

Ayaas Prayas



**LET'S BRIGHTEN UP
OUR FUTURE**



JASOLA VIHAR

OCTOBER 2018

Knowledge dispels darkness to bring light



VISITECH
JASOLA
EYE CENTRE

SUPER SPECIALITY EYE HOSPITAL

FACULTY



◆ **Dr. R P Singh**

MBBS (AIIMS), MD (AIIMS)
Director and Head
Vitreo Retina & Phaco Refractive Services
Senior Consultant - Apollo Hospital

◆ **Prof. Subhash M Betharia**

MBBS, MD (AIIMS), MNAMS
Head-Oculoplasty Services & Aesthetics
Ex. Prof. & Head Oculoplasty (Dr. R P Centre, AIIMS)

◆ **Dr. Amrita Kapoor**

MBBS (AIIMS), MD (AIIMS), FRCS (Eng.)
Head - Paediatric Ophthalmology,
Squint & Glaucoma Services

◆ **Prof. Charu Mithal**

MBBS, MS
Senior Eye Consultant
Vitreo Retina & Phaco Refractive Services
Former HOD, LLRM Medical College

◆ **Dr. Surabhi Gupta**

MBBS, DOMS
Senior Eye Consultant
Lasik & Refractive Surgery

◆ **Dr. Anupa Gulati**

MBBS, DOMS
Senior Eye Consultant &
Medical Superintendent

◆ **Dr. Shilpa Singh**

MBBS, MS, FRCS (UK)
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Pride of Ayaas Prayas



Kaumudi Sharma
President
9818301506

Kaumudi Sharma is an educationist and retired senior DPS R K Puram teacher. She's an author of a number of books and has been awarded Hindi Academy award by Hindi Academy for her good work in the field of education. She has got keen interest in directing cultural activities. She feels education is the base of healthy society which persuaded her to initiate Ayaas Prayas.



Charu Lamba
Vice President
9811332269

Charu lamba is highly educated and multi talented who has started her career in teaching. Her aesthetic sense turned her into jewellery designer. She is an artistic person who excels in classical music and vocal music, art and painting, and decorative and tasty cooking. She is also a trained yoga instructor. She is socially activist and has leadership qualities. She uses her abilities to train Ayaas Prayas children vocationally.



Supriya Aggarwal
Secretary
9811807908

Supriya Agarwal worked as Area Manager with Micronova and Baxter. Actively associated with Jagrit Sambhav Foundation.

As Vice President. The idea of doing betterment of children and overall upliftment of the society motivated her to join Ayaas Prayaas team.



Sonia Jain
Treasurer
9810082042

Sonia Jain has done Masters in Education followed by Post graduate diploma in Child Guidance and Counseling from Panjab University, Chandigarh. She has pursued PhD in Education. She has a multifaceted personality- has also done a Post graduate Diploma in Dress Designing from Home Science College. She has special interest in poetry and volunteering at social causes.



Jaya Kumar
Publication
9811556708

She is a dynamic person and has an uncanny ability to understand and execute works in every field. She enjoys making new friends and cares for everyone with real passion. She is very compassionate towards the social cause and gives her best to care for the children. She works in Finance and married with two beautiful girls. She is very social and favourite of Jasola. She works selflessly for the group.



Gitika Munjal
Environment
9810967076

Gitika Munjal is a simple homely person with little expectations from anyone. Her hobbies include reading, gardening and cooking. She just finds herself happy with the simple things. Appreciating the blessings of almighty. She is a very genuine person. She loves nature and works on plants as her babies. This fetched her an award from 'kitchen garden'. She is very meticulous and an excellent cook.



Rajshree Seem
Cultural Promotion
9868844118

Rajshree Seem is a home maker, freelancing theatre, TV and film artist and social activist. Have lived in Uttarakhand, Nagpur, Amritsar, Pathankot, Rohtak, Faridabad, Mumbai and seen the beautiful India grow over the decades. Graduated from Delhi and worked with amazing theatre personalities. Have just finished 500 episodes in Zee TV serial 'Zindgi Ki Mehak'.



Anita Saini
Promoting Literacy
9873501885

Anita Saini is a Post graduate in Economics. Worked for govt organization for a long time. she left the job as she felt her house needs her more and she feels she had some responsibility for society too. Hence she involved herself with children of Ayaas Prayaas and enjoys her work.

Pride of Ayaas Prayas



Bhavna Khemani
Skill Development
9811482091

Bhavna is an entrepreneur. She is an active team player. She is a religious lady, good singer and has excellent social abilities. She is loved by all for her humour.



Ishpreet Sahni
Education
9811950079

Ishpreet is an electronic engineer by profession and was associated with Sai Prabodhini Charity Trust. Now she is a part of Ayaas Prayas and Arambh teaching the children Math; Science & Computer. She is sincere; hardworking and favourite of all.



Ashu Gupta
Family Welfare
9810519681

Ashu Gupta is a homemaker. She loves to spend time with nature and find of listening good music. She is very talented and she loves to wear different kinds of hats, her love for hats and creativity made her the head designer for Modern India Exports, a company trading globally. And she creates designs for scarves too for overseas boutiques.



Shalini Agarwal
Child Welfare
9711157205

Shalini Agarwal, is a good Artist with interests in Dancing, Singing and Painting. The artistic virtue also helps her in pursuing her passion of Fashion Designing. She is a perfectionist who handles any task given to her in the most responsible manner. She is Humble and Softspoken.



Padma Srinivasan
Executive Members
9810677021

Padma Srinivasan Vice Principal DPD RK Puram. She is an educationist and a master trainer of students; teachers & principals for dealing with adolescence related issues. It had been my endeavour to train; equip and enable myself in every aspects of education and child related matters so I can contribute towards the empowerment of all associated with this field. It is this search that has got me connected with Ayaad Prayaas since its inception.



Veenu Arora
Executive Members
9350231866

Veenu Arora is Master of commerce and MPhil in management, presently working as assistant professor in Department of Management studies in Asian business college, Noida. She also obtained certificate in Behaviour programs and pursuing PhD in management. She has assisted various teams for individual growth to align the gap between educational institutes and industry expectations. This experience prompted her to work for the children of Ayaas Prayas.

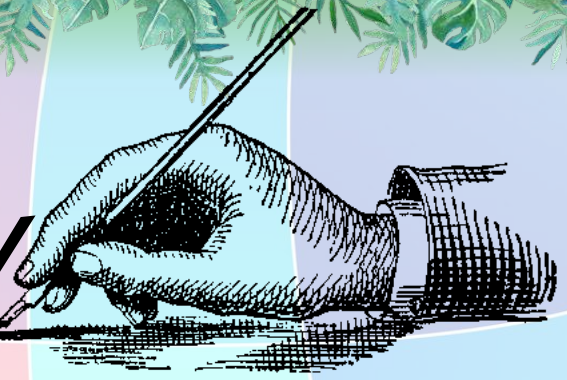


Garima Gupta
Executive Members
9582715971

Garima is a very hard working person, who takes keen interest in all the activities. She is a wonderful choreographer. Her hobbies are dancing and travelling. She is the youngest team member. She is a very good artist and loves children. She works with the children in improving their artistic bent of mind.



