

AUSTRALIAN HINDI INDIAN ASSOCIATION (AHIA)

-the Association that cares



Sandesh सन्देश

incorporating

Seniors Newsletter

Established 1994:

Volume 24 Issue 9 September 2023

President: Sushma Ahluwalia

Editors: Sant Bajaj/Raj Batra

Secretary : Mohinder Kumar



Seniors Meeting on 12 August, 2023

Hello Every One,

I hope everyone is well. We all welcome the start of the Spring and look forward to warmer days ahead.

At our last August's Seniors meeting, we celebrated India's Independence Day. On the day, Nautanki Theatre Company, a non-profit organisation, the voice of the South Asian diaspora, presented a musical program and a short play comparing daily life in India and Australia. After a few patriotic songs, some Bollywood songs were sung by various members of the Group. Many in the audience joined in with dancing on the floor. Our sincere thanks to the Nautanki Theatre Company Group for giving their generous time.

At our next Senior's meeting on Saturday 9th September'23, there will be a guest speaker and the topic will be Osteoporosis- Symptoms and Causes. I encourage all our members of AHIA to make some time available to attend this very important health issue which will be faced by us all sooner or later in our

Dear AHIA Members,

We hope you are well.

We are pleased to share that AHIA received the 2023 NSW Volunteer of the Year Award on 22 Aug 2023 from the Department of NSW Multiculturalism and Seniors in a formal ceremony which was attended by Mrs Sushma Ahluwalia, President and Mr Chand Chadha, Treasurer and Mr Tilak Kalra, Past President and current Executive Member of AHIA.

We thank our volunteers, members and office bearers who have been assisting and contributing to the success of our initiatives for cultural awareness and looking after the physical and mental health of the senior members of the community.

We also thank you for your contribution to AHIA's Sandesh Newsletter in providing valuable articles, poems, yoga teachings, the latest news, jokes, gardening lessons etc.

AHIA's next seniors' meeting will be held from 1 pm to 4 pm on Saturday, 9 Sept 2023 in the Grevillea Room at the Wentworthville Community Centre, 2 Lane Street, Wentworthville NSW 2145. Please join and encourage your friends to come along as well as they may wish to become a member of the AHIA family.

The flexible agenda in the September 2023 Senior's Meeting includes - a welcome address, and best wishes for birthdays and wedding anniversaries, Mrs. Sapna Lazarus, a professional educator, will be delivering a session on an important topic, particularly for seniors - Osteoporosis - Symptoms and Causes. As you may know, Osteoporosis causes bones to become weak and so

lives.

Please note our next Morning Walk is on the 16 September'23 from 9 am to 10 am at the Rhodes walking area near the Parramatta River. The meeting point is near the Kid's play area at Rhodes Foreshore Park. There will be water (please bring your own bottles) and some light refreshments provided.

I look forward to welcome you all at our next Senior's meeting on Saturday 9th September'23, until then please take care.

With best wishes

Sushma Ahluwalia

President



brittle that a minor fall even mild stresses such as bending over or coughing can cause a fracture. We will then continue with our usual musical programme, Bingo session and tea and rements.

Dr Sarita Sachdev, one of our senior executive members, has arranged for Mrs Lazarus to speak on osteoporosis on 9 Sept 2023. Thank you very much, Dr. Sachdev.

Please note that the next AHIA Morning Walk is from 9 am to 10 am on Saturday, 16 September. The venue is Rhodes Foreshore Park, LOT 142 Shoreline Drive, Rhodes. The meeting point is near the Kid's play area at Rhodes Foreshore Park. AHIA volunteers will provide water and refreshments. Please bring your water bottle and your hat with you. If you are driving, please bring your chair as well.

Here is the link to the venue: https://maps.app.goo.gl/PjCFsDjEEv5wFpoo8?g_st=iw

AHIA's most popular Diwali event will be held from 5 pm to 11 pm on Saturday, 4 November 2023 at Grand Royale Hall at Granville. Ticket prices include - Kids 0-5 years free, 5 + years to 12 years \$35.00 and Adults \$70.00 per ticket. For timely purchase of your ticket, please contact Sushma Ahluwalia - 0411967374, Meeta Sharma - 0411966585, Sarita Sachdev - 0407870490 and Abha Gupta - 0416570608. The tickets are selling fast. It will be another sellout event.

Kind regards

**Mohinder Kumar
Secretary**



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

EDITOR

Mr Raj Batra
Mob. 0421 138 340
rajbatra52@gmail.com

EXECUTIVE - COMMITTEE

***President**

Mrs. Sushma Ahluwalia
Mob: 0411967374
sushmaahluwalia2014@gmail.com

***Vice-President**

Mrs. Meeta Sharma
Mob: 0411966585
meetasharma6@gmail.com

***Secretary**

Mr Mohinder Kumar
Mob: 0438203291
mohinderz@yahoo.com.au

***Treasurer**

Mr. Chand Chadha
Mob: 0410636199
chandchadha16@hotmail.com

***Members:**

Dr. (Mrs) Sarita Sachdev
Mob: 0407870490
Mr. Vivek Bhatnagar
Mob: 0431728061
Dr. Tilak Kalra
Mob: 0413753134
Mr. Raj Batra
Mob: 0421138340
Mrs Abha Gupta
Mob: 0416570608

***Public Officer:**

Mr Kali Gupta
Mob: 0402 092 967
guptakk72@gmail.com

AHIA's website:

www.ahiainc.com.au

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.

India's Chandrayaan-3 makes historic landing on the lunar south pole

India has become the first country to land near the Moon's south pole, just days after a Russian spacecraft crashed trying to reach the area.

The spacecraft Chandrayaan-3 will now spend two weeks looking for frozen water, which could support astronauts on future Moon and Mars explorations.

India Prime Minister Narendra Modi hailed the success, while scientists and officials clapped, cheered and hugged each other as the spacecraft landed.

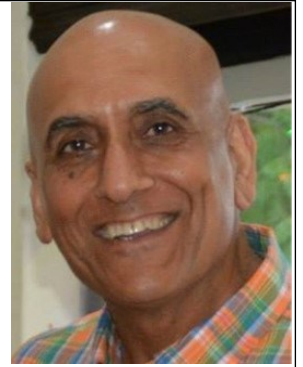
"This moment is unforgettable. It is phenomenal. This is a victory cry of a new India," said Prime Minister Narendra Modi, who was seen waving the Indian flag as he watched the landing from South Africa.

"India is now on the moon. India has reached the south pole of the moon — no other country has achieved that. We are witnessing history."

The success puts India in the league of space powers, and it's become only the fourth country to successfully land on the Moon following US, China and the former Soviet Union.

This was India's second attempt to land a spacecraft on the moon and comes less than a week after Russia's Luna-25 mission failed.

