

AUSTRALIAN HINDI INDIAN ASSOCIATION (AHIA)

-the Association that cares



Sandesh सन्देश

incorporating

Seniors Newsletter

Established 1994:

Volume 25

Issue 8

August 2025

President: Mohinder Kumar Secretary : Vivek Bhatnagar Editors: Sant Bajaj/Raj Batra



Anita Gupta Annanya Boutique 0405-383-214



Sakhi Sawan on 13th July, 2025

Happy Independence Day

AHIA President's report

Dear Friends,

Happy Independence Day!

I hope this message finds you well. With winter at its peak, bringing rain and chilly winds, please take care to stay warm and look after your health.

As mentioned earlier, we are delighted to present a special musical treat at our next seniors' get-together on Saturday, 9 August 2025 – a live performance by Avijit Sarkar and Pushpa Jagdish. It promises to be a wonderful afternoon filled with music and cherished memories. Our heartfelt thanks once again to Vivek Ji for making this possible.

Looking ahead, we are pleased to announce a Living Well Seminar with Diabetes Australia on Saturday, 13 September 2025. Representatives from the NDSS will deliver the session in Hindi, ensuring everyone can easily follow and benefit from the information shared.

Please also save the date for our annual AHIA Diwali Dinner on Saturday, 11 October 2025, at Pioneer Hall, Castle Hill. Further details will be provided shortly and are also included in the brochure published in *Sandesh*.

We are deeply grateful for your continued support, warmth, and community spirit, and we truly value your contributions.

We look forward to welcoming you to our next seniors' get-together on Saturday, 9 August 2025.

Mohinder Kumar, President, AHIA



Mohinder Kumar

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

EDITOR

Mr Raj Batra
Mob. 0421 138 340
rajbatra52@gmail.com

EXECUTIVE -COMMITTEE

*President

Mr. Mohinder Kumar
Mob: 0438203291
mks141982@gmail.com

*Vice President

Mrs. Meeta Sharma
Mob: 0411966585
meetasharma6@gmail.com

*Secretary

Mr Vivek Bhatnagar
Mob: 0431728061
bhatnagar_vivek@hotmail.com

*Treasurer

Mr. Chand Chadha
Mob: 0410636199
chandchadha16@hotmail.com

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Mob: 0416570608
Mrs. Sushma Ahluwalia
Mob: 0411967374
Nirinder Jalpota
Mob: 0413569244

*Public Officer:

Mr Kali Gupta
Mob: 0402 092 967
guptakk72@gmail.com

AHIA's website:

www.ahiainc.com.au

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.

Heart and Mind – Learning to Hold the Reins

Many of us feel the inner tug: our heart urges one path, our mind cautions another. This quiet conflict happens daily—should we forgive, speak out, take a chance, or stay put?

At this stage in life, we carry deep emotions and intense experiences. The heart remembers kindness, loss, and joy. The mind recalls lessons, logic, and reason. When these two pull in different directions, how do we choose wisely?

A helpful way to think about it is the idea of the charioteer. The heart and mind are like two spirited horses. One as a charioteer must learn how to guide them—sometimes gently, firmly—so they move together. When they do, life becomes smoother.

Everyday Moments

The heart says, "Call your old friend."

The mind says, "They may not remember."

The heart says, "Enjoy the treat." The mind says, "Watch your sugar."

The heart says, "Speak your mind." The mind says, "Stay polite."

Neither is wrong. The real skill is finding the middle path—where feeling meets thought.

Sometimes, it helps to look back. Think of a time when one followed one's heart – maybe an individual comforted someone or took a risk that brought joy. Alternatively, there are times when one's mind leads one—helping one to stay safe, prepared, or practical. In both cases, they served the individual well. Reflection allows us to honour both parts of ourselves.

In later life, the goal is not perfection, but Peace. Whether we choose based on love or logic, we can give ourselves grace. With each choice, we grow more skilled at listening inwardly. This quiet wisdom is a gift we all carry – and it shines brightest when heart and mind walk hand in hand.

"When the heart and mind are in sync, true wisdom emerges."

डॉ. वाई. पी. चावला

चश्मे-बद-दूर

भारत में प्रायः हर ट्रक के पीछे मोटे-मोटे शब्दों में लिखा होता है- "बुरी नजर वाले तेरा मुंह काला" और साथ में एक फटा पुराना जूता लटक रहा होता है, या फिर कोई काला कलौटा भयानक सा चेहरा। कुछ ऐसी ही हालत सब थ्री-व्हीलर स्कूटरों की होती है। जहां कहीं नया मकान बन रहा हो, उसके बाहर भी कुछ इनसे मिलता जुलता... काली हांडी या घोड़े की नाल टंगी मिलेगी। यह सब बुरी आत्माओं को बाहर रखने के लिए किया जाता है।

यदि किसी घर के दरवाजे के बाहर हरे पत्तों का हार टंगा हुआ दिखे, तो सीधी सी बात है कि उस घर में लड़का पैदा हुआ है।

अच्छा यह बताइये, जब आप घर से निकलें और बिल्ली आपका रास्ता काट जाये तो आप पर क्या असर होता है? क्या आप अपना रास्ता नहीं बदल लेंगे? या आप किसी जरूरी काम के लिए निकल रहे हों और पीछे से किसी ने आवाज़ दे दी तो क्या आपको गुस्सा नहीं आता? या किसी ने ज़ोर से छींक मार दी, तो आप एकदम रुक नहीं जायेंगे, कि लो काम बिगड़ गया।