Editorial



This is the fifth edition of AyaasPrayas. Every year the work seems harder than before. In the beginning taking out a new edition seems a difficult task, but later I realize it s just putting your heartfelt thoughts together and to do this we just have to empower our minds with confidence. Confidence comes with will power and intensity of focus.

Today we are standing at such a cross road where a large section of society is suffering from misery, sorrow, poverty, pain and insecurity. On the other side, people are enriched with power, money and all facilities of life. At this junction there is a need of an organization like AyaasPrayas, which can create a balance in the society. In fact, AyaasPrayas is soul of strength which can do wonders.

Our mission is to amplify voices and inspire action around critical environment and social issues, diverse in coverage yet focused in perspective.

In this issue, we have concentrated on environment. Environment is responsible for providing healthy species to the society. Clean environment shall bring in a healthy future for our children, specially those underprivileged who are leading their life in dirty and narrow streets with no place for greenery and clean environment .

Empowering their minds and creating awareness about their health and is will to lead a clean and healthy life is the main agenda of our magazine. We can enrich their thinking , sowing the seeds of empowerment with healthy mind and body.

We want our audience to feel that they can make a difference with accessible and actionable steps. If they cannot contribute money, there are changes they can make to help benefit our causes.

So far, The enthusiasm has been exciting and energizing, and we are committed to amplifying our voices and inspiring action.

This group of women represent a new generation of strong women who stand on their own in what many still refer to as “a man’s world”. I hope that we can touch the lives of women and children who are in that transition and inspire them to pursue their dream and not let the fear of failure or social judgement stop them from being the best they can be.

Our lives are filled with the arts, grand homes, great neighborhoods, fine food, strong businesses, innovation, history, education, recreation , social doings and community spirit. We should celebrate all the people , places and things we take pride in.

While maintaining it’s excellent tradition of addressing and publishing our hatred causes , we will also increasingly focus on the moral and ethical dimensions of sustainability and a deeper sense of spiritual connectedness to the only planet we inhabit, indeed, making the earth habitable for all of its people and species, already born and yet to be born, is ultimate test of our humanity. There will be critical need to enhance human and planetary health. The task is to combine art with science , storytelling with credible scenarios, that enable us to come to terms with our bounded planetary home, while supporting the incredible human capacity to understand, care and act for the common good.

So here we are making an iconic and joyous occasion by doing what we do the best – celebrating life –

KAUMUDI SHARMA

WHEEL PRAYAAS

The achievements made by the children are amazing. Each day they surprise us with their talent and progress. Their confidence level and energy is unbelievable. They are extra-ordinary children who are always ready to accept new challenges. Be it Yoga, sports, diya making, learning instrumental music, playing indoor or outdoor games, trying their hands in painting or stitching cloth bags..... Their confident and positive approach makes them to undertake new initiatives.

Here are a few glimpses of the results of programmes done with them :

About the School

WheelPrayas is a school opened for underprivileged students in the basement of 147/1, Jasola Vihar, New Delhi-110025. More than 100 children are registered in this school.

This is basically an after school help for the children to do well in studies. School is absolutely free for the children. Here we take care of the wholistic development of the children.

School works in 2 shifts. Boys go to school in the afternoon, so we take care of them during morning hours and girls go to school in the morning, hence we take care of them in the afternoon.

We teach them all the subjects. We have 5-6 voluntary teachers also. The school was started with two students only.

Apart from CBSE syllabus we train them in sports too, We had sent them to Mumbai to play an inter city Net Ball Tournament. One of our Child won silver medal when participated on national level. Our Children also Played in the sports organized by Asian Education Group and won 2 trophies in KHO-KHO and KABADDI We celebrate our own Sports Day on 26thth January every year. We also celebrate National Festivals and other important events in the school. We are proud to say that the children who could not speak a word in English, they performed Jungle Book in English and also they are able to do the compeering in English now. "We teach them Instrumental and Vocal Music. A Music Teacher takes their Class. We have their Workshops from time to time for skill development and other awareness programmes. We organize Garba every year to give them stage exposure. Here we get the gathering of about 1000.

We regularly do theatre and dance classes for the students. At the moment 12 girls are sponsored by us to learn dance from a Kathak Dancer. We have 4 girls for Adult education also. About 40 children are learning vocal music and we have sponsored 15 students to learn Instrumental music.



NETBALL



GLASS PAINTING



CANCER AWARENESS AND CONSULTATION PROGRAM

WORKSHOPS



YOGA WORKSHOP



SAY NO TO PLASTIC



**SAY NO TO DRUGS
SHOWING MOVIE "SANJU"**



SANITATION AND CLEANLINESS WORKSHOP



LIBRARY BEING PREPARED FOR WHEEL PRAYAS KIDS



TREE PLANTATION



TEACHERS DAY CELEBRATION AT AYAAS PRAYAS AND WELFARE HOME FOR CHILDREN



A VISIT AT JASOLA VILLAGE SCHOOL



MUSIC CLASS AT WHEEL PRAYAS



DISTRIBUTING SANITARY EQUIPMENT



OUR CLASS AT WHEEL PRAYAS



EDUCATIONAL TOUR AT INNER WHEEL



DIYA MAKING WORKSHOP

ART COMPETITION

On the eve of independence day we organized Art competition for the artists of Jasola, Sarita Vihar and Jasola Village. The topic was FUTURE INDIA OF OUR DREAMS. Our Art teacher AMRIT JI helped us in organizing this competition. Most of the children have been trained by her.

Teachers like her can reap in the ideas of equality in our youngsters which clearly speak of equality and globalization. We can see this in the paintings painted by the children. With such ideas India will always remain a WINNER, A GREAT COUNTRY OF THE DREAMS OF MAHATMA GANDHI. CongratulatioAmrit ji and all the parents of these kids.



ART COMPETITIONS



BOOKS DISTRIBUTION FOR THE NEW SESSION



NUKKAD NATAK DONE AND WON THE PRIZE



TRAINING THE TEACHERS AT KHUSHI NGO FOR EXCELLENCE IN TEACHING



INDEPENDENCE DAY



EYE CAMP

With Best Compliments from Jaya & Rohit Kumar:

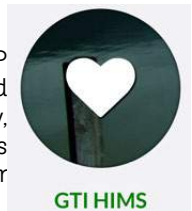


ABOUT: GTI INFOTEL

GTI Infotel Pvt. Ltd. is a leading global professional services company, providing a broad range of services and solutions in GIS/GPS and Healthcare IT industry. Combining unmatched experience and specialized skills across both sectors and all business functions, GTI works at the intersection of business and technology to help clients improve their performance and create sustainable value for their stakeholders. With 200 team members serving clients and over 10,000,000 end users in India and the US, GTI drives innovation and delivers. GTI Infotel is an ISO 9001:2008 organization.

GTI HIMS: ENGINEERED FOR HOSPITALS, BY DOCTORS

The GTI Hospital Information & Management System (HIMS) is a flexible, affordable and intuitive ERP software solution developed collaboratively with healthcare professionals including physicians, nurses and pharmacists and designed to empower them to make better decision and enhance patient care and safety, while minimizing costs, resource expenditure and loss of revenue. It's EHR is powered by one of the world's best VistA EHR, fully supported by GTI. It also enables healthcare providers to achieve requirements for revenue cycle management system and more.



