

AUSTRALIAN HINDI INDIAN ASSOCIATION (AHIA)

-the Association that cares



Sandesh सन्देश

incorporating

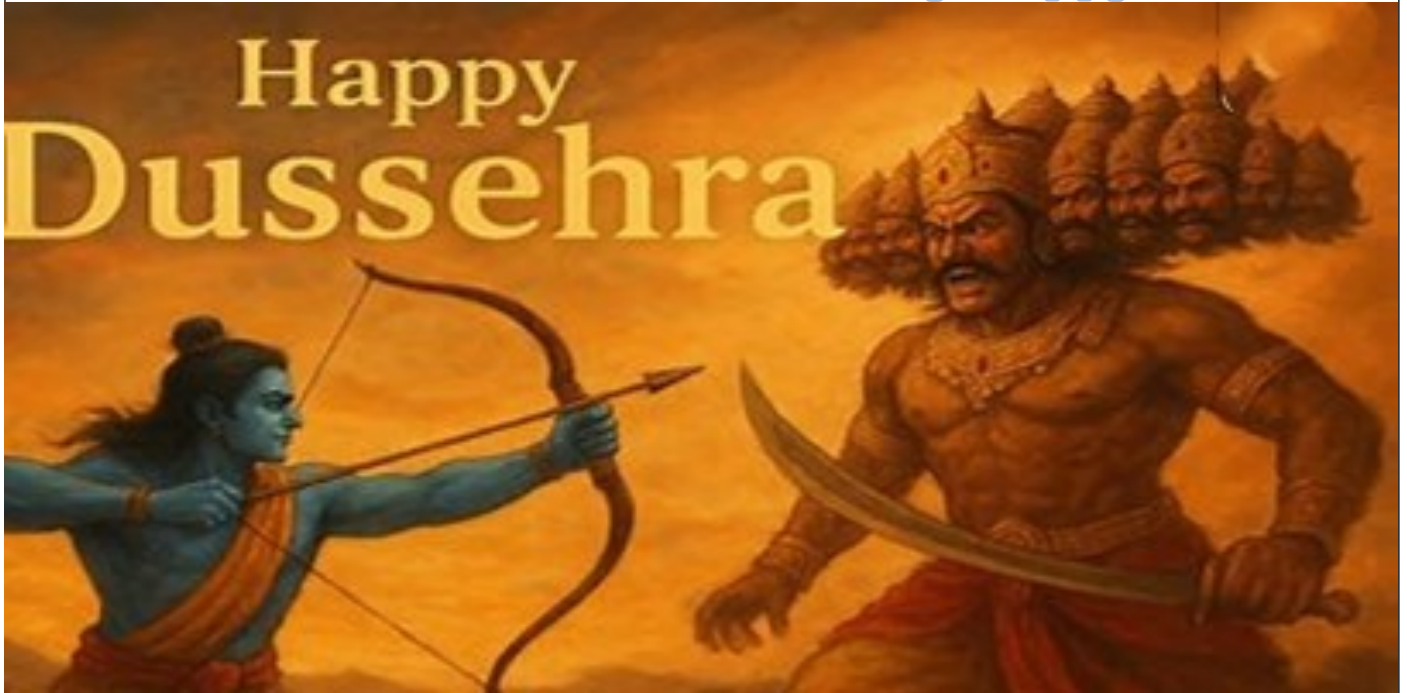
Seniors Newsletter

Established 1994: Volume 25 Issue 10 October 2025

President: Mohinder Kumar Secretary : Vivek Bhatnagar

Editors: Sant Bajaj/Raj Batra

AHIA wishes all the members a very Happy Dussehra



AHIA wishes all the members a very Happy Diwali



AHIA President's report

Dear Friends,

On behalf of the AHIA Executive Committee, I extend our warmest wishes to you and your families for a Happy Diwali. May the coming year bring you joy, good health, and prosperity – both material and spiritual.

While we all know that good health is our greatest wealth, it's easy to get caught up in things that matter less in the long run. Let's continue to prioritise our well-being and stay positive!

As mentioned at our last seniors' meeting and in last month's Sandesh, there will be no seniors' meeting in October, as we'll be celebrating Diwali together over dinner on Saturday, 11 October 2025, at Pioneer Hall, Castle Hill.

Our next seniors' meeting will be held on Saturday, 8 November 2025, in the same venue as our previous gatherings.

