

AUSTRALIAN HINDI INDIAN ASSOCIATION (AHIA)

-the Association that cares



Sandesh सन्देश

incorporating

Seniors Newsletter

Established 1994: Volume 25 Issue 1 January 2026

President: Meeta Sharma Secretary : Sushma Ahulwalia Editor-in-chief: Raj Batra Sandesh Editor: Sant Bajaj

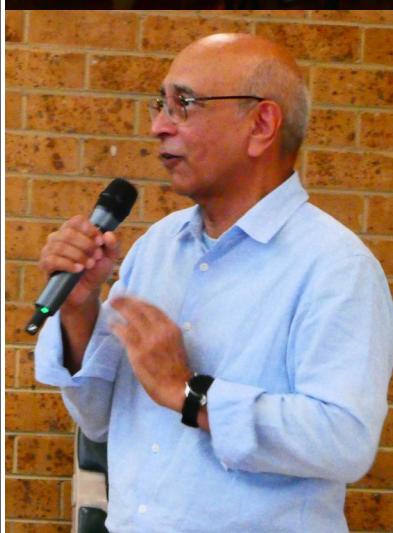
AHIA Senior Meeting On 13th Dec, 2025



New AHIA Executive Committee



Outgoing AHIA Executive Committee



Dear Members

With deep sorrow and heavy hearts, we mourn the demise of our key life member Dr Rakesh Sachdev on 23 December 2025 at their house in Cherry Brooke. He was Ex President who initiated Seniors AHIA and dedicated himself wholeheartedly to the community. He was a true leader. We pray for his noble soul to rest in peace and hope that his entire family finds the strength and courage to endure this extremely difficult time.

Sachdev family you all are in our thoughts and prayers, sending you warmth, strength, and heartfelt condolences as you navigate this loss. May God grant you peace and courage. Om Shanti.

With Gratitude
AHIA Executive Team

All Members Namashkar,

Wishing you all a very happy healthy New year 2026

I would like to sincerely thank each member of the previous committee for their dedication and hard work. Your efforts in organising senior meetings, as well as large and successful functions, have truly benefited our members and strengthened our association.



In Dec, a new committee has been elected. I am pleased to say that this committee includes very motivated and enthusiastic executives members & appreciate their effort for stepping forward and accepting this responsibility. Committee is committed to listening patiently, discussing matters openly, and finding ways to assist and support all our members. Together, we aim to build a caring, inclusive, and active association. We look forward a support from all members.

Looking ahead, we are excited about our upcoming Holi celebration, which will be held on 22 February at the Harvey Lowe Pavilion Hall Castle Hill.

Tickets are now on sale, and we hope many of you will join us to celebrate, connect, and enjoy a fun-filled event together. Please contact any member of the Executive Committee, and they will be happy to arrange your tickets.

In addition, we will be participating -Clean Up Australia in March, We look forward to seeing many of you there for this good cause, helping to protect nature and contribute positively to our environment.

Thank you all for your continued support. We look forward to a wonderful year ahead.

Thanks

Meeta Sharma

President

AHIA Clean-Up Day @ Caterson Reserve, Caterson Drive, Castle Hill 2154
Time: 10.00 am to 12.00 pm
Date: Sunday, 1 March, 2026

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

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INSIDE THIS ISSUE

**The Cartoons/pictures are courtesy various Newspapers.

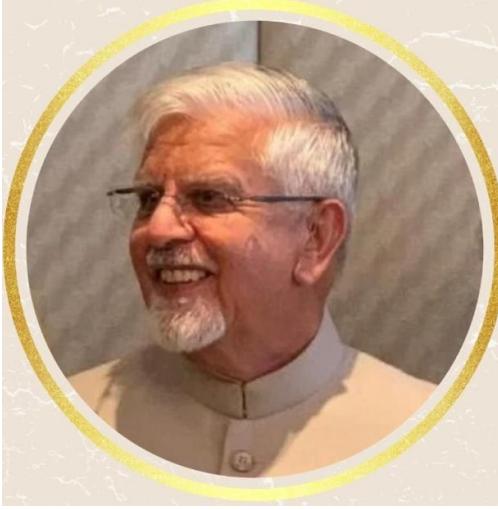
**The Content and the opinions expressed in the writings are the responsibility of the writers concerned.

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

Our beloved Dr Rakesh Sachdev Lahore, India. In 1966 he graduated from Amritsar Medical College. Rakesh married in 1968 and Sarita were married on the 30th November 1970. They migrated to Perth, then to Orange in 1974, where Rakesh completed a Masters of Medicine from UNSW.

He worked tirelessly in different fields for over 30 years, focusing on geriatric dementia and for the carer's wellbeing.

Rakesh was a founding member of the Australian Hindi Indian Association (AHIA), twice holding the position of president. Rakesh, who was very close to his own mother, was passionate about programs that brought senior citizens closer within our community, the below representing a few of his contributions:



was born on the 5th April 1942 in India. He graduated as a medical doctor from the University of Amritsar in 1966 and Sarita were married on the 30th November 1970. They migrated to Australia in 1973, first to Perth and finally settling in Sydney in 1975. Rakesh completed a Masters of Medicine in 1996

fields of psychiatry for over 30 years, focusing on geriatric dementia and for the carer's wellbeing.

