

AUSTRALIAN HINDI INDIAN ASSOCIATION (AHIA)

-the Association that cares



Sandesh सन्देश

incorporating

Seniors Newsletter

Established 1994:

Volume 24 Issue 6 June 2023

President: Sushma Ahluwalia

Editors: Sant Bajaj/Raj Batra

Secretary : Mohinder Kumar



Mohinder Kumar with Modiji during Modiji's visit to Sydney

Hello Every One,

I hope everyone is well, healthy and keeping warm. During the month of May'23, AHIA had organised morning walk at the Cumberland State Forrest, West Pennant Hills. We had about 18 members who joined in the morning walk inside the Forest. For those who came to the forest for the first time it was an amazing experience to be in a forest so close to the suburbia. For other regular walkers it was a routine morning walk in the Forest. After completing the walk, we had a morning tea and enjoyed socialising. I strongly encourage more members to join our next morning walk scheduled in September 2023, details will follow in next month or so. In our Senior's meeting in

May'23, we had 105 members attended the meeting and learnt about how to stay active and follow an exercise programme designed for people in their advance ages. It was presented by well experienced Physiotherapist, Mrs Neena Bajaj. Among many fitness routines demonstrated by Neena, I found "Stand to Sit without hands", "Knee Bends" and "Knee Strengthening" exercises very useful and simple to adopt in our daily life. We thank Neena to share her knowledge and experience with AHIA members. Further, Neena has agreed to contribute the exercise programme in articles in future issues of Sandesh.

During the month, about 118 AHIA members were given tickets to attend reception for Prime Minister of India Shri Narendra Modi at the Qudos

Bank Arena, Olympic Park.

There was great atmosphere at the stadium to see many thousands of Indians gathered to cheer and welcome Shri Modi Ji. It was very well planned and managed event. AHIA wishes to thank IADF for providing free tickets.

See you at our next Senior's meeting on Saturday 10th June'23 until then please take care and stay safe.

With best wishes

शुष्मा अहलुवालिया
President



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

EDITOR

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

EXECUTIVE - COMMITTEE***President**

Mrs. Sushma Ahluwalia
Mob: 0411967374
sushmaahluwalia2014@gmail.com

***Vice-President**

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

***Secretary**

Mr Mohinder Kumar
Mob: 0438203291
mohinderz@yahoo.com.au

***Treasurer**

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

***Members:**

Dr. (Mrs) Sarita Sachdev
Mob: 0407870490
Mr. Vivek Bhatnagar
Mob: 0431728061
Dr. Tilak Kalra
Mob: 0413753134
Mr. Raj Batra
Mob: 0421138340
Mrs Abha Gupta
Mob: 0416570608

***Public Officer:**

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

AHIA's website:

www.ahiainc.com.au

INSIDE THIS ISSUE

** The Cartoons/pictures are courtesy various Newspapers.

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

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

Dear members of the AHIA family,

Hope it finds you well. AHIA's next seniors' meeting will be held from 1 pm to 4 pm on Saturday, 10 June 2023 in the Grevillea Room at the Wentworthville Community Centre, 2 Lane Street, Wentworthville NSW 2145. The flexible agenda includes - Welcome address, good wishes for birthdays and wedding anniversaries, Mr Kedarnath Pa-gaddinnimath, Facilitator, Community Migrant Resource Centre (CMRC) will be presenting an information session on Pedestrian Safety, a singing session by a few selected people, a Bingo session followed by tea and refreshments.

We had 105 members attend the senior's meeting in May 2023. Mrs Neena Bajaj, Physiotherapist's presentation was excellent. We received great positive feedback from many members who attended the session.

