

AUSTRALIAN HINDI INDIAN ASSOCIATION (AHIA)

-the Association that cares



Sandesh सन्देश

incorporating

Seniors Newsletter

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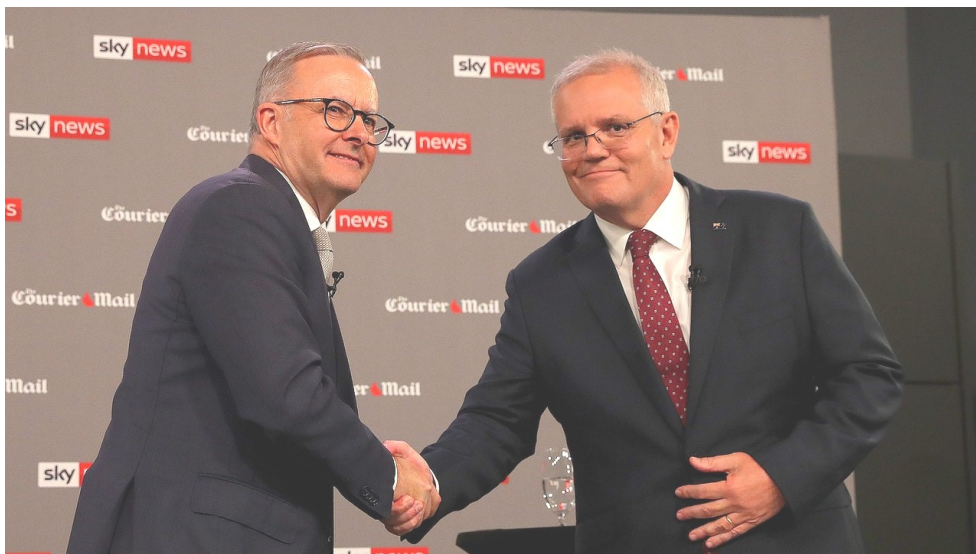
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AUSTRALIA VOTES MAY 21, 2022

Australia Votes

The Federal election, as you are aware is on Saturday the May 21, just one week from today. The last Federal election was 3 years ago in May 2019.

The two major parties are the Australian Labor party and the Coalition (Liberal and Nationals). However there are few more minor parties like Greens and Pauline Henson's One Nation, Clive Palmer's United Australia and some Independents. Because of the Preferential system of Voting here, these minor parties can have a great influence on the outcome of the results. (In this Preferential system, voters write a number in the box beside every name on the ballot-paper: '1' for their first preference, '2' for their second preference and so on, until all the boxes are numbered. If a candidate gains an absolute majority of first preference votes, they win the seat. If no candidate receives an absolute majority, the candidate with the least number of votes is excluded and their votes are redistributed according to second preferences. The process of redistributing votes according to preferences



continues until one candidate receives more than 50 per cent of the vote and is then elected.) Voting is compulsory for Australian citizens 18 years and over, otherwise fines apply.

The total number of seats for the House of Representatives being 151, the party to rule needs minimum of 76 seats. At present, Liberal and Nationals led by Prime Minister Scott Morrison are in power but are facing a tough challenge from the Opposition Labor party led by Anthony Albanese.

The leaders of both the parties are having TV debates, in a civilised manner and trying to win votes for them.

The polls show a very close fight with a number of undecided voters, anything can happen on the election day.



India's PM Narendra Modi's visit to three European countries, where he held several high-level engagements with the leadership of Germany,

Denmark and France, is considered very significant. He also attended the Nordic Nations' conference and met leaders of Iceland, Finland, Sweden and Norway. Modi's this visit is being taken as 'fence-mending'



Modi with German Chancellor Olaf Scholz, Danish PM and French President.



with European nations after India's different role on the Ukraine war. India and France have agreed to setup bilateral relations in many fields. To some observers France is the next Russia for India.

However, much will depend on the outcome of the Ukraine-Russian war.

Meanwhile, in India's immediate neighbour, Sri Lanka, situation is getting out of control. The PM, Mahinda Rajapaksa has resigned and the people are in the open rebellion. He had to be rescued by the army, as his house was put on fire by the demonstrators. A court has banned him from leaving the country.

The curfew has been imposed and 'shoot at sight' orders issued to the army. Sri Lanka's deepening economic crisis is the worst since independence in 1948, with its foreign reserves falling to record low. The government has been unable to import food, fuel and medicines, leading to shortages of essentials, lengthy power cuts and fears of starvation.



Santram Bajaj

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

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INSIDE THIS ISSUE

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Message from the AHIA President

Hello Every One,

I hope you all are keeping well. All Mothers must have enjoyed pampering from their sons and daughters on Mother's Day. It was fabulous sunny and typical Autumn weather. I am hoping every one had good time as much as I did with my family.