Australian Hindi Indian Association (AHIA) as president. Rakesh, who was

- In 2017 he received the NSW Premiers Multicultural Community Award for outstanding contribution to improving the welfare of Indian senior citizens

- In 2017 he received the United Indian Association award for Excellence in Community Service.
- In 2010 he received the NSW Achievement Award in Health and Wellbeing.
- He contributed to the Migrant Resource Centre at Parramatta
- He was a part of the Senior Steering Committee of the United Indian Association Inc.

Since retiring, he enjoyed spending time with his loved ones and travelling the world.

Sadly, he unexpectedly passed away on 23rd December 2025 in Cherrybrook from a suspected cardiac arrest, in his home he often referred to as his own paradise.

He is survived by his wife Sarita, sons Sandeep and Rishi, daughters-in-law Claire and Samantha, and grandchildren Timothy, Oliver, Siana and Emily. He will be deeply missed by all who knew and loved his generous, spiritual and deep thinking personality - he will be missed as a partner, father, grandfather, friend, uncle, sibling, doctor, and community leader. The life history of Dr. Rakesh Sachdev was compiled by Sachdev family.

A lovely poem written by Dr. Rakesh Sachdev ji is given below:

When I come to the end of the road
And the sun has set for me
I want no rites in a gloom filled room
Why cry for a soul set free?
Miss me a little, but not for long
And not with your head bowed low
Remember the love that once we shared
Miss me, but not for long
For this is a journey we all must take
And each must go alone.
It's all part of the master plan
A step on the road to home.
When you are lonely and sick at heart
Go to the friends we know.
Laugh at all things we used to do
Miss me, but not for long

AHIA Executive Committee Members(2026-2028)

Title	Name		Profile
President	Mrs Meeta Shama		<p>I am a seasoned finance professional with extensive banking experience and a proven track record as a Finance Manager.</p> <p>Strongly believe that financial literacy is a cornerstone of social progress and personal independence. Rooted deeply in Indian values and culture, committed in guiding the younger generation & seniors to remain connected to their Indian heritage.</p> <p>Associated with AHIA & following Charities</p> <ul style="list-style-type: none"> • Organising Australia's Biggest Morning Tea in support of the Cancer Council. • Supporting the Starlight Children's Foundation. • Working with Rosie's Friends on the Street to provide blankets to homeless individuals during winter. • Raising funds for Foodbank Australia.
Vice-President	Mr Nardev Gupta		<p>I am Nardev Gupta, a life member of AHIA and am honored to have been appointed as the Vice President of AHIA. I have been actively supporting AHIA cultural functions and clean ups over the last several years and now have an opportunity to come in and contribute by joining the AHIA executive team. I have been in senior management roles in a large telecommunication company for over thirty years and have handled extensive responsibilities globally as well as in Australia/New Zealand. I now aim to utilize the leadership and operational skills and experience that I have gained to support AHIA. I look forward to meeting and connecting with all AHIA members so that I and the executive team can do our best to meet their expectations.</p>
Secretary	Mrs Sushma Ahluwalia		<p>Sushma is retired and enjoying golden years of her life with her children and grand-children. After successfully raising her family, she worked for many years in her own business in the Sydney area. She retired from the business life 12 years ago and is now involved in serving the Indian Community and dearly holds values of our rich Indian Heritage. Previously she had co-partnered in running the Ladies "Sawan" Festival in Sydney for 16 years. She enjoys meeting people and celebrating and promoting cultural events. She is one of the pioneer life members of AHIA and has been assisting AHIA Committee in various ways. She was president of AHIA for two terms. She believes in working hard in continually promoting objectives of AHIA including celebrating cultural activities and undertaking social and welfare activities. "Volunteering your time and energy to help others doesn't just make the world better, but it also makes you a better person."</p>
Treasurer	Mr Akashay Aggarwal		<p>Akshay Agarwal, a veteran of IT Industry, served for more than 40 years in senior consultant, project and program management positions in some key organizations in India and Australia, cutting across Manufacturing, Banking & Finance, Telecommunication & Professional Services. Akshay Agarwal took retirement in 2023 and has been an ex-AHIA Executive Committee member during 1999. He is delighted to once again offer his services as treasurer and looking forward to AHIA's activities with more positive outcomes going forward.</p>