AHIA's morning walk on 27 May 2023 attended by 18 people was a successful event, despite the wet weather conditions. Please note that the next Morning Walk is from 9 am to 10 am on Saturday,

16 September. The venue is Rhodes Foreshore Park, LOT 142 Shoreline Drive, Rhodes. Further information will be sent close to the date. Here is the link to the venue:

https://maps.app.goo.gl/PjCFsDJEv5wFpoo8?g_st=iw

Please note that Mr Avijit Sarkar, a well-known musician and singer will be performing at the senior's meeting on 8 July. Thanks to our executive committee member Dr Sarita Sachdev who organised the session.

We are thankful to IADF to provide 118 free tickets to AHIA members for the Prime Minister of India Shri Narendra Modi's function on 23 May 2023 at Olympic Park. In addition to the Indian community, PM Modi received a very warm welcome from the Prime Minister of Australia Anthony Albanese and the ministerial team. AHIA's President Sushma Ahluwalia did a commendable job in distributing all 118 tickets to the AHIA members.

Personal visits to senior members who are unable to join the senior's meeting are continuing. Mrs Sushma Ahluwalia, Mr Vinod Ahluwalia, Mr Kali Gupta, Mrs Bala Gupta, Mrs Renu Sabharwal Mr

Suman Sabharwal arranged a picnic to meet Mr Vipin Dogra, our senior member and former Treasurer of AHIA. It is a great initiative to be in contact with senior members of AHIA.

Please save the date for AHIA's 2023 Diwali function which is scheduled from 5 pm to 11 pm on 4 November 2023 at Grand Royale Hall at Granville.

We have also booked Harvey Lowe Pavilion, Show Ground Road Castle Hill for the Holi function on Sunday, 17 March 2024. Thanks to Mr Vinod Ahluwalia who is always very helpful in everything we do at AHIA.

See you at the Seniors' meeting on 10 June 2023!

Kind regards,
मोहिनंदर कुमार
Secretary, AHIA



Falls Prevention In The Elderly

The main message in this brief article is that whatever exercises you do or don't do, you need to go beyond that. This will increase the possibility significantly of living the remaining life in good health, self managed and less dependent on family members and/or others.

Falls are common in people aged 65 & older and are leading cause of injury in this age group. This can lead to severe pain, trauma, impaired function, loss of confidence in carrying out everyday activities, thus loss of independence.

Various studies show approximately one third of generally healthy people 65 & older have 1 fall each year. The bigger concern is that severity of the resulting complication increase dra-

matically with age.

The majority of falls occur due to multiple interacting factors- In particular Leg Muscle Weakness and Impaired Balance. Both the leg muscle strength & balance must be maintained above the threshold level required to achieve stability.

Strength, Flexibility, Balance and Reaction Time are considered the most readily modifiable risk factors for falls. International studies show that even at the age of 90 Years one can benefit from regular exercise and improve in regards to these factors.

Strengthening exercises should be done for 30 minutes, 3 times a week with one day gap. The day(s) you don't exercise go for a walk instead. Exercises to improve balance can be

done every day.

There is a biological phenomenon which occurs in humans when we are old and it is called 'Sarcopenia'. It is the loss of skeletal muscle mass and strength as a result of aging. If an elderly person falls ill and is admitted to a hospital and is lying down most of the time, one would lose 5-10 % muscle mass each week. Generally our cultural practise is to insist on patient taking more rest rather than being encouraged to be as active as possible, off course subject to medical advice.

Neena Bajaj, Physiotherapist



Guiding principles to be followed by Yoga Practitioners

Three principles include: 1. Before Yogic Practice, 2. During Practice 3. After Yogic Practices

1. Before Yogic Practice:

- i) Shauch means cleanliness, an important pre-requisite for Yogic Practice. It includes cleanliness of surroundings body and mind. Practices should be performed in calm atmosphere with relaxed mind and body.
- ii) It is recommended that Yoga Practices should be performed empty/light stomach (3 to 4 hours empty).
- iii) Bladder and Bowels should be emptied and evacuated before starting practices.
- iv) Not to perform on un-even surface.
- v) Light and comfortable cotton clothes are preferred.
- vi) Practices should not be performed if you are not well or exhausted or even in hurry.

