

August 2015

Ayaas Prayas



Let's
SAVE
the world
together

JASOLA VIHAR

With best compliments from
DR. MANAV RAKSHAK

Pocket – 2, House No. 125, Jasola Vihaar, New Delhi - 110025





Hand in Hand

Standing (L to R):

Ms Charu Lamba,
Ms. Shalini Aggarwal,
Ms. Gitika Munjal,
Ms. Seema Gandhi,
Ms. Supriya Aggarwal,
Ms. Rajshree Seem

Sitting (L to R):

Ms. Sonia Jain,
Ms. Kaumudi Sharma,
Ms. Jaya Sen,
Ms. Bhawana Khemani

सम्पादकीय

आयास प्रयास

आयास प्रयास हमारा एक छोटा सा प्रयास है लोगों के दिलों को जोड़ने का, आपस में एकजुट होकर सामाजिक गतिविधियों में सम्मिलित होने की प्रेरणा का।

आज हम जब भौतिक युग में कदम रख रहे हैं, तो पाश्चात्य सभ्यता हमें गुदगुदाने लगी है, अपनी ओर आकर्षित करने लगी है। वहाँ की चकाचौंध और बाहरी दिखावटी सभ्यता ने हमें अपने आंतरिक अध्यात्मवाद तथा संतोष से दूर करने का हर संभव प्रयास किया है। ऐसे में अपनी भावी संतति को सचेत करने का हमारा प्रयास है। हमारा प्रयत्न है कि हम उन्हें अपने आस-पास के लोगों के प्रति संवेदनशील बनाएँ। उनके दर्द को दूर करने की उनमें छटपटाहट उत्पन्न करने की भावना जगाएँ। उन्हें बताएं कि हम सुखी और आरामदायक जीवन तभी व्यतीत कर सकते हैं, यदि हमारा पड़ोस सुखी होगा, हमारे आसपास रहने वाले भी सुख की सांस लेते होंगे। अन्यथा हमारे सुख, हमारी खुशियाँ भी लोगों की आँहों से प्रदूषित हो हमें चैन नहीं लेने देंगी।

हमारा प्रयास है कि हम उन्हें अहसास दिलाएँ कि हमारे घर की सफाई तब तक अधूरी है जब तक हमारा वातावरण स्वच्छ नहीं है, क्योंकि यही वह वातावरण है जो हमारी साँसों को प्रभावित करता है। अपने घर की गन्दगी दूसरे के आँगन में फैलाने से दूसरे का आँगन तो गन्दा होता ही है, अपना आँगन भी साफ नहीं रह सकता।

हमारे बच्चे आधुनिक वैज्ञानिक ज्ञान तो अवश्य प्राप्त करें परन्तु यह भी याद रखें कि जो अपनी संतान को पाल-पोस कर बड़ा कर चुके हैं उनके प्रति भी हमारे कुछ कर्तव्य हैं। अपनी जिंदगी की भौतिकवादी दौड़ में वे वरिष्ठ नागरिकों को भी सम्मान और समय देने से न चूकें। उनको हेय दृष्टि से न देखकर उनके लिए जो बन पड़े, वह करने का प्रयास करें। आर्थिक रूप से पिछड़े हुए लोग भी हमारे ही समाज का अंग हैं, उनसे विलग नहीं हुआ जा सकता। उनकी स्थिति तभी सुधरेगी जब हम प्रभावित व्यक्ति के कंधे पर पाँव रखकर चलने की जगह उसमें सबके साथ कंधे से कंधा मिला कर चलने की क्षमता उत्पन्न करेंगे। उन्नति के नशे में कहीं इतने मदहोश न हो जाएँ कि

पैदल चलने वाले को मार्ग ही न मिले।

हमारा एक लघु प्रयास है कि हम अपने बच्चों को अपनी संस्कृति से परिचित करवाकर उन्हें देश पर गर्व करना सिखाएँ। उनकी हर सांस अपनी मातृभूमि के प्रति कृतज्ञ हो, उनका हर कदम देश की उन्नति के लिए हो।

हमारे बच्चों में असंख्य प्रतिभाएँ हैं, हमारा प्रयास है कि हम उन्हें अपनी विभिन्न गतिविधियों द्वारा अपनी प्रतिभाओं को निखारने और मांझने का अवसर दें ताकि उनका चतुर्मुखी विकास हो और वे देश के सशक्त नागरिक बनें। अंत में हम सब मिलकर शपथ लेते हैं कि हमें समाज ने जो ऐश्वर्य, वैभव, सुन्दर पर्यावरण, अमूल्य संस्कृति का दान हमें बिन मांगे ही दिया है उसे हम और समृद्ध बनाकर समाज को लौटाएँ ताकि आने वाली पीढ़ियाँ भी अपनी धरोहर पर गर्व कर सकें और उसे सहेजकर रखें।

कौमुदी शर्मा

From the

Editor's Desk

The second edition of "Ayaas Prayas" is in your hand. Like the first edition, this one too, has been inspired by the great enthusiasm shown by children and elders of this Colony in social activities and participating in national and multi-religious festivities more to emphasize the cultural unity of this great land of ours than for the sake of entertainment alone. As we had mentioned in the first edition children's enthusiasm for keeping the Colony Clean has become like a mission, these children also visit orphanages and take care of elderly couples. "Ayaas Prayas" is very grateful to those of our residents who have been supporting these programmes by their personal participation and assistance in our on-going and coming programmes. This is yours and our small contribution to nation-building. This may inspire children and elders of other Colonies and become a small movement.

Kaumudi

Your mind is a garden, your thoughts are seeds. You can grow flowers or you can grow weeds.



Nurture Nature for Our Future



Keeping Earth Green



PEACE OF MIND....

My very humble *namasakaar* to my fellow neighbors. We are all looking for the same things in life, some tangible and others non tangible.. the list is infinite when it comes to tangible things, but if we concentrate on non tangible things those which cannot be bought, borrowed or stolen from others for the sheer reason that they exist within us. To name a few of the things we are all running after.... Peace of mind, de-stressed life, happiness, health and love (or to be loved). And why have we not found itsimply because we are looking for it in the wrong place.

Peace of mind ,happiness or love is all built into our system. God has been so kind to us, what ever name you might like to give him *Ram, Rahim, Christ* or *Wahe Guru ji*, has developed within us a little chip (as I like to call it.) namely the Soul / the Atman. That chip saves the records of all our present and past deeds or karmas, the good and the not so good ones.

Each individual's peace of mind is in their own hands. Now you will ask how? Very simple, first you have to connect your mind with your soul, which does not have a defined place in your body, but I would like to think it is the center of the heart *chakra*. If your brain, the logical or practical part of your body and your heart center / heart *chakra*, the emotional part of your body are balanced and work in tandem with each other you will be able to connect with your inner self/soul.

The human body is blessed with energy centers which are called *chakras*. The balance of subtle energies in the chakras effect everything we think, say or do and this in turn effects the Aura of our outer body. The *chakras* refine our personality and how we present ourselves to the world. The *chakras* provide a vitalizing force to our physical and emotional body. In order to be at peace with our mind and body we need to keep our *chakras* balanced.

There are many minor chakras in the body but the major seven *chakras* are :-

1. **Crown /Sahasrara chakra**
Directly on top of the head
2. **Third eye / Ajna chakra**
In the middle of the brows
3. **Throat / Vishuddha chakra**
In the center of the throat
4. **Heart /Anhata chakra**
In the middle of the chest
5. **Solar plexus /Manipura chakra**
Two finger width above the naval
6. **Sacral /Svadisthana Chakra**
Three fingers width below the navel
7. **Root /Muladhara chakra**
At the base of the spine



Positive Energy of immense magnitude is being emitted from The Sun, The Moon, The Planets and The Constellations, which we call the Universal Energies.. We have to learn how to tap and bring down this Divine energy into our body, to heal and balance the *Chakras*.The radiating *chakras* will then enhance our outer Aura . The Almighty has given us many tools or modules to tap into these energies. Amongst the many I have chosen Meditation. And another place where we derive energy from is Mother Earth! The fact that all the produce we need for our existence comes from mother earth, water, plants,



food, minerals, oil, coal ,the list is endless. So you see our magnanimous mother earth is radiating unlimited energies. When you sit on the ground for meditation you automatically receive the earths divine energies. In the same way, that the trees are receiving life force energies from mother earth for their survival.

When we meditate we look inwards and that is where all the answers exist in various methods, but the endeavor of them all is to give you peace of mind and body by balancing the *chakras*. The outside world ceases to exist for those few minutes that we meditate. We enter a state of tranquility and calmness, that is what we need, to connect with our inner self.

So simply speaking start looking inwards.....

Mrs Renu Mudgil, Reiki & Merlin Trinity Master

ACQUATIC DILEMMA

It was such a Spectacular camping trip that we were going to embark upon. We were all set for kayaking to Western Isle, a small forested Marshy Island in the midst allegedly pure water. Several river deltas converged on that small island making it swampy and infested with crocodiles. We could just marvel at Western Isle and the sea surrounding it.

It was an almost flawless journey. We admired the foggy wonderlands. Time seemed to pass so quickly on that canoe that it felt like we had reached our destination in just two minutes. I wanted to see more of that scenery . It was finally time disembark and set foot on the Webster Isle. We had tents in a predestined location in front of the biggest lake on the Isles . The island was uninhabited. No one lived here on a permanent basis. It was deemed a natural reserve. The best part of the trip was the trek to the camps.

In fact, it was a prelude to disaster. Once we arrived at the location, we were aghast. The lakes were putrid and yet black.

“Who could have done this?” I tried to reach a conclusion. “Damping in lakes is illegal around here.” Jacob reminded me. We all thought that Plastometric Inc, the nearest factory had dumped the waste in the lake. We needed a proof.

We contacted the Environment Safety Department of Webster. An investigating agency was commission to check the factory. In the meantime we tried to purify the lake and rescue all the struggling critters.

We treated them very carefully and set them free from the clasping hands of the lake. We found out that Plastometrics Inc .was the culprit. The factory was disabled by the Government. Mr Brown , owner of the company was imprisoned for destroying a national land mark. The officials cleaned up the lake. We were on CNN and Fox News!