We are continuing with our face-to-face Senior's Meeting on Saturday 14th May'22 at the Wentworthville Community Centre. Our next major event is Baisakhi celebrations with lunch at the Madison on Saturday 28th May'22. For details and other forthcoming events, please see Mr Mohinder Kumar Ji, AHIA Secretary's report.

Thanks to Dr Anju Aggarwal, who gave a very informative talk on Dizziness & prevention of falls. More in the brief report on Seniors meeting by Sarita Sachdev.

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

With best wishes

Sushma Ahluwalia

President



AHIA Secretary's report for May 2022

Dear Members,

Hope you had a wonderful Mother's Day on Sunday, 8 May 2022.

Note that the Seniors' Meeting will take place from 1 pm to 4 pm on Saturday, 14 May 2022 in the Grevillea Room at the Wentworthville Community Centre, 2 Lane Street, Wentworthville NSW 2145.



In celebration of Vaisakhi, we have organised a lunch function for Saturday, 28 May 2022, from 11.30 am to 3.30 pm. It includes a musical afternoon with songs, dhol dance and DJ. The venue is Madison Function

Centre, 632 Old Northern Road, Dural. Tickets are \$25 for adults, \$15 for children 6-12 years of age, and free for

children 0-5 years of age.

We are again postponing AHIA's participation in the Clean-Up Australia Day to 11 September 2022 due to other obligations and weather conditions. Further information will be provided closer to the date. The AHIA picnic will be held on 18 September 2022, weather permitting.

More information will follow.

AHIA Executive team meeting was held on 3 May 2022. We can confirm that AHIA's van has been sold, pending a few formalities.

With best wishes,

Mohinder Kumar
Secretary, AHIA

HIGHLIGHTS OF SENIORS MEETING HELD ON 9TH APRIL, 2022.

The meeting was well attended by seniors, Special guest speaker was Dr Anju Aggarwal who has been in general practice for past 28yrs in Blacktown & Penrith area. She spoke on a very relevant & important topic Dizziness & prevention of falls. She explained in detail the various causes of dizziness, assessment & diagnosis by the GP. Dizziness is quite common in aging population. If dizziness is diagnosed earlier & treated, the outcome is always good.

She explained how simple precautions in our daily life can prevent falls because of dizziness & prevent further complications of falls like serious injuries.

Summary of simple Steps to take if you have Dizziness.

-Consult your GP to establish diagnosis

-Review medications

-Wear proper fitting foot wear

-If you need to get up at night to go to the bathroom don't rush, sit on the side of the bed for few seconds then get up & walk

-Always hold the railings when climbing up the steps.

-Always use walking stick/walker if your balance is poor
After the talk by Dr Anju Aggarwal the Seniors enjoyed the delicious snacks & tea. Snacks were provided generously by Mrs Meeta Sharma for being blessed with a beautiful grand daughter.

We all enjoyed Baisakhi celebration as well with lots of dancing, singing & jokes by seniors.

Sarita Sachdev

EGO

Roshan Lal

Ego is nothing but an attachment to this creation. And who is not attached to this creation? Attachment to worldly possessions, attachment to worldly faces, is ego. Firstly, we always look at things, and distinct impressions come in. Then we want to possess them. In order to possess them, we work hard. Then we find that we are a slave to them. For example, a spider has woven its own web happily. When it has woven it so beautifully, he finds that he has become a prisoner of it and cannot escape out of it. We are making so many scientific investigations for modern worldly achievements, working hard day and night; we are weaving our own net. But ultimately, when we get all that, we find that we are a prisoner of these things. They have possessed us. They have taken us, and we have no more freedom. Then we find it difficult to get out of that net. That is ego.

The common definition of ego is self-esteem or self-importance. When someone thinks too highly of themselves than others, or those who think that they are more important than other people, they are a victim of ego. Egoistic people believe in putting their own needs before those of others. They are selfish, and exclusively want to take advantage of others. Synonymous to the concept of ego, conceit means to have an overly high esteem of oneself than others - that one is magnificent. Such people have an exaggerated estimate of their own ability.

Some people are arrogant and are overbearing. They always demand the utmost reverence from others. They take control of situations that are not necessarily to be controlled by them. They show their power to indulge, without thinking how they might affect others. Some people have an exaggerated sense of their abilities, qualities, and importance - and they put other people down. They demean others, staying intensely focused on themselves - often overriding the necessities of others. Some people want to show their superiority over others, whereas there is no evidence that they have better abilities and qualities. Some bosses in organizations demand that their employees should be obedient to them, and should work as they desire. They want full control over their personalities and behaviour.

Vanity is another type of ego which arises when one has excessive pride in one's looks, achievements and abilities. Ego is the centre of one's own thoughts, behaviors, and experience. Ego is the decision-making component of the mind. Ego is the part of the self that perceives reality. One may smell a flower, or taste an apple. That is his ego. Self-concept is a complex set of ideas about what kind of person you are. If you have a positive self-concept, you think of yourself as a good and worthwhile person. If you have a negative self-concept, you think of yourself as inferior or unworthy. Your sense of self-worth depends on your ability to see the good in yourself and judge it as being enough, and how to improve it. When you have positive self-worth, you think of yourself as deserving good things and doing what makes you happy.