2. During Yogic Practice:

- i) Start with prayer.
- ii) Perform slowly with body and breath awareness with relaxation.
- iii) Breathing should always be done with nostrils unless instructed otherwise.

- iv) The body should not be held tight.
- v) No jerk at any point of time.
- vi) While inhaling and exhaling chest has to be expanded and compressed respectively.
- vii) Perform according to your own capacity.
- viii) Have patience, it takes time to get the result.
- ix) Each Asana, Pranayam, Kriya and Bandha, limitations are there keeping contra indications & benefits in mind during yogic practices.
- x) During pregnancy and menstruation yoga teacher should be consulted before doing yoga practices

3. After yogic practices:

- i) Only after 15 to 30 minutes of yoga session may take bath.
- ii) Light food may be taken after 15 to 30 minutes.
- iii) Shavasan (lying on back, relaxing body) can be practiced after each session.
- iv) Yoga session should end with Closing Prayer & Shanti Path.

Presented by Nirinder Jalpota, Ref: Margadarshika, Shri Ambika Yoga Kutir (SAYK)



Membership Renewal

Please renew your membership at the Seniors meeting

कान की सफ़ाई

कुछ दिनों की ही बात है, कान में थोड़ी खारिश सी हुई, सोचा मैल जम गई है, इसलिए थोड़ी रूई ले एक तिनके पर लपेट कान में डाल उसे घुमाने ही वाले थे की बेटी ने टोक दिया कि क्यों हम अपने कान का पर्दा फाड़ने जा रहे हैं और इन्फेक्शन भी हो सकती है।

सो डॉक्टर के पास गये, उस ने कान में लाईट मार कर कहा कि wax है, और दो तीन दिन ड्राप्स डालिए और फिर आकर कान धुलवा लीजिये।

ड्राप्स ले आये, पांच पांच बूंदे दोनों कानों में, दिन में दो दो बार डाले और तीन दिन बाद वापस डॉक्टर के पास।

यहाँ तक तो ठीक था, पर जब कान की सफाई या धुलाई की बात आई तो नर्स के हवाले किया गया।

मैं ने नर्स से पूछा कि कैसे करेगी ये सफाई, तो उस ने एक सिरेन्ज (syringe) दिखाकर कहा कि उसमें गर्म पानी भर साफ कर देगी।

लो क्या तीर मारा! मैं तो समझ रहा था कि कोई माडर्न मशीन होगी, पर निकली एक पिचकारी!

मुझे अपने गाँव का मांगेराम नाई याद आ गया जो बाल काटने और शेव बनाने के अतिरिक्त कई और काम भी करता था, जैसे कान के बाहर वाले और नाक के अंदर वाले बाल, आँखों के भरोटों के लम्बे सफेद बाल निकालता था और हाथ और पाँव के नाखून भी काटता था। साथ में कानों की मैल भी निकालता था।

इस के लिए एक छोटा सा 'मोचना', एक चिमटी और थोड़ी सी रूई लेकर लोगों के कान साफ कर, उन में थोड़ा तेल डाल सब ठीक कर देता था।

मुझे याद आये वे कान साफ करने वाले एक्सपर्ट जो एक गोल सी तंग लाल रंग की टोपी पहने और उस के चारों ओर लम्बे लम्बे 'टूल्स', कई तरह की सुलाखें, चिमटी, छोटे छोटे से चमच की तरह के बारीक 'सुवे' से लटकाए पाक्स में घूमते फिरते थे और लोग उन से

बिना किसी भय के अपने कान साफ करवाते थे।

'इन्फेक्शन' किस चिड़िया का नाम है, किसी ने सुना भी नहीं था।

वैसे तो भारत में हर फील्ड के ऐसे एक्सपर्ट बैठे हैं। -जैसे दांत निकालने से दांत लगाने तक के, आँख दुखती हों या