Title	Name	Profile
Member	Mrs Neera Kaur Maan	 <p>With more than 10 years of experience in the not-for-profit sector, I have served in presidential roles and on executive committees across independent education settings and community sporting organisations. It is both fitting and deeply meaningful to now contribute to an organisation co-founded by my migrant parents, supporting its long-term sustainability and community impact. Being part of a movement that serves not only the present community but future generations is a privilege I value greatly.</p>
Editor-in-chief	Mr Raj Batra	 <p>I am Raj Batra, a life member of AHIA. With 40 years of experience in Information Technology, I specialize in designing and developing websites for over twenty years. A passionate gardener for 15 years, I also bring creativity and balance to life as a qualified yoga teacher, practicing yoga for the past four years. I have been working with AHIA for the last fifteen years. I am very passionate about doing voluntary work.</p>
Sandesh Editor	Mr Sant Bajaj	 <p>I have been a very active member of AHIA for the last 29 years. I have been very much involved with the Seniors wing of AHIA in organising monthly meetings, picnics and other cultural activities. I had the honour of serving as its President in 2012 /2014. One of my main contributions has been editing Sandesh-AHIA's Newsletter, since 2001. Sandesh, started with 2 pages in 1994 has been brought to its present form by changing its format from mere meeting reporting to a kind of mini magazine with news and literary contributions of AHIA members. Presently I am co-editor with Raj Batra.</p>
Member	Mr Anand Prakash	 <p>Worked for 18 years in Eastern India as Branch Manager and Regional Sales Manager in a Automotive Spares marketing company in Kolkatta. Migrated in Australia in 1989 Worked 28 years in Australia Post in several departments as Team Leader. Took early retirement in 2018. Self Funded Retiree, now Single wife passed away on 01/01/2025. Have 2 sons elder is Occupational Therapists married to Occupational Therapists, has 2 daughters. Younger is Physiotherapist married to Public Health Service, has 1 daughter 1 son.</p>
Member	Mrs Alka Anand	 <p>I'm Alka Anand, came to Australia from India with my family in 1973 when I was 11. I completed my accounting studies here & worked in a bank & the public service. Got married to Sushil, who is a practising doctor. I have a son & daughter & am a proud grandmother of 2 gorgeous granddaughters. I'm a keen believer in helping people in need, particularly seniors. I had volunteered at Meals on Wheels for a few years. Now I am volunteering 1 day a week at ReLove, who provide vulnerable & needy people with household goods. I am looking forward to working with the AHIA team to serve the seniors in any way I can.</p>
Member	Mrs. Ankur Saini	 <p>I am a creative at heart who loves dancing, teaching children, and organising events. I'm passionate about building communities through dance and using it as a way to celebrate, share, and raise awareness of our culture. For me, dance is not just an art form – it's a way to connect people and keep culture alive.</p>
Member	Dr. Sarita Sachdev	 <p>Sarita Sachdev has been a life member of AHIA since its inception. She was an executive member in the first AHIA executive committee in 1994. She has been involved with AHIA's seniors since then supporting their meetings and social activities. She enjoys voluntary work and was recognised by receiving an award for her voluntary work as an executive member in Australian Indian Medical Graduate Association and she is still an active member.</p>
Public Officer	Mr Kali Gupta	 <p>Kali Gupta is living in Australia over 33 years and worked with Transport for NSW previously known as Roads and Traffic Authority (RTA), Roads and Maritime Services(RMS) for more than 30 years as Project Engineer and Senior Project Development Manager. Managed successfully various highway and bridge projects in rural areas of Wagga Wagga, Wollongong, Sydney West, and Blue Mountains. Awarded excellence awards in providing innovative solutions to project designs, project management and completing the as signed projects within the time and Budget Kali brings good experience in civil engineering (highway and bridge planning) and roads construction industry, management of multidisciplinary project teams within Australia and overseas. Kali has been working with AHIA for the last 7 years as a Public Officer, Secretary and committee member</p>

AHIA wishes you a Happy Republic Day

मौत से भिंत ...

मैं अभी अभी अपनी धर्मपत्नी की चिता जला कर आया ही था कि मेरा सामना मौत से हो गया, जो सामने वाली खिड़की के पास गंभीर मुद्रा में खड़ी थी।

" यह तुम ने क्या कर दिया? इतना अनर्थ? एक पल के लिये भी नहीं सोचा कि मेरा क्या होगा?" मैं ने मौत को कोसते हुआ पूछा", मेरी तो दुनिया ही उजाड़ दी तुम ने।"

" मैं सब कुछ दूर खड़ी देख रही थी। मैं ने सारे परिवार के दुःख को देखा। मैं आगे आ कर सब से क्षमा मांगना चाहती थी, परंतु मुझे ऐसा करने की आज्ञा नहीं है। मेरी भी कुछ सीमायें हैं। यह मत सोचो, कि मैं केवल लोगों को मारने आती हूँ। यह तो भगवान का काम है। मेरा काम तो आत्मा को उस के पुराने शरीर से निकाल कर भगवान को सुपुर्द करने का है, उस के बाद वे जानें। मैं तुम्हारे दुःख को समझती हूँ, पर मेरी भी मजबूरियां हैं।"

" मेरे से ज्यादा क्या हो सकती हैं? !" मैं चिल्लाया।

" तुम नहीं समझोगे, इस समय तुम दुःखी हो, गुस्से में हो। मैं भी कई बार गुस्से में आ जाती हूँ। लोग मुझे निर्दयी, पत्थर दिल, ज़ालिम और न जाने किन किन नामों से बुलाते हैं, मैं सब सह लेती हूँ, क्योंकि मुझे पता है, जब उन्हें सच्चाई का पता चलता है तो वे शांत हो जाते हैं।

मुझे गुस्सा उन हत्यारों, आतंकवादियों पर आता है जो बड़ी बेरहमी से बम दुवारा मासूम बच्चों और स्त्रियों को मार देते हैं। गुस्सा मुझे उन ताकत के नशे में चूर ताना शाही डिकेटरों पर भी आता है जो बेगुनाह निहत्थे लोगों पर गोलियों की बुछाड़ करते हैं। वे बिलकुल भूल जाते हैं कि एक दिन मैं उन के शरीर में से उन की आत्मा निकालने जब आँखी तो उन का क्या हाल करूँगी।"

" लेकिन तुम ऐसे लोगों को इतनी देर खुला क्यों छोड़ देती हो?"

