

# AUSTRALIAN HINDI INDIAN ASSOCIATION (AHIA)

-the Association that cares



## Sandesh सन्देश

incorporating

Seniors Newsletter

Established 1994:

Volume 23

Issue 3

March 2022

Editor: Santram Bajaj

President: Sushma Ahluwalia :

Secretary : Mohinder Kumar

Tel: (0414553739)

(0411967374)

(0438203291)



International Women's Day March 8

Holi—March 18



Seniors week March 25 –Apr 3, 2022



## AHIA President's Report March 2022

Hello Every One,

I hope you all are managing to stay safe and dry during these very wet past few days. Our thoughts are with those who have suffered a lot from recent flooding in Queensland and NSW. How true it is that we live on a land of extreme wet, dry and bushfires. However, there is somewhat good news regarding slowdown of spread of the COVID 19 variant, Omicron. We are now told learn to live with the COVID variant. The latest Health Orders allow us to hold face to face Seniors Meeting on Saturday 12<sup>th</sup> March'22.

Unfortunately, due to the wet weather AHIA was not able to hold the Clean-Up Australia Day which is now rescheduled to Sunday 3<sup>rd</sup> April'22. Our next major event is Holi and I am looking forward to celebrate it with AHIA members on Satur-

day 19<sup>th</sup> March'22. For details, please see Mr Mohinder Kumar Ji, AHIA Secretary's report.



I like to thank again Mr Jagdish Choudhary for Yoga, Mr Vinod Rajput and Mrs Asha Sharma for their melodious songs in our last January'22 Zoom meeting.

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

With best wishes

Sushma Ahluwalia

President

AHIA

## AHIA Secretary's Report for March 2022



We hope all of you are doing well. Our thoughts are with the 500,000 people subject to evacuation orders in NSW and many people in Australia in recent floods.

We are looking forward to resuming face to face seniors meeting on Saturday 12 March 2022 from 1pm to 4pm at Grevillea Room at Wentworthville Community Centre, 2 Lane Street, Wentworthville NSW 2145. We request that you join the meeting and enjoy the

programme including the company of friends.

Due to severe weather conditions in the last few weeks, AHIA's participation at the Clean-Up Australia day is postponed to Sunday, 3 April 2022. The time for the clean-up is from 10.30 am to 12 pm and the allocated place in Field 6, Fred Caterson Reserve, Caterson Drive, Castle Hill NSW 2154. If

you are interested to join the team, please advise.

The celebration of Holi Function will be held at Harvey Lowe Pavilion (next to Castle Hill Showground main area) Doran Drive, Castle Hill on Saturday, 19 March 2022 from 10.30 am to 1.30 pm. We are expecting more than 250 people to join the function. The event is now completely sold out.

It is confirmed that Vaisakhi celebration will be held on Sunday, 1 May 2022. Further details will be provided close to the date.

The other updates for this month include the purchase of a new music system for our functions. A new website for AHIA is also being built by our Executive member Raj Batra Ji. The work is also in progress for organising a Picnic in May 2022. With best wishes,

Mohinder Kumar

Secretary

Australian Hindi Indian Association

## Good News for Travel bugs !!

**REMEMBER.....AHIA has a 8 seater Van**

**Available to Members for private Use.**

**(Conditions apply)**

**The Van is available to AHIA members for private use under certain terms and conditions.**

**Please contact AHIA Secretary Mr Mohinder Kumar on 0438203291**

Or any Executive Committee Member.

(Contact numbers on Page 3).





**WELCOME back !**

Two years ago, March 2020 –to be exact ,was the month when our AHIA Seniors meeting was cancelled because of Corona-19. We went on line and continued Zoom meetings instead. Many stayed away for various reasons. Some felt that there was no personal touch which is in the physical meetings, where you enjoy over a cup of tea. Others due to the novelty of the technological knowhow. But still AHIA Executive carried on and kept in touch with the members by phone and word of mouth.

In between, we tried a couple of times to have face to face meetings and succeeded once or twice. The last was 3 months ago.

Now we meet again today(12th March Saturday); will we be able to recognise each other, I wonder!

Luckily, I was able to produce Sandesh every month with help from the AHIA Executive Committee's enthusiastic team and our dedicated writers who contributed regularly. Many thanks to them all.

Hopefully, we will be having our face to face-'live' meetings from now on. As you all know and have realised during these Corona days that social meetings play a very important part in our lives. And it is heartening to find the attendance at such gatherings, in spite of transport and other problems.

The wet weather over the last two weeks has made life difficult again. There is a state of Emergency in Northern regions of NSW, where



Bhagwant Mann

India had Assembly elections in five states, which generated so much interest that has never been seen in before. In particular, Uttar Pradesh elections were being treated as a show of strength between the Samajwadi party and the ruling BJP, whereas in Punjab, the direct contest was between AAP and the ruling Congress.

The voters have spoken and BJP has retained all its 4 states, but the Congress in Punjab has suffered a very humiliating defeat at the hands of the AAP party, led by Arvind Kejriwal and Bhagwant Mann. Congress party's big guns

including the CM Channi and the party President Navjot Singh Sidhu have lost their seats. Other big losers are Captain Amarinder Singh-ex-Congress CM and father and son Akali stalwarts Prakash Singh Badal



and Lakhbir Singh Badal.

In Uttar Pradesh CM Yogi has been returned by a comfortable but reduced majority.

Another surprise came from Uttarakhand, where the sitting CM of the BJP lost when his party won by a 2/3 majority.

March brought some very sad news for the cricket fans in the sudden and untimely death of legendary Shane Warne, day after the death



of another great Rodney Marsh. Please read a special Tribute to Shane Warne by Mr. Kersi Meher-Homji, a well-known cricket writer from the 'Indian Down Under'. We thank him and the TIDU for this contribution.