आँखों से पानी बहता हो, या आँख की बीनाई जा रही हो- चश्मा लगाना हो या उस का रिपेयर करना हो- उन सब के लिए ऐसे लोग आप को सड़क के किनारे ही मिल जाएंगे। मालिश करने वाले - याद आ गया फ़िल्म 'प्यासा' का वह गीत, "सिर जो तेरा चकराए, या दिल डूबा जाये, आ जा प्यारे पास हमारे, काहे घबराए ...तेल मालिश - चम्पी ! जानी वाकर ने क्या कमाल की एक्टिंग की थी उस गाने पर !

नर्स की आवाज़ ने झंझोड़ा ; बोली, "किस सोच में पड़ गये हो। इस छोटी सी syringe से डर गये हो क्या?" मुझे ताओ आ गया, मुझ से रहा न गया और मैं ने कह ही दिया, "अरे, डरना क्या? क्या पुराने ज़माने के हथियार लिए बैठे हैं आप लोग, यह तो मैं घर पर ही कर सकता था"।

"तो कर क्यों नहीं लिया, यहाँ क्यों आये फिर?", नर्स गुस्से में बोली।

"साँरी, मेरा यह मतलब नहीं था।"

"हाँ,हाँ, मैं जानती हूँ।"

कान साफ कराना हो, तो पहले यह consent फ़ार्म भर दो", नर्स बोली।

लिखा था कि कान धोते समय, कुछ 'साईड इफ़ेक्ट्स' हो सकते हैं, यहाँ तक कि कान का पर्दा फट भी सकता है। इस के लिए वे जिम्मेवार नहीं होंगे।

अब यह तो घबराने वाली बात थी न!

सच पूछिए तो, वहाँ से न भागे बनता था और न ही उस फ़ार्म पर हस्ताक्षर करने की हिम्मत हो रही थी।

मैं अभी इसी शशोपंज में पड़ा हुआ था कि नर्स ने आकर बड़ी रुखाई से फ़ार्म माँगा और मैं ने हडब्राहट में हस्ताक्षर कर उस के हवाले कर दिया। वह एक पिचकारी और एक तश्तरी सी लेकर आ गई। मैं उस के चेहरे पर उस कसाई की मुस्कराहट देख रहा था जिसे अपना शिकार मिल गया हो।

उस ने मेरा एक कान पकड़ा और बड़ी बेदरदी से syringe उस के अंदर घुसेड दी। मेरे मुँह से हल्की सी 'कराहट' सी निकली, पर उस ने कोई नोटिस नहीं लिया, बल्कि थोड़ा प्रेशर और बढ़ा दिया। आँखों में आंसू से आ गये। लेकिन दांत दबा कर सह गया।

"कैसा लग रहा है?", नर्स ने पूछा।

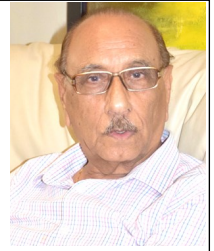
जी मैं तो आया की कह दूँ, "तुम्हारा मर्डर करने का दिल कर रहा हा", पर कसाई की छुरी के नीचे आये बकरे वाली हालत थी इसलिए, "ओके", ही मुँह से निकाल सके।

नर्स के लिए शायद यह चैलेंज था, उस ने दूसरे कान को 'कब्जे' में लिया और अटैक शुरू हो गया।

उस ने पिचकारी को इस जोर से दबाया कि पानी के दबाव से हमारी चीख निकल गई और मैं कुर्सी से गिरते गिरते बचा। यह देख कर अब तो नर्स भी घबरा गई और इस चक्कर में हाथ वाली syringe जमीन पर और गर्म पानी की तश्तरी मेरे ऊपर।

मैं घबराया तो पहले ही बैठा था, इस अचानक हमले से मैं कुर्सी छोड़ भाग निकला और डॉक्टर की सर्जरी से बाहर। वे अब भी मुझे शायद ढूँढ रहे होंगे।