The south pole — far from the equatorial region targeted by previous missions, including the crewed landings — is full of craters and deep trench



Key Points

- * Pragyaa travelled over 100 metres, confirming the presence of sulphur, iron, oxygen and other elements
- * The ISRO will now focus on a sun research mission
- * India is the fourth country that achieved a soft landing on the moon
- * The landing comes less than a week after Russia's Luna-25 mission failed
- * The Chandrayaan-3 is expected to remain functional for two weeks and run a series of experiments on the moon

Source: ABC News

होम डिलिवरी

आजकल ऑन लाइन शॉपिंग का रिवाज बड़ा जोर पकड़ चुका है। छोटी से छोटी और बड़ी से बड़ी वस्तु आप घर बैठे ही मंगवा सकते हैं। कई कम्पनियां इस होम डिलीवरी के मैदान में आ चुकी हैं, जिन में Amazon का बड़ा नाम है। परन्तु कभी आप ने सोचा है कि होम डिलीवरी की प्रथा सब से पहले भारत में ही शुरू हुई थी। सुबह सवेरे सिर पर टोकरी में रख ताज़ा साग सब्ज़ी बेचने वाले, पहुँच जाते हैं।

साईकल पर वह “चाकू छुरियाँ तेज़ करा लो” वाले की आवाज़ सुन कितने घरों की रसोईयों से लोग बाहर आ जाते थे। घर बैठे बिठाए जूते चप्पल रिपेयर करने वाला मोची, कपड़े प्रेस करने वाले धोबी, बर्तन कलई करने वाले (भांडे कलई करा लो!) आ जाते थे।

गोल गप्पे (पानी पूरी)-चाट वाले, छोले भठूरे रेहड़ी पर, आईस क्रीम कुल्फी वाले, भुने हुए मक्की और चने के दाने, गुड़ की गचक और वह बड़े मोटे बांस पर रंगदार गट्टा लिए- आप के घरों के बाहर घूमते फिरते थे। क्या ये होम डिलीवरी नहीं थी?

यहाँ तक कि विद्या देने के लिए घर में शिक्षक अर्थात घर में ट्यूशन। मेरे एक टीचर मित्र ने स्कीम सोची थी कि एक रेहड़ी ले गलियों में जा कर “बच्चे पढ़वा लो” की आवाज़ेलगा कर, विद्या की ‘होम डिलीवरी’ करेंगे।

बच्चे तो बहुत सारे गाँवों में अभी भी दाई माँ ही होम- डिलीवर करती हैं। शहरों में उन्होंने यह काम अस्पताल वालों को ‘आउट सोर्स’ कर दिया है।

और पैसा दूर दूर तक हुंडी द्वारा तरल पाने वाले के घर पहुँच जाता था।

घर में ग्रासरी चाहिए गली के दुकानदार को पर्ची दे आये (अब टेलीफोन करने पर), और आँख झपकते ही उस का आदमी सामान आप के घर देने आ जाता है।

और कितनी मिसालें दूँ आप को होम डिलीवरी की?”

आप कह सकते हैं, कि “अजी यह तो मामूली बातें हैं, और उन के लिए आप को इंतज़ार भी करना पड़ता है कि कब गोलगप्पे वाला आयेगा, क्या भरोसा दूसरी गली से ही वापिस चला जाएगा फिर धोबी का कोयला खत्म हो गया है तो आप ‘मुचड़ी’ हुई शर्ट पहन कर दफ्तर जायेंगे क्या? और जब अचानक आप को किसी चीज़ की ज़रूरत पड़ जाए तो क्या करेंगे?

अच्छा, एक बड़ी मिसाल देता हूँ। मुम्बई के ‘डिब्बेवालों’ के बारे में तो सुना ही होगा आप ने? दुनिया में इस की मिसाल कहीं और नहीं मिलती। आप के Amazon का बाप भी यह काम नहीं कर सकता कि करीब २ लाख खाने के टिफिन, २ लाख घरों से इकठे कर, दो लाख लोगों को उन के दफ्तरों में पहुँचाए, फिर शाम को वही टिफिन उन लोगों के दफ्तरों से ले उन के घरों में वापिस पहुँचाए। एक बार नहीं, बल्कि बार बार -सप्ताह में ६ बार! मजाल है कि पाटिल का डिब्बा पटेल को और सेठ का डिब्बा सेठी को मिले।

और एक बात और, इस से करीब ५ हजार लोग अपनी रोजी रोटी कमा अपने परिवारों का पेट भर रहे हैं।

इसे कहते हैं होम डिलीवरी बताइये हैं कोई आप के पास ऐसी होम डिलीवरी का उत्तर?”

(परन्तु दुःख की बात है कि कोविड/कोरोना) की महामारी ने इन लोगों के धंधे पर काफी चोट की है।

और मैं माडर्न टेक्नोलोजी को नकारने की कोशिश नहीं कर रहा हूँ, इस के फलस्वरूप हमारे जीवन में बहुत सुविधाएं आई हैं और आती रहेंगी।

Amazon जैसी कम्पनियां आजकल के बदलते हालात में बहुत प्रभावशाली तरीके से काम कर रही हैं।

एक दिन में, और कभी कभी तो एक घंटे में डिलीवरी कर देते हैं-

यानी जैसे आप सुबह दांत साफ करने लगे हैं और

देखा कि टूथ पेस्ट खत्म हो गया है, उन्हें फोन कीजिये और इस से पहले कि आप बाथरूम से बाहर आयें, आप के दरवाज़े पर खटखट हुई कि ‘Amazon-the Amazing’ की डिलीवरी सर्विस हाज़िर है।”

वैसे आने वाले समय में तो बैटरी से चलने वाले Drones -यानी छोटे छोटे हेलिकॉप्टर- के द्वारा तो कुछ ही मिनटों में, यानी ‘तत्काल डिलीवरी’ भी कर देंगे।

ज़रा इमेजिन कीजिये कि आप टायलेट सीट पर बैठे हैं और आप का टायलेट पेपर फिनिश है, आप को नर्वस होने की आवश्यकता नहीं, झट से फोन पर आर्डर टाइप कीजिये और आप का ‘कार्य क्रम’ खत्म हो, इस से पहले खिड़की के बाहर, ड्रोन मंडला रहा होगा और आप अपना हाथ बढ़ा टायलेट पेपर ले अपने चेहरे की खुशी बाथरूम के शीशे में देख सकेंगे। हाँ, एक बात का डर ज़रूर है कि यदि ‘ड्रोन’ की बैटरी रास्ते में ही डाउन हो गई और वह खिड़की तक नहीं पहुँच पाया, तो? - हा! हा!.... तो शीशे तक पहुँचने के काबिल ही नहीं रहेंगे।”

एक और आईडिया -अब जैसे पानी, बिजली, गैस कितनी आसानी से बहुत सारे घरों में उपलब्ध हैं, बटन दबाओ या टैप को घुमाओ - सब तत्काल हाज़िर है।

तो क्यों नहीं, ऐसे ही सब घरों में पाईप द्वारा दूसरी आवश्यक वस्तुएं जैसे दूध, टूथपेस्ट, ड्रिक्स, और दवाईयां आदि भी पहुँच सकें।

यह हो गी होम डिलीवरी !