" मेरे हाथ में हो तो मैं इन्हें एक पल के लिये भी नहीं छोड़ूँ, पर यह तो ईश्वर ने अपने हाथ में रखा हुआ है।

मेरा काम ही ऐसा है कि मुझे हमेशा सब की दुत्कार ही मिलती है। हाँ, कभी कभार हिटलर जैसे किसी दुष्ट व्यक्ति को मैं ले जाऊँ तो लोग मेरा धन्यवाद अवश्य कर देते हैं।

समय और स्थान तो पहले से ही निर्धारित होता है, मुझे तो केवल भगवान की ही आज्ञा का पालन करना होता है। अब तुम अपनी धर्मपत्नी को ही ले लो, तुम अपने घर से इतनी दूर वाले अस्पताल में क्यों आये जबकि तुम्हारे घर के पास ही सब सुविधाएं प्राप्त थीं।"

" यहीं तो रोना है कि हम यदि यह गलती न करते तो आज मेरी अर्धांगिनी जीवित होती ही।"

" फिर गलत सोच रहे हो! यह तुम्हारे हाथ में नहीं था, अभी अभी मैं ने कहा ना कि समय और स्थान निर्धारित था। मैं तो वहाँ, पहले ही इंतजार कर रही थी।"



" फिर क्यों नहीं हमें, बात तक करने का समय दिया?"

" बात करने में तुम्हें तकलीफ होती, उन्हें भी होती, जो मैं नहीं चाहती थी। मैं जब भी आत्मा को लेने आती हूँ, मेरी कोशिश होती है कि उसे पूरा आदर और मान दे सकूँ। मेरी मानो, तो तुम अब इस सत्य को मान लो और 'नॉर्मल' होने की कोशिश करो।"

" कैसे नॉर्मल हो सकता है? तुम ने तो मेरा सब कुछ छीन लिया है। तुम इतनी कठोर कैसे हो सकती हो। तुम ने जरा भी नहीं सोचा कि मेरा क्या होगा?!"

"ज़रा अपने चारों ओर नज़र घुमा कर देखो तो पता चल जायेगा कि और कितने लोग ऐसी ही स्थिति में हैं।"

" अच्छा, यह जो तुम बार बार आत्मा की बातें कर रही हो, ये अलग अलग धर्मों में इस का महत्व ही अलग अलग है।"

"कौन गलत है और कौन सही, मैं इस झंझट में नहीं पड़ती। यह सब तुम्हारा आपसी मामला है। तुम्हारे धर्म के अनुसार तुम्हारी आत्माएं चोला बदलती हैं और दूसरा जन्म ले लेती हैं, तो किसी दूसरे के अनुसार वे 'इम्सडे' या 'क्रयामत' का इंतजार करती हैं, मैं तो बस उन्हें उन के जिस्म (तन) से निकालने का काम करती हूँ।

मैं कभी कभी थक जाती हूँ, फिर भी मैं कोई छुट्टी नहीं करती, मेरे लिये 'वीक-एंड' एक सपना है। मैं अपना काम पूरी लगन के साथ करती हूँ जैसे सूर्य अपनी किरणें बिना किसी भेद भाव के दुनिया में सब को देता है।

मैं एक सच्चाई हूँ, फिर भी लोग मुझे मानने से घबराते हैं। भगवान को किसी ने देखा नहीं है फिर भी लोग उस के आगे धूप अग्रबही जला जला कर दिन रात प्रार्थना करते रहते हैं और मुझे अछूत समझ कर मुझ से दूर भागते हैं, जबकि मैं तो खुद ईश्वर के ही आदेश में रह कर काम करती हूँ।

भगवान के बनाये हुए नियम तो भगवान खुद भी नहीं तोड़ते। जब भी वह मनुष्य रूप धारण कर धरती पर आते हैं, अंत में उन्हें लेने मैं ही जाती हूँ। यदि मैं अपना काम ठीक से न करूँ तो दुनिया रुक सी जायेगी।

अच्छा, तुम्हें आराम की ज़रूरत है, मैं चलती हूँ।" कह, वह अंतर्धान हो गई।

...और मैं खड़ा खिड़की को धूरता रहा।संत राम बजाज

(यह लेख १३ वर्ष पूर्व, अपनी पत्नी के देहांत होने के बाद लिखा गया था)

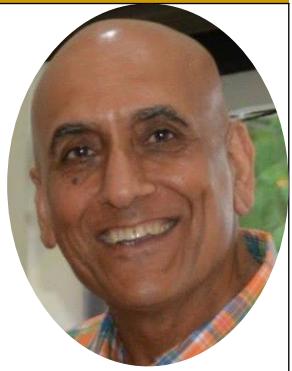
In Old Age, NEVER Share These 8 Things with Anyone

When we reached the later chapters of our lives, something incredible happens. We no longer chase the noise of the world. We start listening to the quiet voice within. We begin to understand that not every truth must be spoken. Not every secret must be shared, and not every person deserves access to our inner. Old growing old, and doesn't just mean adding years to life. It means gaining the courage to live wisely in youth. We speak to impress in old age. We speak to express, but the wisest among us learn something even deeper, willing to stay silent. So today I want to share with you the 8 things in old age. You must never share with anyone, no doubt of pride or fear, but out of deep respect for your peace, your dignity and your legacy. Let's begin.

