

AUSTRALIAN HINDI INDIAN ASSOCIATION (AHIA)

-the Association that cares



Sandesh सन्देश

incorporating

Seniors Newsletter

Established 1994: Volume 26 Issue 5 May 2026

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



90th Happy Birthday
of Sant Ram Bajaj

Photos by Tilak Kalra

AHIA Seniors Meeting on 11th April, 2026

Dear Members,

As the nights are getting colder & the warmth of the sun fills our lives, this month brings with it a special opportunity to reflect, celebrate, and come together as a community. May is a meaningful time, marked by the celebration of Mother's Day—a day that resonates deeply across cultures and generations.

In our tradition, the timeless verse “**Matri Devo Bhava, Pitri Devo Bhava, Acharya Devo Bhava, Athithi Devo Bhava**” reminds us to honour our mother, father, teacher, and guests as divine. It reflects values that are not limited to a single day but are woven into the fabric of our everyday lives. While our culture teaches us to respect and cherish our parents daily, occasions like Mother's Day offer a beautiful reason to pause and express that gratitude in a more celebratory way. It becomes a time for togetherness—sharing meals, exchanging thoughtful gestures, and creating lasting memories with loved ones.

In the spirit of this celebration, AHIA is delighted to bring the community together through music and connection. A special musical concert featuring Aditi Janveja, Amit Anand and their Jashan team, an afternoon filled with melody, joy, and cultural richness - an event designed to honour mothers and celebrate the Bollywood bonds that unite us all. Their whole team is hosting event on 20 June at Pioneer theatre Castle hill and tickets are available on Satya Events, details are enclosed in Sandesh.

Continuing the celebrations, AHIA has also organised a community picnic on Saturday, 23 May at Parramatta Park. Set against the natural beauty of this iconic location, the picnic offers a wonderful opportunity for families and friends to relax, connect, and enjoy a day filled with laughter and companionship. These gatherings are more than just events—they are a reflection of the strong sense of belonging that defines our community. They remind us of the importance of coming together, supporting one another, and celebrating life's special moments as one.

AHIA Committee extends its heartfelt thanks to all members for their continued support and trust. It is your participation and encouragement that inspire the committee to organise meaningful experiences month after month.

With Gratitude

Meeta Anil Sharma

President, AHIA



‘Sandesh’ is AHIA’s Newsletter and is published every month .

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INSIDE THIS ISSUE

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

ज़िंदगी...

कोई मुकम्मल किताब नहीं,
बल्कि हाथ से लिखा वो खत है
जिसमें जगह-जगह काट-छाँट
है,
कहीं स्याही फैली है,
तो कहीं कुछ अधूरे लफ़्ज़ छूटे
हैं।
हम इसे सहेजते हैं
रेशमी रुमालों की तरह,
पर ये ढलती है
खुरदरी सड़कों पर।
कभी ये बचपन की उस पतंग
सी है
जो कटकर भी आसमान छूने
का
भरम पाले रखती है,

तो कभी बुढ़ापे की उस छड़ी
सी
जो खुद का बोझ ढोते-ढोते
ज़मीन को समझने लगती है।
हम ढूँढते हैं इसे
बड़े-बड़े मक़ामों में,
महँगी गाड़ियों और ऊँची
इमारतों में,
पर ये अक्सर दबी पायी जाती
है—
अदरक वाली चाय की सौंधी
खुशबू में,
बरसात के बाद गीली मिट्टी
की महक में,
या किसी छोटे से मोड़
पर, किसी अजनबी की
मुस्कुराहट में ।
ज़िंदगी जीत जाने का नाम
नहीं,

बल्कि हारकर भी
अगली सुबह फिर से
जूते के फीते कसने का नाम
है।
ये उन आंसुओं का हिसाब नहीं
जो बह गए,
ये उन ठहाकों की गूँज है
जो तन्हाई में भी हमें तसल्ली
दे जाते हैं।
अंत में.
ज़िंदगी बस उतनी ही है
जितनी हम जी पाए,
बाकी तो महज़
कैलेंडर की तारीखें और
घड़ियों की टिक-टिक है।

