

AUSTRALIAN HINDI INDIAN ASSOCIATION (AHIA)

-the Association that cares



Sandesh सन्देश

incorporating

Newsletter

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

Sakhi Sawan 23rd August, 2026





Welcome Spring!



Dear Members,

A very warm welcome to the beautiful Spring season!

We hope everyone is enjoying the warmer days, beautiful blossoms and the fresh energy that Spring brings. With the new season upon us, our outdoor activities and community events will also be starting again.

We recently celebrated a very successful Sawan Festival Luncheon on 23 August, and it was wonderful to see so many members come together for an afternoon filled with friendship, culture, music, delicious food and lots of smiles.

Our members also had the opportunity to browse some lovely stalls.

Annanya Boutique, presented by Anita Gupta, showcased beautiful jewellery and outfits.

Amrita Narain also had a stall featuring artificial jewellery and healthy treats made with Ragi and nuts. Amrita is also a yoga teacher and conducts yoga classes at Cherrybrook Community Centre.

Sushma Garg managed her Mehndi corner & ladies were pleased to have henna on hands.

The cultural program was one of the highlights of the afternoon. We were delighted to see the wonderful performances from our members and their families. Our Executive Member Ankur Saini took part in the celebrations, and her daughter also gave a beautiful solo dance performance. A special thank you to Preeti Thadani, who was a wonderful MC and brought great energy to the afternoon. She also prepared a couple of dances with her friends, and it was lovely to see them ladies were pleased. Preeti also organised a fun Bollywood music quiz, challenging our audience to guess the song and the movie. It was a great success and certainly brought plenty of excitement and laughter!

No Indian celebration is complete without delicious food! - Guests enjoyed chaat papdi, gol gappas, entrees, a full buffet meal, desserts, tea and coffee. The food was truly top-notch and enjoyed by everyone. A big thank you to Ajay Ji and his team @ Madison Dural for putting together such a lovely afternoon for our ladies.

And what better way to keep everyone entertained than with great music?

DJ Jason did an excellent job with his music selection and kept the atmosphere lively with a wonderful choice of songs.

It was a beautiful afternoon of celebration, friendship and togetherness, and we hope to see even more members joining us at our future events.

The celebrations continue! Please join us for our Diwali Celebration on Saturday, 24 October 2026, at the Pioneer Theatre, Castle Hill. This year's Diwali celebration will be a wonderful family night out, with entertainment, music, food and plenty of festive spirit. Please approach any of our Executive Committee members to purchase your tickets.

We would love to celebrate Diwali with you and your family! We look forward to seeing everyone at our next meeting on:

Saturday, 12 September 2026

1:00 PM

Stay safe, keep smiling

With warm wishes,

Meeta Anil Sharma

President

Australian Hindu Indian Association (AHIA)



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

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INSIDE THIS ISSUE

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अंधेर नगरी चौपट राजा....

स्कूल में हमने एक ड्रामा किया था, नाम था 'अंधेर नगरी चौपट राजा, टके सेर भाजी टके सेर खाजा'-

कहानी कुछ इस तरह से है :-

एक साधु और उसका चेला एक नगर से गुजर रहे थे, जहाँ बड़ी रौनक थी और हर चीज़ एक ही भाव में बिक रही थी। और चेला बड़ा खुश था कि यहाँ 'टके सेर भाजी टके सेर खाजा' है अर्थात् जहाँ सस्ती सब्जी (भाजी) और महँगी मिठाई (खाजा) एक ही कीमत पर बिकती हैं।

वह वहाँ रुकने का आग्रह कर रहा था। गुरुजी ने लाख समझाया कि यह बड़ा अस्वाभाविक है- जहाँ गुणी और मूर्ख, या न्याय और अन्याय को एक समान समझा जाता है और यहाँ रुकना खतरे से खाली नहीं है।

परन्तु चेला नहीं माना और गुरुजी उसे वहीं छोड़ आगे निकल लेते हैं।

अब होता यह है कि:-

एक आदमी की बकरी दीवार गिरने से मर जाती है तो वो बादशाह से शिकायत करता है, "हजूर, मेरे पड़ोसी की दीवार के गिरने पर उस के नीचे आकर मेरी बकरी मर गई है। मुझे इंसाफ चाहिए।"

बादशाह अपने सिपाहियों को भेज कर उस के पड़ोसी को बुलाता है, जिसकी दीवार गिरने से बकरी मर गई। और उसे फांसी की सज़ा सुनाता है।

