

AUSTRALIAN HINDI INDIAN ASSOCIATION (AHIA)

-the Association that cares



Sandesh सन्देश

incorporating

Seniors Newsletter

Established 1994:

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Editor: Santram Bajaj/Raj Batra

President: Sushma Ahluwalia

Secretary : Mohinder Kumar



AHIA Seniors meeting on January 14, 2023

President's Report

Hello Every One,

Hope every one is enjoying warm temperatures as finally Summer is here. In our last Senior's meeting, we celebrated Lohri with a few folk songs sung by the members. We had the pleasure of Honourable Mark Coure, Minister for Multiculturalism and Seniors attended this meeting. From Cumberland City Council, both the Mayor Lisa Lake and the Deputy Mayor Suman Saha were there as well. During the meeting Hon. Minister Mark Coure announced a grant of \$7,697 to AHIA for which we thank NSW Multiculturalism.



I am very pleased to share with you that our forthcoming Holi festival which will be celebrated later this month has been a complete sell out and well in advance. I am very hopeful that Holi'23 will be successful with support so far given by the AHIA members and their families. I am looking forward to having good time and playing with colours, song & dance with you all.

Please join AHIA's next Senior's meeting at the Wentworthville Community Centre, Wentworthville which is on Saturday 11th February 2023.

See you all at our next meeting and until then please take care and stay safe.

With best wishes

Sushma Ahluwalia

President

Secretary's Report



Dear friends,

Hope that you are well and having a great time with your families and friends.

The January 2023 seniors meeting and the Lohri celebrations including dance performances and Lohri songs were very much enjoyed by everyone. The VIPs who attended the January 2023 seniors meeting included Hon Mark

Coure, Minister for Multiculturalism and Minister for Seniors, Mayor Lisa Lake, and Deputy Mayor Suman Saha, Cumberland City Council.

It was a wonderful surprise for the AHIA Executive team and members when Hon Mark Coure announced a grant of \$7,697 at the senior's meeting. We are grateful to the Minister and NSW Multiculturalism for their support.

You must have noticed that a mobile Hindi library has been arranged at the senior's meeting going forward. It was entirely the efforts of our senior member Shri Sant Ram Bajaj Ji. Thank you!

AHIA's next seniors' meeting will be held from 1 pm to 4 pm on Saturday, 11 February 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 and refreshments. I may add that efforts are being made to organise an Exercise Physiologist at the meeting. If it does happen, we will let you know and there may be a slight change to the agenda.

You must be excited to attend the celebration of the Holi festival from 11 am to 2 pm on Sunday 26 February 2023 at Harvey Lowe Pavillion Showground Road (next to the main Arena) Doran Street Castle Hill. It is the same venue where the Holi was celebrated last year. AHIA's Executive committee has organised dry colours and lunch. The event is now fully sold out. I hope you must have got your ticket on time.

AHIA's participation in Clean Up Australia Day is being organised. We will advise you of the details soon.

AHIA is organising bi-monthly morning walks during 2023 at different locations convenient to members on the last Sunday of the month, starting from Sunday, 26 March 2023. If you are interested to join, please note the details below:-

Location and meeting point: Cumberland Forest Gate at Castle Hill Road, West Pennant Hills. Meeting time: 7.30 am.

Look forward to seeing you at the Senior's meeting at 1 pm on Saturday, 11 February 2023.

Kind regards

Mohinder Kumar

Hi AHIA members and Sandesh readers ,
Something personal to share with you today:

A time comes in one's life to say goodbye to something you have been attached to and fall in live with for more than two decades. Yes, I am talking of 'Sandesh'- AHIA's Newsletter, magazine, the journal and much more!

It's very hard but necessary decision for the good of AHIA and its members as 'the new must replace the old' at the proper time.

I have been requesting the AHIA President Sushma ji for many months to relieve me from editing the 'Sandesh' and find somewhat younger person to carry on the tradition. But she was urging me to continue and I must admit that I felt honoured and humbled at her 'postponement'. Perhaps I did not want to go!

But something happened last month that the decision was taken out of our hands. I had a mild brain haemorrhage and was hospitalised for two weeks. By God's grace and good wishes from family and friends, I am recovering.

This month's Sandesh is a joint effort with Raj Batra, who is a member of the Executive committee. Raj is very experienced and competent in the internet technology. He has designed and developed AHIA's website for many years.