The AHIA Executive Committee elections are held every two years, and the next election will take place in December 2025 to appoint a new committee. Our Secretary, Vivek Bhatnagar Ji, will send out a formal notice to all members in due course.

Wishing you all a wonderful festive season – enjoy this special time with your family and friends!

Warm regards

Mohinder Kumar
President, AHIA



Mohinder Kumar

'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.

AHIA Secretary's report

Dear Members,

As we embrace the vibrant spring season here in Sydney, I'd like to extend my warm wishes to you all for a joyful and festive time ahead. October is truly a month of celebration, with festivals such as Durga Puja, Vijayadashami, Karwa Chauth, Diwali, Govardhan Puja, and Bhai Dooj bringing light and joy to our homes and hearts.

We are delighted to host the AHIA Diwali Dinner on Saturday, 11th October at Pioneer Hall, Castle Hill. I hope you were able to join us and enjoyed the evening of festivities, food, and fellowship. As the dinner coincided with our regular monthly meeting date, we did not hold a separate meeting in October. Our next monthly meeting will be held on Saturday, 8th November 2025, and we look forward to seeing you there.

At our recent meeting, we had an insightful presentation on Diabetes, a condition that affects a significant portion of the Indian subcontinent community. We hope you found the session informative and empowering. Even small lifestyle changes can make a big difference, and we remain committed to bringing you more such meaningful health and wellness topics in future sessions.

Thank you once again for your continued support and contributions to AHIA. Your involvement is what makes our community stronger and more vibrant.

Warm regards,

Vivek Bhatnagar
Secretary, AHIA



कहानी घुटनों की

अस्पताल की बिल्डिंग तीन मंजिला है और मेरा कमरा दूसरी पर, दीवार पर शीशे की खिड़की है या यूँ कहिए कि शीशे की दीवार है जिसके अंदर से मैं कुर्सी पर बैठ कर बाहर का दृश्य पूरी तरह से देख सकता हूँ।

टीवी पर भी कोई ज़्यादा अच्छे प्रोग्राम नहीं होते। सारा दिन वही इजरायल- गाजा की या रूस और यूक्रेन की खबरें। चारों ओर से तबाही के नजारे देखकर घबराहट होने लगती है, इसीलिए मैं इस शीशे की दीवार के बाहर देख कर कुछ दिल को लुभाने का यत्न करता हूँ।

“क्या यार! कुछ दिन और इंतजार नहीं कर सकते थे? हम थोड़े दिन की छुट्टी के पर चले गए तो आपने अपनी दूसरी टांग भी तोड़ डाली।” दर्शन सिंह की जोशीली आवाज़ सुन, मैं चौंका।

“तोड़ डाली नहीं जनाब जोड़ डाली है। कहो तुम कब आये? भतीजे की शादी ठीक ठाक हो गई?” मैंने दर्शन सिंह से पूछा।

“अरे वो तो सब ठीक है, तुम अपना हाल बताओ।” दर्शन सिंह बोला, “लगता है काफी बोर हो गए हो, यह शीशे के बाहर क्या देख रहे थे? क्या कारें गिन रहे हो?”

“यही समझ लो, लेकिन तुम सुबह आते तो यहाँ और ही नजारा होता।”

“क्यों, क्या सुबह परियां नाच रही होती?”

“यही समझ लो! आओ देखो, बिल्कुल सामने एक पार्क है जिसमें काफी पेड़ पौधे लगे हुए हैं, अच्छी खासी घास है, पानी की एक नकली झील सी बनी हुई है जिसमें बत्तखें तैर रही हैं। धूप से बचने के लिए कुछ शैड हैं, बच्चों के खेलने के कुछ झूले आदि भी हैं। साथ में छोटी सी कार पार्क है थोड़ी, थोड़ी दूरी पर ‘गार्बेज बिन’ लगे हुए हैं।

पार्क में चलते हुए कुछ लोग हैं, जो अपने कुत्तों को सैर कराने के लिए आए हुए हैं। एक देवी जी अपने छोटे से कुत्ते की लीश यानी गले का पट्टा पकड़े हुए चल रही है और डॉगी रुकता चलता उसके पीछे पीछे जा रहा है। दोनों एक जगह खड़े हो जाते हैं और वह कुत्ता अपना कार्यक्रम करता है, मेरा मतलब आप समझ ही गए होंगे। मैं उत्सुकता से देख रहा हूँ कि यह औरत क्या करेगी - उस औरत ने अपने साइड के एक बैग में हाथ डालकर एक प्लास्टिक की थैली निकाली, हाथ के ऊपर पहन उस मलबे को साफ किया और साथ वाले बिन में डाल दिया। फिर एक स्प्रे से अपने हाथ साफ़ किये। कितना सराहनीय काम किया उस देवी ने, देख मैं बड़ा इम्प्रेस हुआ।