हजूर! मेरा इसमें क्या कसूर है, यह तो दीवार बनाने वाले मिस्त्री का कसूर है, उस ने दीवार ठीक नहीं बनाई।"

"अच्छा! मिस्त्री को बुलाओ", राजा हुक्म देता है।

दीवार बनाने वाला मिस्त्री बोलता है,

"हजूर माई बाप, इस में मेरा कोई कसूर नहीं है।"

"तो किसका है?" राजा पूछता है।

"हजूर, जिस ने मिलावटी सीमेंट बेचा है।"

"उस को बुलाया जाए", राज अपने संतरियों से कहता है।

"हजूर, मैं बेकसूर हूँ। यह मिलावटी सीमेंट तो कोतवाल साहिब की निगरानी में हमारे

देश में आया है।"

परन्तु कोतवाल कोई सफाई पेश नहीं कर पाता।

अंत में, बादशाह कोतवाल को फांसी की सज़ा सुना देता है।

परन्तु फांसी का फंदा उस कोतवाल के गले में फिट नहीं होता।

अब इनसाफ का तकाजा है कि बकरी तो मरी है इसलिए किसी को तो फांसी मिलनी है, तो राजा हुक्म देता है कि फंदा जिसके गले में फिट हो, उसको फांसी दे दो।

बादशाह के सिपाही, जो 'कुर्बानी का बकरा' ढूँढ रहे थे, उन्हें वह चेला पेड़ के नीचे आराम करता हुआ मिल जाता है। चेले को पकड़ कर राजा के पास ले जाते हैं। चेले के रोने और शोर मचाने पर गुरुजी, जो अभी ज्यादा दूर नहीं गए थे, वापस आ जाते हैं।

गुरु जी चेले के कान में कुछ कहते हैं और फिर दोनों में तू तू मैं मैं हो जाती है। दोनों ही फांसी पर चढ़ने की मांग करते हैं।

राजा हैरान होकर पूछता है कि ऐसा क्यों, तो गुरु जी उसे बताते हैं कि इस शुभ घड़ी में जो मरेगा, वह सीधा स्वर्ग जाएगा। इसलिए वह यह मौका अपने चेले को न देकर स्वयं लेना चाहते हैं।

बस फिर क्या था, राजा कहते हैं कि वह राजा हैं और पहला हक उनका है। वह स्वयं स्वर्ग जायेंगे।

और बाकी आप समझ ही गए हैं...

उस ड्रामे में जो साधु था उसका पार्ट मैंने किया था, इसलिए मुझे वो बातें याद आ रही हैं और कई दिनों से बार बार आ रही हैं।

क्यों भला ?

दुनिया के सब देशों पर यह जो अमरीकी Tariff का फंदा लटक रहा है, इस लिए।

"करे कोई भरे कोई"- झगड़ा अमरीका का ईरान से है परन्तु भुगत सारी दुनिया रही है। पेट्रोल के दाम ऊपर ही ऊपर जा रहे हैं, कारण है कि Strait of Hormuz के रास्ते भारी मात्रा में पेट्रोल का आना बंद हो गया है, और डर लगा रहता है कि

सप्लाई कहीं बिल्कुल

बंद न हो जाए।

अमेरिका के ट्रंप

साहिब इरान को

दबाव में लाने के

लिए उस का तेल

खरीदने वाले देशों पर यह tariff की

तलवार लटकाए बैठे हैं, हालांकि यह टैरिफ का हथियार वे पहले अपने देश की वित्तीय हालत को कण्ट्रोल करने के लिए लगा रहे थे। परन्तु अब वे ज्यादा इसे इरान के झगड़े के साथ जोड़ रहे हैं।

हालत यह हो गई है कि जैसे रात को उन्हें कोई सपना आता है, सुबह उठते ही, "सेक्रेटरी, मेरा पैन लाओ, अरे, वह बड़ा लंबा टैरिफ वाला पैन !"

"जी हजूर! क्या लिखना है?"- मैं लिखूंगा, तुम यह बताओ कि, कनाडा पर 100% tariff लगा दें, नहीं नहीं, ठहरो! कुछ ज्यादा लगता है; चलो 50% कर देते हैं।" "सर, क्या कर रहे हैं ? यह तो हमारा पड़ोसी देश है और हमारा सहयोगी यानी trusted partner है।"

"प्रेजिडेंट मैं हूँ या तुम?"

"जी आप !"

"तो, जो बोला है वह करो।"

"पर, Mr प्रेजिडेंट ?!"

"चलो निकलो! You are fired !"