Number 1: Never share your medical problems publicly. Your health is sacred. You engage, it's natural to face illness, aches and fatigue. But remember, not everyone deserves to know the details of your struggle. Too often, people begin to define you by your ailments rather than your spirit. You see your weakness, not your will. You don't need to broadcast every doctor's visit, every pain, every prescription, discuss it only with those who can truly help your doctor. A trust and loved one, or a close friend who genuinely cares the rest of the world does not need your suffering as conversation. When you constantly speak of your pain, it can start to. Grow in your. Mind you will live it through your words, but when you focus your speech on gratitude, resilience and small joys, you strengthen the body through the spirit. Yes, you may have health issues, but remember you are not your illness. You are the courage that carries it. You're the light that still shines through. It so protect your strength by guarding your health story. Share your hope more than your heart, because what you speak, you strengthen old age.

Number 2: Never share the depth of your savings in old age, money becomes more than numbers. It becomes your shield, your independence. Your quiet comfort never tell anyone how much you've saved, how much you own, or where your wealth lies. Why? Because when people know your financial worth, they stop. In you they start seeing what they can take, even within families, intentions can blur. Sometimes love turns into expectation and generosity becomes obligation. You must protect your dignity by keeping your finances private. You worked a lifetime to earn your stability. Don't let careless talk and. Great manipulation or guilt. Remember, silence about money is not secrecy. It's wisdom. You don't owe anyone an explanation for what you've learned or how you spend it. True peace in old age

comes when your resources are respected. And that respect begins with your own discretion. Live quietly. Provide where your heart allows, and let your financial strength whisper not shout, because the more silent your wealth, the more powerful it becomes. Not in the bank, but in your soul.



Number 3: Never share the regrets of your past. In your later years, you may sit quietly and remember the opportunities missed the words unsaid, the mistakes made. Regret is a heavy stone to carry, but sharing it too often makes it heavier not. Winter, when you constantly revisit your past failures, you anchor yourself there. Maybe share your regrets with everyone, speak of lessons, meet lamentations because people really understand the journey behind your choices. They only see the outcome. They might judge what they could never and do. Instead, carry your regrets as teachers. Every misstep was a message. Every wrong turn LED you to wisdom. You may be fine by what you did wrong. You are shaped by what you learned afterward. Share your experience with your sorrow when you tell a younger person about your past, do it to guide them, not to burden them. Do it from strength, not from pain. The past has already taught you what it needed to. Don't keep re-opening the book. Close and gently with gratitude. Look at the life you have now. The wisdom, the strength, the survival that is your Victory.

Number 4: Never share your future plans and next moves, even knowledge. Your dreams are alive. You might want to move somewhere peaceful, invest in something meaningful or begin a new hobby that excites your soul. But remember this truth. Dreams lose power when you talk too much about them. Silence protects vision. When you announce every step before taking it, you invite the energy of others, their doubts, their envy, their opinions, and all of that drains your momentum. Move in silence, work. Quietly let people see results with blueprints, the next step doesn't need validation, it needs protection. In youth, we crave attention for our plans. In old age, we crave peace for our purpose. Let your actions surprise others. Let your progress speak softly but clearly. Remember. The seed grows underground before it touches the sun. So keep your mix. Move buried in patience and privacy until it moves. Not everyone will understand your ambition that 70 or 80, but you don't need them to. You only need to know that your heart still beats with purpose, and that is enough. **To Be Continued.....**

Source: Gaur Gopal Das

Compiled by राज बना

TRUE WEALTH

We often refer to our materialistic, financial possessions as our wealth. Money is a means to fulfil our worldly requirements. However, it cannot be described as our true wealth. Wealth is defined as having a sense of abundance. If we understand that, then true wealth is something that we experience and not what we possess. True wealth can have a different meaning for everyone; for some it is good health, for others it may be contentment or even compassion. It is difficult to measure true wealth, but it can be expressed in love, happiness, selfless seva, religious and spiritual expressions, opportunity to do good and many other ways.

Mira, The Divine Lover, was initiated by Guru Ravidas. The spiritual wealth is our true wealth. Nam has been referred to by Mirabai as true wealth:

" The jewel of Nam I have found;

Precious wealth I have obtained.

A rare gift did my Master bestow;

In his mercy he has made me his own.

My original treasure I have regained;
And am rid of all I had in the world.

It can neither be stolen nor squandered;

It keeps on increasing day by day".

Meditation is the way to grow this spiritual wealth. Saints explain that by meditation we are building a treasure in heaven. They mention that Satsang will help you to preserve that treasure

of meditation. Satsang will help you to remain humble, experience the Will of God within you. Satsang creates a spiritual atmosphere, and provides protection from negative tendencies and constantly reminds us to devote our time regularly in meditation and love and devotion of God. Selfless seva humbles us, creates humility, meekness and peace of mind. It creates love for all human beings. Satsang, Seva and reading spiritual books create an atmosphere to devote daily and regularly some time in Bhajan and Simran or meditation, and remain in the Will of God. (Tera Bhana Meetha Lage).