When you have self-esteem, you are confident in yourself. You feel a positive sense of self-worth and self-respect. You can go confidently into the world to meet your needs and fulfil your desires. With healthy self-esteem you not only treat yourself better, but you tend to treat others well too.

The difference between ego and pride is that ego is a sense of self-importance which can lead to arrogance, whereas pride is a sense of self-satisfaction. The words ego and pride are so closely inter-related that it is difficult to differentiate between them.

The opposite of ego is humility and modesty. Without ego we can be selfless, so that we support everyone and everything that exists around us through virtues like empathy, compassion, selfless service, patience, understanding and tolerance. Just by mere talk, by not referring to the word 'I', people try to avoid ego. By saying things like "this self is doing it," "this body is doing it," you don't avoid ego. It is how much you are attached that matters, not your language. We have to detach from the creation - that is eliminating ego. For that we have to follow the spiritual

path, which we have to experience within ourselves under the guidance of a True Master, who connects our soul to the Shabd-Dhun or unstruck music which is vibrating within us day and night. Shabd and Nam will automatically detach us from this creation. All those faces and objects which are so important to us now - their importance automatically fades out. They hardly mean anything to us. They do not exist for us. That is eliminating ego. There are also other methods to eliminate ego.

Mystics explain that meekness and humility are great virtues on the spiritual path, and unless we acquire them and do away with our ego and pride, progress is most difficult. Our ego and pride stand in our way and make the mind powerful and strong. It is humility which will rid us of our ego and self-importance.

"Humility is not weakness. Humility is such a powerful thing that all the powers of the world have to bow to it. Man conquers himself with prideless-ness. No one can defeat a prideless man, as behind his humility is acting the secret power of the Lord. Humility is an ornament of great men." Mystics explain that in the durbar or realm of the Lord, nobody looks at high caste or creed, one is judged according to one's karmas, and having love and devotion for God.

There may be unhealthy ego states and healthy ego states. Unhealthy ego states may be selfish, pleaser, rebellious, master manipulator, critical, enabling. In a selfish ego state, people are reckless and demanding. They try to have fun without thinking of consequences.

People with pleaser egos are those who obey the rules, but do not necessarily believe in the rules. They are more concerned with looking like a good person than being a good person. Rebellious egos are opposite to the pleaser. They resent and reject control by others. They also reject the idea of cooperation or compromise. Master manipulators have no regard for the rules which are even for their own interest. They will exaggerate and distort the truth, or try to play psychological games with others. Their intention is to serve themselves at the expense of others. They will manipulate to get the most amounts of profit and benefit at the cost of others. Critical people try to control other people by demanding or being judgmental. They might also use sarcasm.

Their intention is to dominate other people. People who have enabling egos try to eliminate other people's suffering in order to make them feel that they are comfortable. They feel that it is their responsibility to make other people happy or successful. While people believe they are being nurtured, the message the enabling people send is that others are not capable of caring for themselves.

People who have healthy egos make efforts to achieve their objective without exaggerating their achievements and abilities. They feel mentally strong to face life challenges.

They regard themselves as basically good, acceptable, and at least as important as others. They can see beyond others' perspective, but honour their own best of all.

If there is very strong ego in anybody, he becomes overbearing and dominates others. Take the example of Hitler, who had excessive ego and wanted to possess all other countries. Ultimately, he was killed. History shows that King Hiranyakashipu announced that everybody in his kingdom should worship and treat him as God. Prahlad was a devotee of the Lord, and when he refused to accept his father as the Lord, he was tortured, and Hiranyakashipu was killed by Lord Vishnu.

Your inner purpose is to awaken other people to share the purpose of your life with them. Your main objective is to achieve your inner purpose. The outer purpose can change over time. It varies from person to person.

For the sake of your relationships and decision-making ability, it is important to contact the wise executors and seek their advice and opinion. We should put our personality under their control. It is not easy. However, we should know ourselves, our worth and ability to behave with others. In short, we should learn a skill called insight management.

माँ

माँ तो हर एक की होती है और हर माँ अपने बच्चों से प्यार करती है। चोट बच्चे को लगे तो पीड़ा माँ को होती है। खुद भूखी रह कर भी बच्चे के खाने की चिंता माँ को होती है।

आप ने देखा होगा जब छोटा बच्चा गिर जाए और थोड़ी सी चोट पर रोने लगे तो वह कैसे चोट वाली जगह को फूक मार मार कर झट से बच्चे को चुप करा देती है, या फिर 'झूठ मूठ' का नाटक करेगी कि 'लो तुम ने वह चींटी मार दी।

हर माँ कलाकार होती है, वह 'इन्द्र धनुष' (Rainbow) की तरह बच्चों की खुशियों के लिए कई रंग भर देती है।

