

Ayaas Prayas



Let's brighten up
our future



JASOLA VIHAR
OCTOBER 2017

Education is the movement from darkness to light.



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From the Editor's Desk



What is life but a constant search for happiness, whether through work or play! Buddhists say, find your own bliss. Some find it through public service, others by self-indulgence. Many just go through the daily grind of life without much chance of joy. Life does not deal an even hand to all.

Altruism, empathy and kindness are considered old-fashioned words, but they embody the finest in human nature.

We, at Ayaas-Prayaas try to help children imbibe the spirit of learning and growing up into a fine society...a youth power that blooms into a future generation that will be the pride of our country.

Apart from studies, the focus learning is on the overall growth and equal participation in developing and honing skills and crafts, of learning through cultural events and action packed sports.

Let us all join hands in helping them carve their future and bring joy and peace in our lives.

संपादक की कलम से...

मानव व्यक्तित्व के विकास के लिए तीन चीजों की आवश्यकता है। शिक्षा, शिक्षा और शिक्षा। शिक्षा तीन बार लिखना महज किसी फिल्मी डायलॉग को दोहराना नहीं है। इसका तात्पर्य है शारीरिक विकास और स्वास्थ्य संबंधी शिक्षा, भावनात्मक – संवेदनशील उद्वेगों का विकास और ज्ञान-प्राप्ति। हमारा प्रयास मानवीय गुणों के इसी त्रिकोण को रंगीन और सशक्त बनाना है। इसी पर टिका है हमारा इस वर्ष का स्टार प्रोजेक्ट।

हमने अपने पिछले संस्करण में अपने सम्पूर्ण वातावरण में परिवर्तन की बात की थी। हमने बात की थी कि जहाँ हम रहते हैं, वहाँ का सम्पूर्ण वातावरण हमारी, हमारे देश की हमारे क्षेत्र की सभ्यता एवं संस्कारों का दर्पण होता है। यदि उन्नति होती है तो वह सामूहिक होती है किसी एक नागरिक अथवा परिवार की नहीं। इसी सोच ने हमारे प्रत्येक क्रिया-कलाप को एक सूत्र में बाँध रखा है। इसीलिये हमने उनके सम्पूर्ण व्यक्तित्व के

विकास के लिए उन्हें संगीत, नृत्य, रचनात्मकता, सांस्कृतिक विकास, आधुनिक भाषाओं में निपुणता और व्यावसायिक शिक्षा हर तरह का स्वाद चखाने का प्रयत्न किया है।

हमने अपने आवासीय क्षेत्र से जुड़े गाँव की उन्नति और वहाँ के बच्चों के व्यक्तित्व के विकास का उत्तरदायित्व उठाया है। 'हाथ कंगन को आरसी क्या'..... आइये देखें इस पत्रिका में कि कैसे ये बच्चे अपने विकास की ओर अग्रसर हैं और कैसे आयास-प्रयास उन्हें विभिन्न गतिविधियों में हिस्सा लेने के लिए प्रोत्साहित कर रहा है। अयास-प्रयास जसोला विहार के प्रत्येक नागरिक का आभारी है। वास्तव में उन्हीं के सहयोग में हमारी सामर्थ्य है। उनके विभिन्न रचनाओं के रूप में प्रस्तुत विचार कल्पना सागर का मंथन कर हमारा मार्ग प्रशस्त करते हैं। उनका प्रोत्साहन हमारी शक्ति बनकर हमें प्रेरित करता है। उनके द्वारा दिया गया आर्थिक सहयोग बच्चों को उचित मंच प्रदान करता है। इतना ही नहीं वे अपनी आदर्श रचनाओं द्वारा हमारे बच्चों के लेखन और विचारों में परिपक्वता का स्रोत भी बनते हैं। अंत में मैं आयास-प्रयास के प्रत्येक सदस्य को साधुवाद एवं बधाई देती हूँ, जिनकी मेहनत से आज आयास – प्रयास सफलता की ओर अग्रसर है।

समुद्र-तट पर चलते हुए, रेत पर बने पदचिह्नों को
आती लहर कितनी आसानी से मिटा देती है !!

क्या यही हमारे कर्मों का हश्र है?

नहीं, यदि ऐसा होता तो, आज भारत ज्ञान गुरु न होता
भगवद्गीता ने जीवन को कर्म का आधार न दिया होता
सद्गुण सभी अनैतिक कर्मों से इन्द्रियों को विमुख न कर पाते
अरे! यह तो क्षणिक प्रभाव है, जो मिट जाता है।

ये चिह्न सागर-निधि नहीं जो धरोहर के रूप में प्राप्त हों
ये युगातीत प्रश्नों के उत्तर नहीं

उसके लिए तो अपनी सांसारिक इन्द्रियों की डोर
मन पर संयम प्राप्त कर आत्मा के हाथों सौंपनी पड़ती है

सांसारिक मोह को सत्य में हवि करके
बड़े और महान लक्ष्य को इंगित करना पड़ता है

फिर जाकर हमारे प्रयास सफल होते हैं
और मील का पत्थर बनते हैं

तब कहीं जाकर कोई कल्पना चावला मिलती है

कौमुदी शर्मा

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Wheel Prayaas



आयास- प्रयास और व्हील प्रयास

बच्चे राष्ट्र के भावी कर्णधार हैं। बच्चों की एक मुस्कुराहट जीवन में खुशियाँ बिखेर देती है। आयास-प्रयास ने समाज की खुशी और समृद्धि के लिए इन बच्चों को सुनहरे सपने देखने के लिए और उन्हें पूरा करने के लिए एक मंच प्रदान करने का निश्चय किया है। इसके तहत हमने जसोला गाँव के बच्चों को निःशुल्क शिक्षा संबंधी सहायता देने हेतु एक कोचिंग सेंटर प्रारम्भ किया है। इसी का नाम व्हील प्रयास है। अर्थात् व्हील-प्रयास आयास-प्रयास का एक मुख्य हिस्सा है। दिन में इन बच्चों के लिए दो सत्रों का आयोजन किया गया है। एक लड़कों के लिए और दूसरा लड़कियों के लिए। इसमें शिक्षा के साथ-साथ बच्चों के सर्वांगीण विकास पर ध्यान दिया जाता है। इन बच्चों की संतोषजनक प्रगति और दैनिक गतिविधियों से हम प्रसन्न और प्रोत्साहित होकर कुछ न कुछ नया करने को तत्पर रहते हैं। प्रस्तुत है इन बच्चों की विभिन्न गतिविधियों की एक झलक आपके समक्ष।

My Experiences

AyaasPrayaas is a group of few dedicated ladies who conduct recreational activities at orphanages and old age homes, provide library facilities for senior citizens. The ladies put in their selfless services in educating the underprivileged children and also are involved in the cleanliness and maintenance of hygiene in their surroundings. It has been the objective of AyaasPrayaas to identify a child's talent and nurture his/her potential towards becoming a responsible citizen of India.

It has been great opportunity to join this organization. It indeed gives pleasure to be attached to this organization. This group has always believed in team work, perseverance and hard work. It was due to the encouragement of co-workers that I started taking classes in AyaasPrayaas.

Children are the gift of God who can really work wonders. Working and spending time with children gives immense satisfaction and happiness. It is altogether a different experience in educating one's own child and educating other children. I also learnt a lot from them through their thoughts and actions. Even though some children do not go to school, they have always been eager and ready to know and learn new things. The children who attend the Govt. school have also taken interest in our classes and modes of teaching. A child's curiosity to learn has always fascinated

me. Teaching the children has taught me to be open to their ideas and innocence. AyaasPrayaas through their humble efforts, have provided me the platform to engage with the children meaningfully.

Apart from the children taking a keen interest in their studies, they are also engaged in several activities that we organize for them. AyaasPrayaas has celebrated Independence Day, Yoga Day, Janmashtmi, Rakhi, Garba and other several festivals with the children. Celebrating festivals with the children and team at AyaasPrayaas was a joyful experience that I shall cherish. The enthusiastic zeal of the children to learn and do all types of work has surprised us. These children have also actively participated in environment day and creating awareness about the need to save our Planet Earth.

Working at AyaasPrayaas is indeed a blessed opportunity. This was only possible by the support and love of the group. Being around children and enjoying the best of times makes us forget our daily worries and pressures. AyaasPrayaas is a vessel of care and support that enabled me to equip and nurture the children to be responsible and dutiful citizens towards India – our motherland!

Anita Saini

NETBALL - ONE NATION TOURNAMENT (NATIONAL LEVEL COMPETITION)



THYAG RAJ STADIUM



REGISTRATION - INTERNATIONAL YOUTH HOSTEL



BEST PLAYER - SACHIN



PROFESSIONAL TRAINING

SPORTS DAY - WHEEL PRAYAS STUDENTS & HOUSE HOLD HELP



WORKSHOPS



RANGOLI MAKING



CAREER COUNSELLING



PERSONALITY DEVELOPMENT

TABLE - LAYING



FIRE LESS COOKING



INDEPENDENCE DAY CELEBRATIONS



SELF DEFENCE TRAINING WORKSHOP



LOHRI CELEBRATION



BOOK DISTRIBUTION





International Yoga Day

Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself. June 21st was declared as the International Day of Yoga in 2014 by United Nations General Assembly after the call for the adoption of June 21st as International Day of Yoga by Indian Prime Minister, Mr. Narendra Modi. First International Yoga Day was celebrated on 21st June 2015. This year we celebrated yoga day with the children of Ayaas Prayas. It was celebrated in the Central Park of pocket-1 Jasola. The entire program was conducted by Ayaas Prayas children. It started with welcoming the guests followed by a small cultural program and then they made everyone do the asanas and pranayam. They explained to everyone the benefits of all the asanas and pranayam that they performed. The program ended with prayer and national anthem sung by the children. Residents of Jasola and seniors from Bhartiya Yog Vigyan and Manav Kalyan Trust also attended to encourage the children of Ayaas Prayas. Many residents joined practicing asanas and pranayam with the children. They did six asanas and pranayam. Secretary of Bhartiya Yog Vigyan and Manav Kalyan Trust Mr Ramesh Nichani taught them a few meditation techniques. He was very impressed by the children and he mentioned how surprised he was that they all excitedly turned up an hour before the event and how well behaved they were during the entire program. Residents were so impressed by their performance that they suggested to start such yoga sessions on every Sunday. Yoga continues to be a part of kids curriculum and the members of Ayaas Prayas hope that by introducing yoga in their lives the children will become more focussed, disciplined and positive in their outlook.

Charu Lamba

HELPING TO START A NEW LIFE TOGETHER



BALANAND - PAINTING COMPETITION



BALANAND painting competition was held by the efforts of Ayaas Prayas in their complex organised by Inner Wheel., G.K. II, on 10th September, 2017. A large number of children from Jasola Vihar and Jasola Village participated in the competition. The event was sponsored by Apsara, Hindustan Pencils Pvt. Ltd.

TEACHER'S DAY CELEBRATIONS



AYAAS PRAYAS AT BLIND SCHOOL



BIRTHDAY & CHILDRENS' DAY CELEBRATION



Let's laugh together

Musical Chair



LOHRI CELEBRATION WITH KHUSHI (NGO)



Joining Hands with Aarambh (NGO)



CHILDREN WELFARE HOME

Save Water - expressing through art



देश के बेशकीमती चमकते रत्न....

इन्हें संजो कर रखें

अंधकार से प्रकाश की ओर....

मोहिनी आज न जाने किन यादों में खोई थी । उसे इतना भी पता नहीं चला कब उसके पति दफ़्तर से लौटे और नौकर से चाय लेकर चुपचाप चुस्कियाँ लेने लगे । जिन चुस्कियों की आवाज़ को सुनकर वह हमेशा सामान्य रहती है, आज उसी आवाज़ से वह न जाने क्यों बुरी तरह चिढ़ गई । शायद उसके चिंतन में व्यवधान पड़ गया था ।

जब से मोहिनी अनाथालय से लौटी है तब से वह वहाँ की संचालिका के विषय में सोच रही है । उस संचालिका का गरिमामय व्यक्तित्व भला किसको आकर्षित नहीं करेगा ? उसके यहाँ के बच्चे सदैव मुस्कुराते रहते । वे जिन रोते हुए मैले कुचैले बच्चों को अपने द्वार, कूड़ेदान अथवा ऐसी ही अनजान जगह से उठाकर लाती, वे यहाँ आकर हमेशा फूल से खिले रहते । और अचला वे तो इन्हें अगाध स्नेह से अपनी संतान ही बना लेती है । कितनी आसानी से उनकी स्नेहमयी माँ बनजाती है यह देखते ही बनता है । फिर उन्हीं बच्चों के लिए अच्छा समृद्ध घर ढूँढकर उन्हें सनाथ बच्चे बनाकर समाज में सम्मान भी दिलवाती है ।

यह सब तो मोहिनी जानती थी, परन्तु आज जो दृश्य मोहिनी ने देखा वह अद्भुत था । जो बच्चे आज अपने नए घर जाने वाले थे, उनके संचालिका के प्रति अनूठे प्रेम ने मोहिनी की आत्मा के भीतर तक जय जयजयवंती के मधुर स्वरों की मिठास भर दी । किसी अनजान व्यक्ति के साथ इतना गहरा स्नेह !!! बच्चे अपने नए माता-पिता से बार-बार मिलकर उनके साथ आत्मीय भी हो चुके थे, लेकिन जब जाने का वक्त आया तो उन बच्चों की रुलाई थमने का नाम नहीं लेती थी । वे बच्चे अचला जी के आँचल में ऐसे छिप जाना चाहते थे जैसे चिड़िया के बच्चे अपनी माँ के डैनों में छिप जाते हैं । स्नेह की प्रतिमा अचला जी स्थिर, निश्चल, निर्विकार भाव से उन्हें उनके स्वर्णिम भविष्य की ओर प्रोत्साहित करने में संलग्न थीं । धन्य हैं अचला जी आप और आपका यह अनूठा प्रण !



Touching moment with
Students of DPS RK Puram



LIFE'S PUN

Sunday, 24 August 2014

Writing on a bad day is like birthing babies

Taking the will to write one word at a time is the most wholesome workout I am beginning to know. The reluctance to go at it as conscious as the reluctance to gym or run - and once done, the aches and sprains keep up the momentum for a few more 'sunny' days.

In a happy imagination, my fingertips grow muscles; the mind sweats it out, and the spine of my back croaks from the strain of a hunch and long hours.

What's the difference between writing from inspiration and from inclination? The former is typing-in-motion, not speed typing always, but one full of spelling errors and grammatical blind spots, since it all flows so smooth and quick in the brain, the fingers match the beat on the keyboard. That kind of writing sings – a melody or cacophony is the irrelevant part.

The writing from inclination is the byproduct of a cool mind, not wasted, not hassled, not over-worked, simply relaxed and breezy.

It has the art of logic, intellect and cunning of communication. I could be writing to sell bathroom tiles but with such finesse that the client would want to pay for his own product to get a feeling of having almost 'earned' the product.

Writing from inspiration, on the other hand, is a skill using only one hand (in my case since I prefer pen over keyboard), and one part of the brain, usually the right side (again speaking for the self here). So in all likelihood, it might end up being one-sided inspiration too, with none for the reader(s). As for inclination, everyone likes a good sell-out – always an audience-pleaser that. Like well-synchronized tango, imagine, tapping the keyboard in a rhythm similar to clicking heels.

Either way, I managed two-ninety-three words so far, feeling in equal parts inspired and inclined. But consider the possibility of instinct showing up some day? I'm not sure I'd have the tumbler to offer it a drink. I'd be distraught, for not being able to play a hospitable host.

After all, instinct wouldn't need inspiration or inclination.

It would need my survival mechanisms functioning in complete order. Instinct may have stepped out of chaos but it won't step into it.

Instinct would need me, in my entirety– with warm blood pumping my heart and rushing into my veins, with oxygen bubbling in my brain and clean gushes of air filtering in my lungs. It'd require me to have iron bones, and skin of steel with pulsating pores like honeycombs. With teeth that crunch diamonds to powder and eyes with 'HD vision' even underwater.