GTI HIMS is an integrated and scalable web-native platform that optimizes clinical, financial and operational outcomes. Its modular capability supports simple integration with additional clinical and ancillary solutions to support the continuum of care. Developed using healthcare industry standards. GTI HIMS also allow seamless integration with third-party IT solutions.



GIS/GPS SOLUTION

GEOGRAPHIC INFORMATION SYSTEM (GIS)

A geographic information system (GIS) is a computer system for capturing, storing, checking, and displaying data related to positions on Earth's surface. GIS can show many different kinds of data on one map. This enables people to more easily see, analyze, and understand patterns and relationships. GIS can use any information that includes location. The location can be expressed in many different ways, such as latitude and longitude, address, or PIN code. Many different types of information can be compared and contrasted using GIS. The



system can include data about people, such as population, income, or education level. It can include information about the land, such as the location of streams, pipelines, routes, etc.

Click here to GTI's solutions to the GIS Industry.

GLOBAL POSITIONING SYSTEM (GPS)

The Global Positioning System (GPS) is a navigation and precise-positioning tool. Developed by the Department of Defense in 1973, GPS was originally designed to assist soldiers and military vehicles, planes, and ships in accurately determining their locations world-wide. Today, the uses of GPS have extended to include both the commercial and scientific worlds. Commercially, GPS is used as a navigation and positioning tool in airplanes, boats, cars, and for almost all outdoor recreational activities such as hiking, fishing, and kayaking. In the scientific community, GPS plays an important role in the earth sciences. Meteorologists use it for weather forecasting and global climate studies; and geologists can use it as a highly accurate method of surveying and in earthquake studies to measure tectonic motions during and in between earthquakes.



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कहानी बात करने वाले पेड़ की

एक दिन लगभग बारह बजे मैं काम से लौट रहा था। जैसे तो रोज ही मैं इसी समय से लौटता हूँ, परन्तु आज न जाने क्या बात थी कि शरीर टूटता सा प्रतीत हो रहा था, चलना कठिन हो गया था। तभी मुझे सड़क के किनारे एक बहुत बड़ा, हरा-भरा नीम का पेड़ दिखाई दिया। गरम हवा में झूलते पत्ते मुझे अपने पास बुलाने लगे और मैं भी उनके आकर्षण में बंधा उनकी ओर खिचता चला गया। पेड़ के पास पहुँचा तो पेड़ की मदमस्त हवा के झोंकों ने मुझे उसके नीचे बैठने पर विवश कर दिया। वृक्ष की शीतल छाया में कब मेरी आँख लग गयी पता ही नहीं चला। ऐसी नींद केवल मान की गोद में ही नसीब होती है, जैसी उस दिन आई। अभी सोया ही था कि मैंने एक गम्भीर आवाज़ सुनी, आँख खोलकर देखा तो दूर-दूर तक कोई नहीं था। मैं थोड़ा सा डर गया फिर अपनी गलतफहमी सोचकर फिर से सो गया। कुछ समय बाद वही आवाज़ फिर से आई – तुम कौन हो भाई? मैंने झुंझलाकर उत्तर में एक और सवाल पूछा – तुम कौन हो, कहाँ से बोल रहे हो?

झट से उत्तर आया – मैं वही पेड़ हूँ जिसकी छाया में तुम आराम कर रहे हो। तुम मेरी गोद में क्यों आये हो? तुम्हें मेरी ज़रूरत क्यों आन पड़ी?

मैंने उत्तर दिया – तुम तो पिता के समान हमारे रक्षक हो। आज जब गर्मी के मारे मेरा स्वास्थ्य बिगड़ रहा था, तब तुम्हीं ने तो मेरी रक्षा की। आपनी गोद में बिठाकर मुझे गर्मी से राहत दिलवाई।

यह सुनकर वृक्ष की पीड़ा और बढ़ गयी। घबराकर वह बोला – यदि ऐसा है तो बताओ कि मानव इतना निर्दयी क्यों है कि, इतना संवेदनहीन क्यों है कि वह जिससे सब लाभ प्राप्त करता है, उसी को कष्ट भी देता है। कभी कुल्हाड़ी की चोट करके मेरी लकड़ियाँ काटता है तो कभी मेरे पत्ते तोड़ता है। कभी मेरे फूल-पत्ते तोड़ कर मेरे सामने ही फैंककर खुश होते हैं। यदि प्यास के मारे मेरे पत्ते सूखने लगते हैं तो थोड़ा सा पानी पिलाना उन्हें कष्टदायक लगता है। ऐसा लगता है मानव केवल और केवल स्वार्थ में संलग्न है। उसकी अपनी आवश्यकता और क्षणिक सुख ही उसके लिए महत्वपूर्ण है।

आज मुझे समझ आ रहा था कि स्कूली किताबों में पढ़ी कहानियाँ हमें जो बताती हैं वे कितनी सही होती हैं। आज पेड़-पौधों की पीड़ा को महसूस किया। ऑक्सीजन देने वाले पेड़ों को हम आज अपनी बढ़ती ज़रूरतों के लिए काटकर अपना ही कल बिगाड़ रहे हैं। यदि हम समय से न जागे तो हमारा भविष्य खतरे से खाली न होगा।

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बात करने वाला पेड़

मैं रामपुर गाँव का रहना वाला हूँ मेरे गाँव में एक बहुत बड़ा पीपल का वृक्ष है। एक दिन मैं बहुत दूर से आ रहा था और बहुत थक गया था, मैं पीपल के पेड़ के नीचे आराम करने के लिए लेट गया। पेड़ के नीचे छाया थी और ठंडी-ठंडी हवा चल रही थी। मैं पेड़ के नीचे लेटकर उसकी छाया का आनंद लेने लगा। धीरे-धीरे मेरी आँखें झीप गईं, और मुझे नींद आ गई, जब मेरी आँख खुली और मैं जाने के लिए तैयार हुआ तो अचानक पेड़ ने मुझसे पूछा तुम कौन हो, मैं आश्चर्य चकित रह गया, पेड़ ने मुझसे फिर कहा "तुम इतने परेशान क्यों लग रहे हो", मैंने उत्तर दिया, "मेरे घर में कोई मेरी कदर नहीं करता। मैं मेहनत-मजदूरी करता हूँ लेकिन मेरे घर वालों की मांगें कभी पूरी नहीं हो सकती, उनकी मांग बढ़ती ही जाती है। मुझमें और काम करने की सामर्थ्य नहीं। मैं उन्हें खुश कैसे रखूँ? यही सोच-सोच कर मैं इतना परेशान रहता हूँ।"

फिर मैंने पेड़ से दो बड़े-बड़े आंसू टपकते देखे और दांग रह गया। पेड़ से पुछा "क्या तुम रो रहे हो? मेरे दुःख से परेशान हो क्या? मैं नाहक ही तुम्हें अपना दुःख बताया।"

"ऐसा कुछ नहीं है।" पेड़ ने मुझसे कहा, "तुम आराम से बैठो, मैं तुम्हें कारण बताता हूँ।" गाँव के सभी लोग मेरी टहनियाँ काट कर ले जाते हैं, जब वह मेरी लकड़ी काटते हैं तो मुझे बहुत पीड़ा होती है लेकिन मैं चुप रहता हूँ। कोई मेरी तकलीफ नहीं समझता। आज तो हद हो गयी, ऐसा लगता है मेरा अंत समीप है। गाँव वालों ने आज मेरे ऊपर निशान लगाया है और कल वे मुझे पूरा काट कर ले जायेंगे। वे इससे अपना नुकसान ही करेंगे। आज मुझे तो कल मेरे साथी को क्रम से काटने में लगे लोग सृष्टि का विनाश करने में लगे हैं। इन्हें मैं यह बात कैसे समझाऊँ?"