Sant Kabir says, "The soul is essence of Ram." Guru Nanak Dev says, "The Soul is in Ram and Ram is in soul, but we can know through the wisdom of Guru. God in the form of Jot (Divine Light) and Shabd Dhun (Unstruck music or Anhad Nad) is in all human beings. The Radiant or Shabd form of a Living Perfect Master is also within those who have been initiated. The Perfect Master initiates marked souls and guides them to devote their time regularly in Bhajan and Simran by constantly focusing their attention at the Third Eye or Shiv Netra. By seeing the Divine Light and listening Shabd Dhun (creative power of God) within through the Royal Vein (Shah Rag) and making further progress on the spiritual path, heavy load of our karmas is cleared. The soul (Shabd) merges in God in his Shabd form through the grace of Shabd Guru and attains Sat-Chit-Anand.

An example of True Wealth can be quoted from the life and the way of living of Doctor Rakesh Sachdev, whose sad demise took place on 23 December, 2025. Rakesh and Sarita Sachdev have brought up their family with kindness, happiness and great love. Rakesh Ji is well known for his loving nature, compassion, kindness, gentleness, generosity, humility, meekness, selfless seva, and many more virtues. He was a religious person and made some progress on the spiritual path. He completed post graduation in plastic surgery. In 1973, he changed his field of medicine to his true passion of psychiatry and worked tirelessly in different fields of psychiatry for over 30 years, focusing on geriatric dementia patients particularly advocating for the carer's wellbeing. He completed a Masters of Psychological Medicine degree in 1996 from UNSW. He received the NSW Multicultural Community Award for outstanding contribution to improving the welfare of Indian senior citizens; He had been awarded for Excellence in Community Service; Achievement in Health and Wellbeing. After retirement he spent his time with his loved ones, especially his grand children and travelling the world. Dr Rakesh was a founding member of the Australian Hindi Indian Association. Both Rakesh and Sarita Sachdev have been dedicated to selfless seva of Senior Citizens in AIHA. In short, Dr Rakesh worked hard throughout his life and achieved True Wealth.



रोशन लाल गवकर

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सुकून की हवा,
यही तो है, सुबह की दवा।



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दिया और बाती

दिपावली की तैयारियाँ बड़ी जोरों शोरों से चल रही थीं। बाजार मिठाईयों, फूलों और दियों से मुश्खलियत थी। घर-परिवार सभी बाजार जाकर

कुछ न कुछ खरीदना चाहते थे। मेरे मन में भी

दिपावली पर कुछ खरीदने का विचार आया। भारतीय मान्यता एवं संस्कृति के अनुसार दिवाली के त्योहार पर सबसे प्रथम दिए खरीदना शुभ माना जाता है। यदयपि आजकल लोग हर वस्तु का सन्दर्भ की दृष्टि से ही आकलन करते हैं। जैसे बिजली के दिए, प्लास्टिक के दिए एवं

चित्रकारी और अन्य अनेक रंगों से सजे हुए दिए

पर भारतीय संस्कृति एवं धार्मिक मान्यताओं के

अनुसार मिट्टी के दिए ही शुभ माने जाते हैं जिन्हें

हम घर के मुख्य द्वार, तुलसी के पास एवं जल प्रदान करने वाले नल के पास भी रखा जाता है।

लेकिन अचानक मेरे मस्तिष्क में विचार आया कि दिया अपने आप तो जलेगा नहीं उसके लिए तो बाती की भी आवश्यकता है तो फिर बाती भी खरीदी गई फिर बाती मझसे कहती है कि मैं अपने आप तो जलूँगी नहीं मुझे तेल पिलाना पड़ेगा। तो जी दिया तेल और बाती।

के साथ सुसज्जित हो गया मगर यह रोशनी फिर भी नहीं कर रहा। अब इसे प्रज्वलित करने के लिए माचिस खरीदी गई और माचिस बोली कि मेरे बिना तुम्हारी कोई अहमियत

नहीं। अब इन सब के गठित होते ही दिवाली की रोशनी उजागर हो गई।



दोस्तों इस छोटी सी कहानी के माध्यम से आपको यह संदेश देना चाहती हूँ कि हर व्यक्ति को अपने जीवन में दूसरों का साथ आवश्यक होता है। भले ही अपनी अंहं भावना से हम यह सोचते हैं कि नहीं मैं तो सब काम स्वयं कर लेता हूँ/ लेती हूँ। परन्तु वास्तविकता यह नहीं है। जीवन के किसी न किसी मोड़ पर हमें दूसरों की सहायता अवश्य पड़ती है।

मुझे आशा है कि आप मेरी इस छोटी सी रचना को पसंद करोगे और इस विषय पर विचार करोगे।

दर्शन बहल

अपनी बुराइयों और दूसरों की अच्छाइयों के बारे में

बहुमा जी जब सूचिट की रचना करने लगी तब उन्होंने सोचा कि यदि कोई भैरवाम की अच्छाइयों और बुराइयों बताने वाला कौन होता तो अच्छा रहता। उन्होंने सबसे पहले स्कूल टीका कारोबार को गढ़ा और उससे कहा - देरवां भाई मैं जो बुद्धि बनाऊं उसकी भलाई - बुराई नुमा बताते चालना।