ये सुपरस्टिशनज (वहम), कैसे शुरू होती है और इनका क्या मतलब है, कहना बड़ा कठिन है।

क्या दिल को खुश करने के लिए या फिर जब काम खराब हो तो दिल की तसल्ली के लिये।

सुपरस्टिशन पर केवल हिन्दुस्तानी ही नहीं बल्कि सारी दुनिया के लोग विश्वास करते हैं।

जैसे 13 नम्बर को ईसाई लोग तो बहुत ही अनलक्की समझते हैं-- Jesus

Christ के आखिरी खाने में 13 लोग थे और उनमें से एक ने विश्वासघात किया, जिसके कारण उन्हें रोमन पकड़कर ले गए और सूली पर चढ़ा दिया।

किसी पार्टी में 13 गेस्ट आ गये तो एक 14वें को पैसे देकर पार्टी में शामिल किया जाता था।

और तो और 13 तारीख यदि शुक्रवार हुआ तो उसे 'ब्लैक फ्राइडे' के नाम से पुकारा जाता है।

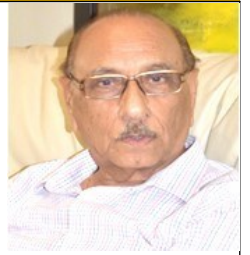
आइये, कुछ और उदाहरण देखें।

सोढ़ी के नीचे से गुज़रना, शीशे का टूटना 7 वर्ष का 'बैड लक्क', क्यों अशुभ समझा जाता है?

भारत में दुकानदार लोग प्रतिदिन सवेरे पहले ग्राहक को सौदा बेचते समय खास ध्यान रखते हैं-जिसे पहली बिक्री या बोहनी कहते हैं- इस बात का खास खयाल रखा जाता है कि पहला ग्राहक उधार व मांग बैठे। यदि ऐसा हुआ तो उस ग्राहक की शामत ही समझो और दुकानदार का सारा दिन बर्बाद।

कुछ और उदाहरण : कई लोग मंगलवार को बालों में तेल नहीं लगाते

और कई आदमी तो शेव तक नहीं करते। यहां तक कि बहुत सारे 'हेयर सैलून' उस दिन की छुट्टी करते हैं।



कुछ लोग घर का सामान खरीदते समय, कौन सा दिन है, इसका भी ध्यान रखते हैं।

'बुध, शनि कपड़ा और गहना इतवार' की

सलाह मुझे अच्छी तरह से याद है-आप ने भी शायद सुनी होगी।

सफर करते समय तो बहुत सारे अपने ज्योतिषी जी की सलाह लेते हैं। राहु और केतु के प्रभाव का विशेष ध्यान करना पड़ता है।

जब हमारा दिन खराब निकले तो हम कह उठते हैं कि "आज सुबह ना जाने किसका मुंह देखा था।" अर्थात हर मामले में हम कोई ना कोई बहाना ढूँढते हैं, क्या यही सुपरस्टिशनज है?

कई बार आपने देखा होगा कि माएं बच्चों की बीमारी की हालत में उन पर से लाल मिर्च वारती हैं और आग में डाल देती हैं, यानी उनकी नज़र उतारती हैं। बच्चों को काला टीका लगाना भी तो उन्हें बुरी नजर से बचाने के लिए ही किया जाता है।

यह सिलसिला इतना लंबा है कि शायद ही कोई बचा हो इससे।

सबका कोई न कोई लक्की नम्बर या लक्की कलर होता है, गुड-लक्क चार्म होता है।

लोग तावीज पहने फिरते हैं कि उन्हें हर काम में सफलता मिले।

मुझे अच्छी तरह से याद है कि जब स्कूल इम्तहान के लिए जा रहे होते थे हमारी मां हमें चीनी, गुड़ या दही मुंह में डालने को कहती थी।

हथेली में खुजली है तो पैसा आयेगा या जायेगा, इस बात पर निर्भर करता है कि हथेली दायीं है या बाईं। मर्दों में दायीं आंख फड़कने को अच्छा शगुन माना जाता है जबकि स्त्रियों में इसका बिलकुल उल्टा।

खाना खाते हुए यदि आपने अचानक अपनी जीभ काट ली तो इसका मतलब है आपने कुछ देर पहले झूठ बोला है।

कौवा मुंडेर पर बोले, या आटा गूंधते समय आटा बर्तन से बाहर उड़े, तो घर में मेहमान आने वाले हैं। (ज़रूरी नहीं कि आप इससे खुश होंगे!)

आपको बहुत छींकें आ रही हों, तो आपको कोई याद कर रहा है।

'एक युवक शादी के कुछ ही दिन बाद ट्रेन से कहीं जा रहा था और खुली खिड़की के पास बैठा था, छींक आई, बड़ा खुश हुआ बीवी ने याद किया है। फिर छींक आई और खुशी हुई, परंतु ठंडी हवा के कारण छीकों का सिलसिला शुरू हो गया तो बेचारे को घबराकर कहना पड़ा, "बस प्रिय बस, याद कर रही हो या जान निकाल रही हो।"

अभी भी हमारे परिवार में कोई नई कार खरीदता है, तो उसके अगले पहियों के नीचे नींबू रखकर कार को उनपर से झाड़व किया जाता है।

क्यों, मुझे मत पूछिये, मुझे मालूम नहीं।

संतराम बजाज

What is a Men's Shed?

Men don't talk face to face, they talk shoulder to shoulder.

The modern Men's Shed is an updated version of the shed in the backyard that has long been a part of Australian culture. Men's Sheds are found in many cities and towns around Australia and continue to spring up internationally.