That's the level of workout and fitness writing would require

of me. And while I look despairingly at the ceiling and walls, my toes and out of the window, to find a decent end, I atleast make it to my daily word count of four-seventy-six.

The delight of feeling an inch closer to the mile is irreplaceable.

I feel wearily happy - similar to the joys of birthing babies. You know you wouldn't fuss over the rounder nose, or smaller than usual eyes, bald baby or with luscious hair locks. It's your baby, healthy and with all limbs intact, and that's all that matters.

Five-hundred-forty by the way.

Puneet Sikka

MY FATHER – MY HERO

My father is a very kind-hearted person, my real hero and best friend. Every evening after he is home from office, he shares his daily stories of travel and work. He tells me that he loves discussing all these small moments with me so that I might learn from them and be able to take right decisions and be independent even if he is not around. I look up to him and want to be a successful person just like him by following all the etiquettes and mannerisms that he follows in his life since he is my biggest role model. He always helps the needy in our society and I wish to continue in his foot-steps. He teaches me about being fit, healthy, humble and most importantly a happy individual, with always a smile on my face to spread the happiness around.

He is the best advisor in my family and someday I vow to continue his good deeds and make him a proud father of an equally proud daughter!

Afreen Jamal

SOME BEAUTIFUL LINES ON MOM AND DAD

You both are my hands,
that's why I can do the works.

You both are my legs,
that's why I can walk.

You both are my eyes,
that's why I can see.

You both are my ears,
that's why I can listen.

You both are my mouth,
that's why I can talk.

You both are my nose,
that's why

I can breathe.

You both are my heart,
that's why I can live.....

LOVE YOU SO MUCH
MOM and DAD

Zoya Sikander Jamal



दो भाइयों की कहानी

एक गाँव में दो भाई रहते थे—मोहन और सोहन। दोनों एक साथ रहते और एक दूसरे पर जान छिड़कते थे। दोनों पढ़ने—लिखने में कमजोर थे। उनका मन पढ़ने—लिखने में जरा भी नहीं लगता था। वे दिन भर खेलते, ऊधम मचाते और दूसरे बच्चों को परेशान किया करते थे। उनके पिता दोनों से बहुत परेशान रहते थे और यही चिंता करते कि वे करें तो क्या करें? गाँव में तो अच्छी शिक्षा मिलती नहीं।

एक दिन उन्होंने गाँव छोड़ने का निर्णय ले लिया और समस्त परिवार के साथ शहर की ओर चल पड़े। दिल्ली आकर जसोला गाँव में अपने भाई के पास पहुंचे। शहर पहुँच कर जल्दी ही समझ गए कि अपने भाई के साथ रहना नामुमकिन है। उन्होंने रहने के लिए एक छोटा सा कमरा लिया और दोनों भाइयों का एक सरकारी विद्यालय में दाखिला करवा दिया।

शहर में आकर दोनों भाई नियमित रूप से स्कूल तो जाने लगे, परन्तु पढ़ने के मामले में बहुत पीछे थे। ट्यूशन दिलवाना भी कोई आसान नहीं था। हर कोई अपने घर में ट्यूशन स्कूल खोले हुए है, शिक्षा का स्तर कुछ भी हो पैसे खूब लेते हैं। एक आध जगह भेजा भी, पर कोई लाभ नहीं हुआ। आखिर में वे मुझसे मिले, मैंने उन्हें एक फ्री ट्यूशन सेंटर के बारे में बताया, जहां मैं भी दो सालों से जा रहा हूँ। बस फिर क्या था 'हींग लगे न फिटकरी रंग चौखा ही चौखा' उनकी खूब जमने लगी। कक्षा में तरक्की करने लगे। ट्यूशन सेंटर में खेलों में हिस्सा लेना, संगीत और नृत्य का ज्ञान करवाना और इस सबके अलावा बच्चों को सामान्य ज्ञान की बहुत सी बातें भी सिखाई जाती थीं। बहुत सा व्यक्तिगत सामान मुफ्त में मिलता, और प्रोत्साहन देने के लिए तरह-तरह के पुरस्कार भी दिए जाते थे।

यहाँ रहकर दोनों के जीवन को एक दिशा मिल गई। उनके पिता बहुत खुश हैं। अब उनका जीवन ठीक पटरी पर चलने लगा है। पिता को पूरा विश्वास है कि एक दिन वे दोनों किसी मुकाम पर अवश्य पहुँचेंगे। पिता की नजरों में ऐसी संस्थाओं को सरकार की ओर से प्रोत्साहन और सहायता मिलनी चाहिए।

शुभम्, व्हील प्रयास स्कूल



मानवता

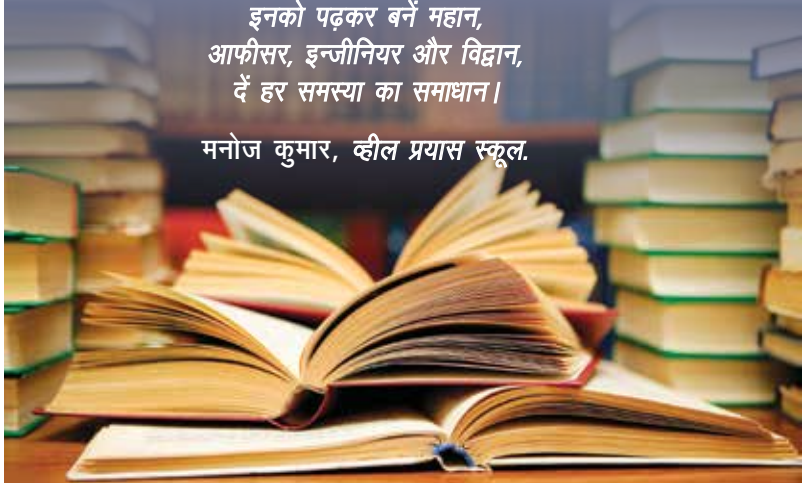
मानव—मानव से झगड़ रहा है, ये है कौनसी लड़ाई ?
 एक दूसरे को समझने की बुद्धि कहाँ भरमाई ?
 उसकी मंद बुद्धि के कारण, फैले घोर लड़ाई,
 इस मूर्खता के कारण, उसने लाखों जानें गंवाई
 बुद्धि के किवाड़ खोलो, जन—जन का कल्याण करो
 कभी किसी की कमी न देखो, बस देखो उसकी अच्छाई
 दुर्गुण तुम सरलता से देखो, सद्गुण दिखे न कोई ।
 अरे अच्छाई सबकी अपनाओ, और दूर बुराई हटाओ ।
 गुण—दोष सभी में होते, तुम्हें दिखती बस बुराई ।
 इससे जर्गरा—जर्गरा जल जाता है, उड़ता धुवाँ दिखाई देता है ।
 कलियाँ मसल जाती हैं, फूल मुरझा जाते हैं ।
 मुरझाए हुए ये गुल, फिर कभी न खिल पाते हैं ।
 फूल बनाना है हर कली को तो, सद्गुणों को फैलाओ,
 दुर्गुणों को पहचानो, निकालो, फैंको अपने पास न लाओ
 समा के हर नवयुवक को स्नेह—जल से सींचकर, सुगन्धित फूल बनाओ
 ऐसी सुगंध इनमें भरदो की समाज सुगन्धित, सुवासित कर जाओ

सचिन, व्हील प्रयास स्कूल

पुस्तकें - हमारी मित्र

सुख—दुःख की साथी,
 हर प्रश्न का हल बतलाती,
 अकेलेपन का साथ निभाती,
 सबसे अच्छी मित्र कहलाती,
 पढ़ता इसको जो भली भाँति,
 उन सबका जीवन बनाती,
 रामायण—गीता का पाठ पढ़ाती
 हम सबका ये मन हर्षाती
 इनको पढ़कर बनें महान,
 आफीसर, इंजीनियर और विद्वान,
 दें हर समस्या का समाधान।

मनोज कुमार, व्हील प्रयास स्कूल.



प्रार्थना

हे भगवान

हम बच्चे हैं नादान,
हाथ तुम्हारे हमारी कमान,
दूर करो हमारा अज्ञान,

बनाओ हमें अच्छा इंसान,
हमको दे दो थोड़ा ज्ञान,
पढ़-लिखकर हम बनें महान।

ऐसा करें हम कोई काम
देश में हो अपना भी नाम
स्वच्छ बनाएँ अपना धाम

उत्तम हों हमारे काम
मात-पिता का करें मान
तभी मिलेगा हमें सम्मान।

ज्योति कुमारी ,

कक्षा-V, व्हील प्रयास

भूतिया सपना (कहानी)

एक रात मैं और मेरे मित्र भूतों की बातें कर रहे थे। बातें करते-करते रात में बहुत देर हो गई। हम सब सोने चले गए।

हम सब लगभग दस साल के रहे होंगे। मन पर हर चीज का गहरा प्रभाव पड़ता है। शायद यही प्रभाव इस कहानी का जन्मदाता है। हम विद्यालय की ओर से घूमने गए। घूमना क्या एक तरह से पिकनिक थी। शहर से दूर....। एक जंगल को पार करते हुए हमें आगे की ओर जाना था। मन में बहुत उत्साह था जंगल को देखने की उत्सुकता और मन पर भूतों का प्रभाव। हमारी बस में तकरीबन पचास बच्चे थे और दो शिक्षक। मैं अपने दो मित्रों के साथ बस की सबसे आगे की सीट पर बैठा था। बस में हम सब मस्ती कर रहे थे। गाने भी चल रहे थे। सब बच्चे झूम रहे थे। अचानक ड्राइवर ने ब्रेक लगाई। "शेर आ गया।" निशांत बोला।

"ये तो भेडिया है।" महेंद्र ने कहा।

सब अपनी-अपनी कह रहे थे। सिर्फ हम तीनों मित्रों ने देखा एक आदमी, जिसके पाँव उलटे थे, सर चारों ओर घूम रहा था, बस रुकवा रहा था। बस के रुकते ही आँख झपकते ही वह मुझे मेरे पास खड़ा दिखाई दिया। बस फिर से चल दी। मुझे एक धक्का सा महसूस हुआ और उस व्यक्ति का कहीं नामों निशाँ नहीं था। अपने अंदर मुझे कुछ बदलाव महसूस हुआ। ऐसा लगा मानों मुझमें बहुत ताकत आ गई है। जगह तो भयानक थी ही। जानवरों की आवाजें भी आ रहीं थीं। न जाने अब मेरा डर कहाँ काफूर हो गया। सब सोच रहे थे कि ज़रूरत में हम कहाँ जाएँगे।

ऐसे भयावह माहौल में बस के ड्राइवर के साथ फिर से रुकने की आवाज़ आई। ड्राइवर डरते-डरते नीचे उतरा और बोला कि पीछे का पहिया पंचर हो गया है। ड्राइवर और कंडक्टर ने बहुत कोशिश की पर न जाने पहिये में क्या था कि उसे ठीक करना उनके बस से बाहर की बात लगने लगी। तब मैं न जाने किस प्रेरणा से उठा और बस का पीछे का हिस्सा एक हाथ से उठा लिया तभी माँ की आवाज़ आई "अमन क्या कर रहे हो लोटा क्यों उठा लिया, पानी गिर जाएगा ...". सामने माँ को देख लज्जा गया। अब मुझे समझ आया कि मैं सपना देख रहा था।

वास्तव में भूत कुछ नहीं होते, केवल मन का वहम होता है।

अमन, कक्षा नौ, व्हील प्रयास स्कूल।

सच्चाई

सच्चाई को जो काट सके
ऐसी कोई तलवार नहीं
सच्चाई को जो मिटा सके
ऐसी कोई जलधार नहीं
बुराई पर जीत सदा
सच्चाई की होती है
इस सच्चाई के आगे
बड़ों-बड़ों की गर्दन झुकती है
सच्चाई को तौल सके
ऐसा कोई माप नहीं
सच्चाई को क खरीद सके
ऐसा कोई धनवान नहीं
ईमानदार की जीत होती है
बईमान की सदा हार
इसके आगे टिक सके न
बड़े-बड़े दमदार द्य

किशन कुमार

व्हील-प्रयास स्कूल

रिज़ल्ट का दिन

आज रिज़ल्ट आएगा हाथ
किस्मत दे-दे अपना साथ
साइंस बड़ी सताती थी
मैथ्स सदा तड़पाती थी
दोनों लगते सात समंदर
फँस गए हम, इनके अंदर
मुश्किल था करना इनको पार
ताने मिलते थे बार-बार
क्लास मोनीटर थी इतराती
खुद को मैथ्स क्वीन बतलाती
आज समंदर पार हो जाए
टीचर कुछ नंबर बरसाए
थोड़े आंसर आते थे
थोड़े बगल से छापे थे
उम्मीद है पास हो जाऊँगी
माँ को खुश कर पाऊँगी
नहीं करूँगी उन्हें नाराज
अच्छे नंबर लाऊँगी
टीचर जैसे ही क्लास में आए
देख उन्हें हम सब घबराए
टीचर बोले सब हो पास
पूरी हो गई मेरी आस
और अगर परिश्रम करोगे
जग में ऊंचा नाम करोगे।

पिंकी, व्हील प्रयास स्कूल

I WILL BE THERE FOR YOU

When it all seems without hope,
and life appears meaningless.
when you feel no urge to carry on,
being faced with the full brunt of life's scorn
I'll be there for you

When the world frowns upon you,
and everyone shies away from you.
when problems suddenly appear
and friends just disappear
I'll be there for you

When you lose your confidence,
and your mind become inexplicably tense.
When you feel you have nothing left to give
and all your actions seem to be a sin
Fret not, for I'll be there for you

When all things come crashing down,
and there seems to be no dawn
Money, Property and happiness eradicated,
all snatched away at no notice.
I'll be there for you.

When you enter a parallel universe
and we drift poles apart.

When we stop talking often,
and our few conversations are sparse
I'll be there for you.

For my affection has no boundaries,
My Friendship has no conditions,
for you I stand with an... outstretched hand,
Whether you take it or not is your 'stand',
For you I stand fore ever,
whether you see me or not is for you to infer,
But what I do want you to know is this,
I'll always be there for you

Kunal Khanna

RWA JASOLA VIHAR



INDEPENDENCE DAY CELEBRATIONS



TREE PLANTATION



HOLI CELEBRATIONS





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Why Happiness Comes From Within

Seeking happiness outside of ourselves is like waiting for sunshine in a cave facing north. — Tibetan proverb

There are about seven billion of us on this planet. Each of us views life through our personal filters and no single person sees the world in the same way.

The world that you see is actually completely of your own making. It seems very real because it's the only world that you know, but in fact, it is just a representation of your many, many thoughts and feelings about your many, many experiences.

Your little world is like a solar system, in which you are the sun. The other planets (people, experiences, events) revolve around you. You see everything from your own unique place as the sun, the center of the universe. No one will ever have the same thoughts, experiences or feelings that you have had or will have.

The interesting twist is that everyone else is the sun in their own solar system, too.

We can sometimes see this reality with heartbreaking clarity: our inability to understand another person's point of view, our different reactions to the exact same event, and our sadness when someone just doesn't seem to understand us. They're in their world. And you are in yours.

How are worlds created?

We are individuals, living in a world with thousands of little events happening on any given day. Sometimes these events are personal — I get a new job. Sometimes these events are within our network — my sister gets married. Sometimes these events are global — a natural disaster strikes.

For every single event, we stand at crossroads and decide what meaning will be imposed upon it. I like to picture every moment as a piece of paper. At the top, the event's name is inscribed: "January 1, 12:01 p.m.: She has lunch with her brother." The rest of the page is blank, just waiting for me to fill it in with meaning. That lunch could go many ways. We could fight, be playful, connect emotionally, share stories or simply enjoy the food and company. As I attach a meaning to that event, I mentally file it away as a part of my world, adding yet another sheet of paper to the millions that already exist.

We never know what sheet of paper will be handed to us next. While it's possible to improve the chances of a better sheet of paper by structuring your life around positive relationships, events and activities, you still cannot control the actual events of your life. Really, all that we control is the 95-percent of the page that is still blank: the meaning that we attach to each event. This meaning is constantly being created and updated, but it is always within our control.