Santram Bajaj



complete houses were submerged in the flood waters. Think of those who have lost everything because of sever flooding and storms.

International Women's Day on March 8 is a worldwide event to highlight the achievements and demand gender equality, better working conditions and an end to violence against women in our society. Protests and rallies are being organised in different countries.

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

**EDITOR**

Mr Santram Bajaj  
Mob. 0414 553 739  
santbajaj@hotmail.com

**EXECUTIVE - COMMITTEE****\*President**

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

**\*Vice-President**

Mrs. Meeta Sharma  
0411966585  
meetasharma6@gmail.com

**\*Secretary**

Mr Mohinder Kumar  
0438203291

**\*Treasurer**

Mr. Chand Chadha  
0410636199

**\*Members:**

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

**\*Public Officer:**

Mr Kali Gupta  
Mob: 0402 092 967  
guptak72@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 and Sandesh cannot accept any responsibility whatsoever.

The Editor

## युद्ध और शान्ति

युद्ध से युद्ध  
 शांति से शांति  
 यही सच है  
 युद्ध से शांति  
 शांति से युद्ध  
 ऐसा कभी हो नहीं सकता

ये बात हमारी समझ  
 में क्यों नहीं आ रही  
 कब तक हम लड़ते रहेंगे  
 कब तक हज़ारों लाखों को  
 तबाह करके  
 बच्चों को अनाथ करके  
 अनेकों माओं की गोद खाली करके  
 औरतों को विधवा बना  
 इस सदियों के समाज को  
 ध्वंस करके  
 शांति पाना चाहते हैं

क्या सदियों से बने वैश्विक नियमों को  
 नकार कर  
 शांति पाने की इच्छा रखते हैं क्या?

हमारी हिंसा ही  
 हमारे सामने आ रही है  
 जब हमने हिंसात्मक कार्य किये  
 तो क्या कभी  
 सोचा था  
 कि वापस वही हिंसा  
 उतनी या फिर  
 उससे भी कहीं ज्यादा  
 जोर से हम पर  
 हावी नहीं होगी

कितने बेवकूफ हैं हम  
 कि हिंसा से हिंसा नहीं होगी

अगर यही सब सच है तो  
 क्यों इस मारधाड़ में लिप्त  
 है हम सब

जब मारने गए थे  
 तो क्या सोचा था  
 कि मारने वाला वापस  
 हमें नहीं मारेगा

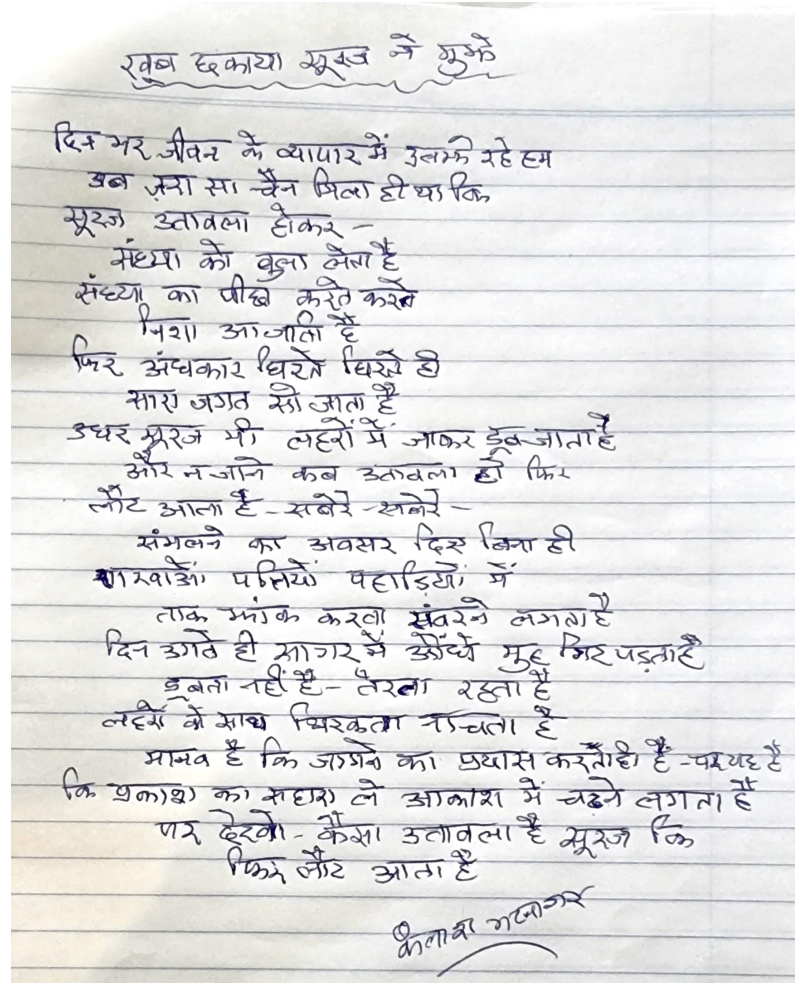
अब जब वो मारने आया है  
 तो क्यों हम चिल्ला रहे हैं  
 कि हाय मार दिया।

—नीना बंधवार

## हैपी वर्ड-वोमनज़ डे

भुला कर अपना वजूद ना जाने  
 कितनी रिवायतें निभाती है  
 सलाम हर उस स्त्री को, जो घर को  
 घर बनाती है।  
 ईश्वर ने सृजन करने का अधिकार  
 अपने अलावा सिर्फ स्त्री को दिया है  
 जहाँ स्त्री नहीं है, वहाँ सृजन  
 सम्भव ही नहीं है।  
 विश्व महिला दिवस पर विश्व  
 सृजन की अधिकारिणी, दुनिया  
 की आधी आबादी का प्रतिनिधित्व  
 करने वाली हर स्त्री -शक्ति को-सलाम।