संसार आगे चल ही नहीं सकता था यदि माँ के दिल में ऐसा प्यार न भरा होता।

हर एक बच्चा अपनी माँ को दूसरों से ऊँचा समझता है, समझना भी चाहिए, क्योंकि हर माँ 'यूनीक' - अनूठी - होती है। उस का तो सारा जीवन ही बलिदान का है, बच्चों की भलाई का है।

लोग गलत कहते हैं कि "बिना रोये माँ बच्चे को दूध नहीं देती", अरे! माँ को तो पहले ही पता चल जाता है कि बच्चे को कब भूख लगती है। यहाँ तक कि बच्चे जब बड़े होकर स्वयं माँ बाप बन जाते हैं, तब भी उन की चिंता उनकी माँ को सताती रहती है।

एक फ़िल्मी गीत के बोल याद आ रहे हैं, जिन में माँ की स्तुति बहुत ही प्यारे ढंग से की गयी है। माँ की तुलना भगवान् से की गयी है।

"उस को नहीं देखा हमने कभी, पर इसकी ज़रूरत क्या होगी, ऐ माँ तेरी सूरत से अलग भगवान की सूरत क्या होगी?"

यह साल में एक दिन 'मदर डे' मना कर बच्चे समझते हैं कि हम ने बहुत बड़ा काम कर दिया। माँ तो 24/7 काम करती है।

माँ की बातें तो उन के जाने के बाद यादें बन कर रह जाती हैं।

मैं अपनी माँ की बात करूँ तो, विश्वास नहीं होता कि उन में इतनी हिम्मत और इतना धैरिये कहाँ से आता था। क्या क्या नहीं किया उन्होंने हमारे लिए?

जब भारत का विभाजन हुआ तो मुसीबतों का पहाड़ टूट पड़ा हम पर, परन्तु उन्होंने हर प्रकार की समस्याओं को झेलते हुए सारे परिवार को संभाले रखा।

अपनी समस्याओं के होते हुए भी वह सब की सहायता करती थीं। हमारे गाँव में न तो स्कूल था और न ही कोई वैध हकीम। मैं देखता था कि औरतें अपने बच्चों की छोटी मोटी बीमारियों के लिए मेरी माँ के पास आया करती थीं। जैसे बच्चे के पेट में 'मरोड़' है या दूध नहीं पीता है। यहाँ तक कि उस की 'आँखें आ गई' हैं, अर्थात् दुःख रही हैं और सूज सी गयी हैं। मुझे याद है, आँख की पुतली को उलटा कर

उन पपोटों पर जब वह सुर्मा लगाती थीं तो बच्चों की चीखें निकल जाती थीं। वह फिर बंद आँख के ऊपर दूध की मलाई रख रूई का पोहा लगा, पट्टी बांध देती थीं। ऐसा तीन चार दिन करने के बाद आँखें बिलकुल ठीक हो जाती थीं।

किसी का गला खराब है और खांसी आ रही हो, तो बड़ा सीधा इलाज— देसी घी ज़रा नीम गर्म करके, उस से गले की और कानों के नीचे की हल्की हल्की मालिश कर देने से काफी आराम मिलता था।

या यदि किसी को चोट लग गयी है तो झट से दूध गर्म कर और हल्दी का चमच बच्चे को पिला देती और साथ में ईंट गर्म कर कपड़े में लपेट कर उस जगह को हल्की हल्की 'टकोर' कर दर्द को कम कर देती थीं।

गाँव में फकीर लोग घरों में मांगने आते थे। लोग उन्हें आटा, दाल या अनाज देते थे या फिर रोटी आदि।

कई तो 'frequent flyers' की तरह हर दुसरे दिन आ जाते थे। मेरी माँ किसी को खाली हाथ नहीं लौटाती थी, बल्कि कुछ बूढ़े कमज़ोर फकीरों को ड्योड़ी में बैठा कर पूरा भोजन कराती थीं और पीने को छाछ भी देती थीं।

मैं कई बार माँ से इस बात पर झगड़ा कर लेता था कि वे लोग मुफ्त की रोटियाँ तोड़ते हैं और कोई काम क्यों नहीं करते। (आत्म निर्भर भारत का विचार, मोदी जी से पहले मेरे दिमाग में आ चुका था।)

परन्तु माँ मुझे समझाती कि

"बेटा, ये लोग हमारा नहीं खा रहे बल्कि अपनी किस्मत का खा रहे हैं। और तुम्हें उन को बुरा भला नहीं कहना चाहिए, पाप लगता है। यदि वे कुछ गलत कर रहे हैं तो वे अपने कर्मों का फल भुगतेंगे, भगवान् सब देख रहा है।"



लेकिन मेरी समझ में यह सब नहीं आता था।

माँ की डांट में भी प्यार ही होता था। एक बात मुझे कई बार याद आती है। रोजाना एक गिलास दूध ज़रूर पीना पड़ता था। जब कभी जल्दी में दूध पीते हुए थोड़ा बाहर गिर जाता था, तो माँ डांट लगाती थी कि "क्या तेरे मुँह में मोरियाँ (छेद) हैं?"