डॉ सुमन अग्रवाल

जिसकी लाठी उसकी भैंस - एक विचार

प्रायः हम यही सोचते हैं और संसार में देखते भी आए हैं, कि 'जिसकी लाठी उसकी भैंस', अर्थात् जो शक्तिशाली या ताकतवर व्यक्ति होता है, वह कमजोर को दबा कर रखता है और उसकी सम्पत्ति पर कब्ज़ा कर लेता है। आम ज़िन्दगी में इस के अनगिनत उदाहरण मिलते हैं। और यह हम रामायण और महाभारत के जमाने से सुनते आये हैं। भारत पर विदेशी आक्रमण, लूटमार और कब्ज़ा, ब्रिटिश राज - तो कैसे न मान लें कि 'जिसकी लाठी उसकी भैंस' एक सत्य है, एक वास्तविकता है।

आज़ादी के बाद, भारत और चीन में 1962 के एकतरफा युद्ध में चीन का अचानक हमला और फिर भारत का काफी हिस्सा हड़प करने के बाद एकतरफा जंग बंदी। भारत को इस भरोसा-तोड़ हमले की न तो उम्मीद थी न कोई तैयारी। उन दिनों भारत पंचशील के सिद्धांत पर 'हिन्दी-चीनी भाई भाई' को मान अपनी लाठी नहीं बना रहा था। (यह काम 18 मई 1974 को नेहरू की अपनी बेटी इन्द्रा गांधी के नेतृत्व में राजस्थान के पोखरण में परमाणु परीक्षण कर के किया।)

1971 तक कुछ इंतज़ाम हो चुका था, जिस के फलस्वरूप भारत की लाठी बांग्लादेश के बनाने में काम में लाई गई, जब भारत ने पाकिस्तान के दो टुकड़े किये। (हालांकि आजकल पछता रहे हैं बांग्लादेश की अकृतज्ञता-अहसान फरामोशी देख कर!)

भैंस उस की है, जिस के हाथ में लाठी होगी, इस का ताज़ा उदाहरण- अमेरिका ने Venezuela के प्रधान को पकड़ अपनी जेल में डाल दिया और उन के तेल के भंडारों को अपनी इच्छा से इस्तेमाल कर रहे हैं।

कुछ समय पूर्व, हमारी एक माननीय सदस्या शारदा शर्मा जी ने 'जिसकी लाठी उसकी भैंस' शीर्षक से एक रोचक लेख लिखा था। जिस में किसान और डाकू की कहानी थी। संक्षेप में-- लाठी पहले डाकू के पास होती है तो किसान की भैंस वह छीन लेता है, परन्तु वही लाठी जब किसान, ताकत से नहीं, बल्कि चतुराई से, डाकू से ले लेता है, तो भैंस किसान की हो जाती है। जिसका सार यह था कि शारीरिक बल बिना बुद्धी के ज्यादा देर नहीं चलता।

बात में दम तो है! हालांकि लाठी वाले लोगों को अपनी लाठी पर ज्यादा भरोसा होता है।

इसका जीता जागता सबूत आजकल ईरान और इजराइल-अमेरिका के बीच चल रहे युद्ध में मिलता है। अमेरिका के प्रधान ट्रम्प जी ने सब कुछ लाठी के ज़ोर से लेने के चक्कर में सारी दुनिया के लिए मुसीबत खड़ी कर दी है। सब देशों की अर्थव्यवस्था हिल गई है।

ईरान ने जो किया, अमेरिका- इजरायल भी चकरा गए। इस बात को समझ नहीं सके कि ईरान के पास भी एक लाठी है- भले ही छोटी और दूसरे तरह की सही, जो उसने अपनी अकल से प्रयोग की। अमेरिका के सहयोगी देशों सऊदी अरब, कुवैत, कतर, इराक, यूएई आदि, जो तेल के भंडार लिए बैठे हैं - उन में अमेरिकी सैन्य अड्डों पर हमले कर सब को हैरान कर दिया।



सब से बड़ी बात, उस ने Strait of Hormuz से जाने वाले तेल के जहाजों को रोक कर समस्या और गंभीर कर दी है। कुछ दिन पहले अमेरिका को इस बात पर पूर्ण विश्वास था कि कुछ ही दिनों में वे ईरान को दुनिया से मिटा देंगे, परन्तु अब दोबारा से अपनी पॉलिसी के बारे में सोचना शुरू कर रहे हैं। इसमें अमेरिका के अपने खास यूरोपियन देश सहयोग देने में आगे नहीं आए और इस कारण जो सफलता उन्हें उम्मीद थी, वो नहीं मिल सकी।

देखा जाए तो क्यों नहीं, ये लोग आपस में बैठ कर बिना झगड़े, बात चीत से फैसला कर लेते ? क्या लाठी की हर बार जरूरत है? क्यों नहीं सूझबूझ से काम कर लेते?