संकलित - शारदा शर्मा



## गूगल पे गुस्सा क्यों? -संतराम बजाज

कभी कभी मुझे गूगल पर बहुत गुस्सा आता है। आप पूछेंगे क्यों भाई? तो सुनिए।

हम जब बच्चे होते थे,हाँ भाई सच है,हम भी कभी बच्चे थे-उस समय गूगल नाम की चीज़ तो क्या कंप्यूटर तक का नामोनिशान नहीं था।हर घर में एक दादा/दादी या नाना/नानी होते थे,जो हर प्रश्न का उत्तर देने में माहिर होते थे।रात बच्चों को परियों और शहजादों की कहानी सुनाया करते थे।गर्मियों की रातों में छत के ऊपर,आसमान में चमकते सितारों के नीचे,चार्पायों पर या सर्दियों में कमरे में रिजायों-लिहाफों के अंदर, कई बच्चे एक साथ कहानी सुनने में उत्सुक होते थे।

बहुत सारी कहानियों में एक आदमखोर जिन्न ज़रूर होता था,वह शहजादी को अपने किले में कैदी बना कर रखता था।राजा बहुत परेशान और दुखी। जिन्न को प्रतिदिन गाँव वाले लोग एक व्यक्ति के हाथ एक बैलगाड़ी में खाना भर कर भेजते थे।कई बार वह जिन्न ज़्यादा गुस्से में हो या ज़्यादा भूखा हो तो,वह बैल मार कर खा जाता,यहां तक कि उस भोजन ले जाने वाले बन्दे को भी खा जाता था।

जब दादी/नानी थोड़ा रुक जाती,सस्पेंस बनाने के लिए बच्चे डर से चिपके रहते। बीच बीच में बच्चों को हंगूरा(हुंकारा) भरना पड़ता था, जैसे 'हूँ' या "फिर क्या हुआ?",ताकि पता लगे कि वे सुन रहे हैं और सो तो नहीं गये।

"मजल-दर मजल,कूच-दर कूच, भाई रे,चलिया होया जा रेहा था कि....." कथावाचक ऐसी लच्छेदार भाषा में बीच बीच में बोलती थी कि सब बच्चे बड़ी उत्सुकता के साथ,पूरे ध्यान के साथ सुनते थे।कुछ सवाल भी पूछे जाते।

अंत में 'हैपी एंडिंग' के साथ कहानी समाप्त हो जाती।

दूसरे दिन कहानी थोड़ी सी अलग होती पर उतनी ही रोचक। तोते- मैना की,चिड़ी- काँ(चिड़या और कच्चा) की,शेर-बकरी की या फिर चालाक बंदर और मगरमच्छ की, बड़ा भण्डार होता था उन के पास एक और सब की मनपसंद, चिड़िया जो शहजादी(राजकुमारी) की पालकी के नीचे आकर ज़ख्मी और बेहोश हो जाती है और शहजादी उसे बचाने के लिए बड़े यत्न करती है।सब से पहले पानी चाहिए,जिसे लाने वह नदी के पास जाती है,नदी उसे घड़ा लाने को कहती है,वह कुम्हार के पास जाती है,जिस के पास कोई घड़ा नहीं है परन्तु यदि उसे मिट्टी ला दी जाए तो वह नया घड़ा बनाने को तैयार है। अब मिट्टी को खोदने के लिए फावड़े की ज़रूरत है जो केवल लुहार से मिल सकता है, परन्तु लुहार की भट्टी में आग समाप्त है,यदि शहजादी कहीं से आग ला दे तो वह फावड़ा बना सकता है। कहानी रोचक होती जाती है,परन्तु कोई बच्चा यह नहीं पूछता कि इस बीच में चिड़या,जिस का नाम 'भाग भरी' है, मर तो नहीं जायेगी।आर्थात् चिड़या

बैकग्राउंड में चली जाती है और सब का ध्यान इस बात पर एकत्रित हो जाता है कि आगे क्या होगा। शहजादी आग कहाँ से लायेगी,या आग के बाद किसी और जगह जाना होगा। नानी/दादी यानी हमारी कथावाचक फिर वही 'मजल-दर मजल,कूच-दर कूच, भाई रे- चलिया होया जा रेहा था' की तान पर ... आग, एक भयानक जिन्न के कब्जे में होती है और वह आग देने से मना कर देता है, उसे बली चाहिए। बेचारी शहजादी दुखी होती है कि "जिन्न आग देगा नहीं,लुहार फावड़ा बनाएगा नहीं,धरती मिट्टी देगी नहीं,कुम्हार घड़ा बनायेगा नहीं, नदी से पानी आयेगा नहीं, मेरी 'भाग भरी' कैसे जियेगी?"...