Why do we create these worlds?

We all want happiness and are constantly pursuing that goal - sometimes clumsily, sometimes gracefully, always in our own way. No one among us wants to suffer.

However, the majority of us labor under a serious misconception

that happiness comes from external events. We're working so hard, just waiting for the world to hand us that sheet of paper with the magic words on top. Maybe for you the magic words are "You fall in love!" Maybe for someone else the magic words are "You are appointed CEO!" Then, and only then, will you be able to fill up the rest of the paper with the meaning of happiness.

But that paper is just going to be replaced by a new page, and another page, and another...

Happiness is a state of internal fulfillment. Happiness is not the result of external events. We labor under the misconception that external events are within our control. We tell ourselves that when we achieve what we want or acquire what we desire, happiness will be ours. We attach meaning to events in a desperate attempt to address the longing of our hearts to understand our own internal selves. And we build internal worlds that are imbued with meaning in an attempt to navigate an unpredictable external world.

What does this mean for me?

Think about the world you have created. What do your pieces of paper look like? What statements have you imposed upon yourself? What thoughts, feelings and emotions create the narrative of your life?

The moment that we realize that our "world" is entirely of our own making can be incredibly shocking. Our first instinct is to cling to our world, because it's safe. When we build structures ourselves, even if they are limiting, we are hesitant to break them down; they have become the only things that we know. At the very least, we understand these worlds as some kind of boundary. We're groomed to be comfortable with boundaries. The modern day recipe for success is all about those boundaries: go to school, do well, write a standardized test, go to college, do well, apply for a job, get a job, work until you retire.

We haven't been taught to look inside of ourselves. Our world is not set up to help us break down our personal boundaries in pursuit of growth, and it is easier to cling to boundaries & external events in hope that they will be balm for our troubled hearts and minds.

Fortunately, that balm exists, within you.

We spend countless hours building our career, growing a family, and pursuing new experiences. These are all worthy endeavors if they are important to you. However, we must also make the time to cultivate our internal conditions. Just as we must strengthen our bodies to be healthy, we must understand and love our inner selves to be happy.

Thankfully, happiness is a skill that can be learned and cultivated; Happiness is entirely within your reach.

Is today the day that you look around, notice the world you have created for yourself, and ask if you are ready to go within?

Dhruv

Rest in Peace... Social Media

In this digital age it is very tough to find a person who is not hooked to various socializing applications, be it Facebook, WhatsApp, Instagram, Twitter and so on. Believe it or not, but this very social networking is actually making you "Antisocial".

Being popular on a social handle with more than thousand friends may sound really cool. But, are they really with you when you actually need them? We live in a society where looking good on an Instagram post is more important than how genuine a person is. Why have people started faking life on social media just for the mere sake of shallow attention? Pondering over your throwback times will make you realize how happy you were before you became slave to social media. And definitely not all the best moments of your life make it to or come from social media.

If social media has given us anything, it is "social isolation" and of course that erratic lingo full of emoticons. I am sure that few years down the line none of the kids will be ready for a spell-bee. It is a giant distraction to your ultimate goal where people will like and comment on your problems but none of them will come forward to solve it as everyone is busy in updating their own. It has created an illusion of a non-existent fake lifestyle. It has killed the conversations and reduced the appreciations to "like".

I am definitely not against the use of social media but the way this virus is spreading all over, staying OFFLINE may become a luxury soon. If used wisely it can be a very useful tool. But again it is MIND OVER MATERIALISTIC THINGS.

Ishpreet

My Favourite Person

The best person with a beard, I have ever known, who has the most bubbly and chubby cheeks, the softest of heart and the most caring hands that holds you tight in the cold.

Whose handwriting I have always tried to copy and have always longed for strong muscles like his (making my water bottles, my dumb bells!). Also have always made wrong calculations trying to ape his excellent mental maths.

He is my football and my basketball, my Charlie Chaplin and my Messiah. I call him "papa" and he is sure to bring back the lost smile on my face. The credit goes to him that all my demands are fulfilled even before I speak about them. This beautiful soul has always had a special corner in my heart, whose fixed place can never be changed.

Anusree Rathi



We Brag, We Hashtag!

A symbol called it all
And after vanity, came the fall
Of people like me who fell into the trap
The trap called Instagram.

People clicked their photos and posted them online.
And with these photos, came captions divine.
I too joined this community of Instagrammers.
We can't control ourselves.
We like. We upload. We hashtag it.
But never think of privacy even one bit.

We felt Instagram is a global diary,
A diary to which we can all add a page of our lives.
We feel like Instagram is a public photo album,
To keep our photos safe and to keep others jealous.
We feel Instagram is an all-you-can-use bulletin board.
But it was actually meant for the vain and the bored.
Once you begin sinking, there is no swimming back.
My addiction grew. It became my life.

I couldn't eat without retouching my photo
I couldn't sleep without staring at my face for twenty four
hours

I couldn't even visit the loo without taking a selfie
I too had joined this community of Instagrammers

Whether it is #CallMeCaitlyn or #RoyalBaby2,
We can create a hashtag on anyone, even you.
Whether it is #GOT or #MissionToMars,
Or #AgeofUltron or #DancingWithTheStars,
Whether it is #ModiInAmerica or even some bogus,
Or #BenniferBreakup or even the #POTUS,
We feel that we are connected to the world.
And we feel that the world is connected to us.
But don't blame us, because #YOLO
And after all, #LOL
A symbol started it all.

Dhruvi Agarwal



The Mysterious Morning

It was just another Sunday morning. I had gotten out of bed at 8:00 a.m. and went straight for the morning chores.

I was preparing my breakfast when suddenly the bell rang. “Isn’t it too early for the newspaper?”I said to myself. When I opened the door I saw my best friend Tushar, dressed in a strange knight-like costume. “A fancy dress competition? All the best!”. But when Tushar handed me a real sword and whispered in my ears, “I need your help. Your family’s life depends on it. I was surprised, why was he playing games with me early morning. Just then he opened his bag and handed me what seemed to be a bracelet. For a moment I thought, “Why has he gone psycho early morning?”. When I put on the bracelet, I saw a red-colored button on it. I pressed it, and to my utter surprise, a shiny red colored armor appeared out of it like a genie, resembling the fictitious ‘Iron Man’ kind of armor. I got paralyzed for a moment and thought it was a dream. When I pinched myself, I realized it was all real. “Put it on. You have to come with me right now if you want you family’s well-being.” Well.....what else, I obeyed him. Tushar pressed a few buttons on his armor and said, “Hold me tight”. When I held him, we shifted to a completely different time space. My mental faculties failed to understand the speed at which we were travelling. I could see the black clouds and big reptiles ready to pounce upon their prey. Then I decided, there is no turning back, we had to fight it out. Tushar and I were high on adrenalin, fighting and terminating our enemies. All of a sudden, there was a huge commotion and then a blackout. And lo!! I realized the drama had ended, the curtain fell down. I could hear the audience cheering.

Vidyun Agarwal



सहर

मुझसे नहीं मिलती जब मेरी परछाइयाँ,
तब अँधेरों भी नहीं लेते अँगड़ाइयाँ।
हर पहर में सहर को ढूँढती हूँ,
हर कहर से मैं अकेले ही जूझती हूँ
फिर बिखरी हुई दातों को मैं,
अपनी झोली में भरती हूँ।
मेरी जिन्दगी की हर शाम में,
तेरी मेहर की सुबह पाती हूँ।
तेरी दुआओं और असीसों में,
मैं तब कहीं खुद को पाती हूँ।

मेरा रोष तब तेरी रोशनी में ढल जाता है,
तेरा कोष तब मेरा हर अँधेरा छल जाता है।

‘मेरी मैं’ जब ‘तेरी तू’ में रम जाती है,
तब मेरी रूह तेरे रंग में रंग जाती है।

चीना

समय ‘अनमोल’

हंस-खेल मना ले
खुशियों के सब पल
न जाने फिर मिलेंगे कब
अनायास मिले हैं जो हम सब
हर समां रंगीन है
जब हैं पाँव जमीन पर
कल किसने देखा है
चारों ओर क्यों है फरेब
लग जा यह कहकर गले
कि सब भूलचूक माफ है रे
छोटा-बड़ा कोई नहीं
होता है मन का मेल ही
मत बनाओ भावनाओं को
दिल तोड़ने-दुखाने के खेल
कब कहाँ कौन छूट जाएगा
कब किसे खा जाएगी कोई ढेल
ऐ मुसाफिर जीवन एक सफर है
सही डिब्बे में बैठ ध्यान से चुनकर
सर उठाकर जीना जाना न पड़े कहीं झुककर
खाली हाथ आये थे खाली हाथ जाना है
धन दौलत सगे संबंधी सभी को छूट जाना है
समय की कठपुतली हैं हम सब
न जाने कब हमारी डोर को टूट जाना है
न जाने किस पल बंद हो जाएँगी आँखें
साँस बंद हो जाएगी देह की उड़ जाएँगी पांखें
किसी के आँसू और किसी के दिल की आहें
आज मिटा सकता है यदि तू मन से चाहे
अपने प्यारे तो जाकर भी नहीं जाते हैं
चाहने वाले जाकर भी वक्त पर नज़र आते हैं
इतना ही नहीं हर पल साथ होने का भी
बुरे- भले समय पर अहसास दिला जाते हैं
प्यारे जिसे गले लगा सकता है
लगा ले, न होना तू डावाँडोल
जो मन में है बोल दे, दिल खोल
समय का क्या भरोसा, यह है अनमोल

सोनिया जैन

We, Us and Our Children

Who are we? Are we someone who can do something for us, ourselves or our children?

Let's ponder on this question today!

We have to get up today and get together, get up... Or wait.... wait wait wait wait for someone to clean for us in our lane, our colony..., our city.. our country!

Why don't we start with little things like just coming out of our homes and see whether our lane is clean?? If not, question our sweeper why he is not picking up the garbage and still if he doesn't do his duty.. get up and get it cleaned guys.. and not wait wait and wait for someone to clean for us.

And of course IF we see any dirt or garbage lying we don't don't and don't pile and pile more on it...

If each one starts doing this I'm sure we can expect a cleaner greener colony and then maybe we can start looking outside... of our area... our city... our country...

“उठ जाग मुसाफिर भोर भई,
अब रैन कहाँ जो तू सोवत है
जो जागत है सो पावत है,
जो सोवत है वो खोवत है !!”

Let us all pledge together to start today with a new resolution to look around and keep our eyes open and start a new journey with a clean healthy environment where our family, our neighbours and our fellow citizens can live, breathe and enjoy the outdoor surroundings and lead a healthy life, something that our children will be proud of in future.

Get up... Get going this is for us, our children, our existence.. start working and walking towards this new goal..we will be winners.. for a New Tomorrow

सच होगा यह सपना

जब भारत लगेगा अपना

Geetika Munjal



On Being 50+

One fine day I realised that the major portion of my life I have already lived. Now is the time to reap the fruits of my labour. Children have grown up. So, should I look upon them as carrier of family tradition & culture & duty-bound to fulfil parents' expectations. Mind said, certainly not, that was not my purpose of bringing them on this earth, rather, now is actually the time to cut my umbilical cord and let them find their own meaning to life..... I pray for them, but let them take their own care, because I will be gone but children will be here on earth and nobody can manage anybody's life. Though they are with us yet they belong not to us. I may have given my love but not my thoughts. I may house their bodies but not their souls, for their souls dwell in the house of tomorrow, which I can't visit even in my dreams. God will take care and in place of being egoistic, I should devote most of the days in search of the ultimate. At this stage I think that is the best gift children expect from parents. No more preaching, no more interference is the mantra of happiness. But is it that easy? Every moment of my life was for them & now can I live without them? Yes, of course, if I revere their freedom & have confidence in my upbringing.

I remember I wanted to do so many things in my youth, but there was always paucity of time, but now I have plenty. So I pamper myself, nurture all my hobbies. For I have read somewhere "the happiest people on this planet are not those who live on their own terms but are those who change their terms for others". So now I advise my children only when they seek my advice & help them when they need my help. Now I am their grown-up friend. Every passing day is increasing my index of happiness.

Now, the mantra of my life is "VasudevKutumbakam". So I work for social causes—help the needy, the poor, stray animals. Believe me, this selfless service gives me great satisfaction. Now no expectations but only acceptance of life.

Friends, when even a bird cannot compromise on its freedom, how can we bind our children in the shackles of duty & family tradition? So live & let them live & remain constant – Vyast, Mast & Swastha.

Jyotishacharya Yogacharya Renu Garg



A Page from My Diary

Current gives energy and current gives shock too. It is upto each individual, how they want current in their life - overcurrent, undercurrent or mere current.

Sitting in a coffee-shop and admiring a waiter and waitress who are doing their job diligently and throwing smiles at everyone; cheerful disposition, as if from some other world. As if from the world where there is no stress, no disappointments, no discouragements Ignorant of every sound, every call, because their ears are not tuned to the world of sound. Quite oblivious to the words, but not to the gestures.

Today our communication is full of words, but sadly the meaning, expressions and genuineness is lost somewhere. Words can make or break the world. So deliver the words not by numbers, but by weight.

Accurate words at the appropriate time is what communication is all about.

The world of these people is confined to the space of 6" / 6" for most part of the day but their vision is much beyond that.

Their smile is genuine, their gestures are genuine, the sound of their silent words are real. The meanings of these silent words are precise and appropriate.

We are pruning our genuineness to be practical, and they are pruning their discomfort to be comfortable in their skin to be genuine.

HATS OFF TO THE REAL HEROES! GOD BLESS THEM!

Cheena



Rain Cloud in a Jar

- A Science Experiment

Aim: To explain how rain clouds work using a glass jar

Materials Required:

- 1 Glass Jar
- Tap Water
- Shaving Foam
- Blue Food Colouring
- Pipette or Glass Dropper

Method:

- Fill the jar about three quarters full with water from the tap
- Use the shaving foam to create a cloud on top of the water
- Let the foam settle a bit
- Now drop food colouring into the 'cloud'

Observation:

As the cloud fills up, the food colouring will fall down into the water creating a rain like effect

Conclusion:

Clouds are formed when water vapour hits cold air, it turns back into droplets of water. Those tiny drops of water floating in the air collect and 'stick' together to form clouds. When clouds get so full of water that they can't hold any more, the water falls back to ground as rain.

Shivank Butani

Eggless Chocolate Cake

Ingredients:

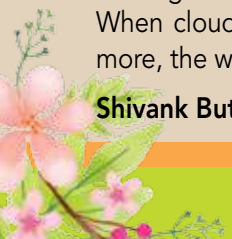
- 1½ cup Maida
- 1 cup Powdered Sugar
- 1/3 cup Cocoa Powder
- 1 tsp Baking Powder
- 1 tsp Cooking Soda
- 1 tsp Vanilla Essence
- ½ cup oil
- 1 cup Ice Cold Water
- 4 tsp White Vinegar
- Whipped cream for topping
- Chocolate Truffle for topping



Procedure:

- Mix all the dry ingredients and set aside
- Mix oil, water and vanilla essence
- Pour it into the bowl containing maida, sugar, baking powder, etc.
- Mix well and add white vinegar
- Mix and bake in a pre-heated oven at 160C for 30 minutes
- Layer with chocolate truffle and decorate with whipped cream

Krishiv Butani



Learn to make All-Natural Food Dyes From Ingredients in Your Kitchen

Food dyes are one of the most common ingredients in processed foods which we consume almost on a daily basis. However, do you know how harmful they can be? They can be a leeway to ADHD and can also cause hyperactivity in children. There are so many amazing natural colors in food - so why not use them? Sure, it involves a little hard work but it's a much healthier option.

There are a few points to keep in mind if you want to try it yourself at home.

1. Consider the source of colour:

- Pink: strawberries,
- Red: beets, tomato
- Orange: carrots,
- Yellow: saffron, turmeric
- Green: spinach
- Blue: red cabbage + soda
- Purple: blueberries
- Brown: coffee, tea

2) Consider the flavor:

One thing that natural food colors have that commercial colors don't, is taste. Because the color comes from real food ingredients, a small amount of flavor will remain in the dish even if it is cooked.

