

- the Association that cares



# Seniors Newsletter

**Volume 24 Issue 11 November 2023**

Editors: Sant Bajaj/Raj Batra

**Secretary : Mohinder Kumar**



Hello Every One,

I hope everyone is well and adjusting to the constantly changing Sydney Spring weather which at some time confusing!

At our last month's Seniors meeting, we celebrated Grand Parents Day which went very well. I am thankful to Grandparents who encourage their grandchildren to come along and say good words about their Grandparents.

On Saturday 4th November'23, AHIA celebrated Diwali at Grand Royale Hall, Granville. It was a great success, we had around 250 adults and children who enjoyed immensely. We thank Ms Julia Finn, MP, Member for Granville, Parliamentary Secretary the Premier and Secretary for the Arts, who represented the NSW Premier Mr Chris Minns. We also thank Councillors Mrs Reena Jethi & Frank De Masti, Hills Shire. We heard speeches from our chief guests and saw a video message from the Mr Chris Minns telling us all about importance of Diwali and the Indian Community.

The evening was full of fun with Dance performance given by Swatik Dance Group, and DJ Jason whose fabulous music made every one dance till late at night. We thank Preeti Thadani to MC the night meticulously. To top it up, the night dinner included Chat and Jelabi stalls. We thank Maya the Dhabha for serving a large variety of delicious food.

Also, we thank our sponsors, Kamal and Neeraj Verma, Raman Miglani and Ram Chabbhra for their kind donations.

Last but not least I like to thank our AHIA Executive Committee members who worked tirelessly to make this Diwali celebrations a great success.

Please attend our next Senior's meeting on Saturday 11th November'23, until then please take care.

With best wishes

**Sushma Ahluwalia**  
**President**



'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.

## दीपावली के अवसर पर

आप सन 1987-88 का समय याद करें जब रामानन्द सागरजी ने टी.वी. पर 'रामायण' दिखानी शुरू की थी। मुझे याद है कि इसे देखने के लिए हम सब नहा कर, नाश्ता आदि कर के इसके शुरू होने से पहले ही टी.वी. के आगे बैठ जाते थे। दिल्ली की गलियाँ और बाजार सुनसान हो जाते थे मानों कर्फ्यू लग गया हो। क्योंकि रामायण एक ऐसा ग्रन्थ है जो पारिवारिक सम्बन्धों और ईश्वरीय गुणों पर आधारित है।

आज इसी से सम्बन्धित एक और बात याद आ गई। सन 1943 में एक पिकचर आई थी 'राम- राज्य'। उस समय भी लोगों ने बड़ी श्रद्धा और प्रेम से उसे देखा था। इसी पिकचर का एक गाना पूरी रामायण की कथा कह देता है। गाना यह है :-

1 भारत की एक सन्नारी की हम कथा सुनाते हैं  
मिथिला की राज दुलारी की हम कथा सुनाते हैं  
शिव धनुष राम ने तोड़ा, मिला चन्द्र चकोर का जोड़ी  
जनकपुरी से तोड़ा नाता, अवध पुरी से जोड़

कोमल थी वो कली, सुखों में पली,  
वनों चली बहुत-बहुत दुःख पाई  
सुनकर उसकी व्यथा नयन भर आते हैं ---हम कथा सुनाते हैं

2 रावण ने छल करी, सिया को हरी, विधि क्या करी,  
शोक बहु पाई सीता सीता करे, विरह में जरे,  
वनों फिरे विकल रघुराई, विकल रघुराई।

3 पवन पुत्र वहां आए, युक्ति बहु कीनी, सीता सुधि पाई  
राम कोप कर बढ़े, लंका पर चढ़े, फूंक दी लंका - सिया लौटायी

जैसे दीए में तेल, तेल में बाट, बाट में तेज प्रकाश  
तस राम हृदय में सिया, सिया हृदय राम ही भासे।  
कुछ ऐसी ही स्मृतियों को संजोते हुए।

**शारदा शर्मा**





## AHIA Diwali Function - Saturday 4 November 2023 @ Grand Royle Granville

Very nice, decorated hall with nice floor plan - looked amazing.

Guests started arriving around 6.30 PM, dressed in their beautiful & colourful attire. Festive atmosphere started with hustle & bustle, laughter, smiles & hugs.

