seeks to address our blind spots.

Aristotle understood humility as a moral virtue, sandwiched between the vices of arrogance and moral weakness. Like Socrates, he believed that humility must include accurate self-knowledge and a generous acknowledgment of the qualities of others.

Alongside compassion, forgiveness, altruism, gratitude, and empathy, humility belongs to "a cluster of virtues that bind society together". Adopting a more humble mindset without arrogance and pretentiousness increases our overall psychological wellbeing and ensures our social functioning. Thus, humility strengthens various social functions and bonds.

As a character strength, humility can be viewed as the opposite of pride, arrogance, and an inflated sense of our importance and talents. It is based on a fundamentally caring and compassionate attitude toward others.

A humble mindset has significant positive effects on our cognitive, interpersonal, and decision-making skills. Humility is directly related to our ability and willingness to learn, a way of constant self-correction and self-improvement.

Humility is also related to a general increase in positive emotions. As a consequence of experiencing less stress and fewer negative experiences with others, humility might be related not just to better mental health, but also better physical health.

Nature also has curative powers. It can put us back in our place. We can experience a powerfully self-importance-correcting sense

of awe by looking out to sea, peering down the edges of dramatic cliffs, touching the ancient trunks of towering trees, and viewing waterfalls, fast-flowing rivers, and still, deep ponds. We can feel humbled when we are reminded of the force of the elements – battered by strong winds, drenched by the heavens – or when we see zigzagging lightning light up the night sky.

Although we are the subject in our world, we must remember that we are an object in everybody else's. We are not the centre of the universe. This includes adjusting our perspective. Our time on this planet is limited. Our works and achievements are transient.

While other-orientedness is a core interpersonal feature of humility, some intrapersonal aspects of humility have been identified:

A willingness to see ourselves truthfully, An accurate perception of our place in the world, An ability to acknowledge our mistakes and limitations, Openness, Low self-focus and a "quiet ego".

And then there is the Relational humility - our "ability and capacity to prioritise the needs of the relationship. Humility in relationships can be transformational when we move beyond our selfish preferences and consider not just our partner's wellbeing, but the wellbeing of the partnership.

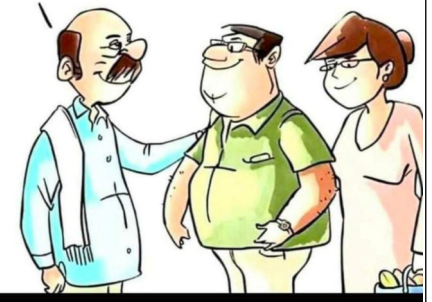
But that would be a larger subject on Empathy which I would like to explore with you another time.

Jagmohan Gilhotra



Good 😊 Morning.

Sensex is high,
Gold is very costly,
Properties are not affordable and
Banks are not reliable.
So, Invest in relationships, feelings and friendships!



दोस्ती

है

ऐ मेरे दोस्तो !! बराहे करम,
मुझपे इतना करम तो फ़रमाओ
दूर जाना अगर है मज़बूरी,
जहन से दूर तुम नहीं जाओ

आज का दौर दौरे-मुश्किल है,
कौन अब किसके काम आता है

सिर्फ़ एक दोस्त ही है
दुनिया में, वक्त पड़ने पे याद आता है

रिश्ते नाते तो हैं दिखावे के,
सब ज़रूरत के साथ चलते हैं

हो अगर सामने जो दोराहा,
बेझिझक रास्ता बदलते हैं

वे बहुत खुशनसीब होते हैं,
दोस्ती जिनको रास आती है

मीत सच्चा जो एक मिल जाए,
जिन्दगी सुख जगमगाती है

वक्त काटे से जब नहीं कटता,
घर का सन्नाटा जब डराता है
साँस लेना भी जब लगे बोझिल,
दोस्त ही दोस्त याद आता

दोस्ती की है शर्त बस इतनी,
कोई उम्मीद कोई आस न कर
सिर्फ़ देने की दिल में हो ख्वाहिश,
और लेने की कोई आस न कर

तेरे हिस्से की धूप में ले लूँ,
मेरे हिस्से की छाँव तुम ले लो ।
तेरे हिस्से का दर्द मैं ले लूँ,
मेरे हिस्से का चैन तुम ले लो

दोस्ती में अगर दिखावा हो,
वो कभी दोस्ती नहीं होती
दोस्ती में अगर छलावा हो,
वो कभी दोस्ती नहीं होती