कभी कभार थोड़ी पिटाई भी हो जाती थी जब कभी गलत काम किया जैसे भाई बहनों में झगड़ा या दूसरे बच्चों के साथ लड़ाई।

परन्तु उस के बाद प्यार से पुचकार भी देती थीं, और सब मूढ़ ठीक। ऐसी होती है माँ!

संतराम बजाज

How We Breathe: Understanding How Your Lungs and Respiratory System Work

You usually don't even notice it, but twelve to twenty times per minute, day after day, you breathe. Your lungs expand and contract, supplying life-sustaining oxygen to your body and removing from it, a waste product called carbon dioxide.

The Act of Breathing

Breathing starts at the nose and mouth. You inhale air into your nose or mouth and then, it travels down the back of your throat, into your windpipe, or trachea. Your trachea then divides into two air passages called bronchial tubes.

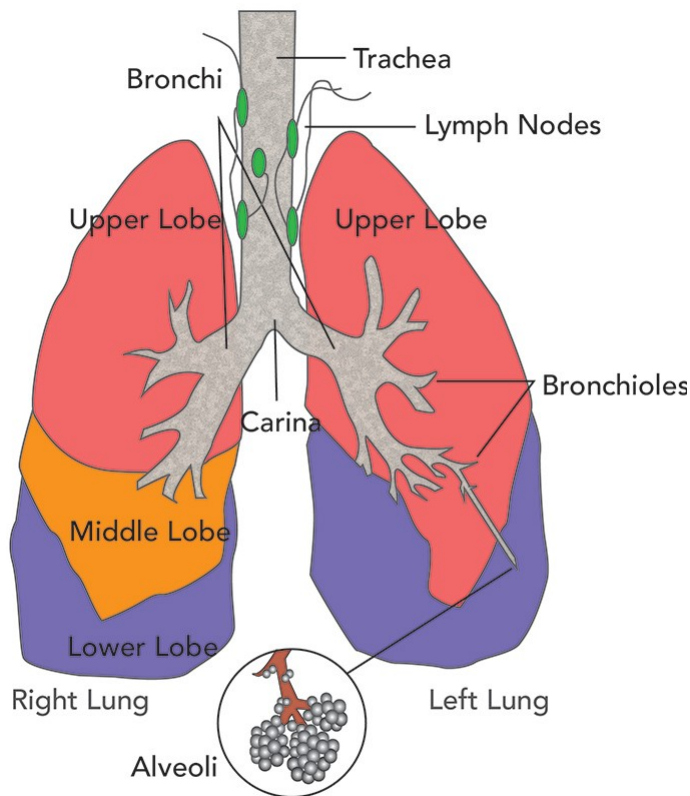
One bronchial tube leads to the left lung, the other to the right lung. For your lungs to perform their best, these airways need to be open during inhalation and exhalation, and free from inflammation or swelling and excess or abnormal amounts of mucus.

As the bronchial tubes pass through the lungs, they divide into smaller air passages called bronchioles. The bronchioles end in tiny balloon-like air sacs called alveoli.

Your body has over 300 million alveoli.

The alveoli are surrounded by a mesh of tiny blood vessels called capillaries. Oxygen from the inhaled air passes through the alveoli walls and into the blood.

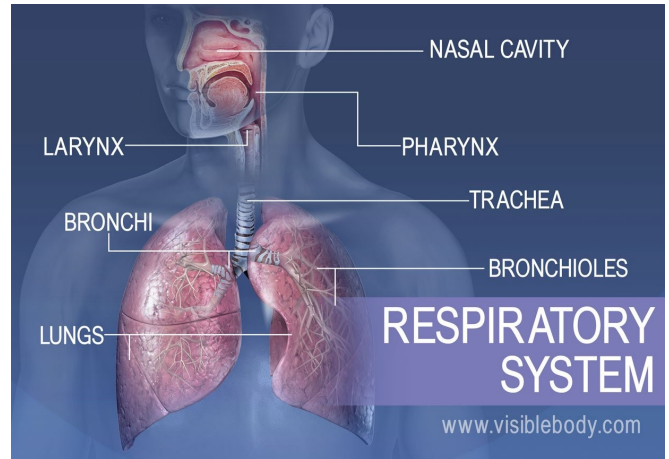
After absorbing oxygen, the blood leaves the lungs and is carried to your heart.



Copyright©2014 Seattle Cancer Care Alliance

Your heart then pumps it through your body to provide oxygen to the cells of your tissues and organs.

As the cells use the oxygen, carbon dioxide is produced and absorbed into the blood. Your blood then carries the carbon dioxide back to your lungs through the capillaries, where it is removed from the body when you exhale.



