

# AUSTRALIAN HINDI INDIAN ASSOCIATION (AHIA)

-the Association that cares



## Sandesh सन्देश

incorporating

Seniors Newsletter

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President: Sushma Ahluwalia :

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November 8, 2022

553rd Birth Anniversary  
of

Guru Nanak Dev Ji.

Happy  
Guru purab

May you find happiness and peace with  
the blessings of Guru Nanak Dev Ji



NOVEMBER 14  
**HAPPY  
CHILDREN'S  
DAY**  
JAWAHARLAL NEHRU  
JAYANTI

14 November 2022



## Message from AHIA President

Hello Every One,

I hope you all are keeping safe and well. Lately we are enjoying dry and sunny days with Indra Devta remaining calm. Let us hope we have few more days like these ones during rest of the Spring.

Those who attended AHIA's Diwali Celebrations on 15<sup>th</sup> October 2022 at the Pioneer Hall, Castle Grand would have enjoyed the event immensely and had great time. It was well supported and sold out event well in advance. A special thanks to the AHIA Executive Committee who gave their valuable time and put in lot of efforts in planning and managing the event. At the end of day, it was the Committee's team work which made the Diwali Celebrations a memorable event with good company, delicious food and spectacular dancing show. It was not just for adults but children also who enjoyed and danced the night. During the night we had sponsorship of Sandesh in the amount of \$500 made by AHIA members, Mr Anil Berri, Mr Murli Bhojwani and Mr Naresh Aggarwal. My sincere thanks for their kind donation made to AHIA.

Also, some of AHIA members celebrated Diwali in our Seniors meeting on Saturday 8th October 2022 at the Wentworthville Community Centre.

I also attended the 2022 NSW Diwali Celebration organised by the Multicultural NSW at the Museum of Contemporary Arts, the Rocks where I had an opportunity to meet up with Mr Mark Coure, MP and the Minister of Multiculturalism and Minister of Seniors.



Please join AHIA's next Senior's meeting which is on Saturday 12<sup>th</sup> November 2022.

This will be our last meeting of the year and next meeting in the New Year 2023 we will hold on 14<sup>th</sup> January 2023 when we will celebrate Lohri.

Wishing everyone Happy and safe New Year.

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

With best wishes

**Sushma Ahluwalia**  
President



## Secretary's Report for October 2022.

Dear friends,

Hope this finds you well.  
AHIA's senior's meeting for this month is on Saturday, 12 Nov 2022 from 1 pm to 4 pm in the Grevillea Room at the Wentworthville Community Centre, 2 Lane Street, Wentworthville NSW 2145. The usual agenda for the meeting includes a welcome address including best wishes for members' birthdays and anniversaries, a yoga session, and an open-form musical/singing session, followed by a bingo session and tea & refreshments.

In December 2022, there is no senior's meeting as many people will be overseas on holiday or busy with their families and friends. In 2023, the first senior's meeting will be held on Saturday, 14 January 2023. The venue for the senior's meeting next year will remain at Grevillea Room, Wentworthville Community Centre.

We take this opportunity to thank all the members for their respective contributions, voluntary services and participation

during 2022. Specifically, we would like to thank Mrs Esha Oberoi, Mr Gaurav Oberoi, Mr Anurag Thukral, Mr Anil Beri, Mr Murli Bhojwani, and Mr Naresh Aggarwal for their respective monetary donations and sponsorship. AHIA could not prosper without the generous support of caring members. Thank you for your thoughtfulness, generosity and continued support.

We are grateful for all the memories we have created together this year and the ones we will make in the new year. We wish you a great time during Christmas and festival season in December 2022 and hope that 2023 brings you a lot of love, laughter and joy and wish you a Happy New Year with new adventures and good fortunes!

Please note in your diaries that the Holi function next year will be held on Saturday, 26 February 2023. The venue at Harvey Lowe Pavilion, Castle Hill is already booked.

We look forward to seeing you on Saturday, 12 Nov 2022 at the Senior's meeting.

With best wishes,

**Mohinder Kumar,**  
Secretary, AHIA

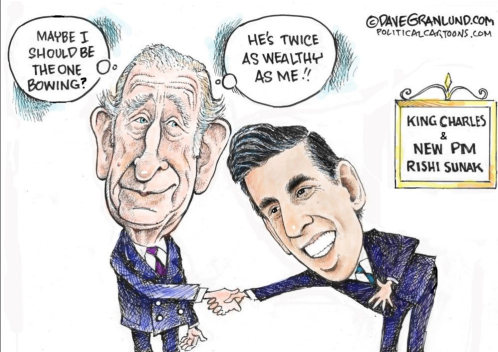


Last month was really busy with the Indian festivals of Dussehra and Diwali and the excitement of 20-20 Cricket World Cup being played in Australia, which is still going on.