थोड़ी देर में काउन्सल की तरफ से एक व्यक्ति ट्रक में, जिस के आगे बड़े बड़े ब्रश लगे हुए थे,

आया और उस एरिया की सफाई करनी शुरू कर दी।

पिछले कई दिन से मैं देख रहा हूँ कि करीब सुबह 7:00 बजे एक व्यक्ति बड़ी गाड़ी में आता है, उसके कार से निकलते ही उसके चारों ओर परिंदों का झुण्ड इकट्ठा हो जाता है और वह शख्स एक बैग में से कुछ ‘बर्ड फ़ीड’ निकाल कर इधर उधर बिखेरना शुरू कर देता है, जिसे ये पक्षी बड़े मज़े से खाने में लग जाते हैं। पक्षियों को एक तरह की पहचान हो गयी है उस व्यक्ति की, क्योंकि उस के आते ही उसके इर्द गिर्द उड़ने लगते हैं। पक्षियों में ज्यादातर कबूतर हैं, कुछ छोटी छोटी चिड़िया है दो एक सफेद तोते यानी ‘कुकाटू’ भी हैं। वह फिर पानी की झील के किनारे जा बतखों को भी अलग से खाना दे, कार में बैठ चला जाता है।

“अच्छी तस्वीर खींची है, सब देख लिया मैंने। चलो इस बहाने तुम्हारा दिल तो लगा हुआ है, नहीं तो पिछली बार तुम काफी परेशान थे, हाँ मुझे मालूम है पिछली बार तुम्हें किस किस समस्या का सामना करना पड़ा था।”

“हाँ, उस बात को भी 3 साल बीत गए जब दायें घुटने का रिप्लेसमेंट हुआ था। उस समय मैंने विस्तारपूर्वक एक लेख लिखा था, जिसमें सब चीजों का वर्णन भी किया था= ऑपरेशन का, रिहैब का, नर्सों से नोक झोंक का, दवाई और फिर फिजियो का।

भई, सच पूछो तो इस बार भी वही कहानी दोहराई जा रही है। ऑपरेशन में तकलीफ तो पता नहीं चलती क्योंकि आप बेहोश पड़े हैं परन्तु उसके बाद उसकी रिकवरी में जो समय लगता है वो काफी सहना पड़ता है। सबसे बड़ी समस्या शुरू शुरू में जो होती है जब आप बिस्तर से उठ भी नहीं सकते क्योंकि जहाँ पर कट लगा होता है वह बहुत सूज कर दर्द पैदा करता है। डॉक्टर और नर्स तो दवाई दे सकते हैं, देखभाल कर सकते हैं परन्तु जो दर्द है, जो कष्ट है, वो तो आप को ही सहना होता है। खासतौर पर रात को बड़ी परेशानी होती है-

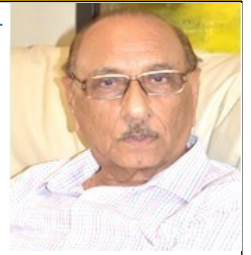
एक तो उठकर टॉयलेट जाना, दूसरे उसके बाद नींद नहीं आती और साथ में दर्द हो तो काफी तकलीफ महसूस होती है। नर्स तो घंटी बजाने पर फौरन आ जाती है और वह एक गोली और दे देती है।

परन्तु ये सब होते हुए भी मैं कहूँगा यह दर्द सहना बहुत ज़रूरी है, क्योंकि इसके इलावा और कोई चारा नहीं है।

मैंने पहले ऑपरेशन के बाद देख लिया कि उससे चलना फिरना कितना आसान हो गया था, नहीं तो आदमी कुर्सी पर बंधा रहेगा या बिस्तर पर पड़ा रहेगा- वो जीवन भी बड़ा दुखदायी लगता है इसलिए, दर्शन सिंह! ये तो काम करना ही था, एक कड़वा घूंट पीना ही था।”

“अंत भला- सो भला।” कह, हम दोनों हंसने लगे।

संतराम बजाज



NDSS Presentation - Understanding Diabetes



What is companion planting?