"अच्छा रुको, तुम्हें माफ़ किया। फिर मत करना।"

"ऑस्ट्रेलिया पर लगा दो 25% और चीन पर 100%। इंडिया पर, ओह मोदी मेरा दोस्त है, बहुत अच्छा आदमी है, परन्तु वह तेल Russia से खरीदता है। चलो 50% तो बनता है- लगा देते हैं। सब पर लगेगा, किसी को नहीं छोड़ेंगे।"

देखा आप ने! हर देश के लिए एक टैरिफ का फंदा तैयार है। यहाँ एक नहीं, कई फांसी चढ़ेंगे।

अंधेरनगरी के राजा तो, जिसके गले में फंदा फिट आए उसको फांसी पे चढ़ाते थे, परन्तु इन्होंने तो हर साइज का फंदा बना दिया है, किसी न किसी के गले में तो फिट आएगा ही।



संतराम बजाज

Life After 60: How People Often Feel and Experience This New Chapter

Turning 60 is often seen as a major milestone. For many people, it marks the beginning of a new stage of life filled with reflection, change, opportunity, and personal growth. While experiences differ from person to person, many individuals find that life after 60 brings a unique blend of freedom, wisdom, challenges, and renewed purpose.

A Greater Sense of Freedom

One of the most common feelings among people over 60 is a growing sense of freedom. Children are often independent, careers may be winding down, and many responsibilities that once demanded constant attention become less pressing.

This freedom allows people to:

- Pursue hobbies and interests they postponed earlier in life.
- Travel and explore new places.
- Volunteer for causes they care about.
- Spend more time with family and friends.

Many describe this period as an opportunity to focus on what truly matters rather than meeting the expectations of others.

Increased Wisdom and Self-Confidence

By age 60, people have accumulated decades of life experience. They have faced successes, disappointments, relationships, career changes, and personal challenges.

As a result, many older adults report:

- Greater emotional maturity.
- Better decision-making skills.

- Less concern about others' opinions.
- Stronger self-acceptance.

Many people feel more comfortable being themselves than they did in their younger years. The confidence that comes from experience often leads to greater life satisfaction.

A Time for Reflection

Life after 60 often encourages reflection. People look back on their achievements, relationships, and life lessons.

This reflection can bring:

- A sense of pride and accomplishment.
- Gratitude for meaningful experiences.
- A desire to share knowledge with younger generations.
- Motivation to leave a positive legacy.

For some, reflection also involves revisiting dreams and goals that may have been delayed due to work or family commitments.

Challenges and Concerns

While many aspects of life after 60 are positive, there can also be challenges.

Health Concerns

Physical changes become more noticeable with age. Some individuals may experience:

- Reduced energy levels.
- Chronic health conditions.
- Joint stiffness or mobility issues.
- Changes in vision or hearing.

These changes can create anxiety, but many people manage them successfully through regular exercise, healthy eating, and medical care.

Retirement Adjustment

Retirement can be exciting, but it may also bring unexpected emotions.

- Some people feel:
- A loss of routine.
- Reduced social interaction.
- Questions about identity and purpose.
- Financial concerns.

However, many retirees eventually discover new interests and activities that provide meaning and structure.

The Importance of Relationships

After 60, relationships often become even more valuable.

Many people prioritize:

- Spending time with grandchildren.
- Strengthening friendships.
- Reconnecting with family members.
- Building community connections.

Research consistently shows that strong social relationships contribute significantly to happiness, mental well-being, and longevity.

Rediscovering Purpose

Contrary to common stereotypes, life after 60 is not a period of decline for many individuals. Instead, it can be a time of reinvention.

People may choose to:

- Start a small business.
- Learn new skills.
- Take educational courses.
- Mentor younger people.
- Engage in creative activities such as writing, painting, or music.



राज बन्ना द्वारा संकलित

Source: Microsoft Copilot

Leisure-Time Exercise Linked to Lower Dementia Risk

The Alzheimer's Association says an estimated 7.4 million Americans are living with Alzheimer's dementia.

The research team, led by David Raichlen, professor of biological sciences and anthropology at the USC Dornsife College of Letters, Arts and Sciences, analyzed data from 74 cohort and case-control studies involving more than 4.2 million participants aged between 45 and 93 across 30 countries.

Participants were followed for a median of 10 years, during which researchers tracked diagnoses of all-cause dementia, Alzheimer's disease and vascular dementia.

Overall, people who engaged in higher levels of leisure-time physical activity had a 24 percent lower risk of dementia compared with those who were least active. Household physical activity also appeared beneficial, although that finding was based on a single study.