Sweets boxes for each couple and small bags of chocolates for kids were placed on each table to take home as a Diwali gift from AHIA.

Entrée - Chat, Pani Puri counter was open when the guests started arriving. Also, there were Hot entrée, Veg & non-Veg was served as Buffet. Entrée counter was closed around 8PM.

VIP guests, Hon Julia Finn MP representing Chris Mins Premier NSW, Chancellor Reena Jethi and Councilor Frank De Masti from Baulkham Hills Shire arrived around 7:30PM to grace AHIA Diwali

Pawan Luthra & Rajni Luthra from Indian Link also joined the Diwali Function.

VIPs & Executive team of AHIA lighted the candles with assistance from Esha Oberoi of AFEA Care Services.

Lighting the candles was followed by Sushma Ahluwalia, AHIA President, welcoming the VIPs & Guests.

Chris Mins's Video Speech was played for the guests as he couldn't join the function.

Hon Julia Finn MP gave speech and wished guests a happy Diwali and spoke in praise of AHIA.

Clr Reena Jethi gave lovely speech about Ram & Sita and also wished everyone a happy Diwali.

Swastik Dance Group performed beautiful Shiv Vandan followed by classical dance.

Daxa Chauhan Sang couple of songs. With her melodious voice, everyone started dancing - atmosphere was on peak and we could feel the happiness around.

This was followed by another two beautiful performances by Swastik Group. Guests were clapping & enjoying the beautiful dances.

No Diwali is complete without gamble. So, raffle was conducted from guests ticket numbers. Three prizes were handed out to lucky winners- each with a bottle of French Wine & Candle.

Preeti Thadani, our MC was excellent in stage handling skill. She invited little kids and asked them what do they think of Diwali? Kids were bold & gave very cute answers. Their answers ranged from their love for Firecrackers, Sweets and family or whatever else they could think of.

Swastik Group was back again after changing their dresses and oh la la - two Bollywood numbers- Do Toile Ki Mundri La De & Jo Main Karna Tha Kargeye & Nagada Nagada - outstanding finish.

AHIA Awarded certificate of Achievement to all below performers.

Daxa Chauhan for singing.

Dance Performers - Conchita De Siouza, Tripti Gupta, Parveen Lekhi, Megha Fotariya, Aleysandra Rahman.

Dinner buffet was opened around 9PM with dessert. Hot Jalebis were prepared fresh at the counter was the highlight of the dessert.

People enjoyed the evening and dance floor was open till 11PM.

DJ, Jason created beautiful atmosphere with lovely choice of songs and everyone enjoyed.

Special Thanks to MC Preeti Thadani, DJ, Jason & Ajay



Rai and his staff for delicious food and hospitality

& to our sponsors - Neeraj & Kamal Verma, Mr & Mrs Raman Midha & Mr & Mrs Ram Chhabra.

Well done AHIA Team and AHIA'S member, Guests for making this night memorable!!

Happy Diwali to ALL of YOU

**Meeta Sharma**

**Vice President**



## राज की बात

जूही मिसेज़ चौकसी को पता चला कि कमला की बेटी ससुराल से झगड़ा करके अपनी माँ के पास आ गई है तो उसके पेट में उथल पुथल शुरू हो गई। वह पूरी बात जानने को उतावली हो उठी। उसका झगड़ा किस बात पर हुआ है और क्या तलाक तक की नौबत पहुँच चुकी है। उसे यह खबर सबको जितनी जल्दी हो सके पहुँचानी थी, नहीं तो उसे चैन नहीं आएगा। बंसरी बहन चौकसी - शॉर्ट में बोलें तो 'बी.बी.सी'-(BBC), अर्थात् न्यूज़ का स्रोत और प्रसारण। वैसे तो उन्हें दुनिया जहाँ की सारी खबरों का पता होता है परन्तु वह मुहल्ले की और उस के ओस पड़ोस की 'स्पेशलिस्ट' हैं। मिसेज़ चौकसी मोहल्ले के कोने वाले मकान में रहती है और सब पर नजर रखती हैं।

यदि आपको यह पता करना है कि किसकी लड़की का चक्कर किसके लड़के से चल रहा है, या कौनसा मर्द अपनी बीवी को छोड़ पड़ोसन के चक्कर में रहता है, या फिर कौन दो नंबर का धंधा करता है, या नकली शराब बनाता है- तो आप को ज़्यादा दूर जाने की जरूरत नहीं है, बस इंतज़ार कीजिए, उन के अगले बुलेटिन में सब मिल जाएगा।