Essentially, it's a method of growing plants together, with the idea that they will assist each other in some way, like deterring pests, improving growth, enhancing flavour, attracting beneficial insects, fixing nitrogen, disrupting "patterns" and trap cropping.



But, just as we have good neighbours, there are bad neighbours as well. Some plants really dislike each other, and shouldn't be planted in close quarters, lest one of them struggle or meet its untimely demise.

Now, the "Big Question": does it work? Well, yes and no. There is a fairly limited amount of actual scientific information on companion planting, but it is safe to say that some combinations do seem to work, while others can be a bit hit and miss. Why? Well, for starters, companion planting is a northern hemisphere concept that works a treat up there, but not as well down here in Australia.

Secondly, it doesn't work so well because it isn't understood. We've all heard that basil and tomatoes should be planted together, but why? How many of each is required? Is one basil per tomato enough? Who benefits? What are we deterring? Does it enhance flavour? For years, I planted one basil plant next to each of my tomatoes, and guess what? Nothing happened. There was no discernable difference in taste. Nothing seemed to be encouraged or deterred. Nothing grew better or worse than it had

before, there was simply no advantage, other than me not having to walk so far to make a pasta sauce!



राज बत्रा

Do you know why? Because, for basil to successfully repel flies from tomatoes, an absolute shovel-load of basil is required in your patch. I'm talking several basil plants for each tomato, and even then it won't repel fruit fly. I love basil as much as the next gardener, but I don't love it that much, and, to be honest, I've never had an issue with flies on my tomatoes. But who knew this? And how many of us think that this is the quick fix for all our garden



The best thing about companion planting is that it increases the biodiversity of your patch; that is, the variety of life forms in your garden. Some of the greatest companion plants in my garden are those which have nothing to do with my vegetable patch, but are the awesome locally native trees and shrubs I have planted about the place. Clever planning (if I do say so myself) has meant that my garden is never without blossom, and is therefore never without the array of critters that come with that: birds, pollinating insects (like butterflies, bees, and native wasps), reptiles, beetles and all sorts of helpful garden buddies.

Source: **SGA**
sustainable gardening australia

Compiled by Raj Batra

हिन्दी दिवस

हिन्दी दिवस 14 सितंबर को मनाया जाता है।
हिन्दी विश्व में बोली जाने वाली प्रमुख
भाषाओं में से एक है।

हिन्दी भाषा सरल होने के साथ-साथ हमारी
राष्ट्रभाषा भी है।

हिन्दी ने हमें पूरी दुनिया में एक नई पहचान
दिलाई है।

14 सितंबर 1949 को इसे राष्ट्र भाषा का
दर्जा दिया गया था।

14 सितंबर 1953 ई. को पहली बार हिन्दी
दिवस मनाया गया था।

"स्कूल , कालेजों में प्रायः हिन्दी विकसित करने
के लिए प्रतियोगिताओं का आयोजन किया
जाता है।

हिन्दी भाषा के कई कवियों ने अपनी कविताएं
लिख कर हिन्दी के प्रति अपने प्रेम को प्रदर्शित
किया है।

*हम देश-विदेश कहीं भी रहें , लेकिन हिन्दी
भाषा को न भूलें अपितु उसका सम्मान करें!...
इंग्लिश आए या ना आए लेकिन हिन्दी भाषा
सभी को लिखनी , पढ़नी, बोलनी आनी
चाहिए।

*कोयल अपनी भाषा बोलती है इसलिए

आजाद है ...?

लेकिन "तोता" दूसरे की भाषा बोलता है
इसलिए "पिंजरे" में कैद रहता है।

अपनी भाषा पर गर्व कीजिए , नहीं तो गुलामी
निश्चित है!

कितना भी मोम+डैंड कर लो चोट लगने पर
मुंह से "मां" ही निकलता है।

" हिन्दुस्तान की शान है हिन्दी,

हर हिन्दुस्तानी की पहचान है हिन्दी।

एकता की अनुपम परम्परा है हिन्दी।

हर दिल की अरमान है हिन्दी।

जन-जन की भाषा है हिन्दी।

भारत की आशा है हिन्दी।

हिन्दुस्तान की गौरव गाथा है हिन्दी।

जिसने पूरे देश को जोड़कर रखा है , वो
मजबूत धागा है हिन्दी

हम अनपढ़ नहीं हैं भैया...? हमें हिन्दी बोलना
उतना ही अच्छा लगता है, जितना के मां के
हाथ की रोटी...?