इस पर अब मुझे एक और मुहावरा याद आ रहा है- "अकल बड़ी या भैंस?"- इसपर एक छोटी सी कहानी सुन लीजिए।

एक चरवाहा अपनी भैंसों को गर्मी से बचाने के लिए, जौहड़ (तालाब) में ले गया। परन्तु जब शाम को घर जाने का समय आया तब भैंसों वहाँ से निकलना नहीं चाहती थी क्योंकि उन्हें बड़ा आनंद आ रहा था, बड़ी खुश थीं। चरवाहे ने पहले उन्हें धकेल कर निकालने की कोशिश की, परन्तु फिर लाठी यानी छड़ी से उन्हें पीटना शुरू किया, परन्तु कुछ इधर, कुछ उधर हो जातीं और निकलने का नाम ही नहीं ले रही थीं। वह बड़ा परेशान हुआ। एक वृद्ध व्यक्ति, जो वहाँ से गुजर रहा था। उसने कहा, "बेटे! जरा अकल से काम लो। वो देखो एक छोटा बछड़ा जो अपनी माँ के साथ चिपका हुआ है, तुम जाकर उसे उठा लो और जल्दी से भागकर पानी से बाहर निकाल लाओ, फिर देखना क्या होता है?" जूँ ही चरवाहा पानी से उसको उठाकर निकला वो भैंस, जो बछड़े की माँ थी, उसके पीछे पीछे चल कर बाहर आने लगी और उसकी देखा देखी बाकी भैंसों भी बाहर आ गईं।

तो कहानी की सीख यह है, कि 'अकल बड़े काम की चीज़ है, जरूरी नहीं है कि हर समय लाठी का ही इस्तेमाल किया जाए। हाँ, यह बात भी सच है, कि 'लातों के भूत, बातों से नहीं मानते' परन्तु उनके ऊपर लाठी का प्रयोग किया जाना उचित है और होना भी चाहिए, जैसे रामायण और महाभारत के जमाने में हुआ था।

संतराम बजाज

Benefits of Artificial Intelligence (AI)

Artificial Intelligence (AI) is transforming the way individuals, businesses, and societies operate. AI refers to computer systems that can perform tasks requiring human intelligence, such as learning, problem-solving, decision-making, and language understanding. From smartphones to healthcare and education, AI offers numerous benefits that are shaping the future.

1. Automation of Repetitive Tasks

One of the biggest advantages of AI is its ability to automate repetitive and time-consuming tasks. In industries such as manufacturing, banking, and administration, AI-powered systems can handle data entry, scheduling, customer queries, and quality checks. This reduces human workload and allows people to focus on more creative, strategic, and meaningful work.

For example, chatbots can answer frequently asked questions 24/7, improving efficiency and customer satisfaction without human intervention.

2. Increased Accuracy and Reduced Errors

AI systems are designed to analyse large amounts of data with high precision. Unlike humans, AI does not get tired or distracted, which helps reduce errors—especially in fields that require accuracy.

In healthcare, AI helps doctors diagnose diseases more accurately by analysing medical images, patient history, and test results. In finance, AI systems reduce errors in calculations, fraud detection, and risk assessment.

3. Improved Decision-Making

AI can process vast amounts of data quickly and identify patterns that humans may miss. By providing insights and predictions, AI supports better decision-making in business, government, and everyday life.

For instance:

Businesses use AI to forecast sales and customer behavior. Governments use AI for traffic management and urban planning.

Educators use AI to analyse student performance and learning gaps.

This leads to more informed, data-driven decisions.

4. Personalisation of Services

AI enables highly personalised experiences. It learns user preferences and adapts services accordingly.

Some examples include:

Streaming platforms recommending movies and music.

Online shopping apps suggesting products based on past purchases.

E-learning platforms offering personalised learning paths.

Personalisation improves user satisfaction and learning outcomes, especially in education and digital services.