VANSH GUPTA

THE RIVER YAMUNA: THEN



.....AND NOW



YAMUNA CLEANLINESS

Delhi depends on Yamuna River for more than 60 percent of its water-related needs. The river is greatly significant for the economic and ecological needs of the region and its people. However, over the years huge amounts of chemical, plastic and other non-biodegradable pollutants have disturbed the ecological balance of the river. More than half of the estimated 3.6 billion tonnes of sewage produced daily in Delhi flow into the Yamuna untreated.

SARA

HOW TO CHOOSE A GOOD FITNESS PROGRAM

As we start the beginning of a new year, most of us are looking for ways to take off those extra pounds we put on over the holidays, or maybe throughout the entire year. As you look at different exercise or fitness programs, you want to make sure the one that you choose has all the components of physical fitness so that you will have the best overall health. A fitness program without all of the necessary components will not enable you to be functionally fit. For example, a weight lifter can have a lot of muscular strength, but still have poor cardiovascular fitness and too much body fat. In addition, I'm sure we all know runners who have excellent cardiovascular health and low body fat, but very little muscular strength.

Therefore, when you look into a fitness program you want it to have these components:

Cardiovascular endurance or fitness – The cardiovascular system consists of the heart and the blood vessels. It's the system that supplies oxygen and blood throughout the body. Cardiovascular fitness is the efficiency with which the body supplies oxygen and blood to the working muscles during any extended activity. Aerobic exercise improves cardiovascular fitness.

Muscular strength – Muscle strength is defined as the greatest amount of force a muscle or muscle group can exert in a single effort. Anaerobic exercise is what you want to improve muscular strength.

Muscular endurance – Muscular endurance is the ability of a muscle or muscle group to repeat a movement many times or to hold a particular position for an extended period of time. Both aerobic exercise and anaerobic exercise improve muscular endurance.

Flexibility – Flexibility is the ability to move the joints through an entire, normal range of motion. Flexibility is determined by the degree to which an individual muscle will lengthen. Stretching improves flexibility.

Body composition – Body composition is the percentage of body fat a person has in comparison to his or her total body mass. Improving the first three components of fitness listed above will have a positive impact on body composition and will result in less fat. Excessive body fat detracts from the other fitness components, reduces performance, detracts from appearance, and negatively affects your health.

Other factors such as speed, agility, balance, coordination, reaction time, and power are classified as components of "motor" fitness. These factors most affect your athletic ability. Appropriate training can improve these factors within the limits of your potential. A sensible weight loss and fitness program seeks to improve or maintain all the components of physical and motor fitness through sound, progressive, mission-specific physical training.

I hope this helps you in choosing the correct fitness program for you.

SMITA DHARIWAL

CHAPTER2 Wellness Studios

NATUROPATHY

Detoxification and promoting pranic force in the body is called naturopathy. Naturopathy and Yoga are two wheels of a vehicle. Apart from natural life and yoga, there is no medical treatment which can provide complete health. Knowledge of naturopathy makes everyone self dependent for one's own health.

Naturopathy is just not a treatment but also a way of life. When all treatments fail there is still possibility of cure in naturopathy.

Naturopathy is natural, easy and omnipresent. The person who takes its refuge loves it truly.

Through naturopathy ailment is eradicated from its root speedily and mind becomes peaceful.

Naturopathy cures all dormant diseases. There is no need for medication and surgery. Patients after experiencing relief through its treatment get back to work. The fear of disease is rooted out of the mind.

Naturopathy works in two ways. First it makes the patient get rid of ailment speedily, secondly it educates him to adopt a natural way of life to remain healthy in future.

Healing Crises

The speciality of naturopathy is that it does not suppress any disease. On the contrary it extricates it from its very root.

During the treatment, accumulated toxins are released out of the body in the form of loose motions, cold, cough etc. which is called the healing crises

Due to ignorance patients get disappointed when the healing crises takes place and give up naturopathy and resort to medicines. But it is a mistake

When it causes uneasiness then a naturopath must be consulted for advice before giving up naturopathy must be consulted for advice before giving up naturopathy treatment altogether.

Reasons for Toxin accumulation

1. Lack of balanced diet.
2. Imbalance of alkali and acid in our food
3. Consumption of unmatchable and contradictory food
4. Spicy, heavy and fibreless food.
5. Overeating.
6. Consuming intoxicating food.
7. Eating food late in the night.
8. Imbalance of body's five elements (space, air, sunshine, water and mud)
9. Working physically or mentally beyond one's capacity and not taking required rest.
10. Fear, anxiety, anger, and stress.
11. Pollution
12. Consuming medicines which suppresses extraction of toxins.

Cure of all diseases

For all diseases there is one cure, and that is detoxification of body by natural means. To keep our body healthy, there is unseen force which we call it life force. In spiritualism it is defined as pranic energy and naturopathy calls it resistance power. Elimination of disease and protection against it is

due to this inherent force alone. The stronger this healing power within, the sooner the disease will be cured.

Naturopathy enhances this pranic force and prevents accumulation of toxins.

As soon as any signal of illness like headache, loss of appetite etc.

By going so the chance of the disease becoming acute will be eliminated etc.) noted. If there is acute disease (fever, loose motions, vomiting, cold etc.) treat it as a natural cleaning process and do not suppress it with medicines.

Instead one should go fasting and let the body be detoxification through natural means of cleansing of the body. By doing so the disease will not become chronic.

If the disease is chronic it should be treated with various natural means of treatment. Natural means of treatment are –

1. Natural food and related precautions
2. Five elements (space, air, sunshine, water and mud)
3. Right way of living.
4. Removing mental stress.
5. Through Yogic exercises.

Note :

Two year Diploma Course on Naturopathy (N.D.D.Y) by Archana Yogayatan is being run in pocket B Community Centre on nominal fees by Dr.S.N.Yadav.

For details contact

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AUTOBIOGRAPHY OF A PLASTIC BAG

I am a plastic bag. I was manufactured from P.V.C. material. First I was heated and melted I was then put in a machine where I was given the shape of a bag. I was crying bitterly without knowing what was happening to me. But when I found myself in a shape, I forgot all my pains and felt very happy.

The next day a businessman came and approved my colour. He placed an order for me along with hundreds of others like me. Soon I reached the showroom.

One day a lady bought some clothes, the salesman packed her purchases in me and threw me away. I cried at my fate!

At the garbage bin one of my brothers being swallowed by a cow. The cow died in a few days time, because of blockage of intestines.

That was the day when I realized how dangerous I could be. I wish I had not been manufactured at all.

I feel, if not properly handled we plastic bags can become an environment hazard.

KUNAL KHANNA



Our Children are our future we must value them A smile makes a difference Children Welfare Home

मनुष्य की प्रवृत्ति है कि बहुत कुछ पाकर भी अभावों की शिकायत किया करता है। इस बात का अहसास मुझे तब हुआ, जब मैं सरिता विहार में निर्मित 'child welfare society' में अपनी मित्र के साथ गयी। छोटे-छोटे बच्चे – इतने छोटे कि उन्होंने माँ के आंचल का साया कभी महसूस ही नहीं किया। दूध भी रुई के फाहों से पिलाकर उनका अस्तित्व बरकरार रखने का प्रयत्न किया जा रहा है। 'माँ' क्या होती है इस अहसास से भी वे वंचित हैं। इतना होते हुए भी चेहरा खुशी से खिला है। जो मुस्कराकर गोद में उठा लेता है उससे पूरा ममत्व प्राप्त करना उन्होंने सीख लिया है। उन्होंने हर स्थिति में खुश रहना हर किसी को अपना समझना अपने जीवन में पूरी तरह अपना लिया है। दो महीने से लेकर बारह वर्ष तक के बच्चे जिस स्नेह और अपनत्व से रहते हैं, वह समाज के लिए एक मिसाल है।

मैं इस सोसाइटी की संचायिका 'श्रीमती अचला' से मिलकर बहुत प्रभावित हुयी। आज का स्वार्थी मनुष्य किसी और के लिए एक क्षण भी नहीं देता। इन्हें देखें इन्होंने तो अपना पूरा जीवन ही उन बच्चों को समर्पित कर दिया है। पूरे तन-मन-धन से उनकी देख-रेख करना कोई सरल नहीं।

कुछ संवेदनशील लोग यहाँ आते हैं और बच्चों के विकास के लिए कुछ न कुछ करने का प्रयत्न करते हैं। मैंने भी अपनी मित्र के साथ 'बाल दिवस' पर जाकर कुछ समय बिताया। बच्चों के साथ खेले, नाचे उनकी ड्राइंग प्रतियोगिता भी करवाई। बच्चों ने बदले में जो प्यार दिया, वह अन्यत्र दुर्लभ है। बच्चों की आँखों के निरीह सपने तो दिल में भीतर तक पैठ जाते हैं। उनकी आँखें हमसे कहती रहीं कि " फिर कब आओगे ?"