बहुमा जी की रचना शुरू हो गयी और टीका कारोबार का वाम भी बालू हो गया - उसे हर काम में तुरी ही दिक्राई देने लगी। बहुमा जी ने हाथों बनाया, तो टीका कार ने कहा - हाथी अपर नहीं देरवा सकता, उट बनाया तो कहा - यह आल सी जीव है, बंदर बनाया तो कहा - यह बड़ा चंचल है।

बहुमा जी बड़े परेशान हुए, तब उन्होंने बड़ी भैरवाम करके सूचिट का सुबसे अच्छा प्राप्ति - मनुष्य को बनाया। टीका कार को तो बुराइयों निकालने का रोपा था, उसने बारी की से द्वान बीन भारके कहा - इसके सीने में रक शिवड़की बन जाती तो उसके मन की बातें दीर्घने लगती।

अब हमें देरवना यह है कि हम दूसरों की अच्छाई - बुराई की छानबीन तो करते हैं क्या हम अपनी और अपांक कर देरवते हैं? यदि हम इस और दृश्यान दें तो भगत में हमारे सारे दिशें - नाते सदा मधुर बने रहें, हमने दूसरों में बुराइयों तो देरवा, पर हमारा दृश्यान उस और नहीं गया कि उनमें अच्छीयों मैं अच्छाक हींगी, जिनसे प्रेरणा पाकर हम स्वयं को भी अच्छा बना सकेंगे, हम दूसरों की बुराइयों की उपयोगिता यही होगी कि उन्हें बाद करके हम अपनी बुराइयों दूर कर सकें।

2021 जून

The membership expires on 30th June, 2025 for all the annual members

Next Senior Meeting on 14th Feb., 2026 @ 2 Lane Street, Wentworthville,

from 1 to 4 PM

तुम मुझे भूल भी जाओ।

भूलना और याद रखना हमारी फितरत है। किसी ने अच्छा किया हो हम भूल जाते हैं, किसी ने भूल से कोई गलत बात कह दी हो, उसे हम ज़िंदगी भर नहीं भूलते। मतलब एक बुरी बात हमारी १०० अच्छी बातों पे पानी फेर देती है। दो मोहब्बत करने वालों में अगर कोई किसी को भूल जाता है तो दूसरा हमेशा यही कहता है "तुम मुझे भूल भी जाओ तो यह हक है तुमको, मेरी बात और है मैंने तो मोहब्बत की है"। हम बहुत जल्दी किसी से खफा हो जाते हैं, यह भी नहीं सोचते कहने वाला कोई और नहीं आपका अपना ही है। उसने अगर कुछ कहा भी हमारी भलाई के लिए ही तो कहा है। अक्सर हम दूसरों की बातें सुनकर उनसे मुँह मोड़ लेते हैं जिन्होंने कभी आपका बुरा सोचा ही नहीं। दोस्त वो होता है जो बारिश में भी आपकी आँखों से बहते हुए आंसुओं को पहचान लेता है। हम अँधेरे में चिराग से रौशनी की उम्मीद तो रखते हैं, लेकिन लाइट आते ही उसे बुझा कर बेकद्रों की तरह दूर कर देते हैं। बारिश में छाता कितनी राहत देता है, जैसे ही बारिश खत्म हुई उसे झट से बंद करके अपने से दूर रख देते हैं। जिसने आपको इतना सकूं दिया, उसके लिए थोड़ी सी इज़्ज़त तो बनती

है। जुबान भी हम उनके सामने ऊँची करते हैं जिन्होंने हमें बोलना सिखाया। भले ही किसकी अच्छाइयों को आप भूल जाओ, लेकिन उनको इतना भी मायूस मत कीजिये कि उनको आपको अपना कहने में शर्मिंदगी महसूस हो। वक्त सबको सबक सिखाना जानता है। बदलते हम हैं, वक्त नहीं। तथा पलटने में पल भर लगता है।

सच्चा प्यार करने वाला अक्सर यही कहता है "मुदततें गुजर गई अपनी सूरत को देखे हुये, हमने जब भी आईना देखा, उसमे तुम्हारी ही सूरत नज़र आई" कभी आपने अपनी उँगलियों को देखा है। कोई छोटी और कोई बड़ी बिलकुल हमारे status की तरह, लेकिन खाना खाते वक्त सब इकठी हो जाती हैं। पेट की भूख छोटा बड़ा नहीं सोचती, उसे शांत होने के लिए निवाला चाहिए। आप झोपड़ी में सोयें या शीश महल में, नींद को इससे कोई फर्क नहीं पड़ता, वो कहीं भी आ सकती है। चाँद अधूरा हो या पूरा, वो हर रूप में खूबसूरत दिखाई देता है। किसी ने क्या खूब कहा है "चिंता से बीमारी मिलती है और चिंतन से बिहारी मिलते हैं। एक ग़ज़ल सुन रहा था "यह कैसा सफर है कहाँ जा रहा हूँ, मैं अपनी ही मंज़िल से कतरा रहा हूँ"। मतलब हम सफर में अक्सर suffer करते

हैं, लेकिन उसका भी अपना मज़ा है। इसलिए जो भी समय आपको तोहफे में दे रहा है भले वो गम है या खुशी, उसे स्वीकार कीजिये, नज़रें मत चुराइए। आज जो आपका है कल वो किसी और का था और कल किसी और का होगा। ज़ख्म का दर्द इतना गहरा नहीं होता जितना गहरा वो दर्द होता है जो दर्द हमें कोई हमारा अपना हमें देता है।