Most men have learned from our culture that they don't talk about feelings and emotions many do not take an interest in their own health and well-being. Unlike women, most men are reluctant to talk about their emotions and that means that they usually don't ask for help. Probably because of this, many men are less healthy than women, drink more, take more risks and suffer more from isolation, loneliness and depression.

Relationship breakdown, retrenchment or early retirement from a job, loss of children following divorce, physical or mental illness are just some of the problems that men may find difficult to deal with on their own. Good health is based on many factors including feeling good about yourself, being productive, contributing to your community, connecting with friends and maintaining an active body and mind. Becoming a member of a Men's Shed provides a safe and busy environment where men can find many of these things in an atmosphere of old-fashioned mateship. And, importantly, there is no pressure.

Men can just come and have a yarn and a cuppa if that is all they're looking for. Members of Men's Sheds come from all walks of life - the bond that unites them is that they are men with time on their hands and would like something meaningful to do with that time. A good Men's Shed has a Management Committee that has developed a safe and happy environment where men are welcome to work on community projects, specific Men's Shed projects or a project of their choice in their own time and where the only 'must' is to observe safe working practices....all in a spirit of mateship. The Men's Shed movement has now become one of the most powerful tools in addressing health and wellbeing and helping men to once again become valued and productive members of our community.

The Men's Shed movement has become one of the most powerful tools in addressing health and wellbeing, helping men to once again become valued & productive members of our community.



राज बत्रा

Men's Sheds can be great places for people with disability to engage with others and learn new skills., however Men's Sheds are not NDIS providers. Most don't offer specific activities for people with disabilities, but there are a limited number of sheds that do.

The Australian Men's Shed Association provides a safe friendly and welcoming place for men to work on meaningful projects and to contribute to the wider community.

Not all Men's Sheds are the same - if you looked inside you might see a number of men making furniture perhaps restoring bicycles for a local school making Mynah bird traps fixing lawn mowers or making a cubby house for Camp Quality to raffle.

You might also see a few young men working with the older men obtaining new skills and learning something about life from the men with whom they work.

You might see local elders making traditional weapons or designing arts and crafts. You will see tea-bags coffee cups and a comfortable area where men can sit and talk. You will probably also see an area where men can learn to cook for themselves or how to contact their families by computer.

The Australian Men's Shed Association (AMSA) is the peak body supporting almost 1000 Men's Sheds and is recognised as one of Australia's largest male based community development organisations.

AMSA recognises as a Men's Shed any community-based non-profit non-commercial organisation that is accessible to all men and whose primary activity is the provision of a safe and friendly environment where men are able to work on meaningful projects.

Compiled by Raj Batra

Sakhi Sawan Celebration: A Delightful Gathering

The AHIA Ladies' Gathering on 13th July for the Sakhi Sawan event was truly a memorable milestone for our community.

A Warm Welcome

As the clock struck 11 AM, the Madison Function Centre was buzzing with excitement as ladies arrived in their colourful, elegant attire, each with a friendly smile. It was a heartwarming sight to see so many faces come together to celebrate.

A Flawless Event

Ajay Ji and his dedicated team worked tirelessly to ensure everything was perfect. From beautifully setting up the venue to serving a delightful array of food, every detail was thoughtfully considered. Guests were welcomed with the traditional street food - pani poori and chat - a delicious start to the event. This was followed by a range of hot entrees, a hearty lunch, and a scrumptious dessert to cap off the meal.

An Unforgettable Experience

Preeti did an exceptional job as the event's MC, guiding us through the day with charm and grace. The Vice President Meeta Sharma followed with a heartfelt vote of thanks, expressing gratitude to all who made the event possible - big thanks to Sushma Ahluwalia, Abha Gupta & Dr Sarita Sachdev.

The entertainment was a highlight of the day, with grace-

ful performances by Ankur, Saru, and Tanima. Their dances captivated the audience, and soon, everyone was up on the dance floor. DJ Jason set the tone for the afternoon, playing lively songs that added to the fun, vibrant atmosphere.



A Perfect Opportunity for Socializing and Shopping

The event wasn't just about dancing and enjoying delicious food; it also provided an opportunity to mingle with friends and indulge in some shopping.

Anita Gupta's Ananya boutique stall featured beautiful Indian dresses & showcased stunning jewellery. It was a treat for those looking to add something special to their wardrobe.

Gratitude and Looking Ahead

A heartfelt thank you to all the attendees, our wonderful MC, the performers, DJ Jason, and the staff at Madison Function Centre, especially Ajay's team, for making this event truly unforgettable.

Cheers to AHIA team to work together behind the scene to make this day possible.

We look forward to welcoming even more members in 2026 and continuing to create memories together!

मीता शर्मा

IndianLink Independence Day photo contest

Are you of Indian heritage? Or have you travelled there for an amazing vacation? Maybe you're someone who is fascinated by all things Indian?

You're invited to participate in Indian Link's 2025 #myindianlink photo contest.

LAST DAY TO ENTER: 30 July 2025

Here's how you can enter:

1. Take a picture that displays your LINK to India or your FEEL of India. We're keeping a lookout for some creative interpretations - don't be afraid to surprise us!
2. Also, include a line about why you took the photograph or what it means to you.
3. Submit your entry to the competition by uploading the image to Instagram, Facebook, X or email it to us at indianlink@gmail.com.
4. If you're uploading your entry onto social media, use the hashtag #myindianlink and don't forget to TAG Indian Link (this is how we are notified of submissions)!