...कहानी लम्बी होती जाती है,कुछ बच्चे सो जाते और कुछ जागते रह कर परिणाम का इंतज़ार करते हैं।

वैसे तो आप भी शायद बोरे हो कर सोने लगे हों, खैर मैं शोर्टकट में बता दूँ कि कहीं से एक राजकुमार आ जाता है और वह जिन्न के साथ युद्ध कर उसे मार गिराता है और बाकी की कहानी आप समझ ही गये होंगे... हैपी एंडिंग..।

अब हमारा झगड़ा गूगल से यह है कि अब जब हम बुजुर्ग बनने लगे तो हम ने बड़े प्लान बनाये कि हम अपने पोते पोतियों,दोहते दोहितियों को जिन्न भूतों की कहानिया सुनायेंगे। उन के प्रश्नों का उत्तर देंगे,लेकिन गूगल ने सब 'गुड़ गोबर' कर दिया है, हमारी स्कीमों पर पानी फेर दिया।हमारा स्टैट्स बड़ा लो हो गया है।हम से कोई भी कहानी सुनाने को नहीं कहता। हमें inferiority complex(हीन भाव) होने लगा है, जब देखते हैं कि एक एक साल के बच्चों की उंगलियाँ लैप टॉप के बटनों पर कैसे थकती हैं।हमारी आँखों के सामने वे गूगल की शरण में जा रहे हैं। यह 'गूगल महाशय' सब कुछ जानते हैं।दादी,नानी तो नहीं बता सकती थीं कि सूर्य की धरती से दूरी,(15 करोड़ किलोमीटर) 150, 000000 KM है और सूर्य की किरन 3 लाख किलोमीटर प्रीत सेकिंड की गति से 8 मिनट में धरती पर पहुँचती है। वह तो केवल यह बता सकती थीं कि 'पलक झपकते ही नारद जी एक लोक से दुसरे और फिर तीसरे लोक में पहुँच जाते थे।या फिर कि चाँद पर एक सफ़ेद बालों वाली बुढ़िया रहती है जो चरखा कातती है। और आसमान में कितने सितारे हैं 'का उत्तर होता था," जितने हमारे सिर पर बाल"। अब यदि हम यह बताएँगे तो बच्चे हम पर हंसेगे ना। यही सवाल गूगल से पूछो,झट से बता देगा।

सच कहें तो गूगल पर हमारा गुस्सा जायज़ नहीं है।

मतलब यह कि यह 'एक तरफ़ा' डिग्री ठीक नहीं है।क्योंकि अब तो हालत यह है कि हमें ही बहुत सारी जानकारी गूगल से लेनी पड़ती है। अब पासा पलट चुका है, हमें अपनी हार स्वीकार कर लेनी चाहिए।अब तो अक्सर कहना पड़ता है,

"बेटा, ज़रा गूगल से आजका मौसम तो पूछो,सैर पे जाएँ या न !"



## Maharani Ahilyabai Holkar

Rajmata Ahilyabai Holkar was the Queen of the Malwa kingdom. She was born on 31 May 1725 in the village of Chaundi, in the present-day Ahmednagar district in Maharashtra. Her father, Mankoji Shinde was the Patil (Head) of the Village. As was the custom in those days, the girls did not go to school, but her father taught her to read and write. When she was only 8 years old, recognizing her piety and character, Malhar Rao Holkar, a commander in the services of Peshwa Baji Rao-I, asked for her to be married to his son, Khanderao Holkar. Unfortunately, he did not live long. He was killed during the siege of Kumbhar in 1754. She wanted to perform *Sati* rites with her husband's body, but her father-in-law made an emotional appeal to her against that. Her father-in-law died twelve years later, after which she took over the affairs of the Holkar fief a year later. She defended her homeland personally leading the armies into battlefield. Ahilyabai held public audiences every day to help address the grievances of her people. She was a very able administrator. She was famous for building numerous forts and roads in Malwa. Indore flourished into a prosperous city during her 30-year rule.

Ahilyabai was a great pioneer and builder of Hindu temples and built hundreds of temples and Dharamshalas throughout India. Her greatest achievement was to rebuild the Kashi Vishwanath Temple in 1776, which was demolished by the Moghal King Aurangzeb in 1669 and converted to a Mosque. A statue in her honour has been installed at the Kashi Vishwanath Dham (corridor) which has been inaugurated by the Indian Prime Minister Shri Narendra Modi.

As per the list of sites published by the Bharatiya Sanskriti Kosh, she embellished Kashi, Gaya, Somnath, Ayodhya, Mathura, Haridwar, Kanchi, Avanti, Dwarka, Badrinarayan, Rameshwar and Jagannath Puri. Outside Malwa, she built dozens of temples, ghats, wells, tanks and rest-houses across an area stretching from the Himalayas to pilgrimage centres in South India.

Ahilyabai died on 13 August 1795 at the age of 70. A com-

memorative stamp was issued in her honour on 25 August 1996. Many famous people have written in her praise, a couple are listed below:



"The reign of Ahilyabai, of Indore in central India, lasted for thirty years. This has become almost legendary as a period during which perfect order and good government prevailed and the people prospered. She was a very able ruler and organizer, highly respected during her lifetime, and considered as a saint by a grateful people after her death."

- Jawaharlal Nehru, *The Discovery of India* (1946)

"Ahilyabai's extraordinary ability won her the regard of her subjects and of the other Maratha confederates, including Nana Phadnavis. With the natives of Malwa ... her name is sainted and she has styled an avatar or Incarnation of the Divinity. In the soberest view that can be taken of her character, she certainly appears, within her limited sphere, to have been one of the purest and most exemplary rulers that ever existed."

- John Malcolm (British Official), *A Memoir of Central India* 1820s

Vijai Singhal



JHANSI KI RANI LAXMIBAI



KASTURBA GANDHI



SAVITRI BAI PHULE

## HOLI FESTIVAL

Holi is a popular Hindu festival. This festival is celebrated for the arrival of spring, the end of winter, the blossoming of love and the festival of colours. The festival celebrates the love of Radha and Krishna. It signifies the triumph of good over evil as it celebrates the victory of Lord Vishnu as Narsimha Narayan over Harnyakshipu.