आने वाला कल ही बताएगा।



----- संतराम बजाज



IN-HOME CARE

afea
Caring for people you love

Our team of compassionate carers help you live independently in your own home for as long as possible.

- + Domestic assistance
- + Shopping & meal prep
- + Hygiene & self-care tasks
- + Mental health support
- + Medication management
- + Complex care
- + Social & community access
- + Fitness activities
- + Transport services

1300 65 11 33 afea.com.au hello@afea.com.au

August Birthdays/Anniversaries

Happy Birthday

Sabiah Reba Cocker	Shobha Rao
Neena Gulati	Madhu Bala Singhal
Sabitha Vasanth Hegde	Raj Saneja
Rawail Lall	Rajinder Sawhney
Rajendra Channa	Jagdish Chaudhry
Raj Mahajan	Gurdeep Lal
Jaspal Uppal	Mahesh Singla
Saroj Attrey	Sita Devgan Kumar
Shashi Taneja	Harjit Kaur Grewal
Veena Bhalla	Laj Pat Rai Sardana
Naresh Balla Anand	Neeraj Sharda
Rekha Malik	

Happy Anniversary

Mr. & Mrs. Madan & Chander Kanta Arya

Mr. & Mrs. Jagdish & Usha Chaudhry

Mr. & Mrs. Ashok & Sashi Sanan

- * Hard work never brings fatigue. It brings satisfaction
- * IT+IT=IT; Indian talent + Information technology = India Tomorrow
- * We do not need ACTS but Action
- * I don't carry the burden of the past or the madness of the future. I live in the present.

Narendra Modi



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**





Hindi Divas 2023—IABV Hindi School celebrates 36 years

HAPPY FATHER'S DAY

Wish you all fathers and grand-fathers a very HAPPY Father's Day. We are happy because India is the first country to make Soft Landing on South pole of the Moon. The lander is having a rover called as Pragyan with it. There are many other payloads which are with lander and rover. This rover has started moving on Moon's surface and will continue moving for fourteen days and do some amazing experiments and so other pay loads on the Vikram lander. The place where Chandrayan-3 has landed has been called Shiv Shakti.

ILSA (Instrument for Lunar Seismic Activity)- This will study quakes on surface of Moon.

CHASTE (Surface Thermo-Physical Experiment)- This will study thermos physical behaviour of moon surface.

LASER- Retroreflector Array. This payload is of NASA, where the idea is to study real time distance between the earth and the moon.

APXS (Alpha Particle X-ray Spectrometer)- to study moon's soil and find minerals like gold and silver.

LIBS (Laser Induced Breakdown Spectroscopy)- Soil study.

RAMBHA (Radio Anatomy of Moon Bound Hypersensitive Ionosphere and Atmosphere)- to study the real surface plasma activities on the moon.

LP (Langmuir probe) to study plasma activities.

SHAPE (Spectro-polarimetry of Habitable Planet Earth)-to study the spectro-polarimetric signatures of the earth.

So, they are like mini laboratories which are going to send immense data about the moon.

FATHER'S ADVICE

There was a father who had two lazy sons who did not want to do any work. He thought of a plan to advise the children about the advantage of an honest hard labour. He told his sons that this land contained some gold which he had hidden here. After the farmer died, his sons started digging over the field to find the gold, which their father had told them that he had hidden.

His sons dug the land over and over again but they could not find gold. After hard labour for many days, they felt that their

father might have given that gold to some of his relatives and forgotten.

As by digging, the land had become fertile and worth sowing a crop, they planted wheat, which produced abundant yield. They sold the wheat in the market and got plenty of money for their living. When, again the harvest season came, they thought that they might have missed the buried gold and started digging the land. Again, they planted wheat, sold it in the market and earned a lot of money.

By doing so every year, they formed the habit of doing hard labour and did not worry whether gold was buried in the field or not. They realized that their father had planned to train them so that they may know the value of hard labour. By doing hard labour, they became honest and wealthy farmers.

There is another story of a person who bought a gold mine. He dug and dug, but did not find gold. He felt sorry that he had spent all his money for the purchase of gold mine, but could not find gold. He lost all hope. He thought, "Forget it, there is no gold here." So he advertised

to sell it. Another man came and said, "I will buy it." So he purchased the mine.

The first man said, "Look here. I am selling you this mine and I feel sorry for you, because I have dug this place up, have not found anything." The buyer said, "No matter, I will also try. When I have a gold mine, I have to dig, so I will dig." The other man said, "It is impossible. I have dug this entire place and moved all the earth, yet there is no gold here." He replied, "My friend, we should not lose hope."

So, the new owner starts digging the mine. He does not dig 40 feet; he does not dig 50 feet. He only digs one foot and strikes gold. It was just right there, but the other man lost hope and because he lost hope, he did not get the gold. He sold the land and went away. But the other man had hope. So the action, the karma, the desire to do must be there. We must not give up. We must be positive in our approach and continue to do honest and hard labour to be successful in life.

Roshan Lal

हमारे बुजुर्ग

सच में इंसान बहुत अजीब है, अपने बड़े – बूढ़ों से किस तरह से बात करते हैं समझ नहीं आता।

जब बड़े जिंदा होते हैं तो कद्र नहीं करते, और मरने के बाद उन्हें

भगवान बना देते हैं आखिर क्यों.....?

मेरे पड़ोस में ही एक बूढ़े काका और बूढ़ी काकी जब बच्चों को आवाज लगाते रहते थे तो कोई सुनता तक नहीं था, पास बच्चे आ भी जाते थे तो

कहते थे कि क्यों चिल्ला रहे हो, कभी कहते तुम्हें ओर कोई काम नहीं

है, तुम्हारे पास बैठ जाओ तो बाहर के काम तुम करोगे, कभी कहते

काकी टायलेट बहुत गन्दा कर रखा है जरा साफ कर देना, कभी कहते

यहां पानी बिखेर दिया, वहां बिखेर दिया, कभी चिल्लाते कि पड़ोस में

सारे बड़े-बूढ़े मर गए तुम्हारा नंबर कब आएगा वगैरा-वगैरा....?

सुनते-सुनते जब काफी देर हो गई तब काका बोले अरे बेटा जब तुम

छोटे थे ना तब यही काकी तुम्हारी गंदगी साफ करती, तुम्हें अच्छे-2

कपड़े पहनाकर घूमने ले जाती, वक्त से पहले जरूरत की सारी चीजें

लाकर तुम्हें देती, अच्छे से अच्छे कालेज में मेरे मना करने के बावजूद

भी इसने तुम्हारा दाखिला कराया, तुम्हें इस लायक बनाया उसी की

बात सुनने में इतनी परेशानी क्यों.....?

वो कुछ अपनी बात कहना चाह रही है और तुम उसकी बात ना सुनकर

अगल-बगल झांक रहे हो, तुम कूलर में सोते हो और बुजुर्गों के लिए

पंखा भी नहीं.....?

तुम गाड़ी में दोस्तों को घूमने ले जाओ, उन्हें बाहर होटल का खाना

खिलाओ और घर के बुजुर्ग देखते रहें कहां तक?