चौकसी बहन का खबरें पहुँचाने का अंदाज भी बड़ा न्यारा होता है। हर एक के पास पहुँचकर बोलेगी, "बहन जी! आपको एक राज़ की बात बता बताती हूँ-किसी से कहना मत।"

हालांकि मोहल्ले की हर औरत को पता है मिसेज़ चौकसी की इस आदत का, लेकिन दूसरों के बारे में सुनने का मज़ा वो खोना नहीं चाहती, इसलिए वे उसकी बातों को सुनने के लिए बेताब रहती हैं। और इस बात का ध्यान भी रखती है कि उनके साथ दोस्ती बनी रहे नहीं तो वो आप के बारे में कुछ ना कुछ बना कर आपको बदनाम भी कर सकती है।

अभी पिछले हफ्ते ही 35 नंबर वालों की लड़की के बारे में यह खबर लाई कि वह अपने प्रेमी के साथ भाग गई है। परन्तु जब असल बात सामने आई कि वह पढाई के लिए बेंगलुरु अपने भाई के पास गयी है, तो BBC बड़ी सफाई से बात टाल गई। वैसे, वह कई बार बड़ी रोचक खबरें भी लाती है, जैसे पिछले महीने उन्होंने कहा कि, "राहुल गाँधी की शादी हो रही है।"

"अच्छा! आपको कैसे पता?"

"अरे, वो हरियाणा की किसान औरतों से मिले और उन्हें घर पर खाने पर बुलाया तो उनमें से एक औरत ने सोनिया गाँधी से पूछा, "बहन जी बेटे की शादी कब करेंगे?"- तो सोनिया जी ने हँसते हुए जवाब दिया कि "आप लड़की ढूँढ दो, कर देंगे" और राहुल भी मान गये कि जल्द हो जायेगी। बहन जी! मुझे तो पक्का यकीन है कि सोनिया जी बहू भी अपने देश इटली से लायेंगी।"

"वो कैसे?"

"सोनियाजी ने इशारा किया था कि जब आपने मुझे स्वीकार कर लिया तो मेरी बहू को भी स्वीकार कर लेंगे।" --इसका मतलब यह हुआ कि बहू भी बाहर के देश की है?"

"अरे वाह, बाल की खाल निकालना इसे कहते हैं -आप तो इस मामले में महारथी हैं।"-मिसेज़ मेहता ने एतराज़ जताया, "बाहर की है तो क्या? फिर देरी किस बात की है?"

"इलेक्शन की।"

"वह, कैसे?"

"BJP वाले इसे बहुत बड़ा इशू बना लेंगे।"

"लो, भला यह कोई बात हुई? उन्हें भला क्यों तकलीफ होने लगी। यह उस का निजी मामला है।"

"चलो छोड़ो। बड़े लोगों की बड़ी बातें।", कह चौकसी बहन ने पल्ला झाड़ा।

चौकसी बहन ने कई ग्रुप ज्वाइन कर रखे हैं। 'किट्टी पार्टी' की सदस्य हैं, महिला मंडल की और पड़ोस के मंदिर की 'भजन मंडली' की भी।

जूही उन्हें पता चला कि मुहल्ले में एक नई फॅमिली आई है, हमारी BBC जल्द से जल्द उस से तालमेल बनाने में लग गयी। मंदिर में अपनी नई पड़ोसन को देख कर चौकसी बहन उसके पास पहुँची और बिना अपना परिचय दिए, बोलने लगी-"बहन जी! आप नई नई आई हैं, सोचा आप से मिल लूं और आप को चेतावनी दे दूं।"

"किस बात की चेतावनी?"