For many it is the festive day to meet the others, to play and laugh, forget and forgive, love one another and remove any differences amongst close associates. In India, it starts on the evening of Purnima (full moon) in the middle of March every year. It is generally celebrated for two days in India. The first evening is known as 'Holika Dahan' (burning of demon Holika) or chhoti Holi and the next day it is celebrated as 'Rangwali Holi'. It will be celebrated in India on 18 March, 2022. In Bollywood films mostly Rangwali Holi is played. Also breaking a Matka (Pitcher) full of milk and butter by young actors has also become popular.'

The Holi festival was originated in India. It is predominantly celebrated in India and Nepal and in Nepal holiday is also declared. However, it has now become popular amongst non-Hindus as well as in parts of South Asia, Pakistan, Australia, Jamaica, Surinam, Guyana, Trinidad and Tobago, South Africa, Malaysia, United Kingdom, United States, Canada, Mauritius, Fiji and parts of North America.

While celebrating Chhoti holi -Holika Dahan, people gather to perform rituals in front of bonfire and pray that their internal evils be destroyed the way Holika, the sister of the demon king, Hiranyakshipu was burnt in the fire. Hiranyakshipu was the king of demon Asuras and by devotion he had earned the five boons that gave him special powers which were that he could not be killed:

- by a human nor by an animal;
- neither indoor nor outdoor;
- neither by astras (projectile weapons);
- neither at day nor at night nor by any handled weapons
- neither on land nor in water or air.

Hiranyakshipu became arrogant and thought he was God and demanded that everyone should only worship him. Everyone worshipped him but his son, Prahlad refused to do so, and continued meditation for the love and devotion of God. The demon king felt that Prahlad was a disgrace and slur on his authority. So he called his sister Holika and said that you have a cloak, which cannot be burnt. Put it on, sit in the middle of the fire and take Prahlad on your lap and burn him to ashes. Holika did this. As the fire roared, the cloak flew from Holika and encased Prahlad, who survived and Holika was burnt. On another occasion, the demon king heated an iron pillar until it was red

hot and ordered Prahlad to embrace it. Prahlad noticed that an ant was climbing up the column, and that gave him boundless faith that he will be protected. He thought, "If that pillar cannot burn this small ant, then how can it hurt him." He ran to

embrace the pillar, which burst open and the Lord emerged in the form of Narsimha – half human and half lion- at dusk and took Hiranyakshipu at a door step and placed him on his lap and killed the king with his lion's claws. It was all due to Prahlad's faith. It is said, "Nothing can harm him whom God protects, even if the whole world turns against him." Nothing can harm the person, who is protected by God, the Almighty. Hence Holi Festival is celebrated

as a symbol of Holika Dahan and victory of good over evil. Rangwali Holi is full of various colours which people smear on one another. Water guns and colored balloons are also used to play Holi. People carry drums and other musical instruments going from place to place, singing and dancing. People visit friends and foes and gather to throw colours and smear colour powders on each other, embrace, laugh and gossip and forget any differences.

In Mathura, Gokul, Dwarka and Vrindaban or Braj regions Holi festival is celebrated until Rang Panchmi in commemoration of the divine love of Radha for Lord Krishna. By the order of King Kans, demon Pudara took the child Krishna in her lap and started giving her poisonous milk. Though the demon Pudara was killed, but her poisonous milk had made the colour of Lord Krishna black. Radha was very beautiful and had fair colour. She in deep love for Lord Krishna smeared colours on his face and they in love played Holi. So, Holi festival is also celebrated in commemoration of the love of Radha and Krishna. The divine love of Lord Krishna in his Radiant Form for Gopikas is also remembered.

It is said that Raja Ranjit Singh celebrated Holi in 1837 in Lahore. Sikh court records show that 300 mounds of colours were used in 1837 with which Holi was celebrated by Raja Ranjit Singh and his officials. After the death of Raja Ranjit Singh, his sons and other members of their families and all the Sikhs celebrate Holi.

Guru Gobind Singh modified Holi with a three-days Holi Mohalla extension of festival of martial arts. The extension starts the day after the Holi festival in Anandpur Sahib, where Sikh soldiers were trained to fight battles, compete in horsemanship, athletics, archery and military exercises.

During Holi festival, lot of decoration is done, painting in various colours and Rangoli is very popular in most of the States in India. Hence Holi festival creates lot of love, happiness, fun and enjoyment amongst everybody.

Roshan Lal

## HAPPY BIRTHDAY

Dev Raj Kapoor  
Hardip Sembi  
Jagdish Cheema  
Madan Mohan Arya  
Prakash Nathani  
Rashpal Singh

Roshan Gakhar  
Santosh Verma  
Shanta Kad  
Tilak Kalra  
Vijay Badhwar

## HAPPY ANNIVERSARY

Mr. Kali & Mrs. Kiran Gupta  
Mr. Nirinder and Mrs. Asha Rani Jalota  
Mr. Subash and Mrs. Shashi Grover  
Mr. Krishan Kumar and Mrs. Sudershan  
Yadav



## Tribute to Aussie cricket legend Shane Warne

\*By Kersi Meher-Homji

To lose wicket-keeper batsman Rod Marsh aged 74 was sad, to lose spin wizard Shane Warne, 52, was tragic.

I still can't believe that spin king Shane Warne has left us. On Friday we were mourning the passing away of Rod Marsh. And yesterday Warne. He died of a suspected heart attack in Koh Samui in Thailand. And all Australia, nay the entire cricket world, is in shock.

Wisden Cricketers' Almanack 2000 ranked Warne as the number four Cricketer of the Century behind Don Bradman, Garry Sobers and Jack Hobbs. And above WG Grace, Ranji, Len Hutton, Keith Miller, Richie Benaud, Dennis Lillee, Imran Khan, Kapil Dev, Sunil Gavaskar, Sachin Tendulkar and Viv Richards.

