

# AUSTRALIAN HINDI INDIAN ASSOCIATION (AHIA)

-the Association that cares



## Sandesh सन्देश

incorporating

Seniors Newsletter

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President: Mohinder Kumar

Editors: Sant Bajaj/Raj Batra

Secretary : Vivek Bhatnagar



Republic

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India in

Sydney



Ram Mandir

India's Ayodhya Ram Mandir temple inaugurated by PM Modi on 22nd January, 2024

Dear friends,

Hope you are well and are enjoying the hot, muggy and rainy weather.

On 26 January 2024, AHIA's representatives, Mr. Vivek Bhatnagar, Mr. Kali Gupta and I attended the India Republic Day at the office of the Consulate General of India, Sydney. We met the new Consulate General, Dr. S Janakiraman, among other dignitaries. It was a great experience to share AHIA's activities with other members of the community.

This year marks the 30<sup>th</sup> Pearl anniversary of the establishment of AHIA. It is a great milestone. We are proud of the unwavering commitment and dedication of the previous executive committees and the office bearers as we rise on their shoulders. We wish to sincerely thank the previous teams who have given their precious time in leading AHIA and serving the community.

AHIA has a busy schedule in the coming months. The monthly seniors' meeting is on 10 February;

Dear Friends,

More than 100 members met at the AHIA's Monthly Senior's Meeting on Sat 13 Jan to welcome each other for the first time in the new year 2024! More importantly, our gathering also celebrated three very important events: Lohri, Australia Day & India's Republic Day. The day's session started by sharing some small trivia on each of these events. The members stood up in honour as we played the national anthems of Australia & India. The Yoga session, this time was conducted by Nirinder Jalpota ji as our regular instructor Chowdhry ji was away. A string of melodious songs, including patriotic and Lohri specific songs, were sung by various members, which provided entertainment in celebration of the occasion. This was followed by a Bingo session held by Tilak ji and Mrs Nanda. The catering of the snacks, for the evening, was organized by the Bhatnagar family in celebration of Mrs Kailash Bhatnagar's recent 99<sup>th</sup> birthday.

AHIA is participating in the Clean Up Australia Day from 10.30 am to 12 pm on Sunday, 3 March 2024, and the allocated place

the previous and new executive committee is meeting on 18 February; the clean-up Australia Day is on 3 March; the Holi function is on 17 March; the relevant details are included in Vivek Ji's report.

As we mentioned in last month's report we are working to reinvigorate the Youth Wing of AHIA – YuvTarang. To progress this initiative, we will be seeking expressions of interest from the interested people at the Holi function. Please encourage your children, friends and relatives to attend the Holi function. Thank You.

I look forward to seeing you at the seniors' meeting.

Kind regards

**Mohinder Kumar**

**President, AHIA**



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

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##### INSIDE THIS ISSUE

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\*\*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.

is Field 6, Fred Caterson Reserve, Caterson Drive, Castle Hill NSW 2154. If you wish to join, please advise one of AHIA's Executive Members.



You must be excited to attend the celebration of the 2024 Holi festival from 11 am to 2 pm on Sunday 17 March 2024 at Harvey Lowe Pavillion Showground Road (next to the main Arena) Doran Street Castle Hill. It is the same venue where the Holi function was celebrated last year. AHIA's Executive committee has organised dry colours and lunch, details are included in the flyer and tickets. I hope you have got your ticket as this event is always sold out

A big thank you to all our members who gave a hand in setting up the hall with chairs & tables and later again helped with clearing them away! Any voluntary contributions like these are not only welcome but also go a big way in keeping our activities going! Kudos to all of you!!

**Vivek Bhatnagar, Secretary Ahia**



## रामायण ज्ञान भंडार



रामायण की सीख है न्यायी,  
जीवन में खुशियाँ देने वाली,  
बड़ों की आज्ञा करें शिरोधार्य,  
अनुपम शिक्षा देते आचार्य।।

राजा-प्रजा सब एक समान,  
रघुवर से लो, तुम यह ज्ञान।  
ज्ञानीजन का करो सम्मान,  
शिक्षा यही देते प्रभु श्री राम।।

वचनों का पालन तुम करना,  
त्यागना पड़े चाहे सर्वस्व अपना।  
अग्रज का सदा अनुगमन करना,  
भरत-लक्ष्मण से तुम यह सीखना।।

सीता की पतिभक्ति अनुपम,  
हंस- हँस चलती राह दुर्गम।  
उर्मिला का त्याग महान,  
अजर-अमर है उनका नाम।।

ऊँच- नीच का भेद ना करना,  
सबको एक समान समझना।  
अपनों का मानो तुम कहना,  
मर्यादा नारी का गहना।।

करो मित्रता सच्ची भाई,  
शरणागत की करो भलाई।  
अहंकार है शत्रु तुम्हारा,  
रामायण है ज्ञान  
पिटारा।।



जय श्री राम



**सुदेश गर्ग**

## Reverse Garbage –The Circular Economy

Reverse Garbage is an internationally-recognised not-for-profit creative reuse centre in Sydney's inner west. We redirect commercial and industrial waste from landfill to a new life with educators, artists, up-cyclers, DIY enthusiasts, tinkerers, set builders, window dressers, community organisations, festivals, charities, and so many others.



Started by a group of teachers and community workers in 1975, education is still a major focus to this day.

We reach around 16,000 people each year with our 'choose to reuse' messaging via early learning, primary, secondary and tertiary education, community events and public workshops. Reverse Garbage thrives on people power! Your contributions as a member, volunteer or donor help us provide support, education, and ethical shopping alternatives for a sustainable, creative, independent and thrifty community.

As a self-funded, not-for-profit co-operative we are always on the lookout for volunteers who can share some of their time with us - individuals and corporate groups. Learn more about [volunteering opportunities](#) or our [Corporate Volunteering Program](#)

Being a donor isn't just about giving us money. And as much as that greatly helps our mission and impact, we also welcome the donation of your unwanted items which we can then help.