There are exciting prizes to be won! AND the two winning pics of the 2025 photo contest will be our cover and centre spread.

<https://www.indianlink.com.au/myindianlink-announcing-2025-photo-contest/>

Seniors Meetings @ 2 Lane Street. Wentworthville from 1 to 4 PM every second Saturday of the month of the month every second Saturday of the month



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**For more information speak with
Prem Bansal
0468 515 417**

मंदिर में जाना क्यों जरूरी है

1. हां, हम सनातनी हैं, मंदिर जाना इसलिए जरूरी है कि वहां जाकर आप यह सिद्ध करते हैं कि आप देव शक्तियों में विश्वास रखते हैं। तभी तो देव शक्तियां भी हमारे में विश्वास रखेंगी। यदि आप नहीं जाते हैं, तो आप कैसे व्यक्त करेंगे की आप परमेश्वर या देवताओं की तरफ हैं या नहीं, यदि आप देवताओं की ओर देखेंगे तो देवता भी आपकी ओर देखेंगे और यह भाव मंदिर में देवताओं के समक्ष जाने से ही आते हैं।

2. अच्छे मनोभाव से जाने वाले की सभी तरह की समस्याएं, प्रतिदिन मंदिर जाने से समाप्त हो जाती हैं। मंदिर जाते रहने से मन में दृढ़ विश्वास, उम्मीद और ऊर्जा का संचार होता है। विश्वास की शक्ति से ही समृद्धि, सुख, शांति और कल्याण की प्राप्ति होती है।

3. यदि आपने कोई ऐसा अपराध किया है, जिसे आप ही जानते हैं तो आपके लिए प्रायश्चित्त का समय है। आप क्षमा प्रार्थना करके अपने मन को हल्का कर सकते हैं। इससे मन की बैचेनी समाप्त होती है और आप का जीवन फिर से पटरी पर आ जाता है।

4. मंदिर में शंख और घंटियों की आवाजों से वातावरण शुद्ध होता है जिससे मन और मस्तिष्क को शांत मिलती हैं। धूप और

प्रज्वलित दीप से मन और मस्तिष्क के सभी तरह के नकारात्मक भाव हट जाते हैं और सकारात्मक ऊर्जा का संचार होता है।

5. मंदिर के वास्तु और वातावरण के कारण वहां सकारात्मक ऊर्जा बहुत ज्यादा होती है। प्राचीन मंदिर ऊर्जा और प्रार्थना के केंद्र होते हैं, हमारे प्राचीन मंदिर वास्तु शास्त्रियों ने धरती पर ऊर्जा के सकारात्मक केंद्र ढूँढे और वहां मंदिर बनाए। मंदिर में शिखर होते हैं, शिखर की भीतरी सतह से टकराकर ऊर्जा तरंगें व ध्वनि तरंगें व्यक्ति के ऊपर पड़ती हैं। ये परावर्तित किरण तरंगें मानव शरीर आवृत्ति बनाए रखने में सहायक होती हैं। व्यक्ति का शरीर इस तरह से धीरे-धीरे मंदिर के भीतरी वातावरण के सामंजस्य से जुड़ जाता है। इस तरह मनुष्य असीम सुख का अनुभव करता है, जो उसके लिए बहुत लाभकारी होता है।

6. मंदिर में उपस्थित व्यक्ति के मन में चंचलता, चपलता कम होती है, और पवित्रता के विचार ज्यादा प्रबल होते हैं, चाहे वह ईश्वर के डर कारण या फिर ईश्वर के प्रति प्रेम और श्रद्धा के कारण, लेकिन इस तरह का निश्चल मन अपने आसपास के वातावरण को पवित्र बनाता है, इसलिए मंदिर में स्वतः ही सकारात्मकता, पवित्र ऊर्जा कुछ ज्यादा होती है जिसका लाभ वहां जाने

वाले प्रत्येक व्यक्ति को प्राप्त होती है।

7. मंदिर में जाने से हम अपने आसपास के लोगों से मिलते- जुलते हैं

जिससे सामाजिक, सौहार्द का वातावरण बनता है और आपसी सामाजिक सौहार्द व एकता वर्तमान की परिस्थितियों को देखते हुए अति आवश्यक भी है इसलिए हमें मंदिरों में स्वेच्छा से परिवार समेत जाना चाहिए। जहां जाकर हमें सुख, मन की शान्ति और शरीर में एक नई ऊर्जा की प्राप्ति का अनुभव होता है। भगवान के समीप जाकर अपनी बात रखने से मन हल्का होता है अपने बच्चों को मंदिर जाने की आदत डालनी चाहिए। एक छत के नीचे खड़े होकर सभी सनातन धर्म को मानने वालों को जानने, समझने का मौका मिलता है।

8. इस आर्टिकल को पढ़कर अगर अच्छा लगे तो अपने परिवार के साथ मंदिरों में जाएं।

धर्म की जय हो, अधर्म का नाश हो, प्राणियों में सद्भावना हो, विश्व का कल्याण हो, गौ माता की जय हो, भारत माता की जय हो !!

सुदेश गर्ग

चॉकलेट खाओ-खिलाओ

हर चीज की तरह चॉकलेट की मांग भी बढ़ रही है, चॉकलेट स्वादिष्ट तो होता ही है, फायदों का खजाना भी है।

चॉकलेट खाने से बुढ़ापा देर से आता है, एंटी-ऑक्सीडेंट होने के कारण तनाव कम

करता है।

ब्लड प्रेशर को भी नियंत्रित रखता है, स्वाद के कारण प्रसन्न भी रखता है।

आशंका है कि 2050 के बाद चॉकलेट नहीं मिलेंगे!