...संतराम बजाज



Community Announcements

Register now for FREE diabetes education in Castle Hill

Date	Wednesday 14th of June 2023
Time	10:30am until 12:30pm
Location	Tribute Room , Castle Hill Cultural Centre , 14 Pennant St, Castle Hill
Cost	FREE, includes light refreshments
Suitable for	✓ The Indian Sub continent communities who want more information, or who are living with or at risk of type 2 diabetes



Scan this QR code to find out more and book online

This informative seminar will provide you with information on connecting with diabetes services in your local area. Topics will include:

- understanding the National Diabetes Services Scheme (NDSS) and diabetes
- making healthy eating easy
- physical activity
- the annual cycle of care.

Diabetes NSW & ACT acknowledges the contribution from SEVA International INC. for the organisation of this event.

Do you need an interpreter to help you make a booking? Call the Translating and Interpreting service on 131 450, state your language, wait to be connected, then ask for 1800 637 700.

Bookings are essential. Book online or call the NDSS Helpline or call Shantha on 0422 082 608 or Sapna on 0414 730 620

NDSS Helpline 1800 637 700
events.ndss.com.au



AHIA Visit To Our Seniors

I was a pleasant surprise when I was contacted by Sushma Ji and said that she with some others wanted to visit me at the nursing home.

I am Vipen Dogra and I am founding member of AHIA. I was quite active in until last year. Now my medical professionals have advised full time nursing homecare and I am in a nursing home for the past 5 months. I am fortunate to find a nursing home near two of my three children.

I was decided to have a picnic at the Wahroonga Park. In case of rain, we will move Mr Kali Gupta residence. Fortunately, there was no rain and the Wahroonga Park provided an excellent venue. There was abundant finger food provided by Mrs. Sushma & Vinod Ahluwalia, Mrs. Renu and Suman Saharwal and Mrs. Bala and Kali Gupta.



This was followed by hot tea. On the whole it was very well an organised programme.

Having regular meeting with our seniors in the nursing homes is a very laudable initiative. All research indicates that lonely is the biggest problem with residents in the nursing home. Any initiatives to address this on a regular basis will be most welcome and much appreciated by the seniors.

विपेन डोगरा

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**

June Birthdays/Anniversaries

Happy Birthday

Ramachandran Nagainellur	Saurabh Kaushik
Lalitha Shetty	Chandrakant Modi
Chander Kanta Chopra	Prem Bhargava
Rattan Shah Singh	Vimla Sharma
Ashok Bhalla	Ajaib Sidhu
Braham Sharma	Madan Mohan Dutta
Satya Bhardwaj	Arjun Chadha
Susan Sharma	Suman Bhargava
Sushma Garg	Neetu Gulani
Chandra Matani	Asha Rani Jalpota
Asha Rani Kumar	Asha Sanghi
Gurdeep Kaur Sekhon	Prem Chand Gupta
Suman Bhargava	Sanjay Sharma

Happy Anniversary

Mr.Sandeep Bansal & Mrs.Neeti Gupta
Mr.Surjit Joshi & Mrs.Sita Devgan Kumar
Mr. & Mrs. Vijay & Neena Badhwar
Mr. & Mrs. Sohan & Harjit Kaur Grewal
Mr. & Mrs. Anita & Vipin Khosla
Mr. & Mrs. Ravi & Shakuntla Gupta
Mr. & Mrs. Rekha & Sadanand Malik



AHIA executives Chand Chadha and Mohinder Kumar with Lord Mayor Cr Sameer Pandey, City of Parramatta, taken on Tuesday, 23 May at PM Sri Narendra Modi's welcome function at Olympic Park NSW.