Address: 30 Carrington Rd, Marrickville Phone:(02)9569-3132

**राज बत्रा**

## दिमाग में चिप- एक नया प्रयोग

दिमाग हमारे शरीर का सबसे आवश्यक अंग है, बल्कि यूँ कहिये कि हमारा शरीर दिमाग के बिना चल ही नहीं सकता- हम दो पैरों पर खड़े हैं, तो दिमाग के कारण, हम हाथ हिला सकते हैं, तो दिमाग के कारण, हम बात कर सकते हैं, तो दिमाग के कारण हम देख सकते हैं या सुन सकते हैं, यहां तक कि हमें कितना और कैसे चलना है, ये सब दिमाग ही तै करता है।

हम सोचते हैं कि दायें पैर का अंगूठा हिले तो दिमाग हरकत में आता है और हमारे इस ख्याल को अंगूठे तक पहुंचाता है और अंगूठा हिलन शुरू हो जाता है।

वास्तव में दिमाग हमारी बाँड़ी का रिमोट कंट्रोल है। ये करीब डेढ़ किलो का माँस का लोथड़ा-अखरोट की शकल का- हमारी खोपड़ी के अंदर होता है और दिल की तरह हर समय चलता रहता है। परन्तु कभी कभी दुर्घटना आदि के कारण शरीर के कुछ हिस्सों को ऐसी चोट लग जाती है कि दिमाग से उस अंग का कनेक्शन टूट जाता है, जैसे पैरालिसिस में।

इस वर्ष सबसे अच्छी खबर सुनने को मिली कि दिमाग के लिए एक कंप्यूटर चिप बनाया गया है, जो Twitter (अब X) के मालिक-‘ईलोन मस्क’ की कंपनी ने बनाया है और उन्हें इस महीने एक मनुष्य के दिमाग में फिट भी कर दिया है। क्या है यह चिप?

हम लिखने यह बोलने से पहले हर चीज़ को सोचते हैं। अब यदि किसी कारणवश हम ना बोल सकें और ना ही लिख सकें तो यह विचार अंदर ही रह जाता है, परन्तु अब उसका इलाज इस चिप से निकल आएगा। ये चिप जो बात दिमाग में आई है उसको पढ़ कर कंप्यूटर द्वारा टाइप कर देगा। (ये संभावना भी हो सकती हो है कि वह विचार चिप की मेमरी में स्टोर कर लिए जाए और बाद में उनको इस्तेमाल में लाया जाए- ये तो बड़े कमाल की चीज़ होगी!)

अब ये तुजर्बा ही है, कितना कामयाब होता है यह तो समय ही बताएगा क्योंकि इससे पहले कोशिशें होती रही हैं। परन्तु

वायरलेस यानी बिना तार के कोई यन्त्र नहीं बन सका, ये पहली बार ऐसा चिप बना है जो सीधे ब्रेन में इंप्लांट कर दिया जाएगा। इसको कुछ जानवरों पर खासतौर पर बंदरों पर आजमाया जा चुका है, परन्तु दुर्भाग्यवश वो कामयाब नहीं हुआ। फिर भी अब अमेरिकन सरकार की ओर से इस कम्पनी को मनुष्यों पर आजमाने की आज्ञा मिल गयी है। इसे Telepathy का नाम दिया गया है और ‘ईलोन मस्क’ तो बड़े बड़े दावे कर रहे हैं के इससे भविष्य में वो बड़ी बड़ी बीमारियों जैसे ऑटिज़म, एपलिप्सी, पार्किन्सन आदि, दूर कर सकते हैं।

ये सब सोचकर यकीन तो नहीं हो रहा है परन्तु आजकल जब इंसान चाँद तक पहुँच गया है, ऐसा होना असंभव भी नहीं कह सकते।

अब ये कुदरत के साथ छेड़छाड़ है या कुदरत के ही दिए हुए इंसानी दिमाग की एक कोशिश !

आम तौर पर ऐसे आविष्कार मनुष्यों की भलाई के लिए ही होते हैं, परन्तु जो चाकू सब्जी काटने के लिए बना वह गला भी काट सकता है।

सोच कर डर भी लगता है कि चिप की पहुँच कहाँ तक होगी। वह Frankenstein की कहानी याद आ जाती है जिसमें एक साइंटिस्ट ने भिन्न भिन्न लोगों के शरीरों से पार्ट्स लेकर, जिसमें एक शैतान का दिमाग था- एक पुतला बनाकर उसमें बिजली की मदद से जान डाली, जो एक बहुत बड़ा खतरा बन गया। लोगों को मारना शुरू कर दिया यहाँ तक कि उसने अपने बनाने वाले को भी मार डाला। अब हिटलर और रावण के दिमाग जैसे चिप यदि बन गये और जान बूझ कर या गलती से भी लगाए गये तो कैसी आफत आ जायेगी, कहने की ज़रूरत नहीं है। क्या इंसान रोबोट की तरह हो जाएगा और क्या ये चिप केवल इंसानों के लिए ही बनेंगे?

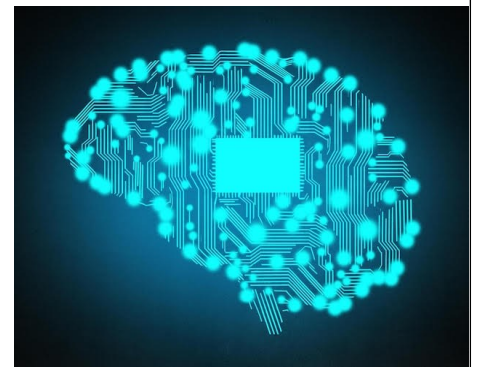
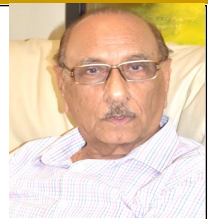
रामायण की कथा में रावण के 10 सिर (या 10 चिप) होते थे जिनमें एक गधे का था। यदि ऐसा फिर से हो गया तो? होने को तो कुछ भी हो सकता है। कल को रूस वाले अमेरिका के प्रेज़िडेंट या अमेरिका वाले रूस के प्रेज़िडेंट के साथ

कुछ ऐसा खेला कर देते हैं, तो? इजराइल और चाइना की क्या गारंटी?