5. Advancements in Healthcare

AI has made remarkable contributions to healthcare. It assists in:

Early detection of diseases

Drug discovery and medical research

Robotic surgeries

Remote patient monitoring

AI-powered tools help doctors work more efficiently and improve patient care. In rural or under-resourced areas, AI can also support telemedicine and faster diagnoses.

6. Enhanced Safety and Risk Management

AI plays a major role in enhancing safety. It is used in:

Predictive maintenance in industries

Cybersecurity and fraud detection

Disaster forecasting and emergency response

Autonomous vehicles and driver-assistance systems

By identifying risks early, AI helps prevent accidents, financial losses, and security threats.

7. Support for Education and Learning

In education, AI supports both teachers and learners. AI-powered tools can:

Provide instant feedback to students

Support adaptive learning

Assist teachers with lesson planning and assessment

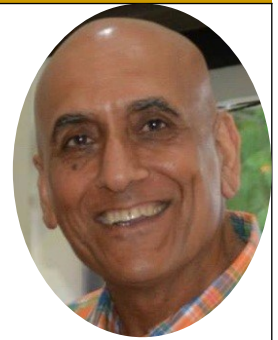
Enable learning support for students with disabilities

This makes education more inclusive, efficient, and engaging.

8. Boost to Innovation and Economic Growth

AI drives innovation by enabling new products, services, and business models. It creates opportunities in fields such as robotics, data science, cybersecurity, and smart technologies.

While AI changes job roles, it also creates new careers that require digital and analytical skills, contributing to economic growth and future-ready workforces.



Source: Microsoft Copilot

How much cholesterol per day is okay?

You've likely heard of cholesterol, but how much in-depth knowledge do you truly have? Do you know the difference between good and bad cholesterol? What about how much cholesterol should be in your diet and when to get tested?

Cholesterol can be a good thing when managed accordingly, so, be sure to read on and learn how to be the happiest and healthiest version of yourself.

The changing perspective on dietary cholesterol

In the past, dietary guidelines limited the intake of cholesterol to 300 milligrams for most people and to 200 milligrams for those individuals at a higher risk of developing heart disease. However, recent guidelines have shifted away from these specific limits.

Research has shown that dietary cholesterol doesn't significantly affect blood cholesterol for most people, requiring a re-evaluation of previous restrictions.

Genetics actually plays a significant role in cholesterol levels. Conditions such as familial hyper lipidemia can cause high cholesterol despite consuming the best of diets.

This doesn't mean that cholesterol is harmless. The true problem is that food that contains high cholesterol is also often high in saturated fats.

The USDA advises keeping your cholesterol intake low while maintaining proper nutrition. Though there's no fixed upper limit, you should always try and reduce your current intake.

The previously mentioned saturated fats are what increases blood cholesterol and, subsequently, heart disease risk.

Found in foods like oats, beans, and certain fruits, soluble fibre can lower LDL or low-density lipoprotein (bad) cholesterol in the digestive tract and aid in its removal.

It's advised to eat a heart-healthy diet such as the Mediterranean or DASH diet instead of trying to always track your cho-

lesterol intake. These diets can improve your overall cardiovascular health.

The Mediterranean and DASH diets emphasize fruits, vegetables, nuts, seeds, legumes, and whole grains while reducing sugar, salt, and saturated fats.

Certain plant-based compounds like sterols and stanols are found naturally in foods like broccoli and can help block cholesterol absorption and lower cholesterol levels in the blood.

It is advised by the USDA to keep saturated fat consumption below 10% of your daily calorie intake. The American Association, on the other hand, issued a lower limit of 6%.

For individuals who have high cholesterol, familial hyper lipidemia, or type 2 diabetes, it's critical to lower dietary cholesterol and saturated fats.

Some people experience a significant rise in blood cholesterol from dietary cholesterol, but this varies among individuals and is not fully understood.

Omega-3s from fatty fish and plant sources such as flaxseeds can lower triglycerides and improve cholesterol ratio.

Gut microbiota plays an essential role in cholesterol metabolism. The fibre and probiotics found in a healthy diet can support gut health and potentially improve cholesterol levels.

In people with familial hyper lipidemia or diabetes, dietary cholesterol may increase heart disease risk. Providers may recommend specific cholesterol targets for such individuals.

In order to lower cholesterol levels, it's often necessary to combine strategies such as medication, exercise, and other important lifestyle changes.