Now Breathe In

Inhalation and exhalation are the processes by which the body brings in oxygen and expels carbon dioxide. This process is aided by a large dome-shaped muscle under the lungs called the diaphragm.

When you breathe in, the diaphragm contracts, creating a vacuum that causes a rush of fresh air into the lungs.

The opposite occurs with exhalation, where the diaphragm relaxes and the lungs deflate.

Clearing the Air

The respiratory system has built-in methods to prevent harmful substances in the air from entering the lungs.

Small hairs in your nose, called cilia, help filter out large particles. Cilia are also found along your air passages and move in a sweeping motion to keep the air passages clean. But if harmful substances, such as cigarette smoke, are inhaled, the cilia stop functioning properly, causing health problems like asthma.

Mucus produced by cells in the trachea and bronchial tubes keeps air passages moist and aids in stopping dust, bacteria and viruses, allergy-causing substances, and other substances from entering the lungs.

Impurities that do reach the deeper parts of the lungs can be moved up via mucous and coughed out.

(Contributed by Dr. Tilak Kalra)

साथी

सोच में थी कि अकेली हूँ
 दुनिया के इस मेले में
 संगी, साथी, परिवार, सब छूटे
 भरे पूरे घर संसार को जब खाली देखा
 कहाँ गए वो सब चहकते बच्चे
 वो दोस्त यार
 वो हंसी ठठ्ठा
 पर फिर ध्यान में आया
 जब सच को अपने पास पाया
 जब जब मौका पड़ा साथ दिया इसी सच ने
 याद आया जब विश्वास को यहीं
 आसपास और अपने अंदर पाया
 उसी विश्वास को लेकर तो घर से चली थी
 अभी भी वो मेरा साथी है
 और आस्था को
 उसके बिना ये जीवन काटना कठिन था
 साथ दिया आस्था ने
 जब गहरी मुसीबतों का सामना करना पड़ा
 आज भी वो कायम है
 उम्मीदों से दुनिया आबाद की अपनी

आज भी उम्मीद एक
 करीबी मित्र की तरह
 कुछ कर गुजरने का अहसास दिलाती है
 साहस भी यहीं है
 गलत से लड़ने का
 खड़े हो कर सामना करने का
 मेहनत जो
 जम कर की
 वो अभी भी है दम भरती
 अनुभव जो धीरे धीरे
 इस ज़िन्दगी की धूप में
 इकठ्ठा किया
 अपने अंदर है
 यादें अपनों की
 संजो कर रखी हैं
 यही आस पास
 और दिल में
 क्या कहूँ
 अपने आप को अकेला
 तो नहीं कह सकती
 नीना बंधवार

(हास्य कविता)...

आफ़त गले पड़ी है।

जबसे हुई है शादी . आंसू बहा रहा हूँ ।
 आफ़त गले पड़ी है . जिसको निभा रहा हूँ । ।
 सुबह के नौ बजे हैं . श्रीमती जी सो रहीं हैं ।
 बच्चों की फ़ौज बैठी . मेरी जाँ को रो रही है ।
 बच्चों के बीच बैठा . घंटी बजा रहा हूँ ।
 आफ़त गले पड़ी है....
 लेटी हैं श्रीमती जी . सर दर्द के बहाने ।
 किस की मजाल है जो . जा सके उन्हें उठाने ।
 सब काम छोड़ यारों . सर को दबा रहा हूँ ।
 आफ़त गले पड़ी है....
 जिस की हो बीबी एम्. ए. वह काम क्या करेगी ।
 खुद लक्स से नहा कर . खुशबू से तर रहेगी ।
 जो चीचके 'टुकड़े' बचे हैं . उन से नहा रहा हूँ ।
 आफ़त गले पड़ी है . जिसको निभा रहा हूँ

आफ़त गले पड़ी है। जवाब

जब से हुई है शादी . आंसू बहा रही हूँ ।
 आफ़त गले पड़ी है . जिसको निभा रही हूँ ।
 सुबह के नौ बजे हैं . श्रीमान जी सो रहे हैं ।
 बच्चों की फ़ौज बैठी मेरी जाँ को रो रही है । ।
 बच्चों के बीच बैठी . घंटियाँ बजा रही हूँ ...
 . आफ़त गले पड़ी
 लेटे हैं श्रीमान जी . सर दर्द के बहाने ।
 किस की मजाल है जो . जा सके उन्हें उठाने ।
 सब काम छोड़ यारो . सर को दबा रही हूँ.....
 आफ़त गले पड़ी है....
 जिस के मियाँ हो अफ़सर . वह काम क्या करें गें ।
 खुद हुक्म से चलते हैं . घर में हुक्म करें गें ।
 ऐसे मियाँ के साथ रह कर यारो . जीवन चला रही हूँ । ।...
 . आफ़त गले पड़ी हैं....
 शारदा शर्मा

नानी और दोहता – दो पीढ़ियों

आज बुधवार है-टेलीफोन की घंटी बजती है -" नानी जी,में आप के पास लंच के लिए आ रहा हूँ।"

अब प्रश्न किया जाता है -क्या खाओगे?