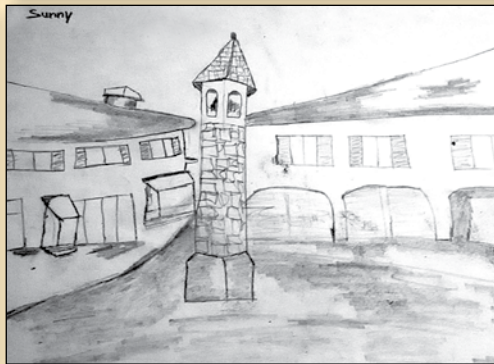
यहाँ जिस खुशी का अहसास हुआ वह आत्मिक प्रसन्नता आज तक कहीं ओर नहीं मिली। मुझे लगा कि समाज से आज तक हम कुछ लेते ही रहे हैं। हमने कभी कुछ दिया नहीं। अपने जीवन के इस कर्तव्य को कब ओर कैसे निभा पाएँगे – नहीं जानती। बस इतना जानती हूँ कि यह हर व्यक्ति के जीवन का एक अनिवार्य अंश होना चाहिए।

गीतिका मुंजाल

8 | AYASS PRAYAS | AUGUST 2015



CHILDREN'S DAY CELEBRATION AT WELFARE HOME PAINTING COMPETITION



Senior Citizens Office Inauguration A Havan Performed



वरिष्ठ नागरिक - हमारे गौरव

वरिष्ठ नागरिक हमारे लिए एक बड़-वक्ष की भाँति हैं। उनकी छत्र-छाया में ही हमारे संस्कारों की उपज फलती-फूलती है। वे हमारे मार्ग-दर्शक, हमारे गौरव के रूप में सदैव समादरित होते हैं। जसोलावासियों के वरिष्ठ नागरिकों ने यह सिद्ध कर दिया कि खरा सिक्का खरा ही होता है।

'Jasola Senior Citizens Welfare Society' के कर्मवीरों की एकाग्रता और एकजुटता आज एक लक्ष्य की ओर अग्रसर है, जिसमें छिपी है सम्पूर्ण जसोलावासियों की उन्नति और कल्याण की भावना। जसोला के वरिष्ठ नागरिकों ने अपनी कर्मठता से अपने लिए एक खूबसूरत स्थान डी.डी.ए से मुहैया करवाया। इसका मुहूर्त विधिवत हवन की पवित्र अग्नि प्रज्वलित करके किया गया। सबकी मधुर और हार्दिक दुवाओं का असर है कि 'आयास-प्रयास जैसी सामाजिक संस्था सामने आई और उन्होंने मोदी जी के स्वच्छता अभियान के अंतर्गत वरिष्ठ नागरिकों के साथ मिलकर इस स्थान की सफाई करवाई।

अब इस स्थान का श्रेष्ठ ढंग से प्रयोग हो रहा है। यहाँ एक फिज़िओथैरेपी सेंटर चल रहा है। यह केन्द्र समाज-सेवार्थ है इसलिए बहुत कम दामों पर चलाया जा रहा है। यहाँ का बड़ा हाल और तीन कमरे बारात-घर, जन्म-दिवस या अन्य किसी भी पार्टी के आयोजन के लिए किराए पर दिए जाने को तैयार हैं। इतना ही नहीं हम जसोलावासी अत्यंत भाग्यशाली हैं कि यहाँ पर शीघ्र ही एक पुस्तकालय खोला जायेगा। इस पुस्तकालय की सदस्यता सम्पूर्ण जसोलावासी ले सकते हैं। यहाँ एक 'activity centre' (गतिविधि केन्द्र) खोलने की भी योजना है, जिसके अंतर्गत इनडोर गेम्स भी सम्मिलित हैं। कैरम बोर्ड, शतरंज लूडो और बैडमिंटन का सामान आ चुका है।

आने वाले एक महीने के अंतराल में पुस्तकालय सार्वजनिक रूप से खोल दिया जाएगा, जिसका लाभ हर अवस्था के जसोलावासी उठा सकेंगे। हमें नाज़ है उन सब वरिष्ठ नागरिकों पर, जिन्होंने हमारे लिए इतना कुछ सोचा और जो आए दिन कुछ नया करने के लिए तत्पर रहते हैं।

Cleanliness Drive - स्वच्छता अभियान



SURYA BHEDI PRANAYAAM

The Sun lends to the entire system. This *pranyam* is performed through the right nostril and thereby energy is infused in all astral tubes and this flow of heat into the human body is ensured. Hence, it should be performed only in the winter session.

It arouses that part of brain which is the source of *Purush Shakti*. The practice of this *Pranayam* is instrumental in the awakening of the vital centers of energy. Maharishi *Gherund* has described eight kinds *Kumbhak*, out of which *Surya Bhedi Pranayam* is the second type.

It heals up the ailments of throat, tongue and voice.

- It heals up the ailment of throat, tongue and voice.
- Special thrust of this *pranayam* is felt on *vishuddhi* and *Agya Chakr*.
- It warms up the body. It cures many kinds of diseases caused by the humours of bile and wind in our body.
- It destroys the intestinal worms, remove the impurities of blood and cures the diseases.
- *Jathragni* (gastric fire) is arguemented.
- It is very helpful in arousing the latent powers of a person and awakening the *Kundalini Shakti*.
- It is extremely beneficial in providing relief to persons suffering from low blood pressure.
- It purifies the brain.

Techniques

Sit in *Padmaasan*, keep the neck and spine erect, close the eyes gently. Face should look cheerful. Grasp the left hand in the root of the thumb, close the left nostril with the right figure. Inhale deeply through the right nostril so much so that its impact is left from the toe to the top of the crown. Now close the right nostril with the thumb and retain the breadth by practicing Internal *Kumbhak*, according to capacity. While uneasiness is felt in holding the breadth, exhale very slowly through the left nostril and relax. Again, inhale through the right nostril and perform Internal *Kumbhak* and thereafter exhale slowly through the left nostril.

To begin with three rounds are enough. Increase the rounds gradually.

Special note

Never perform *Kumbhak* beyond the capacity.

CHARU LAMBA

EARTH SAVER

There was a society which polluted Earth even on Earth Day. There lived a boy called *Tanish*, who had an Idea. Everyday he used to go to play with his friends but used to forget telling his friends about this pollution. One night he determined to tell his friends about this the very next day. So the next day while talking to his friends, he explained the ill effects of pollution on the earth. And he also convinced everyone to help him in stopping this. He wanted his friends to involve their parents as well. This started a chain and everybody gradually started taking the positive steps to fight against it and also to advertise with the word of mouth and practically practicing the right measures.

TANISH KHATTAR

MY COUNTRY MY BHARAT MAA

Our country is going through a difficult phase. Our children should be made aware of the sacrifices made by our great leaders, Bhagat Singh, Lala Lajpat Rai, Mahatma Gandhi, Pandit Jawahar Lal Nehru to win freedom. The nation is proud of their sacrifices.

Religion should not play any role with our political life.

Every Indian will have to rise, assert and feel, he is a Proud Indian.

A man is known by his country. The West has known this for ages. We have to come to the point, where we can proudly stand for our Tiranga, for our culture and for our Bharat Mata.

The world respects the person, who is aware of his roots. The spirit of Nationalism must be vibrant in every heart.

Our children are aware of the long struggle of freedom which our leaders have fought. We are proud their sacrifices.

Pride and love comes with always being reminded of the non violent struggle we undertook to stand proud today.

Bharat Mata ki Jai.

PADMA AGARWAL

THERE IS A DIFFERENCE BETWEEN EXISTING AND TRULY LIVING.

Man is here to live like a man. It is very tough to be born as a man. *Manav Janam* is a very precious gift.

Some human beings stand tall to justify their lives on earth. It takes courage and sacrifice, discipline and determination to be different from others.

Mohan Das Karam Chand Gandhi was one such person. His opponents also saluted him. He never hesitated to lead in difficult times.

Honesty and Truth, made him a Mahatma. The values of each minute, to be used productively, was the way of life for him. His love for his country stood foremost in his thoughts and deeds. His family came second for him.

We die for branded garments and lavish parties. Why have we forgotten our culture and our moral duties.

Leaders are not born. Leaders cry for injustice. They take up the cause and shine like a peacon.

Man has the potential to become a Budha. Man has the advantage of making a difference in the lives of his fellow beings.

He can truly live, to leave his imprints on the sands of his life.

PADMA AGARWAL

समय - रेत बंद मुट्टी का

मि. वर्मा ने नौकर को आवाज़ देकर चाय के लिए कहा और लॉन में बिछी कुर्सी पर अखबार लेकर बैठ गए। अनमने से अखबार को पलटने लगे और फिर अखबार टेबल पर रख कर गर्दन पीछे कर आँखें बंद करके कुर्सी पर पसर गए। पिछले तीन-चार महीनों से जब से वे रिटायर हुए हैं, तब से प्रातःकाल का प्रारम्भ कुछ इसी तरह से हो रहा है। मन पर एक बोझ है, जो उतरने का नाम ही नहीं ले रहा। मि. वर्मा उच्च पद से सेवा-निवृत्त हुए हैं। घड़ी की सुइयों के साथ-साथ उनका दिन व्यतीत होता था। सुबह उठने से लेकर रात को सोने तक का सारा कार्य उनकी पत्नी सुमित्रा ने अपने जिम्मे ले रखा था। उनकी डायरी, पेन, फाइलें, चश्मा, रुमाल, गाड़ी की चाबी – सारी ज़रूरी चीज़ें उन्हें नाश्ते की टेबल पर ही मिल जाती थीं। कभी उन्होंने स्वयं उठने या लेने या फिर याद तक रखने की ज़हमत नहीं उठाई। उन्हें हमेशा यही लगता था कि यह तो सुमित्रा का काम है। सारा दिन यह करती ही क्या है? बच्चे स्कूल चले जाते हैं, फिर काम ही क्या है? उन्हें शायद सुमित्रा के ढेरों काम जैसे कामवाली से काम करवाना, तरकारी भाजी लाना बनाना, घर के प्रबंध, बच्चों की पी.टी.एम जैसे काम-काम लगते ही नहीं थे। और रिश्तेदारों से मिलना तो उनके लिए फालतू काम था। पारिवारिक आयोजनों में हिस्सा लेना तो उन्हें समय की बर्बादी लगता था। “सुमित्रा तुम बच्चों को लेकर चली जाओ मेरे पास वक्त नहीं है”। यह उनका रटा रटाया जुमला होता था। एक बार सुमित्रा ने दबी जुबान में कहा था – “बच्चों के दोस्त हर साल कहीं न कहीं घूमने जाते हैं। हमारे बच्चे कहीं भी घूमने नहीं जा पाते। इस बार बच्चों की इच्छा है कि नैनीताल हो आएँ। “अरे! कमाल करती हो, तुम भी सुमित्रा। बच्चे छोटे हैं ठण्ड में कहाँ संभालते फिरेंगे? बीमार पड़ गए तो स्कूल से भी छुट्टियाँ लो? नहीं.....नहीं मैं उनकी पढ़ाई से खिलवाड़ नहीं कर सकता। बड़े हो जायेंगे तो खुद घूम लेंगे। रिटायरमेन्ट के बाद तो वक्त ही वक्त होगा। घूमेंगे, साथ बैठकर गप-शप लड़ाएंगे। अभी तो काम का समय है। “सुमित्रा मन मसोसकर आँखों के टूटे सपने समेटते हुए चुप रह जाती। दिन पंख लगाकर उड़ने लगे। बच्चे बड़े हो गए। पढ़ाई पूरी करके बेटी एक खुशहाल घर में ब्याही गई, दोनों बेटे अमेरिका में जाकर बस गए। मि. वर्मा जिस भविष्य को मुट्टी में भरकर योजनानुसार नचाना चाहते थे वही भविष्य आज उनको अपना गुलाम बनाए हुए था। रिटायर होने के ठीक एक महीने बाद सुमित्रा ने आँखें मूँद लीं। वर्तमान को अपेक्षित कर भविष्य की योजना बनाने वाले मि. वर्मा अब अकेले मन पर बोझ लिए जीने को विवश हैं। समय न जाने कब-अब में बंधकर बंद मुट्टी से रेत की तरह फिसल जाता है.....