By contrast, occupational physical activity was associated with a 20 percent higher risk of dementia. Active commuting was also linked to a modest increase in risk, though those findings were drawn from only two studies.

"The findings challenge the long-held assumption that 'every move counts' for brain health," said Feter, a postdoctoral fellow in Raichlen's Evolutionary Biology of Physical Activity Lab, in a statement.

Work Versus Play

The researchers noted that physical activity is often treated as a single category, despite including a wide range of activities such as exercise, manual labor, commuting and housework.

According to the authors, these different forms of movement take place in very different circumstances and may affect long-term health in distinct ways.

Feter told Newsweek: "Occupational physical activity often involves repetitive, low-complexity tasks that may limit the accumulation of cognitive reserve. It may also

occur in environments characterized by hazardous exposures, such as air and noise pollution."

Whereas leisure-time activity is more likely to be self-selected, varied, and socially engaging.

"However, a single factor is unlikely to explain this association," Feter said. "The social and commercial determinants of physical activity are complex and multifaceted, and understanding why some individuals have more opportunities to engage in safe and meaningful physical activity than others warrants further investigation."

Manual occupations are more likely to involve psychosocial stress, lower job control, hazardous working conditions and greater exposure to air and noise pollution, factors that have each been independently linked to dementia risk.

Workers in these roles may also have fewer opportunities for recreational exercise because of fatigue, time constraints or limited access to safe places for physical activity.

The study also found contrasting patterns between leisure-time and occupational activity. Higher levels of leisure-time exercise were associated with progressively lower dementia risk until the benefits leveled off. By comparison, higher amounts of occupational physical activity were associated with progressively greater dementia risk before that association also plateaued.

Researchers Call for Further Investigation

The authors cautioned that evidence remains limited for both household activity and active commuting, making it difficult to draw firm conclusions about those areas.

Most of the studies included in the analysis were conducted in high-income countries, despite low- and middle-income countries being expected to experience the largest increases in dementia cases in the coming decades.

Another limitation is that nearly all of the studies relied on self-reported physical activity, which can introduce recall bias.

However, Feter said the consistency of the findings across multiple sensitivity analyses

suggests the association warrants attention.

Researchers stressed that the results do not mean people should avoid physically active jobs. Because the review was based on observational studies, it cannot prove that occupational activity causes dementia.

Instead, the findings highlight the importance of considering the context in which physical activity takes place. Leisure-time activity remained protective, while occupational activity remained associated with elevated dementia risk, even after accounting for factors including age, education and chronic disease.

The authors also pointed to research published last month in *Alzheimer's & Dementia* by Raichlen, Feter and colleagues. That study found that mentally active sedentary behaviors, such as desk-based work, were associated with greater volume in regions of the brain's cortex involved in executive function when compared with passive sedentary activities like watching television.

The researchers said the findings have implications for public health messaging and dementia prevention strategies.

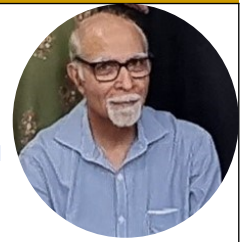
Rather than focusing solely on encouraging people to move more, they said future efforts may need to consider the conditions under which physical activity occurs.

"In other words, when it comes to protecting the brain, the context of physical activity may matter just as much as movement itself," Raichlen said. "Improving access to safe parks, walking trails and recreational facilities, ensuring people have adequate leisure time for exercise, and reducing harmful workplace exposures may ultimately prove as important as promoting physical activity itself."

Reference

Raichlen, D.A., Feter, N. et al. (2026) 'Domain-specific physical activity and the risk of dementia: a systematic review and meta-analysis with 4 million participants', *The Lancet Public Health*.

Contact Newsweek editors on this story: Marc Vargas and James Debens



Dr. Sarvepalli Radhakrishnan: Philosopher, Teacher, and Statesman

Dr. Sarvepalli Radhakrishnan was one of India's most respected philosophers, educators, and political leaders. His contributions to education, philosophy, and public service earned him a special place in Indian history. In recognition of his dedication to teaching, India celebrates Teachers' Day on 5 September, his birth anniversary.

Early Life and Education

Dr. Sarvepalli Radhakrishnan was born on 5 September 1888 in Tiruttani, in present-day Tamil Nadu, India. He came from a modest family and showed exceptional academic ability from a young age. He studied at Madras Christian College, where he developed a deep interest in philosophy and comparative religion. [His academic brilliance earned him scholarships throughout his education. He later became one of the foremost interpreters of Indian philosophy and introduced the richness of Indian thought to audiences around the world.]