Another significant news for Indian diaspora around the world, was from Great Britain—the



election of the Prime Minister. **Rishi Sunak**—son of Indian parents (both from Gujranwala who settled in East Africa and then migrated to England). His election was after a drama of him being defeated 45 days before by Liz Truss, who then resigned for being unable to deliver the promised economic recovery. Interestingly Liz was sworn in by the late Queen Elizabeth II, two days before her death, and Rishi Sunak was sworn in by the new king Charles III.



Rishi Sunak is a rich, clever and talented young man. He is rich in his own right besides being married to the rich daughter of India's Billionaire Narayana Murthy-founder of Infosys. Rishi Sunak is said to be richer than the new king of England.

Very disturbing news from Pakistan where the former PM, Imran Khan escaped an assassina-



tion attempt when leading an anti Government Protest March. He was shot on his legs and is recovering.



Rahul Gandhi's 'Bharat Jodo Padayatra' is going on well and gaining momentum.

Mum Sonia Gandhi is now feeling relaxed after she handed over the Presidentship of the Congress party to the newly



elected Mallikarjun Kharge.

Year 2022 is on its last legs. As we take a break in the month of December, so this month's 'Sandesh' is the last for this year. Hope I have been able to keep our members well informed about AHIA's activities as well as the news of significance from all over the world with special concentration on India and Australia. I am grateful to the AHIA Executive who had full trust in me and gave me the full freedom to edit this Newsletter. Many members have also conveyed to me personally their appreciation of my efforts, for which I am indeed indebted to them. I feel proud in the fact that many members have become 'addicted' to 'Sandesh' and wait



for its release every month.

We must also show our appreciation for the work done by Sushma Ahluwalia ji and her Executive committee. The last few years have been difficult because of Covid-19. The EC kept the members informed and active by way of Zoom meetings. Now after the restrictions have been removed, normal monthly meetings are back. They organised Holi, Picnic and Diwali functions.

They have been representing AHIA at the Indian Consulate Sydney at the flag hoisting ceremonies and other important Indian National events.

Some members of the Executive have also attended the Diwali function organised by the NSW Government Multicultural on 24th of October 2022.

Santram Bajaj

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

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#### INSIDE THIS ISSUE

\*\* The Cartoons/pictures are courtesy various Newspapers.

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

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

## पीढ़ी दर पीढ़ी रफ़्तार बढ़ रही हैं

आप इस बात से सहमत होंगे कि दुनिया कितनी तेजी से बदल रही है। हमें अनुभव होने लगा है कि इस रफ़्तार के बढ़ने के कारण हम पीछे रह गए हैं। उम्र बढ़ने के साथ साथ हम कुछ या कहीं काफी पीछे रह गए हैं। जिस तेज़ी से दुनिया बदल रही है हम उसके साथ कदम से कदम मिला कर नहीं चल पा रहे।

हम साथ साथ यह भी शिकायतें करते हैं कि नई पीढ़ी के पास समय की कमी है। उसके जीवन में व्यवस्था कुछ ज्यादा ही बढ़ गई है। उन के पास बात करने का समय नहीं, खाने-पीने का समय नहीं आदि-आदि। हमें लगता है कि आज के बच्चे यानि नई पीढ़ी के बच्चे मूल्यों से बगावत कर रहे हैं रफ़्तार से जीवन जी रहे हैं और सुविधाओं की ओर अधिक आकर्षित हो रहे हैं।

हमें यह सोचना चाहिए कि आजकल के युवक वास्तव में अपने समय के साथ, समय के अनुसार, समय की रफ़्तार के साथ चल रहे हैं जैसे की हम अपनी युवा अवस्था में चल रहे थे। या यूँ कहें कि हमारे से पहले की युवा पीढ़ियाँ चल रहीं थीं। हर पीढ़ी अपने समय की रफ़्तार के अनुसार ही संघर्ष करती है। हमारे पूर्वज बैलगाड़ी की रफ़्तार से जीते थे, हम साइकल, स्कूटर की रफ़्तार से जिए और आज कल के युवक हवाई जहाज की रफ़्तार से जी रहे हैं। अगर वे आधुनिक रफ़्तार से नहीं चल पायेगे तो वह पिछड़ जायेगे, वे कमजोर पड़ जायेगे। हम उनकी रफ़्तार से नहीं चल पायेगे और न ही हमें इसकी आवश्यकता ही है। पर बच्चों की सोच, उनके ज्ञान, उनके विकास में रुकावट न डालें। उन्हें प्रोत्साहित करें क्योंकि उनकी आधुनिक तकनीक का लाभ हमें भी है।