अरे कुछ शर्म करो, ईश्वर से डरो, एक दिन जब तुम बुढ़े हो जाओगे तो

तुम्हारे बच्चे भी ऐसा ही करेंगे जैसा तुम हमारे साथ कर रहे हो, लेकिन उस समय बहुत देर हो चुकी होगी।

उस समय तुम्हें अपने बुजुर्गों की बहुत याद आएगी ?

"लेकिन अब पछताए होता क्या, जब चिड़िया चुग गई खेत"।

क्या बिगड़ जाएगा अगर

1-वक्त पर उनका ख्याल रखो।

2-वक्त पर दवाई वगैरा दे दो।

3-वक्त पर खाने-पीने का ध्यान रखो।

4-समय-समय पर गाड़ी में मंदिरों के दर्शन कराने ले जाओ।

5-कभी-कभी बाहर का खाना उनके साथ जाकर खाओ।

6-कभी-कभी उनके साथ बैठकर दो बात प्यार की कर लिया करो

बस? इसी में वो खुश हो जाएंगे खूब आशिर्वाद देंगे और क्या

चाहिए उन्हें वो तुम्हारे पैसे से नहीं, तुमसे प्यार करते हैं, अब भी समय है संभल जाओ।

अरे आज के नवयुवकों ऊपर वाले की मार से डरो, तुम तो ये उम्र देख

भी नहीं पाओगे, उम्र दिन पर दिन घटती जा रही है।

शिक्षा -----:

अपने बुजुर्गों का सम्मान करो, अपने बुजुर्गों में भगवान के दर्शन करो,

सारे तीर्थों का फल उनकी सेवा करने से ही मिलेगा, कहीं दर-बदर भटकने की जरूरत नहीं है।

लाख करो तुम पूजा, और तीर्थ करो हजार!

बड़े-बुजुर्गों की सेवा नहीं की, तो सबकुछ है बेकार!!

सुदेश गर्ग




हिंदी दिवस 2023

ऑस्ट्रेलिया की भारतीय साहित्य और कला संस्था (ILASA Inc)
और दर्पण रेडियो आपको आमंत्रित करते हैं

क्रिस्सागोई / कथा वाचन प्रतियोगिता (Hindi Storytelling/Monologue Competition)

- 15 years & above
- First 10 entries will be accepted.
- Not more than 5 minutes each
- Last date to enter 20th September 2023

Sunday, 24th September 2023
2:00pm – 5:00 pm
Tribute Room, Pioneer Theatre, Castle Hill
\$25.00 per person (tea & snacks)

Supported by




Contact:

Rekha Rajvanshi – 0403 116 301	Pradeep Sinha – 0413385976
Yateen Gupta – 0421 590 791	Shailja Chaturvedi – 0452 596 647
Pradeep Upadhyay – 0439 619 876	Rajesh Pandey – 0422 326 473

For seniors \$20.00 per person \$5.00 discount

Bhakti Yog (भक्ति योग) The Yoga of Devotion

The paths to reach the self realisation state are many such as: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga (Patanjali), Hatha Yoga, Mantra Yoga, Budhi Yog (Bhagavad Geeta). A short article about Karma Yoga was published in the last month's Sandesh Newsletter, decided to write a short article about Bhakti Yoga this month and the Jñānayoga (ज्ञानयोग) will be written next month.

The Sanskrit word Bhakti is derived from the Root Bhaj which means devotion to or fondness for God. Bhakti Yoga is also mentioned in the Shvetashvetara Upnishad and Bhagavad Geeta Ch 7 and Ch 12. The Bhagavada Purana is a popular and influential text in the Vaishnavism traditions and discuss Ishvara pranidhana (devotion to a personal God). The Bhagavada Purana teaches the following nine types of Bhakti Sadhana known as Navavidha Bhakti in the word of Prahlada:

- (1) Shravan ("listening" to the scriptural stories of Krishna and his companions)
- (2) Kirtana ("praising" usually refers to ecstatic group singing)
- (3) Smaran ("remembering" or fixing the mind on Vishnu)
- (4) Pada Sevanam (The devotee surrenders himself completely at the lotus feet of the Lord.)
- (5) Aarchanam (worshiping an image)
- (6) Vandanam (paying homage)
- (7) Dasya (servitude)
- (8) Sakhya (friendship) and
- (9) Atma-nivedanam (complete surrender of the self.)

In Bhagwad Geeta "16th Shloka of 7th chapter Jnana-vijnana-yoga)" four types of Bhakta are described as the following:

- 1) Arta - The distressed. They approach GOD to get liberated from their pains and hence are called 'Arta' Although Arta bhaktas are not high level of Bhaktas and their devotion to God is the result of their pain.
- 2) Jijnasu - The curious or the inquisitive. They are just curious to know more about Divine and are very much inquisitive about BRAHMAN. They read scriptures and other literature from saints and try to figure out ways and means to discover greater depths of infinite GOD who have faith in GOD.
- 3) Artharthee - The desirer. These devotees approach GOD with the desires of material wealth, kids, name and fame. Although devotion of such people towards GOD is for

wealth and specific desires, they are also termed as a Bhakta because of any reasons they are associated with Divine.

4) Jnani - Who is searching for knowledge of Absolute



As per the 12th Chapter of Bhagavad Geeta, it contains 20 verses. Arjuna begins the chapter with the perennial question which baffles mankind. Should one worship God with a form or as formless Reality? This chapter can be summarised into three topics: 1) Form and formless worship (verses 1 to 5), 2) Progressive ways to reach God (verses 6 to 12), 3) Thirty-five qualities of bhakta- devotee of God (verses 13 to 20).

The Third Topic covers verses 13 to 20, it enumerates the 35 qualities of a devotee of God. Devotion to God is not a blind faith, mere prayer or routine ritual. The true devotion comprises these outstanding qualities. The Lord declares that those who possess them are exceedingly dear to Him.

Presented by: Nirinder Jalpota, References: Swami Parthasarthy ji's Bhagavad Geeta, Yoga Course Notes, Ambika Yoga Kutir, Ministry of AYUSH, Government of India



76th Anniversary of India's Independence Day



AUSTRALIAN HINDI INDIAN ASSOCIATION - Celebrates Diwali on Saturday 04/11/2023 – 7 PM Sharp

AT Grand Royale – 51 – 61 South Street Granville Free Council Parking @ Mary Street

Dress Code – Semi Formal - Fulfilled Evening with Dinner, Dance Performances & DJ



Ticket Price: Adult - \$70.00 Kids – 0 – 5 Years Free 5 + years to 12 years - \$35.00

Ticket No:

Table No:

Contact - Sushma Ahluwalia – 0411967374 Meeta Sharma - 0411966585 Sarita Sachdev – 0407870490