मैंने उत्तर दिया – "यह चिंता मुझे रात-दिन सताती है, इसीलिए हम मित्रों ने मिलकर एक 'वृक्ष लगाओ', वृक्ष बचाओ' कमेटी का निर्माण किया है। यह कमेटी तरह-तरह से लोगो में वृक्ष बचाने का सन्देश देती है।

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पीपल का पेड़ और मैं

वातावरण में छाई हुई शान्ति का मनमोहक चित्र लिए मैं विशाल प्रकृति के वृक्ष की लम्बी-लम्बी शाखाओं छायादार बड़ी-बड़ी पत्तियों के नीचे बैठा सोच रहा था कि कुछ आवाजें सुनाई देने लगीं। लगता था जैसे कोई फुसफुसा रहा हो, मुझे लगा कोई पीछे खड़ा है, जो कोई षड्यंत्र रच रहा है घटो व्यक्ति खड़े थे, जो उस पेड़ को जिसे गाँव के लोग पीपल दादा कहते थे। उसे ही काटने के मसूबे बाँध रहे थे। यह वृक्ष गाँव के खुले स्थान पर था। हम बचपन से ही इसके आस-पास खेला करते थे। गाँव से बाहर जाने वाले तथा बाहर से आने वाले लोग उसके नीचे बैठकर आराम जरूर करते और उसके थोड़ी ही दूर पर बने कुएं का ठंडा पानी भी अवश्य पीते थे। आज उसी वृक्ष का अस्तित्व खतरे में है घ यह एक ओर तो गाँव वालों के लिए असहनीय था और दूसरी ओर कुछ व्यक्तियों के लिए आह्लाद का विषय था जो उसे काटकर वहाँ एक फैंक्ट्री बनाना चाहते थे।

क्या होगा – यह एक गंभीर समस्या थी। इसका समाधान कैसे हो? मैं यह सोच रहा था और उधर शायद पीपल को भी इस बात का अहसास हो गया था। कैसे? मैंने वृक्ष की आँखों से आंसू बहते देखे और आज पहली बार मुझे पीपल दादा का दुःख महसूस हुआ और दिखाई दिया उसपर लगा वह भयानक लाल निशान वृ यह वही निशान था, जो हम उस पेड़ पर देखते जिसे काटने का निश्चय हो जाता था।

मैं और मेरे मित्र सोचने लगे कि इस कठिनाई से कैसे जूझ जाए? तभी याद आया अखबार में आया वह समाचार जिसमें पेड़ काटना एक अपराध बताया गया था। फिर क्या था मैंने और मेरे मित्रों ने वृक्ष की रक्षा का निश्चय कर लिया और पर्यावरण मंत्री के पास पहुँच गए और अपने पीपल दादा पर आने वाली मुसीबत का वर्णन किया। वहाँ से तो सकारात्मक आश्वासन मिला ही और मिला लोगों का साथ।

मुझे आशा है कि यह सामूहिक प्रयास निरर्थक और निष्फल नहीं जाएगा। मेरी आप सबसे करबद्ध प्रार्थना है कि आप इस कहानी को केवल कहानी समझकर भुला न दें, बल्कि इसी तरह प्रकृति संरक्षण में संलग्न हो जाएँ। हमारे इस प्रयास से आने वाली संतति को हमारे कर्मों से सुरक्षा का आशीर्वाद मिलेगा।

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घर से प्यारा देश

सन 1999 ई. दिसंबर की नात है, कडाके की सर्दी पड़ रही थी। पाकिस्तानी घुसपैठिये और भारतीय सेना के बीच युद्ध चल रहा था।

मेजर आहूजा ने सेना के जवानों को आगे बढ़ने का आदेश दिया। जवान दुश्मन के पीछे तेजी से आगे बढ़ रहे थे। अचानक जवानों का आगे बढ़ना रुक गया। पाकिस्तानी घुसपैठिये उस पुल को उड़ाने में सफल हो गए, जिसपर से भारतीय जवानों को नदी पार करके आगे बढ़ना था। वे समझ नहीं पा रहे थे कि क्या किया जाए?

अचानक एक भारतीय महिला, अपने दस ग्यारह साल के बच्चे के साथ आई और बोली—“मेजर साह, आप हमारे घर के पास से नदी पार कर सकते हैं। वहाँ नदी की चौड़ाई कम है और किनारे भी ऊँचे नहीं हैं।” मेजर आहूजा और उनके जवान उस महिला के पीछे-पीछे चल दिए। मेजर ने देखा वहाँ कोई पुल नहीं है और गंभीर हो गए। उन्हें शांत देखकर महिला ने पूछा, “क्या बात है मेजर साहब?” मेजर ने कहा, “नदी पार करने के लिए पुल की आवश्यकता है और पुल के लिए चाहिए लकड़ी के लट्टे। यहाँ कहीं ऐसी कोई चीज़ नहीं।” महिला ने अपने घर की तरफ इशारा करके कहा—“वे रहे लट्टे” “पर यह तो तुम्हारा घर ह।” मेजर ने कहा।

महिला ने एक बार फिर से अपने घर की तरफ देखा और फिर मेजर की ओर फिर बोली—घर? कैसे घर? देश है तो घर है। लकड़ी के लट्टे लाकर फिर से बन जाएगा। महिला ने अपने बच्चे से पूछा, शाहिद का भी यही उत्तर था “अम्मी ठीक कहती हैं। हमारा देश बचना चाहिए, लट्टे तो मैं और ला दूंगा।” मेजर अपने जवानों को आदेश देने में झिझक रहे थे, महिला ने स्वयं अपने घर के लट्टे निकालने शुरू कर दिए और उसकी बल्लियाँ एक-एक करके निकालने लगी। उस नदी पर शीघ्र ही एक पुल तैयार कर दिया गया। भारतीय जवानों ने कारगिल की चोटियों से घुसपैठियों को कुछ ही दिनों में खदेड़ दिया। युद्ध समाप्त हुआ। भारतीय जवान युद्ध जीत गए। मेजर आहूजा उस महिला और बच्चे को भुला न सके। उनका बलिदान सदैव याद किया जाएगा।

मूल भाव—घर से बड़ा देश और देशभक्ति की भावना होता है। जिस प्रकार उस भारतीय महिला और उसके बच्चे ने देश की खातिर अपना घर तक बलिदान कर दिया। ऐसा ही कोई काम हर व्यक्ति को करने का प्रण लेना चाहिए।

I qalkl Qghy ç; kl ldy



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Charu Lamba



With best wishes
Imran

WITH BEST WISHES

*Seema Kumar
and
Anil Kumar*

With best wishes

Brij Bhushan Gupta
Director

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SPORTS DAY



Maids Race



ASIAN EDUCATION GROUP



INTERNATIONAL YOGA DAY

Yoga is a group of physical, mental and spiritual practices. It uses breathing techniques, exercise and meditation. Yoga practice reduces stress, promotes relaxation, and improve some medical conditions. It increases flexibility, muscle strength and tones the body. Pranayama increases positive energy in the body and removes toxins by giving more oxygen to the body. Yoga is a way of living that aims towards a healthy mind in a healthy body. - **Charu Lamba**



Yoga Asanas and Pranayama for an Efficient Brain

Your mental health is equally crucial. Most of us do not realize that like every other organ in the body, the brain needs nourishment and energy every day. Just as exercising keeps the body in good shape, brain exercises do the same for the intelligence powerhouse. Yoga Asanas, in particular, aid in the better functioning of the human body. Many Yoga Asanas can help you stay physically healthy, but that's not the only prerequisite for holistic well-being.