3) Keep your expectations reasonable:

The challenging thing about using naturally-occurring colors is that they aren't as intense as commercial colors. The first piece of advice is just to accept that off the bat: Your red won't be really red, but the colors have unique tints all their own. The key to achieving the most vibrant color is to start with as concentrated a base as possible.

While you won't be able to achieve colors quite as intense, the goal with DIY colorings is to make them as intense as possible from the get-go for the best results when you use them.

4) Understand powder bases versus liquid bases:

There are two ways to make DIY food colorings: powders and concentrated liquids. Powders are the easiest way to make DIY food colorings because they dissolve easily and are already somewhat concentrated, meaning they can lead to more intense color. You can purchase many fruits and vegetables in powdered form, or you can make your own by buying freeze-dried fruits and vegetables and pulverizing them to a fine powder in a food processor or spice grinder. Some ingredients—like cocoa, coffee, tea, and spices—are naturally in powdered form and you can add these directly. Depending on the ingredient, this can lead to slightly clumpy results, so you may want to dissolve them in a small amount of liquid (milk, water, etc.) beforehand.

The second way is to make a concentrated liquid. The liquid can be pure juice, a strained purée, or water-based:

- If you have a juicer, use it. It produces the purest liquid that you can reduce to the proper consistency.
- Purees are also good, though they may contain some solids (you can always strain it), and a thicker liquid.
- The water method isn't the best, but it's the best way to get color from certain ingredients that need to be infused (for the saffron coloring, I infused the saffron in warm water).

Whatever method you use to make a liquid base, you always have to reduce it. When you reduce a liquid, water evaporates—this basically ensures you're ending up with as concentrated a color as possible and getting rid of excess water that could negatively affect the recipe you're adding it to. I reduce liquids until I've reached about 1/4 cup.

5) Know that heat can play a role:

I usually use these natural food colorings in cold applications, to tint frostings, icings, glazing and colouring my curries, Raitas and rice while making different kind of Pulaos but keep it in mind that while many of these food colorings could successfully tint baked goods, like cookie dough or cake batter, heat can be an impeding factor, as many of these colors can change when exposed to heat, becoming duller or browner.

It should also be noted that the food colorings themselves should be cooled completely before you add them to any recipe.

6) Add to frosting, then decorate:

Once you've made your food colorings, all you have to do is add them. Just like with traditional food colorings, it's best to add the color in small amounts gradually until you achieve the color you want. Keep in mind that you can add more powdered coloring than liquid coloring without affecting the recipe.

For the natural dyes:

- Pink: Add 1 to 2 teaspoons strawberry powder. You can dissolve the powder in 1 to 2 tablespoons of water before you add it to the dish if you want to minimize the risk of clumps.
- Red: Add 1 to 2 teaspoons beet powder. Dissolve the powder in 1 to 2 tablespoons water before you add it if you want to minimize the risk of clumps.
- Orange: Add 1 to 2 teaspoons carrot powder. Dissolve the powder in 1 to 2 tablespoons water before you add it if you want to minimize the risk of clumps.
- Yellow: Bring 1 cup of water and about 1/8 teaspoon (1 small pinch) saffron threads to a simmer over medium heat. Remove the mixture from the heat, and let steep for 15 minutes. Strain, then return the mixture to the pot. Reduce to 3 to 4 tablespoons, then transfer to a small jar to cool completely.
- Green: Add 1 to 2 teaspoons dissolving the powder in 1 to 2 tablespoons water before you add it if you like.
- Blue: Combine 2 cups shredded red cabbage and 1 1/2 cups water in a small pot. Bring the mixture to a simmer over medium heat. Remove the mixture from the heat, and let it steep for 15 minutes. Strain, then return the mixture to the pot. Reduce to 3 to 4 tablespoons, then stir in a small pinch of baking soda—this will turn the color from purple to blue! Transfer to a jar to cool completely.
- Purple: Combine 2 cups blueberries and 1/4 cup water in a small pot. Bring the mixture to a simmer over medium heat. Simmer until the berries burst and begin to break down. Use a potato masher to mash the berries, then strain the liquid, discarding the solids. Return the juice to the pot and bring back to a simmer. Reduce to 1/4 cup, then transfer to a jar to cool completely.

Seema Gandhi

A Lesson From Shoe Lace

The evening walk with my friend is a ritual I enjoy and quite look forward to. I recently bought myself an expensive new pair of sports shoes to fuel my endeavor. So, you can imagine my excitement as I set off for the walk in my newly acquired footwear the next day.

About 20 minutes into the walk though, one of my shoe laces came undone. And as I stopped to tie the laces, I didn't think too much about it. But when it happened a second time, I sensed that there might be a problem with those rounded, smooth nylon laces in my new shoes. Have you faced a similar problem too at some time? Sounds familiar?

The shoe laces coming off soon became a regular, recurring phenomenon. The friend and I would be walking along, talking about the day gone by, and the day ahead, when I would discover that my laces have magically slipped and come undone.

And I would find myself interrupting the flow of the conversation – and the walk – to tie my shoe laces. I began to wonder why the company folks couldn't provide better laces, given the high price they were charging. I even thought of writing to the CEO to share my predicament, Meanwhile I could sense my friend's irritation mounting too As I sat there on the pavement, tying my laces yet again, I could bet she was thinking "Why couldn't she be taught to tie her shoelaces right?"

Determined to set it right, and yet unsure of what I should do, I decided to do what all intellectually curious thinkers do when they aren't sure. I googled it. "How to tie shoe laces?" Bingo! Google quickly enlightened me that there are in fact two ways of tying a shoe lace. Very similar in technique, but very different in outcomes. As you make a loop out of one lace and hold it, and get the other lace around it, it makes a huge difference whether you bring the other lace from above the first loop – or from below it. Bring it from above and you have a weak knot. But take it from below – and you will have a knot that's strong.

There is a weak knot. And a strong knot. And as it turned out, I had all along been tying the weak knot. Armed with this new-found knowledge – and the secretly acquired new technique, I began to tie my shoe laces the new way. And it worked.

No more interruptions in the walk. The laces stayed in place. The shoe lace problem is thankfully out of the way now. But the lessons have remained. And maybe they are relevant for us all.

First, just because you have been doing something for years it does not mean you have been doing it right. Maybe there is a better way. You just need to be willing to learn. Second, when things go wrong, the temptation to blame others can

be strong. Laces coming off? It must be company 's fault! It takes courage to introspect and say maybe, just maybe, the fault lies within. Own the problem, and you'll empower yourself to find a solution. Third, change is hard. Doing things differently is harder than it seems. In business and in life, we all get used to a process, a pattern of work, habits get formed and that's hard to change. Acknowledge that. Change takes effort. And time and commitment too.

And finally, it's useful to remember that small changes can make a big impact. A simple thing like getting the lace from above the loop – or below it – can make a huge difference. It can keep your shoes on your feet. It can even bring a smile on your face!

Next time you are looking to drive a change initiative in your organization, think of the shoe lace. Skip the blame game.

Take ownership. Start small. See if there is a better way. Recognize that change is hard. And then, as the change kicks in, get ready for the appreciation.

Manisha Chaturvedi

Aiming for the skies

Michael Phelps – perhaps the most decorated swimmer of the past decade said, "there will be obstacles, there will be doubters, and there will be mistakes, but with hard work there are no limits."

Life is not a race, it is a moment which everyone has the right to live, work hard and makesomething better of it. Life is like a bed of roses and thorns. If we have enjoyed good moments, we will also have to handle the bad ones awaiting us. We should always try to remain persistent and accept whatever life throws at us. Life is useless without an aim. An aim makes a person more determined and makes him passionate towards achieving it.

We may face obstacles during our life, but they should serve as a driving force, criticizing words as inspiration and mistakes as realization. Those who tread on this path can achieve anything in life. Those who strive to achieve something do face obstacles and even if they are not able to succeed, they do not lose their heart as they try again until they succeed in achieving what they had aspired for. It is this attitude which makes an ordinary person or a successful businessman, a poor child or a civil servant, a tea seller or the PM of our nation. These examples should serve as inspiration for those who want to achieve something in their life and write their own destiny.

Sarvesh Agarwal

With best wishes

Imran

With best compliments



**INNER WHEEL CLUB OF DELHI GREATER KAILASH
DISTRICT 301
CARTER NO. 4773**

What Does Success Mean to You?

Success, in its most simplistic form, is defined as a person or thing that achieves their desired aims or attains prosperity.

Today's uncertain world does not revolve around the textbook definition of success, and the goal of The Third Metric is to collectively redefine success on an individual level, leaning away from the societal definition and distorted concept that has yielded a modern-day Hunger Games for power and money.

If you ask a child to define what success means to them, their innate sincerity will most likely produce a fairy tale-like response depicting smiles and dreams where money and power hold no value. A teenager — stepping for the first time into the churn of societal pressure towards conformity — may also respond with their own rendition of a fairy tale-like scenario filled with hope for a bright future, though with a touch of more worldliness. Still, little value would be placed on climbing the corporate ladder.

As time escapes us and our self-concentration dissipates, we find ourselves as adults, half-hollow cynics lacking those same dreams and admirable ambitions, in constant wonder and fear of what we don't have. If only the subjugation of society's pressures left us stronger and not weaker. Then, we could find ourselves hopeful and whole as we once were.

"Overworked," "tired" and "hungry for more" are the terms most associated with the outcomes of being successful. So, how do we continue to define success as the attainment of a desired aim when no one person eagerly aims for self-destruction?

I, too, have aimed for a powerful career and sought the paths that would increase my bottom line. And I, too, found myself overworked, overwhelmed and overcome by exhaustion. The one thing that I was not was self-fulfilled or content with who I had become. But the fault was solely my own. My financial and business successes were in abundance, but my life as a woman, wife, mother and friend was non-existent. The day I awoke to this realization was the thankful day that I wrote my own guidelines for success, supported by the strength of my family, my friends and the wise coaching of my leaders. I couldn't do it alone and once I opened myself up to accept that I didn't have to, I was able to define success on my own terms.

The truth of it all is that my family never required me to make more money; they were happy with me as I existed. My superiors never required me to work 24 hours a day, nor did they force me to check my emails during dinner. But my desire to grow resulted in me doing that and much more; and none of it mattered. At the end of the day, no one was happier — not my family, not my colleagues and definitely not myself. So I stopped. And I listened to my inner voice and found the balance in my core.



Here are the guidelines I used to redefine success:

Sacrifice for yourself and not of yourself, your family or your dreams. Sacrifice to better your life, for new and brighter beginnings and not in search of gleaming hopes instilled in you by others. Sacrifice to achieve balance, not to over-extend yourself. Sacrifice to maintain pleasure in the home and workplace and to overcome bitterness and resentment for any distance you need to take from one or the other.

Unplug your mind and shut it down. Enjoy today and what it holds. Allow your mind, body and soul to be still in what you have achieved and not focused on that which you have yet to gain. Do not stumble into a nightmare of inconstant thoughts surrounding that which you must accomplish 5 or 10 years down the road. Today impacts your tomorrow, so have an impact on what is today.

Connect with friends and strangers alike. There is more to learn from diving into the unknown. Care for those around you, even those you don't know. Listen and learn from the masses, but know the choice to move forward is ultimately yours and yours alone. Gaining knowledge is never harmful, but many wrong choices can be made because of that which you have yet to learn.

Collaborate to make a difference. Respond to groups, to articles, in meetings and gatherings — respond to anything that forces an emotion, a thought or feeling within you. You can be part of the change for greater good.

Express your desires, whatever they may be. Do not worry or dismay that they will go against pop culture or conformity. No one man or woman is alike, so why should anyone expect an individuals' desires to fit into the same square box as their peers'?

Surround yourself with people who are smarter than you. Do not be afraid to be taught or to learn from someone else. Be wary of surrounding yourself with people who can't or won't teach you anything. The only way to rise above is to rise together.

Succeed for you! Aim for the goals that render you the happiest, whole and healthy. Your mind, body and soul succeed as a unit, and you alone can feel when any one of these elements is out of sync. Stop, listen and you shall succeed!

How to Create an Early Childhood Education Spaces

Children from birth need stimulating environments or spaces to learn and develop holistically. A child living in a stress free environment having meaningful positive interactions with adults has a stronger neuron development and growth

"The basic architecture of the brain is constructed through a process that begins early in life and continues into adulthood. Genes provide the basic blueprint, but experiences influence how or where genes are expressed. Together, they shape the quality of brain architecture and establish either a sturdy or a fragile foundation for all of the learning, health, and behavior that follow. The ability for the brain to reorganize and adapt, is greatest in the first years of life and decreases with age." Dr Jack Shonkoff

Environment can be defined as the circumstances, objects, or conditions by which the child is surrounded. Parents, Play Schools and Day Care centres can make a difference to the child's learning and development by setting up stimulating and meaningful spaces to play, enjoy, explore, inquire and learn. Young children strive to understand the world they live in and how it works through the unique and concrete experiences and interactions with the environment.

Holistic development is a term used to covers all aspects of development-physical, social, emotional, cognitive, moral and aesthetic.

How can we create these stimulating environments for our children? What can we do to make the spaces more meaningful, safe, hygienic and exciting for a child? Can the children enjoy and learn in areas free of technology? And yet develop holistically.

Physical development includes the development of fine muscles of the fingers that help a child eat, write, play and work. Gross muscles help a child to be active, run, play, kick, jump, skip; all leading to being independent and feeling confident. The big boy big girl that you want your child to be starts with you allowing your child to feel big, take responsibility, and participate with you in all household chores. Activities at home of peeling, sorting, self dressing, eating independently, carrying a tray, keeping back the plate after meals, filling the bottles with water, folding towels and napkins, all help the child develop physically as well as set an environment of developing the fine and gross muscles leading not only to confidence and independence but also mature and sensible adults.

The greatest gift we can give our children is helping them to communicate and connect with his world. As teachers and parents, we have to be aware that we may have this instinct to make everything simpler, easier, faster and clearer by saying it or doing it for the child when he seems unable to say it or do it himself. Even if it's easier for us and seems helpful to the child, that act will deprive the child of the chances he needs to express his curiosity, feelings and needs.

Learn to talk with the child rather than talk at the child.

Children learn best by doing rather than watching or being told what to do or how to do it. When we do most of the talking, the child doesn't get a chance to learn by doing. In our desire to care for, teach and entertain the child, our natural instinct is to take over.

The right balance of colours in a room makes the environment stimulating and give focus on the equipment meant for play and exploration.

A very brightly painted room with many colours on the walls, plastic toys in every shade, stuffed animals from every region of the world would be over stimulating for children in the early years. It may make a pretty picture for the next facebook post but not really targeting any of the developmental needs.

Does my child need only plastic toys from the market to play?

Do things from the kitchen (not sharp and unsafe obviously) made of wood, steel and glass help in developing my child's perceptual development (touch, taste, smell, feel, hear)?

Will my child enjoy an expensive toy more than a recycled bottle of shampoo?

How can I recycle and reuse material creating an environment in the room for language, mathematics and science concepts to be explored through play?

Give a child 5 empty clean reused bottles instead of the kabadiwala and watch the learning and development. Language- by reading the labels, fine motor-by screwing and unscrewing the lids, cognitive development by matching the bottle with the lids, aesthetic development in arranging them, standing or sleeping, mathematical development in arranging them in ascending or descending order, perceptual development by taking in the fragrances from each bottle, memory by recollecting what the bottle originally contained. And now if these were plastic, glass, wooden, bamboo, steel or any other material bottles the child would develop another perception in this complex world.

A table can be round, square, rectangle made of wood, glass, steel, cane, cement and have various names coffee table, side table, dining table, study table. With so much to comprehend in the early years children need to rely on their senses to internalize these differences and understand their world and surroundings.

Children don't need too much colour or clutter to learn. Children don't need cuteness to learn. Children need to use their senses to learn with adults that understand and create the space or environments to explore, touch, feel smile and laugh.