In addition to a healthier diet and the aforementioned strategies, reducing alcohol intake, quitting smoking, managing stress, and maintaining a healthy weight can help lower cholesterol levels.

Trans fats raise LDL cholesterol, thereby increasing the risk of heart disease. It's essential to minimize the intake of partially hydrogenated oils or avoid them entirely.

It's important to limit foods that have both high levels of cholesterol and saturated fats. Foods such as red meat, fried foods, and full-fat dairy are common culprits.

There are, however, some high-cholesterol foods such as eggs, organ meat, and shellfish that are low in saturated fat and can be consumed in moderation.

A large egg contains approximately 190 milligrams of cholesterol. This amounts to 8% of the daily saturated fat allowance. Thus, for those individuals with healthy cholesterol levels, one egg a day is considered safe.

If you prepare low-saturated, high-cholesterol foods in butter, with cheese, or other saturated fat-heavy additions, they can become quite unhealthy.

Starting at age 20, experts recommend cholesterol testing. The sooner you can detect high cholesterol, the sooner you can take action and help prevent serious diseases.

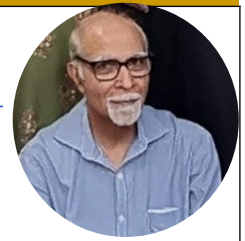
Your doctor or medical provider will help you understand your cholesterol levels and then recommend dietary, lifestyle, or medical interventions if necessary.

There are several factors that impact cholesterol. For example, stress, sleep quality, and hydration can indirectly influence cholesterol levels.

It's important to have a tailored approach to cholesterol management, especially for those who are pregnant, older, or anyone with metabolic syndrome.

In reality, some types of cholesterol are important for you to maintain good health. Cholesterol helps your body perform certain jobs, including making hormones and building cells.

Usually, there are no warning signs for high cholesterol until it's too late. It's essential to get your cholesterol levels tested at least every five years.



Compiled by तिलक कालरा

Sat, 6th June 2026
6:30 PM (Doors open at 6 PM)

Aankhon Hi Aankhon Mein Ishaara Ho Gayaa

A tribute to the magical music of O. P. Nayyar

By the students of Avijit Sarkar's
Natraj Academy

With Sydney's Premier Band **JAZBA**

Red Gum Function Centre
14 Lane St, Wentworthville 2145

TICKETS: \$50 and \$25

(Food will be available for sale at the venue)

For further details, please write to:
 dbman305@hotmail.com
 natraj.academy.sydney@gmail.com

झुकने का अर्थ यह कदापि नहीं
होता कि आपने सम्मान खो दिया,

हर कीमती वस्तु को उठाने के लिए
झुकना ही पड़ता है,

प्रभु, गुरु, एवम् बुजुर्गों का आशीर्वाद
भी इनमे से एक है।

**Just improve yourself,
then there's no need to
prove yourself**



AUSTRALIAN HINDI INDIAN ASSOCIATION – **Members Picnic Day – Saturday 23 May 2026**

Venue- Parramatta Park – Mana Shelter – Railway Parade and Park Avenue closer to Westmead

10.30 AM Till 2.30 PM - Fun filled afternoon Games, Delicious Lunch, Tea & Coffee

Ticket - \$25.00



Meeta Sharma 0411966585 Sushma Ahluwalia 0411967374 Sarita Sachdev 0407870490 Nardev Gupta 0417404701

*Next Senior Meeting on 13th June 2026 @ 2 Lane Street,
Wentworthville, from 1 to 4 PM*



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कुछ ध्यान देने योग्य बातें

स्वर्ग में सब कुछ हैं लेकिन... मौत नहीं है।
गीता में सब कुछ हैं लेकिन झूठ नहीं है।
दुनिया में सब कुछ है, लेकिन किसी को सुकून नहीं है।

और

आज के इंसान के पास सब कुछ हैं लेकिन सब्र नहीं है।

एक बार राजा भोजने कवि कालीदास से दस सर्वश्रेष्ठ सवाल पूछे..?

1- दुनिया में भगवान की सर्वश्रेष्ठ रचना क्या है?

मां

2 - सर्वश्रेष्ठ फूल कौन सा है ?

कपास का फूल

3 - सर्वश्रेष्ठ सुगंध कौन - सी है ?