During my long association with AHIA as a member, an Executive committee member and the President, I had the utmost love and respect from all the members.

I started editing the Seniors Newsletter sometimes called 'Mini Sandesh'-(2 pages)- back in 2001. It was started on monthly basis, to supplement the main Sandesh (started in 1994,when AHIA was established). The main Sandesh was, from memory, published yearly. Later on Seniors Newsletter was incorporated into main Sandesh and it became a monthly.

In my long association with AHIA which I joined in 1997 (on the encouragement of Rakesh Sachdev) as a member, then had the honour to serve on the Executive Committee and also as the President, Sandesh became my passion. New features, like Health tips, were added to make it more interesting and readable. Hindi articles and poetry (mainly handwritten) became a permanent part of that little publication. Mr Jagdish Mitter helped me initially in typing Hindi before Google came up with some quick tools.

I am proud to say this that I brought 'Sandesh' to the level where the members eagerly await its arrival. There are some very dedicated readers who have been keeping the copies of all the previous publications of Sandesh into folders.

In addition to editing Sandesh, I enjoyed conducting the Seniors meetings for several years.

Of course, this could not have been possible without the active full support of the various

Presidents and their Executive Committees. My grateful thanks to them all.

However, I will be failing my duty if I don't mention some of the colleagues who helped and encouraged me in this task. Rakesh Sachdev, Tilak Kalra, Yash Bhasin, Rajendra Channa, Vipen Dogra, Jagdish Dua and Sushma Ahluwalia and Nikhil Anand-my grandson, whose help in computer work and photos transfer etc was very helpful and timely.

In addition, I got a lot of support from some very dedicated writers, who made this Sandesh from a mere newsletter into a readable magazine. Mrs Kailash Bhatnagar, Mrs Asha Gupta, Mr Roshan Lal Gakhar, Mr Braham Prakash Sharma, Mrs Sharda Sharma, Mr Vijai Singhal, Mrs Leela Tewani, (late) Mrs Vimla Luthra, (late) Mr Om Krishan Rahat and (late) Principal Jagjit Singh, are some of the names to mention.

With limited pages at my disposal, I tried to include some good short stories from well known writers like Munshi Prem Chand, Hari Shankar Parsai and poetry of Gulzar and Harivansh Rai Bachchan, Ram Dhari Singh 'Dinkar' from time to time in addition to my own humorous and satirical articles made the paper more interesting.

The articles on some famous Bollywood stars like Balraj Sahni, Raj Kapoor, Pran, Kishore Kumar and Rajesh Khanna added spice.

The 'Photo Gallery' of Sandesh is another attraction which recorded so many memories for the future which made it worthwhile. Tilak Kalra, Mrs Subhashini Channa have been 'shooting' very memorable pictures, later to be joined by Vivek Bhatnagar and Kali Gupta.

Jokes and cartoons have been adding spice to the main publication.

Some features like Members' birthdays/ anniversaries are very popular. Thanks to Raj Batra and Vipen Dogra for providing me the updated lists.

In nutshell, I can say, in humility, that making 'Sandesh', as it is today, is my biggest contribution to AHIA and its members and I am also sure that my efforts have been appreciated, as conveyed to me by many members orally and in writing.

Above all, I am indeed indebted to YOU— the readers of Sandesh—without whose love and support my efforts would have gone in vain.

Any shortcomings on my part, are excusable, as I am no qualified journalist. It was my love for writing and looking for news and views of interest that made me continue and click.

Regards

Santram Bajaj



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

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** 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.

श्री सन्तराम बजाज -
आपके सम्पादन और अधुन
परिष्कृत का परिचायक है यह 'सन्देश'
जो सब के मातृजातों और
विचारों को सब के पास पहुँचाने में
आपका प्रयास सशक्त है - राष्ट्र
नहीं है उसके लिए हमारे पास।
आपका स्वस्थ मंगलमय जीवन
इसी प्रकार बना रहे - सब-सब की
मंगलकेला में यही हमारी कामना है।
कैलाश भटनागर

“मोह में हम बुराइयां नहीं देख पाते, लेकिन
घृणा में हम अच्छाइयां नहीं देख पाते।”