Shamila Kohli, Center Head, Oxford Head Preschool

रंगों का महत्व

हर इंसान किसी न किसी रंग में रंगा है, किसी न किसी राग में मस्त है। दुनिया के रंगमंच पर शानदार अभिनय के लिए इंसान को खुद को उच्चतर आयामों में विकसित करना होगा। हम जीवन की संपूर्णता को, जीवन के असली आनंद को तब तक नहीं जान पाएँगे जब तक हम उस आयाम तक न पहुँच जाएँ जो राग व रंगों से परे है। भूमिकाएँ अदा कर रहे इंसान अलग-अलग रंगों की शरण लेते हैं। साधु-सन्यासी गेरूआ पहनते हैं तो समाज सेवी सफेद, वहीं सिनेमा के पर्दों पर अभिनय कर रहे कलाकार दर्शकों का दिल बहलाने के लिए रंग विरंगे वस्त्रों में पेश आते हैं। आप भी ढूँडिए अपना रंग जो आपकी भूमिका को निखारे।

रंग क्या है

इस जगत में किसी भी चीज में रंग नहीं है। पानी, हवा, अंतरिक्ष और पूरा जगत ही रंगहीन है। यहाँ तक कि जिन चीजों को आप देखते हैं, वे भी रंगहीन हैं। रंग केवल प्रकाश में होता है।

रंग वह नहीं है, जो वो दिखता है, बल्कि वह है जो वो त्यागता है। आप जो भी रंग बिखेरते हैं, वही आपका रंग हो जाएगा। आप जो अपने पास रख लेंगे, वह आपका रंग नहीं होगा। ठीक इसी तरह से जीवन में जो कुछ भी आप देते हैं, वही आपका गुण हो जाता है। अगर आप आनंद देंगे तो लोग कहेंगे कि आप एक आनंदित इंसान हैं।

हमारे यहाँ हर रंग का अपना अलग महत्व होता है। वह किसी ना किसी धारणा से जुड़ा हुआ है। जैसे इंद्रधनुष के सात रंगों को ही रंगों का जनक माना जाता है। ये सात रंग क्रमशः लाल, नारंगी, पीला, हरा, आसमानी, नीला तथा बैंगनी हैं। रंगों की उत्पत्ति का मुख्य स्रोत सूर्य है। सूर्य के प्रकाश में विभिन्न रंग मौजूद हैं। जिनके कारण ही इंद्रधनुष का जन्म होता है...

इंद्रधनुषी रंगों के नाम:

विश्व की प्रत्येक सभ्यता ने रंगों का नामकरण अपनी समझ के अनुसार किया है। जिसका विभाजन दो भागों में किया गया है पहला हल्का यानि सफेद, दूसरा काला अर्थात चटक।

१. लाल: - लाल रंग को रक्त रंग भी कहा जाता है। लाल रंग प्रकाश का संयोजी प्राथमिक रंग है जो कि कियान रंग सम्पूरक है। यह वर्ण हमारे मन आत्मविश्वास और आगे बढ़ने की प्रेरणा देता है।

२. नारंगी: - यह रंग नारंगी फल के छिलके के रंग जैसा दिखता है। भारतीय तिरंगे में इस रंग का प्रयोग किया गया है। इस रंग से हममें त्याग की भावना आती है।

३. पीला: - इस रंग में लाल और हरे रंग की मात्रा ज्यादा होती है एवं नीला वर्ण कम होता है। पीला रंग शुद्ध एवं सात्विक प्रवृत्ति का परिचायक है। यह रंग शुद्धता एवं निर्मलता का प्रतीक है।

४. हरा: - यह इंद्रधनुष का चौथा रंग है। भारतीय तिरंगे में भी इस रंग का उपयोग किया गया है। यह रंग प्रगति से संबंध और सम्पन्नता को दर्शाता है।

५. आसमानी रंग: - आसमान का रंग होने के कारण इसे आसमानी रंग कहा जाता है। इस रंग में नीले और सफेद रंग का मिश्रण होता है। यह द्वितीयक रंग के नाम से भी जाना जाता है।

६. नीला: - इस रंग को प्राथमिक रंग भी कहा जाता है। भारत के राष्ट्रीय खेलों में भी नीला रंग प्रयोग किया जाता है। यह धर्म-निर्पेक्षता को दर्शाता है।

७. बैंगनी रंग: - इंद्रधनुष के रंगों का यह सातवां और अंतिम रंग है। जिसका नाम एक सब्जी बैंगन के आधार पर रखा गया है।

रंगों का धार्मिक महत्व:— विज्ञान ने हर रंग का अपना अलग महत्व बताया है। रंगों के विज्ञान को समझकर ही हमारे ऋषि-मुनियों ने धर्म में रंगों का समावेश किया है। पूजा के स्थान पर रंगोली बनाना रंगों के मनोविज्ञान को भी प्रदर्शित करता है। कुंकुम, हल्दी, अबीर, गुलाल, मेंहदी के रूप में पांच रंग हर पूजा में शामिल हैं। धर्म ध्वजाओं के रंग, तिलक के रंग, भगवान के वस्त्रों के रंग भी विशिष्ट रखे जाते हैं। ताकि धर्म-कर्म के समय हम उन रंगों से प्रेरित हो सकें और हमारे अंदर उन रंगों के गुण आ सकें।

रंगों का वास्तु में महत्व - शुभ रंग भाग्योदय कारक होते हैं और अशुभ रंग भाग्य में कमी करते हैं। विभिन्न रंगों को वास्तु के विभिन्न तत्वों का प्रतीक माना जाता है। नीला रंग जल का, भूरा पृथ्वी का और लाल अग्नि का प्रतीक है।

१. पीला रंग - पीला रंग हमें सुकून और गर्माहट का अहसास देता है। इस रंग से कमरे में रोशनी की जरूरत कम पड़ती है। इसलिए जिस कमरे में सूर्य की रोशनी कम आती हो, वहाँ दीवारों पर पीले रंग का प्रयोग करना चाहिए। घर के ड्राइंग रूम में अगर आप पीला रंग करवाते हैं तो वास्तु के अनुसार यह शुभ माना जाता है।

२. गुलाबी रंग - यह रंग हमें सुकून देता है और परिजनों में आत्मीयता बढ़ाता है। बेडरूम के लिए यह रंग बहुत ही अच्छा है।

३. नीला रंग - यह रंग शांति और सुकून का परिचायक है। यह रंग डिप्रेशन को दूर कर, घर में आरामदायक माहौल पैदा करता है। इसका इस्तेमाल डाइनिंग रूम या बाथरूम में हो सकता है।

४. जामुनी रंग - जामुनी रंग धर्म और अध्यात्म का प्रतीक है। इसका हल्का शेड मन में ताजगी और अद्भुत अहसास जगाता है। बेहतर होगा यदि हम इसके हल्के शेड का ही दीवारों पर प्रयोग करें।

दुनिया के रंगमंच पर शानदार अभिनय के लिए इंसान को खुद को उच्चतर आयामों में विकसित करना होगा। हम जीवन की संपूर्णता को, जीवन के असली आनंद को तब तक नहीं जान पाएँगे जब तक हम उस आयाम तक न पहुँच जाएँ जो राग व रंगों से परे है।

गीतिका

Smartphone Photography - An interview

Last year, Mr N K Lamba (168, Pocket-1) shared with us his experiences of Sunday cycling with a group of cycling enthusiasts from Jasola. Since then, we have been noticing some beautiful pictures on his social media of his cycling adventures around Delhi. Recently, he also clicked some pictures of Ayyas-Prayyas' s first yoga event in Jasola. Ayyas Prayyas's team spoke to him about his passion for photography and asked for tips on getting those great shots with your smartphone camera.

Ayyas Prayyas: As an amateur photographer, where do you begin?

Mr Lamba: Even before you begin taking pictures, it is important to know your camera fully. Be aware of the various options and settings available. Also, never forget to clean your camera lens before you begin taking pictures.

Ayyas Prayyas : What are the best angles to take pictures?

Mr Lamba: For taller subjects use Portrait mode and for wider and horizontal subjects use Landscape mode. It is best to level the frame horizontally. Avoid tilted frames.

Ayyas Prayyas : Any advice to perfectly compose a picture?

Mr Lamba: Compose your picture using Law of Third. Law of Third means try to align the object of your interest on any of the intersecting points of two imaginary lines drawn vertically and horizontally at equal distance on length and breadth of the screen. Many smart phones have this option. Find and activate it. Get close to your subject and try to fill the entire viewfinder/ screen. Often, people take pictures and later try to crop it to get a better composition, but it compromises the quality of picture.

While taking pictures of landscape, add some interesting subject in the foreground or an interesting object to make the picture memorable.

Turn off any picture frames or effects which you may have put on previously.

Keep the subject big and prominent.

Avoid bright reflections.

Keep background clutter free.

Ayyas Prayyas : Do you have any advice on how to improve the quality of the photo?

Mr Lamba: Set your phone to its highest quality /resolution. Most phones have HDR option, activate it to take pictures in higher quality.

Ayyas Prayyas : One of the most common complaints of smart phone photography is blurry pictures. Is there a way to avoid the blur?

Mr Lamba: The main reason for blur in the picture is camera shake while clicking the picture. To avoid it, find steady support while holding the phone and taking the picture. Another tip is, use physical shutter button rather than touching

screen to take a shot.

Ayyas Prayyas : Many a times my pictures don't come out very clear. How do you ensure that you're clicking a clear photo?

Mr Lamba: Foremost reason for an unclear picture is that it is out of focus. Most cameras have an option to select the point of focus, which is displayed within a circle/square on your phone screen. Move the circle/square to the area you want to remain in focus and touch the circle/square. Your camera will refocus on the area you selected.

If you are taking a portrait picture, try to focus on the eyes of the person.

Ayyas Prayyas : What are some precautions to take while taking pictures in low light?

Mr Lamba: If you are taking pictures in low light, you need to adjust the Exposure Compensation setting. Find the right light source. As the exposure may take a tad more time than usual, hold the camera still until the photo is taken.

Ayyas Prayyas : Can something be done to improve picture after the picture has been taken?

Mr Lamba: Yes, of course, your phone camera app will have certain options to apply certain pre loaded filters and also options to adjust light, colour, pop, picture size.

Ayyas Prayyas : Thank you so much for answering our questions on the basics of smart phone photography. Any personal advice to the readers, before we end our conversation?

Mr Lamba: Yes, for outdoor photography, its best to take pictures during golden hours. Golden hours are one hour after sunrise and an hour before sunset. Avoid taking pictures when the sun is on your head, unless absolutely necessary. To avoid ugly shade while under the sun, it may help if you put the flash on.

While taking pictures of flowers or tiny subjects activate "micro" mode. For portraits, use Portrait mode and for mountain pictures use Landscape mode.

For important events, take multiple shots and later retain the best shot and delete others.

Another tip is do not be lazy while taking pictures. Most of the times, people stand at one place and keep taking pictures. Move a bit to compose best pose. Even ask people to move. When you take pictures at India Gate, you cannot ask India Gate to move, rather you have to move, the people whose picture is being taken should be requested to move.

Also, just do not stand and start taking pictures. Take pictures from different perspective, sit down or go up to a higher place, if available and shoot your picture from a different level.

With best wishes

Brij Bhushan Gupta
Director

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स्मिता

गर्मियों के दिन थे। सूर्य की तेज़ किरणों के कारण लोगों का घरों से बाहर निकलना कठिन था। गर्मी चाहे कितनी भी हो, काम के लिए तो बाहर जाना ही पड़ता है। स्मिता भी घर में कैसे बैठ सकती थी? वह विद्यालय में अध्यापिका थी। रोज विद्यालय पढ़ाने जाती और दोपहर को ढाई बजे घर लौटती थी। स्मिता सोच रही थी कि यदि थोड़ा सा पानी बरस जाए तो मौसम में ठंडक आ जाए। घर जाते हुए जिस भीषण गर्मी का सामना करना पड़ता है, उससे तो छुटकारा मिलेगा।

आज मानो ईश्वर स्मिता पर मेहरबान था। उन्होंने स्मिता के दिल की पुकार सुन ली। देखते ही देखते तेज़ आँधी चलने लगी। कुछ ही क्षणों में सूरज के प्रकाश को बादलों ने ढक दिया और बूँदा-बाँदी शुरू हो गई। बूँदा-बाँदी को तेज़ मूसलाधार वर्षा में परिवर्तित होने में अधिक समय न लगा। स्मिता को भी पानी में भीगना अच्छा लग रहा था। भीगती हुई वह घर की तरफ बढ़ती चली जा रही थी।

"अरे यह क्या! यह पिल्ला क्यों कुलबुला रहा है?" उसने एक छोटे से पिल्ले को सिकुड़ते हुए गली के कोने में पाया। स्मिता एक संवेदनशील चालीस वर्षीय महिला थी। उसे कुत्तों से विशेष प्यार था। जब से स्मिता का अपना पाला हुआ कुत्ता उचित ध्यान न दिए जाने से उसे छोड़कर चला गया है, तबसे स्मिता का कुत्तों के प्रति अनुराग और बढ़ गया था।

स्मिता अपनी माँ और बेटे के साथ एक साधारण से मकान में रहती थी। एक मध्यम वर्गीय महिला जिस शिद्वत से गली के कुत्तों की देख-रेख करती थी, वह अतुलनीय था। उसकी देख-रेख में लगभग 15 कुत्ते थे। पिल्ले को बारिश में असुरक्षित देख स्मिता से रहा न गया। उसने उसे उठाया और बुखार से तप रहे कुत्ते को पास के ही पशु-चिकित्सक के पास ले गई। उस लघु प्राणी की यथोचित चिकित्सा करवाकर उसे अपने घर ले आई। स्मिता की सेवा व लगन से वह पिल्ला स्वस्थ हो गया। स्वस्थ होते ही उसे अपनी माँ का स्मरण हो आया, जो गली में ही रहती थी। वह भागा-भागा अपनी माँ के पास गया और किकियाने लगा मानो वह उसे कुछ बता रहा हो। फिर वह अपनी माँ को लेकर स्मिता के पास गया। माँ प्यार भरी नज़रों से स्मिता को देख रही थी। उसने पूँछ हिलाकर स्मिता को धन्यवाद दिया। स्मिता और उस माँ बेटे में एक अनकहा सम्बन्ध बन गया। स्मिता के बाहर निकलते ही दोनों उसे बस स्टॉप तक छोड़कर आते। उसकी अनुपस्थिति में उसके घर के बाहर दिन-रात खड़े रखवाली करते। स्मिता भी अपनी संतान की भाँति उनकी देख-रेख करती। अब स्मिता के परिवार में दो सदस्य और जुड़ गए थे। यह वही स्मिता है जिसे संवेदनहीन कहकर उसके पति राकेश ने दस साल पहले छोड़ दिया था। जिस स्मिता की प्रेम मोहब्बत एक अनजाना प्राणी भी समझ सकता है, वह प्रेम एक पढ़े लिखे पति की समझ से बाहर था। राकेश के लिए इंसानी मोहब्बत से अधिक पैसे की चमक का महत्त्व था। स्मिता ने निश्चय कर लिया कि अब वह इस भौतिकवादी दुनिया से दूर आत्मिक संतोष पर ध्यान देगी। जब पहली बार उसकी बेटे एक कुत्ते का बच्चा घर ले आई तब से

स्मिता की दुनिया ही बदल गई। अब उसने निश्चय कर लिया कि वह अपना जीवन इन्हीं के साथ बिताएगी। स्मिता ने कभी पीछे मुड़कर नहीं देखा। दिन प्रतिदिन उसके इस नवीन परिवार में वृद्धि होती गई। अब तो स्मिता के कुक्कुर परिवार की संख्या चालीस है। उसने उनके लिए अपने एन.जी.ओ 'सबका परिवार' के माध्यम से एक छोटा सा कुक्कुर निवास बनवा दिया है, जहाँ नियमित रूप से कुक्कुर चिकित्सक आते हैं, और आते हैं दयावान लोग जो इनके रहने-सहने की व्यवस्था में सुधार का कार्य आर्थिक और व्यक्तिगत रूप से करते हैं। अब स्मिता के क्षेत्र में एक भी लावारिस स्वामिभक्त घूमता नजर नहीं आता। स्मिता का यह कार्य न केवल प्राणी-सेवा है, अपितु सामाजिक कार्य भी है। यदि देश का प्रत्येक नागरिक ऐसे ही किसी क्षेत्र में अपनी लगन लगाए तो न केवल समाज का कल्याण होगा, देश की उन्नति भी होगी।