कंप्यूटर हैकिंग की समस्या तो रहेगी।

साइंस आज कल बहुत तरक्की कर रही है और जैसे AI अर्थात ‘आर्टिफिशियल इन्टेलिजेंस’ से बड़ी बड़ी समस्याएँ हल की जा रही हैं परन्तु कुछ मुश्किलें भी आ रही हैं। हेरा फेरी करने वाले लोगो ने उसका गलत इस्तेमाल भी शुरू कर दिया है।

एक उदाहरण और दिया जा सकता है-



ड्रॉन्स (Drones) का। ड्रॉन के कितने फायदे हैं- ऐसी जगह पहुँचा जा सकता है जहाँ पहुँचना कठिन है, वहाँ की तस्वीरें खींची जा सकती हैं, ज़रूरतमंदों को दवाईयाँ पहुँचाई जा सकती हैं। परन्तु आपने देखा ही है, कई लड़ाइयों में इन ड्रॉन्स के कारण लोगों पर बомब फेंके जा रहे हैं और नशीली दवाईयाँ और हथियारों की स्मगलिंग हो रही है।

तो क्या इसका ये मतलब है ऐसी चीज़ें बनानी बंद कर दी जाएँ?

आशा करते हैं कि बहुत सारी खतरनाक बीमारियों को चिप के द्वारा ठीक किया जा सकेगा और लाखों करोड़ों लोगों का भला होगा।

सबसे बड़ा फ़ायदा जो मुझे चिप के इस काम से होता दिखाई दे रहा है, वह है कि रोज़ रोज़ की ढेरों गोलियाँ और दवाईयाँ खा लेने से जान बचेगी।

**संताराम बजाज**

## The Science of Indian Polity

The establishment of Ram Mandir in Ayodhya, Shri Ram's birthplace on 22 January 2024, reminds us of the ideal basis of the Indian polity of Ram Rajya, where people lived in peace and harmony, where the kingdom was prosperous and there was no discrimination based on caste, creed, or religion - (सब का साथ, सब का विकास- motto of the present Indian government). The kingdom was prosperous, and the citizens were happy and content. The administration was efficient, and the rulers were just and fair. The people were honest, hardworking, and selfless, and they worked for the common good of society. India has had an ancient moral and ethical basis of its political philosophy for many thousands of years. Shukranītisara is a system of morals and ethics in politics authored by Sage Shukracharya in the Vedic period (1500-500 BCE). It is a comprehensive treatise dealing with both the political and non-political aspects required in maintaining social order in the state. The political part deals with guidelines relating to a king, the council of ministers, the justice system, and international laws. Whereas the non-political part deals with morals, economics, architecture, other social, and religious laws. It is older than the Kautilya's Arthashastra and is mentioned in the Hindu epic of Mahabharat. The politics in Mahabharat is mentioned as Rajniti or Rajdharma. Shukranītisara deals with the organization of the central government as well as of towns and villages. According to Shukraniti the main responsibility of the king should be to protect his subject and punish the offenders. The king is expected to appoint eight to ten able ministers. These include Purodha (preceptor), Pratinidhi (viceroys), Pradhan (chief secretary), Sachiv (war secretary), Mantri (foreign secretary), Pragvika (chief justice), Pandit (learned advisor), Smantra (minister of finance), Amatya (minister of land revenue), and Duta (ambassador). The king should take their counsel on all matters of the state before arriving at any decision. King is expected to be well versed in the spiritual and philosophical sciences, and

science of commercial activities and of jurisprudence. Shukranītisara lists a total of thirty-two sciences as known to the society then. These include treatises on physical sciences, social sciences, liberal arts, philosophical expositions, and spiritual sciences. Among these, the physical sciences include (1) Shilpashastra which describes science of constructing houses, images, canals etc.; (2) Ayurveda which deals with health, nutrition, and medicine; (3) Jyotish, which is the science of mathematics and astronomy; and (4) Dhanurveda which deal with military weapons. Most of the verses of chapter I and II are considered relevant in current day administrations of any democratic state in the world. Kautilya (or Chanakya) is the author of Arthashastra composed during the reign of the first Maurya king, Chandragupta Maurya (321-297 BCE). Arthashastra is a serious manual on statecraft, on how to run a state, informed by a higher purpose, clear and precise in its prescriptions. It lays down Saptanga, the seven key pillars - Swami (the King), Amatya (ministers), Janpada (the territory), Durg (fortified capital), Kosha (the treasury), Dand (justice or law and order) and Mitra (ally) for running the state. The village Panchayat managed the affairs of the village communities through an elected council. Land was distributed for cultivation and taxes were collected out of the produce and paid the government share on behalf of the village. Over a number of these smaller council there was a larger Panchayat. In the larger towns there were many artisans and merchants, and craft guilds, mercantile associations, and banking corporations, each of these managing their own domestic affairs. There was a widespread system of self-government in town and villages and the central government seldom interfered. The agrarian system was based on co-operative farming. Individuals and families had certain rights as well as obligations, which were well protected. There was no theocratic monarchy in India. In Indian polity if the king is unjust or tyrannical, right to rebel against him is admitted. The whole concept of monarchical power differed from that of European feudalism,

where the king had authority over all persons and things in his domain. This authority was delegated to lords and barons who vowed allegiance to him. In

India there was nothing of this kind. The king had the right to collect certain taxes from the land, justifiably and sustainably without causing undue hardship to the people. In Mahabharat, king Yudhishtira is told by Bhishma that tax should be collected like a honeybee gathering honey from flowers. In India there was no landlord system, as known in the west, nor was the individual peasant the full owner of his patch of land. Both these concepts were introduced much later by the British with disastrous results causing ruthless suppression of the village communities exploiting them with undue pressure for collecting taxes. It is worth noting that the Mughal rulers took special care not to interfere with the existing customs and conventions in this regard. After independence Mahatma Gandhi advocated for Panchayati Raj as the foundation of India's political system, as a decentralized form of government at village level. Part IX of the Indian Constitution, Article 243 directs the state to organize the village Panchayats and provide them powers and authority to function as self-government. The Directive Principles of the State Policy enshrined in Part IV (Articles 36 to 51) of the Indian Constitution embed some of the basic ideals on governance from Shukranīti, Arthashastra and the Mahabharat. For example, Article 38 states: "Promote the welfare of the people by securing a social order through justice-social, economic and political- and to minimize inequalities in income, status,