Abha Gupta - 0416570608

ऐ शमा तूँ आज ज़रा चिलमन से निकल के

काश कि ऐसा हो पाता। जो खुद को जला के दूसरों का आशियाना रोशन करते हैं, वो चिलमन में रहकर जलते रहते हैं भले ही उनकी मोहब्बत मेंगिरफ्त उनका दीवाना "परवाना" उसकी आग में जलकर खाक हो जाये। देने वाले वापस कुछ नहीं मांगते, मांगते हैं तो सिर्फ प्यार के वो चार लफ्ज़ जो उनकी कुर्बानी को सराहने के लिए काफी हैं। हम वो चीज़ याद रखते हैं जो गलती से किसी ने कह दी। ज़िंदगी भर जिसने आपके लिए कितनी ठोकरें खाई, आपके लिए तड़पता रहा और वक्त आने पर आपने यह कह दिया "आपने मेरे लिए किया क्या है" ..कसम से उसकी कमर तोड़ देता है।

वक्त वक्त की बात है। मैं "उस वक्त" तक "उस वक्त" का इंतज़ार करूँगा जब तक "उस वक्त" का समाधान न हो जाये। वक्त किसी के लिए रुकता नहीं, पर हम रुक जाते हैं। इसलिए वक्त वक्त पर वक्त की कद्र करना सीखिए, आपका वक्त कभी बुरा नहीं होगा। हर समय यह बोलते रहें "आजकल वक्त ठीक नहीं चल रहा", आपकी नाकामयाबी की सीढ़ी लम्बी कर देता है। आज हम चाँद पे भी पहुँच गए। जिस चाँद सा मुखड़ा देखने के लिए हम तरसते थे, आज हमने उसकी चिलमन हटाकर उसे रूबरू खदु भी देखा और पूरी दुनिया को भी दिखा दिया। घर के अंदर बैठकर दुनिया नहीं जीती जा सकती। आसमान छूने के लिए ज़मीं तो छोड़नी ही पड़ेगी। कब तक माँ

के ऊँगली पकड़कर चलते रहेंगे, अरे खुद चलना सीखिए और दूसरों को भी चलना सिखाइये। हमारी ज़िंदगी भी कितनी अजीब है। जब हम किसी को रास आने लगते हैं तो कुछ लोगों को यह भी रास नहीं आता। इतना ज़हर ज़हर में नहीं होता जितना ज़हर लोगों के ज़हन में दूसरों के लिए भरा हुआ है। क्यों??? हमारा पड़ोसी मुल्क खुद कुछ कर नहीं सकता लेकिन जो करता है उसकी सिर्फ खिल्ली उड़ाता है और मुँह के बल गिर जाता है। हम चुप रहकर वो करिश्मा कर जाते हैं की पूरी दुनिया दांतो तले ऊँगली दबा लेती है। इज़्ज़त जब प्रधान मंत्री की होती है वो इज़्ज़त पूरे देश की होती है। आज हर भारतीय सर उठाकर चलता है और दुनिया उसके सामने सर झुकाती है। हम जब

करते हैं तो डरते नहीं। इसलिए अपनी चिलमन से बाहर आइये और अपनी ज़िंदगी की शमा से दुनिया के अँधेरे को दूर कीजिये। आज अगर आपका नहीं है तो कल तो आपका हो सकता है। हर दिन हर किसी का तो हो नहीं सकता। जबकि आपकी बारी आएगी आपको पता भी नहीं चलेगा। मोहब्बत तभी हो सकती है अगर उसमें मोह हो। अँधेरे में तीर चलाने से शिकार नहीं मिलेगा, थोड़ा इंतज़ार कीजिये, सुबह होने ही वाली है। बस आखिर में इतना ही कहूँगा...

शाम होते ही चिरागों को बुझा देता हूँ मैं दिल ही काफी हैं तेरी याद में जलने के लिए

**लेख : लव
नागपाल**

फादर्स डे

मदर और फादर यानि माता और पिता . यह एक ही सिक्के के दो पहलू हैं .जैसे एक सिक्के की एक साईड [पहलू] उतनी ही महत्वपूर्ण है जितनी दूसरी , वैसे ही बच्चे की परवरिश में दोनों का अपना अपना महत्व है . वैसे तो यूँ कहा जाता है कि माता-पिता बच्चे की परवरिश में भगवान से कम नहीं हैं . माँ अगर बच्चे को जन्म देती है तो पिता भी उस के पालने में सहायक होता है . वह बच्चे को उस के पावों पर खड़ा होना सिखाता

हे .वास्तव में पिता घर का वह स्तम्भ है जिस पर घर की इमारत टिकी रहती है . पिता ही बच्चों को समाज में सिर उठा कर जीना सिखाता या पिता से भी आगे निकलने का दम भरता है . पिता भी अपने बच्चों को ऊँच से ऊँच शिखर पर देखना चाहता है . पिता मार्ग प्रदर्शक है . वह घर की नींव है . उस के होते हुए समाज में किसी की हिम्मत नहीं होती कि कोई आँख उठा कर भी देख ले . पिता परिवार का रक्षा कवच है बच्चों को आगे बढ़ते देख जितना सीना चौड़ा पिता

का होता है उतना और किसी का नहीं . पिता परिवार की ढाल है . वह बच्चों की सुरक्षा के लिए कुछ भी करने को तैयार रहता है . वह आय का मुख्य साधन है . उस के दम पर ही परिवार विकास कर पाता है . अगर माँ बच्चे को प्रेम .दया .स्नेह . नम्रता सिखाती है तो पिता उस में आत्मविश्वास . बल . साहस और हिम्मत भरता है .इसलिए पिता घर की वह छत्र छाया है जिसके नीचे परिवार फलता फूलता है .

**हेप्पी फादर्स डे
शारदा शर्मा**

The Power of Being Still & Silent

We are always engaged, either doing or thinking something. Never for a moment do we remain quiet and still. In fact, we are so involved with the functions of our body and mind that we often forget our real nature. Is it not necessary to free yourself from these elements which are not part of you?

Bhagwan Muruga, also known as Kartikeya, is beleived to have appeared before Sage Arunagirinathar at Tiruvannamalai and advised him." Be quiet and silent, as you really are". The Tamil words Kartikeya used were 'Summa Iru', meaning , to remain still and silent without any mental or physical activity.

When asked 'who are you?' people often reply, 'I am a businessman', 'I am a sportsman', or 'I am a teacher', invariably identifying themselves with the functions performed by their mind, body and intellect. Mind, body and intellect are mere tools for us to function, they do not constitute our real selves. What makes us conscious of our exist-

ence is the Self. Which is why Kartikeya says, remain still and rise above the body and mind, the advice which the sage of Tiruvannamalai shared with others through his immortal work, 'Thiruppugazh'.

It may be easy to remain without any bodily activity, but it is difficult to remain without mental activity. The mind, which always turns outside and keeps generating thoughts, is the main obstacle in reaching one's higher objective. Scriptures and Saints are unanimous in their view that controlling the mind is the only to spiritual fulfillment. Ramana Maharshi says the best way to overcome the mind is to remain silent, because silence has the power to silence the mind. He said diving deep into the recess of the heart and mind will dissolve itself there. This is achieved by just remaining still and silet - Summa Iru.