"अ,ss,अ ss, कुछ भी।"

"अरे, यह कुछ भी बनाने के ingredients भी तो बताओ, कुछ भी मैं क्या क्या पड़ता है।"

"ह ss,ह ss होती है। तो कुछ भी बना लो । आलू का परांठा चल जाएगा, चाहे पुलाव बना लीजिये आप की पकौड़ियाँ बड़ी क्रंची बंती हैं।आप जो चाहे बना लें।"

"अब गैंडमाँ में उत्साह की उमंग आ जाती है ।अपनी पाकशाला के करतब दिखाने का मौका मिल जाता है।राम जी का नाम लेते लेते तैयारियां शुरू हो गईं।

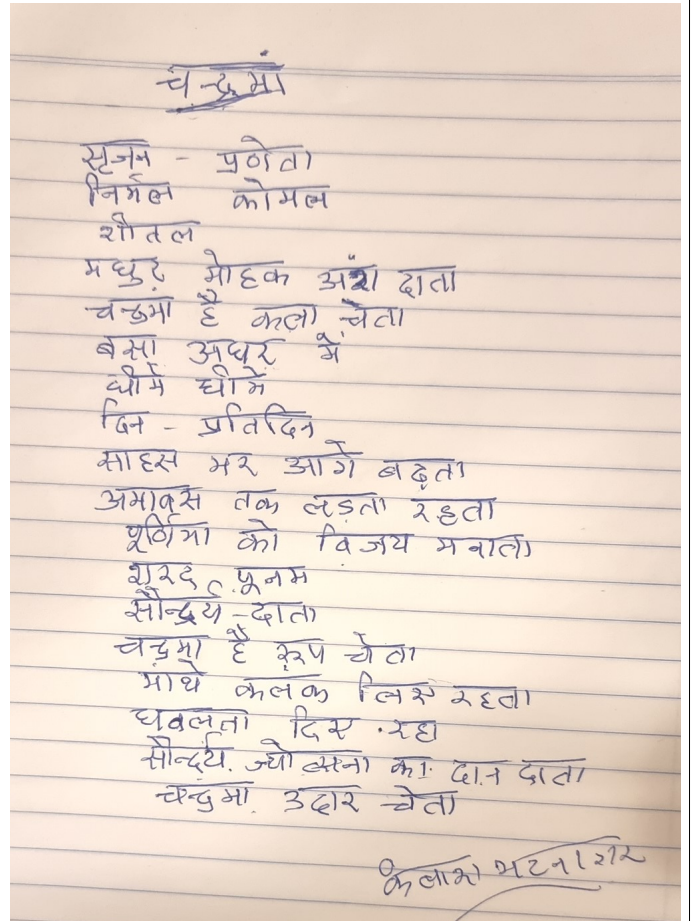
बूंदी का रायता,चटनी आदि के साथ खूब हंसी मजाक में खाना चलता रहा। हर समय चुपचाप अपना समय गुज़ार कर रहने के बाद एक क्रियाशीलता आने के बाद दुनिया ही बदल गई। शाम को बेटी का फोन आता है -"मम्मी, क्या क्या,कैसे कैसे बनाती हो? बच्चू कहता है, वही चीज़ आप बनाती हैं और वही चीज़ नानी जी,पर नानी जी बड़ी टेस्टी होती है।"

अब नानी क्या जवाब दे।

यह गैंडपेरेंट्स के लिए गैंडचिल्ड्रेन का प्रसाद है।यही तो जीने के लिए उत्साह बढ़ा देता है।जीने की चाह बनी रहती है। कहते भी हैं कि पहली पहली जेनरेशन और तीसरी जेनरेशन के सम्बन्ध बड़े प्रगाढ़ होते हैं।

बड़ी नाजुकता के साथ इन संबंधों के बनाए रखने पर तीसरी पीढ़ी को ही लाभ है।जीवन की नीरसता सरसता में बदल जाती है।नहीं तो हम,हाय, मेरे यहाँ दर्द ,मेरे वहाँ दर्द है, करते बैठेंगे। जीवन में जान डाल देने के लिए इश्वर की रचना का यही कमाल है।

आशा गुप्ता



Happy Birthday to

Vikas Kalra

Sohan Grewal

Prem Lata

Nirmal Malhotra

Kewal Sajdeh

Paramjit Singh Grewal

Chander Kanta Arya

Sukhdev Jaswal

Happy Anniversary to

Mr. Dev Raj & Mrs. Vimla Kapoor

Mr. Krishan Kumar & Mrs. Sudershan Yadav

Mr. Charan & Mrs Rapinder Kaur Khind

A Feel Good True Story

Anand Mahindra* fulfils his promise, gifts new house to Idli Amma on Mother's Day

Industrialist Anand Mahindra gifted a promised house to octogenarian M Kamalathal, affectionately known as **Idli Amma** (mother), on Mother's Day. A resident of Vadivelampalayam village on the outskirts of Coimbatore, she sells idlis for ₹1 each, making them affordable to migrant workers and other needy customers.