महात्मा गांधी की महानता की महत्ता

एक बार गांधी जी को पता चला कि एक नया बगान का मालिक जो अंग्रेज या मजदूरों के साथ बुरा व्यवहार करता है उसमें उनके लिए क्या नहीं है? तो वह उन्हें पूरे पैसे देता है, उनके साथ वह बुरा व्यवहार करता है, उसमें उनके लिए क्या नहीं है, उनसे बुरा भला कहता रहता है। दिन में 13-14 घण्टे काम करवाता है। मजदूरों की करुणा सुनकर गांधी जी ने उस स्टेट के मालिक से मिलने का मन बनाया। वह अपनी आँखों से उसकी सच्चायी जानना चाहते थे। उस अंग्रेज के कानों तक बात पहुँच गयी कि जल्दी ही गांधी जी उनके बगान की देखने के लिए आ सकते हैं। ऐसा सुनकर वह गुस्से से भर गया। वह इतना गुस्सा कि कहने लगा 'मेरे देवते हैं उन्हें गोली मार दुंगा।' फिर लोगों ने उसका कहना सुना कि वह कैसा चिल्ला रहा है, बक-बक कर रहा है। गुस्से से लाल कीला हो रहा है। उसने सुनकर डर गये। उनमें से कुछ लोग गांधी जी के पास गये। उन्होंने जो सुना उन्हीं को पूरा ही से कह दिया और बापू से बोले 'बापू जी हम आपसे प्रार्थना करते हैं, हाथ जोड़ते हैं आप इस न्याय बगान से दूर चले जाइए जितना जल्दी हो सकता है आप कहीं दूर जाइए। गांधी जी मुस्कुराए, इसी रात को गहरे, एक दम अंधारे में एक अकेले व्यक्ति ने बगान के मालिक की दरवाजी खटखटाया। उस अंग्रेज ने दरवाजा खोला। उसे अपनी आँखों पर भारी सा नहीं हो रहा था दूर धूर कर उसने गांधी जी को देखा एक दम अकेले कोई सुरक्षा नहीं वह उसके दरवाजे पर खड़े हैं। गांधी जी ने कहा - 'मैंने मुझसे कहा गया है कि तुम मुझे मारो मारो मेरे यहाँ आ गया हूँ - तुम जो चाहो आशय से कर सकते हो - रात है अंधारा है कोई दरवाजा नहीं रहा है। कोई जानना भी नहीं कि तुमने क्या किया है। कोई नहीं जान सकता कि तुमने क्या किया है' - उन्हीं को ज्ञात था। उसने कभी ऐसी सच्चाई, वह अंग्रेज गुंजा हो गया था। उसने कभी ऐसी सच्चाई, ईमानदारी, सादरता, सरलता, निंदर होना नहीं देखा था। उसने सोचा यह कोई साधारण आदमी नहीं है। बिना कुछ बोले ही वह महात्मा की अपने घर ले गया। रात से लेकर सुबह तक उसे के बाद गांधी बगान के मालिक का दिल जीतकर उसके घर से गौरव के साथ बाहर आये। उसने वायदा किया कि मजदूरों को उनकी मजदूरी में अर्द्ध मिलेगी और उनके साथ इन्सानियत का व्यवहार भी किया जायगा।

AHIA Walk on 28th May



In order to stay healthy, it is said that one should attempt to do 10,000 steps a day. But what if you can achieve a sizable chunk of that target over an hour with a group of friends on a Saturday morning! This is exactly what a sizable number of enthusiastic members set out to do on the morning of 27 May Sat at the Cumberland Forest Park!!

We met at 9am and then divided ourselves into groups, depending on our walking abilities and went for a walk. It was a beautiful day, surrounded by lush trees inhaling fresh clean air we chatted as we caught up each other walking in our groups.

After the walk we all sat down to enjoy light snacks and tea.