**शारदा शर्मा**



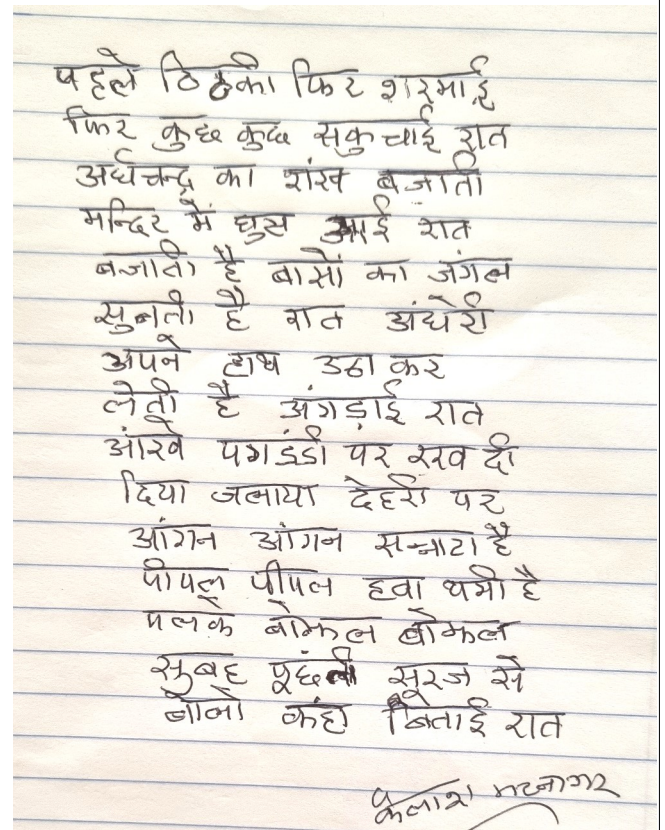
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## POSITIVE ATTITUDE

Positive attitude or positive thinking depends upon our enthusiasm, energy, zeal to achieve our dream or objective in life, support from our relations and friendship, love human beings, natural beauty and positive thinking about God's creation and some other factors.

Having a positive attitude means being optimistic about situations, interactions, and capability of self to adjust according to the circumstances. People with positive attitude remain hopeful and see the best even in difficult situations. In contrast, those with negative attitude may be more pessimistic and disagreeable, and typically expect the worst outcome in tough situations.

Those with a negative attitude will dwell and ruminate over negative events.

You may feel pain and grief over losing a job. Having a positive outlook does not mean not feeling badly; it means getting up after life gets you down. Create plans to get unemployment benefit; starting a new hobby or side business.

While stuck in traffic, don't be angry and try to merge from lane to lane so that you can find the way to move quickly. This way you may cause accident. Accept that there is nothing you can do about traffic. Take a few deep breaths while at the wheel and slow down the speed of the vehicle. Start playing your favourite music. Think about your tasks for the upcoming day and make necessary plans. Call up a friend or family to help you to pass the time.

After messing up at work, it is easy to feel downtrodden on the failure. Have positive attitude and accept that you could have done better. Practice self-care to avoid over-thinking and remind yourself of your value. Create an internal improvement plan so that this mishap does not happen

When feeling overwhelmed at work, such as having many clients, attending meetings, completing the project etc., have positive attitude. Take inventory of everything you have to do and prioritize them by importance. Seek more time to complete the job. Postpone what can be postponed and do what must be done

now.

Always have positive attitude in life. Humour is the best medicine. Laughter has great short-term results on your mindset and body. Laughter can relieve stress and release tension. It can help to cope with difficult situations and make you feel happier. Always take break for a short time from work, during which period you should re-energize yourself and be enthusiastic. That will make you more motivated to continue your work for the day. You should find a healthy way to balance your personal and professional life. Devote sometime with your family members, relatives and co-workers. Walking, exercise, playing sports, swimming. Going to gymns, watching movies, reading books, going out for drinks or dinner and many more activities can help to improve your way of living. Listen to music that matches your mood or watch a movie. Even regular meditation for a short time will find balance in your life. Let go of the negativity and stress that you may experience on a daily basis.

### Quotes

"Yesterday is not ours to recover, but tomorrow is ours to win or lose."- Lydon B. Johnson.

"A good laugh is sunshine in the house."-William Makepeace Thackeray.

"If you do not like something, change it. If you cannot change it, change your attitude."-Maya Angelou.

Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure."-Oprah Winfrey

"You may not control all the events that happen to you, but you can decide not to be reduced by them."- Maya Angelou

"Positive thinking will let you do everything better than negative thinking will."