इससे दुनिया भर के चॉकलेट-प्रेमी चिंतित हैं और रहेंगे।

हजारों खबरें और लंबे-लंबे लेख छप चुके हैं, हम चॉकलेट संकट की तरफ बढ़ रहे हैं।

चॉकलेट का ग्लोबल बाजार बढ़ता जा रहा है, बढ़ता रहे,

काश!

इंसानियत का ग्लोबल बाजार भी इसी तरह चढ़ता रहे।

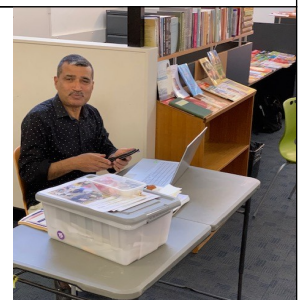
स्वरचित और मौलिक

लीला तिवानी

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**



अब मैं बूढ़ा होने लगा हूँ

खोल के मनचाही किताब के पन्ने पढ़ते-पढ़ते ही सोने लगा हूँ,
शायद लोग सही कहते हैं अब मैं बूढ़ा होने लगा हूँ।
पहली सी फुर्ती नहीं बदन में, दो कदम चलने से थकने लगा हूँ,
गिनी हुई सांसे है बाकी, एक-एक को खींच कर लेने लगा हूँ।
आँखों से कम हो गया है दिखना, कुछ ऊँचा भी अब सुनने लगा हूँ,
भूख नहीं लगती अब उतनी जिन्दा रहने को बस दाने चुगने लगा हूँ।
पहले जिन बातों पर गुस्सा आता था, अब उनको नजरअंदाज करने लगा हूँ,
बड़े-बड़े बच्चों के आगे अपने ही गुस्से से डरने लगा हूँ।
प्यार तो पहले भी करता था सबसे, अब जाहिर भी करने लगा हूँ।
मन में जितने उदगार भरे थे, आंखों से खाली करने लगा हूँ।

शरीर साथ नहीं देता अब मनोबल से उसे ढोने लगा हूँ,
पता नहीं लगने देता पर अंदर से तो दुर्बल होने लगा हूँ।

उम्र तो ढलने लगी है मेरी, गलतियाँ अपनी गिनने लगा हूँ,

माफी तो मांग नहीं सकता पर उन पर पछतावा करने लगा हूँ।

जाना तो एक दिन है सबको, पर बिस्तर पर पड़ने से डरने लगा हूँ,
चलते-चलते चला जाऊँ बस यही प्रार्थना करने लगा हूँ।

खोल के मनचाही किताब के पन्ने पढ़ते पढ़ते ही सोने लगा हूँ,
शायद लोग सही कहते हैं, अब मैं बूढ़ा होने लगा हूँ।



कमलेश चौबे

सुन्दर मोर के बलिदान की कहानी ...

शायद ये कहानी आपने नहीं सुनी होगी .. श्रीकृष्ण जी के मुकुट पर मोर का पंख कैसे लगा ...

ये श्रीराम का वचन था मोर को , जिसने बनवास के समय श्रीराम जी को पानी का श्रोत बताया ,अपने सारे पंख गिरा कर ,रास्ता बताने के लिए !

मोर ने कहा आज मेरा जीवन धन्य हो गया , मुझे इस पुण्य का सोभाग्य मिला !

श्रीराम जी ने कहा , प्रिय मयूर तुमने जो त्याग किया है , ये प्रेम और समर्पण की गाथा है !

तब श्रीराम जी ने मयूर को वचन दिया , जब मैं द्वापर युग में कृष्ण के रूप में आऊँगा , तो तेरे सुन्दर पंख को अपने सिर पर धारण करूँगा !

ये एक पक्षी के त्याग , प्रेम , समर्पण और सेवा का सम्मान होगा !

दुनिया की खूबसूरती
"इंसानों" से है,
और....
इंसान की खूबसूरती
"इंसानियत" से है...!

**Successful people
always have two things
on their lips
silence and a smile.
Smile to solve problems
and silence to avoid problems**

**जिन्हे घुटने मोड़कर
सोना आ गया**

**उनकि जिंदगी मे कोई भी
चादर छोटी नही पड़ सकती..!!**

Next Senior Meeting on 13th September 2025 @ 2 Lane Street, Wentworth-

Feeling the Pressure?

©Marcin Lampart on Un splash

Millions of Americans struggle with high blood pressure, and it's a risk that's not going down anytime soon. Loads of common foods are loaded with natural compounds that can both elevate and stabilize your blood pressure. After reading through this list, you might want to check which of these foods you have stocked in your fridge.

1. Lemon Juice © kimia kazemi on Un splash

Adding lemon juice to your meals is a natural and effective way to lower blood pressure. This is because citrus fruits are high in flavonoids, which are a type of antioxidant that is known to reduce blood pressure in as little as five months. If you don't like it over your food, you can add some to your water or tea instead.

2. Garlic ©Towfiqu barbhuiya on Un splash

Garlic is a very common cooking ingredient that makes its way into most meals easily. Its flavor lends itself to everything from stir-fries to spaghetti. Additionally, chopped or crushed garlic releases allicin, which is known to help reduce blood pressure.