*अरबी बोली भी जाती है और खाई भी...

चीनी बोली भी जाती है और खाई भी...

अंग्रेजी भी बोली जाती है और "पी" भी जाती

है... लेकिन हिन्दी एक
मजबूत भाषा है ये सिर्फ
बोली जाती है इसमें अपनी
ही मिठास भरी हुई है।
"यही तो हिन्दी की ताकत
है"

जैसे तिरंगा हमारी जान है, वैसे ही हिन्दी हमारी
शान है।

जिसके बिना जीना मुश्किल है।

ऐसी जीवन रेखा है हिन्दी।

जिसने काल को भी जीत लिया है, ऐसी
कालजयी भाषा है हिन्दी।

हिन्दी हमारी मातृभाषा है,

हिन्दी हमारी राष्ट्रभाषा है।

मुझे तो ऐसा लगता है कि आज-कल बच्चों में
प्रायः देखने में आता है...?

"पकड़ लिया है इस तरह, अंग्रेजी का भूत,

चढ़ा हुआ हो जिस तरह, छाती पर यमदूत?
मैंने हिन्दी भाषा से ही पढ़ाई पूरी की है , हिन्दी
मुझे बहुत प्रिय है, हिन्दी मेरे रोम-रोम में बसी
है, हिन्दी मेरी जान , मेरी आन, बान, शान है।

जय हिन्द वंदे मातरम्



सुदेश गर्ग

Australian Hindi Indian Association



11 October, 2025 at
7.00PM Sharp

Diwali Celebration

DRESS CODE- SEMI FINAL - FUN FILLED EVENING
WITH DINNER, DANCE PERFORMANCES, DJ

@Level 1, 1/14 Pennant St.,
Pioneer Theatre, Castle Hill
Price \$70.00

Kids 0-5 Free, 5 to 10 years
\$35.00



All welcome!

Contact: Sushma Ahluwalia: 0411967374 Meeta Sharma:
0411966585 Kiran Bajaj: 0423026649 Abha Gupta: 0416570608

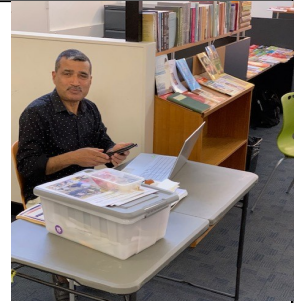
Mobile Library

Every month, Mr Mrityunjay
Singh of South Asian Hindi
School, Kogarah is kind
enough to bring a mobile li-
brary of Hindi/English books

to our meeting for members to borrow without any
charge or fee. He will be doing this in every meet-
ing in future. AHIA thanks Mr Singh for his selfless
services and generosity.

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

*Next Senior Meeting on 13th
Dec. 2025 @ 2 Lane Street.
Wentworthville. from 1 to 4 PM*





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**For more information speak with
Prem Bansal
0468 515 417**

LET'S TALK ABOUT HOME CARE PACKAGES

MEET RADHA!

A Home Care Package or HCP is a form of care support provided through My Aged Care. With HCP, you can live in your own home for as long as possible, rather than go to an aged care facility.

SCAN ME

Am I eligible for HCP?

Generally, you must be 65 years or older and need services to remain at home.

Your eligibility will be determined in a meeting between you and your assessor from the My Aged Care Assessment team.

How do I use my HCP budget?

You choose a service provider approved to provide Home Care Package services, like Afea. We've been in operations since 2008 and have the expertise to assist you!

You can use your HCP budget to pay for a variety of services or products. Examples include: a carer to help with household chores, a physiotherapist to assist with exercises or paying for a wheelchair.

How much funding can I receive?

PACKAGE LEVEL	ANNUAL GOVERNMENT CONTRIBUTION
Level 1 – Basic Care Needs	\$10,271.10
Level 2 – Low Level Care Needs	\$18,063.85
Level 3 – Intermediate Care Needs	\$39,310.50
Level 4 – High Level Care Needs	\$59,593.55

*As at July 2023

How can Afea help me?

- Domestic assistance
- Meal preparation
- Hygiene & self-care tasks
- Mental health support
- Social activities
- Community participation
- Medication management
- Complex care
- Fitness activities
- Transport services
- ... and more!