"उस लाल रंग की साड़ी वाली औरत को देख रही हो, उससे बचकर रहना, तुम नई नई आई हो इसीलिए तुम्हें बता रही हूँ। यह राज़ की बात है, अपने तक ही रखना। वह बड़ी खतरनाक हैं- झूठ-मूठ की बातें फैला कर झगड़े करवाती रहती है, मुंह की बड़ी मीठी है।"

यह सुन नई पड़ोसन बोलीं - "धन्यवाद! अच्छा किया, अपने मुझे बता दिया, मैं तो यहाँ नई नई आई हूँ, पता नहीं कौन कैसा है। अभी एक और बहन जी ने भी मुझे उस के बारे में चौकस किया है कि वह - बड़ी 'फफ्फे कुट्टन' है अर्थात् इधर की उधर और उधर की इधर करने में एक्सपर्ट है। बहन जी! आप ही बता दो कि यह लाल साड़ी वाली कहीं मोहल्ले की वही BBC- चौकसी बहन- तो नहीं है।"

इससे पहले कि मिसेज़ चौकसी इस झटके से उभरती या चौकस होती, देखा कि वह लाल साड़ी वाली औरत उनकी तरफ आ रही थी, इसलिए दोनों एकदम खामोश हो गईं।



----- संतराम बजाज





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### राज सनेजा

एक बार मंदिर के पुजारी को कब्ज हो गई। वो डॉक्टर के पास गया और बोला डॉक्टर साहब बहुत जोर की कब्ज हो रही है कोई दवा दीजिए। डॉक्टर ने वैकुलैक्स की दो गोलियाँ दी और कहा अब ठीक हो जाएगी। जाते जाते पुजारी ने डॉक्टर से पूछा कोई परहेज तो नहीं करना। डॉक्टर ने कहा कोई खास तो नहीं तो बस शंख मत बजाना।

### प्रति पल खुश हूँ

जिंदगी है छोटी, हर पल मैं खुश हूँ।  
काम में खुश हूँ, आराम में खुश हूँ।

आज पनीर नहीं तो क्या, दाल में ही खुश हूँ।  
आज गाड़ी नहीं तो क्या, पैदल ही खुश हूँ।

आज कोई नाराज हैं तो क्या,  
उसके इस अंदाज से ही खुश हूँ।

जिसको देख नहीं सकता, उसकी  
आवाज से ही खुश हूँ।  
जिसको पा नहीं सकता, उसे सोचकर

ही खुश हूँ।

बीता हुआ कल जो बीत चुका है,  
उसकी मीठी यादों में खुश हूँ।  
आने वाले कल का पता नहीं, फिर भी  
आज मैं खुश हूँ।

हंसी खुशी बीत रहा है पल, तो आज में ही खुश हूँ।  
जिंदगी है छोटी, हर पल में खुश हूँ।

अगर आपके दिल को छूआ तो जबाव देना,  
वरना बिना जबाव के ही मैं खुश हूँ।

**सुदेश गर्ग**

### Happy Birthday

Sandeep Bansal	Vajinder Singh
Anita Sangha	Kali Gupta
Kailash Bhatnagar	Jatinder Ahuja
Man Mohan Mehta	Kuldip Chhabra
Sushil Anand	Somnath Bhasin
Nidhi Jain	Rocky Meeru
Narinder Singh	Rita Nath Nath
Jagtar Sangha	Jagjit Sidhu
Usha Chaudhry	Chanchal Varmani
Sunil Bhatia	Indu Bajaj

### Happy Wedding Anniversary

Mr. & Mrs. Ambrish & Saroj Attrey
Mr. & Mrs. Charanjit Singh Sandhu & Gurharwant
Mr. & Mrs. Ritesh & Rupali SHROFF
Mr. & Mrs. Gurdev Singh & Amarjeet Kaur
Mr. & Mrs. Tarlochan Singh & Prakash Kaur Rekhi
Mr. & Mrs. Gurdeep & Charan Sekhon
Mr. & Mrs. Kewal & Nalina Sajdeh
Mr. & Mrs. Kuldip & Kiran Chhabra
Mr. & Mrs. Braham & Sharda Sharma
Mr. & Mrs. Tilak & Bindu Kalra
Mr. & Mrs. Rakesh & Sarita Sachdev
Mr. & Mrs. Somnath & Chanchal Rani Bhasin
Mr. & Mrs. Pavan & Pooja Kalra
Mr & Mrs Harish and Indu Bajaj

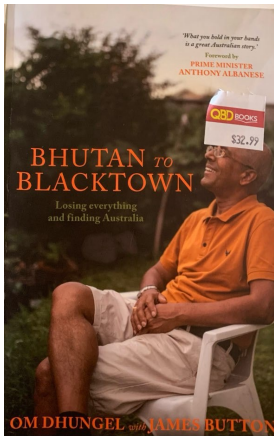
**Seniors Meetings @ 2 Lane Street. Wentworthville November 11 2023 from 1 to 4 PM.**