Is it right to sit idle, without doing anything, when there are duties to be performed? The term 'Summa Iru' does not mean remaining idle all the time . It is enough if you remain quiet, still, and silent, free from physical and mental activity, just for an hour or two on a day of your convenience. The

spiritual energy that is generated during this state is so great that its impact will be felt for many days thereafter. In fact, the positive energy that arises out of this Mauna Sadhana will help you to perform your duties better and continue the sadhana for longer hours.

So despite being hard-working and well-qualified, many of us face a lot of hurdles in achieving our objectives. We feel the need for something else from an outside source. Yogis say that this 'something', the little help from outside, is called God's grace. According to Ramana Maharshi, Divine Grace is the manifestation of cosmic free-will in operation. It can alter the course of events in a mysterious manner through its own unknown laws, which are superior to all natural laws. Divine Grace is the power transmitted by the Supreme to everyone, and it flows freely to all. If we do not experience it, it is because we have put our mind over devotion. Once we keep the mind away through silence and stillness, grace will flow to us automatically.

Compiled by तिलक कालरा

AHIA celebrates Diwali on 4th November, 2023

Join us for festive fun with a Diwali Dhamaka on Satutrdy 4 November, 2023 from 6.30pm onwards

मेरे जज़्बात, मेरी पत्नी के नाम

तुम्हारे साथ रहकर
 अक्सर मुझे ऐसा लगा है,
 कि जैसेज़िन्दगी की राहें
 इतनी मुश्किल भी नहीं.....जितना लोग
 बताते हैं ॥
 समस्याएँ उतनी भी नहीं, जितना लोग
 गिनाते हैं ॥
 तुम्हारे साथ रहकर, तुम्हारे पास रहकर
 मुझे हर मुश्किलआसान नज़र आई है ।
 मुझे हर परेशानी, परेशान नज़र आई है ।
 तकलीफ़ आई, और बहुत आई,
 पर हर तकलीफ़, मेहरबान नज़र आई है ॥
 तुम्हारे साथ रहने से,
 किसी समस्या ने मुझे नहीं डराया,
 हर तकलीफ़, लड़ते लड़ते हार गई.....
 क्योंकि.....मेरे साथ तुम थी
 क्योंकिमेरे पास तुम थी॥
 तुम्हारे साथ रहने से,
 पथरीली राहें भी
 कभी पथरीली नहीं लगी,
 नुकीली झाड़ियाँ भी कभी नुकीली नहीं लगीं,
 केरोसिन ऑयल के स्टोव पर,
 या फिर,
 कोयले की अंगीठी पर खाना बनाना,
जैसे एक picnic होता रहा था ॥
 ना तो तुमने आंखों में धुआ लगने की
 शिकायत की,
 ना घर में पानी की कमी का शिकवा ॥
 तीन मंज़िल ऊपर छत पर
 कपड़े ले जाकर सुखाना,
 फिर झुलसाती हुई धूप में
 उन्हें सूखने के बाद उतारना,
 तुमने तो कभी नहीं दिया मुझे उलाहना ॥
 पसीने से तर बतर तुम्हारा शरीर
 कभी थका नहीं ॥
 तुम अपने पसीने से भी प्यार की
 और मुस्कराहट की खुशबू बिखेरती रही ॥
 तुम्हारा दुख दर्द, तुम्ही ने सहा, और तुम्ही
 ने जाना ॥
 सबको पहले खिलाना, और सबके बाद
 खाना,
 यही तो रहा तुम्हारी तहज़ीब और तुम्हारे
 संस्कारों का खजाना ॥
 तुम्हारे साथ रहने से
 मैं कितनी ही बार
 डिप्रेशन से बाहर आया हूँ ॥
 लड़ाई कानून की हो, या सरकार से,
 या किसी अनजान दुश्मन से,
 तुम, एक पत्थर की चट्टान की तरह
 हमेशा, मेरे साथ खड़ी रही,
 और
 कोई भी आफत मेरा कुछ भी नहीं बिगाड़
 सकी,
 क्योंकि तुम दरवाज़े पर डटी रही ॥
 लोग अपनी कमाई को दांतों से दबाकर
 रखते हैं,
 लेकिन तुमने हम दोनों की दिन रात की

मेहनत की कमाई ,
 परिवार पर इसलिए लुटा दी ताकि परिवार
 की इज़्ज़त बची रहे ॥
 ताकि परिवार की खुशी,
 खुशी बने रहे ॥
 मेरे परिवार को तुमने अपना समझकर
 प्यार किया,
 और यदि सच कहूँ तो,
 मेरे सब सपनों को तुमने ही साकार किया ।
 शादी के वक़्त मैं तो एक फक्कड़ था,
 शायद 1000 रुपये भी नहीं थे मेरे पास,
 फिर भी,
 पिछले 51 सालों में,
 तुमने मुझे कभी भी उदास नहीं होने दिया ।
 मुझे कमज़ोर होने का एहसास नहीं होने
 दिया ॥
 हर बार, तुम्हारा एक ही जुमला
 *मैं हूँ ना* ...
 मुझे मुश्किलों के हर समंदर से
 पार कराता रहा ॥
 मेरे कांधों पर तुम्हारा हाथ, मेरी हर
 मुश्किलों को डराता रहा,
 और मेरी हर तकलीफ़ को हराता रहा ॥
 क्योंकि मेरे साथ तुम थी,
 मेरे पास तुम थी॥
 कितनी बातें गिनाऊँ,
 कितने एहसान याद दिलाऊँ,
 इतनी लंबी फिल्म का कौनसा शॉट काटू,
 कौनसा दिखाऊ ।
 लेकिन ये सच है
 हम कवि और शायर लोग,
 बातें बहुत मीठी मीठी करते हैं,
 शायरी में पत्नी को देवी का दर्जा दे देते हैं,
 लेकिन वास्तविक ज़िन्दगी में
 किसी अनपढ़ और ज़ाहिल व्यक्ति की तरह,
 छोटी छोटी बातों पर,
 कुत्ते - बिल्लियों की तरह लड़ते हैं
 और
 झूल जाते हैं वे सारी अच्छी अच्छी बातें जो
 मैंने अभी अभी कुछ देर पहले कही हैं ॥
 और फिर समझौते करते हैं,
 अपने अहम से, अपने वहम से,
 अपने ईगो से, अपनी नाजायज़ बहस से, ॥
 तुम्हारे साथ रहकर
 मैंने भी शायदशायद क्यों,
 बेशक, यही सब बेवकूफ़ियाँ की है , एक
 बार नहीं, बार बार,
 सिर्फ़ बेवकूफ़ियाँ ही नहीं,
 गलतियाँ भी,
 कुछ जाने में , कुछ अनजाने में ॥
 It is said...."Man is a Social Animal"
 मेरे अन्दर के जानवर ने भी आजतक,
 जितनी भी गलतियों की हैं,
 उनके लिए मैं, तहे दिल से, , मुआफी
 मांगता हूँ ।
 और अपने सब गुनाह कबूल करता हूँ ॥
 आज मैं, हम सब, मेरा पूरा परिवार,
 जो कुछ भी है, आज हमारे पास जो कुछ
 भी है,