Continued.....

facilities and opportunities". For example: Shukraniti says: नपस्यपरमोधमःप्रजानाम्परपालनम्, Meaning "The welfare of his subjects is the prime dharma of a king". Chanakya in Arthashastra says: प्रजासखसखराजःप्रजानाचहितहितम्। नात्मवप्रयवप्रयराजःप्रजानातवप्रयवप्रयम्॥ (अथमशास्र 1/19) Meaning: "In the happiness of the subjects lies the happiness of the king, the welfare of the subjects is the welfare of the king". In Shanti parva of Mahabharat, Bhishma advises Yudhishthira: यदहनाकरुतधमप्रजाधमणपालयन्। दशिसिस्त्राणतस्यभन्क्तफलम्द्वि ॥ (शांतपिम् 71.29) Meaning: "The king who takes care of his subjects, earns punya equivalent to ten thousand years in swarga." There are many other examples about the adoption of Vedic ideals in the Indian Constitution.

## Vijai Singhal

References: The Discovery of India by Jawaharlal Nehru <https://en.wikipedia.org/wiki/Shukra-Niti> <https://www.indica.today/research/conference/articles-36-51-of-the-indian-constitution-tracing-their-indicroots/>

## Brain Exercise

Engaging in brain exercises is crucial for cognitive health. It helps maintain mental sharpness, improves memory, enhances problem-solving skills, and may lower the risk of cognitive decline as you age. Regular mental stimulation through activities like puzzles, brain teasers, learning new skills, or strategic games promotes overall brain function.

So here are some interesting brain teasers to give your brain a workout. Think and try to solve. Keep trying. Revisit after sometime if you find it daunting. Don't give up till you get the solution.

- 1) 100 coins are lying flat on a table. 10 of them are heads up and 90 are tails up. You can't see which one is which. How can we split the coins into two piles such that there are same number of heads up in each pile?
- 2) There is a bag with 20 blue balls and 13 red balls. Randomly remove 2 balls from the bag. If they are the same color, replace them with a blue ball. If they are different colors, replace them with a red ball. Repeat this process until there is just 1 ball remaining. What is the color of the last ball?
- 3) You have 8 batteries (4 charged batteries, 4 uncharged batteries) and a flashlight which needs 2 charged batteries to work. You do not know which batteries are charged and which ones are uncharged. What is the least number of attempts to make the flashlight work? (An attempt consists of putting two batteries in the flashlight and checking if the flashlight works or not.)
- 4) On Lonesome street, there are only five apartment buildings in a row, located very far away from each other. At least one person lives in each building. Because the buildings are so far away from each other, every person who lives on Lonesome street only knows everyone who lives in their building, as well as everyone who lives in a building next to theirs, but doesn't know anyone else. Everyone who lives on this street knows either exactly 15 or exactly 20 people. How many people live on this street?
- 5) A doubles every minute and B triples every minute. In 5 minutes their sum is 339. What were A and B at the start?
- 6) Jai has a 4-digit number in mind and asks Raj to guess the number. Raj can have 7 guesses, and Jai will give him some hints after 6 guesses. Raj makes these 6 guesses:

6 3 5 8

9 3 0 6

4 8 8 2

6 7 2 8

1 1 9 1

5 6 2 7

These were all wrong, but Jai says every guess had exactly one (and only one) correct digit in the correct position. Additionally, all the digits are different. What should Raj's 7th guess be?

- 7) You have a set of eight identical-looking coins, and all of them weigh the same except for one counterfeit coin that is either lighter or heavier than the others. You also have a balance scale, but you can only use it three times. Your task is to determine which coin is counterfeit and whether it is lighter or heavier than the genuine coins, using the balance scale no more than three times. Can you figure out the counterfeit coin using the three weighings?

Hope your brain will be sufficiently teased by these logical puzzles.

शिव अग्रवाल (shivshiv@gmail.com)





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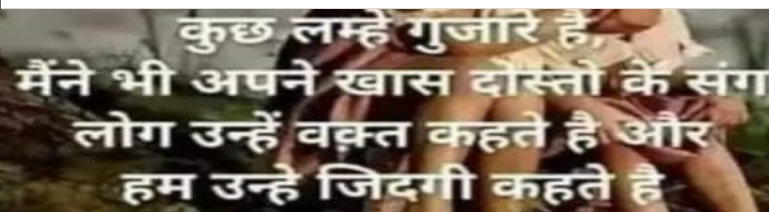
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## Happy Birthdays

Madan Jain	Prakash Rekhi
Vijai Singhal	Mohinder Kumar
Kamlesh Mitter	Charan Sekhon
Kiran Gupta	Jitendra Parikh
Yash Bhasin	Jaya Malaviya
Shashi Verma	Pavan Kalra
Prem Varmani	Veena Sharma
Kamana Bhattacharya	J.K. Bhatnagar
Charanjit Singh Sandhu	Jagdish Dua
Adarsh Gupta	Sushil Kumar
Girish Mathur	

## Happy Wedding Anniversaries

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. Sunil Bhatia & Mrs. Ira Swani
Mr. & Mrs. J.K. & Usha Bhatnagar



## A word changes the essence of emotion

1. Use Mandir not temple, temple word was used by jews for their praying space.
2. Use Bhagwan/Prabhu not Lord, lord means a powerful officer
3. Use Bhakt not devotee, devotee means someone interested or enthusiastic about.
4. Use Dharma, not religion, religion means a cult, nothing more than it.
5. Use Moksha not salvation, salvation merely means keeping away from harm.
6. Use vrat not fast, fast means not eating for a certain time period, it doesn't "sankalp"
7. Use Prarthana not pray, pray in simply asking for help.