Warne was Wisden's one of Five Cricketers of the Year in 1994.

However, Warne's record against India was disappointing. Master of handling spinners, Indian batsmen attacked him with gusto. But against other countries he was a constant threat. Recently, Warne had told me that his favourite batsman was Tendulkar. He also recalled how the two had visited Sir Donald Bradman, feeling nervous as schoolboys!

An all-round genius he made headlines in many fields. As an outstanding leg spinner he was poetry in motion. There was an air of expectancy as he removed the cap. What will he bowl; will it be a leg-break, a wrong one, an arm ball or a flipper?

He wore many colours, great as a cricketer and controversial off-field. Also he was questioned over allegations of bribery and a 'drug' scandal for which he received a 12 month ban starting in February 2003. He was also involved in a few sexual scandals.

Born in Melbourne on 13 September 1969, his passion was to play Aussie Rules football but was not selected. This was cricket's biggest gain. As a 22 year-old he enjoyed eating food and swallowing beer and was overweight when he made his Test debut against India in the January 1992 Sydney Test.

It was a disappointing debut as he was belted all over the SCG as India totalled 483 runs; Ravi Shastri hitting 206 and the teenager Sachin Tendulkar 148. The young leg-spinner went wicket-less in the next Test at Adelaide and was dropped in the final Test in Perth. Who would have imagined then that this Test flop would become a superstar with his on-field brilliance and off-field dramas?

When I interviewed the Sydney Test double centurion Shastri a few years as to what he had thought of the debutant Warne in 1992, he told me that even then he had thought highly of his leg breaks.

After the forgettable start, Warne was asked by Rod Marsh to



return to the Australian Cricket Academy and was coached by former Test leg-spinner Terry Jenner. Jenner also told him to restrict on his food and beer consumption.

As I wrote in The Sun Herald, "Soon Warne was on his way to greatness starting in the Colombo Test against Sri Lanka in August 1992. Set only 181 runs to win, Sri Lanka was marching towards victory at 2 for 127. To Warne's surprise, skipper Allan Border asked him to bowl. Warne responded to the trust shown in him by taking vital wickets. In one magical spell he took three wickets without conceding a run. And incredibly, Australia won by 16 runs.

With his confidence restored, he showed his wizardry in the Melbourne Test against the West Indies in December 1992. He captured 7 for 52 in the second innings and Australia triumphed by 139 runs. To defeat the Windies in early 1990s was a big achievement and heralded the arrival of Warne as a world class spinner.

Then came the tour to England in 1993 and that incredible spinner in the Old Trafford Test in Manchester. It was Warne's first ball in Test cricket on English soil. It was bowled to Mike Gatting, a master of playing spin. Warne flicked the ball out of the back of his hand. It set off on the line of Gatting's pads and dipped in the air further towards leg side until it was about 45 cm (18 inches) adrift the stumps. Then the ball bounced and fizzed across Gatting's body to clip the off bail.

Gatting remained stunned at the crease for several seconds in disbelief and returned to the pavilion in a trance. Warne took nine wickets in this Test and 34 wickets in the Test series.

His most satisfying moment at Test level was dismissing Pakistan's batsman Salim Malik for a duck in the Brisbane Test of November 1995.

As he explained in Shane Warne: My Autobiography, "Only a year had passed since Salim Malik attempted to bribe Tim May and myself to bowl wide of off stump [to draw the match] in a Test match. Worse still, the judge in Pakistan leading the first investigation had decided that Malik was not guilty, effectively branding us liars. So I desperately wanted to beat Pakistan to set the record straight..."

Sure enough, Australia beat Pakistan and Warne finished with 11 for 77 including the scalp of Salim Malik for zero! Revenge is sweet!

..... ( continued on the next page)....



(... Continued from last page... Tribute to Shane Warne)

His most satisfying moment at Test level was dismissing Pakistan's batsman Salim Malik for a duck in the Brisbane Test of November 1995.

As he explained in Shane Warne: My Autobiography, "Only a year had passed since Salim Malik attempted to bribe Tim May and myself to bowl wide of off stump [to draw the match] in a Test match. Worse still, the judge in Pakistan leading the first investigation had decided that Malik was not guilty, effectively branding us liars. So I desperately wanted to beat Pakistan to set the record straight..."

Sure enough, Australia beat Pakistan and Warne finished with 11 for 77 including the scalp of Salim Malik for zero! Revenge is sweet!

Warne became the seventh Australian and the first spinner to play 100 Tests. This was against South Africa in Cape Town in March 2002. And what a memorable Test it turned out to be. Sixteen of his family members and friends including his wife Simone (divorced in 2005), parents Keith and Brigitte (of German origin) and his mates from Australia and Hampshire accompanied him. He took 2 for 70 and 6 for 161 and hit a hurricane 63 runs off only 65 balls, smacking 10 fours and a six. For the first time a cricketer had taken eight wickets in his 100th Test.

He said after the Test, "There are few fairy tales; this is as close as it gets... To win the Test, the series and the Championship. It has been a fantastic Test match and one I'll always remember... Nothing lasts forever so that emphasizes the point that you have to enjoy yourself because you never know when it is all over."

How prophetic! Who would have thought that a fit and well 52 year-old would pass away a day after he wrote a tribute for his friend Rod Marsh: "Sad to hear the news that Rod Marsh has passed. He was a legend of our great game and an inspiration to so many young boys and girls. Rod cared deeply about cricket and gave so much – especially to Australia and England players. Sending lots and lots of love to [wife] Ros and the family. RIP mate."

Next day he joined Marsh in heaven.