Academic Career

Radhakrishnan began his career as a lecturer in philosophy and went on to teach at several prestigious institutions, including the University of Mysore and the University of Calcutta. He also served as the Spalding Professor of Eastern Religions and Ethics at Oxford University, helping to bridge

Eastern and Western philosophical traditions. His writings focused on Indian philosophy, religion, ethics, and spirituality. Through his books and lectures, he demonstrated that Indian philosophical traditions had universal relevance in the modern world.

Contribution to Education

Dr. Radhakrishnan firmly believed that education is the foundation of a strong and progressive society. He often emphasized the importance of teachers in shaping the character and future of students. One of his famous beliefs was that "teachers should be the best minds in the country." [allindiate...iation.org]

When his students and admirers wanted to celebrate his birthday, he suggested that the day should instead be observed as Teachers' Day to honor educators across the nation. Since 1962, India has celebrated Teachers' Day on 5 September in his memory. [newsable.a...etnews.com], [vedantu.com]

Political Career

Apart from being a distinguished scholar, Dr. Radhakrishnan also served the nation in several important roles. He was India's Ambassador to the Soviet Union from 1949 to 1952, the first Vice President of India from 1952 to 1962, and the second President of India from 1962 to 1967. [en.wikipedia.org], [insightsonindia.com]

During his tenure, he was admired for his wisdom, integrity, and commitment to democratic values. He played an important role in representing



India on the global stage during the early decades after independence.

Awards and Honors

In recognition of his outstanding contributions to education, philosophy, and public service, Dr. Radhakrishnan received numerous honors. He was awarded the Bharat Ratna, India's highest civilian award, in 1954. His achievements continue to inspire educators, students, and leaders across the world.

Legacy

Dr. Sarvepalli Radhakrishnan passed away on 17 April 1975, but his legacy remains alive through his writings, teachings, and contributions to Indian education. He is remembered not only as a philosopher and statesman but also as a teacher who believed in the transformative power of education. His life serves as a powerful example of how knowledge, wisdom, and service can contribute to the betterment of society.

Source: Microsoft Copilot

सोशल मीडिया के कुछ मज़ेदार चलन

Virtue Signalling – अच्छाई का ढिंढोरा:

"ज़रा देखिए, मैं कितना नेक, जागरूक और समाज की चिंता करने वाला इंसान हूँ!"

Status Signalling – हैसियत का प्रदर्शन:

"ज़रा देखिए, मैं और मेरा परिवार कितने सफल, प्रभावशाली और खास हैं!"

Self-mythologising – अपनी कहानी को महागाथा बना देना:

"ज़रा देखिए, मेरी ज़िंदगी का सफ़र कितना संघर्षपूर्ण, असाधारण और प्रेरणादायक रहा है!"

सुमन माथुर

जिंदगी

1. ना कहना सीखो
2. अपनी जिंदगी खुद जीयो
3. जब तक नदी है, तब तक जिंदगी है. जब नदी समुद्र में मिल जाती है तो वह अपना अस्तित्व खो देती है. यही मृत्यु है. इसलिए मृत्यु से पहले अपनी जिंदगी अपनी ईच्छा अनुसार जियो.
4. न कोई आपके साथ आया है और न कोई आपके साथ जाएगा. यही जीवन का सार है.



ओंकार नाथ गोयल

कामनाओं का पोषण अभिशप है

समाचार पत्र में यह खबर थी कि किसी लड़के ने किसी लड़की पर तेजाब छिड़ककर उसे घायल कर दिया। तेजाब की तीव्रता इतनी अधिक थी कि माँ-बाप की इकलौती बेटियाँ स्वर्ग सिधार गयीं। वह विश्वविद्यालय की प्रतिभाशाली छात्रा थी। उस पर विद्यालय की बड़ी आशाएँ टिकी थी कि वह विद्यालय का नाम भी रोशन करेगी।

अब इस घटना पर थोड़ा गहराई से विचार करते हैं। उस लड़के ने लड़की को केवल आते-जाते ही अपनी अँख की इंद्रिय से देखा भर था। उस लड़की से उसका न तो कोई परिचय था और न ही लड़की की ओर से उसके प्रति कोई रुझान ही था। लड़के के अंदर ही कोई कामना रही होगी जिसे वह पूरी होते दूर नहीं देख रहा होगा। उसने परिणाम पर विचार न करते हुए अपने विवेक (समझदारी) को दबाकर ऐसा जघन्य काम कर डाला।