Want to know more? Contact Afea now!

afea
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hello@afea.com.au
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Happy Birthdays

Naresh Aggarwal	Sudarshan Dhall
S. P. Gupta	Asha Gupta
Sanjay Khanna	Mohindera Malik
Kamna Mantri	Baskar Menon
Raman Miglani	Rashmi Prasad
Narender Prakash	Kiran Chhabra
Sushma Gurnani	Manju Saneja
Pooja Kalra	Monica Khanna

Happy Wedding Anniversaries

Mr. & Mrs. Jatinder & Satnam Ahuja
Mr. & Mrs. Rajendra & Subashini Channa
Mr. Sanjay Khanna & Mrs. Monica Khanna
Mr. & Mrs. Raju & Rocky Meeru

माँ-बाप की पीड़ा

ऐसे भी दिन थे, जब मेरा घर हंसी, तर्क, झगड़े, चुटकुले और शरारतों से भरा हुआ था। हर तरफ पुस्तकें बिखरी होतीं, बिस्तरों पर पेन, किताबें, कपड़े बिखरे हुए होते। मैं उन्हें इन अव्यवस्थाओं के लिए चिल्लाता, डांटता था।

सुबह के समय :
एक जागता और कहता,

माँ, मुझे मेरी एक किताब नहीं मिल रही है। दूसरा आवाज लगाता, मुझे अपना परफ्यूम नहीं मिल रहा है।

और ... माँ, मेरा होमवर्क कहाँ है ?

और ... माँ, मैं अपना होमवर्क पूरा करना भूल गया।

हर कोई अपने खोए समान को पूछता रहता, और मैं कहता, सभी अपने सामान का खुद खयाल रखा करो। जिम्मेदार बनो। तुम लोगों को बड़ा होना है।

आज मैं प्रत्येक बेडरूम के द्वार पर खड़ा हूँ।

बिस्तर खाली हैं।

सभी अलमारी में कपड़ों के केवल कुछ टुकड़े पड़े हैं।

सबके कमरों में, अलमारी में उनके परफ्यूम की खुशबू बसी हुई है। हवा में सबकी अपनी अपनी खास खुशबू घूम रही है।

मैं एक से दूसरे कमरे घूमता सबकी विशेष गंध को महसूस करता अपने खाली खाली दिल को सुकून का अहसास कराता हूँ, दिल में उमड़ते दर्द को शांत करने की कोशिश करता हूँ।

अब मेरे पास यादें हैं, उनकी हँसी की, उनकी शरारतों की, उनकी गर्मजोशी से गले से लिपट जाने की।

सबसे खूबसूरत यादें....

आज मेरा घर साफ और व्यवस्थित है। सब कुछ अपने अपने स्थान पर है। हर तरफ शांति है, बेहद शांति।

लेकिन ये सब एक रेगिस्तान की तरह है,

जिसमें कोई जीवन नहीं।

अपने बच्चों द्वारा की गई गड़बड़ियों पर कभी नाराज मत होओ।

एक दिन वे आपको छोड़ देंगे, जैसे उन्होंने मुझे छोड़ दिया।

उन्हें जब वक्त मिलता है तो वे हमसे मिलने, कुछ दिन हमारे साथ रहने आते हैं।

जब वे जाने को तैयार होते हैं और अपना बैग खींचते हैं तो मुझे महसूस होता है मानो वे मेरे दिल को भी खींच ले जा रहे हैं।

वे कहते हैं, आप बैठे रहिए, हम निकल जाएँगे, और फिर वे जाते हुए द्वार बंद कर चले जाते हैं। मुझे याद आता है कि इस द्वार को बंद करने के लिए मैं कितनी बार उन्हें

चिल्लाया करता था।

बाद में जाकर मैं भीतर से द्वार को लॉक कर देता हूँ।

मेरे अलावा कोई भी इसे खोलता नहीं है।

कोई, अलग शहर तो कोई अलग देश चले गए हैं।

सभी अपनी जिंदगी में अपने रास्ते खुद तलाशने, बनाने निकल गए हैं।

अब वे बड़े हो गए हैं।

मैं कामना करता हूँ कि, काश वे हमेशा मेरे साथ रह सकें।

डॉ सुमन अग्रवाल

Please renew your membership at Seniors Meeting

The strange habit that may be a cure for sleep apnea

An estimated 25 to 30 million Americans have OSA, a condition that causes a person to snore, stop breathing, and choke dozens of times throughout the night, making it impossible to have an uninterrupted night of sleep.