कौमुदी शर्मा

विजय के स्वामि

लड़की के एक तंबूनुमा बंद कमरे में थिएटर कंपनी का मालिक बैठा कुछ सिक्के गिन रहा था। ठीक उसी वक्त एक कर्मचारी ने अंदर आकर कहा कि एक लड़का उससे मिलने की बहुत देर से जिदद कर रहा है। मालिक झुँझलाहट में बोला, 'मैं बहुत जल्दी में हूँ, फिर भी उसे शीघ्र अंदर भेजो।' अत्यधिक व्यस्तता के बावजूद थिएटर कंपनी के मालिक ने आंगतुक युवक से मिलना स्वीकार कर लिया। सामने आया एक बीस-इक्कीस वर्ष का ग्रामीण युवक, जिसने ढीले-ढाले कपड़े पहने थे, शरीर बेडौल और भौंडा चेहरा। यह सब देख मालिक अपनी हंसी रोक न सका। युवक ने प्रार्थना की, 'मैं आपके थिएटर में खेले जाने वाले नाटकों में कोई भूमिका निभाने की नौकरी चाहता हूँ।' तत्क्षण थिएटर के स्वामि ने अपनी प्रतिक्रिया व्यक्त करते हुए कह दिया, 'देखो भाई, मेरी दृष्टि से तुम नाटकों में किसी अच्छी भूमिका के लिए तो योग्य हो नहीं, यदि चाहो तो विदूषक का अभिनय कर सकते हो।' 'ठीक है श्रीमान! मैं यही करूँगा। हां, वेतन कितना मिलेगा?' 'अभी तुम परीक्षण पर रहोगे। निर्वाह के लिए जो भी न्यूनतम आवश्यकताएँ हैं, पूरी कर दी जाएँगी। बाद में काम देखकर वेतन में वृद्धि की जाएगी।' युवक ने थिएटर में विदूषक की भूमिकाएँ निभाना प्रारंभ कर दिया। परिश्रम तथा प्रामाणिकता का संबल लेकर वह इतना प्रसिद्ध हुआ अपनी कंपनियों में उसे ले जाने के लिए थिएटरों के स्वामियों में प्रतिस्पर्धा प्रारंभ हो गई। कला को जीवंत और व्यापक रूप देने वाले उस अभिनेता का नाम था विलियम शेक्सपियर। इंग्लैंड के स्ट्रैटफोर्ड नामक ग्राम में जन्म लेकर अभावग्रस्त जीवन व्यतीत करता हुआ वह सफलता के सोपानों पर आरूढ़ होता गया। बाद में वह संसार का विख्यात नाटककार हो गया। सचमुच, जो परिस्थितियों के दास नहीं बनते, वे विजय के स्वामी हो जाते हैं।

गीता अग्रवाल



WITH BEST WISHES

ALMAS & ANSHU

WITH BEST WISHES

Seema Kumar

and

Anil Kumar

My Delhi.....

I was born at midnight in what was then called Willingdon Hospital, currently known as Ram Manohar Lohia Hospital. Yes! you have guessed it right – I belong to the generation that still calls Kasturba Gandhi Road as Curzon Road; Bharati Nagar & Rabindra Nagar as Shan Nagar & Maan Nagar respectively. My first sighting of new fangled colonies such as Greater Kailash goes back to the early seventies when I remember being taken to the now non-existent Archana movie hall in Greater Kailash I and all along thinking that I was being taken to another town. The entire journey taking all of about 45 minutes from my residence at the heart of Lutyen's Delhi at Mahadev Road adjacent to Parliament Street. Driving down the empty roads with barely a car or two passing by in the time we took to reach the movie hall, the journey seemed to be a never ending one.

Delhi has shown itself to me in it's many moods – from bloodied men protesting against cow slaughter, running down the street in saffron clothing, tear-gassed by the Delhi police at Parliament Street to people enjoying a live qawwali repartee at Moti Mahal restaurant in Darya Ganj; from Connaught Place and its neighbourhood markets being the only option for shopping to snazzy markets coming up in South Extension and Greater Kailash; from villages being engulfed by the unstoppable march of the city to some becoming new Mecca for the burgeoning urban elite.

Born to a Kashmiri Pundit mother and a Punjabi Brahmin father, married to a Bania from western Uttar Pradesh, I find myself only identifying with Delhi. A city which provides countless migrants their identity; a city which has absorbed different cultural nuances from whoever came and settled within her boundaries – from the Jat kings of the 10th century to the Muslim conquerors of the 11th – 15th centuries to the Moghul rulers who had a tenuous hold on the city till 1857. The city has taken us all in it's fold and given us a uniqueness that only another Delliwala will understand and appreciate....

Leena Bhanot Singhal



Life takes you to where you truly belong. My life changed some two years back when I was introduced to the world of Occult Sciences. Stepping into this world was definitely not in my wildest of dreams.

Being from a creative background, I was always fascinated by these sciences. Getting into these realms where 'more is less' implying that the more you explore into their realms, the less you are affected by the metaphysical world. You would want to touch certain parts of your life which had earlier been never explored for ages.

The change started with learning Numerology "the world of numbers". According to numerology, we reduce everything into numbers and work out on the good and bad characteristics of each. Isn't it amazing that even your name can be reduced down to a number?? Imagine your whole life reduced down to numbers and right there in front of you. It's a unique process.

The next leap was learning Reiki and then Tarot card readings. Tarot card readings are one of the most creative and intuitive form of predictions and guidance. A process where we connect with a deck of 78 cards and try to provide guidance on past , present and future prospects. It's truly amazing to see your story unfold right there in front of you.

The combination of numerology and tarot cards has given some really amazing results. Guidance is given to the seeker in a very holistic manner, in the form of remedies. These remedies include making some day to day changes in your lifestyle which make the process of healing and recovering faster.

The journey within isn't yet complete and there is definitely a lot to explore. Maybe , this is just a fraction of it and just a starting punch. As I said earlier, in the world of Occult Sciences "more is definitely less".

For personalised predictions

Vijayeta Setia

Numerologist and Tarot card Reader



With best wishes

Shahnawaz

*With best
Compliments*

SHWETA

*With best
Wishes*

**BHAVNA
&
MURLIDHAR KHEMANI**

*With best
Compliments*

Ashu



सोशल मीडिया

आज के दौर में सोशल मीडिया जीवन का एक बहुत बड़ा हिस्सा बन गया है। जहाँ इससे हमारे जीवन में कुछ आसानी पैदा की है, वहीं इसके बहुत नुकसान भी हैं।

सोशल नेटवर्क ने हमें हमारे उन दोस्तों से मिलवा दिया जिन्हें हम स्मरण तो करते हैं पर उन्हें ढूँढना असंभव था आज उनसे मिलना कोई मुश्किल नहीं। दूर बैठे लोग बिलकुल करीब बैठे प्रतीत होते हैं। वास्तव में सोशल मीडिया लोगों को एक दूसरे के साथ जोड़ने का काम करता है।

यह तो सोच की बात है। दूसरी विचारधारा के अनुसार सोशल मीडिया ने पूरे समाज की तस्वीर ही बदल दी है। किसी से बात करना तक कठिन है। पिछले दिनों मेरी मित्र जापान से आई हुई थी, मैं उससे मिलने गई। जितनी देर मैं उसके पास बैठी रही वह मोबाइल पर सोशल मीडिया पर उलझी रही। लगा इससे अधिक बात तो मैं उसके विदेश में रहते हुए उससे कर लेती हूँ। बहुत बुरा भी लगा और निराश भी हुई। सड़क पर चलते लोग, वाहन चलाते लोग भी लगातार मोबाइल पर व्यस्त रहते हैं। मेरा मित्र इसी लत के कारण एक ट्रक से बुरी तरह कुचला गया। अपनी जान के साथ-साथ दूसरों का जीवन भी खतरों में डाले रखते हैं। दुर्घटनाओं को बढ़ाने में इस राक्षस ने कोई कसर नहीं छोड़ी। किशोरावस्था के बालकों को राह से भटकाने का काम जिस सफाई से सोशल मीडिया ने किया है, उसका कोई हिसाब नहीं। कहते हैं न कि बुरी संगत में फँसना सत्संगति अपनाने से कहीं सरल और खुशनुमा प्रतीत होता है। इस बात को इस सोशल मीडिया ने अक्षरशः सच्य कर दिखाया है। और तो और सोशल मीडिया पर सम्बन्ध स्थापित करने वाला प्रत्येक साधन खतरनाक बीमारियों को फैला रहा है और हम विज्ञान इस बात को जानते हुए भी इससे अनभिज्ञ बने हुए हैं।

मेरी आज की पीडी से यही गुहार है कि जागो और बुद्धिमत्ता से अपने भविष्य को सुरक्षित रखने का प्रयास करो।

गरिमा गुप्ता



एकता

आज जब मेरी बेटी ने मुझे अपने विचार कलमबद्ध करने को कहा तो टी.वी का वह समाचार जिसने मुझे भाव-विभोर कर दिया था, स्मरण हो आया। उस समाचार के अनुसार बाहर तेज पानी बरस रहा था। ऐसे में घर से नमाज पढ़ने निकले एक व्यक्ति का मस्जिद तक पहुँचना कठिन प्रतीत हो रहा था उसने समीप के एक गुरुद्वारे में वर्षा से बचने के लिए आश्रय लिया। सेवा करते हुए गुरुद्वारे के एक सेवादार ने उसकी समस्या सुन ली और नमाज पढ़ने के लिए गुरुद्वारे के एक कमरे के द्वार खोल दिए। मन में आया कि कहते तो सभी हैं कि भगवान एक है, पर उसे कार्यरूप देना सरल नहीं। क्यों सरल नहीं? शायद लोगों का शब्दज्ञान आवश्यकता से कहीं अधिक है। इस ज्ञान के चलते वही बातें दूसरे शब्दों में कहकर उन्हें एक नए धर्म के साथ जोड़ देते हैं और उस एक परब्रह्म को भी विभिन्न नामों के अनुसार बाँट लेते हैं।

सच्य कहें तो परमात्मा को विभिन्न धर्मानुयायी अपनी कल्पना के अनुसार एक विशेष नाम और रूप से पुकारने में नहीं हिचकते। क्या सूर्य भगवान की रोशनी किसी एक धर्म के व्यक्ति को मिलती है और हवा का रुख किसी धर्म की ओर रुख करने से इनकार कर देता है, धरती माँ का अनाज गिनी चुनी जातियों को ही मिलता है या चाँद की शीतलता किसी विशेष व्यक्ति या समूह को ही मिलती है? यदि प्रकृति और ईश्वर-कृपा सबको समान रूप से प्राप्त है तो हम आपसी भेद-भाव और विवादों में क्यों फँसे हैं? यहाँ जिस उदारता का उदाहरण गुरुद्वारे के कार्यकर्ता ने प्रस्तुत किया उस पर भी विवाद!! हमें तो इस तरह के कार्य को जन-जन तक पहुँचाना चाहिए और हर सम्प्रदाय के लोगों को दिल खोल कर इसकी सराहना करनी चाहिए ताकि एकता की ओर हम अग्रसर हों यह ब्रह्माण्ड पंचतत्त्वों से निर्मित है, हर प्राणी इन्हीं पंचतत्त्वों से बना है तो फिर मानव इस समानता के रहते दूसरे से अलग कैसे हो सकता है? आज जब हम ग्लोबलायिजेशन की बात कर रहे हैं क्या हमें व्यष्टि के स्थान पर समष्टि के विषय में नहीं सोचना चाहिए?

ऐसे में यदि मैं किसी ऐसी संस्था के विषय में सुनती हूँ जो इमानदारी से समाज-कार्य में लगा है तो हृदय गद-गद हो जाता है। मैंने जब से अपनी ही बच्ची को अत्यंत व्यस्तता के पश्चात भी ऐसी संस्था में काम करते देखा तो खुशी के आँसू मेरे कपालों तक छलक गए। अल्पसुविधा प्राप्त बच्चों को नियमित समय देना, उनको विभिन्न क्रिया-कलापों से परिचित करवाना कोई सरल नहीं। इसके अतिरिक्त उनके साथ हर पर्व को पूरे जोश से मनाकर उनके जीवन में रंग भरता देख मुझे एक नया सूर्य भारत के भाग्य को स्वर्णिम करता प्रतीत होता है।

निर्मल नांगिया



Pranayama the Vital Energy

Breathing is a vital process that starts at the time of birth and stops when a person dies. During breathing, the life sustaining oxygen is provided to all parts, organs and cells of the body. Pranayama is a normal practice of controlling the breath, which is the source of our Prana. One can control the rhythms of pranic energy with pranayama and attain a healthy body and mind.



Pranayama forms an important component of yogic Practice. Pranayama is a science which helps to regulate vital energies through the regulation of breathing. It will help you live life to its fullest. Pranayama is the control and extension of the breath, which awakens Prana, or the life force. Practicing the way you inhale and exhale can help you manipulate your vital energy to successfully activate and soothe your mood.

Simple controlled breathing exercise can allow you to channelize and redirect your energy in the positive direction, and helps you achieve results you never imagined possible. We take in vital energy and remove waste products or toxins out of the body and mind. When we breathe, the main purpose of Pranayama is to gain control over the Autonomous Nervous System and through it to influence the mental function.

Pranayama practice involves slow deep inspiration (purka) holding breath (kumbhaka) and near complete expiration (Rechaka).

Vital energy and Breathing exercise (prana)

Prana is physical, mental, and spiritual energy. the vital energy that flows through each organ and system of the body. All of these organs and systems are connected by this vital force that is found at a molecular level. By practicing yoga, prana continuously flows inside us, creating vitality in our bodies.

Too little prana in the body can be expressed as a feeling of being stuck. You would have a lack of motivation, lack drive, and be depressed. When you lack prana, or vital energy, you may become ill. This philosophy believes that your state of mind is directly linked to the amount of prana within us. The more balanced and peaceful a person is, the more prana is inside your body. The more imbalanced or stressed you are, the more diluted the prana, or vital energy, is within your body. Prana is power, and the more you develop your breathing practices the more power you will experience.

Dr. Hema Sehgal



Health and Wellness through Yoga Asana

Health and wellness are closely related to the lifestyle of an individual. Lifestyle of a person is determined by many factors. An individual's economic status reflects the prevalence of obesity in the rich, and under nutrition in the poor. The main factors which are important for healthy life style are exercise, healthy diet, rest and relaxation. Yoga is one of the most important elements, which supports perfect health and wellness through its comprehensive and holistic nature.

Today we will talk about third limb of Ashtang yoga.

Asana

How Asana impacts our body? Asana teach poise, balance and strength and helps in clearing the mind in preparation for meditation; the pursuit of enlightenment. When a person focusses on his / her yoga practice, he/she may less focus on worries or woes. To divert one's attention from the outside world to one's inner being that helps to make aware of the way one thinks and react to situations, without judging whether one's thought or reactions are right or wrong. Yoga helps us to understand our behaviour and to respond effectively.

A healthy and peaceful body is the purpose of Asanas.

Asanas or Yoga Postures

They make the body healthy and strong, and the mind peaceful and focused.

In Asanas, body is subjected to different stretches, bends, twists, inversions and strains. This practice builds the strength and stamina. Especially various muscles are strengthened, which is the support for all other systems. Functioning & efficiency of the internal organs is improved. This affects all other parts of the body in a positive manner. Yoga positions increase efficiency of digestive system, and various digestive organs such as liver, pancreas, stomach, intestines. Yoga poses increase the efficiency of respiratory system and makes it more efficient, promoting abdominal and relaxed breathing. Asanas also have positive effect on reproductive system and excretory system. Most important is, Asanas balance the nervous system and hormones. Nervous system & hormonal balance is important. Overall yoga practitioners are a lot healthier and have better skills of dealing with the stress than a normal individual.