परिणाम के बारे में देखें तो, उसके ऐसा करने पर उसके ऊपर भी तो असर होगा न। वह पकड़ा भी जायगा। उसे जेल भी होगी, और पता नहीं क्या-क्या होगा। उसके माता-पिता पर जो बीतेगी वह बीतेगी ही, बिचारे लड़की के माता-पिता का तो पूरी तरह से सत्यनाश ही हो गया। बेटों का शारीरिक कष्ट, इकलौती बेटों का घर में रहने का एकाकीपन। बेसी-कैसी परिस्थितियाँ पैदा हो गयीं इतनी मयंकर करतूत से।

हमें 'गीता' के तीसरे अध्याय के इकतालीसवें (५१) श्लोक से यह ज्ञान मिलता है —
 "सबसे पहले अपनी इंद्रियों को वश में करके इस ज्ञान-विज्ञान का नोश करने वाले महान पापी काम को अवश्य ही बलपूर्वक मार डालना है।"

अर्थ है कर्तव्य - अकर्तव्य को समझकर कार्य करें। कामना हमारे विवेक को दंक देती है। इसलिए मन में ऐसी कामनाओं को जगने ही न दें जो परिणाम में हमें ही दुख देने वाली हो जायें।

इस प्रकार कामना ही सब पापों की जड़ है। यही कामना व्यक्ति की समझ को दंककर उसे अंधा बना देती है। वही उसके पतन का कारण होती है। इसीलिए भगवान् श्री कृष्ण कामना को महापापी बताकर उसे अवश्य ही मार डालने को कहते हैं। यदि कामना को छोड़ दें तो सभी काम अपने आप ठीक हो जायें। यदि व्यक्ति जीने की कामना रखकर, अन्य अनेक कामनाओं को रखकर प्राण तजता है तो फिर वह दूसरे जन्म का कारण बनती है। इस प्रकार एक जन्म के बाद दूसरे जन्म का कारण बनता चला जाता है। कामना तो बंधन कारक है ही।

कामना का चक्र इस प्रकार चलता है - पहले विवेक दंकने पर इंद्रिय-सुख के लिए पदार्थों की ओर आकर्षण होता है। पदार्थों के लिए रूपों (डॉलरों) पर कामना वैडती है। धन संचय के लिए ११ के फेर में पड़कर भूठ-कपट-बेइमानी-चोरी आदि पाप कर्मों से व्यक्ति अपना विनाश कर डालता है। कामना का त्याग अत्यंत आवश्यक है। उसी से सब कुछ ठीक चलेगा।

"बिना विचारों जो करे, सो पीछे पड़तार"

शाशा गुप्ता

Happy Janamastmi Day

महाभारत का सार सिर्फ नौ लाइनों में

अगर आप समझदार हैं, तो महाभारत के ये 9 अनमोल मोती जरूर पढ़ें और अपने बच्चों को समझाएं??

1 - अगर आप समय रहते अपने बच्चों की बेवजह की मांगों और इच्छाओं पर कंट्रोल नहीं करेंगे, तो आप जिंदगी में लाचार हो जाएंगे जैसे... *कौरव*

2 - आप कितने भी ताकतवर क्यों न हों, अगर आप अधर्म का साथ देंगे तो आपकी ताकत, आपके हथियार, आपका हुनर और आपका आशीर्वाद सब बेकार हो जाएंगे जैसे... *कर्ण*

3 - आप अपने बच्चों को इतना बड़ा न बनाएं कि वे अपने ज्ञान का गलत इस्तेमाल करके पूरी तबाही मचा दें जैसे... *अश्वत्थामा*

4 - आप अपने बच्चों से 'कभी ऐसे वादे न करें कि आपको अधर्मियों के आगे झुकना पड़े जैसे... *भीष्म पितामह*

5 - आप अपनी ताकत का गलत इस्तेमाल ना करें जैसे ...धन, शक्ति, अधिकार और गलत लोगों का साथ?? आखिर में ये पूरी बर्बादी की ओर ले जाते हैं जैसे ... *दुर्योधन*

6 - कभी भी सत्ता की बागडोर किसी अंधे व्यक्ति को मत दो, जो स्वार्थी, अहंकार में चूर, घमंडी, लालची, मोह या वासना में अंधा हो, क्योंकि ये सब आदतें बर्बादी की ओर ले जाती हैं जैसे... *धृतराष्ट्र*