मिट्टी की सुगंध

4 - सर्वश्रेष्ठ मिठास कौनसी ?

वाणी की

5-सर्वश्रेष्ठ दूध कौन-सा है?

मां का

6 - सब से कालाक्या है?

कलंक

7 - सबसे भारी क्या है?

पाप

8 - सबसे सस्ता क्या है?

सलाह

9 - सबसे महंगा क्या है?

सहयोग

10 - सबसे कड़वा क्या है?

सत्य बचन

उदाहरण ---:अगर मेरे पास एक रुपया है और आपके पास भी एक रुपया है और हम एक दूसरे से रुपया बदल लें तो दोनों के पास एक-एक रुपया ही रहेगा? ना की...

किंतु अगर मेरे पास एक अच्छा विचार है और आपके पास भी एक अच्छा विचार है दोनों आपस में बदल लें तो दोनों के पास दो-दो अच्छे विचार होंगे ...

तो अच्छे विचारों का आदान - प्रदान जारी रखिये और अपनी मानसिक पूंजी को बढ़ाते रहिये..?

क्यों कैसी रही..?

मंजिल वही हैं मगर सोच नई

ईश्वर के पास जाने पर एक सवाल ये भी पूछा जायेगा कि अपने हाथ की अंगुलियों के नाम बताओ ?

जवाब हाजिर है जनाब अपने हाथ की छोटी उंगली से शुरू करें ---:

(1)जल

(2) पृथ्वी

(3)आकाश

(4)वायू

(5) अग्नि

ये वो 5 बातें हैं जो बहुत कम लोगों को मालूम होंगी?

पांच जगह हंसना करोड़ों पाप के बराबर है जैसे ---:

1. श्मशान में...

2. अर्थों के पीछे...

3. शोक में...

4. मन्दिर में...

5. कथा भागवत में...

हर व्यक्ति अकेला है

इस दुनियां में , इसलिए उसे हर समय परम पिता परमात्मा को याद करना चाहिए !!

जब व्यक्ति उदास हो तो...?

ग्रन्थ,कथाएं पढ़ने चाहिए।

जब व्यक्ति टेंशन में हो तो...?

भगवत गीता का अध्ययन करना चाहिए।

अगर फ्री हो तो ...?

अच्छी- अच्छी ज्ञान की बातें आगे भेजनी चाहिए जिससे ओरों को भी पता चले और मानसिक वृद्धि हो।

☐हे परमात्मा हम पर और समस्त प्राणियों पर अपनी कृपा दृष्टि बनाए रखना!☐

क्या ?आप जानते हैं कि ...?

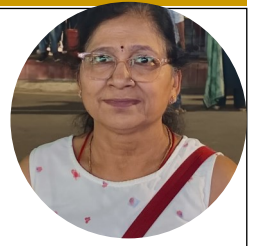
रामायण,भागवत गीता आदि को ...

सुनने,पढ़ने से कैसर नहीं होता... बल्कि कैसर ठीक हो जाता है।

आरती---: के दौरान ताली बजाने से दिल मजबूत होता है। और मन को शांति,खुशी मिलती है!

स्वस्थ रहिए,खुश रहिए और आपस में प्यार बांटते रहिए। ईश्वर के बनाए नियमों का पालन करते हुए अच्छी भावना के साथ ... अच्छे कर्म करते चलिए !!

सुदेश गर्ग



Mobile Library

Every month, Mr Mrityunjay Singh of South Asian Hindi School, Kogarah is kind enough to bring a mobile library of Hindi/English books to our meeting for members to borrow without any charge or fee. He will be doing this in every meeting in future. AHIA thanks Mr Singh for his selfless services and generosity.

Please bring the borrowed books for Return/Renewal in the meeting



Membership Renewal

Please renew your membership at the Seniors meeting



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Happy Birthdays

Indu Sood	Shyam Malhotra
Sohan Grewal	Sukhdev Jaswal
Sarla Kuvadia	Prem Lata
Ankur Saini	Nirmal Malhotra
Nandini Thadani	Kewal Sajdeh
Chander Kanta Arya	

Happy Wedding Anniversaries

Mr. & Mrs. Charan & Rupinder Kaur Khind
Mr. & Mrs. Pushp & Kiran Ralhan
Mr.Reema Devi & Mrs.Eisha Mehta
Mr. & Mrs. Narinder & Rajinder Kaur Singh
Mr.Harish Mantri & Mrs.Kamna Mantri
Mr. & Mrs. Thakor & Nirmala Morar
Mr. & Mrs. Devendra & Sushma Gurnani

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Artists :

 Will Bhatnagar
 Tamal Chakraborty
 Heena Sachdeva
 Aditi Janveja
 Amit Anand

SAVE THE DATE

AHIA Sakhis celebrate Sawan!