इबा एज़रा

दो बोल

कैलाश भटनागर

प्यार को दो बोल
मन को बाँध लेते हैं
नेह का नाता
धमा सा जोड़ देते हैं
भूल जाते हैं
विकल की बात
बौली रात की।
विकल उठता है कुहरे में
मधुर मधुमास
आरजोते हैं उमर फिर
इंद्रधनुषी रंग।
प्यार का पंख
हिलाकर डाल
गरता है उड़ने
उन रुपहले बादलों के बीच
जो न बरसेंग कभी भी।
आँसुओं के धार
प्यार के अनमोल तरे बोल
मन को बाँध लेते हैं
नेह का नाता
धमा सा जोड़ देते हैं। कैलाश भटनागर

February 2023

Happy Birthday

Charan Khind	Kiran Gupta
Jagdish Dua	Jitendra Parikh
Madan Jain	Jasbir Bummi
Prakash Rekhi	Yash Bhasin
Vijai Singhal	Charanjit Singh
Mohinder Kumar	Kiran Gupta
Kamlesh Mitter	Adarsh Gupta
Charan Sekhon	Sushil Kumar
Kakkassery	

Happy Anniversary

Mr. & Mrs. Saket & Dipti Soni Batra
Mr. & Mrs. Vajinder & Surjit Kaur Singh
Mr. & Mrs. Umesh & Shashi Taneja
Mr. & Mrs. Vijai & Madhu Singhal
Mr. & Mrs. Sudarshan & Swaran Dhall
Mr. & Mrs. Prakash & Sulochana Nathani
Mr. & Mrs. Rakesh & Saral Sahgal
Mr. & Mrs. Rajesh & Jayashree

चाहे पड़ें झुरियां....

“अरे,आप बड़े कमज़ोर हो गये हैं।” चौधरी साहिब ने आते ही कहा।
 “आप भी तो बड़ी मोरनी की मस्तानी चाल चल रहे हैं”, हम ने हँसते हुए जवाब दिया।
 “भई बुढ़ापे की निशानियाँ हैं, देखिये न आप के चेहरे पे अब झुरियां साफ़ दिख रही हैं।”
 “अरे,आईये तो सही, किसी से झगडा कर के आये हैं कि मेरी क्लास लेनी शुरू कर दी।आप बैठिये, मैं अभी आता हूँ”, कह हम बाथरूम में घुसे और अंदर लगे हुए शीशे में चैक किया तो वाकई चेहरे पर कुछ झुरियां सी दिखाई पड़ीं,जो शायद हम अच्छी तरह से देख नहीं पा रहे थे। थोड़ी चिंता सी हुई।“क्या हम बूढ़े हो गए हैं ?” एक सवाल उठा। पता ही नहीं चला कि जवानी कब पल्ला झाड कर किनारे हो गई या शायद हम ने जान बूझ कर आते बुढ़ापे की ओर देखा तक नहीं।
 “सॉरी,चौधरी साहिब !” मैं ने बाथरूम से बाहर निकल कर बात को आगे बढ़ाते हुए कहा। “आप सच कह रहे हैं, अब वास्तव में हम लोग मनु के चौथे आश्रम में पहुँच चुके हैं, अरे वही ‘संन्यास आश्रम’।
 “क्या आप के साथ भी ऐसा हो रहा है कि घर में बेटे बेटियां आप को हर काम पर टोकने लगे हैं- जैसे,‘डैडी,सब्ज़ी में और नमक मत डालिए, आप के लिए ठीक नहीं है ।”
 “आप ने एक और गुलाब जामुन ले लिया।डॉक्टर ने मना कर रखा है।”
 “आप ने परांठे पे और घी लगा लिया है।”
 चौधरी साहिब हंसने लगे और बोले,आप क्या सोचते हैं कि आप के घर वालों ने यह ‘पेटेंट’ करवा रखा है। अरे साहिब हमारे घर में तो इस से कुछ ज़्यादा ही होता है।अभी कल ही बहु कहने लगी कि “डैड, आप डॉक्टर को क्यों नहीं दिखाते,आप सारी रात खांसते रहते हैं ।”
 यानी जब अपने घर में आप खुल कर खांस भी न सकें (पादना और डकारना तो दूर की बात है!),तो समझो नर्सिंग होम जाने का समय आ गया है।यानी ‘शाहजहाँ’ को ताज महल से दूर ‘किले’ में बंद कर दो।”
 “ क्या फ़िल्मी डायलाग मारा है आपने ?”
 “ वैसे तो वे हमारी भलाई के लिए ही कह रहे हैं ना!”
 “आप को याद है हमारी सीनियर मीटिंग में वह ‘दस का पहाड़’ किसी ने सुनाया था, उस की एक लाइन “१० अठे अस्सी, मंग्या दुध ते मिली लस्सी” - बड़ी जचती है और यह एक तरह का इशारा है कि घर में अब आप की हकूमत खत्म हो गई है।”
 “ अब क्या करें, मन को पूरी तरह से मार भी तो नहीं सकते।”
 “मारना भी नहीं चाहिये।आप मानें या न मानें, बूढ़े तो आप हो ही गए हैं, “भई, कुछ भी हो,घर के बाहर भी आप को संकेत मिलते रहते हैं, अब आप ने नोट किये या नहीं,आप पर निर्भर करता है।और यह बात हमारी उमर के सब लोगों पर लागू होती है।
 बस या ट्रेन में आप को देखते ही कोई सीट ‘आफर’ कर दे ,या किसी पार्टी में खाने की लाइन में आप को प्लेट देकर सब से आगे खाना लेने के लिए कहा जाए तो समझ लीजिये कि आप बूढ़े हो गए हैं। आप मानें या न मानें, बूढ़े तो आप हो ही गए हैं, पर “मैं न मानूँ” की रट लगाए रहते हैं और ऐसे काम करते रहेंगे की पता चले आप बड़े फिट हैं- जैसे घर के गार्डन में खुदाई करने बैठ जायेंगे या गमले इधर से उधर करेंगे और फिर हफ्ता भर मालिशिए से मालिश कराते फिरेंगे और Panadol की गोलियां खाते रहेंगे क्योंकि आप का ‘muscle pull’ हो