7 - अगर ज्ञान के साथ समझदारी है, तो आप जरूर जीतेंगे, आपकी विजय निश्चित है जैसे... *अर्जुन*

8 - धोखा आपको हर मामले में सफलता नहीं

दिलाएगा वक्त की नजाकत को समझें जैसे.. *शकुनि*

9 - अगर आप नैतिकता, नेकी और कर्तव्य को सफलतापूर्वक बनाए रखते हैं, तो दुनिया की कोई भी ताकत आपको नुकसान नहीं पहुंचा सकती जैसे... *युधिष्ठिर*

सदैव कृष्ण के बचनों पर चलिए जीत निश्चित है, धर्म का पालन कीजिये

सर्वे भवन्तु सुखिनः

सर्वे सन्तु निरामया

मैं अपनी लेखनी को बंद करती हूं जरा विचार करके देखें



सुदेश गर्ग

हम कितना अधिक बोलते हैं

प्रायः हर शनिवार सुबह की सैर के बाद हम बेटी के घर चले जाते हैं। सुबह की चाय का कप और एक आध घंटा गपशप के बाद हम घर वापस आ जाते हैं। पिछले सप्ताह जब वहाँ गये तो देखा उसकी आँखें कुछ लाल थीं। पूछने पर उसने बताया कि हाँ लाल थीं पर अब ठीक हैं। दवाई डाल रही हैं।

कुछ समय बैठने के बाद उसने कहा कि आज नाश्ता यहीं कर के जाओ। मौसम ठंडा था। साथ में यह भी पूछने लगी कि नाश्ते में दलिया बनाऊँ या पकौड़े। मैंने फौरन कहा कि पकौड़े शकौड़े रहने दो, आँखें पहले ही लाल हो रही हैं। तलने वलने का काम मत करो। जैसे ही मैंने वाक्य बोला पास में बैठ गैड सन बोला, क्या कहा आपने। मैंने वाक्य दोहराया, तो सब ज़ोर से हँस पड़े। उसने पकौड़े शकौड़े, तलना वलना शब्द पकड़ लिए। बेटी मेरी साइड लेकर बोली, 'पंजाबी

ऐसे ही बोली जाती है'।

शब्दों का सिलसिला शुरू हो गया। जैसे रोटी शोटी, सब्जी वब्जी, चाय वाय, खाना वाना, वाक वाक, किताब शताब, पढ़ना वढ़ना, गाना वाना, नाचना वाचना, चुटकुले शुटकुले, पिकचर विकचर, तैयार वयार।

ऊपर के शब्दों की लिस्ट में आप भी कई शब्द जोड़ सकते हैं या याद कर सकते हैं।

अब आप ही सोचिए कि इस प्रकार शब्दों का 'दो बार' प्रयोग करने से बात के समझने में अधिक सहायता मिलती है या पंजाबी भाषा में ही यह तकियाकलाम है या किसी अन्य भाषा में भी ऐसे अधिक शब्द बोले जाते हैं।

शारदा शर्मा



Mobile Library

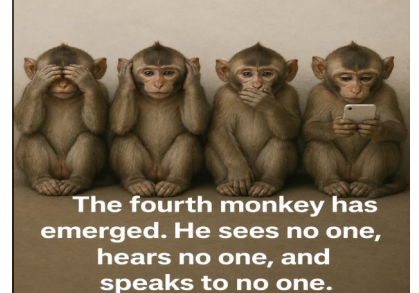
Every month, Mr Mrityunjay Singh of South Asian Hindi School, Kogarah is kind enough to bring a mobile library of Hindi/English books to our meeting for members to borrow without any charge or fee. He will be doing this in every meeting in future. AHIA thanks Mr Singh for his selfless services and generosity.

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



Indian Teachers' Day

- Indian Teachers' Day is celebrated every year on 5th September.
- It marks the birth anniversary of Dr. Sarvepalli Radhakrishnan, a great teacher and former President of India.
- This day honors the hard work and dedication of teachers.
- Teachers play an important role in shaping the future of students.
- Schools organize special programs, speeches, and cultural events. **Source: Microsoft Copilot**



The fourth monkey has emerged. He sees no one, hears no one, and speaks to no one.