बात कहता हूँ मैं तजुरबे से,
दोस्ती का है फ़लसफ़ा इतना
ना कोई शर्त, ना कोई शिकवा,
दोस्ती का मुआमला इतना

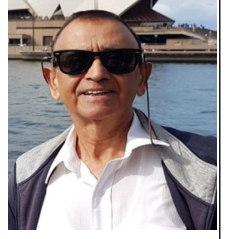
इसलिए ऐ शरीफ़ इन्सानों,*
दोस्ती का कुछ एहताराम करो।*

कृष्ण अर्जुन सी दोस्ती बनकर*,
दोस्ती को सदा सलाम करो

डॉ सुमन अग्रवाल

Karma Yoga - Actions (Open actions & inner experiences)

Vyasa Muni's commentary on Patanjali's Yoga Sutra states that Yoga means 'Samadhi', prevention of all actions of Chitta. The goal of Yoga may be one but paths for its achievements are many such as: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga (Patanjali), Hatha Yoga, Mantra Yoga, Budhi Yog (Bhagavad Geeta).



In this article for Sandesh Newsletter only Karma Yoga will be covered briefly. **The 3rd chapter** of Bhagavad Geeta entitled **KARMA YOGA कर्मयोग (Path of Action)** is covered in 43 verses. The summary of this chapter includes **six topics**: i) Introduces the Path of Action ii) An intellectual appeal for action iii) Emotional appeals for action iv) The technique of right action v) Impediments to right action vi) Ways to overcome the impediments

In chapter 2 (SANKHYA Yog (सांख्य योग) - The Yoga of Knowledge) of Bhagavad Geeta, Lord Krishna indicated that the tendency for a human being seek the fruit of action is normal; but having no exclusive attachment to immediate fruits of actions is Dharma i.e. doing Karma selflessly. The message in the following verses is very loud and clear and example of good Karma & Dharma.

Karma Yoga leads one to consider doing God's work in every moment of one's life. The Shrimad Bhagavad Geeta states that Karma Yoga purifies the mind as it is the spiritual practice of "selfless action performed for the benefit of others".

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।
मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि ॥ २-४७ ॥

Karmanyaevadhikarastae ma phalaeshu kadachana Ma karmaphalahaeturbhurma tae sangostvakarmani. (The Shrimad Bhagwad Geeta Chapter 2.47)

"You have a right to perform your prescribed duty, but you are not entitled to the fruits of action. Never consider yourself to be the cause (Hetu) of the results of your activities and never be attached to not doing your duty". That means, you should never be inactive or passive in actions. Consider yourself as a tool in the hands of the supreme consciousness and dedicate yourself in the selfless service as far as you can.

योगस्थः कुरु कर्माणि सङ्गं त्यक्त्वा धनञ्जय ।
सिद्ध्यसिद्ध्योः समो भूत्वा समत्वं योग उच्यते ॥ ४८ ॥

Yogasthna kuru karmani sangam tyaktva dhanamjaya, Siddhyasiddhyo samo bhutva samatvam Yoga uchyatae. (The Shrimad Bhagwad Gita Chapter 2.48)

Be steadfast in yoga, O Arjuna. Perform your duty and abandon all attachment to success or failure. Such evenness of mind is called **Karam yoga**. Yogi is not the one who becomes egoistic, though attains miraculous powers and would not be apprehensive about their non-attainment. Without having any complaints, he would render his services with utmost devotion, to the lotus feet of the Supreme Lord.

Presented by: Nirinder Jalpota, References: Swami Parthasarthy ji's Bhagavad Geeta, Yoga Course Notes, Ambika Yoga Kutir, Ministry of AYUSH, Government of India

Rabindra Nath Tagore

(7 May 1861 - 7 August 1941)

Rabindra Nath Tagore is regarded as an outstanding, creative Bengali poet, novelist and painter. He was influential in introducing Indian culture to the west and brought western thoughts to India.



In 1913, he got a Nobel Prize for literature for his work on Gitanjali. He was the First Non - European to receive the Nobel Prize.

His work has tremendously influenced the cultural horizon of Bengal. His dance, dramas and music (Rabindra Sangeet) is a unique style and very popular in homes and cultural activities.

He established Vishwa Bharati University in Bengal. The campus is popularly known as Shantikniketan. It is in Gurukul style of education where students study in the open under the Mango Trees.