The effects of untreated OSA can be serious, leading to anxiety, daytime tiredness that increases the risk of accidents, and low productivity.

OSA has also been tied to an increased likelihood of heart attack, high blood pressure and stroke.

Sleep apnea also puts a person at risk of entering a state of hypoxia, the result of insufficient oxygen levels in the blood, sometimes to dangerously low levels.

The gold-standard treatment for OSA is to wear a CPAP machine, which gently pumps air into a mask over their mouth or nose while sleeping. It prevents muscles in the back of the throat from narrowing, which constricts the airway and causes the snoring and choking.

Between eight and 10 million Americans use a CPAP machine at night, though many people with OSA find the machines uncomfortable and difficult to get used to. Some research suggests that at least a third of people with the dangerous condition quit their CPAP for a variety of reasons, including discomfort.

How To Stop Your Friends Snoring!

The brain wakes the sleeping person up when it happens, but repeated bouts of hypoxia can reduce focus while awake, kill brain cells, cause dizziness and headaches, impaired judgement and memory problems.

Blowing into a conch shell before bed was shown to have measurable benefits for people suffering from obstructive sleep apnea (OSA).

Those who blew into the shankh had improved levels of oxygen in their blood as they slept at night, experienced fewer times waking up in their sleep from choking, and were markedly less sleepy during the day.

Researchers believe that exhaling through a conch shell strengthens upper airway muscles, which has been shown in other studies to improve OSA symptoms, to keep the airway open during sleep.

The shankh is a conch shell that has a clockwise curve. People who exhaled forcefully through the shells at least 15 minutes for five days over six months measured better for sleepiness, breathing disruptions, and blood oxygen levels

For the study, 16 patients were asked to forcefully exhale through the shankh, while 14 people were told to do deep breathing exercises, five times a day for at least 15 minutes for six months.



Before starting home practice, all participants received in-person training at the clinic from a study team member. Those in the conch-blowing group were given a shankh used in traditional yoga practice.

Scientists surveyed each person before and after the trial on their daytime sleepiness, using an eight-item questionnaire, measured their sleep quality using a more objective test as well as the frequency of breathing disruptions lasting at least 10 seconds.

According to researchers, reductions surpassed the minimal clinically important difference (MCID) of approximately 20 percent reduction in breathing disturbance reported in literature, 'suggesting that the intervention has a meaningful impact on disease severity.'

That group also lost some weight by the end of the study, while the control group had a larger BMI on average.

The researchers said: 'The improvement in these outcomes by shankh blowing may be attributed to the training of upper airway muscles, indicating decreased collapsibility of the up-

per airways.

'Notable reduction in neck circumference was observed within the intervention group, implying that blowing shankh might induce upper airway remodeling.'

Doctors often recommend that patients with OSA try to lose weight. Excess neck fat narrows the airway, making it more prone to collapsing while a person sleeps.

Abdominal fat also restricts lung expansion, leading to a lower oxygen reserve in the lungs, which leading to a lower oxygen reserve in the lungs, which results in worse drops in blood oxygen levels.

The 30 participants learned from researchers how to blow into the shankh. They were told to start with a deep inhale followed by a controlled exhale through the shell. People gradually increased the force of their exhalations, which created vibrations that opened airways

A 10 percent rise in body fat is associated with 32 percent more oxygen saturation drops and breathing disruptions, according to a 2024 report in The Journal of Clinical Endocrinology & Metabolism.

The scientists behind the latest research, published in ERJ Open Research, suggested that, with more research, their shankh idea could become a validated, low-cost tool to support sleep apnea care, especially in areas where people have less access to sleep specialists and CPAP machines.

They said: 'In conclusion, upper airway muscle training by blowing shankh improves subjective measurements of daytime sleepiness and sleep quality with improvement in objective measures of severity of obstructive sleep apnea.

'Our research provides novel insights into the potential benefits of blowing shankh as an alternative intervention for individuals with moderate OSA.'

Compiled by तिलक कालरा

RAM RAJYA

Ram Rajya is often described as the golden age of righteousness, where dharma(cosmic law)guided every aspect of life. Ram Rajya offers a profound spiritual blueprint for living in alignment with truth, compassion and inner peace. Lord Ram is revered not just as a king, but as an unwavering integrity, humility, and devotion to the welfare of all beings. His reign is remembered not for material wealth, but for spiritual elevation brought to a society- a time when people living in harmony with nature, and love and devotion to Lord Ram, Sita, as the devotees.