भगवान् श्री कृष्ण सुदामा को नहीं भूले, उसको दौड़ कर मिलने चले आये, उसके पांव धोये और पोटली में छुपे हुए चंद चावल के दानों के बदले उसकी ज़िंदगी में बहार ला दी। द्रौपती को बचाने के लिए श्री कृष्ण आये क्यूंकि उसने एक चावल के दाने उसे उनकी भूख मिटाई थी और श्री कृष्ण जी ने उसके बदले चीर हरण के समय साड़ी की लम्बाई इतनी बड़ी कर दी की अश्लील हरकत करने वाला बेहोश हो कर ज़मीन पे गिर गया और एक नारी की लाज बच गई। ज़िंदगी में किसी ने आपके साथ अच्छा किया हो। उसे नज़र अंदाज़ मत कीजिये। आप उससे भी अच्छा उसके साथ कीजिये बिना किसी मतलब के। आपके साथ सिर्फ कर्म जाते हैं और कुछ नहीं। नया वर्ष आप सबको मंगलमय हो

लव नागपाल



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**

Membership Renewal

Please renew your membership at the Seniors meeting





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Sarita Sachdev	Anju Bahl
Renu Arora	Satnam Ahuja
Kanak Mehta	Pushpa Mittal
Ravinder Gupta	Raju Meeru
Rajinder Kaur Singh	

Happy Wedding Anniversaries

Mr. & Mrs. Jagtar & Anita Sangha
Mr. & Mrs. Man Mohan & Kanak Mehta
Mr. & Mrs. Laj Pat Rai & Krishna Sardana
Mr. & Mrs. Sushil & Alka Anand
Mr. & Mrs. Dinesh & Anita Gupta



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DJ and cultural program

FOR MORE INFORMATION, CONTACT: Meeta Sharma 0411966585, Sushma Ahulwalia 0411967374, Sarita Sachdev 0407870490, Abha Gupta 0416570608

AHIA wishes you a Happy New Year

ये जो गुजरा है मेरी ज़ीस्त का फिर एक
बरस, जिसके आने का मेरे दिल ने किया था
स्वागत,

जिससे उम्मीद थी मेरकेंगे खुशी के गुलशन,
जिससे आशा थी सजाएगा मेरा घर आँगन,

आज मलबा है मेरे सामने मलबा केवल,
दफन हैं जिसमे मकां और उम्मीदों के महल,

इसमें खुशियों की कई लाशें दिखाई देंगी,
इसमें अरमानों की चीखें भी सुनाई देंगी,

राख को इसकी कुरेदो तो कहीं मिल जाएं,
मेरे दिल के कई अहसास दबै हैं इसमें,

राख के देर मैं ढूँढो तो हँसी के टुकड़े,
अधजले ही सही मिल जाएँ सुहाने लम्हें,

अपने गुज़रे हुए वक्तों मैं कहीं मिल जाऊँ ,
मुझको ढूँढो के मैं मलबे मैं कहीं मिल जाऊँ,

फिर मेरे दिल को तमन्ना है नए लम्हों की
मुन्तज़िर हूँ मैं नए साल तेरी आमद का,
नई ख्वाहिश, नए ख्वाबों का, नई चाहत का

डॉ सुमन अग्रवाल

R S V P

शादी-विवाह के इंग्लिश निमंत्रण पत्र में गणेशजी के चित्र के नीचे संस्कृत में उनकी स्तुति और नीचे बायें कोने में
लिखा होता है~ *R S V P*

आखिरकार इस R S V P का क्या मतलब है...?

पहले मैं समझता था कि हो न हो यह शादी के भोज में परोसे जाने वाला कोई नया व्यंजन हैं, पर *केरल* के श्री
माधवन साहब ने समझाया कि इसका मतलब *R रसम, S सांभर, V वराव्यू और P पायसम* होता है,

पर वहां मौजूद *गुजरात* के डाह्याभाई बोले कि इणरो मतलब छै *रोटी, शाक, वाल अणि पत्रा* बीजो पण कार्ड
नथी।

ऐसे मौके पर *पंजाब* के

कोहली साहब कैसे चुप रहते, और बोल पड़े- ओय, ओय, तुसी की गल्ल कर कर रहे हो, R S V P का मतलब है ...
रम, स्कॉच, वोदका और पटियाला पैग !

पर *महाराष्ट्र* के काळे साहब ने बताया *रसमलाई, श्रीखंड, वडे आणि पूरणपोळी*

और *बंगाली* चटर्जी साहब का कहना था कि RSVP का मतलब है~ *रोसोगुल्ला, सोंदेश, वोडा और पोपेट राईस*

आखिर मं आपणू *मारवाड़ी भाई* बोल्यो~ भाया, शादी क कारड मं RSVP लिखेरा को सीधो सीधो सो मतलब है:-
रुप्या समेत वेगा पधारज्यो 😊

पर खुद शादी करने वाली लड़की ने बताया कि * ★रोयेगा साला विवाह पश्चात★* *R. S. V. P.*

ઇન્ડૂ બદ્ધાજ



AHIA Seniors Meeting on 13th December, 2025