राजश्री सीम

सरगम (कहानी)

एक राजा था। उसकी रानी के पास बहुत खूबसूरत हीरे की अंगूठी थी। राजा ने रानी को यह अंगूठी उसके जन्मदिन पर लाकर दी थी। रानी को वह इतनी पसंद थी कि वह उसे सदा पहने रहती। यदि वह कभी उस अंगूठी को उतारती थी तो केवल स्नान के लिए जाते वक्त उतारती थी।

रानी की एक दासी थी। उसका नाम था सरगम। वह बहुत खूबसूरत थी। खूबसूरत होने के साथ-साथ वह शालीन भी थी। यदि उसमें कोई बुराई थी तो वह केवल यह थी कि वह अच्छी चीज़ों को देखकर लालच में आ जाती थी। रानी प्रतिदिन जब स्नान के लिए जाती, अपने कपड़े व आभूषण उतार कर अपने आइने के पास रख जाती। अपनी आदत के अनुसार एक दिन रानी अपने कपड़े व आभूषण उतारकर स्नान के लिए गयी उस दिन कमरे में कोई नहीं था। सरगम को भी आने में देर हो गई थी, अतः रानी को पता ही नहीं चला कि कब सरगम आई और कब गई। सरगम ने हीरे की अंगूठी वहाँ पड़ी देखी तो उससे रहा नहीं गया। उसने अंगूठी उठाई और अपनी उंगली में पहन ली। अंगूठी उसकी उंगली में बहुत खूबसूरत लग रही थी। अपनी उंगली में खूबसूरत अंगूठी देखकर उसका लालच उभर आया। सरगम से अंगूठी उंगली से उतारी न गई। वह उसे घर ले गई और छिपा दिया।

रानी जब नहाकर आई अंगूठी अपनी जगह न पाकर बेचौन हो गई। चारों ओर अंगूठी को खोजा गया पर अंगूठी कहीं न मिली। सरगम पर तो किसी को भी शक नहीं हुआ। सरगम रानी की विस्वस्त दासी थी, परन्तु उस दिन देर से आने के कारण संदेह का कोई कारण था ही नहीं, अंगूठी खो जाने से रानी उदास रहने लगी। राजा ने रानी को बहुत समझाया, पर रानी अपने

महल की असुरक्षा से घबराने लगी थी।

यहाँ दासी शाम को घर लौटकर रोज़ अंगूठी पहनती और खुश होती। सुबह राजा के महल में जाने से पहले अंगूठी उतार देती। एक दिन सरगम की सहेली सरगम के घर आई। उसका नाम फरीदा था। फरीदा ने अपनी बहन से पकौड़े बनाकर खिलाने की माँग की। ईश्वर हर किसी के कर्मों का ब्यौरा रखता है। अब समय आ गया था कि सरगम के कुकर्मों का पर्दाफाश हो। विधि का विधान देखो पकौड़े का बेसन घोलते समय कब अंगूठी बेसन में गिर गई सरगम को पता भी नहीं चला। बेसन में कटी सब्जियों के साथ अंगूठी भी तेल में तली गई और एक पकौड़े के साथ सरगम की दोस्त फरीदा के पास पहुँच गई। फरीदा पकौड़े खा रही थी और सरगम पकौड़े बना रही थी। अचानक फरीदा को एक चमकती चीज़ दिखी। फरीदा एक सुलझी हुई समझदार महिला थी। उसने चुपचाप उसे निकाला और फिर उसे पूरी बात समझते देर न लगी। जलपान करने के बाद वह चुपचाप रानी के महल में गई। रानी को उसने सारी बात बताते हुए अंगूठी लौटा दी। रानी बहुत खुश हुई। फरीदा की केवल उसने प्रशंसा ही नहीं की, बल्कि उसे उसकी इमानदारी का बहुत सा ईनाम भी दिया। इतना ही नहीं, उसने सरगम को महल से बाहर निकाल दिया और फरीदा को उसकी जगह अपनी विश्वासपात्रा का स्थान दिया।

अच्छे काम करने का फल हमेशा अच्छा होता है और लालच अच्छे इंसान को भी बुराई की ओर धकेलता है। लालच एक ऐसी बुराई है जो अनेक बुराइयों की जड़ है। अच्छे खासे मनुष्य को पाप और अपराध की ओर धकेलती है।

कौमुदी शर्मा

मैं और मेरा मन - इक गुफ्तगू

जगमंदिर के एकांत में,
पानी में गिरती हुई बिजली की परछाईं
देर रात भी पक्षियों का चहचहाना,
और धीमे गति में बजता हुआ संगीत।
अपने मन से मेरी गुफ्तगू
देख मन कितनी खूबसूरत
जगह पर तुझे विचरने के लिए लाई हूँ
मन बोला, "मैं तो विचरता रहता हूँ,
वहाँ भी जहाँ तुम मुझे नहीं ले जाती।"
"मैं तुझमें हूँ या तू मुझमें है,
मैं तेरे संकल्प में हूँ या तू मेरे संकल्प में है।
इक दूसरे के साथ होते हुए भी,
इक दूसरे को न समझ पाए, न समझा पाए"।
मन ने कहा, "थक चूका हूँ, क्यों न कुछ पिया जाए",
नदी के पानी में हवा की ठंडक, संगीत का मीठापन,
बिजलियों से गिरती रोशनी,
और इस माहौल की शान्ति को धोना,
और फिर सोचा,
क्यों न इसमें अपने तजुर्बे का एहसास मिला दूँ
पर तजुर्बे के घोल ने
सारे शरबत को कुछ इतना तीखा कर दिया,
की मुंह में जाते ही, आँखों के रास्ते बाहर आने लगा।
तब जल्दी से तजुर्बे को छाना,
और फिर दूरदर्शिता की समझदारी दिखाते हुए,
आँखों में बसे सपनों को इक-इक कर डालने लगी
सोचा इस बार तो कुछ कमाल का पेय होगा।
पर बजाये मीठे के, यह पेय फीका था,
ठीक उसी शांत आसमान की तरह, जिसे यह पता न था,
कि शाम को मन गन लाल-पीला होगा, तारों से भरा होगा,
या फिर बादलों में लिपटा होगा
मन कहाँ चुप रहने वाला था, बोला
आज को खोदना बंद कर दो,
बीते हुए कल पर चलना बंद कर दो
माना कि रास्ते जाने-पहचाने हैं,
पर हर खुदाई के बाद ऊँचे-नीचे हो जाते हैं
तुम जितनी बार इन पर चलती हो,
उतनी बार चोट मैं ही खाता हूँ।
और आने वाले कल के शिखर बनाने बंद कर दो,
क्योंकि जब वे बिखरते हैं
तब पैरों से ज़मीन ही नहीं, सर से आसमान भी सरकते हैं
आसमान और ज़मीन के बीच,
बिना किसी दिशा के झूलना कितना दर्दनाक होता है
तुम जानती हो, कितना वक्त लगता है, तुमको संभालने में।
इसी संगीत में, इन्हीं शांत लहरों में, इसी रोशनी में विचरो जब तक यहाँ हो
चलो अब से तुम और मैं इक साथ चलें,
आँखों में हंसी, होंठों में मुस्कुराहट,
दिल में अनुकम्पा लिए इक ऐसा सम्बन्ध जोड़ें,
जो किसी के अहम, वहम या रहम पर न टिका हो।

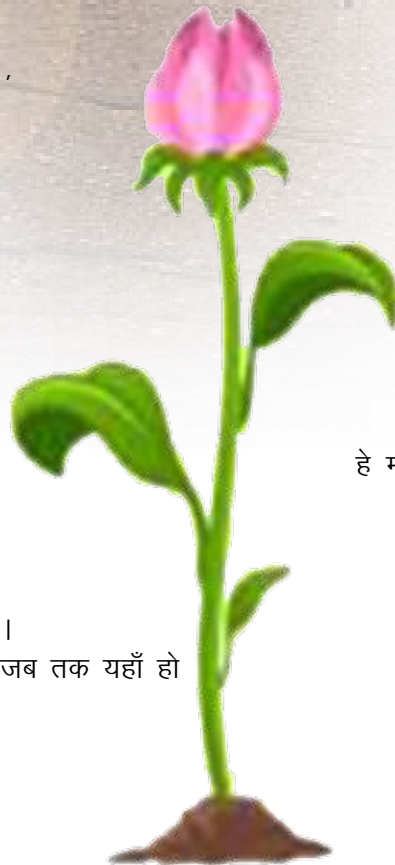
चीना

नगर्मे

"हम तेरा तबस्सुम न हाय याद करेंगे"
शरमा के सिमटने की अदा याद करेंगे
छू कर तेरी जुल्फों को जो आती थीं हवाएं
वो बू-ए-हिनोई वो सबा याद करेंगे
टूटी हुई पतवार वो मझधार वो हम तुम
हम बस वही तूफान-ए-बला याद करेंगे
जो देखी शानों पे तेरे भीगी सी जुल्फें
सावन की वो घनघोर घटा याद करेंगे
जो वादा-ए-फरदा" कभी इफा" नहीं करता
दुनिया में "रईस" उसको भी क्या याद करेंगे
एक नज़र तो हज़ूर हो जाए
जिंदगी अपनी नूर हो जाए
अब ना ढाओ सितम जफा वालो
शीशा-ए-दिल ना चूर हो जाए
तुमने इज़हार तो किया है मगर
कोई जलकर ना टूर हो जाए
जीस्त' अपनी भी कुछ संवर जाए
काश उनका जुहूर हो जाए
उसकी नज़रें करम, जो हो जाए
हर अलम दिल से दूर हो जाए
जब "रईस" उनसा है नहीं कोई
क्यूं न उनको गरूर हो जाये
'रईस आज़म खान'