A regular practice of Yoga helps in increasing the feel good chemicals level in practitioners brain and hence improves the health at mental level. As per the researchers, a brain chemical GABA release that is

responsible for mood improvement and reduction in stress level.

Yoga helps relieve stress, which enhances the operation of the brain. Also, breathing through the left nostril activates the right brain and vice versa.

Yoga Asana to Empower Mind (Brain)

- Tad asana
- Mountain pose
- Surya Namaskar
- Sarvangasana (Shoulder Stand)
- Paschimottasana(Seated Forward Bend)
- Halasana(Plough Pose)
- Setubandhasana(Bridge pose)
- Shavasana (corpse pose)
- Padmasana(Lotus Pose)
- Padangusthasana(Big Toa Pose)
- Hasaya Asana

- Kapal Randhra Dhouti (Yogic facial massage)

Breathing Exercise to Empower Brain

- Deep Breathing
- Anulom – Vilom
- Bhramari Pranayama (Humming Bee Breathing)
- NadiShodhana(Chanel Cleaning Breath)
- Ujjai Pranayama





Stress: Impacts and Solution

Stress and Anxiety have become an integral part of the human life. They affect our emotional and physical health in a big way. Stress can sometime make us to act in a positive manner while on the other hand it may have a negative effect. It may give rise to the feeling of rejection, disruption headache, sleep disorder, rashes, high blood pressure, ulcers, stroke and heart disease. In most severe cases, it may also trigger suicidal tendencies. The other reasons for stress could be problems at workplace, frustrations due to death of loved ones, unhealthy personal relationship or accidents. All this can turn into anger and further comes delusion. Delusion arises confusion in memory which further leads to a loss in memory, and the power of intelligence and discrimination. In all these cases the

final outcome is destruction.

How can we manage Stress?

We can manage stress by performing Yogic Exercises. I recommend the following asanas to manage stress:

- Sarvangasana
- Garudasana
- Uttanasana
- Bālāsana
- Supta Baddha Konasana
- Bhramari Pranayama
- Hasayasana
- Pavanamuktasana
- Yoganidrasana
- Dhayan

How can we inculcate asanas in our daily routine?

Here are some ways to inculcate yoga in our everyday lives:

Start with Breathing Exercise or

Pranayama. Pranayama drives the energy of the air (prana) through your body, restoring it and preserving its vitality. Even 5 minutes of Pranayama in the beginning will help.

Simple yoga postures recommended can make your body strong, supple and healthy. Your body will become more energized and stress free, so you can do your best in all situations at work or outdoors.

The secret to eating healthy is to eat in accordance with your body type and have a sattvic diet. Choose seasonal fruits and vegetables for your diet; eat freshly prepared, easy-to-digest foods. Avoid fast food as it slows you down.

We also conduct Yoga Classes and Meditation Sessions and can help you to inculcate in your daily routine.

Hema Sehgal

A very special evening with very special children of
JANTA AADARSH ANDH VIDYALAY
at Sadique Nagar



WELFARE HOME FOR CHILDREN

A place where children are without parents. A mother who has those children, whom she hasn't given birth but she breathes for them. She lives for them, spends for them – not only money, but her time, her wishes, her aim her efforts everything. When these children are in pain, her heart pains the most, when they suffer, she suffers the most.

Days, weeks, months and years pass and she keeps waiting for the time, when she can think for herself. The commitment she has for these kids, has no end . Everyone looks up upon her. Such dedication is unseen. Children also have the similar feeling for her. They see mother, father and a mentor in her. They simply love her. Hats off to such a personality. We salute her and wish to have just one ray of her dedication in us to lead our life for such a noble cause.

Ayaas Pryas children in orphanage



Share food is Veda's Teaching

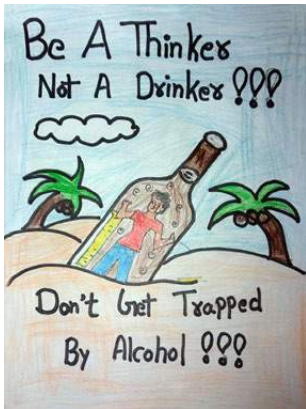


Birthday Celebration

VISIT TO ORPHANAGE

Say no to drugs

Painting Competition for Welfare Home Children



Arjeena



Sameer



Pawan



Muskaan

Welfare Home For Children is a recognized voluntary organisation started to convey the message to society that-‘inadequate facilities and being an Orphan can have deep negative impact on the overall development of a child.’

Over the years the institution has been working for the care, protection, education , welfare and rehabilitation of the abandoned/destitute children. More than 5000 children have been fortunate enough to have been adopted by families in India and abroad.

Life for these children has immensely changed. Children who had been deprived of the love and care of their biological parents, and are facing socio-economic and psychological problems have been provided with 360 degree protection in the Welfare Home for Children.

For many years many kind-hearted people have been supporting the cause and have been extending all kind of help and Ms. Kaumudi Sharma is one of those people. She has been encouraging the children and inspiring and guiding the teachers to do many activities like drawing competitions, slogan writing and painting competitions etc. These little initiatives not only provide our children great exposure but also gives our children great platform to interact with the outside world. She has been regularly celebrating the birthday's of our children at Welfare Home. These little gestures bring smile on the faces of our children.

She also encourages many people to come forward and support the noble cause like Ms.Cheena Sikka, Ms. Anita Ms. Jaya, Ms. Smita Ms. Padma Srinivasan.

“A generous heart is always open, always ready to receive our going and coming. In the midst of such love we need never fear abandonment. This is the most precious gift true love offers- the experience of knowing we always belong.”

Ms Sangeeta



With best wishes

Bhavna

&

**Murlidhar
Khemani**

STUDYING DEMANDS A GREAT DEAL OF PHYSICAL AND MENTAL ENERGY

EAT TO BEAT EXAMS NERVES

A SUPERSTART :

Eating well in the morning gives you essential nutrients and energy. For anti-citrus, Vitamin B and Vitamin C - peel slices of fresh fruits onto bowl of museli for breakfast cereal. Use whole wheat bread for taste.

CONCENTRATE BETTER :

With foods rich Vitamin B -1. These include lean meats such as chicken, Bacon, eggs, nuts, legumes, seeds.