**No senior meeting in December, 2023**

## Book Review: BHUTAN TO BLACKTOWN

Book 'Bhutan to Blacktown' is an autobiographical account of Mr Om Dhungel, a Bhutanese refugee of Nepali origin. In it he narrates the story of his life in Bhutan and subsequent ordeal of his journey from Bhutan to Blacktown due to ethnic cleansing in Bhutan in 1990. It is an engrossing and gripping account of courage, determination, resilience, compassion, generosity, and humanity and how can one be immensely helpful to others and society. The book brings out so vividly the horrible conditions and uncertain life of people affected by ethnic cleansing in Bhutan. Despite his being a senior civil servant in Bhutan's Department of Telecommunications and with direct approach to the Bhutan's King,

he became a victim of ethnic cleansing. One can imagine the situation of other ordinary persons affected by the persecution in Bhutan. His story also brings out so clearly the humanitarian policies and compassionate approach of Australia in embracing refugees and helping them settle in Australia. He was instrumental in helping about 5000 other refugees from Bhutan to settle in and integrate with Australia. The tagline of book 'Losing everything and finding Australia'



well describes it so aptly. In the foreword of the book Hon Anthony Albanese, Prime Minister of Australia sums up the book as 'story about possibility and new beginnings. .... Love story about family and community, and the power of the human spirit that holds everything together'. Mr Om Dhungel, the main author, lives in Fairwater, Blacktown and is our nearby neighbour there. He is also a Justice of Peace. We found him very simple, of helping nature and soft spoken. The book revealed the travails and turmoil he had endured.



**Shiv Agrawal ( shivshiv@gmail.com )**

## DEVOTION TO SRI RAM

Devotion to Ram–Nam (God's Name or the divine Sound) is the fundamental teaching of the Saints. Listening to the Saints' discourses on God or his glory is like listening to his external Hari Katha, but listening to the inner divine Sound is like listening to the internal Hari Katha. Saints are in tune with the inner Sound which Tulsidas variously calls Hari Gun, Ram Gun, Hari Katha, Ram Katha. Tulsidas states Saints have attained liberation while living and by constantly listening to the God's glory (Hari Gun), and those who wish to cross the ocean of the world, Ram Katha serves as the sturdy boat.

Tulsi Sahib states:

Why wander everywhere in search of your friend?

The road to your beloved is through the royal vein (Shah Rag)

In the Ramcharitmanas, Tulsidas considers Ram as manifest of God like other Perfect Saints. Using Ram, the son of Dashrath as the medium, Tulsidas, like other Saints, imparts to Sabri the teaching of Nine steps to devotion to the Supreme Being.

In the Bal-kand of Ramcharitmanas, Ram as a child shows his cosmic form to his mother Kaushlaya. Through the medium of Bharat, Tulsidas declares that none dares trans-

gress Ram's will. During the dialogue between Hanuman and Ravan, Hanuman introduces himself to Ravan in these words: "Listen, O Ravan, the One whose might enables Maya to produce numberless universes; by whose power, Brahma, Vishnu and Shiv create, sustain and destroy the world, know me to be the messenger of Him." Tulsidas says, Ram, the Supreme Lord, has no beginning or end. He is the ocean of bliss, a mere drop of which can make the three worlds blissful. It is only through realizing Ram that the entire universe can attain peace. Ram is called Sat-Chit-Anand, which means truth, consciousness, and bliss personified.

As per Tulsidas' Ram is the Lord of the entire Creation and is also the inner knower of all hearts. Explaining to Hanuman, Sri Ram himself says: "He alone, O Hanuman, is said to have exclusive devotion for me, who is steadfast in his conviction that he is servant of that Lord, whose manifestation is this entire creation, animate and inanimate."

According to Tulsidas, Ram is merciful Lord (Dyal). Ram is storehouse of mercy (Kripanidhan). Vibhishan also points out that Ram, the Lord of the entire universe, is the death of Death (Kal) himself. He is especially affectionate towards his devotees (Bhakatvatsal). Tulsidas repeatedly speaks of love and devotion as the only means of salvation. Dadu Dayal says:

God belongs to the caste of love; Love is dear to Him.

Love is His body, and love alone; His colour.