3. Quinoa © Dan Dennis on Un splash

If you're trying to reduce carbs, quinoa is a must-have for your pantry. It's a super grain that's plant-based and loaded with magnesium. Not only does it help manage appetite, but it's also able to stabilize blood sugar. It's super easy to use too, as you can use it as a rice substitute or even as a topping for salad.

4. Beets © Melissa LeGette on Un splash

Some people might feel a bit nervous cooking with beets, but they're super versatile and quite forgiving. Plus, they can help reduce blood pressure as they're rich in nitric oxide. Beetroot

juice, in particular, is known to lower systolic blood pressure, but you can also eat it in a beet salad or as a side to your meal.

5. Red Bell Peppers ©Angelique on Un splash

You're going to want the red peppers in particular when it comes to using this ingredient. These peppers are loaded with vitamin A and potassium, all factors that can help manage your blood pressure. You can chop them up for a stir-fry or even have them raw with some hummus.

6. Pomegranates ©Arjun Kapoor on Un splash

Pomegranates can be difficult to work with, especially when you have to peel them yourself. But they're a superfood when it comes to lowering blood pressure. They've also been linked with lowering inflammation, so it's time to stock up on those juices.

7. Blueberries ©Cody Chan on Un splash

Like citrus, blueberries are also super high in antioxidants. In fact, for some people, blueberries are a major source of antioxidants in their diet and also contain a specific compound called anthocyanin. In most people, these compounds have led to significant improvements in blood pressure.

8. Pumpkin Seeds © engin akyurt on Un splash

If you're looking for something to casually snack on, then pumpkin seeds are the answer. Of course, you want to get the unsalted variety so as not to skyrocket your sodium. At that point, pumpkin seeds offer magnesium and zinc, which help lower blood pressure.

9. Bananas © Rodrigo dos Reis on Un splash

Next time you're making a smoothie, be sure to throw a banana in. Bananas are super rich in potassium and support blood pressure management. Plus, you get so many other perks

like their fibre richness and the natural sweetness they add to meals.

10. Dark Chocolate © Tetiana By ko-vets on Un splash

If you're not feeling like fruit and want a tasty dessert, then consider dark chocolate. This variant of chocolate is full of flavanols, which can help support blood vessel function. Of course, don't overindulge just because they're healthy, as too much can be too calorie dense.

Now that we talked about foods that naturally lower your blood pressure, here are 10 common ones to avoid.

1. Potato Chips ©Olga Kozachenko on Un splash

There's nothing quite as crispy and consoling as a bag of freshly opened potato chips. However, these chips are full of salt, and high sodium is the number one culprit when it comes to raising blood pressure. Maybe try a low-salted version instead to ensure everything is at a moderate level.

2. Granola Bars ©Taylor Kiser on Un splash

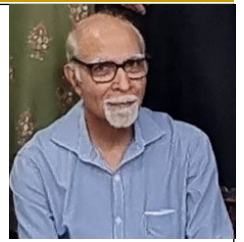
In theory, granola bars are supposed to be healthy. But the sad reality is that not all foods are created equally. In fact, some granola bar brands are very high in sugar due to the use of fructose corn syrup. So be sure to check the back of that box before buying.

3. Pork Chops © Junior REIS on Un splash

When it comes to making dinner, you'll want to find a protein that shines. However, most red meats come with more cons than pros. Pork in particular is highly processed, which means it can release compounds that further elevate blood pressure. Try lean meats instead!.

Compiled by

तिलक कालरा



OVAL MIRACLE AND INDIA SPARKLE

What a day of August 4 2025 was when KHUDA in the form of Mohammed Siraj and Lord Krishna in the form of Prasidh Krishna turn the tables in favour of India when defeat was very much on the door step. To score 35 runs, 4 wickets in hand and full day at the disposal, even minnows can handle that by scoring one run an over with the hope of getting no ball, leg bye, byes or wide which add to score. But the day was destined for India who has to face lot of

controversies in the entire series. It was wisely written "in this Oval test where 294 overs were bowled and game could be in anyone lap. Over number 295.1 was that miraculous ball by Siraj which brought smiles for 1.4 billion people in India and globally. What to talk of people with heart problem when each ball can take their breath away. Few people were still talking about Rohit and Kohli and Bumrah, but winning without them can prove that no one is indispensable. Even underdogs produce miracles. That is what happen. Let us salute to our

Great Indian Cricket Team for this glorious win which is Epic Test win and will stay in the annals of Indian cricket history for years to come. Sometime you stay in someone's shadow and cannot perform well. But when you play in your own shadow, you can create wonders.

There is saying "JEET KA MAZA TAB HAI JOB HAR KOI AAPKE HARNE KEE UMEED KAR RAHA HO AUR AAP

MAGARMACH KA JABDA TOD KAR JEET KE BAHAR AA JAYO. Hoisting an

Indian Flag on the English Soil and then praise from all the true English sports lovers, commentators, players singing laurels for India- it is hard to explain such things in words. Spontaneous wise thinking by Indian captain to continue with old ball even new ball is due also was masterclass thinking. No doubt new ball has characteristics of producing wickets, but due to its sharpness, it produces too many runs. One thing is proved that no one play with their religion, they play with tenacity for the country they belong to. This is also true...'KHELTE 11 KHILADI HAIN PAR USKE SAATH POORE HINDU-STAN KA DIL DHADAKTA HAI - KHASKAR AESE MATHON MEIN JAHAN HAR BAAL DIL KEE DHADKAN BADHA DETI HAI". I am 100% sure India is the only country where people of all religion WORSHIP on their own way. What to talk of MANDIR KEE GHNTIYAN -on such situation to BLESS our players to show their potential and mettle to sparkle whole India with fantastic win and Oval Miracle is the proof.