"People deal too much with the negative, with what is wrong. Why not try and see positive things, to just touch those things and make them bloom?"-Thich Nhat Hanh

(written by Swetha Amerson @swethamaresan)

Roshan Lal

## NOVEMBER

### Happy Birthday

Sandeep Bansal  
Vajinder Singh  
Anita Sangha  
Kali Gupta  
Pritpal Kapoor  
Kailash Bhatnagar  
Satpal Saini  
Jatinder Ahuja  
Man Mohan  
Satish Jain  
Kuldip Chhabra  
Sushil Anand  
Vidya Kanal  
Kulwanti Chawla  
Rita Nath  
Jagtar Sangha  
Usha Chaudhry  
Jagjit Sidhu

### Happy Wedding Anniversary

Mr. & Mrs. Ambrish & Saroj Attrey  
Mr. & Mrs. Karan & Bhavika Beri  
Mr. & Mrs. Gurharwant & Charanjit Singh Sandhu  
Mr. & Mrs. Amarjit & Gurdev Kaur  
Mr. & Mrs. Prakash & Tarlochan Rekhi  
Mr. & Mrs. Charan & Gurdeep Kaur Sekhon  
Mr. & Mrs. Nalina & Kewal Sajdeh  
Mr. & Mrs. Kuldip & Kiran Chhabra  
Mr. & Mrs. Rakesh & Sarita Sachdev

## DECEMBER-----

### Happy Birthday

Hargopal Verma  
Ambrish Attrey  
Hazari Chawla  
Nirinder Jalpota  
Perminder Cheema  
Preeti Thadani  
Sharda Sharma

Krishna Sardana  
Bindu Kalra  
Subhashini Channa  
Poonam Kathuria  
Benny Sembi  
Vipen Dogra  
Meera Bhardwaj  
Ravinder Bamra  
Veena Kumar  
Alka Singh  
Vipan Khosla  
Subhashini Channa  
Alka Anand  
Benny Sembi  
Shakuntla Gupta

### Happy Wedding Anniversary

Mr. & Mrs. Subhash & Suman Bhargava  
Mr. & Mrs. Raj & Manju Saneja  
Mr. & Mrs. Ravinder & Asha Sood  
Mr. & Mrs. Jagdish & Kamlesh Mitter  
Mr. & Mrs. Narender Prakash & Asha Sanghi  
Mr. & Mrs. Sushil & Vidya Kanal

Pease Note:

There will be **NO Seniors Meeting in the month of December 2022.**



## Seniors Meeting 8 October 2022

Despite the inclement weather, more than 80 members attended the AHIA monthly meeting on 8 Oct at the Wentworth Community Hall. It was pleasing to notice some new members who attended the session. The meeting commenced with the AHIA Presidential address by Sushma Ahluwalia, welcoming those who came to attend the meeting and providing update on upcoming events.

Mrs Vimla Kapoor started the program with a devotional song followed by an explanation provided by Mr Saha on the reasons for celebrating Dusshera.

Mrs Vimla Kapoor's son Ajay Kapoor then entertained all with some delightful oldies from the 60's like 'Tum se acha kaun hai', 'Aasman se aya firshita' etc.

zid na karo'. The audience requested her to come back to the stage deliver more - which she did!

Both Ajay and Priyanka stole the day with their performances and the members requested them to come once again on another day.



Mrs Kailash Bhatnagar



Mrs Sharda Sharma's granddaughter, Priyanka Sinha,



presented a couple of poetries followed by some more songs by Mrs Sharda Sharma and Mr Raj Batra.

Mr Santram Bajaj reminded everyone the importance of avoiding isolation and keeping in touch with friends. He requested them to check that their email address is correctly listed on the AHIA register to ensure that they receive all notices and Sandesh regularly.

As a professional acupuncturist Mr Tilak Kalra provided some professional advice on pressure points.

The program ended with all enjoying snacks and warm tea.



then came on stage to simply enthrall one and all with her melodious singing of songs like 'Duniya hai tere peeche', 'Aaj jane ki



Vivek Bhatnagar



## किस्सा नाक का !!

आप सोच रहे होंगे कि नाक में ऐसी क्या विशेष बात है कि मैं ने इसे विषय के रूप में चुना है। यह भी तो शरीर का एक हिस्सा है, जो सांस लेने के काम आता है या सूंघने के, या कुछ आजकल की ड्रग्स नाक के रास्ते सेवन की जाती हैं।

मैं भी ऐसे ही सोचता था। परन्तु जब मैं ने नाक के कारनामों के बारे में गौर किया तो वास्तव में मेरा 'नाक में दम' आ गया। नाक का महत्व कई जातियों अथवा देशों में बहुत जाना जाता है। अफ्रीका के कई कबीले और हमारे पड़ोसी देश न्यूजीलैंड में 'मौरी' लोग जब मिलते हैं तो हाथ मिलाने की बजाए नाक से नाक मिलाते हैं।

अपने भारत में भी तो नाक का दर्जा बहुत बड़ा है, इसे शर्मो हया का प्रतीक समझा जाता है।

इज्जतदार और पैसे वाले लोग ऊंची नाक वाले कहे जाते हैं। यदि किसी ऐसे नाक वाले परिवार का बेटा या बेटी ज्ञात बरादरी से बाहर अपनी मर्जी से शादी रचा ले तो उस के सारे परिवार की 'नाक कट' जाती है।

है ना अजीब बात !