Guru Nanak Dev also asserts: "God is in the Soul and the Soul is in God and through the Guru's wisdom I have realized this."

Tulsidas says that human birth is the only gateway to get out of the vicious cycle of birth and death and attain salvation. That is why even gods and goddesses yearn for this life. God has designed this human body for spiritual endeavours and if we fail to achieve our spiritual purpose, we suffer from agony and torture,

Human body is the ladder that takes the soul either to hell or heaven or to final deliverance. After obtaining the human body, if one does not devote time in the love and devotion of God, he is throwing away the philosopher stone from his hands in exchange for mere bits of glass.

Tulsidas says: "Repeat Ram's Name, be devoted to Ram's holy feet; Do Bhajan and Simran(meditation) regularly. This should be your sole concern day and night. This is how you will realize Ram." Name alone is the true ship for crossing the dreadful ocean of the world. Board the ship of the Lord's Name and achieve Sat-Chit-Anand.

**रोशन लाल**



A question is often asked from a Yoga teach by students what is the difference between Yoga Asanas and Non-yogic physical exercises and what are the benefits of Yoga exercises.

The following distinctions were covered in my Yoga Course at SAYK with the Ministry of AYUSH from the Government of India.

The distinction between Yoga Asana and Non-Yogic physical practices/exercises



YOGA ASANAS PHYSICAL CULTURE	YOGA ASANAS PHYSICAL CULTURE
1) The effect of asanas in Patanjali's Yoga Sutras results in the removal of conflicts in life.	1) Physical non-yogic exercises are meant for making the body beautiful and healthy.
2) In Hatha Yoga, asanas bring about physical benefits - health, steadiness, firmness and lightness of the body	2) Exercises are without any reference to improvement of the mind.
<b>The distinguishing feature of asanas is the critical element which is the development of awareness</b>	<b>Physical exercises are not performed for developing the awareness</b>
1) When asanas are done in a slow and steady manner as per classical Yoga. 2) They generally stimulate the parasympathetic nervous system. 3) Thus, there is a feeling of being refreshed and rejuvenated after doing such asana practice	1) In the case of physical exercises, the sympathetic nervous system is stimulated. 2) This consumes energy, produces heat in the body and generally leads to tiredness.
While doing asanas, the blood circulation remains more or less even throughout the body.	While doing exercises, there is unequal distribution of blood in the body.
The fundamental difference is that yoga asanas <u>oppose</u> violent muscle movements as this causes fatigue, muscle stiffness and injury.	Often emphasizes violent movements of muscles. Which produce large quantities of lactic acid in the muscle fibres causing fatigue.
1) The stretching of muscle forces blood through the valves of the veins. 2) Inverted postures use gravity to force the blood back to the heart and increases the volume of blood circulated	1) Relies solely on aerobic exercises to increase heart-pumping and thereby blood circulation. 2) This produces tremendous strain on the heart. 3) Many highly trained athletes have died of heart failure
In Yoga exercises muscle fatigue is counteracted through proper breathing and relaxation	Whereas in physical violent movements it exceeds the muscle and circulation limits, causing fatigue.

**Article written by Nirinder Jalpota, References: Yoga Margadarshika, Shri Ambika Yoga Kutir, Ministry of AYUSH, Govt. of India**

## 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***

**Next Seniors Meeting @ 2 Lane Street. Wentworthville January 13 , 2024 from 1 to 4 PM**

## Essential Precautions for Blood Tests: Ensuring Accurate and Reliable Results – Onkar Nath Goyal



Before undergoing blood investigations or blood tests, there are some general and test specific precautions / preparations you should consider. These precautions can help ensure the accuracy of the test results and your overall well-being. Here are some common general steps to take:

**Follow your doctor's instructions:** Always follow any specific instructions provided by your doctor. They may have tailored recommendations for your particular tests or medical condition.

**Fasting requirements:** One of the most common instructions for blood tests is fasting. Some blood tests require fasting before the test. This means you should not eat or drink anything (except for water) for a specific period before the test. Typically, fasting for 8 to 12 hours is common for tests like glucose, and triglyceride levels. Follow your doctor's advice regarding fasting.

**Stay hydrated:** It's generally a good idea to drink plenty of water before your blood test. This can make it easier for the phlebotomist to draw your blood and improve the quality of the sample.