**SUNDAY  
17 MARCH 24**



**Australian Hindi Indian Association**

*Celebrates*  
**Holi**

*Join us for fun & masti*

Venue : Harvey Lowe Pavilion,  
Doran Drive, Castle Hill

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Time : 11am - 3pm

Tickets : Adults & Children (over 6yrs) \$20

(Includes - Holi colours, chatpatta snacks, lunch, thandai,  
DJ & cultural program)

For tickets & more information contact

Sushma Ahluwalia : 0411 967 374    Preeti Thadani : 0402 034 959

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

**If you are the smartest person in the room, then you are in the wrong room." Confucius, Chinese Philosopher**

**RAM MANDIR, AYODHYA DHAM**

The Prime Minister of Bharat, Narendra Modi performed Pooja ceremony on 5 August 2020, and laid the foundation stone of Sri Ram Mandir, Ayodhya. The Sri Ram Janam Bhoomi Tirth Kshetra Trust is supervising the entire construction work. Larsen and Toubro are responsible for the main structure. The Tata Consultancy Engineers Ltd are managing the work and would develop the allied facilities. Ram Mandir, Ayodhya's chief architecture Chandrakant Sompura and his son Ashish have designed the construction work. The Sampuras have been part of the temple architecture over 100 temples all over the world.

Shri Ram Mandir Janambhoomi Teerth Kshetra Trust began the first phase of the construction of the Ram Mandir on March 2021, which has been completed and the craftsmen would complete the holy site. The carving and iconography would continue to be done. Ram Mandir will be built within an area of 2.7 acres. The built-up area would be 57,400 sq feet. The length would be 380 feet, width 250 feet and height 161 feet. This would be supported by a total of 392 pillars; 166 on the ground floor, 144 on the first floor and 82 on the second floor, and 44 gates.

The Mandir will be three-storied building, with each floor being 20 feet tall. There would be 366 columns. The number of columns on the ground floor would be 160; first floor 132; second floor 74. The statues of gods and goddesses will adorn the pillars and walls.

The structure of the Mandir has been made of carved Rajasthan Bansi Paharpur stone, the rare marble stone, world renowned for its beauty and strength. The Nagara style of architecture model has been used to ensure both performance and architectural integrity.

On the ground floor, the very best quality

granite has been used and there is no use of cement or steel. Only a lock and key mechanism using grooves and ridges has been used in the construction of the entire structure. An engineering soil was laid in the area to the depth of 14 meters and 47 layered base were compacted to make it solid rock-like. The structure has been designed to resist an earth quake for one thousand years.

There will be five Mandaps (Hall): Natritya Mandap,

Rang Mandap and Sabha Mandap have been constructed on the first floor, and Prarthana Mandap

and Kirtan Mandap will be built on the second floor.

The Mandaps will be decorated with Shikharas. The highest Shikhara will be on Garbha Griha.

The Parkota (Rectangular compound wall) with a length of 732 meters and a width of 14 feet surrounds the Mandir.

Out of four floors of the main Ram Mandir, only first floor has materialized. The work on second floor is in progress, after which the shikhar-the central dome, will be built.

At the four corners of the compound, there are four, Mandirs dedicated to Surya Dev, Devi Bhagwati, Lord Ganesh and Lord Shiva. In the Northern area is a Mandir of Maa Annapurna and in the Southern area is a Mandir of Hanuman Ji. In the Ram Janambhoomi complex, the proposed Mandirs would be dedicated to Maharishi Valmiki, Maharishi Vishwamiter, Maharishi Agastya, Nishad Raj, Mata Shibri, and the revered consort of Devi Ahilya. In the Southern part of the complex at Kuber Tila, the ancient Mandir of Lord Shiva has been restored, along with installation of Jatayu. Near the Mandir is a historic well (Sita koop) dating back to the ancient era.

In the Garbha Griha, three idol of Ram Lalla, Hanuman, and Lord Ram when he was six years old have been installed.

The old statues of Lord Ram have also been kept in the Garbha Griha. After Puja and Vedic Mantras, Prime Minister of India, Narendra Modi inaugurated the consecration ceremony (Pran Pratishtha) of Ram Lalla on 22 January 2024. The idol of Balak Ram was also unveiled. The consecration ceremony was attended by 70 00 invitees, which included Sanyasis, spiritual leaders, religious leaders, industrialists, army officers, film stars, high dignitaries, sports players, Padma awardees and many more. Within a week of Pran Pratishtha, more than 15 lakh pilgrims had Darshan of Ram Mandir. It is expected that 5 crore pilgrims will have darshan of Ram Lalla during this year.

Ayodhya has been beautified, Sri Valmiki International Airport and Bharat Express would provide all the facilities to the visitor. Modern style kitchen has been opened to manage langer for 25000 to 50,000 people at a time. The consecration ceremony of Ram Lalla has brought immense joy to Bharatiya and nearly a billion Hindus across the world. It is a symbol of vikas and virasat, and inspires us to further develop Bharat along with old Sanatan Dharam traditions. Lord Ram was a hero and inspires us to improve our economy and our Defence system. Lord Ram is All-Merciful, the whole universe has been created by him. He is Kirpanidhan and Bhaktavatslam. In Treta Yuga, Ram Jot was lit after fourteen years exile of Lord Ram, Lakshman and Sita, whereas in Kaliyuga, Ram Jot has been lit after 500 years. Ram Jot (Divine Light) is 24 hours in our heart and Ram Dhun (unstruck music) can also be heard through the wisdom of a Perfect Guru. Our soul is particle of Ram, as Sant Kabir says and the path to find Ram is also in the Royal Vein (Shah Rag) in our heart. We should devote some time for the love and devotion of Lord and gain Sat-Chit-Anand.

**रोशन लाल**



## Short Notes about the life of Field Marshal Sam Manekshaw

Sam Manekshaw was born in a Parsi family on 3 April, 1914 in Amritsar, Punjab. His father Hormusji Manekshaw was a doctor in the British Indian Army during the First World War. His younger brother Jemi also served in the armed force as well. He married in 1939 and had two daughters.