MEMORY FUNCTION :

Memory function can be enhanced by eating food in Vitamin B-6 and B-12 also. You can obtain these by eating a couple of slices of whole grain bread and a glass of milk.

FOR BRAIN POWER :

Cauli Flower, eggs, soya and cabbage all contain cholines. This helps the brain function well.

SMART SNACK :

Almond and sunflower seeds may improve memory.

Drink hot milk before bedtime during night an exam will help to unwind.

Maintain fluid with plenty of water, milk, lemon water, coconut water etc.

Punita Gupta

Diet Consultant



POWER OF THE MIND

Let noble, progressive and positive thoughts be on the top of your mind, only then meaningful, problem solving solutions conjure up. Simply said, "where there is a will there is a way!" Be guided by the correct intent. It will definitely empower your mind and show you the path. The latest episode of Thailand children trapped in the caves is the standing example of strength of mind in the most abysmal, life threatening situation. Meditation helped them to not only survive and stay calm but also got the entire world to pray for their safety and eventually rescue them. Such is the power of the mind.

Abha Bhatnagar.



MIND POWER

- Mind power in directing your thoughts towards a desired outcome.
- Our thoughts are the primary creative forces in our lives. If directed in the right manner, they awaken a whole new life of power opportunity. Be confident and believe in what you have focused your mind on. We have to believe in our power written us
- Mind power lies in emotional intelligence, tenacity, persistence, will power and determination.
- To develop mind power you can –
 - A. Give your brain a workout.
 - B. Don't skip physical exercise.
 - C. Keep stress in check,
 - D. Eat brain boosting food.
 - E. Meditation, positive thinking, Pranayam, Yoga are big boosters.
- Empower your mind and your perspective in life and help you to get rid of all negative forces.
- To conquer yourself in the first and noblest of all victories and courage in knowing what not to fear. Train your mind never to give up because you never know what tide will bring the next day.

Veena Nath

POLLUTION

Everyday we hear – pollution in Delhi is increasing day by day. Recent researches have shown that pollution of Delhi is more than ever before.

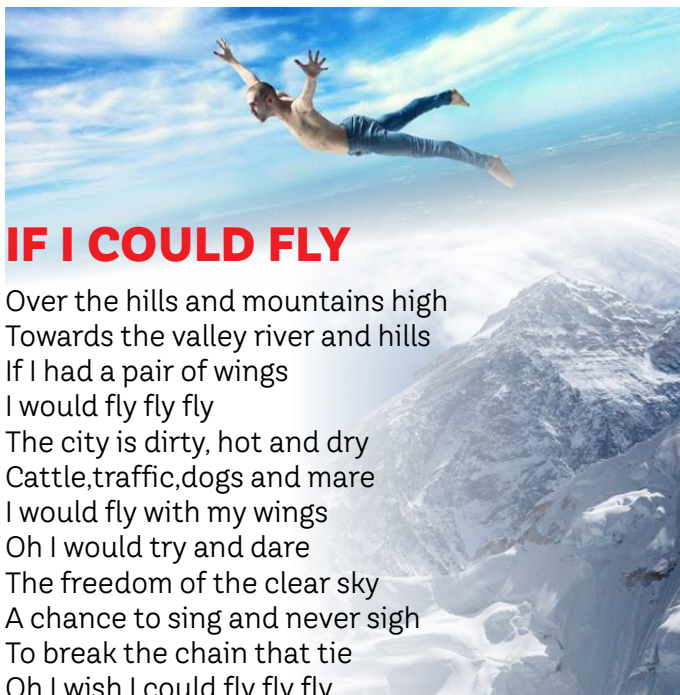
What is pollution ? pollution is something dirty added to the purity of nature. Pollution is added to all natural resources may it be land, sea, fresh water or air.

This problem is not taking care of..... our population is increasing which has resulted in further pollution .We are not changing ourselves with the changing times. . Our festivals are still being celebrated in the same way. People burn crackers on festivals and weddings, which pollutes the environment. Our neighbouring states – Haryana and Punjab burn their husk and pollutants are further added to the nature in the form of toxic fumes. Chemical substance from factories also add to the problem. There are chemical factories too, due to which pollution is increasing

Pollution is a global problem. The Government is frightened because of this. Every citizen need to realise that they should take urgent steps to fight this disease. Every individual needs to plant trees around the area they live in. We should use public transport as much as possible and should club our visits bypooling car with other travellers to the same place.

We should empower our brains with the idea of reducing or stopping the use of plastic all together. If we strengthen our minds to fight to fight this diseaseit will certainly be vanished.

Anita Saini



IF I COULD FLY

Over the hills and mountains high
Towards the valley river and hills
If I had a pair of wings
I would fly fly fly
The city is dirty, hot and dry
Cattle,traffic,dogs and mare
I would fly with my wings
Oh I would try and dare
The freedom of the clear sky
A chance to sing and never sigh
To break the chain that tie
Oh I wish I could fly fly fly...



PATRIOTISM

I wonder lonely as a cloud over whales and hills and all at once I saw a host of Indian flag that fills my heart with joy , my eyes with tear and Jaihind is what I hear My country my haven with a bounty of treasures from the lofty hills to the spactacular coast . Our history and heritage is envied by the world . We gave the world 'yoga' and taught the meaning of 'shunya' ,a better understanding of the stars-astrology. Our dance and music heritage evokes them all There is no corner of the world where our flag is not waved Enough my patriotic spirit is very iternal it is not something which I can shout from the roof tops so, it is a mother who says 'you are daughter of my heart courageous, brave and a source of my pride.

Jahnvi Bidhuri

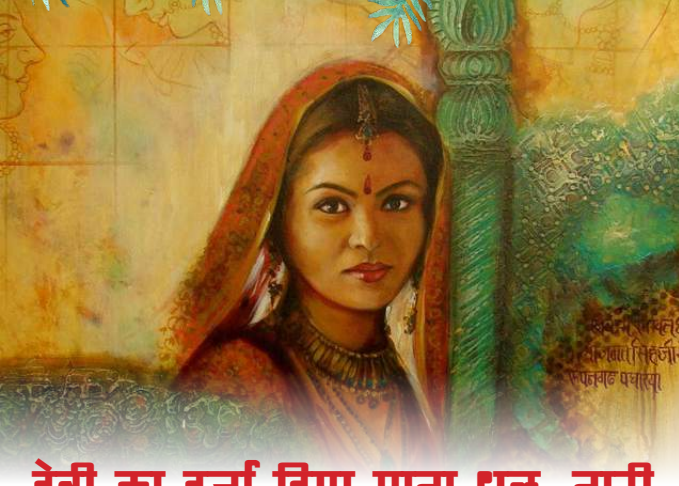
EARTH DWELLERS

We Earth dwellers, have managed to use up more natural resources than what the planet can renew in a year. We have already consumed all we got from the nature for a year within seven months. And that's why August 1 marked the Earth Overshoot Day. Every day after this we would be excessively pressuring the Earth for resources. And, if India continues its current rate of consumption, the country will need resources of 2.5 countries to meet its demands, says a recent research.