Love

Nagpaul

An afternoon of immortal melodies FOR THE AUSTRALIAN HINDI INDIAN ASSOC (AHIA) SENIORS GROUP



*Reviving three decades
of our memories with AHIA*

Pushpa Jagadish and Avijit Sarkar
SAT, AUGUST 9TH. 1.30 PM

At the Grevillea Room,
Wentworthville Community Centre
(2 Lane Street, Wentworthville 2145)

DO ATTEND AND SUPPORT OUR SENIORS

For details, please contact:
0431 728 061



SENIOR CITIZENS, PLEASE BE MORE TALKATIVE

Generally, senior citizens are more talkative. But Doctors say, it's good. See a report below -

Doctors say so. Retirees (senior citizens) should talk more because there is currently no way to prevent memory loss. The only way is to talk more. There are at least three benefits for senior citizens if they talk more .

FIRST: Speaking activates the brain and keeps the brain active, because language & thought communicate with each other, especially when speaking quickly, which naturally results in faster thinking reflection and also enhances memory. Senior citizens who do not speak, are more likely to lose memory.

SECOND: Speaking relieves a lot of stress, avoids mental illness and reduces stress. We often say nothing, but we bury it in our hearts and suffocate ourselves. It's true , so it would be nice to give seniors a chance to talk .

THIRD: Speaking activates the facial muscles & at the same time, exercises the throat & also increases the capacity of the lungs, at the same time, it reduces the risk of eyes & ears deterioration and reduces latent risks such as dizziness and deafness.

IN SHORT: retirees, (senior citizens) the only way to prevent Alzheimer's is to talk as much as possible and communicate actively with people.

MIND AND MEDITATION

Everybody wants peace of mind and happiness in life. The Peace can only be attained if there is harmony between materialistic and spiritualist way of living. The mind is composed of thoughts. Of all the thoughts, the thought 'I' is indeed the root thought which creates the feeling that 'I am the body' and causes egoism. The body includes five sheaths. The five sheaths are classified into three bodies:

Physical body that grows from food, exercises and the breath or prana.

Mind and intellect form the subtle body, called astral body.

Casual body is the store house of all our karmas called sinchit (stored), pralabdh (past) and kriyaman (current).

The mind gets its intellect through the five sense organs. The world does not exist apart from the body and mind; the body and mind do not exist apart from consciousness; and the consciousness does not exist apart from the self, which is existence. Existence is, therefore, consciousness. Soul-consciousness means that you are aware of conscious of God twenty-four hours a day. Lord Krishna has said in Bhagvad Gita that "Soul, the energy of life, cannot be cut by weapons, fire cannot burn it, water cannot wet it and air cannot dry it out." This Power is immortal and eternal. It is an essence of God."

We can have happiness, bliss and peace of mind through love and devotion of God. A True Master or Saint has said: "Intellectual love is all right. Emotional love is all right, but nothing can surpass the love of your own experience, and for that experience, Meditation is necessary. Meditation builds everlasting love and that is building on a

rock, and not on sand." Lord Krishna said in the Bhagvad Gita, "Arjun! Do everything in the world, but constantly meditate on Me." So best thing is to think about God and be in the world, but not of the world. We should live in this world like the lotus, which lives in muddy water but does not get wet.

The seekers must do meditation constantly and regularly and with the Grace and guidance of a True Master. The soul listens to this unstruck Music within the body and ultimately reaches the abode of God. If we concentrate our mind on that Power, the Source, which is Sat-Chit-Anand – that is Truth, Consciousness and bliss; we will automatically experience that beautiful bliss and experience that consciousness.

Jesus Christ has said that "Body is the temple of living God." "The Kingdom of Heaven is within you." The path to meet the God is also within you. This path has also been called 'Shah Rag or Royal vein', where the seekers concentrate and focus during meditation. Lord Krishna has also said, "Meditate between the eye brows."

Mind is full of thoughts. Thoughts give rise to speech; speech generates deed; deeds become habit, and habits form character. The five evils that are lust (kam), anger (krodh, greed (lobh), attachment (moh) and ego (ahankar) are tools of the mind. Desires activate the mind; the mind interacts with the world; the mind in turn instructs the body to act. Action has reaction; actions and reactions are endless. As you sow, so shall you reap is the law of nature. We have a heavy load of Sinchit karmas and we continue to create Kriyaman (current) karmas in every life. Through the actions and reactions in every life, we have been fully trapped in the cycle of birth and death, from which we cannot be liberated and we have

to suffer in every form of life in the chaurasi lakh yunis (84 lakh species).

The human beings can have the divine experience, the experience of God. Man has been created in the image of God. The image of God is the Knowledge of Light, the Knowledge of Unstruck Music (Shabd Dhun), the Knowledge of Nectar, and the Word. The human flesh is only covering, he is actually spirit. Spiritual Masters brought about spiritual revolution by awakening the spirit. Spiritual wealth is the true wealth of human beings.

We must purify our mind so that we could have peace of mind. If in our anger we realize that other persons are suffering, we should control ourselves not to be angry as that would also help others not to react. When others hurt us, we usually react with anger, resentment and may even wish for retaliation, but these actions will only prolong our pain, for to hold resentment in our hearts only serves to make us feel worse. Better not to react and remain silent and if necessary, speak gently to improve the matter. It is said that transform anger with patience, doubt with understanding, and selfishness with generosity. When we are kind and generous to others, we will receive thoughtfulness and love. If you are generous, you become loving, kind-hearted, compassionate, and humble, and help others who are suffering and hence have great joy in life. Love God and love human beings. Be happy and serve others without selfish motto. Lead a healthy life and eat balanced diet. Avoid negative thoughts and have positive thinking and positive attitude in life.