Vivek Bhatnagar

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

Narendra Modi

FAITH IN LIFE

Faith is the foundation on which the whole superstructure of religion and spiritual progress stands. Without faith, there can be no achievement in any worldly art, technique or spiritual matter. Faith is such a great power that it can give each of us an unbelievable amount of strength. Faith dispels doubt and hesitation. It liberates us from suffering, illness and various diseases. If we have faith, we have positive thinking, positive attitude and presence of mind to achieve our objective in life. Faith does not make us egoistic but reduces our pride, and is the root of veneration. Faith is virtuous, removes doubts, fear and confusion and frees us from the torment of passion.

The mother has faith in her children, and parents start nourishing and bringing up the child from the day he is born. The children have faith in their teachers, professors and most of them continue to study hard to become scholars, artists, technicians, doctors, IIT Specialists and various other fields of their choice. Modern technology is very much advanced and they do not find any difficulty in making search for courses for their studies, finding a suitable job, and even a suitable match for marriage to lead a financially sound and healthy life. Similarly we have faith in our family members, relatives, friends, kith and kin and other associates.

The human beings who are atheist and do not believe in God, to them we cannot prove God's existence by arguments. If we wish to be on the spiritual path, we have to believe that God is love and love

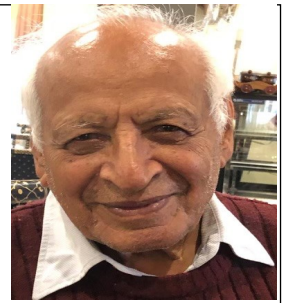
is God. We should believe that all this magnificent creation, the sun, moon, billions of stars, lands, mountains, oceans, and the entire universe has not come into existence by itself. In this world of cause and effect, there is no effect without a cause. All the religious or spiritual paths exist on the firm belief that God is the only super power, who has created this whole universe. Body is the temple of living God and the path to merge our soul into God is within our body. If we are filled with faith in the Lord, we become peaceful and experience his presence in every facet of our life. Practice brings the clear realization of the oneness of all human beings.

Our soul is essence of God and till our soul merges into God like a drop in the ocean, we cannot have happiness, joy and bliss forever. The faith in the love of God grows within a devotee, who with His Grace meets a True Master, who has highest level of consciousness. The devotee gains true knowledge from his spiritual discourses, reading spiritual books and after intellectually satisfying himself applies for initiation. The True Master initiates the marked souls. He guides them throughout their journey on the spiritual path. Our faith should be firm and unshakable in a True Master, and according to his teachings, we should daily and regularly devote some time to Meditation. The more time we give to meditation, the more grace of the Master comes in the form of love and devotion. Hence we can experience the love of God by our own experience under the guidance of a True Master towards our spiritual journey on the path. Our nature is to merge with the Whole, with Him, who has created us. As a seed has the

potential to become a tree, our soul has the potential to merge in God.

Many examples of faith can be quoted. For example, during the Mahabharata war, Lord Krishna revealed to Arjun the Light of Knowledge, saying, "Arjun, with your ordinary eyes you can see my physical form, but to see me as who I really am, I give you the Eye of Knowledge." When Arjuna's Third eye or Eye of Wisdom was activated and he experienced the universal form of Krishna, then he realized who Lord Krishna is. He fell at his feet and begged forgiveness saying, "Lord I mistook you for an ordinary man. I saw you simply my friend, when in fact you are the Lord of Lords and the Guru of gurus."

However, when the armies of the Pandavas and the Kauravas were facing each other at the battlefield in Kurukshetra, and Lord Krishna had stationed Arjuna's chariot between the two armies, Arjuna became nervous and said to Lord Krishna, "I cannot fight my own friends and relatives even though they have come here to die. I see Bhishma, who is more than my father to me. Next to him is my teacher, Dronacharya. I cannot fight such pious man." At this juncture when Lord Krishna bestowed him the Light of Knowledge, Arjuna had firm faith in Lord Krishna and he overcame his cowardice, picked up his bow and fought in the battle like a karma yogi and won the battle.