Kamalathal sells around 600 Idlis a day, with sambar and chutney as accompaniments. The octogenarian works on her own, right from preparing the batter to making the idlis.



Three years ago, a video of Kamalathal toiling over a wood stove to prepare hot idlis went viral on social media and caught Mahindra's attention. On September 10, 2019, he tweeted, "One of those humbling stories that make you wonder if everything you do is even a fraction as impactful as the work of



people like Kamalathal. I notice she still uses a wood-burning stove. If anyone knows her I'd be happy to 'invest' in her business & buy her an LPG fueled stove."

As a follow-up, on April 2, 2021, Mahindra tweeted, "Only rarely does one get to play a small part in someone's inspiring story, and I would like to thank Kamalathal, better known as Idli Amma, for letting us play a small part in hers. She will soon have her own house cum workspace from where she will cook & sell idlis."

***Anand Gopal Mahindra** (born 1 May 1955) is an Indian billionaire businessman, and the chairman of the Mahindra Group, a Mumbai-based business conglomerate.

INTERSTING QUOTES

- 1] Prayer is not a "spare wheel" that you pull out when in trouble, but it is a "steering wheel" that directs the right path throughout.
- 2] So why a Car's WINDSHIELD is so large and the Rear view Mirror is so small? Because our PAST is not as important as our FUTURE. So, Look ahead and Move on.
- 3] Friendship is like a BOOK. It takes few seconds to burn, but it takes years to write.
- 4] All things in life are temporary. If going well, enjoy it, they will not last forever. If going wrong, don't worry, they can't last long either.
- 5] Old Friends are Gold! New Friends are Diamond! If you get a diamond, don't forget the Gold! Because to hold a Diamond, you always need a Base of Gold!
- 6] Often when we lose hope and think this is the end, GOD smiles from above and says, "Relax, sweetheart, it's just a bend, not the end!"
- 7] When GOD solves your problems, you have faith in HIS abilities; when GOD doesn't solve your problems HE has faith in your abilities.
- 8] A blind person asked St. Anthony: "Can there be anything worse than losing eye sight?" He replied: "Yes, losing your vision!"
- 9] When you pray for others, God listens to you and blesses them, and sometimes, when you are safe and happy, remember that someone has prayed for you.
- 10] WORRYING does not take away tomorrow's TROUBLES, it takes away today's PEACE.

... contributed by Tilak Kalra

Next Seniors Meeting: Saturday, June 11, 2022

Venue: Grevillia hall, Community Centre, 2 Lane street Wentworthville.

Time: 1PM to 4PM

Companion Planting

.... By Raj Batra

It is a method of growing plants together so that they can assist each other in some way, like deterring pests, improving growth, enhancing flavour, attracting beneficial insects, fixing nitrogen. It has also been discovered that some plants do not like each other. So these plants should not be planted together.

There is not much amount of actual scientific information on companion planting, but it has been observed that some combinations do seem to work. We've been hearing that basil and tomatoes should be planted together. It seems they have been benefiting each other in some way or the other. But there seems to be no information about how many of each is required and who benefits.

It is known that the flies hate the smell of basil and by planting them together we can successfully repel flies from tomatoes. Does basil benefit from this companionship in the way of improving growth, enhancing flavour, fixing nitrogen, etc.? There is not much scientific knowledge available about this. But here is a pretty comprehensive list of some common companions and antagonists.

Some of the examples of companion planting are given below:

Plant	Good Companionship	Bad Companionship
Basil	Tomatoes	
Capsicum, Chilli	Carrots, Onions, Tomato	
Carrots	Beans, Chives, Coriander, Cucumber, Leeks, Lettuce, Lovage,	Dill, Celery
Cucumber	Basil, Beans, Borage, Broccoli, Brussel Sprouts, Cabbage, Carrot, Cauliflower, Corn, Dill, Kohl Rabi,	Potato, Sage, Strongly Aromatic Herbs
Garlic	Apricot, Cherry, Mulberry, Parsnip,	Beans, Cabbage, Peas, Strawberry
Mint	Cabbage, Tomato	
Onion	Beetroot, Broccoli, Cabbage, Carrot, Chamomile, Leeks,	Asparagus, Beans, Gladioli, Peas
Parsley	Asparagus, Sweet Corn, Tomato	
Potato	Beans, Broccoli, Brussel Sprouts, Cabbage, Cauliflower, Corn,	Apple, Celery, Cherry, Cucumber, Pumpkin, Raspberry, Rosemary, Squash, Sunflower, Tomato
Radish	Beans, Carrot, Chervil, Cucumber, Sweet	Hyssop



AHIA Seniors April 9, Meeting



AHIA Seniors Meeting Saturday April 9, 2022

Meeting Photos by Tilak Kalra