प्यारी नन्ही कली

हरी डाल पर लगी हुई थी एक कली
प्यारी नन्ही सुंदर एक कली
तितली उससे आकार बोली
तुम लगती हो बड़ी भली
अब जागो तुम, आँखें खोलो
और हमारे संग खेलो
फैले सुंदर महक तुम्हारी
महके गली-गली
कली छिटककर खिली रंगीली
खेल की सुनकर बात अनोखी
साथ हवा के लगी भागने
प्रेम की पाती लगी बाँचने
नन्ही प्यारी-प्यारी तितली
हम सबको बतलाती जाती
प्रेम का पाठ पढाती जाती
हे मानव तुम दूसरे का हक क्यों लेते
तुमको लज्जा क्यों नहीं आती
मुफ्त का खाते-खाते ?
मानव ने जब यह आवाज़ सुनी
मानो उस पर गाज़ गिरी
अपना कर्तव्य उसे याद आया
प्रेम से उसने उसे निभाया
परोपकार की भावना को
गली-गली उसने फैलाया
'तनिश खट्टर'

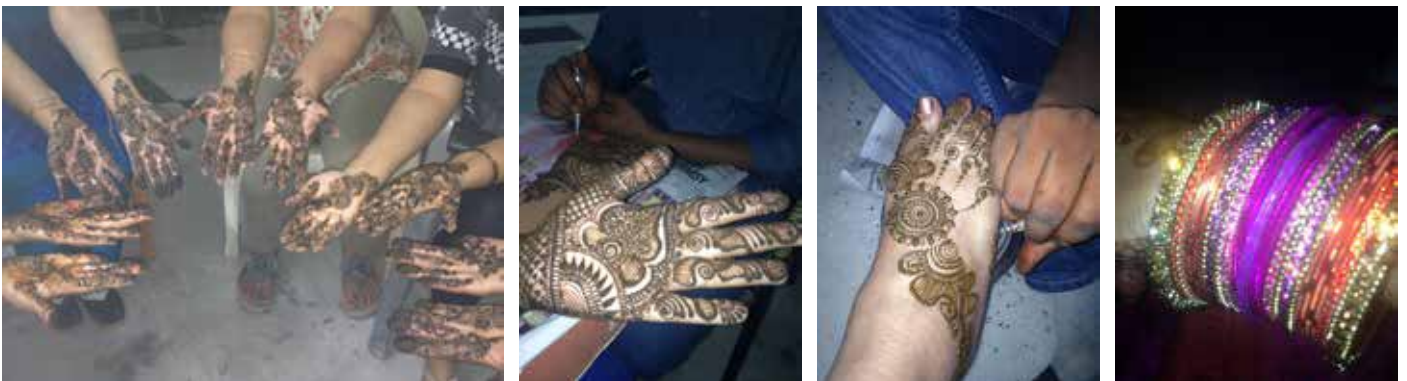


Celebrations at Jasola

Lohri Celebrations



Karva Chouth



Independence Day Celebrations





SUPERNATURAL STORIES

All of us, have some time in life come across stories of paranormal activity or as we like to call them – Supernatural Stories. Some of us may also spend money and watch them specially in cinemas to fulfill our excitement and enjoy the thrill of anxiety.

At times some of these movies are marked as 'A' as children that might watch them could get scared of what they saw. At a point these movies create joy of excitement but usually they are above the line and create a bad and horrified impact on the people's mind. They usually believe everything to be true and they start imagining which can create fear in the mind of children.

Movie makers give interesting titles to the movies, TV and media advertise them to draw the attention of people so that there is a crudity in everyone to watch the film. They earn the money and the fame and not realize the impact made on the viewers.

Well I am not against such movies. They are amazing but a lot of suspense should be a little leveled. It should create thrill but not so much that it poses so much risk or threat to some one's life and effect their thoughts.

Disadvantages of tuitions

“Try not to become a man of success but a man of excellence”

These words spoken by none other than Albert Einstein hold good for today's scenario. Excellence and success should not be the focused goal of today's generation. It is important to take off the load from children's shoulder and allow them time to discover their potential, their interests and most importantly, themselves.

Today's world is competitive and as a result many parents enroll their children to many reputed tuition centers without giving a thought to the long hours of studying the course once again. Even though their intentions are good, so much pressure harms the developing rate of the child. Each child should be allowed some time in his daily life when he can be carefree, discover his true self and find out respective potential. If a child is good at a sport, he will not be able to find out if he never tried it. He will never have a try to try something new if he has to rush to his tuition classes the moment he comes from school.

65% of children attending tuition of all sorts fail to pay proper attention in school as they think they will cover up the course in tuition. Tuition fees increases the burden on working middle class parents who wish the best for their children. An unrealistic syllabus, exceeding pressure from the parents and severe competition has ultimately taken a toll on children's playtime and thus resulting in the shortening in participation of children in extra-curricular activities and sports. Instead of joining tuitions, your child should be more interested in doing self study, so as to enhance his self-assessing skills.

DEVAL

BIRTH AT A FUNERAL

I saw a funeral,
raging yellow, orange, Sparks engulfed a motionless body
Fire sprang to life, eating the flesh,
cell by cell, bone by bone
A body that held aspiration, struggle, hope,
pain... hate... love.

Each danced the dance of death
Holding back, setting, go, they rose and fell in the
ecstasies and dilemmas, of my mind and heart.
I wasn't schizophrenic. I wasn't many people.

I am water.

I held many reflections, that swelled one till a flood...

I flowed, I created havoc, I destroyed, I gained
I lost to a destiny that showed promise.

The fire made ugly, rotting sounds. I saw the body
burn till the very last embers died down.
It smelled of ash (of re-birth)

Holy water swallowed what was once a raging fire
at the cremation ground .

Morning came .

I awoke,

It wasn't a dream, not a nightmare.

It was birth at a funeral

PUNEET SIKKA

BEAT THE FEAR

Why do humans shed tears?

They very well know they have many fears,

Which linger on and on,

To disturb the sweet night's sleep,

The morning,

The dusk and the dawn

For adults it's the burden of responsibilities

For us the tears are about

The uncertain future

Though ups and down as we grow

Weeping and sobbing is not the remedy

So rhyme and create an inky melody

Face with confidence the challenges

That come your way.

Just persevere in peace to live up to your DREAMS.

KUNAL KHANNA

MY DREAM MY INSPIRATION

I rise and fall

But I'm always on my call,

Inspite of losing my way and direction

I look forward to achieve my dream with perfection,
Before I will die

I want to fly with more heights

To touch every corner

Where sun is shining so bright

Where I can be a support

For others with plight

To be source of inspiration

To achieve their goals set so high.

VEENU ARORA



Our Chief Guest

Bishwajit Bhattacharyya

- Senior Advocate Supreme Court
- Ex Additional Solicitor General of India
- Author of the widely read book "MY EXPERIENCE WITH THE OFFICE OF ADDITIONAL SOLICITOR GENERAL OF INDIA".
- Visiting Professor IIM Ahmedabad and a renowned singer - Old Hindi film songs and old Bengali songs.

हमारे मुख्य अतिथि - अभिनव चतुर्वेदी

यह नाम परिचय का मोहताज नहीं हैं। आप अभिनय जगत की जानी-मानी हस्ती हैं। आपका अभिनय-कौशल आपको विरासत में मिला है। आप में मौलिकता के गुण कूट-कूट कर भरे हैं। आपकी माँ डॉ विनीता चौधरी एक संवेदनशील कवयित्री और लेखिका हैं। आपकी माता ज्ञान-भारती विद्यालय में वरिष्ठ हिन्दी-अध्यापिका थीं। उनके प्रयासों से आपकी भाषायी पकड़ श्रोताओं के लिए एक सुनहरा अवसर होता है। आप जब बोलते हैं तब मानो हिन्दी का शब्दकोष ही शब्दों में ढल जाता है। आपके पिताश्री एक परिपक्व जाने-माने क्रिकेट कमेंटेटर थे। इस प्रकार वक्तृता तथा प्रतिभा आपको ईश्वर की देन है।

अभिनव आपने अभिनय की शुरुआत अत्यंत लोकप्रिय और खूबसूरत धारावाहिक 'हमलोग' से की। यह धारावाहिक इनके लिए मील का पत्थर साबित हुआ। इस धारावाहिक में आप नन्हें के किरदार के रूप में अनायास ही लोगों के घरों में प्रवेश करके उनके दिलों पर राज करने लगे। और फिर कभी पीछे मुड़कर नहीं देखा। 'सौदागर जैसी नामची फिल्मों में यादगार भूमिका निभाकर भी आपके अंदर का कलाकार शांत नहीं हुआ। आम आदमी के सर्वप्रिय साधन "टेलीविजन" को और लोकप्रिय बनाने के लिए आपने अपना प्रोडक्शन हाउस खोला, जिसके अंतर्गत अनेक बड़े-बड़े कार्यक्रम प्रसारित किये। आपके द्वारा दूरदर्शन के लिए 'नवरस' कार्यक्रम का निर्माण किया गया। यह अपने आप में अत्यंत अद्भुत और दृष्टिप्रिय कार्यक्रम था। इस कार्यक्रम में नृत्य और संगीत-कला का अद्भुत सम्मिश्रण था। आपने विभिन्न लोककथाओं तथा किम्बदंतियों को भी समाज के समक्ष रखा। हाल ही में आपने राजस्थान में प्रचलित 'रानी सती पर फीचर का

निर्माण किया। अभिनव ने अपने नाम को सार्थक करते हुए अपने नाम के अनुरूप ही नित नए रूप में हमारे दिलों पर राज किया। ऐसे महान कलाकार इतनी उन्नति करके भी ज़मीनी जुड़ाव और वास्तविकता में विश्वास करते हैं। आपकी यही विशेषता हमारे इस कार्यक्रम में आपको खींच लाई। इससे आपने न केवल हमारा मान बढ़ाया, अपितु रंगमंच की गरिमा को भी एक अद्भुत गौरव प्रदान किया। आपके स्वभाव के अनुकूल आपकी धर्मपत्नी भी अत्यंत सौम्य एवं सुशील हैं एक वास्तविक अर्धांगिनी की भाँति आपके हर काम में साथ देती हैं। नंदिनी जी हम आपकी योग्यताओं से अपरिचित नहीं। आप स्वयं भी अभिनय-क्षेत्र का जीता-जागता सितारा हैं। सभी जसोलावासी आपके आभारी हैं कि आपने अपने अमूल्य समय में से कुछ क्षण हमें प्रदान किए।

राजश्री सीम



Damn your principals. Stick to your Party!