रोशन लाल गखर

NEVER SAY "I AM AGED"

Many people feel unhappy, health wise and security-wise, after sixty years of age, owing to the diminishing importance given to them and their opinions. But it need not be so if we understand the basic principles of life and follow them scrupulously (carefully and thoroughly).

There are three ages- Chronological, biological & psychological. The first is calculated based on our date of birth, our health conditions determine the second, and the third is how old we feel. While we don't have control over the first, we can care for our health with a good diet, exercise and a cheerful attitude. A positive attitude and optimistic thinking can reverse the third age.

If we love our kith n kin, taking care of our health should be our priority. Thus, we are not a burden to them. Have an

annual health check-up and take prescribed medicines regularly. Don't forget to take health insurance coverage.

Time is precious. Imagine that every day we are born again. Yesterday was a cancelled cheque. Tomorrow is a promissory note. Today is ready cash. Use it profitably. Live this moment; live it fully now in the present time.

Change is the only permanent thing, so accept the change in our physical strength as we grow older. It is an inevitable process. Change has brought about many pleasant things. We should be happy that our children are blessed.

Follow the policy of-"FORGET & FORGIVE". Don't be bothered too much about others' mistakes. We are not spiritual enough to show our other cheek when we are slapped in one. But for our health and happiness, let us forget n forgive them; otherwise, we will increase our blood pressure.

Take life as it comes. Accept yourself as you are & also accept others for what they are. Everybody is unique and right in his/her own way.

Overcome the fear of death. We all know that one day we must leave this world; we are still afraid of death. We think that our spouse and children will be unable to withstand our loss, but time heals everything, and they will continue.

The most relaxing and recreating forces are a healthy religious attitude, good sleep, music and laughter. Have faith in God, learn to sleep well, love good music and see the funny side of life. Accept the aging gracefully.



कमलेश चौबे

Recent New Projects In India

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

Compiled by राज बत्रा

AHIA celebrates Diwali on 4th November, 2023

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

(Part 1)

Organic discards can be processed in industrial-scale composting facilities, in smaller-scale community composting systems, and in anaerobic digesters, among other options. This guide focuses primarily on home composting, which is a great way to keep your organic discards out of the waste stream and produce a valuable soil amendment for your own use.

Reduces the Waste Stream

Composting is a great way to recycle the organic waste we generate at home. Food scraps and garden waste combined make up more than 28 percent of what we throw away. Not only is food waste a significant burden on the environment, but processing it is costly.



Cuts Methane Emissions From Landfills

Typically when organic matter decomposes, it undergoes aerobic decomposition, meaning that it's broken down by microorganisms that require oxygen. When compostable waste goes to a landfill, it gets buried under massive amounts of other trash, cutting off a regular supply of oxygen for the decomposers. The waste then ends up undergoing anaerobic decomposition, being broken down by organisms that can live without free-flowing oxygen. During anaerobic decomposition, biogas is created as a by-product. This biogas is roughly 50 percent methane and 50 percent carbon dioxide, both of which are potent greenhouse gases, with methane being 28 to 36 times more effective than CO₂ at trapping heat

Because our solid waste infrastructure was designed around land-filling, only about 6 percent of food waste gets composted. However, states, cities, and individual businesses and vendors can spearhead zero-waste strategies to increase composting and recycling rates within their jurisdictions and to keep waste from being generated in the first place. There have been many composting success stories around the country, one notable example being San Francisco. In 1996 San Francisco established a large-scale composting program, and by 2000 it was able to divert 50 percent of its waste from landfills. By increasing its goals over the years, San Francisco has been diverting more than 80 percent of waste from landfills since 2012. That means more than 90,000 metric tons of carbon emissions are avoided each year—equivalent to the annual greenhouse gas emissions from 20,000 passenger vehicles.

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Membership Renewal

★ Please renew your membership at the Seniors meeting



AHIA Seniors Meeting on 13th May, 2023



AHIA Walk on 27th May



PM Sri Narendra Modi's welcome function at Olympic Park NSW