आप को जीवन में कई "नकचढ़े" लोगों से पाला पड़ा होगा, जिन्हें कोई चीज़ पसंद नहीं आती और वे बात बात पर 'नाक पर गुस्सा' लिये घूमते हैं।

यदि आप किसी का एहसान नहीं लेना चाहते तो कहा जाता है कि आप 'नाक पर मक्खी नहीं बैठने देते', जबकि यदि आप नाक पर बैठी मक्खी को उड़ाते नहीं तो आप बहुत ही सुस्त और निकम्मे किस्म के मनुष्य हैं।

भारत के पिछले चुनावों में नरेंद्र मोदी और सोनिया गांधी में नाक की लड़ाई में सोनिया जी की नाक काफ़ी लहलुहान हो गई, बल्कि कटते कटते बची।

दिल्ली के मुख्यमंत्री केजरीवाल भी आजकल मोदी जी की नाक को नीचा करने में लगे हुये हैं।

कमाल है कि 'नाक से चने भी चबाये' जा सकते हैं! जैसे अमेरिका हर देश के आतंकवादियों को 'नाकों चने चबाने' की भरसक चेष्टा में लगा हुआ है और इज़रायल अरब देशों को 'नाक रगड़ने' पर मजबूर कर रहा है। और इस कोशिश में कितने बेगुनाह लोग मारे जा रहे हैं, इस का कोई हिसाब ही नहीं। रूस यूक्रेन की 'नाक में नकेल' डालने में जुटा हुआ है, और उधर भारत और पाकिस्तान एक दूसरे की 'नाक नीची' करने में अपने अपने बजट का एक बड़ा हिस्सा लड़ाई के हथियारों की खरीद में लगा रहे हैं। जबकि दोनों देशों की आम जनता का महंगाई ने 'नाक में दम' कर रखा है।

क्रिकेट और हॉकी के खेल में भी भारत और पाकिस्तान के बीच के



मैच, नाक कि लड़ाई बन जाते हैं।

'नाक की सीध' में चलते जाइये, काफ़ी सुन रखा होगा आपने, अर्थात नाक रास्ता बताने में भी बड़ा काम आता है।

नाक के ऊपर कई युद्ध हो चुके हैं। याद कीजिये, जब लक्ष्मण ने लंका के राजा रावण की बहन सरूप-

नखा की नाक काट कर उसे सरूपनखा से करूपनखा बना दिया था तो उस का क्या परिणाम हुआ था।

अंग्रेज़ी में नाक को इतनी importance नहीं दी गई। एक शब्द 'nosey' मिला था जिस का तोड़ हिन्दी वालों ने दूसरों के मामले में नाक की बजाये 'टांग अड़ाना' से निकाल लिया है। यदि देखें तो, हिन्दी को इंग्लिश में अनुवाद करते समय यह मुश्किल अवश्य आती है कि बात का वह मज़ा ही नहीं रहता। 'न नौ मन तेल होगा और न राधा नाचेगी' का इंग्लिश में अनुवाद कर के दिखाइये!

हाँ, कभी कभी वे बाज़ी मार भी जाते हैं, 'हम कहते हैं, "चोरी का गुड़ मीठा होता है", और उन के अनुसार "stolen kisses are sweet"- भला बेचारा गुड़, kisses से क्या टक्कर ले गा!

अच्छा, कभी आप ने सोचा है कि यदि हमारी आँखों के ठीक बीच में यदि नाक न होती तो हम ऐनक कहाँ लगाते और तो और औरतों को बड़ी परेशानी का सामना करना पड़ता। वे अपने कोके, कोली, नत्थ और छल्ले कहाँ पहनतीं? और वह 'मेरा लोंग गवाचा' का गाना कैसे गातीं?