रोशन लाल

One hand of help,
One word of sympathy,
One act of humanity,
One smile of charity
And
One sweet hello
Can change someone's
Mood and Life.

Happy Rakhi

Membership Renewal

Please renew your membership at
the Seniors meeting

LET'S TALK ABOUT HOME CARE PACKAGES

REGISTERED Home Care Packages Provider

MEET RADHA!

SCAN ME

A Home Care Package or HCP is a form of care support provided through My Aged Care. With HCP, you can live in your own home for as long as possible, rather than go to an aged care facility.

Am I eligible for HCP?

Generally, you must be 65 years or older and need services to remain at home.

Your eligibility will be determined in a meeting between you and your assessor from the My Aged Care Assessment team.

How do I use my HCP budget?

You choose a service provider approved to provide Home Care Package services, like Afea. We've been in operations since 2008 and have the expertise to assist you!

You can use your HCP budget to pay for a variety of services or products. Examples include: a carer to help with household chores, a physiotherapist to assist with exercises or paying for a wheelchair.

How much funding can I receive?

PACKAGE LEVEL	ANNUAL GOVERNMENT CONTRIBUTION
Level 1 – Basic Care Needs	\$10,271.10
Level 2 – Low Level Care Needs	\$18,063.85
Level 3 – Intermediate Care Needs	\$39,310.50
Level 4 – High Level Care Needs	\$59,593.55

*As at July 2023

How can Afea help me?

- Domestic assistance
- Meal preparation
- Hygiene & self-care tasks
- Mental health support
- Social activities
- Community participation
- Medication management
- Complex care
- Fitness activities
- Transport services
- ... and more!

Want to know more? Contact Afea now!

afea
Caring for people you love

☎ 1300 65 11 33
✉ afea.com.au
✉ hello@afea.com.au
🌐 afeacareservices

Happy Birthdays

Roshan Arora	Indu Attrey
Rakesh Bahl	Shashi Bajoria
Raj Batra	Poonam Gupta
Shakuntla Jain	Balvinder Kumar
R.P. Mathur	Kiran Narang
Parvathy Parvathy	Kanchan Passi
Anand Prakash	Gurharwant Sandhu
SAM VENKATESH	Jagdish Mitter
Harish Mantri	

Happy Wedding Anniversaries

Mr. & Mrs. Ravinder and Poonam Gupta
Mr. & Mrs. Raj & Neelam Sharma

स्त्रियाँ, कुछ भी बर्बाद नहीं होने देंगी।

वो सहेजती हैं।

संभालती हैं।

ढकती हैं।

बाँधती हैं।

उम्मीद के आखिरी छोर तक।

कभी तुरपाई कर के।

कभी टाँका लगा के।

कभी धूप दिखा के।

कभी हवा झला के।

कभी छाँटकर।

कभी बीनकर।

कभी तोड़कर।

कभी जोड़कर।

देखा होगा ना ?

अपने ही घर में उन्हें

खाली डब्बे जोड़ते हुए।

बची थैलियाँ मोड़ते हुए।

बची रोटी शाम को खाते हुए।

दोपहर की थोड़ी सी सब्जी में तड़का लगाते

हुए।

दीवारों की सीलन तस्वीरों से छुपाते हुए।

बचे हुए खाने से अपनी थाली सजाते हुए।

फटे हुए कपड़े हों।

टूटा हुआ बटन हो।

पुराना अचार हो।

सीलन लगे बिस्किट,

चाहे पापड़ हों।

डिब्बे में पुरानी दाल हो।

गला हुआ फल हो।

मुरझाई हुई सब्जी हो।

या फिर

तकलीफ़ देता " रिश्ता " !!

वो सहेजती हैं।

संभालती हैं।

ढकती हैं।

बाँधती हैं।

उम्मीद के आखिरी छोर तक...

इसलिए ,

आप अहमियत रखिये!

वो जिस दिन मुँह मोड़ेंगी

तुम दूँद नहीं पाओगे...

मकान" को "घर" बनाने वाली रिक्तता उनसे पूछो जिन घर में नारी नहीं वो घर नहीं मकान कहे जाते हैं।।

डॉ सुमन अग्रवाल

What Are Microgreens?

Microgreens are young vegetable greens that are approximately 1-3 inches (2.5-7.5 cm) tall.

They have an aromatic flavor and concentrated nutrient content and come in a variety of colors and textures.

Microgreens are considered baby plants, falling somewhere between a sprout and baby green.

That said, they shouldn't be confused with sprouts, which

do not have leaves. Sprouts also have a much shorter growing cycle of 2-7 days, whereas microgreens are usually harvested 7-21 days after germination, once the plant's first true leaves have emerged.

Microgreens are more similar to baby greens in that only their stems and leaves are considered edible. However, unlike baby greens, they are much smaller in size and can be sold before being harvested.

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



**Sakhi Sawan on
13th July, 2025**

AHIA celebrates Diwali on 11th October, 2025



AHIA Seniors Meeting on 12th July, 2025

All the photos for this meeting can be seen on the website under the link "Seniors"



**AHIA celebrates Diwali on 11th
October, 2025**

AHIA Seniors Meeting on 12th July, 2025

*All the photos for this meeting can be seen
on the website under the link "Seniors"*