Add Yoga in your daily routine for a Healthy Life.

Dr. Hema Sehgal

NDDY (DIPLOMA IN YOGA & NATUROPATHY)
MD (ALTERNATIVE MEDICINES)

WE ARE PROUD OF OUR STAR CHILDREN



DHRUVI

She is just in 10th class, but her achievements are innumerable. She has developed an all round personality by developing multifaceted skills. She is an excellent student and every year manages to be in the top three positions. Her interests are innumerable. She is a creative writer and puts her imagination in an effective language with a smooth flow. She has been declared the best debater of class ten in her school. Her artistic abilities are at par with any student of her age. Here are a few pieces of art done by her. She takes keen interest in games, specially Basket Ball. She is in school team and won many matches, such as SGFI nationals from IPSC team. Her dance skills are par excellence. She was chosen the best dancer in her school and also choreographed two dances for Ayaas Prayaas children. In academics she is being awarded scholar badge since class four. I know her for the last ten years. She is very hard working and a sincere girl. She is developing into a perfect human being. This year she got best all rounder award from her school. Jasola is proud of her.



VANIA RECEIVING TROPHY AND PRIZE

Vania is another upcoming star of Jasola. She is in class VII but her works show mature and minute observation. Her paintings are living example. Her drawings got award in National Painting Competitions and few exhibited at India Habitat Center Lodhi Road. Her sports capabilities are should also not left unseen. She is very good in tennis. She could be in the making of another Sania Mirza. She has procured many trophies in this field. In public speaking, she had been among finalists in English and Hindi elocution. She has a wonderful handwriting. She is in deed our pride.



सचिन ठाकुर एक सुलझा हुआ बहुमुखी प्रतिभायुक्त बालक



कहीं अधिक कठोर है। अभी 18 महीने पहले ही मैं जसोला गाँव के बच्चों के संपर्क में आई हूँ और इतने कम समय में जिनमें मैंने अच्छा खासा परिवर्तन देखा है उनमें से अग्रगण्य है सचिन।

सचिन जब मेरे पास आया था तब से लेकर आज तक उनके अंदर सदैव कुछ अधिक सीखने की चाहत बलवती रही है। चाहे गणित के सवाल हों या भाषा में रचनात्मक अभिव्यक्ति, सुंदर कलात्मक कार्य हो, या फिर चरित्र-निर्माण, कविता-वाचन, नाटक-अभिनय हो या क्रीड़ा-कुशलता, हर क्षेत्र में मन लगाकर काम करता है। इन्होंने नेट बाल वन नेशन टूर्नामेंट में बेस्ट प्लेयर का एवार्ड हासिल किया। दुनिया को सूक्ष्म दृष्टि से देखकर अपने भावों को कविता रूप में प्रकट करने में ये कुशल हैं।

ये जब भी जितना भी सीखते हैं उसे इतनी खूबसूरती से कार्यरूप प्रदान करते हैं कि देखते ही बनता है। इसका ज्वलंत उदाहरण है इनके द्वारा एक वरिष्ठ नागरिक को हिन्दी पढ़ाने का काम। प्रशंसनीय है उस बुजुर्ग की अनंत ज्ञान प्राप्ति की इच्छा और सराहनीय है सचिन का उनके साथ बैठकर पढ़ने पढ़ाने के काम में संलग्न होना।

जब मैं जसोला की बात करती हूँ, तो जसोला गाँव के भोले भाले बच्चों के चेहरे मेरे समक्ष साकार हो उठते हैं। इनकी तुलना मैं जसोला के बच्चों से नहीं करती और न ही उनके मापदंड के आधार पर इनकी क्षमताओं को तौलती हूँ। इसका कारण उनकी प्रतिभा में अंतर नहीं, अंतर है तो परिस्थितियों में। इनके घर का माहौल आर्थिक स्थिति इनके व्यक्तित्व के विकास के लिए उतनी सहज और सरल नहीं जितनी अन्य बच्चों के लिए। इनका जीवन संघर्ष

SARA ZAHEER - A STORY OF HER SUCCESS

I got accepted to California College of the Arts with a scholarship of 80,000 USD. I also got accepted to all the 5 universities (PRATT, SAIC, POLYU, SCAD, SVA) applied to but considering the amount of scholarship I got I chose CCA.

Art colleges not only require a very good portfolio but also good grades.

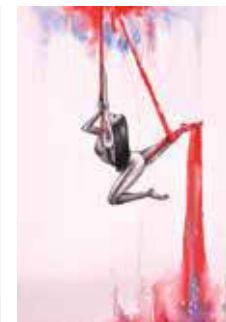
My class 12th grades helped me receive the scholarship.

Other than my grades and portfolio there were many other things that are important that helped me get this acceptance and the wonderful scholarship.

In extra curricular, I had one international and two national level awards. Along with this I was the President of the art society in my school.

Social work also added to my portfolio so did my essays.

A combination of all this helped me get this admission.





VIVAAN SINGH

7 year old Vivaan literally lives up to his name, which means "full of life". He is an enthusiastic student of tabla, karate and tennis. He started playing tabla at the age of 5. In 2016, this little Ustaad passed the 1st year tabla exam of Prayag Sangeet Samiti (Allahabad) with distinction, and recently appeared for the 2nd year exam. He has performed on stage on several occasions, and stands out for his confidence and poise.

Vivaan is also a brown belt in karate, and can be seen practicing on weekends in the Jasola Pocket 2 park. His determination towards earning the black belt has been an inspiration for others.

Vivaan's interest in sports extends to lawn tennis as well. This little boy has won hearts as he swings his racquet like a pro at the Jasola Sports Complex. At a young age Vivaan is exploring a world beyond TV screens and wants to forever pursue his passion for music and sports.



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OUR BLOOMING ARTISTS

TANISHA KUMAR



Painting my hobby

Every one of us has some kind of liking/ disliking for certain things in life. Similarly I love drawing because it is always fun. It is a way for me to show my creativity. However it is not as easy as it seems to be. It needs a lot of devotion as well as practice. There are many techniques and also many media of painting. I can never feel bored when I have my colors with me. My colors are my best friend.

Drawing is the perfect way to make things look alive.

In my opinion, I love it because it makes me feel happy, not because I know how to draw, but happy because this is something that I can express on a piece of paper....

Drawing and Painting as a hobby can be relaxing in a stress filled life. It can be an escape into another world, a world of calm. Anyone can pick up painting up as a hobby and enjoy it. One will not find oneself dealing with boredom when taking up painting. Plus, they can do a painting and even give it as a gift.

As you can see drawing can be fun at any time. It is simple and there is no wrong or right way. When I draw it makes me happy because I love seeing the end results. I hope that everyone can see what fun drawing can be.

Tanisha Kumar, VIII

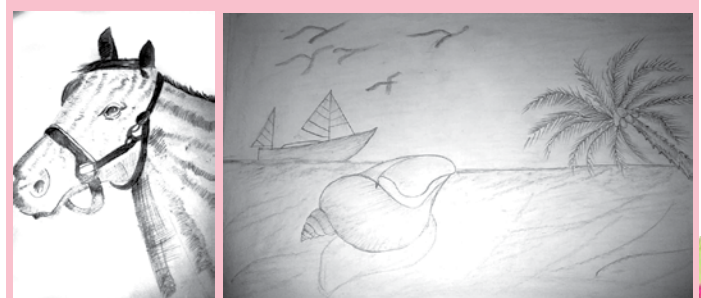
JUHI - WHEEL PRAYAS SCHOOL



ANUSHKA



RISHAB ARORA



OUR ACHIEVERS: They have brought Laurels

THE ARTIST – SAILESH SANGHVI

Sailesh had an artistic inclination, enjoyed drawing and painting, but with focus shifting towards career it took a back seat, yet it was always around. That desire and outlet of expression of emotions through art became an important aspect of his life, his refuge away from business. What became an exploration with varied media and genres led to a lot of works being generated wherein he tried to find his own self.

On his journey of self discovery as an artist, he created a large body of works; which were exhibited privately and in art galleries.

He recently held a solo exhibition of artworks at the Bikaner House, New Delhi from the 21st to the 30th April 2017. "The Dances of India and Élan". His canvas acrylic collages and paper collages were appreciated at the exhibition.

Acrylic Canvas Collage as a medium of art expression is perfect to express the many hued, multi-dimensional aspects of Indian dance forms. Venturing further in to the medium, the artist discovered a unique medium of painting that is canvas on canvas, yet retaining the brilliance of acrylic colours.

Collage is the perfect medium to express the fragmented and diverse life of a common person; presenting order out of chaos; a sense out of haphazard pieces pasted together.

He explores the diversity of Indian lifestyle and culture ranging from his paper collages on City life, to the Ghats of Benaras and Haridwar.



The painting "Eternal City - Haridwar" as been selected and awarded by THE ART BOX PROJECTS, BASEL 1.0 Held at BASEL, SWITZERLAND, 2017.



AKSHAY MANWANI

We are proud of Akshay Manwani s/o Mr. Amrit Manwani, whose second book titled *Music, Masti and Modernity* on the cinema of Producer Director Nasir Hussain, was released at a function at Mumbai. In this connection a function was also held at India Habitat Centre, New Delhi. Among those present in the function were Nusraat Khan, daughter of Nasir Hussain and mother of Imran Khan, actor Aamir Khan and Najma Heptulla. The author was honoured with 'Verve Award', which was bestowed on him on 7th March, 2017. His first book titled *The People's Poet* on famous lyricist Sahir Ludhianvi.



IRA RATTAN

- Panel discussion Nutritionist at Bhagwan Sri Sathya Sai Baba Institute of Higher Learning; Summer Course in Indian Culture And Spirituality at Prasanthi Nilyam . Andhra Pradesh 20017
- Awardee of "Make In India Award" as "Vegan Nutritionist" By BHARAT NIRMAN
- 'Clinical Food Meditation" Award by Speaking Tree an edition of Times Of India publication
- Speaker at Women Economic Forum 2017 , topic" Mental Health so Crucial for Success but so Often Ignored"
- Founder of PATHYA PRANA~ Wholesome Food that is Nutritious to Your Soul





नृत्य

नृत्य मानवीय भावनाओं की संवेदनशील अनुभूति का सशक्त माध्यम माना गया। इसमें मनुष्य अपनी भावाभिव्यक्ति का मुख्य साधन विभिन्न प्रकार की हस्त-क्रियाओं, सांकेतिक भाव पद-संचालन को प्रतिबिंबित कर अपनी स्वयं की कला में प्रस्तुत करता है। समस्त सृष्टि को यदि गौर से देखें तो नृत्यमय दिखाई देती है। वायु का चलना, वृक्षों का झूमना, लहरों की उछाल व पक्षियों का कलरव नृत्य ही तो हैं।

नृत्य एक साधना है, पूजा है, योग है। मैं कथक नृत्यांगना हूँ और मैंने अपने बाल्यकाल से शिक्षा पाई है। इसमें जितनी साधना की आवश्यकता है उतनी ही धैर्य, दृढ़ विश्वास और निश्चय भी अनिवार्य है। मेरा अपना विश्वास भी है कि नृत्य में ऐसी कई स्थितियाँ आती हैं, जो योगासन की तरह हैं।

हस्त-क्रिया, पद-क्रिया आपके पूर्ण शरीर को स्वस्थ रखते हैं। नृत्य एक ध्यान है, साधना (meditation) है। जिसके माध्यम से आपका मस्तिष्क इतना परिपक्व हो जाता है कि आपकी नकारात्मकता ही समाप्त हो जाती है। नृत्य में पदक्रिया बहुत महत्वपूर्ण है। एड़ी में आघात से उसका प्रभाव सीधा मस्तिष्क पर पड़ता है। कोई भी

मानसिक समस्या हो तो उससे बचाव होता है। मैंने बहुत से मानसिक रूप से त्रस्त बच्चों को नृत्य शिक्षा दी और उससे स्वस्थ होते देखा है। पाँव में घुँघरू बांधने से हमारे शरीर की सारी नसें नियंत्रित रहती हैं। घुन्घुरियों के आघात से जो ध्वनि होती है वो आपको पूरी तरह नृत्य मग्न कर देती है। नृत्य शक्ति और साहस का संगम है। नृत्य एक ऐसी अनुभूति है जो ईश्वर का दर्शन कराती है। पुरातन काल में जब मंदिरों के निर्माण होते थे तो नृत्यकारों को नियुक्त किया जाता था। संध्या के समय गीत और नृत्य से ईश्वर की पूजा-अर्चना होती थी, आरती होती थी। यह पूजा का सदा से सशक्त माध्यम रहा है, चाहे वह दुर्गा-स्तुति हो कृष्ण भजन या शिव-पूजन। राधा और मीरा का उद्भव तो हर स्वरूप में हुआ है।

मैं अपने नृत्य के माध्यम से ही आज आपसे अपने नृत्य अनुभव का निचोड़ इन शब्दों में दूंगी।

जैसे बिन बाती दिया, वैसे बिन नृत्य जीवन सूना।

रीता भंडारी, कथक नृत्य विशेषज्ञ

हम क्या परोस रहे हैं

एक दिन मैं अपने परिवार के साथ मथुरा-वृन्दावन से आ रही थी रास्ते में एक कट से हमें यू टर्न लेना था, इतने में एक गाड़ी तेजी से घूमती हुई वहाँ आकर खड़ी हो गई। यहाँ फूटपाथ और हमारी गाड़ी के बीच में थोड़ी सी जगह थी। जब हम यू टर्न लेने लगे तो वह भी लेने लगी। इसी प्रक्रिया में दोनों गाड़ियाँ आपस में टकरा गई। उस गाड़ी से लोग उतर कर हमसे झगड़ने लगे और हमारी गलती बताकर हमसे ऐंठने लगे। मुझे इस बात पर हैरानी नहीं हुई, क्योंकि कुछ लोग ऐसे ही होते हैं। हैरानी तो मुझे इस बात पर हुई कि उस पाँच मीटर लंबी कार में 6 बड़े लोग 3 बच्चे बैठे थे। 18-19 साल का लड़का कार चला रहा था। इतना ही नहीं ड्राइवर के साथ वाली सीट पर दो लड़के बैठे थे, जिनमें से एक शराब के नशे में धुत था। बाद में पता चला कि वह ड्राइवर के साथ वाली सीट पर दो लोग बैठे थे, जिनमें से एक शराब के नशे में धुत था। बाद में पता चला कि वह ड्राइविंग करने वाले युवक का पिता था। मैं सोचने लगी कि यह पिता अपने नवयुवक पुत्र को क्या सिखाना चाहता है? अपनी गलती होते हुए भी दूसरे पर आरोप लगाना जबरदस्ती पैसे ऐंठना, नियमों का पालन न करना। शायद वह पिता मन से यही चाहता होगा कि उसका बेटा आज्ञाकारी बने। ऐसे न जाने कितने किस्से और कितनी बातें हैं, जो हमें शायद मामूली बात लगे, लेकिन वो भावी पीढ़ी पर बुरा असर डालती है। आजकल टी.वी में एक विज्ञापन दिखाया जा रहा है जिसमें बच्चा झूठ बोलकर माता-पिता के साथ पार्टी में जाने से मना कर देता है, फिर वही बच्चा अपने दोस्तों के साथ पार्टी करता है। अब इस विज्ञापन को देखकर क्या बच्चे अपने बड़ों से झूठ बोलना नहीं सीखेंगे? विज्ञापनों में टीचर से तो बहुत ज्यादा अपमानित होता हुआ दिखाया जाता है। "टीचर आपने रात को पालक की सब्जी खाई थी" या "टीचर आपके दांत कितने पीले हैं।" आदि-आदि। अब बालक जब बार-बार ऐसा देखेगा तो उसके मन में अपने टीचर के प्रति आदर का भाव कैसे जागेगा? मैं देखती हूँ कि स्कूलों में भी माता-पिता अपने बच्चों के सामने टीचर से ऊँची आवाज़ में बात करते हैं। उन्हें चेतावनी देते हैं। अब एकल परिवार का युग है। दादा-दादी, नाना-नानी बहुत कम साथ रहते हैं, इसलिए संस्कार देने का काम जो पहले बड़े बुजुर्ग करते थे, अब माता-पिता को ही करना पड़ता है। इसके लिए सावधानी से माता-पिता को अपने आचरण, शब्दों और विचारों को परिष्कृत करना होगा। बहुत सोच-समझकर व्यवहार करना होगा। अगर हमारी भावी पीढ़ी का दामन संस्कारों से खाली रह गया, तो इसमें हमारी ही गलती होगी। यह सोचना और विचारना आवश्यक है कि हम बच्चों को क्या परोस रहे हैं