नाक के छींकने जैसी प्राकृतिक क्रिया को भी हम लोग दूसरा ही मतलब दे देते हैं। आप किसी ज़रूरी काम से जा रहे हैं और किसी ने छींक मार दी, तो हो गया सत्यानाश, यानी जैसे बिल्ली ने रास्ता काट दिया हो।

वैसे छींक मारना अच्छा भी समझा जाता है। कहते हैं कि आप को कोई याद कर रहा है। चलिए, इस पर एक किस्सा (चुटकला) सुनिये।

एक साहब की नई नई शादी हुई थी और वे अपनी पत्नी को मायके से लेने जा रहे थे। ट्रेन में खिड़की के पास बैठे थे, जूँही ठंडी हवा लगी, छींक आई। पत्नी का खयाल आया कि शायद उस ने याद किया है। मन ही मन बोले, "अच्छा, याद पए करेंदे ओ"। फिर छींक आई, बड़े खुश हो कर फिर वही डायलाग दोहराया। लेकिन ठंडी हवा के कारण छींकों का जैसे दौरा सा पड़ गया, झल्ला कर बोले, "शाला! याद पए करेंदे ओ या जान पए कड़ेंधे ओ?" - अर्थात याद कर रहे हो या जान निकाल रहे हो।

तो देखा आप ने, नाक कोई मामूली चीज़ नहीं है।

खैर, मुझे अब नाक की ज़्यादा बात नहीं करनी चाहिए, नहीं तो आप लोग 'नाक भों चढ़ाने' लगेंगे और मेरी नाक भी कहीं नीची न हो जाये।

संत राम बजाज

## वैभे मौजा - (Picnic)

अरे वेदही कौसी तैयारी चल रही है ? तैयारी कैसी तैयारी ? क्या पहुँचियाँ बुझाती हो, अरे बताओ ना। खुद मूल जाती हो और दोब दूसरी को देती हो। तुम्हें याद नहीं ? हम पिकनिक जा रहे हैं। उस दिन जब इस विषय पर विचार हो रहा था तो उस मीटिंग में तुम भी तैयारी और नशेबा में जाना है। ऐसे घर स्थान पर जिस स्थान पर तीन-चार दो मंजिले भवन हैं। वहाँ ऐसी कौन सी सुविधा नहीं जहाँ किसी चीज़ का अभाव हो। घर गृहस्ती के सारे सामान की ऐसी सुविधा थी जिसकी कमी है। वहाँ पर देखने के लिए टी-वी भी था। अरे बड़ा आनन्द आया। सागर का किनारा, घने जंगल, वहाँ जाने के लिए पक्की सड़कें।

हम लोगो ने बहुत ही आनन्द के साथ चार दिन गुजारे। बच्चों से लेकर बूढ़ों तक ने आनन्द मनाया। सभी खूब मौजा मस्ती कर रहे थे। और तो और कुछ लोग अपने अपने बड़े बड़े कुत्ते भी ले आये थे, उनका खेल भी मजे का था। उन्हें धूम धूम कर खाने की वस्तुएं दी जाती थी तो कुत्ते भी भागते थे वह खेल भी मजे का था।

सभी अपने साथ जो कुछ खाना है उसे बनाने की सामग्री लेकर आये थे। तो भाई गाते-बजाते रसोई बनती थी।

खान-पान के बाद बैठ कर गीत गाते थे, उसका तरीका था जिस शब्द पर गीत का अन्त होता था उसी पर नया गीत गाया जाता था, जिसे अंताक्षरी कह सकते हैं। इतने अच्छे-अच्छे गीत सुनने को मिले। गीत गाने में धीरे-धीरे कई लोग जुड़ गए। यहाँ तक कि कुछ स्त्री-पुरुष मिलकर भी नाचने लगे। यह कुम्भाने का अंदाज भी मजे का था।

खान-पान के बाद कोई ग्रुप समुद्र के किनारे पहुँच गये, कोई सूर्योदय, कोई सूर्यास्त देखने के लिए पहुँचे,

तो भाई बहुत आनन्द आया। आप लोग भी आनन्द मनाने के लिए अपनी भिन्न भावना के साथ ऐसा आनन्द उठाइए। अभी से अच्छे अच्छे गीतों की याद करके अपना मन आनन्द में रमाइए। यह मत भूलिए कि कुछ चुटकुले भी हँसने के लिए जरूरी हैं।

शशि गुप्ता



## 2023 International Year of Millets

India's Prime Minister Mr. Modi, in his latest "Mann Ki Baat" informed that on the initiative of India and with the support of 72 other countries, U.N. General Assembly has agreed to declare the year 2023 as the **International Year of Millets**.