Warne represented Australia in 145 Tests from 1991 to 2006, scoring 3154 runs, (highest score 99) and took 708 wickets (best 8 for 71) and 125 catches. Only Sri Lanka's spinner Muttiah Muralitharan took more wickets in Test history, 800 wickets in 133 Tests. In 194 One Day Internationals, Warne captured 293 wickets

As a cricketing legend I would place Shane Warne along with WG Grace, Jack Hobbs, Ranji, Don Bradman, Wally Hammond, Keith Miller, Richie Benaud, Frank Worrell, Garry Sobers, Dennis Lillee, Imran Khan, Sunil Gavaskar and Sachin Tendulkar.

Warne was married to Simone from 1995 to 2005 before they divorced. He dated English actress Elizabeth Hurley and got engaged to her in 2011 but the engagement was called off two years later.

Shane Warne loved his children, daughter Brooke aged 24, son Jackson 22 and daughter Summer 20. In return not only they but the cricket world loved the spin king Warney.

[Reprinted from 'The Indian Down Under']

Short URL: <https://indiandownunder.com.au/?p=17535>

\*Mr Kersi Meher-Homji is a very celebrated Cricket Statistician who writes quite often for the 'The Sydney Morning



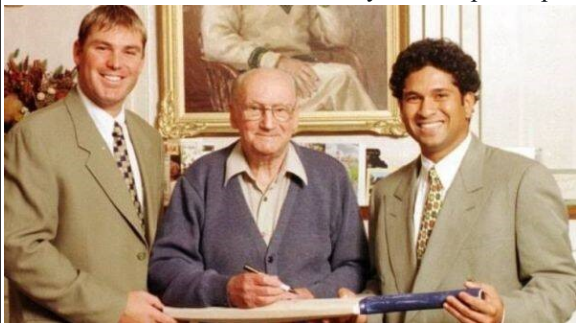
Herald'. He has authored 16 books on cricket and is a regular contributor to 'The Indian Down Under'.

## Sachin Tendulkar stunned after Shane Warne's death

Shocked, stunned & miserable...

Will miss you Warnie. There was never a dull moment with you around, on or off the field. Will always treasure our on field duels & off field banter. You always had a special place for India & Indians had a special place for you. Gone too young!

Sachin Tendulkar



In 1999, Don Bradman would invite both Warne and Tendulkar to his Adelaide home and declare to the world that the Indian star reminded him of his playing days.

# FOODMATTERS™

## Top 10 Food Additives To Avoid - Printable Shopping Guide

Additive	Known as	Used in	Reasons to avoid
Aspartame	E951	So-called "diet" or "sugar free" products (including diet coke, coke zero), jello, desserts, sugar free gum, drink mixes, table top sweeteners, cereal, breath-mints, puddings, kool-aid, ice tea, chewable vitamins, toothpaste, cough syrup	Aspartame is not your friend. Aspartame is a neurotoxin and carcinogen. Known to erode intelligence and affect short-term memory, the components of this toxic sweetener may lead to a wide variety of ailments including brain tumor, diseases like lymphoma, diabetes, multiple sclerosis, Parkinson's, Alzheimer's, fibromyalgia, chronic fatigue, depression and anxiety attacks, dizziness, headaches, nausea, mental confusion and seizures.
High Fructose Corn Syrup	HFCS	most processed foods, breads, candy, flavored yogurts, salad dressings, canned vegetables, cereals	High fructose corn syrup (HFCS) is a highly-refined artificial sweetener which has become the number one source of calories in America. HFCS packs on the pounds faster than any other ingredient, increases your LDL ("bad") cholesterol levels, and contributes to the development of obesity and diabetes.
Monosodium Glutamate	MSG / E621	Chinese food, potato chips, many snacks, chips, cookies, seasonings, most Campbell Soup products, frozen dinners, lunch meats	MSG is used as a flavor enhancer but also effects the neurological pathways of the brain and disengaged the "I'm full" function which results, for many, in weight gain. MSG is an excitotoxin, and regular consumption may result in depression, disorientation, eye damage, fatigue, headaches, and obesity.
Trans Fat	Partially hydrogenated vegetable oils	margarine, chips and crackers, baked goods, fast foods	Trans fat increases LDL cholesterol levels while decreasing HDL ("good") cholesterol, increases the risk of heart attacks, heart disease and strokes, and contributes to increased inflammation, diabetes and other health problems.
Common Food Dyes: Blue #1 and Blue #2, Red #3 and Red #40, Yellow #6 and Yellow Tartrazine	E133 E124 E110 E102	candy, cereal, soft drinks, sports drinks, pet foods, fruit cocktail, maraschino cherries, cherry pie mix, ice cream, candy, bakery products, American cheese, macaroni and cheese	Artificial colorings, may contribute to behavioral problems like ADD and ADHD in children and lead to a significant reduction in IQ. Animal studies have linked other food colorings to cancer.
Sodium Sulphite	E221	wine and dried fruit	According to the FDA, approximately one in 100 people are sensitive to sulfites in food. Individuals who are sulfite sensitive may experience asthma, headaches, breathing problems and rashes.
Sodium Nitrate/ Sodium Nitrite	E250	hotdogs, bacon, ham, luncheon meat, cured meats, corned beef, smoked fish or any other type of processed meat	Sodium Nitrate is the chemical that turns meats bright red but it's highly carcinogenic once it enters the human digestive system. There, it forms a variety of nitrosamine compounds that enter the bloodstream and wreak havoc with a number of internal organs: the liver and pancreas in particular. This toxic chemical is linked to many cancers.
BHA and BHT	E320	used as a preservative in potato chips, gum, cereal, frozen sausages, enriched rice, lard, shortening, candy, jello	This common preservative keeps foods from changing color, changing flavor or becoming rancid. Effects the neurological system of the brain, alters behavior and has potential to cause cancer. BHA and BHT are oxidants which form cancer-causing reactive compounds in your body.
Sulphur Dioxide	E220	used as a preservative in beers, soft drinks, dried fruit, juices, cordials, wine, vinegar, and potato products	Sulphur additives are toxic. Adverse reactions include: bronchial problems, asthma, hypotension, flushing tingling sensations or anaphylactic shock. It destroys vitamins B1 and E in the body. Not recommended for consumption by children.
Potassium Bromate	E924	used to increase volume in bread and bread-rolls	Potassium bromate is known to cause cancer in animals. Even small amounts in bread can create problems for humans.