Sunday, 23rd August
 11am-3pm

Madison Function Centre, Dural

Hanuman Jayanti Celebrations

Hanuman Jayanti commemorates the birth of Lord Hanuman, celebrating his strength, devotion, and selfless service. Devotees pray for protection against evil, wisdom, and courage to overcome obstacles. Kesari, the king of Varanasi, was well known for his valour and strength. He married Anjana, and together they prayed for a powerful and virtuous Son. Their prayer was answered when the Wind-god, Vayu Dev, played a crucial role in Hanuman's birth. At the same time, Raja Dashrath, king of Ayodhya, who had three wives, but no son. He conducted a yagya (a fire ritual to give birth to a son). Agni Dev himself appeared and offered an urn to Raja Dashrath saying to him to take this urn. It contains some blessed kheer. Distribute that kheer to your wives in the proportion of this kheer as you think fit. Wind-god, Vayu Dev, in an act of divine intervention carried a portion of this Kheer as celestial offer to Anjana leading to the birth of Hanuman. As Anjana Consumed the urn (blessed kheer), Hanuman was born as son of Kesri and Anjana. With the essence of Lord Shiva and Wind-god, Hanuman also became the son of Wind-god (Yayu Dev). His birth was a cosmic plan ensuring that he would serve a higher purpose of assisting Lord Ram in his mission to restore Dharma on Earth. Hanu-

man is known for his unique service to Lord Ram, Sita and Lakshman, strength and wisdom. Kaushalya gave birth to Ram, Kaikeyi gave birth to Bharat and Sumitra gave birth to Lakshman and Shatrughan. Hanuman installed the sacred fire as a witness and concluded a firm alliance between Ram and Lakshman and Sugreev. They took a vow of mutual friendship. As requested by Sugreev, Lord Ram killed Bali, brother of Sugreev. Lakshman crowned Sugreev as the king of Kishkindha Puri and proclaimed Angad as the crown prince. Both Ram and Lakshman built a hut on the Pravarshan mountain for their stay.

Jambavan said to Hanuman that you have taken birth with the sole purpose of dedicating your services to Lord Ram. Sri Ram gave Hanuman his ring to find Sita and blessed him. Hanuman set out on his journey to find the whereabouts of Sita. In Lanka, Hanuman met Vibhishan, brother of Ravan who was also devotee of Lord Ram. Hanuman proceeded to Ashoka grove, and finding the opportunity, Hanuman dropped down from the tree the golden signet ring. Sita saw the charming ring with the name of Sri Ram beautifully engraved. Hanuman gave Sita the message of Sri Ram and consoled her. Sita blessed Hanuman, "May you become repository of strength and

virtue of good immune from old age and death and prove to be a storehouse of good qualities, my son; and may Sri Ram shower his abundant grace on you. Hanuman was overwhelmed and intoxicated with love. Thereafter, after seeking Sita's approval, Hanuman started eating the delicious fruit of Ashoka grove. As an envoy of Lord Ram, Hanuman told Ravan that there is none to save him who is opposed to Sri Ram and requested Ravan to return Sita to Lord Ram. King Ravan became furious. And it was decided that the tail of Hanuman be burnt. The Ramayana recounts Hanuman's heroic acts, including the burning of Lanka after his tail was set aflame, and his extraordinary act of carrying an entire mountain in his palm to bring Sanjeevni herb to save the life of Lakshman. Lord Ram embraced Hanuman repeatedly and said, "Dear Hanuman, no one, not God, human being or sage, has performed such a service for me as you have. How can possibly repay you for the help you have provided to me." Hanuman requested, "Your worship, source of supreme bliss, kindly grant me the boon of ceaseless devotion at your feet." Lord Ram at once agreed to it and said, 'So be it.'



रोशन लाल गक्कर



AHIA Seniors Meeting on 11th April, 2026