**Avoid alcohol and caffeine:** Avoid consuming alcohol and caffeine for at least 24 hours before the test, as they can affect some test results, such as liver function tests, lipid profile (esp. triglyceride).

**Rest before the test:** Ensure you get a good night's sleep before your blood test. Being well-rested can help stabilize certain hormones level in blood.

**Avoid vigorous exercise:** Strenuous physical activity can temporarily affect certain blood parameters, so it's best to avoid intense exercise for at least 24 hours before the test.

**Relax and breathe:** Anxiety and stress can affect some test results (like Prolactin level), so try to stay relaxed during the procedure. Deep breathing and positive thoughts can help reduce stress and discomfort.

**Dress appropriately:** Wear clothing that allows easy access to your arm or another area where the blood will be

drawn. Loose-fitting sleeves or clothing with easy roll-up sleeves are a good choice.

**Communicate about allergies:** If you have allergies, especially to latex or adhesive materials, inform the healthcare provider or phlebotomist to ensure they use appropriate materials during the procedure.

**Be honest with your healthcare provider:** Provide complete and accurate information about your medical history, including any recent illnesses, surgeries, or medications.

**Consistent Laboratory:** Whenever possible, use the same laboratory for your blood test especially in case of regular follow up. Different laboratories may use slightly different methods and equipment, which can lead to variations in results. Consistency in testing locations helps ensure more accurate comparisons over time.

In addition to the general precautions mentioned above, here are some additional instructions and considerations for specific types of blood tests:

**Medication Instructions:** Inform your doctor or laboratory person about all medications and supplements you're currently taking. Some drugs (like biotin) can interfere with test results. In some cases, your doctor may advise you to temporarily discontinue certain medications before the test. However, never stop taking any medication without consulting your healthcare provider first.

If you are taking any blood-thinning medication, such as heparin or Coumadin (warfarin), tell the phlebotomist about these medications before your blood is drawn.

**Timing:** Timing is crucial when collecting samples for drug level testing. Follow your healthcare provider's instructions regarding when to schedule the test in relation to your last dose of medication. Some medications have specific timing requirements, such as "peak" and "trough" levels, which may require blood samples to be taken just before a dose (trough) and at the medication's peak effect (peak).

Some other blood tests also should be done at specific times of the day or month to ensure accurate and meaningful results. Thyroid function tests can be influenced by the time of day. It's often recommended to have these tests done in the morning, as thyroid hormone levels can vary throughout the day. Hormone levels, especially in women, can fluctuate during the menstrual cycle. Specific days in the menstrual cycle may be recommended for hormone testing, depending on the purpose of the test.

*Remember that specific blood tests may have unique requirements, so it's essential to consult with your doctor or the testing facility for any additional instructions. Following these additional guidelines can further enhance the accuracy and reliability of your blood test results.*



## मन

मन है बहती जलधारा की तरह  
 बहता है--अविरल, अनिश्चित  
 विचारों की तरंग में--कभी आज में कभी कल में गोते लगाता  
 जीवन नैया को पार लगाता  
 तो कभी--मंझधार में हिचकोले खिलाता  
 कभी समुद्र की गहराईयों को नापता  
 तो उड़ जाता कभी नील गगन में पंछी बन  
 हो मगन नाचता राधा-कृष्ण बन  
 तो कभी शान्त हो जाता शून्य बन  
 स्थिर हो जाता शिला की तरह  
 तो कभी झंझावात, बवंडर

मन ही तो है--

## दोस्ती

दोस्ती कब किससे कहाँ हो जाए अदांज नहीं होता  
 देखते ही देखते कब वो हमराज हो जाए पता नहीं होता  
 यादों की भरपूर पोटली कब खुल जाए पता नहीं होता  
 दूरियाँ कब नजदीकियाँ हो जाए पता नहीं होता  
 हंसते-हंसते कब अपना बना ले पता नहीं होता  
 किसका साथ कहाँ तक होगा पता नहीं होता  
 उम्र और हालात कब बदल जाए पता नहीं होता  
 पर-दोस्ती वो घर है जिसका कोई दरवाज़ा नहीं होता  
 अन्दर आ जाए तो बाहर निकलना नहीं होता

## Kimbriki Resource Recovery Centre

Kimbriki Environmental Enterprises Pty Ltd (Kimbriki) is an innovative waste and recycling centre with a dry landfill located on Sydney's Northern Beaches. Kimbriki aims to be a centre of excellence for environmental services associated with the generation of waste and to provide education to the community..