Hen it comes to India, "Wefce a unique challenge in the imperative to lift millions of people out of poverty and at the same ensure that the natural resourcesrequired to sustain development are not depleted. The future lies in development trajectories that are not as resources intensive, While India has put in plce some ambitious targets for renewable energy and afforestation ,much more needs to be done to translate policy into practice. Earth Overshoot Day reminds us that time is running out".

In all of the resources, water is one, which requires India's attention. Reports say 14 of 20 major river basins are struggling to maintain water levels and may soon dry up. This is when 70 per cent of our surface water is polluted and 60 per cent of groundwater resources are in critical stage. It's high time India wakes up and saves its resources.

Seema Gupta Mahajan



देवी का दर्जा दिया माना धूल, नारी जननी है सृष्टि की ये मत जाना भूल।

हमारे शास्त्रों में कही तो नारी को महिमा मंडित किया गया है, तो कहीं उसे विष की बेल, माया-जाल, धर्म से भटकाने वाली बताया गया है। नारी को विदुषी, अर्धांगिनी, मोक्ष का मार्ग प्रशस्त करने वाली कहा तो कभी उसकी स्वतंत्रता और अस्मिता पर प्रश्न चिह्न लगाया।

आज भी घर के कई गंभीर मसलों पर नारी की राय नहीं ली जाती बल्कि मज़ाक-मज़ाक में कहते हैं कि नारी की अक्ल तो घुटनों में होती है। समाज भूल जाता है की प्राचीन काल से ही नारी ने पुरुषों का बराबर का साथ दिया है। कैकेयी ने युद्ध में राजा दशरथ के प्राण बचाए, सावित्री यमराज से भीड़ गयी और अपने पति सत्यवान के प्राण पुनः प्राप्त किये। रानी पद्मावती अलाउद्दीन खिलजी के कारागार में जाकर पति को बचा लाई। रानी लक्ष्मीबाई, चाँद बीबी ने अपने राज्यों की रक्षा करते हुए अपने प्राण बलिदान कर दिए। बाजीराव मस्तानी रणनीति में निपुण थी।

यह कहना कि नारी का मानसिक सशक्तिकरण आधुनिकता ने किया है तो यह अनुचित है। नारी तो हमेशा से ही मानसिक और शारीरिक रूप से सशक्त ही रही है और पुरुषों से कहीं आगे है। प्राचीन समय से ही नारी घर एवं बाहर जैसे खेत, जानवरों की रखवाली, बच्चों की देखभाल एवं स्वयं की शिक्षा का भार खूब भली-भाँति निभाया आई है। कुछ दशकों से नारी की योग्यता पर सवाल उठाये जाने लगे हैं। अगर एक लड़की देर से शादी करना चाहती है तो उसे संदेह की दृष्टि से देखा जाता है, उसकी भावनाओं पर ध्यान देने वाला पत्थर दिल समाज तो अपनी असमर्थता की हीन भावना नारी पर थोपना चाहता है। ऐसे में वह कमियों की जगह क्या देखेगा? नारी की दूरदर्शिता उसे नौकरी कर माता-पिता की सहायता की ओर अभिमुख करके उन्हें आर्थिक सशक्तिकरण देना चाहती है। नौकरी करती लड़की, तलाकशुदा तथा सहकर्मि पुरुष उन्हें सार्वजनिक संपत्ति (easily available) मानकर मनचाहा व्यवहार करना चाहते हैं।

नारी ने इस अनौचित्य को कुशलता और समझदारी से दूर करके युवा-पीढ़ी की मानसिकता को बदला। उन्हें बताया की वह भोग की वास्तु नहीं सहयोगी और सहयोगी है।

शहरों की तरह ही गाँवों की महिलाओं को भी जागरूक होना पड़ेगा क्योंकि समाज को उनकी भी उतनी ही आवश्यकता है जितनी की पुरुषों की। सम्मान सभी को मिलना चाहिए किन्तु ईश्वर का दर्जा ईश्वर को ही मिलना चाहिए। नारी के अस्तित्व की पहचान ही हमें सभ्य समाज का उपहार देगा।



अब बारी बेटों को समझाने की

“भाई को मत मारो-कुछ सहन करना भी सीखो”। “कब सीखोगी रोटी बनाना अगले घर भी जाना है”। “इतना गुस्सा-बाप रे बाप -कैसे निभाओगी अगले घर?” “क्या हुआ यदि भाई ने तुम्हारे हिस्से की चीज़ खा ली तो..... कुछ सब्र करना भी सीखो।” “देखो सब्जी थोड़ी कम है, भाई के लिए छोड़ देना -तुम अचार -वचार के साथ खा लो.....” अमूमन यही शब्द हर दुसरे-तीसरे घर में सुनने को मिल जाते हैं। लड़की बचपन से ही सहनशील बनना, सब्र करना, चुप रहना, अपनी इच्छाएँ अभिव्यक्त न करना आदि सीखने के लिए उन्मुख की जाती है। दूसरे घर जाने का खौफ दिखाकर उसकी इच्छाओं व भावनाओं को दबाया जाता है या दबाने का पाठ पढ़ाया जाता है। दूसरी ओर बेटे को मनमर्जी करने का लाइसेंस दे दिया जाता है। देर से घर आया तो क्या हुआ... लड़का है। बहन पर चिल्लाया तो क्या हुआ लड़का है। अपने लिए चाय नहीं बना सकता तो क्या हुआ, पानी नहीं ला सकता तो क्या हुआ, कमरे को व्यवस्थित नहीं कर सकता तो क्या? ये काम तो लड़कियों के लिए बने हैं, लड़कों के लिए नहीं समझ में नहीं आता सारे संस्कार और नैतिकता का पाठ लड़कियों को ही क्यों पढ़ाया जाता है? क्या इसकी आवश्यकता लड़कों को नहीं? हमारे समाज में हमेशा से यह दोहरा मापदंड रहा है तभी तो आज के लड़के स्वच्छंदता पर उतर आये हैं, बात-बात पर मार-पीट करना, चाकू से हमला करना, लड़कियां छेड़ना,, उनकी अस्मिता से खेलना... उनके लिए आम बात हो गयी है। समाज के खास-तौर पर महिलाओं के इस दोगले स्वभाव की लड़कों के मन में विशेष होने के भाव कूट-कूट क्र भर दिया है। बचपन में अपना 'अपना विशेष दर्जा, तमगा, लिए ये बच्चे जब पति बनते हैं तो पतनी से भी उसी व्यवहार की अपेक्षा करते हैं और पूरा न होने की स्थिति में भी गृहस्थी में जहर घोल लेते हैं।

अब जब समाज में लड़का-लड़की एक समान की आवाज़ उठने लगी तो ज़रूरी हो गया की बेटों को भी समय और परिस्थितियों के अनुरूप ढालें और यह काम एक माँ ही कर सकती है। वहीं अपने बेटे को महिलाओं की इज्जत करना घरेलु काम में हाथ बंटाना, दूसरों की भावनाओं को समझाना सीखना होगा। यौन संबंधी अपराध रोकने के लिए लड़कों को नैतिक संस्कार देना बेहद ज़रूरी हो गया है। उन्हें यह बताना आवश्यक है की बेटा-बेटी दोनों समाज के महत्वपूर्ण अंग हैं और दोनों से प्रेम सौहार्द से सुन्दर सृष्टि की रचना की जा सकती है।