गया था।

लेकिन मजेदार बात यह है कि यदि आप को कोई ‘सीनयर’ की बजाये ‘बुढ़ा’, ‘बुढ़ी’ कहे तो आप उस पर मुकद्दमा ठोक सकते हैं!.. ऐसे ही मज़ाक कर रहा हूँ! बुढ़ापे की परिभाषा बदल रही है और कौन इस श्रेणी में कब आता है,जरा विवाद का विषय बनता जा रहा है।” सरकार तक बोखला गई है कि उन्होंने जो अंदाज़े लगाये थे कि ६०/६५ की आयु के बाद ५, ६ साल की पेंशन ले बहुत से लोग ‘चलते बनेंगे’,पर ऐसा हो नहीं रहा है और ८०, ९० के लोगों की भरमार है। अब ऐसे में तो खजाने खाली हो जायेंगे - स्वाभाविक है सरकार का चिंतित होना। !

तो ऐसे में क्या करना चाहिए? आप को भी तो अपने बचाव के लिए कुछ करना होगा।

पहले तो ‘होम फ्रंट’ पर -

‘श्रवण कुमार’ जैसे काल्पनिक पुत्रों की इंतज़ार में दुखी मत हों। अपनी डिफेंस के लिए नये जुगाड़ कीजिये। सब से पहले, घर के अन्दर सास- बहू के ‘कुरोक्षेत्र’ में आप की हैल्प कौन करेगा भला? कौन बनेगा आप का कृष्ण? -- आप के पोते और पोतियाँ । यह बात ‘सोलह आने’ सच है। इस स्मार्ट फोन और स्मार्ट टीवी के युग में आप को बेटे-बहू के मुकाबले में पोते-पोतियों की सहायता बहुत अनिवार्य है। “what’s app, Facebook और u-tube आदि की जानकारी और रोज़ रोज़ की गलतियों को ठीक करने का टाइम और धैर्य सिवाए उन के, और किस के पास होगा।

और हाँ, उन्हें अपनी ओर रखने में कोई खास मेहनत भी नहीं करनी पड़ती। आप को ‘परियों और शेहजादों की कहानी भी नहीं सुनानी पड़ेगी,आजकल सब कुछ internet पर मिलता है। बस थोड़ा प्रेम और ‘बुध्धुपन’ दिखाने की ज़रूरत है। घबराईये नहीं !”