Kimbriki is owned by Northern Beaches Council (96%) and Mosman Council (4%) and works with its community, shareholders, employees, partners and the waste industry to deliver and promote efficient services that reduce waste to landfill and increase resource recovery.

Kimbriki has a long, successful history and record of achievement dating back to 1974 when the gates first opened. Kimbriki was originally established as a landfill. Fees and charges were introduced in 1979.

Over the years, Kimbriki has grown in size and strength, and complexity.

In 1989-90, resource recovery operations for vegetation and scrap metal commenced on site and the Kimbriki Recycling and Waste Disposal Centre commenced.

This significant shift from waste disposal to resource recovery shaped the future of Kimbriki and today the site recycles over 80% of incoming wastes extending the remaining life of the Kimbriki landfill past the 2000's and well into the 2040's at the present rate.

To date, more than 4 million tonnes of waste has been diverted from landfill at Kimbriki through resource recovery operations on site.

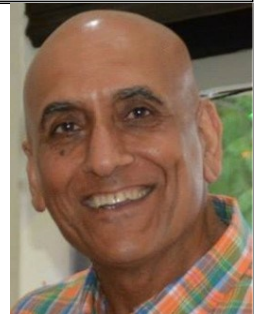
The challenge to recover more continues with the mixed waste stream. Customers are encouraged to separate their wastes, which increases resource recovery, but also reduces the amount of waste land-filled.

In 2013, Kimbriki installed a landfill gas collection and gas flare. This captures ~400m3 per hour with ~45% methane.

In 2019, Kimbriki constructed and commissioned a Leachate Treatment Plant onsite. The plant captures and treats the leachate generated on site and is currently discharging up to 500,000 litres per day to the sewer.

**Address: 1 Kimbriki Road (Off Mona Vale Road), Ingleside 2101**

**Source: <https://kimbriki.com.au/>**



## "खो-खो" खेल की महिमा

पिछले सप्ताह हिंदी कक्षा सुबह दस बजे से शुरू हुई थी। उस दिन बहुत ठंडी थी। सभी को ठंड सता रही थी। कुछ देर पढ़ लेने के बाद सोनाली ने कहा - "क्या हम बाकी की पढ़ाई बाहर धूप में बैठकर कर सकते हैं?" भारत में माँ तो बच्चे गुरुकुल में पेड़ के नीचे खुले में पढ़ाई करते थे।"

अध्यापिका जी पढ़ाने के बीच में थीं। उनके पास समय कम था। वह पढ़ाई पूरी करवाना चाहती थीं, जिसमें कठिन शब्दों को ब्लैक बोर्ड (black board) पर लिखना था। उन्होंने कहा पाठ पूरा करने के बाद बाहर चलेंगे।

पाठ पूरा होने के बाद ठंडी न सह पाने के कारण प्रिया अपने आप बाहर चली गयी। उसके पीछे एक-एक करके सभी बाहर आ गये।

तब तय हुआ कि धूप में "खो-खो" का खेल खेला जाय। पूरे बच्चों को पहले एक लाइन में खड़ा किया गया। उसके बाद एक के बाद एक को पलटा कर खड़ा किया गया। दो बच्चों में एक को चौर, दूसरे को सिपाही बनाया। दोनों ओर मुँह करके खड़ा होने का मतलब यह था कि जब चौर पकड़ से दूर हो तो सिपाही चौर निकट वाले खिलौने की पीठ पर धक्का देकर उसे मगा देता है और उसके स्थान पर वह खड़ा हो जाता है। इससे चौर को पकड़ना आसान हो जाता है। पकड़े जाने पर चौर सिपाही का काम करता है तथा उसके बाद वाले को चौर बनाया जाता था। एक किनारे पर चौर को और दूसरे किनारे पर सिपाही को खड़ा राखकर चौर को पकड़ने के लिए सिपाही की भागना होता है। इस तरह खेल चालू हो गया। थोड़ी देर खेल का आनंद लेकर सब अपने-अपने घर चले गये।

अशा गुप्ता









**Membership Renewal**  
Please renew your membership at the  
Seniors meeting





## Membership Renewal

Please renew your membership at the Seniors meeting





**Photos taken by Raj Batra**