He joined Army on 1 Oct 1932 and graduated from IMA on 4 Feb 1934 and was commissioned as a second lieutenant in the British Indian Army. In his 40 years military career, Manekshaw fought five wars, World War II in 1942, Kashmir War against Pakistan and Afghan tribals in 1948, Indo-Sino against China in 1962, Indo-Pak wars against Pakistan in 1965 and 1971. He was given the name 'Sam Bahadur' by soldiers of 8<sup>th</sup> Gorkha Rifles where he was re-assigned after Independence in 1947. One of his famous quote is "if a man says he is not afraid of dying, he is either lying or he is Gorkha". An other interesting thing to note, Prime Minister Indra PRIYADARSHANI' Gandhi's husband was Feroz Gandhi, also a Parsi. Due to ancestor's connection Manekshaw used to refer to PM Indra as Sweetie.

He also obtained the training in Indian National Army (INA) or Azad Hind Foz under Commander Subhas Chandra Bose. He was the pioneer of INA. He was honored with the Military Cross for gallantry in 1942, the Padma Bhushan in 1968 and Padma Vibhushan in 1972. He is one-off military general who caught the nation by storm and most celebrated general who served army spanning four decades. As the Army Chief, Manekshaw led the Indian Army to its momentous victory in 1972 Indo-Pak war. In 1973, in acknowledgement of his service, Manekshaw was given the rare honor of the five-star rank of Field Marshal.

### High Lights of his Army Service over 40 years:

In 1942, Sam Manekshaw was posted at Burma and was given additional responsibilities. During this battle, he was shot rapidly by a Japanese soldier in close range who pierced 9 powerful bullets through his lungs, stomach, liver, intestines & kidneys. He remained lying in the battlefield for 36 long hours, before he was finally found by his fellow soldiers in an unconscious state.

Everyone had given up hopes. Even the Doctor refused to take him because he felt it would be a waste of time on treating a "finished case". However, thanks to his Sikh colleague's Sher Singh insistence & perseverance, the Australian Army Surgeon agreed to treat him, but not for more than few hours. Fortunately, within few hours, Sam Manekshaw regained consciousness, but was still critical for next few days because his vital organs were literally out of shape. Even the intestines had to be stitched several times.

Finally, due to his firm belief in the ideology of serving the Nation, he overcame all his health issues, and was discharged within days. Over the next few decades, he went on to serve India in several major wars, including the legendary 1971 war where he led the Indian Army with utmost grace & style, bringing Pakistan down to its knees, thereby making every Indian proud. One of the biggest take away from this story is about the power of ideologies which can give a strong purpose in a person's life and can help overcome all difficulties. It is worth watching the recent movie "Bahur Manekshaw".

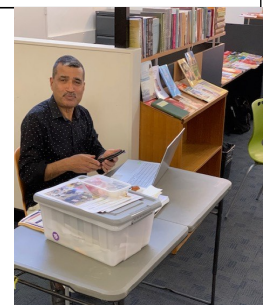
As field Marshal never retires, he was given some pension but not full benefits of 1.16 Crore Rs which were due. Eventually given to him at his death bed in hospital after intervention of President Abdul Kalam, but Manekshaw donated that money to Soldiers' widows' fund. Manekshaw died on 27 June, 2008 in Wellington at the age of 94.

**Presented by: निरिंदर जलपोटा**

References: Article on Internet by Captain Pratibha Gupta, Girls Battalion, Lucknow & other articles on the Internet & Times of India.

## 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***

**Next Seniors Meeting @ 2 Lane Street. Wentworthville March 9 , 2024 from 1 to 4 PM**

## शुक्रिया , धन्यवाद , थैंक्यू

शुक्रिया, धन्यवाद, थैंक्यू - विश्व की अन्य भाषाओं में इसके पर्यायवाची जो भी शब्द होंगे - बहुत ही प्रभावशाली शब्द हैं। हमें इन शब्दों का दिल खोल कर प्रयोग करना चाहिए और अगर इन का प्रयोग थोड़ी सी मुस्कान, सर झुकाकर करेंगे तो इसका प्रभाव सुननेवाले पर दुगुना, चोगुना होगा।

शिष्टाचार भी यही कहता है कि जिस वस्तु की हमें आवश्यकता हो फिर चाहे वह किसी व्यक्ति से प्राप्त हो या प्रकृति से, हमें उसका धन्यवाद करना चाहिए और ऐसा हम करते भी हैं।

बच्चे को गेंद की जरूरत है उसे कोई गेंद लाकर दे दे , युवा अवस्था में जरूरत पड़ने

पर हमारा मित्र उसी वस्तु को ला कर दे देता है - तो उसको धन्यवाद देते हैं । जब पड़ोसी जरूरत पड़ने पर हमारी मदद करता है तो हम उसके आभारी होते हैं । राह चलते यदि कोई अनजान व्यक्ति ही अगर रास्ता दे देता है , तो हम उसको भी थैंक्यू बोल देते हैं। यह स्वभाव बन जाता है एक आदत बन जाती है और यह आदत बनी भी रहनी चाहिए। इस में दूसरों को कितनी खुशी मिलती है इसकी व्याख्या करना कठिन है ।

प्रकृति को देखिए - वे हमें कितना कुछ दे रही हैं । सोने के लिए रात, उठने के लिए पक्षियों की चह-चहाहट, मधुर ध्वनि हमारी नींद खोल देती है । गर्मी में ठंडी हवा या बारिश की बूंदें शरीर और मस्तिष्क को कितना सकून देती हैं

। सर्दी में धूप का अपना आनन्द है । फूलों के रंग, आकार, सुगन्ध - किस को आनन्दित नहीं करते?