Jasola Residents Present
NAVRATRI 2014 - DANDIYA RAAS GARBHA

An evening of Music & Dance

Best Wishes from:

CHANAKYA ESTATES & KAPOOR ASSOCIATES
Rajiv Chadha: 9811924062 & Dilip Kapoor: 9899468278



**Total paisa Vasool Shor Sharaba
Entertainment! Entertainment! Entertainment....**



AYASS PRAYAS | AUGUST 2015 | 17

क्रोध और जल्दबाजी से व्यक्ति का कोई काम नहीं बनता, बल्कि और बिगड़ जाता है।



DANDIA NIGHT – A NIGHT OF STICKS AND FUN

India is the country of colorful festivals. That is why we say 'देश रंगीला-रंगीला.....' some of these festivals we like to celebrate with our family members privately and some festivals we like to celebrate with our friends. *Navratri* is one of those festivals which we can celebrate both with friends and family. This festival is the symbol of unity. And here I would like to say that Jasola is a new locality which believes in enjoying together. All the festivals-national, religious and social, the residents of Jasola like to celebrate together. This year the ladies of Jasola took the initiative to celebrate it with great pomp and show. So Ms Kaumudi Sharma, me and a group of a few more, decided to take the lead.

The planning and hard work of organising team members gave me the enthusiasm to give my full marks in making the event a success. Our efforts were fruitful when we saw undying dedication and commitment from all the ladies who regularly turned up at the dance practice sessions.

No doubt, the event was a huge success. People from all age groups were attracted to the dance floor when the music started playing. The food was lip-smacking....as told by my family. I could not try the food as I was on fast, though the "fast food" was also available. The event was full of fun and frolic and it received appreciation from all the residents.

Apart from the fact the programme started right on time, but public timing you know ! the programme was not lacking in any aspect. It turned out to be well managed. I attribute the success of the event to all the lovely organisers – Kaumudi ji, Rajshree, Jaya, Seema, Sonia, Geetika, Shalini, Charu and Supriya. All of us used to work like a family. Although we worked less and enjoyed more. I had an amazing time organizing and attending 'Dandiya Night', and I believe such events should be regular in our colony.

Heartful thanks to all our friends and residents of Jasola.

BHAWNA KHEMANI





FOR A SUCCESSFUL DANDIA WE ARE GRATEFUL TO

All Jasola Residents

Mr. Devender Kapoor, Real Estate Agent
Mr. Rajeev Chadha, Real Estate Agent
Shyam Steels
Mr. Harvinder Singh, DCR Travel – 9810083390
Ms. Raajshree and Mr. Tarun
Mr. B.B. Gupta
Mr. R.K. Gupta

OUR DANCE TRAINERS

Ms. Sharmila Bhalla – A brilliant Senior Maths teacher in a renowned Public School of Delhi. She is a trained dancer. Dance is her passion. We are grate full to her for training us for Garbha Raas. This is really kind of her for helping us without any fee.

Mr. Navit Jaipuria – He worked with SHIAMAK DAVAR INSTITUTE FOR PERFORMING ARTS as a Dance Instructor since 2010 to till

2013. Currently working with Amity International School, Pushp Vihar. Worked with Sherwood Convent School as a Dance Teacher for two years. Choreographed a Dance sequence for Venkateshwar College Fest. The Styles that he specialize in are Bollywood Hip Hop & Contemporary. He is now taking dance sessions at Chapter2@ SARAS Jasola.DHARNI DESAI.

Born brought up in Mumbai and she started learning dance when she was 6 yrs old. At Shaimak Davar Institute for 3 yrs. Being a Gujrati Garbha is her first love, won many competitions and specialises. Currently she is training to be a ZUMBA fitness trainer and successfully taking sessions at CHAPTER2@SARAS.

OUR SINGERS

Mr. Hamid Khan - A world renowned singer. Has visited France, London and many other countries for music concerts. He is a trained classical singer. Mr Hamid is not only a singer, he has many beautiful compositions also in his credit. he has been working as a Music Teacher in one of the best public school of Delhi for more than 15 years. We are proud to have such singers in our country.

Master Kunal Singh - Kunal is a science student pursuing engineering. He is a trained classical singer and is one of the singer in Pt. Ravi Shanker's group and has visited many countries to perform and showcase his abilities.

Mr N.K.Lamba - A well known resident of Jasola. Singing is his hobby. He is very social and on our request agreed to perform on Garbha.

Mr. & Ms Geeta Chopra - A wonderful couple of Jasola Vihar, Pocket -1. Both of them complement each other. No celebration is complete without their melodious performance. Thanks to them for performing for us all.

Mr. Dev Mudgil - What a wonderful personality ! Singing is his hobby. When he sings 'jugni' in Punjabi, the whole atmosphere becomes lively. Thank you for entertaining us.

Mr. Rayees - We are blessed to have Mr. Rayees in Jasola. He is a poet, a composer and a singer. Thank you Mr Rayees for performing for us.

We are grateful to Ms. Neetu, Area Councillor, who inspite of her other commitments graced the function.

Dr. Poonam's Clinic

Pocket 2, House No – 71 (Basement),
Jasola Vihaar, New Delhi - 110025
Contact No.: 9310131516
Land line: 26949955





(TIME FOR A LITTLE 'SHOR – SHARABA') THE SPECTACULAR GARBA NIGHT

On a lovely sunny morning my Whatsapp beeped. An interesting idea was floated by Mrs. Kaumudi Sharma to have a *Garba* Night in the colony. The idea was thrilling, I immediately agreed, and many more appreciated the idea and decided to volunteer.

A meeting was called to share the creative ideas to make the event a big success. Catering, sound-n-music, sponsors, game stalls, regular stalls, and tents. And then we began with the *Garba* Dance learning sessions. All the ladies were participating in full swing. The tempo to learn and enjoy was quiet high. The teachers were amazing and patient with the students. I was the in-charge of the stalls(mostly kids), who wanted to have game stalls. It was definitely an exercise to make them more confident and self-reliant. What a positive energy with the lovely kids!

I started allotting the stalls during the evening. Kids were very enthusiastic about the placement, and even the numbers of the stalls. Children then suddenly got busy decorating their stalls. There were many games, I mean a huge variety. Kids were looking forward to the visitors. They had kept a good prize bounty for the winners as well. I also had a good time playing games, and I felt like revisiting

my childhood We had a lot of things to offer to our Jasola residents.

There were desserts, stationery, suits, bed covers and much more. Jagrit Sambhav Foundation, a NGO operating from Sarita Vihar also had an awareness stall displaying their efforts to save the environment from the deadly menace of polythene. They displayed a good variety of fabric bags, *potlees* and envelopes. People appreciated and encouraged their activity as they felt that it was a very good social cause.

People were dancing to the tunes of *Garba* songs and were enjoying the spectacular *Garba* night. Later, I saw people enjoying sumptuous meals, which had the taste of every state.

Finally the gala evening ended with prize distribution ceremony. The Jasola residents were delighted to have such an event in the colony, and showered words of admiration and respect for Mrs. Kaumudi Sharma's efforts. Mrs. Kaumudi Sharma personally appreciated the effort of her team. And then came an end to a memorable evening, full of Fun-n-Frolic to remember.

SUPRIYA AGARWAL



WOW! IT WAS AMAZING

Dandiya event is one of the most memorable event held in 2014 by the residence of Jasola Pocket- 1 and 2. With the initiative of Ms. Kaumudi Sharma and other ladies , this event of music, dance, games, activities, food was just amazing.

I with Ms. Sharma and other friends of Jasola got the opportunity to visit many residences of Jasola Vihaar to tell them about the event. I found Jasola is a Mini India. We met people from all cultures and religions. Everyone has one thing in common – ‘Wonderful Hospitality’. Meeting each person was a new experience and learning in itself.

We were having *Dandiya* Practice everyday at 4 pm. This time used to be a time of real enjoyment. The entire period of practice was full of fun, enthusiasm, entertainment and meeting friends. By the end of the week we became teachers ourselves and started teaching the steps to absentees and new comers. We all worked like a family.

The night of *Dandiya* we were all in traditional *ghagra, choli, churidaars, bandhni dupattas* together with dazzling jewellery .

We all are eagerly waiting for the *Dandiya* of 2015.....