After glorious victory of Lord Ram over Ravan, coronation of Vibhishan as king of Lanka, and Agni Priksha of Sita, Ram, Lakshman and Sita sat on Pushpak Viman(airplane) to depart for Ayodhya. They were accompanied by King Sugreev, Nal, Neel, Jambavan (King of beers),Angad, Hanuman and Vibhishan. As the Pushpak Viman flew, Ram, Sita and Lakshman paid homage to sage Bhardwaj, and met Nishadraj Guha and embraced him with love. Nishadraj also accompanied them. Lord Ram instructed Hanuman to go directly to Ayodhya and inform Bharat our welfare,and then return with the news about him. Hanuman found Bharat seated on a mat of kusha grass emaciated in body, with a crown of knotted hair, and chanting the name, Ram, Ram repeatedly. Hanuman said, "The one whom your greatly anguish heart keeps remembering day and night, is on his way back. Hanuman lovingly narrated to Bharat all that happened during the period of Ram's exile. and assured Bharat that you are as dear to Ram as his own

Prana (breath, life energy). After Hanuman conveyed to Ram the welfare of Bharat. Lord Ram then mounted on his flying chariot and proceeded towards Ayodhya. Bharat came to welcome Ram, Sita and Lakshman along with sages Vamdev, Vasisht and others. Both the brothers rushed forward and prostrated at their Guru's feet. They bowed to the holy men present and received their blessings.

Bharat with his eyes full of tears, fell at Ram's feet. Ram lovingly bent down to lift Bharat and embraced him. Ram then enquired about Bharat's welfare. Bharat replied: "O Lord, now that you have allowed your servant to see you, you have given your hand and saved me from drowning in a sea of desolation." Ram then joyously embraced Shatrughan before all the brothers met in a heart- wavering reunion. The pain and sorrow of their separation had finally ended. The residents of Ayodhya rejoiced, love pouring from their eyes as they watched Ram. Lord Ram manifested in many forms and met all the residents of Ayodhya. All felt in their heart that Ram had met each of them personally and fulfilled their aspirations. Sita greeted her three mother-in-laws, who blessed Sita,"May your married life be happy forever. Vibhishan, Sugreev, Nal, Neel, Jambavan, Angad, Hanuman and all others had been given human form. As a matter of fact, monkey tribe was formed till the war between Ram and Ravan, due to curse of Narad Muni. After that no human has been born with a monkey tail in the world. All else is fiction.

Every kind of festive preparation was taken by hand. The ladies sang festive songs, while gold plates provided with lamps glowing brightly in their

hands. They waived these in a traditional way to welcome Lord Ram, the reliever of all stress. Ram lovingly blessed the residents of Ayodhya.



The coronation ceremony of Lord Ram delighted the whole World. Lord Ram sat on a magnificent throne along with Sita On his left. The splendour of the requisite scene was beyond Description. It enraptured the heart of all those who witnessed it. The Queen mothers performed the Arti of King Ram and Sita. Divinities hovering in the sky witnessed the Royal splendour of Ayodhya, and sang in harmony with the sounds Of kettle drums and other musical instruments. Happiness Of the Queen mothers, brothers and residents of Ayodhya was overwhelming.

Witnessing the doings of Lord Ram, the residents repeatedly Said,"Blessed is All-blissful Lord Ram." Lord Ram's installation to the throne brought joy to all the three spheres and ended all their sorrows. There was none who suffered from affliction of any kind, whether of the body, or proceeding from divine or supernatural agencies, or that caused by another living being. All human beings loved one another. Dharma with its four pillars of truth, purity(both external and Internal), compassion, and charity was followed by all. Sins did not exist. Men and women were absorbed in devotion to Lord Ram and thus became qualified for the highest beauty.

Compiled By **Roshan Lal Gakhar**

AHIA celebrates Diwali on 11th October, 2025 @ Castle Grand

Seniors Meetings @ 2 Lane Street. Wentworthville from 1 to 4 PM every second Saturday of the month of the month every second Saturday of the month



**AHIA
Seniors
Meeting
on 13th
Sep, 2025**

*All the photos for this meeting can be seen on
the website under the link "Seniors"*



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