नदियों, सागरों, महासागरों, पेड़-पौधों, प्रकृति की हर रचना को देखकर उसके रचेयता का जितना धन्यवाद करे उतना कम है।

ये तीन शब्द जब हमारे लिए कोई प्रयोग करता है तो हम कितनी प्रसन्नता महसूस करते हैं, जीवन में मिठास भरने के लिए दूसरों के लिए इन शब्दों का प्रयोग हम दो बार भी कर सकते हैं।

धन्यवाद, थैंक्यू, थैंक्यू

शारदा शर्मा



## Ram Mandir Ayodhya: 10 Interesting & Unknown Facts

- Ayodhya Ram Mandir will be the biggest temple in India dedicated to Lord Rama. The total land allocated to the Shree Ram Janmabhoomi Teerth Kshetra Trust spans 70 acres. The main temple complex was built on 2.7 acres of designated land.
- Ram Mandir is built in the Nagara style. The entrance of the temple faces the east and is built in the Gopuram style, which represents the temples of the south.
- The temple's design was completed nearly three decades ago, crafted by the principal architect Chandrakant Bhai Sompura. Prabhakarji Sompura, the grandfather of Chandrakant Bhai, had previously designed the Somnath Temple alongside his son, Ashish Sompura.
- The total height of the Ram Mandir is 161 feet and the total build-up area is 57,400 Sq.ft. The approximate length and breadth of the main temple is 360\*235 feet.
- There are a total of 3 floors in the temple each with a height of 20 feet and there are a total of 12 gates in the main temple.
- The Shree Ram Birth Sacred Pilgrimage region consists of Shri Ram Kund, Karm Kshetra, Hanuman Gadhi, Shri Ramlala Purakalik Darshan Mandal, Shri Kamm Keerthi, Guru Vashishtha Peethika, Bhakti Teela, Tulsi, Ram Darbar, Mata Kaushalya Vatsalya Mandap, Ramangan, Ramayan, Maharishi Valmiki, Ramashrayam, Shri Dashrath, Laxman Vatika, Lav Kush Nikunj, Maryada Khand, Bharat Prasaad-Mandap, Mata Sita Rasoi Annakshetra, and Singhdwar Ke Sammukh Deepstambh.
- The idols of Lord Rama and Jaanki are built with the Shaligram Stones which are bought from the Gandaki river bank in Nepal.



## मर्यादा पुरुषोत्तम श्री राम आ गये।

हमारी रोम रोम में बसने वाले अंतर्धामी श्री राम ५०० बरस की लम्बी प्रतीक्षा के बाद अपने गर्भ गृह में राम लल्ला के रूप में अयोध्या में वापस लौट आये। उनके आगमन पर पूरा विश्व अभिभूत हो गया। आपकी महिमा अपरंपार है मेरे राम जी। टाट से ठाठ में पहुँचने में कितने कष्ट उठाये हमारे राम जी ने। २२ जनवरी को जब राम लल्ला के रूप में उनकी प्राण प्रतिष्ठा हुई तो कोई आँख ऐसी नहीं होगी जो नम न हुई हो। बाहर की तो छोड़ो, हमारे अपने ही गरूर से भरे कुछ लोग उनके दर्शन करने के लिए विरोध पे उत्तर आये। जहन्नुम में जाएँ ऐसे लोग जो अपने नाम के आगे तो राम लिखते हैं, या हाथ में माला लेकर राम नाम का जाप करते हैं, पर वक्त पड़ने पर जो कर रहा है उस पर ही ऊँगली उठाते हैं। कभी कोई काम रुकता नहीं, भले ही कितनी मुश्किलें आयें। बस करने वाले में दम होना चाहिए। कहने वालों को नज़र अंदाज़ कर देना चाहिए। आइये इस खूबसूरत पल को जी भर के जियें और श्री राम के नाम का अमृत पियें ताकि फिर कोई दोबारा हमारी आस्था पर चोट पहुँचाने की जुरत न कर सके। कही पढ़ा था के श्री राम इतने सरल हैं कि वो हमारे दिन की हर दिनचर्या में किसी न किसी तरीके से हमसे जुड़ ही जाते हैं। ..

खुशी हो....हे राम

गम हो ...अरे राम

अभिवादन में ..राम राम जी

दोनों का एक साथ अभिवादन। ..जय सिया राम,

जय जय सिया राम

शर्म आ रही हो..... हाय राम

कुछ गलत बोल दिया या सुन लिया ..... ..दोनों

कानो को हाथ लगाकर कहते हैं "राम राम राम।

". राम जी माफ़ करना

कोई सवाल का जवाब न आता हो। ...राम जाने

Operation के बाद डॉक्टर भी कहता है। ..अब

तो राम भरोसे

मरने के बाद...राम नाम सत्य है

भगवान से कुछ मांगना हो..... राम दुहाई

सच में कितने सरल हैं हमारे राम। हम चाह

कर भी इनसे अलग नहीं हो सकते।

प्राण प्रतिष्ठा के दिन न तो कोई बड़ा था और

न कोई छोटा, सब एक समान थे और सबका

सम्मान था। सबके ऊपर बराबर से फूलों की

वर्षा हुई।

हम राम राम दो बार क्यों

बोलते हैं। शब्दावली के हिसाब से राम राम का जोड़ 108 बनता है। जिस माला को हम जपते हैं उसमें 108 मणके होते हैं, जिनका हम मणका मणका करके जाप करते हैं। गीता में भी 108 अध्याय हैं जिनमें श्री कृष्ण जी के उपदेश हैं। फिर आप ही बताये हम अकेला राम कैसे बोल सकते हैं। राम राम कह कर हम संपर्क में आये हुए शख्स की विचारधारा को तो शुद्ध करते ही हैं, साथ साथ अपनी मनोवृत्ति में भी मिठास भरते हैं।

राम की भक्ति में वो शक्ति है जो हमें ज़मीं से उठाकर आसमान तक पहुँचा सकती है।

कहीं पढ़ा था भक्ति ऐसी चीज़ है जो जिसमें भी प्रवेश कर जाये, उसका अर्थ ही बदल जाता है