“हम में से कुछ लोग अकेले भी रहते हैं।

अकेलापन- आप का सब से बड़ा दुश्मन हो सकता है,यदि आप इस को पूरी तरह से अपने वश में नहीं करते।

सभा-सोसाईटियों के सदस्य बनिये, मंदिर गुरुद्वारे आदि धार्मिक स्थानों पर जाईये, अपने इलाके में अस्पताल, कौंसिल लाईब्रेरी आदि में volunteer का काम कीजिये।

दुसरे सब से बड़ी बात -अपने आप को स्वस्थ रखिये ।

मनु के चौथे आश्रम को याद रखिये। दांत नकली हैं तो कोई बात नहीं,आँख पे चश्मा है चलेगा, कान में सुनने का आला,दिल की नाड़ी में स्टेंट- ये सब अब नार्मल चीज़ें हैं।

BP हाई है या diabetes है, घुटनों में दर्द है या घुटने स्टील के हैं -क्यों फ़िक्र करते हैं - दवाईयां हैं ना सब बीमारियों की!

यह मत सोचिये कि कितनी और किस रंग की गोलियां हैं, बस खाईये। एंटी-एजिंग’क्रीम लगायें और विटामिन खाईये।

तो हमें बुढ़ापे को समस्या या बीमारी न समझ कर एक worry free

यानी चिंता-रहित ज़िन्दगी का पड़ाव समझना चाहिए।

आशीर्वाद दीजिये और दुआएं लीजिये।

और

‘लगे रहो मुन्ना भाई’! चाहे पड़ें झुरियां !

संत राम बजाज

The Fifth Dacoit

We all face a big challenge as how to overcome the five passions of lust, anger, greed, attachment, and pride. They are often referred to as the five deadly sins, the five thieves, or the five dacoits. They intoxicate the mind, and lead the mind astray, driving the soul under the cycle of birth and death or eighty-four lakh species. As a result thereof, our soul moves far away from its own source, the Lord. Of these, the fifth dacoit, pride or ego, is the most difficult to conquer.

The common definition of ego is self-esteem or self- importance. When someone thinks too highly of themselves than others, or those who think that they are most important than other people they are victim of ego. Egoistic people believe in putting their own needs before those of others. They are selfish and exclusively want to take advantage of others. Some people are arrogant and are overbearing. They take control of situations that are not necessarily to be controlled by them. They show their power to indulge without thinking how they might affect others. Some people have an exaggerated sense of their abilities, qualities and importance to show their superiority over others. This sense of superiority drives us to get a bigger house, a fancier car, a large T.V, the latest electronics, and to endless desires- just to derive pleasure that we possess excess of everything to lead a luxurious life.

When pride exaggerates our ego, it turns into egotism. As I-ness overtakes us, we begin to think of everything in terms of “me and mine”. Under the influence of pride, we think that we are infallible and that anyone who has a different opinion is wrong, We do not even realize when we are wrong and we rigidly adhere to our belief, even becoming arrogant and self-righteousness.

It is very difficult for the egoistic people to believe that God is doer and the giver, when they themselves have worked hard and have seen such good results from their plan. This is one of the mind’s clever trick. We think that our ego is our identity. In fact it is only a temporary identity that we use in this world.

What is there to be proud of. Everything associated with the body- youth, strength, beauty, wealth, fame, power, prestige- are perishable and do not go with us when we leave the world. Why we think it is important to impress others? After all, when we are ready to depart from this world, no one will be there to help us or go with us.

Sant Kabir says:

O Kabir, be not proud of your body-
It’s just bones wrapped in skin.
Those who rode on stately horses
With a royal canopy over their head
Now lie burn deep.

Soami Ji Maharaj of Agra asks: “O mind, why be proud! One day this body will mingle with dust and you will be cast back into the cycle of birth and death.” Everything is temporary in this creation, so why we should be proud when we are in bondage to the karmic cycle.

A perfect saint has said : “Ego is a block between us and God. It is a definite block and a very solid block. Without elimination of the ego, the question of meeting the Lord does not arise.”

Sant Paltu says: “No body should be proud of their cast and creed. Only love and devotion count in the durbar of the Lord.” Only by the spiritual practice, only by meditation and following the teachings and guidance provided by a perfect Master, we can achieve the purpose of our life of God-realization and kill the ego.

Ego is the deadliest sin. The whole world is suffering, and Ukraine has almost been destroyed due to the ego of Putin, the Russian President and zelensky, the President of Ukraine.