Millet is a low maintenance and drought-resistant grain. Millet is generally grown without chemical pesticides and is part of sustainable farming. This grain provides various health benefits and has multiple uses in cooking. It is rich in Vitamin B, and rich in dietary fibre. One cup of cooked millet contains 12% of recommended daily allowance of protein and is loaded with minerals: manganese, phosphorous, potassium, calcium, and iron. It is also low glycaemic and gluten-free. Different types of Millets are found in India viz., Jowar, Bajra, Ragi, Sawan, Kangni, Cheena, Kodo, Kutki, Kuttu, etc. India is the largest producer of Millets in the world followed by Nigeria and Niger in Africa. Millets have been part of our culture from ancient times and have been mentioned in the Vedas. Millets are generally grown by small farmers and are mainly consumed in villages. Due to the large-scale industrialised farming of wheat and corn, the use of coarse grains like Millets have decreased substantially. Millets may have been the grains of choice in the ancient times. In ancient China, millet was one



of the five sacred grains, and the Chinese believe that it was brought from heavens by Houji or "Lord Millet", a cultural hero worshiped as the founding ancestor of farming. It's also mentioned in Bible as one of the grains used to make bread.

To promote the export of millets, Prime Minister Modi is making sure to include some millet preparation in the meals of visiting dignitaries when entertained by him.

It reminds me of my late Nani ji (maternal grandmother). She was a rustic village lady, a very good cook. In winter, she used to cook "Bajre ki Roti". She would freshly pound the grains; cook the bread over slow "Upalon ki aanch" (cow-dung cakes); serve warm with pure "Ghee and Bura". She also used to cook "Bajre ki Khichari" and serve with freshly churned butter milk. So delicious and nourishing, I can still feel the taste after nearly 70 years. She passed away in 1953. I was 12 years of age. She had a very peaceful and dignified death with her children, and I, her grandson with her when she took her last breath. My maternal uncle was reciting from Gita and putting "Gangajal" in her mouth. Through this Forum, I pay my heartfelt tributes to her memories.

- Vijai Singhal

## IN LOVING MEMORY



### Shri Kasturi Lal Kapoor (1945-2022)

Shri Kasturi Lal Kapoor left us for heavenly abode on 4<sup>th</sup> October 2022. During a short trip to India, he contracted dengue fever and typhoid. Mr. Kapoor always had a deep connection with people he met. Like many senior citizens of Indian origin, he was hesitant to move to Australia but once he discovered the vibrant community of senior citizens in Sydney, he felt at home. During his time as a member of AHIA, he made many friends, and he cherished these friendships. Meeting people and being involved in activities was something he always looked forward to. According to his children, Mr Kapoor felt rejuvenated after coming back from senior meets and he would narrate the activities of the day with enthusiasm. Seniors who come from India often face boredom and loneliness in the new land. Mr. Kapoor encouraged others to become part of the community and introduced them to an active lifestyle which is available to seniors of Indian origin.

There are many beautiful memories, he made during his time with us. He will be missed by everyone. Mr. Kapoor is survived by his wife Mrs. Darshan Kapoor and two sons Deepak and Nitin who live in Sydney.

His children would like to thank everyone for their support during this time.

## Soil Guide: Everything You Need to Know About Soil Types (Part 1)



Good gardeners know that **90% of the success of their produce comes from the soil**. While the care you take for your plants is important, you will have to put huge amounts of work in

controlling and keeping the soil in proper growing condition. The perfect soil varies for the different plants you grow. Some plants like soil on the more acidic side, while others enjoy neutral or sweeter pH. But first, let's talk about the essence of soil.

### What is soil?

The soil is a living substance containing different elements whose interaction determines the health of the plants. **Soil contains minerals, such as sand, silt and clay**. The proportion of minerals in the soil determines the texture. It is the organic matter called humus that determines the soil's fertility.

The humus is constantly being regenerated by the living organisms, contained in the soil. The ground is full of microorganisms. The microorganisms facilitate the absorption of carbon in the soil, producing the polluting effects which contribute to climate change. By merging with roots, bacteria and fungi protect the plant from disease and provide it with water and all the nutrients it needs.

So, when you study the soil of your garden it's helpful to grab a shovel and dig a hole. It needs to be big enough to reveal a vertical section of soil that ranges from the surface to the underlying rock – referred to as a soil profile.

The soil profile is somewhat like the soil's fingerprint. It will differ from other soil samples based on factors like its colour, texture, structure and thickness, as well as, its chemical composition.

Each layer of a soil profile is referred to as a soil horizon. These horizons are identified by letters. Horizon "A" is the upper layer or the topsoil, which is closest to the surface. As you move deeper into the layers of the soil profile you have horizon "B" and "C", giving us the three main horizons.

### The importance of soil health

One gram of plant-covered soil contains about 1 billion bacteria from **between 5 000 and 25 000 species**. The other star of the



soil is the earthworm, of which there are around **25 000 per hectare**.