JAYA SEN





सम्मिलित आयोजन - डांडिया रास

जसोला पॉकेट एक और दो के रूप में एक अद्वितीय नवीन क्षेत्र उभर कर आया है। सबमें नए लोगों से मिलने के उत्साह और एकता के भाव इस क्षेत्र को सामान्य आवासीय क्षेत्रों से अलग और विशेष बनाते हैं।

मनुष्य की सामाजिक प्रवृत्ति उसे मिलजुल कर उत्सवों और त्यौहारों को मनाने के लिए प्रेरित करती है। आश्विन के नवरात्रों में डांडिया रास एक ऐसा मनोहर पर्व है जो हर भारतवासी को उत्साहित करता है। प्रारंभिक वर्षों में इस आवासीय क्षेत्र की प्रेसिडेंट श्रीमती रेखा पल्ली ने इस उत्सव का आयोजन किया और उसके बाद श्री गौरव कारवाल जी ने इसका बीड़ा उठाया। फिर किसी अविशेष कारण के ही इस उत्सव का आयोजन लगभग बंद हो गया।

जसोलावासी इसकी कमी को महसूस करने लगे। 2014 में एक बार फिर से सभी की इच्छाओं को व्यावहारिक रूप प्राप्त हुआ जब फिर से महिलाओं ने इस पद्धति को पुनः प्रारंभ करने का बीड़ा उठाया। श्रीमती कौमुदी शर्मा के नेतृत्व में श्रीमती भावना खेमानी, श्रीमती सोनिया जैन, श्रीमती चारु लाम्बा, श्रीमती जया सेन, श्रीमती राजश्री, श्रीमती गीतिका मुंजाल, श्रीमती सीमा गांधी, श्रीमती सुप्रिया अग्रवाल और श्रीमती शालिनी अग्रवाल यानि मैंने मिलकर इस कार्यक्रम को आयोजित करने का निश्चय किया। हमारा साथ दिया श्री आनंद अग्रवाल और श्री रोहित सेन ने। प्रतिदिन योजना बनती, जिसमें बजट बनाना, व्यय के लिए साधन जुटाना और

इसी तरह के कुछ और प्रबंध महत्वपूर्ण होते।

नृत्य-अभ्यास के लिए भी एक कुशल प्रशिक्षिका श्रीमती शर्मिला भल्ला और सरस के नृत्य प्रशिक्षकों की सहायता ली गई। हम सभी प्रशिक्षकों के विशेष रूप से शर्मिला भल्ला जी के आभारी हैं कि उन्होंने बिना पारिश्रमिक के इस कार्य को सुन्दर अंजाम दिया। अभ्यास कक्षाएं तो अत्यंत रोचक होतीं। हम बच्चों की तरह हल्ला-गुल्ला करते, मानो बचपन फिर साकार हो उठा हो। सारा का सारा जसोला मनो एक नए उत्साह से भर गया था।

नृत्य किसे आनंद नहीं देता? सभी महिलाएँ रंग-बिरंगी तितलियों की तरह झूमती-गातीं अभ्यास में लीन हो जातीं। सबने अपने लिए विशेष वेश-भूषा का निर्माण करवाया। मेरी सासू माँ ने मुझे इस विषय में उत्साहित किया।

पांडाल का चयन भी कोई सरल काम न था। बहुत संघर्ष के बाद पॉकेट एक के केन्द्रीय पार्क में पांडाल बनाने की डी.डी.ए से अनुमति प्राप्त हुई।

मुख्य अतिथि समय पर उपस्थित हों यह बड़ा कठिन है, परन्तु हमारे सभी विशेष अतिथि केवल समय पर ही नहीं आए अपितु उन्होंने नृत्य और संगीत में बराबर का हिस्सा भी लिया।

पांडाल में केवल नृत्य-गीत ही नहीं थे, हर आयु के लोगों के लिए कुछ न कुछ था। मेले का सा वातावरण था बच्चों



के लिए खेलों के स्टॉल बच्चों द्वारा ही तैयार किए गए, खाने का उचित प्रबंध, ऐसा किसी भी मेले में क्या होता है जो यहाँ नहीं था ?

पुरानी दिल्ली की स्वादिष्ट चाट के लोग चटखारे ले रहे थे, व्रत के खाने का मजा और बच्चों के लिए था कोल्ड ड्रिंक और मोमो। खाना, खेलना, गाना लोगों का मन ही नहीं भरता था। परन्तु आरम्भ और अंत तो सृष्टि का नियम है।

कहते हैं डांडिया एक हाथ से नहीं बजता है, यहाँ तो असंख्य डांडिये, अनेक हाथों से, एक लय में बज रहे थे।

शालिनी अग्रवाल



MUSIC MOVES ON (Music – Food for the Soul)

MUSIC IS POWERFUL !

Songs of love linger in our minds and hearts. They get us through our days and nights with a rhythm that never seems to stop. It doesn't matter it is the song you make love to, the theme song from your favorite television program or a commercial jingle – it isn't in your head and keeps you going . It's delightful music.

The most wonderful thing about music is that it moves us. Perhaps you listen to hard rock or metal because it's like yelling out loud and releasing tension. Or maybe you like to listen to jazz or R&B when you drive to work or go for a walk in nature. When it comes to music, there is something for everyone to connect to and get them going.

Music plays a huge role in religion. It gathers people together whether it's to the sound of bells in a temple or the Muslim call to prayer. You may have some childhood memories of going to house of worship and singing songs with hundreds of other people. You may remember the people around you getting emotional. That's because religious music touches our hearts and spirits and makes us think.

If you meditate for a deeper understanding of your own psyche, you may do it with the help of

Music. And when we think of music to meditate by it's different for everyone. May be you prefer the sound of the ocean or of a babbling brook. I have a friend who meditates while mowing the lawn and another friend who meditates when cooking. Any sound works as long as it helps you focus and keeps the flow as you go off to your blissful place.

Music sets the peace while we work. It really gets the blood pumping and the brain working. Some people prefer instrumental pieces while they work. Others don't mind the lyrics because they can tune them out. Working to music helps to drown out environmental disturbances and chatty co-workers!

When you think of your partner or a great love you have had, what song plays ? If you have never heard sweet music while in a relationship. There is a good chance the relationship you're in might not be the right one for you. That's because song in your heart needs to connect with the song in another person's heart in order for the relationship to be meaningful and memorable.

However , does the Beat Change ? From time to time, we can lose the melody and the rhythm that comes with it. Whenever it's the result of a lost love, a new job, or diet plan, our inner music can change. But our basic core of music stays the same. It matures and deepens with life experience, but it stays the same.

Music helps us get creative and it gives us the motivation to move, dance and exercise. It helps us get through a busy day or a rough patch in life. Music is a spiritual journey. We all love music. I consider myself a "music surfer". I catch every vibrational wave my music has to offer in order to enhance my day and make it magical. I hope this article inspires all of us to take a closer look at the music we enjoy. Let us rejoice in the enamor of music and how it makes us feel!

SEEMA GANDHI

With best wishes
from

Mr. Rohit Sen
& Mrs. Jaya Sen

जसोला विहार

एक बड़ा वृक्ष है, यह जसोला विहार ।
जैसे एक प्यारा बड़ा परिवार ।
शाखाओं और पत्तियों से जुड़े
जब आपस में मिलें हर-बार
यह है जसोला विहार ।
एक ही लक्ष्य हो, चाहे भिन्न हों धर्म व त्योहार ।
किए हैं यहाँ सबने अपने सपने साकार ।
मनाएँ मिलकर ईद, होली, दिवाली,
गुरुपूरव, और राष्ट्रीय त्यौहार
यह है जसोला विहार ।
दुःख-सुख दूर करने में हो एक दूसरे का साथ ।
सब है लिए हाथों में हाथ
सुबह-शाम मुस्कुराते पार्को में
आपस में मिलें, हो दुआ-सलाम ।
जानें सबका हालचाल,
यह जसोला विहार ।
भारतीय संस्कृति व संस्कारों की उन्नति हो
सब स्वस्थ रहें, मस्त हों
सदा कर्म करने में व्यस्त हों ।
यह तो है अपना जसोला विहार ।
सोनिया जैन

FRIEND & FOES ON THE KITCHEN TABLE

Once upon a time there were two desserts, "Granny's Yammy Carrot Halwa" and "Hershey's Chocolate Bar". Their owners used to fight over both of them about who's healthier & who's tastier. And one fine day both had an argument.

Carrot Halwa – Ha Ha Ha!! I am a traditional sweet, and very nutritious too! BUT WHAT ARE YOU? Nothing but an unhealthy sweet-dish, which causes pain in everyone's teeth!

Chocolate – Ha Ha Ha (Grrr)!!! What rubbish are you talking? Look at yourself, you are known ONLY in the history of the country!! But!! I'm a modern sweet, very tasty, and famous in the world. Children like me and love me!

Carrot Halwa – Oh really?? Well, you are just the favorite of children! You should learn something from me! I'm healthy, and if you may wonder what I am made of, it's milk, carrots and dry-fruits. Although I'm a sweet, I am very healthy! Do you get that Mr. Unhealthy? Ha Ha!

Chocolate – What was that? Do you know who you are talking to? Hershey's Chocolate, and "Hershey's" means very tasty and delicious! You are just a sweet that's healthy! And there are some children who don't even like tasting you! Do you even know this?

Carrot Halwa – What? How can you say this to such a sweet-dish like me? You are just praising yourself, what good is self-praise? I know what I am good for! And in India there are people who cook me in different mouth-watering ways. Although you are repeated more often, I am healthier than you! You puny tasty thing!!

The chocolate starts laughing like anything, and the carrot halwa turns red with anger.

Chocolate – Oh my God! I can't believe you said such a

thing for your enemy. Ha Ha Ha!! This argument is becoming interesting now. You are just a crazy halwa, who thinks so wrong about himself! I'm very healthy, I'm this ... I'm that... You are nothing! Just a healthy self-obsessed sweet-dish!!!

Carrot Halwa –How dare you call me "self-obsessed sweet-dish"! Grrrrr!!! You know what you are made of? Well, if you don't know, you are just made of milk, sugar, and fat! And when children eat you, they start gaining weight, you unhealthy puny snack!

Chocolate - Okay! If you insist, may I tell you that you are useless and a boring enemy to talk to? And anyway, you are just carrot halwa. There are many more nutritious foods in the world, like vitamins & minerals, which come from fruits and vegetables. You have only proteins, calcium and fat.

Carrot Halwa – Hey Hey Hey!!! When did you start knowing about the nutritional values of foods, and you know mine too? Hmm... I need to think of something now... (the halwa pondered... and pondered.)

Carrot Halwa – Umm!!! Well I think you just insisted on how unfit I am, right? For your information, let me tell you, there are not only milk chocolates. There are "fruit and nut" chocolates too! And they are far better than you.

Chocolate was surprised and dumbstruck.

Chocolate – What? Are you joking? I am a chocolate! How is it possible that there are fruit and nut chocolate, and I don't know? Well, Umm... looks like there is more value of a carrot halwa. You seem to be more aware as well, so I think, I may probably give up!

Carrot Halwa – Hey!!! Always remember!