Humility is opposite of ego. When love and humility become a way of our life, all other qualities follow like cream on milk. Humble service and our love for the fellow human beings grows when we look into their virtues rather than faults. We see goodness and sweetness in those around us and we are encouraged to grow like them.

Compiled by Roshan Lal Gakhar

Eat your way to a ripe old age

A plant-based diet can help slow prostate cancer, writes Paula Goodyer.

Still stunned from a diagnosis of stage four prostate cancer, surfing writer Tim Baker asked an oncologist if changing his diet might help.

The specialist shrugged. "Doesn't matter if you eat organic fruit and vegetables, Hungry Jack's or cardboard - your body turns it all into glucose anyway," he said.

Baker was unconvinced. "I did my own research' is a loaded term, but as a journalist I know how to look for credible information. I found research suggesting a plant-based diet could help slow prostate cancer - and eating more vegetables didn't seem to have a downside," he says.

He tried different diets including vegan, vegetarian and keto but after seeing a nutritionist, settled on a flexitarian approach: mostly plants with some fish and occasional serves of poultry, meat or dairy. A typical day could be fruit for breakfast, salad and tofu or fish for lunch, and vegetables with legumes, tempeh or, sometimes, chicken for dinner.

Seven years on he's symptom-free - but doesn't credit diet alone with staying alive.

"I'm not talking about replacing conventional therapy. My self-care mantra is MEDS - medication, exercise, diet and sleep," stresses Baker who's turned his experience with cancer into a compelling memoir called *Patting the Shark*.

He's also part of a University of Queensland study funded by men's health charity Movember, to see if exercise helps improve the health



Nutritionists recommend a diet big on plant foods like vegetables, fruit, legumes and wholegrains.

of men with advanced prostate cancer, and slow its progression.

"I believe all men with prostate cancer should be referred to a dietitian and exercise physiologist. It frustrates me that men aren't given good advice on diet - the danger is that they'll try extreme diets that don't provide adequate nutrition," he says.

One in six Australian men will be diagnosed with prostate cancer by the age of 85 - so how strong is the evidence that more plant food might help prevent it?

In 2022, UK researchers reported a 43 per cent reduced incidence of prostate cancer in men eating a vegetarian or vegan diet, compared to meat eaters. A 2021 US study also linked a lower risk of fatal prostate cancer with eating more plant foods; another found that men with early prostate cancer who ate a Mediterranean diet had a reduced risk of their cancer progressing.

But there are still no specific recommendations on eating and prostate cancer from the World Cancer Research Fund, the peak body for assessing lifestyle factors and cancer prevention, says Clare Hughes, Chair of the Cancer Council Nutrition, Alcohol and Physical Activity Committee.

"We need more research to draw a conclusion. It can be difficult to compare studies of plant-based diets because there's no one definition of 'plant-based' - it could mean a vegan, vegetarian or even a Mediterranean diet that's mainly plants, but with some animal food," she says.

Still, there's no dismissing the link between being overweight and a greater risk of 13 cancers, including advanced prostate cancer - and diets big on plant foods like vegetables, fruit, legumes and wholegrains can help prevent weight gain, says the Cancer Council.

"Around 5300 new cancers in Australia each year are due to excess weight," adds Hughes. "We need to improve people's awareness."

More plant food may also be a win for men's sexual health. Two other studies this year found that men eating either a Mediterranean diet or another diet high in plants were less likely to have erection problems. That's no surprise. Erections need healthy blood vessels, and blood vessels can be compromised by poor diet and inactivity. That's why flagging erections can warn of heart disease.

Melbourne-based dietitian Joel Feren says: "A heart attack and erectile dysfunction are a double whammy but diet can help reduce the risk of both. I'm an advocate for a Mediterranean Diet - it emphasises vegetables, fruit, legumes, nuts, seeds and extra virgin olive oil, but allows for a little meat."