ये दौलत, ये शोहरत,
 ये इज़्ज़त, ये नाम, ये इकराम,
 ये हस्ती, ये मस्ती,
 इन सबकी हकदार ,
 तुम और केवल तुम हो ।
 इस बुलंदी का ताज,
 केवल तुम्हारे सर पर ॥
 और 21 तोपों की सलामी भी केवल तुमको
 मैं कई बार लुटा,
 घटा,
 टुकड़ों टुकड़ों में बंटा,
 लेकिन
 तुमने हर बार
 मेरे सब टुकड़े जोड़कर मुझे खड़ा कर दिया,
 और मुझे छोटे से बड़ा कर दिया ।
 वक़्त ने कितनी ही बार
 मुझे जीरो कर दिया,
 लेकिन तुमने हर बार,
 मुझे जीरो से हीरो कर दिया ॥
 शायद, हम सब, जो इस वक़्त यहाँ बैठे हैं,
 या जो यहाँ नहीं हैं लेकिन,
 ये जज़्बातों भरी नज़्म पढ़ रहे हैं,
 या सुन रहे हैं,
 आज मैं उन सबसे, आप सबसे
 मुखातिब हूँ....
 मैं रहूँ या ना रहूँ
 लेकिन मेरी ये बात याद रखना.....

पत्नी से ज़्यादा अच्छी कोई *दोस्त नहीं
 होती,*
 *पत्नी से अच्छा कोई हमदर्द, कोई
 रिश्तेदार नहीं होता*,
 पत्नी ही वक़्त पड़ने पर
 Nurse है,
 वही teacher है,
 वही doctor है,
 वही body guard है,
 वही वकील है,
 मौका पड़ने पर वो
 Servant भी है, धोबी भी,
 Beautician भी,
 Massaguer भी और *हमसफ़र भी वही।*
 मंज़िल भी वही और
 रहगुज़र भी वही ।
 घर की शांति भी वही,
 और घर भी वही ॥
 शाम भी वही, सहर भी वही।
 हर एक पल भी वही,
 और पहर भी वही ॥
 इसलिए मेरे दोस्तों,
 पत्नी का सम्मान करो,
 पत्नी से प्यार करो,
 और इसीतरह
 अपने अपने पति का सम्मान करो,
 पति से प्यार करो ॥
 Dale Carnegie ने कहा है
 When we are engaged _in an argu-
 ment,_
 We have 2 choices...
 Either win the argument
 And lose the heart,
 OR
 Lose the argument

And win the heart.

आओ, आज हम सब ये अहद करें कि
 हम आज से
 Argument नहीं जीतेंगे,
 दिल जीतेगें ॥

डॉ सुमन अग्गरवाल

WHAT'S IN A NAME

Recently I met an officer in Syd-
 ney.

His name plate mentioned his
 name as ROB. I surprisingly
 asked saying you have an inter-
 esting name. He was very upset
 about his name and it showed
 on his face. He said his name is
 ROBERT, but in Australia they
 make it short with just 3 letters.
 Thank God our Aishwarya is not
 nick named ASH.

After that we were chatting for a
 while and he said that he was in
 Sri Lanka for a 4 days trip and
 he found that Srilankans over
 there have a name having mini-
 mum 4 long names in their full
 names, and they write their
 names in fine letters.

It happens that our neighbor is
 Srilankan Sinhalese. Being a
 Sunday both husband and wife
 were finishing a Road from foot-
 path to their garage, after a
 month's hard labour.

I asked them about the names
 in Sri Lanka. They elaborated
 that the husband's full name is
 composed of 4 names, including
 that of the clan and explained
 the composition.

The wife surprised me by telling
 that he is very lucky to have just
 4 names in his name. She said
 her full name is composed of 6
 names, and 3 of them are part
 of her individual name. The oth-
 er 3 names being like that of
 clan etc.

ऑंकार नाथ गोयल

Eight health myths busted

Nutrition advice is often given loudly and incorrectly. Here, we set the record straight on some common healthy eating misconceptions.

When it comes to nutrition, many people have loud opinions. And while some theories may sound plausible, they are not always backed by science.

Maybe it is an opinionated coworker who takes great delight in informing you the skim milk in your coffee is not good for you. Or that your mid-morning banana is not a great option because fruit is high in sugar.

Perhaps you tell yourself it's not a good idea to skip afternoon tea even though you are not hungry because you want to avoid slowing your metabolism.

If you find yourself surrounded by nutritional tall tales, here are some of the most commonly espoused food myths, and what the nutritional science actually shows.

Potatoes are fattening

A dietary staple for thousands of years, a small, whole potato contains roughly 420 kilojoules, 20 grams of total carbohydrate along with a couple of grams of dietary fibre and protein.

While the carbohydrate in potato has a higher glycemic index (the ranking of carbohydrates based on their effect on blood sugar levels) than some other high-carbohydrate foods, potatoes are ranked as one of the most filling and satisfying foods you can eat.

There is also no evidence to show that the regular consumption of potatoes is associated with weight gain. One study, published in the Journal of the American College of Nutrition, followed participants who were told to consume five to seven serves of potato each week. It found regular potato consumption had no adverse effect on weight loss.

Rather, the primary issue with potato consumption is that more than half the potatoes consumed in Australia are processed into potato crisps or deep-fried to make fries and hot chips. This not only adds much extra fat and kilojoules, but also means you lose the natural nutrient profile and satiating effects of eating a potato whole.

This explains why it is difficult to overcome whole potatoes, but you can down 1000 kilojoules worth of French fries in minutes. The issue with potatoes is not the humble spud itself, rather, it is with how we choose to eat it.

Skim milk has added sugar

Whether it is the natural sweetness of skim milk that has propagated this myth, or the commonly held belief that skim milk is the unduly processed form of full-cream milk, the reality is that the only difference between regular milk and low- and reduced-fat milk is the latter two have had the fat removed.

There is nothing else added; no flavours, colours, additives or sugars, as clearly evident on nutrition labels. In fact, full-

cream milk actually contains slightly more of the naturally occurring sugar, lactose, than skim milk.

There is also no evidence to show that regular consumption of lactose found in dairy products is associated with a negative effect on weight. Rather, the evidence available suggests that dairy consumption helps to increase lean body mass and reduce body fat.

This effect is thought to be largely a result of the benefits of consuming whole, nutritionally dense foods, which includes both regular and reduced-fat dairy.

You need to limit the eggs you eat if you have high cholesterol

Another whole food that had been frequently demonised is the egg, largely due to the fact that eggs, like all animal foods, contain cholesterol. It has long been believed that cholesterol in food increases blood cholesterol levels.

We now understand that this is not how things work. Rather, it is a combination of fat intake overall, saturated fat in particular, along with liver function, that determines how much cholesterol is produced.