मासूम सपने

शाख पर फिर फूल खिले,
फिर चिड़ियाँ चहचहाई हैं
शायद नए सवेरे का
नया पैगाम लाई हैं।
धूप ने रुपहले घूँघट से,
देखा इस नज़ाकत से
अँधेरे में डूबी हर शय पर,
जैसे उसने फ़तह पाई है।
चंचल हवा दामन हिलाती,
चल रही कुछ इस तरह,
आसमां को छूने की,
सौगंध उसने खाई है।
इठलाती नदी बह चली,
सारे बंधन तोड़ कर,
पर्वतों से टकराने की
तमन्ना आज जग आई है।
उर्नीदी थकी आँखों ने
शोख से पलकें उठाई हैं
सपनों की नई दुनिया
आँखों ने फिर बसाई है।
डॉ कुसुम शर्मा

मातृभूमि

मेरी मातृभूमि मंदिर है,
श्वेत हिमालय श्रृंग बना है,
शिव का तांडव बल अपना है
भगवां ध्वज यश-गौरव वाला
लहराता फर-फर है।
वीर शिव से नायक,
सूर और तुलसी से गायक,
जिनकी वाणी कालजयी है,
जिनका यश स्थिर है।
स्वाभिमान की बलिवेदी पर,
सतियाँ लाख हुई न्योछावर
संतों, ऋषियों, मुनियों वाली,
भारतभूमि हमारी है
हमको जो ललकार रहा है,
अपना काल पुकार रहा है,
विश्व जानता है, भारत का,
अपराजेय रुधिर पुकार रहा है।
वंश गुप्ता



A FRIEND

F FAITHFUL
R RESPECTFUL
I IMPORTANT
E ENRICHING
N NAUGHTY
D DEDICATED

KUNAL KHANNA



MY ROLE MODEL

My role model is APJ Abdul Kalam (Avul Pakir Jainulabdeen Abdul Kalam). He is also known as Missile Man of India. He was born on 15th October 1931 in Rameshwaram, Tamilnadu, in a very poor family still achieved the success he want to. He died recently on 27th July, 2015 (aged 83) Shillong, Meghalaya.

Mr. Kalam invented the World's first hacker satellite and hacked the American satellite so that India can become a nuclear power. He helped India to become a nuclear power.

Abdul Kalam was a peaceful man who loved writing books and listing to music. He become the 11th President of India (from 2002 to 2007).

He loved to interact with students. He was my Hero! RIP - return if possible! We love you!

Sarvesh Agarwal

Don Bosco School

DELHI DAREDEVILS

Delhi daredevil is my favourite IPL team although they are not as regular as Chennai Super Kings but still I love it. The captain is JP Duminy and he rocks.

They have only played well in 4 seasons. Their home ground is Feroz Shah Kotla Stadium and I have gone their many times.

The team has been honest in all the seasons, never got a name for fixing or aggressive playing. Thats truly I love it.

But whatever it is my favourite team. #DILDILLI

Sarvesh Agarwal

Don Bosco School



LEADERSHIP IS ABOUT EMOTION

Make a list of five leaders you most admire. They can be from any field. Now ask yourself why you admire them. The chances are high that your admiration is based on more than their accomplishments, impressive as those may be. I'll bet that everyone on your list reaches you on an emotional level.

This ability to reach people in a way that transcends the intellectual and rational is the mark of a great leader. They all have it. They inspire us.

So, can this ability to touch and inspire people be learned? No and yes. The truth is that not very one can lead, and there is not substitute for natural talent. But for those who fall somewhat short of being a natural born star (which is pretty much many of us), leadership skill can be acquired, honed and perfected. And when this happens your chances of engaging your talent increases from the time they walk into you culture

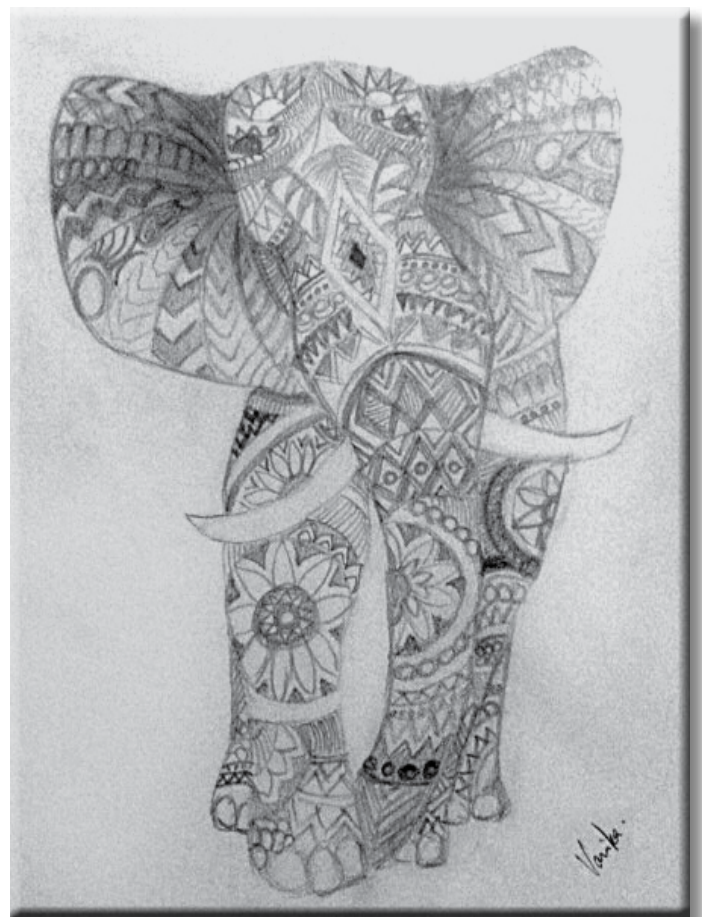
Dhruv Agarwal

D.P.S. Mathura Road

ARTISTS OF JASOLA

Tanisha

Varnika



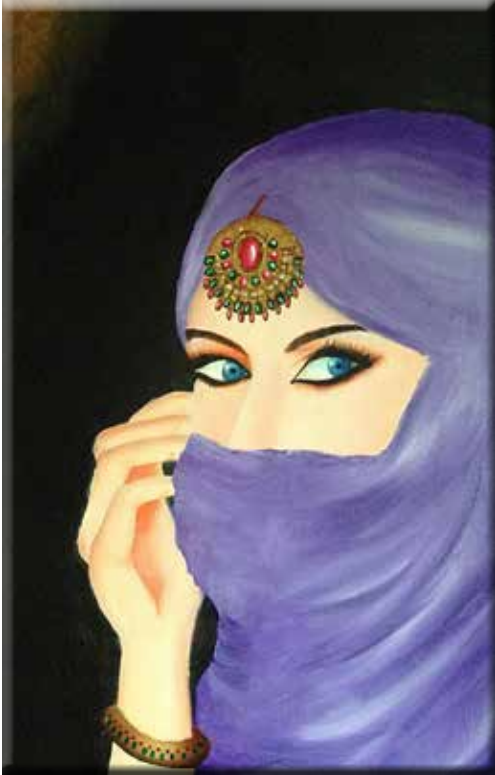
ARTISTS OF JASOLA

Sonakshi Gupta



ARTISTS OF JASOLA

Sara

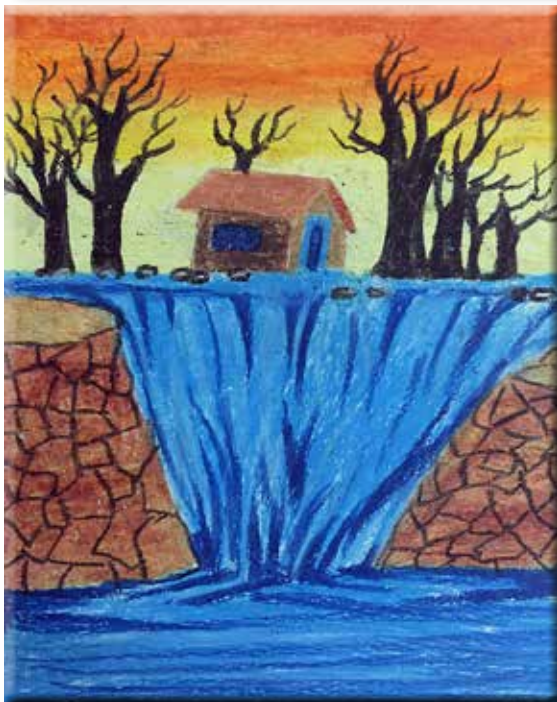


Dharuvi



ARTISTS OF JASOLA

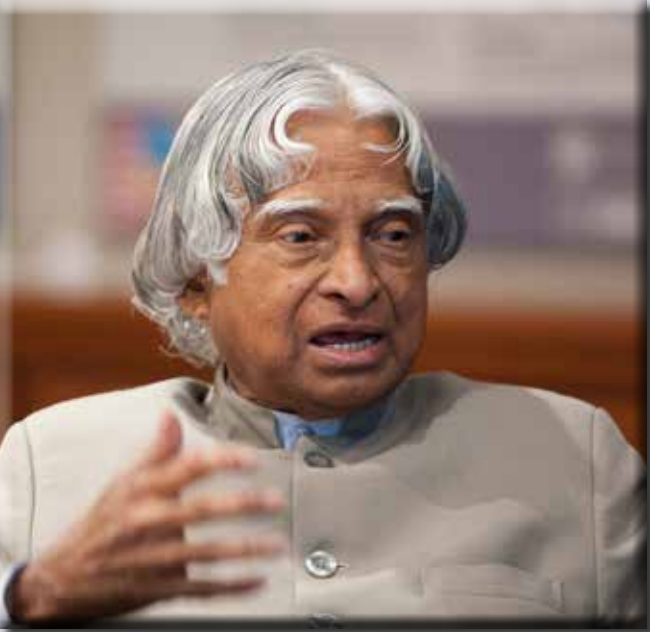
Prayag



कोई भी कारण हो ! कौसी भी बात हो, गुस्सा मत करो
जोर से मत बोलो, चिढ़ो मत ! मन शांत रखो
विचार करो ! फिर निर्णय लो,
आवाज़ से आवाज़ नहीं मिटती ! बल्कि चुप्पी से मिटती है
तकलीफ़ सिर्फ़ आपको होगी, दुःख भी आपको ही होगा !
मन शांत रखोगे तो, सुख भी आपको ही मिलेगा !

Tribute to

A. P. J. Abdul Kalam



My message, especially to young people is to have courage to think differently, courage to invent, to travel the unexplored path, courage to discover the impossible and to conquer the problems and succeed. These are great qualities that they must work towards. This is my message to the young people.

- A. P. J. Abdul Kalam

Sonakshi Gupta



विश्व हमारी मुट्ठी में