Contributed by Rakesh Sachdeva

Seniors Meetings at 2 Lane st. Wentworthville

February 11,2023

Time 1 to 4 PM

March 11,2023

Time 1 to 4 PM

देश सेवा

1961 को अमेरिका के 35 वें राष्ट्रपति के रूप में जिन्होंने शपथ ली - श्रीमान् जॉन एफ कैनेडी ने अपने पहले ही भाषण में कहा था ,“ यह मत पूछिए कि आप का देश आप के लिए क्या कर सकता है, यह पूछिए कि आप अपने देश के लिए क्या कर सकते हैं।

भारत एक स्वतंत्र देश है। हम गणतन्त्रता - दिवस (26 जनवरी) और स्वतंत्रता-दिवस (15 अगस्त) को बहुत धूमधाम से मनाते हैं। हम उन शहीदों को याद करते हैं और उन्हें नमन करते हैं, जिन्होंने देश के लिए अपने जीवन बलिदान किए। ऐसे देश- भक्तों में हर जाति, हर धर्म और हर आयु के स्त्री-पुरुष थे। ऐसे ही दिवसों में देशवासियों में देश-प्रेम की भावना प्रबल हो जाती है और सोचने लगते हैं कि हम अपने देश के लिए क्या कर सकते हैं।

ऐसे ही अवसरों पर हम देश की सीमाओं पर तैनात फ़ौजी जवानों की प्रशंसा करते हैं जो दिन-रात, गर्मी - सर्दी, तूफ़ान की परवाह न करते हुए सीमाओं पर ड्यूटी दे रहे हैं ताकि हम देशवासी, देश में सुरक्षित

रहें। देश के भीतर शांति और सुरक्षा बनाए रखने के लिए पुलिस का योगदान भी कम नहीं है।

देश के डाक्टर, वैज्ञानिक, इंजीनियर, अध्यापिका, किसान, कारीगर आदि ये वे लोग हैं जो सीमाओं पर तो नहीं लड़ते लेकिन हां देश के विकास, उन्नति, शांति, देश के गौरव को बनाने में सहायक हैं। एक साधारण से साधारण कर्मचारी चाहे वे किसी भी क्षेत्र में काम क्यों न कर रहा हो, देश के विकास में मददगार होता है। उन की सेवाएं भी उतनी ही महत्व रखती हैं क्योंकि उन्हीं से देश का निर्माण हो रहा है।

अगर हम पीछे मुड़ कर देखे तो 75 वर्षों में आज भारत कहाँ से कहाँ पहुँच गया है। दुनियां में उसका नाम है, उसकी पहचान है, उसका सम्मान है। एक बड़ी शक्ति के रूप में उभर कर वह दुनिया के सामने आया है। इस में संदेह नहीं कि इस सब के पीछे भारत के देशवासियों की दूरदर्शिता, परिश्रम और देश प्रेम ही है।

में उन सभी देशवासियों को जो किसी भी व्यवसाय के रूप में देश की सेवा कर रहे हैं नमन करती हूँ।

शारदा शर्मा



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Membership Renewal

Please renew your membership at the Seniors meeting

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 self-less services and generosity.

बालकों की छुट्टियों का आनन्द

स्कूल कॉलेज की छुट्टियाँ आने से पहले ही बच्चों के मन में कहीं न कहीं जानने की चुन सवार हो जाती है। अबकी बार कौरावासी जानने का प्लान सुनकर बच्चों के मन में खुशी की लहर आ गयी। उसका कारण यह था कि उनके पिता श्री का वहीं पठन-पाठन हुआ था। वहीं बड़े उच्च कौरीब के विद्वान रहे चुके थे जिनसे विश्वनाथ प्रसाद मिश्र, हजारी प्रसाद द्विवेदी उनके गुरुदेवों पर अपना पठन-पाठन कर चुके थे। मुझे भी उच्च शानियों के दर्शन करने का अवसर मिल रहा था क्योंकि वे उन बच्चों के बाबा जी के गुरु थे।

भारतीय संस्कृति बहुत प्राचीन रही है। ज्ञान प्राप्ति की लगन सभी के मन में रही। ज्ञान की प्राप्ति होने पर ही वह ज्ञान सभी दिशाओं में विकसित होगा। वह ज्ञान चाहे गद्य का हो या पद्य का हो संगीत और अन्य कलाओं का हो उनको विकास होता रहेगा।

भारतीय प्राचीन संस्कृति में आध्यात्मिकता का महत्व भी कम नहीं रहा है। बड़े-बड़े विशाल मंदिर, विशाल प्रहलों आदि के दर्शन आज भी दिखाई देते हैं।

उस समय की विद्या का ज्ञान संस्कृत में ही दिया जाता था, चाहे वह गद्यमें हो या पद्य में।