For all the latest tips on nutrition and natural healing sign up at [www.FoodMatters.tv](http://www.FoodMatters.tv)

Forwarded by Tilak Kalra



## 'Nectar on earth': Why Ayurveda highly recommends the consumption of buttermilk (छाछ /लास्सी)

"Enjoy this 'divine healing digestive drink- takra' and keep indigestion at bay," Ayurvedic expert Dr Dixa Bhavsar said



Buttermilk has a host of health benefits.

According to Ayurveda, "He who uses takra (buttermilk) daily does not suffer from diseases, and diseases cured by takra do not recur; just as amrita (nectar)

is for the gods, takra is to humans."

Buttermilk is not just a delicious drink, but is also super healthy and can help treat many diseases. Ayurvedic expert Dr Dixa Bhavsar said, "Ayurveda uses buttermilk both to maintain health and to treat diseases."

Here are some benefits, as shared by the expert.

\*Is easy to digest, has an astringent and sour taste, and is hot in nature.

\*Improves digestion and mitigates kapha and vata.

\*In Ayurvedic treatment, it is useful in the treatment of inflammation, digestive disorders, gastrointestinal disorders, lack of appetite, spleen disorders, and anaemia.

\*Is highly beneficial in vata imbalance related disorders.

### Here's a quick and easy recipe for buttermilk

#### Ingredients

- \*1/4 cup – Curd
- \*1 cup – Water
- \*Salt, as per taste
- \*1/2 teaspoon – Roasted cumin powder
- \*Mint leaves
- \*Coriander leaves
- \*Chopped ginger/ dry ginger powder (optional)

#### Method

Take 1/4 cup curd in a vessel and add a cup of water. Add salt, roasted cumin powder and mix well with the help of a hand blender or a churner.

Garnish it with coriander leaves, mint leaves and curry leaves. According to Dr Bhavsar, the best time to consume a glass of buttermilk is with your lunch.

## Ayurveda recommends consuming ghee in the morning, on an empty stomach?

Know what Ayurveda says about starting the day with a teaspoon of ghee on an empty stomach

"According to Ayurveda, it improves the absorption ability of the small intestines and decreases the acidic pH of our gastrointestinal tract," Nutritionist Avanti Deshpande said

The health benefits of consuming ghee are widely known. It not just elevates the taste of basic meals but is also a healthy fat

that has numerous medicinal properties. But, did you know that

Known to rejuvenate the body and give it a much-needed health boost, ghee, which is a clarified form of butter, can do wonders if consumed regularly on an empty stomach every morning. "According to Ayurveda, it improves the absorption ability of the small intestines and decreases the acidic pH of our gastrointestinal tract," Nutritionist Avanti Deshpande said in an Instagram post, listing the many health benefits of starting your day with a teaspoon of ghee.



Here's why you should consume ghee in the morning, according to the nutritionist.

\*It cleanses your digestive system.

\*It gives your clear and glowing skin.

\*It heals irregular bowel movements.

\*It controls hunger pangs for a longer time. Thus, it's great for weight loss.

\*It contains gut-friendly enzymes, helping improve gut health.

\*It also enhances bone power and stamina.

□ Disclaimer: The above articles are for information purposes only and are not intended to be a substitute for professional medical advice. Always seek the guidance of your doctor or other qualified health professional for any questions you may have regarding your health or a medical condition.

## Sleepy during the day time? These could be the reasons and solutions.

Some of us feel sleepy or lethargic through the day. Usually, this is due to the improper sleep in the night that makes us feel sleepy in the day time, but it also could be associated with many other reasons. This can cause problems while sleeping which troubles you in the day time. Ayurveda says that sleepiness can be related with some physical changes or mental stress. If this continues to grow, it can result in many other serious health issues too. Hence, we're here with some solutions to combat sleepiness during the day time.

- You can indulge in some light exercises or yoga so as to pump some oxygen to each part of your body.
- You need to add more fruits to your diet which will help you feel hydrated and nourished.
- Limit your alcohol intake and cigarette smoking.
- You may also practice breathing exercises like Pranayam on a daily basis.
- If you're sleepy during the day, take a short nap. You can even take power naps for 15-30 minutes during the day.

(Courtesy Times of India)




**Australian Hindi Indian Association  
Celebrates Multicultural Festival**

# Holi

*Join us for fun & masti*

**Sat 19th March 2022**  
**From 10:30 am - 1:30 pm**

*Come and play Holi with friends and family.  
Enjoy chutpatta street food, thandai, dance to the Dhol & DJ's music.*

**Tickets: \$10 each**  
**(Children under 10yrs free)**

**For tickets and more information contact:**  
Sushma Ahluwalia: 0411 967 374 Meeta Sharma: 0411 966 585  
Sarita Sachdeva: 0407 870 490 Abha Gupta: 0416570608

**Venue: Harvey Lowe Pavilion**  
**(next to Castle Hill Showground main arena) Doran Drive, Castle Hill**