He wrote The National Anthem of India and the National Anthem of Bangladesh. He was involved in the freedom fighting movement of India. He had a great friendship with Gandhi ji and referred to him as Mahatma. He is popularly known as Gurudev.

Compiled by: Onkar Nath Goyal

क्या आप उन चार लोगों को जानते हैं?

जिनकी वजह से हर घर में बड़े बूढ़े अपने बच्चों से कहते हैं हैं, बेटा/बेटी यह न करो, यह न पहनो, यह ठीक नहीं हैं वगैरह वगैरह, वर्ना चार लोग क्या कहेंगे. आखिर यह चार लोग हैं कौन जो सिर्फ हमारी दिनचर्या के बारे में सोचते रहते हैं। आपको किसी का नाम पता है। हम अपनी सारी ज़िंदगी बस यही सोच के गुजार देते हैं कि चार लोग क्या क्या कहेंगे और यही वो चार लोग हैं जो आपकी ज़िंदगी के आखरी सफर में कहते हैं राम नाम सत्य है। जिनकी तलाश आप जीते जी करते रहे वही चार लोग भगवान् आपके लिए आपकी आँखें बंद होने के बाद भेज देता है। वैसे यह सब वहम है, कोई कुछ नहीं कहता। किसके पास इतनी फुर्सत है की दूसरों के बारे में सोचें। शायद हमें डराने के लिए यह कहा जाता

है कि हम सोच समझ कर कदम रखे। कौन कब आपकी ज़िंदगी ज़हर बना दे, पता भी नहीं चलेगा। शुरुआत आपके अपनों से ही होती है, बाहर वाले तो घी में तेल डालने का काम करते हैं। जो आपके साथ जितना मीठा होगा वही आपका सबसे बड़ा दुश्मन होगा। जो कड़वा होगा, उसकी बात आपको कड़वी लगेगी लेकिन असल में वही आपकी कमज़ोरी आपको दर्शायेगा जिसे आप ठन्डे दिमाग से सुधार सकते हैं। किसी ने खूब कहा है तुम गैरों की बात करते हो, अरे हमने तो अपनों से ही धोखे खाये हैं पता नहीं लोग काँटों से बचके कैसे निकल जाते हैं, हमने तो फूलों से भी ज़ख्म खाये हैं। ज़िंदगी फूँक फूँक के चलने का नाम है, किसी की परवाह मत कीजिये कोई क्या कहता है। अगर

कोई आपको पत्थर मारता है तो उससे वापस पत्थर मत मारिये. बल्कि उन पपत्थरों को इकठा करके अपने लिए इमारत खड़ी कर लीजिये। देखा लोगों ने आपका बुरा चाहा था और आपने उस बुराई से अच्छाई निकाल के अपने लिए एक शानदार महल खड़ा कर लिया। कभी कभी किसी की बद -दुआ आपके लिए दुआ बन जाती है। इसलिए भूल जाइये उन चार लोगों को जिन्हें जीते जी आप देख नहीं सकते, खुशियां मनाइये उन चार लोगों के साथ जो आपके गम में भी शरीक होते हैं। वो कहते हैं न.. दोस्त वो नहीं होते जो आपके साथ तस्वीर में खड़े होते हैं। दोस्त तो वो होते हैं तो आपके साथ तकलीफ में खड़े होते हैं।

Recent New Projects In India

- ❖ TAC, an Ayurveda firm, has raised Rs. 100 crore for business expansion.
- ❖ Rajasthan plans to establish a film city in Jaipur with private participation1. GMDC has won two coal mines in Odisha under commercial coal block auction.
- ❖ Hyundai is set to acquire GM's Talegaon plant for manufacturing1. In Q1-Q3/FY23, 7,555 new projects worth Rs 21,14,773.27 crore were announced, with 280 mega projects accounting for around two-thirds of the total fresh investment announced.
- ❖ Fresh investments in the public sector increased by 91.52 percent during the first three quarters of FY23, with public sector companies announcing 4,768 new projects with an aggregate investment of Rs 7,54,970.70 crore.
- ❖ Other recent projects include the expansion of a sugar mill and co-generation power plant in Uttar Pradesh.
- ❖ The development of a digital twin for energy optimization by SoftTech Digital.