जैसे पानी में भक्ति डाल दीजिये वो पानी अमृत बन जाता है

जिसे हम चरण अमृत कहते हैं

भोजन में डाल दीजिये तो वो प्रसाद बन जाता है

भूख में डाल दें तो वो व्रत बन जाता है

भक्ति से हाथ जोड़कर प्रभु के सामने खड़े हो जायें तो प्रार्थना बन जाता है

संगीत में डाल दें तो वो वन्दना/भजन बन जाता है

अग्नि में सामग्री के साथ डाल दें तो पूजा बन जाता है

भक्ति से बड़ों के पांव छु लें तो आशीर्वाद बन जाता है

भक्ति से भगवान् के चरणों में पुष्प चढ़ाईयें तो वो अर्चना बन जाता है

देखा कैसे एक छोटी सी भक्ति हमारी ज़िंदगी का सार ही बदल देती है।

हमारी ज़िंदगी में ढाई अक्षर का काफी महत्व है जैसे राम, भक्ति, प्यार, मृत्यु और नो जाने और कितने।

ढाई को तीन करने की कोशिश मत कीजिए, दुविधा में पड़ जायेंगे। जो है उसी से संतोष कीजिये और चैन की ज़िंदगी भगवान् श्री राम की आराधना में गुज़ार दीजिये। आपका हर दिन दीवाली होगा।

आखिर में दोबारा से मेरी और से सबको



लव नागपॉल

## राधा कृष्ण सम्वाद: कवि की कल्पना

हिंदी की कहावत "जहां न पहुंचे रवि वहां पहुंचे कवि" को चरितार्थ करती हास्य कवि श्री सुरेंद्र शर्मा की कविता " राधा कृष्ण " का सारांश प्रस्तुत है।

कृष्ण के दो चरित्र हैं :जो प्रेम से जुड़ा, वह कान्हा कहलाए और जो युद्ध से जुड़ा द्वारकाधीश। अचानक राधा कृष्णा एक दूसरे के सामने आ गए। विचलित थे कृष्ण और प्रसन्नचित थी राधा। कृष्ण इसलिए विचलित थे कि प्रेम से अलग होकर गए थे; राधा इसलिए प्रसन्नचित थी कि प्रेम में डूबी हुई थी।

राधा मुस्काई, कृष्ण सकपकाए। इससे पहले कि कुछ कह पाते बोल उठी राधा: कैसे हो द्वारकाधीश। द्वारकाधीश सम्बोधन कृष्ण को अंदर तक घायल कर गया। फिर भी अपने आप को संभाल लिया। बोले राधा से: मैं तो तुम्हारे लिए आज भी कान्हा हूं, तुम तो द्वारकाधीश मत कहो। आओ बैठते हैं कुछ मैं अपनी कहता हूं कुछ तुम अपनी कहो।

सच कहूं राधा जब भी तुम्हारी याद आती थी इन आंखों से आंसुओं की बूंदें निकल आती थी। बोली राधा: मेरे साथ ऐसा कुछ नहीं हुआ, ना तुम्हारी याद आई, न कोई आंसू बहा। क्योंकि हम तुम्हें भूल ही कहां थे, जो तुम याद आते। इन आंखों में सदा तुम रहते थे। कहीं आंसुओं के साथ न निकल जाओ इसलिए रोते भी नहीं थे।

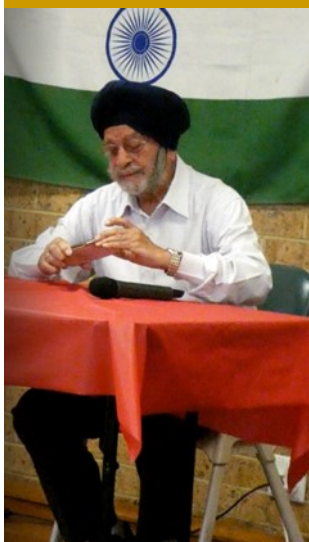
कृष्ण कुछ कड़वे सत्य सुन पाओ तो सुनो। कान्हा से द्वारकाधीश बनने पर या प्रेम से अलग होने पर तुमने क्या खोया इसका एक आईना दिखाऊं।

कृष्ण क्या कभी सोचा इस तरह कि मैं और तुम कितने बिछड़ गए। यमुना के मीठे पानी से ज़िंदगी शुरू की और समुद्र के खारे पानी तक पहुंच गए।

कृष्ण! कान्हा और द्वारकाधीश में क्या फर्क होता है बताऊं, कान्हा होते तो तुम सुदामा के घर जाते सुदामा तुम्हारे घर कभी भी नहीं आता। स्वामी हो गीता जैसे ग्रंथ के दाता, हो नीति निर्माता हो, धर्मशास्त्र के जानकार हो, पर महाभारत युद्ध में क्या निर्णय लिया: अपनी पूरी सेना कौरवों को सौंप दी और अपने आपको पांडवों के साथ कर लिया। सेना तो आपकी प्रजा थी, राजा उसका पालक होता है, उसका रक्षक होता है। आप जैसा महा जानी उसे रथ को चला रहा था जिस पर बैठा हुआ अर्जुन आपकी प्रजा को ही मार रहा था। कृष्ण आज भी धरती पर जाकर देखो अपनी द्वारकाधीश वाली छवि को दूंदते रह जाओगे, हर घर में हर मंदिर में मेरे साथ ही खड़े नजर आओगे। लोग गीता के ज्ञान की बात करते हैं, उसका नित्य नियम से पाठ करते हैं; पर धरती के लोग यह दुआएं द्वारकाधीश पर नहीं प्रेम वाले कान्हा पर भरोसा रखते हैं। और जिस गीता में मेरा दूर-दूर तक जिक्र भी नहीं, नाम भी नहीं आज भी लोग उसके समापन पर राधे-राधे करते हैं।

ऑंकार गोयल





Photos  
from  
Seniors  
Meet-  
ing on  
13  
Janu-  
ary,  
2024











Photos  
by  
Tilak  
Kalra



**AUSTRALIAN HINDI INDIAN ASSOCIATION  
CELEBRATES HOLI ON 17TH MARCH, 2024 @  
HARVEY LOW PAVILION, DORAN DRIVE, CASTLE HILL**