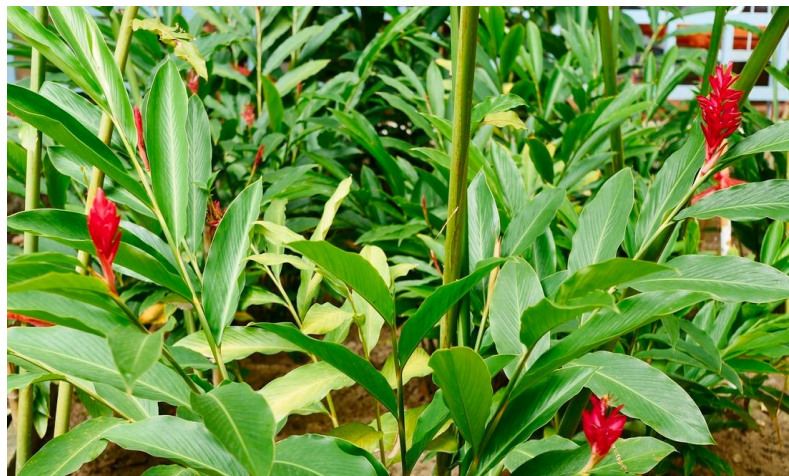
हम जब काशी विश्वनाथ मंदिर देखने के लिए गये वहाँ पहुँच कर हमने देखा कि वह स्थान बड़ा विशाल था। नदी का किनारा 20-30 स्तियाँ उतरते हुए हम वहाँ पहुँचे, वह नदी का किनारा अति विशाल था। उस पर अनेकों नौकाएँ ठहरी हुई थीं। कुछ मनुष्यों को नदी में नावों को ले जा रही थीं। अत्यन्त सुन्दर और आनन्द दायक स्थान था।

माँके में विविध प्रकार के रवाने की वस्तुएँ भी खरीदी जा सकती थीं। दूसरी ओर नदी के किनारे पर कौनों में 15-20 स्तियाँ उठते शय की और धुमाती थीं।

निरवने की अपेक्षा वह दृश्य देखने के काबिल अधिक था। आरती के बाद मैं सभी को प्रसाद भी बाँटा गया।

आशा गुप्ता

How to grow ginger



How to plant and grow ginger

Check the label carefully, as conditions vary greatly with the different species and varieties. Your ginger could require anything from full shade to full sun.

Almost all varieties of ginger like free-draining, moist soil that is rich with additional organic matter. It must have reliable moisture, especially across the warmer months. In cooler regions, do not allow your ginger to sit wet across winter.

How to plant ginger

Improve soil by blending through quality organic matter, such as composted cow manure or compost. Spread a controlled-release fertiliser at planting time – either use one that is fortified with organics, or add additional organic fertiliser. Soak in a bucket of diluted seaweed tonic before planting, and then water in well with the same.

When to harvest ginger

You can start harvesting ginger from four months after planting, a little piece of rhizome at a time. In colder areas, make sure you harvest all your ginger before the first freeze. In warmer areas, harvest when the leaves are yellow and the stems start to fall over.

How to harvest ginger

Using your hands, gently break the outer rhizomes apart and leave the rest to grow. Alternatively, you can also harvest the full rhizome.

How to maintain ginger plants

Ginger is surprisingly easy-care when given the right growing conditions. Feed your plant annually with a [controlled-release fertiliser](#) – ideally, one fortified with organics. Side-dress ([mulch](#)) around plants with [well composted manure](#) such as cow every spring. Keep your plant well mulched to prevent drying out in hot weather.

Pruning ginger plants

Ginger needs little pruning. Simply remove any flowers as they finish, and trim out dead or poorly looking stems.

Diseases and pests

Ginger encounters very few pest problems. The main issues may result from rhizomes rotting if they are too wet. This can be avoided by planting in appropriate soil with good drainage.

Ginger propagation

The easiest way to grow new ginger plants is by dividing the rhizome. Lift the clump in late summer, while the weather is still warm, and clean away the soil. Look for actively growing sections that have distinct buds or eyes – these are new growth shoots waiting to take off.

Using a sharp [garden knife or loppers](#), cut the rhizome into sections that have at least one eye – preferably a few. Be careful not to make the sections too small. Plant them back into a suitable quality soil, or in pots in premium potting mix, and keep reliably damp in a warm spot.

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Compiled by Raj Batra





Photos by Vivek Bhatnagar
Kali Gupta and Tilak Kalra.