नमस्ते

Aged Care Reforms are now here

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leorahealth.com.au



Happy Birthdays

Neena Gulati	Raj Dixit
Thakor Morar	Saroj Attrey
Jagdish Chaudhry	Devendra Gurnani
Raj Mahajan	Gurdeep Lal
Suman Aggarwal	Rawail Lall
Neera Maan	Subhash Bhargava
Anita Sharma	Neeraj Sharda
Madhu Bala Singhal	Raj Saneja
Rajendra Channa	Sabitha Vasanth
Laj Pat Rai Sardana	Neelam Sharma
Harjit Kaur Grewal	

Happy Wedding Anniversaries

Mr. & Mrs. Madan & Chander Kanta Arya
Mr. & Mrs. Jagdish & Usha Chaudhr



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Happy Hindi Divas Day

Membership Renewal

Please renew your membership at the Seniors meeting

Next Senior Meeting on 10h October 2026 @ 2 Lane Street.

Wentworthville. from 1 to 4 PM



AUSTRALIAN HINDI INDIAN ASSOCIATION
celebrates

Diwali

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24
OCTOBER
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Started by Govt. of India by using the link
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Diwali is the perfect time of the year to come together, celebrate love and happiness, and create beautiful memories.

We would look forward to see you and your family to join us for a special Diwali celebration as per attached flyer - evening filled with laughter, delicious food and lots of fun!

Let's light up the evening, celebrate together, and make this Diwali truly memorable!

Dr Rishi Jamdagni
A certified yoga In-structor from (AYUSH) Government of India.

YOGA and YOGA BENEFIT

The term "yoga" is derived from the Sanskrit root 'YUJ', meaning to join or 'yoke' or 'to unite'. As per the yogic scripture the practice of yoga leads to the union of individual consciousness with that of the universal consciousness, indicating a perfect harmony between the mind and body, man and nature. World Health Organisation (WHO) has recognised Yoga as one of several traditional therapeutic systems that originate in INDIA and, Yoga training and therapy departments are being opened in reputed established medical institutions.

The aim of Yoga is self-realisation, to overcome all kind of sufferings leading to 'the state of liberation'.

BENEFIT OF YOGA

Yoga enables the practitioner

to find relief from the physical ailments and to strengthen the body and make it more supple. It is particularly beneficial for muscular-skeletal disorders, arthritis, pains in the knees, shoulders and other joints, curvatures of the back and back pain, slipped discs and sciatica pain.

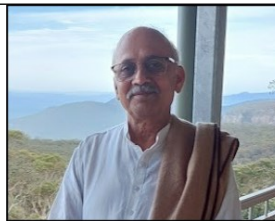
Psychological point of view, Yoga practice smoothens emotions, sharpens the intellect and aids concentration and steadies the emotions. Yoga helps to manage stress, psychosomatic and life style related disorders. The Non-communicable diseases are also treated through the Yoga therapy. The modern medicine Hospitals and Institutes are gradually adopting this system of Yoga therapy.

INTERNATIONAL DAY OF YOGA

Nearly 35 Million people are practicing Yoga in US alone and further growing. In few countries Yoga has been incorporated in the school

curriculum. On December 11, 2014, the 193-member UN-GA (United nations General Assembly) approved the proposal by consensus with a record 177 countries co-sponsoring a resolution to establish 21st June as the "International Day of Yoga". This day is celebrated and known as "UTTERAYAN" DAY in India. The sun changes its direction towards North.

Ministry of Ayurveda, Yoga & Naturopathy (AYUSH) Government of India, is the Nodal Agency to co-ordinate various activities for the celebration of International Day of Yoga. Here in this 'Epping Senior Citizen Club (ESCC)', Epping, the yoga session for seniors are run by the Spirit of India volunteer.



जरा सोचिए

कहाँ पर बोलना है,
और कहाँ पर बोल जाते हैं।
जहाँ खामोश रहना है,
वहाँ मुहं खोल जाते हैं।
कटा जब शीश सैनिक का,
तो हम खामोश रहते हैं।
कटा एक सीन पक्कर का,
तो सारे बोल जाते हैं।
नयी नस्लों के ये बच्चे,
जमाने भर की सुनते हैं।
मगर मां बाप कुछ बोलें,
तो बच्चे बोल जाते हैं।
हवाओं की तबाही को,
सभी चुपचाप सहते हैं।
चिरागों से हुई गलती,
तो सारे बोल जाते हैं।

कमलेश चौबे





Sakhi
Sawan
23rd
August
2026





Sakhi Sawan 23rd August, 2026



AHIA Seniors Meeting on 8th August 2026



*AHIA
Seniors
Meeting
8h
August
2026*





**Photos
by
Anil Sharma
and
Raj Batra**

AHIA Seniors Meeting on 8th August 2026