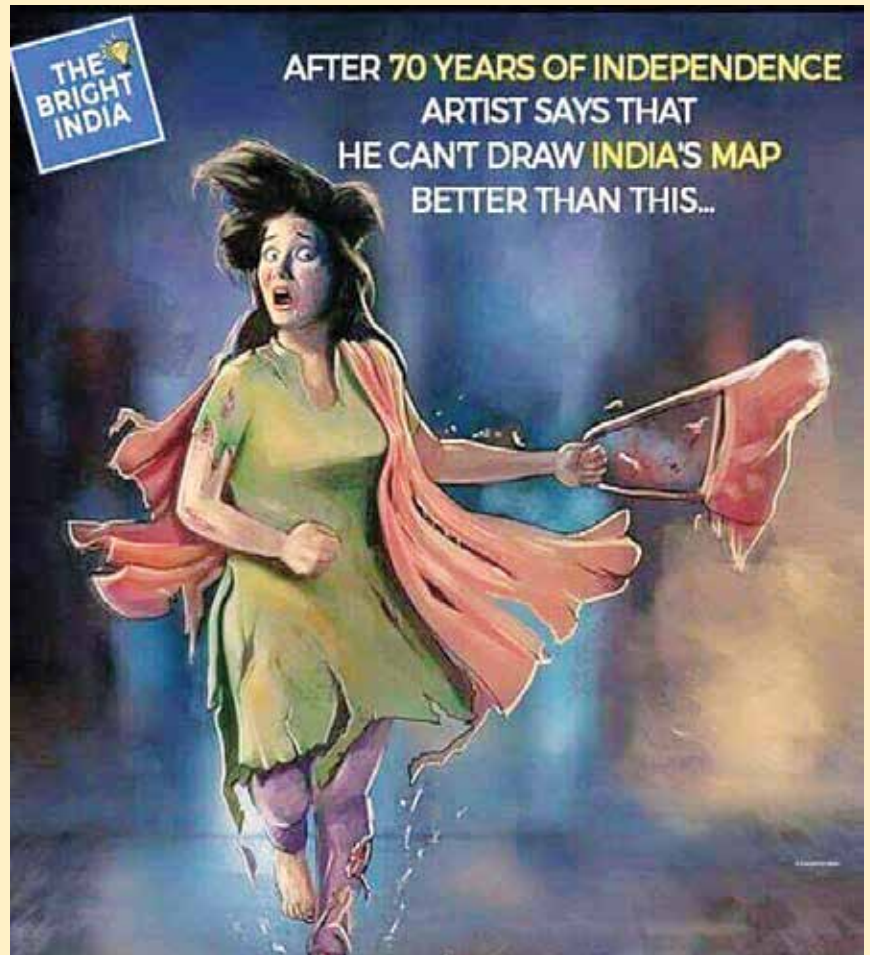
कुसुम शर्मा

What we are Today!!

Looking at this picture it saddens me to see the truth of the state of women today post 70 years of independence, a frightened, struggling to survive woman in this picture! When the artists visualized the map of India pre-independence, it was of a woman with a crown, she was the woman of dignity, compassion, confidence, power, she depicted the strength, courage and so much more. She gave hope to millions; freedom fighters worshipped her with a hope that if they saved her with their strength, blood and life, she will deliver a dream nation, but alas post independence it became just a dream. Post independence we had plenty of laws for women giving them equality, independence, some even empowering them, but what happened was reverse. The conditions of women became and are becoming scary, from Bharat Mata to ever declining number of females in male female ratio, women aren't safe in the womb nor outside. We might have educated the women, given their jobs but their safety and survival is still questionable.

Do we need more laws, more power to the females or is it time we actually address the problem and start educating our menfolk, it's the time to stop worshipping females as Devis in a temple and lust them outside. Let's start treating our women as not special but as fellow human beings, let them enjoy the independence that they deserve, let's educate each man to respect women, let's live a better today, maybe then it will be a better tomorrow.

Amol Khanna



Precious Experiences

One evening while sipping warm tea in my balcony, I was reminiscing about the time when I was a small girl. I had my dreams my hopes my wishes. I used to wish about being something one day and something else the next day. I used to sing songs and dance. There were days when I used to get sad and crib. Somehow time flew and that little girl was lost. I grew up and got married, I shouldered a lot of responsibilities I got children and I nurtured them with love and care. Time was running like sand from my hand. It was morning and then evening and then night and the next day the sun shone for the new morning. Time passed. Everything was running with the time yet nothing had changed. Sometimes I think that I haven't done much for myself. Haven't done much for this society. I always used to do things for others, for my children, for my family and friends. I didn't even release amidst this chaos when I turned 50. Sometimes I was a mother, sometimes a friend, sometimes a kid and sometimes lonely. I wasn't able to do anything for this society, not because I did not have the time but because I never took out time for it. Earlier I use to worry about what others would think about me, but now I do not worry about such trivial things. I have learnt how to take out time for myself and love myself. Slowly I have become more relaxed and less stressed. I have understood my obligations and responsibilities towards the society, and I want to work towards it. I always end up just thinking about this - how would old-age be. We haven't planned anything for it. We only live on hopes and dreams. I have only one wish in my life that is peace. One should not just contribute to the society by volunteering with NGOs and doing social work but also , Charity begins at home. So all of us should try to become better individuals and better citizens. We should ensure that the roads are clean. We should not throw out garbage in the open. We should help each other out. I have found that little girl with hopes and dreams and aspirations once again. I wish to fly one more time, this time through my work at Aayas Prayas. I want to work for the society with my best capabilities along with the 10 members of Aayas Prayas to make this a better place to live. The Prayas of Aayas Prayas should go on forever.

Bhavna Khemani

GARDEN THERAPY – ANYONE CAN HAVE A GREEN THUMB!

An ancient Chinese proverb says, "Life begins the day you start a garden". One couldn't agree more after experiencing the joys of digging, sowing and reaping. Gardening is a simple activity which requires some investment of time and patience. The returns from gardening are manifold, not just for us, but for the environment we are struggling to save.

Research has shown that spending time amidst greenery is highly therapeutic, as it can benefit the mind, body and soul. Gardening also improves fitness in a mild way as it involves some physical activity like walking, bending, digging, and lifting. It is an activity where we can spend hours nurturing plants, admiring the vibrant colours of nature, and breathing in the fragrant air around these plants.

Growing vegetables at home helps us consume healthier, tastier and fresh food, just like a "farm to the table" experience. It also inculcates a feeling of accomplishment and satisfaction at being able to grow one's own food.

It is a misconception that gardening requires extensive

space, besides a green thumb! While those with spacious terraces and lawns are spoilt for choices when it comes to growing plants, we should not undermine the opportunities offered by humble balconies and vacant corners of our homes.

There is no age to begin gardening, as it is a passion that grows with age, and is a skill that can be shared with others. Involving children in gardening at a very young age helps develop their fine and gross motor skills, and encourages healthy eating.

As world leaders put their heads together to discuss environmental concerns, and the threats facing mankind, we can contribute our bit by encouraging gardening among our family and friends. A true gardening enthusiast looks beyond the fences of his garden, and tries to make his surroundings as green as possible through community gardening.

Let us begin gardening in whatever scale possible, so that we can leave a greener planet for the future generation.

Jacquiline Singh

With best wishes

Anand Aggarwal

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Do you want to feel
lighter? Happier?
Forgive them all...

~Roxana Jones

Get Happier

Happiness can be triggered by healthy thoughts and emotions. So with right exercises we can increase our capacity to happiness. Our happiness depends on our environment, culture and our genes. Unhappiness destroys body and happiness strengthens it. Stress causes bad health, heart ailments and poor immune system. Happy people are more creative, smart healthy and have positive feelings, which stimulates nerves connection with brains, which improves concentration.

Happiness means different things to different people. Some may like to spend time with loved ones, some may like to travel solo, and for some may be pursuing a hobby gives happiness. Whatever rates high in happiness index, deserves to be an important part of your life. So happiness has importance in keeping you healthy. Keeping healthy also depends on your mindset. So keep a focus on the good things in life. Such things bring joy in life and hence a positive effect on health.

Happiness can beat stress. Stress, if persisted for long, can lead to serious ailments. Happiness will help you cope with stress in a better way. Happy people have lower levels of cortisol, a hormone associated with stress. Happy people have better blood pressure and heart rates. Happiness helps more in dealing with pain. They suffer lesser with cold and cough, heartburns and indigestions.

If you train your mind to be happy, it becomes a habit. Indirectly it is connected with longevity of life. Happiness boosts your immune system. Happier you are, better you fight with diseases.

So be happy always.

Nutan Nakra

Anger is Loss of Control

Suppressing anger is not a solution. In fact it takes greater amount of energy to hold your emotions rather than to express them. Emotions born but not expressed do not get buried dead but get buried alive. All suppressed emotions keep burning from within. Continuous suppression of anger or any emotion accumulates into emotional baggage and they come out in ugly and unmanageable proportions in the most unexpected circumstances. So suppressing anger is not the solution but transcending anger is.

Anger is not a result of what the world does to you but it the expression of your inability to be in control of the situation. This means that I am not able to get him to do what I want to do, so I become angry. So it is some inadequacy in me & not in him. So how do I transcend anger?

We can only do it through awareness. So make yourself aware that every time you become angry, you destroy yourself only.

With anger if a job was done, in return you traded acids in your body. So was it worth it? What was your personal inadequacy that led to anger? The more you will become aware of your anger, the more you will find answer to the above question and less will be the intensity of your anger. Over a period of time, anger will fade away. In due course, you will conquer your anger and you will evolve into a much better person equipped in humane ways to take control of any situation.

By Nutan Nakra

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GARBA - WHAT A NIGHT!

It was called the Garba night, but in reality what it turned out to be was way beyond this. It was a spectacle to behold as love, lights and laughter came together blending and forming a realm of beauty. A celebration of peace, love, wonderful co-existence and community living.

The music, group dances, stage performances, food stalls, games and the crowd made an intoxicating concoction which travelled and submerged into the people, making everyone... One.

The glistening decorations, the flowing lehengas, the crisp kurtas, the smiling faces and the clicking dandias beating to the rhythms of the heart brought about dreamy delight of another level.

It was as though chariots of gold had descended from heavens above and scattered gleaming lights of goodness and mirth on each and everyone.

This night under the stars had the power of a thousand suns blasting within, the atmosphere, lifting it and engulfing all present, in its awe.

In ground realities, it was an extremely well organized event with every single detail taken care of and attended to with utmost sincerity.

The dance and drama performances by the children were par excellence, giving the young ones of the forgotten or neglected class an opportunity to take a fore front and case in their spectacular talents.

The hard work of every member and passion of all those involved came through and surfaced eminently...appreciated and applauded by one and all.

The success of an event can easily be seen, not just in the numbers that turned out, but in the beaming smiles bestowed on every face you saw around. And this, precisely, is what this event brought about.... Happiness. Some found it in music, some in dance, some in food, some in games, while others in friends. Much needed and duly appreciated.... Joy. It goes without saying, a bliss of this sort shall, without a doubt, be much sought after in future as well

Kriti Sharma



WE ENJOY TOGETHER



मुख्य अतिथि – गोविन्द पाण्डे

गोविन्द जी, थियेटर टी.वी व फिल्म जगत के ऐसे झिलमिलाते नक्षत्र हैं जो आज भी अभिनय की दुनिया को प्रकाशित करते हैं। दिल्ली में जन्मे और दिल्ली विश्वविद्यालय से ही शिक्षा प्राप्त कर आपने जामिया मिलिया विश्वविद्यालय से पी.एच.डी की डिग्री प्राप्त की। बालक गोविंद जी ने रामलीला में भी हिस्सा लिया। नैशनल स्कूल ऑफ ड्रामा में निर्देशक रह चुके हैं। रंगमंच पर अपनी प्रतिभा प्रदर्शित की। कई स्थानों पर वर्कशॉप आयोजित कीं। हम आपके कृतज्ञ हैं कि आप हमारे यहाँ आए। हम जसोलावासी आपके आभारी हैं।



Rahul Singh

Young & Talented Choreographer, who has passion for dance, he is expert in all dance forms.

OUR COMPERERS



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What a night!





we laugh together





We dance together



WOW! IT WAS AMAZING





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Shades of Life.....

Life is a book always read it

Life is a ball always play with

Life is a canvas always paint it

Life is a dream always fulfil it.

Life is a ice-cream always enjoy it.

Life is a race always win it.

Life is an opportunity always await it

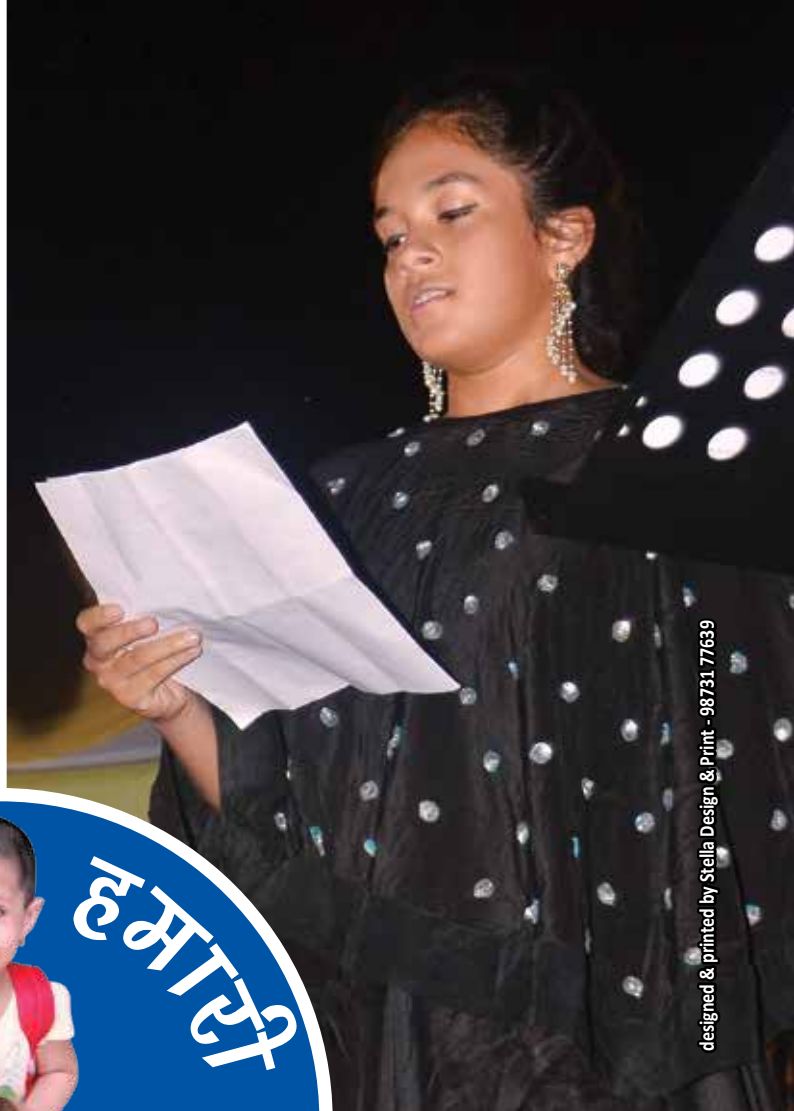
Life is a challenge always access it.

Life is a living in Jasola always cherish it.

Mansa Kaur

The contents of this publication reflect reviews of writers and contributors, not necessarily those of Ayaas Prayas.





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