Compiled by राज बत्रा

AHIA celebrates Diwali on 4th November, 2023

Join us for festive fun with a Diwali Dhamaka on Saturday 4 November, 2023 from 6.30pm onwards

Time to take control of your retirement

Planning for your golden years can be thrilling, but the retirement landscape is changing quickly, and not everyone is keeping up. As more Baby Boomers approach retirement, there is a growing concern that super funds aren't doing enough to guide Australia's retiring generation through this phase of life.

Regulators have this week called for urgent action after a scathing review by the Australian Securities and Investments Commission and the Australian Prudential Regulation Authority, which assessed how super funds are implementing the retirement income covenant. This covenant, set up in 2022, requires superannuation funds to assist members who are close to retiring or have already stopped working to improve their retirements.

The report highlights that many Australians are unnecessarily holding back spending on their retirements, potentially leading to a lower living standard than what could be achieved with proper financial planning. It says the Australian community needs better assistance in using their superannuation savings effectively to create a good life in retirement.

APRA deputy chair Margaret Cole emphasises the importance of super funds providing assistance to their members as they plan for a sound financial future. If you're approaching retirement yourself, you understand how challenging it can be to navigate the complex financial information in both pre and post-retirement phases.

Unfortunately, many people at this stage of life are unaware that superannuation funds are mandated to help their members achieve good retirement outcomes, which means they might not even realise they are missing out.

So, where does that leave you? If you're feeling overwhelmed and unsure of where to start, fear not! Let's tackle this together and kick-start your retirement planning process while also demanding more support from the super fund sector. Here are seven steps to get you started:

Understand your life expectancy: Knowing how long you might live during retirement is crucial for planning. Consider that men who are 65 today are expected to live to 85, and women to 88, meaning you may need to plan for at least 20 years of retirement or perhaps 30 or more if you take good care of your health or want to retire early.

Dream big, build a vision:

Retirement is about more than just finances – it's about fulfilling your dreams. Picture your ideal retirement and the adventures, joy, and quality time spent with loved ones. Write it down. Make a plan. The government wants your super funds to help you turn these plans into action.

Crunch your retirement numbers yourself: Start developing a comprehensive budget for saving during retirement and another for living in retirement. Include all living costs, one-off expenses, and lifestyle goals. There's a free template available on my website to help you with this.

Get yourself a financial plan and guidance: While assessing your financial situation is essential, seeking assistance from a financial adviser can provide you with the confidence to make informed decisions about your retirement. You want to avoid underspending and living a lower quality of life than you should. Can't find an adviser? Your super fund could help here too.

Your health is the real wealth of your retirement years:

Prioritise your health and wellbeing and spend on it if you can, as it is vital to enjoying your retirement fully. Regular exercise, a balanced diet, and preventive health check-ups should be part of your retirement plan. A healthy retiree is a happy one.



Get on with finding happiness and fulfilment in retirement:

With these steps in place, you can look towards your retirement with financial confidence, knowing how much income you can generate and afford to spend each year. Then identify and pursue activities that bring joy and purpose to your life during this journey of self-discovery.

Hit the road with confidence:

For many Boomers, retirement is a chance to explore the world. With confidence in your superannuation income you might be able to spend more on travel in the first few years, when you're more active and adventurous. You'll need a good understanding of your travel budget to do so.

While retirement planning can be overwhelming, and the lack of guidance from super funds presents an additional challenge, it doesn't have to hold you back. It's important that the retiring generation calls for the support and guidance it deserves, and if it doesn't come, let's seek out the answers ourselves.

Bec Wilson is the author of *How to Have an Epic Retirement* and writes a weekly newsletter for pre- and postretirees at epicretirement.net.

Rakesh Sachdev

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Jokes

A man had the name Peter Stinks. His friend told him that he had a silly name why not change it. They met after a few days. The friend asked the man whether he had changed his name. The man said that he had indeed. The friend asked him what he had changed it to. The man said "Michael Stinks".

A Hindu boy and a Christian girl were getting married. They decided to have the marriage ceremony in a church. After the ceremony the priest whispered to the boy "It is customary to kiss the bride after the ceremony". The boy said "Go ahead".

Raj Saneja

One couple consulted GP because the man used to talk in sleep. The doctor after 15 minutes consultation realised that she is doing all the talking. She was advised to give husband chance to talk during day time and it did work.

Dr. J N Parikh

Membership Renewal

AHIA Seniors Meeting on 12th August, 2023

Please renew your membership at the Seniors meeting