In one year several thousand tons of earth pass through the digestive tract of just a single earthworm. Worms also create tunnels, which help plants access the nutrients and speed up the absorption of water, which also prevents soil erosion. Soil health has a direct impact on human health, so it's important to take care of it well enough. Some effective ways to maintain good soil quality is through **composting**, practising crop rotation, **fertilizing** with green manure and by not harming its under-

ground organisms by digging or ploughing it up. Because if **plants are deprived of natural nutrients**, the fruits and vegetables that they produce will be of inferior quality, meaning they will be low in vitamins and central nutrients.

### Types of soil

There are three basic types of soil – **Sand, Silt and Clay**, but most soils are composed of a combination of the different types. The mixture determines the texture of the soil, or in other words, how the soil looks and feels.

In addition to the three basic soil types, gardeners can benefit from **peat** and **saline soils**. And, of course, the **loam soil**, which we consider a type of soil, even though it is really a combination of sand, silt and clay. The soil that will fit best your needs is determined by the type of plants that you're growing.



### Sandy soil

Sandy soil is greyish-brown in colour. It is very dry, and it's also one of the soil types that are hardest to grow in. It consists of small, weathered rocks and because of this, it can't retain water well. Sand is fairly coarse and loose so water is able to drain through it easily. While this is good for drainage, it is not good for growing plants because the sandy soil will not hold water or nutrients.

In fact, sandy soil is used to improve the drainage for other soils. Sand warms



up much quicker than other soil types and it can be used as a way to warm up the ground after winter.

**Silty Soil**  
Silt is another type of soil, which is commonly found next to riverbeds. It's transported by the moving currents of water, and it's one of the most fertile natural types of soil out there. Silty soil retains water well and it's even used to fertilize other types of soil.

Silt can be thought of as fine sand, and it will hold water better than sand. If you were to hold a handful of dry silt in your hand, it would feel almost like flour. If you add water to the silt in your hand, it would do a fair job of holding the water and feels slick and smooth.

This type of soil has a fine texture and fine quality. Because silt soil retains water so well the soil retains lower temperature year-round.

### Clay soil

Clay soil is brown in colour. It has the finest particles among other soils. The downside of clay soils is that they retain too much water. Because of the dense and fine texture of clay, water can't drain.

Clay is very fine-grained soil. Its particles are even smaller than silt, so there is very little space between the fine grains for air or water to circulate. Therefore, clay does not drain well or provide space for plant roots to flourish. Clay isn't the best pick for farming. However, if you are potting, clay soil is the one to pick. When moisture is added to clay, it can be moulded into shapes, such as a pottery bowl or a building brick.

Compiled by Raj Batra

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## AHIA celebrates Diwali in style!



on 15 October at the Pioneer Hall at Castle Hills.



Annually at this time of the year AHIA organises a Diwali dinner for its members, their friends and family. On 15 October this year AHIA celebrated Diwali once again in style!

The Pioneer Hall at the Castle Grand was decorated, by Pooja Decorations for the function, with Diwali lamps & lights and the stage decorated for the performances. Guests were welcomed at the entrance with a box of Indian sweets and kids with a bag of chocolates.

MC for the evening, Zoran conducted the events which included welcome speeches by the Secretary Mohinder Kumar, President Sushma Ahluwalia & Vice President Meeta Sharma.



The audience was kept entertained by plenty of lovely performances provided by the Swastik Dance Group. They started off with semi-classical and folk dances and then moving on to more catchy bhangra items. The girls from the group changed their dresses for each performance which gave a fresh feel to each dance.

DJ Jason kept the evening lively with a great selection of music. At the end of the performances the music changed, and the floor was opened up for everyone to dance to the lively music. Almost everyone ended up dancing late into the night to the peppy music!



As always, highlight of the evening was the excellent catering provided by Maya Da Dhaba – unlimited flow of delicious entrees, main courses and desserts. Guests were allocated to tables where entrees and endless flow of drinks, including red and white wine were served by Maya Da Dhaba's courteous and efficient waitresses and staff. A buffet with a large selection of main courses and desserts was laid out by Maya Da Dhaba at the back of the hall for guests to enjoy food at leisure. Maya Da Dhaba also provided a special kids menu earlier in the evening, which



included pasta and chicken nuggets. This allowed parents with young kids to feed them early in the evening, which freed them up to enjoy the events which followed.

Grants provided by Multicultural NSW, NSW Government, and a joint effort by members of the AHIA Executive Committee team made this possible, which resulted in the memorable evening, enjoyed by all!

A great start the festive period of Diwali!! ....**Vivek Bhatnagar** ..(Photos by Tilak kalra, Vivek Bhatnagar, Vinod Ahluwalia)