Dietary studies, including one conducted by the CSIRO, found that in the diets of more than 80,000 Australians, those who consumed more eggs tended to have a better diet overall, with more vegetables and less processed food, which ultimately helped to control cholesterol levels.

It is recommended that those with high blood cholesterol levels stick to just one egg a day. But for those who do not have high blood cholesterol, enjoying a few eggs each day is not associated with a negative effect on blood cholesterol levels.

Fruit contains too much sugar

It was the low-carb movement of the early 2000s that largely fuelled the global belief that sugar in all forms, but especially fructose, was the key reason so many adults worldwide are overweight and obese.

Indeed, the data available does show a close association between the consumption of high-fructose corn syrup, which is rampant in the US food supply, and weight gain.

This form of refined carbohydrate is fundamentally different from the naturally occurring sugar found in fruit: fructose.

When we consume whole fruit, especially even more energy-dense types such as bananas, we are also getting a load of other key nutrients, including dietary fibre.

There is no scientific evidence to show that there is an association between fruit intake and weight gain. In fact, there is a proven inverse relationship, with individuals who consume fresh fruit regularly having lower body weights overall.

Unlike most vegetables, which are largely water, fruit does contain carbohydrates so cannot be consumed in limitless quantities (and dried fruit and fruit juice cannot be considered the same as fresh fruit). But a couple of pieces of fresh fruit can be enjoyed as part of a healthy diet. It will not

play any role in making you fat.

Gluten-free means healthy

With loads of gluten-free foods, including crackers, snacks, bars, chips and meal bases, stocked in the health food section at supermarkets, it is not surprising that gluten-free alternatives have become synonymous with health and wellbeing.

A closer look at the ingredient lists of gluten-free alternatives will generally reveal a long list of highly processed additives and ingredients that attempt to make food that doesn't contain wheat flour taste and look like it does.

While it may be imperative for the one in 100 Aussies with coeliac disease to actively avoid gluten, and may also be beneficial for those with irritable bowel syndrome, it does not mean that these processed alternatives are "healthy" – a cake is a cake, whether it is gluten-free or not.

For those who choose a gluten free diet in the belief that it is healthier, there is evidence to show these diets may actually do more harm to our nutrient intake in the long term.

A 2018 review in the journal

Gastroenterology and Hepatology

found that women who followed a gluten-free diet consumed less carbohydrate, dietary fibre, folate, iron and calcium, and more fat in their diet overall. The review concluded that gluten-free is only the best option if you actually need to be gluten-free.

You should not skip meals

For anyone who likes to eat – that's most of us – the belief that skipping a meal will be detrimental to metabolism is enough to justify a tasty toast and coffee on the run, or a serving of dinner whether we are hungry or not. While extremely long periods without food, literally days without eating, will eventually result in the breakdown of muscle mass and reductions in metabolic rate, this is not what happens when you skip a meal or snack occasionally. Many of us live in perpetual fear of feeling hungry, which ultimately results in daily overeating and gradual weight gain. In fact, with so many large, indulgent meals now a part of our weekly routine, many of us would benefit from not eating when we don't need to, without any fear of detrimental effects on metabolism. There is research showing that habitual meal skipping, of breakfast in particular, is associated with an increase in inflammation. But in general, the extended overnight fast has beneficial effects metabolically, so if you get home late, it is no issue to skip dinner or delay the first meal of the day and wait until you are genuinely hungry to eat.

You should not cook with olive oil

Contrary to popular belief, extra virgin olive oil is not chemically altered when heated to high cooking temperatures, largely because its high natural antioxidant content helps to protect the oil from molecular changes when it is heated to typical household cooking temperatures.

Specifically, good quality extra virgin olive

oil will only start to smoke at temperatures above 210°C, which is higher than the heat needed for deep-frying.

This means that extra virgin olive oil is the healthiest oil to cook with at home, with the highest proportions of monounsaturated fat and lowest proportion of saturated fat of all cooking oils.

Also, remember that while the standard of Australian oil is high, imported olive oils are often oil blends, and do not offer the antioxidant benefits that fresh, local extra virgin olive oil does, and will not be as good a choice.

Fresh food is healthier than frozen

We have heard that "fresh is always best" for most of our lives, and while this holds true if you grow your own produce and consume it immediately after harvest, this is not how most of us consume fresh produce.

Rather, the fresh produce we buy may have been stored for weeks, if not months, before it gets to us, which does affect its nutritional profile.

While both canned and frozen foods are "processed", advances in food technology mean that much of the fresh food we buy frozen and even canned, such as peas, has been harvested at peak ripeness and snap-frozen and processed within hours, preserving much of the nutrition. This is unlike techniques of old in which the process would take a lot longer.

Studies have shown that frozen foods are higher in nutrients than fresh foods that have not been stored in ideal conditions after harvest.

For example, spinach stored at room temperature can lose up to 100 per cent of its vitamin C content within seven days, as its leaves are thin and vulnerable to oxidative damage. On the other hand, frozen spinach that has been snap-frozen immediately after harvest will retain its vitamin content until it is cooked.

As for canned produce, while it may have some salt and at times sugars added, nutritionally it is certainly not an inferior product. The take-home message is: when it comes to fruits and vegetables, it doesn't matter which variety you opt for, just eat more of it, and don't overcook it, because this will harm the nutritional profile.

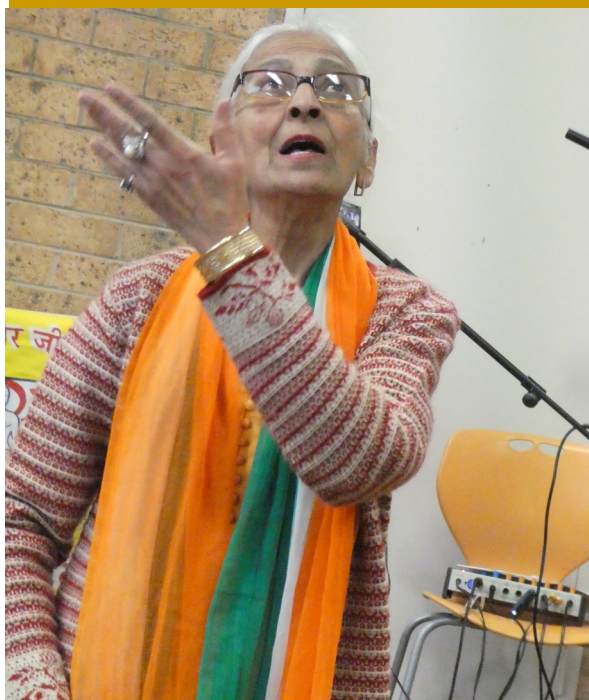
राकेश सचदेव

Copyright © 2023 The Sydney Morning Herald

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
★ **Seniors Meetings at 2** ★
★ **Lane Street. Went-** ★
★ **worthville September** ★
★ **9 and October 14** ★
★ **2023 from 1 to 4 PM** ★
★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★







Membership Renewal

Please renew your membership at the
Seniors meeting