गीत

दिखाई देगी जब जन्त बुजुर्गों की दुआओं में।
हवाएँ लोरियाँ बनकर बहेगी इन फिजाओं में।।

बड़ों की बात पंचामृत औ' इनका मन है गंगाजल
बड़ी किरमत्त से मिलता है बड़ों के प्रेम का आँचल
इनको पास में रखिए रहेंगे आप छाँवों में।।
हवाएँ लोरियाँ बनकर बहेगी इन फिजाओं में।।

चलो माता-पिता को तुलसी-पीपल की तरह मानें
इन्हीं को देवगृह मानें, इन्हीं को देवता मानें
बड़े हैं बरगदों जैसे बसी जन्त है पाँवों में।
हवाएँ लोरियाँ बनकर बहेगी इन फिजाओं में।।

बस ऐसे ही घरों में जन्तें डेरा जमाएँगी
वो सरगम छेड़कर खुशियों के मीठे गीत गाएँगी
बनेगा घर तभी पावन महक होगी दिशाओं में।
हवाएँ लोरियाँ बनकर बहेगी इन फिजाओं में।।

M- foulm *çl w*



आहिस्ता

आहिस्ता चल जिंदगी
अभी कई कर्ज चुकाना बाकी है
कुछ दर्द मिटाना बाकी है
कुछ फर्ज मिटाना बाकी है
रफ्तार में तेरे चलने से
कुछ रुठ गए कुछ छूट गए
रूठों को मनाना बाकी है,
रोतो को हसाना बाकी है
कुछ रिश्ते बनकर टूट गए,
कुछ जुड़ते जुड़ते छूट गए
उन टूटे छूटे रिश्तों के
जख्मों को मिटाना बाकी है
कुछ हसरतें अभी अधूरी है
कुछ काम भी और जरूरी हैं
जीवन की उलझ पहेली को
पूरा सुलझाना बाकी है
जब सांसों को थम जाना है
फिर क्या रोना क्या पाना है
पर मन के जिद्दी बच्चे को
यह बात बताना बाकी है
आहिस्ता चल जिंदगी
अभी कई कर्ज चुकाना बाकी है
कुछ दर्द मिटाना बाकी है
कुछ फर्ज निभाना बाकी है

xlrk vxokv

मैरी क्यूरी का इंटरव्यू

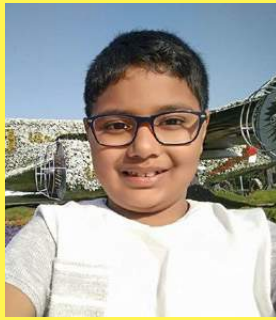
मैरी क्यूरी के पिता भौतिकी के शिक्षक थे और माता एक विद्यालय में मुख्य अध्यापिका थी।

वह पढ़ाई के साथ-साथ घर के कामकाज में भी हाथ बटया करती थी। मैरी एक मेधावी छात्रा थी। उनका विवाह गणित के प्रोफेसर पियर क्यूरी के साथ हुआ और मैरी क्यूरी कहलाने लगी। वह वैज्ञानिक के साथ-साथ एक सुघड़ गृहणी भी थी।

सन 1903 में भौतिकी के नोबेल पुरस्कार के लिए वैज्ञानिकों ने संयुक्त रूप से हेनरी बेकेरल और प्रोफेसर पियर क्यूरी के साथ मैरी क्यूरी का भी नाम था। इसके 8 साल बाद सन 1911 में मैरी क्यूरी को स्वतंत्र रूप से रसायन में नोबेल पुरस्कार मिला। चारों तरफ उनके नाम की चर्चा थी लेकिन त्याग और तपस्या की प्रतिमूर्ति मैरी क्यूरी को अपनी प्रसिद्धि में अरुचि थी। एक बार एक संवाददाता उनसे मिलने के लिए उनके घर पर पहुंचा। संवाददाता ने देखा कि घर के एक कोने में एक महिला बैठी हुई कोई काम कर रही है। उस ने सवाल किया-संवाददाता को लगा की वह घर की नौकरानी है। उसने सवाल किया कि क्या आप यहां पर काम करती हैं? इस महिला ने जवाब दिया जी हाँ.. कहिए क्या बात है? सम्वाददाता ने पूछा मैडम क्यूरी घर पर हैं? उस महिला ने कहा नहीं, वह बाहर गई हैं। क्या वह जल्दी ही लौट कर आ जाएंगी। तो उसने कहा शायद नहीं। तो क्या आप उनके बारे में कुछ मैं बता सकती हैं? अपने काम में मगन महिला लगातार संवाददाता के प्रश्नों का जवाब दे रही थी। अब मैरी क्यूरी से रहा नहीं गया उन्होंने कहा कि बता गई हैं कि अगर कोई आए और उनके बारे में पूछे तो बस इतना कह देना कि किसी व्यक्ति के बारे में लोगों को उत्सुक होने की अपेक्षा उनकी विचार धाराओं में उत्सुकता रखनी चाहिए संवाददाता अनभिग्य था कि जिस महिला से वह संवाद कर रहा था वह मैरी क्यूरी ही थी। वह लज्जित हो गया। ऐसी प्रखरता थी मैडम क्यूरी की !!!

xlrk vxokv

OUR PRIDE



EKAKSH GOYAL

Ekaksh Goyal is a 9 years and currently a student of Class 5. He is a bright child with interest in music and dance.

He believes that music has healing powers and often has an emotional effect on people.

With this approach and with the help of some of his school friends, they created a musical band and started working to provide musical healing especially to children suffering from cancer. He joined a not for profit organization named Green Shakti Organization that operates a mobile application named DOC (Donor On Call) that provides blood donors for the needy on call.

He along with his band have recently performed in KIET college in Ghaziabad to spread awareness and generate momentum



started by these young ones.

In his own words "You don't need to be a doctor to save lives, just donate blood when someone needs it"

Make your phone your blood bank, download the application now and help the needy! Your one action can save someone's life.



VIVAAN SINGH

Vivaan has a keen interest in music, sports and theatre. At the age of 8, he is one of the youngest to be awarded a Junior Diploma in tabla from Prayag Sangeet Samiti (Allahabad). He has made Jasola proud with his solo performances at various cultural programs.

His efforts in martial arts has also won him accolades. This year he was awarded a black belt in karate from the National Karate Federation of India. He is also a budding lawn tennis player, and won 1st prize at the Jasola Sports Complex Gala 2018.

Vivaan has received the Principal's certificate of commendation for his all-encompassing skills and academic excellence. He was also awarded a merit certificate for proficiency in all subjects. In the International GK Olympiad, he won a bronze medal. Acting is another talent which comes naturally to him, and he will be performing in an upcoming play by CAT Productions.

Vivaan is also an enthusiastic nature lover. He is fond of gardening, observing birds, and spotting a peacock in Jasola makes his day!

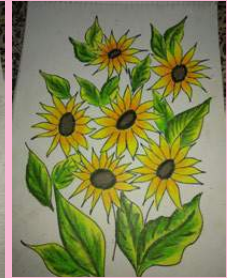
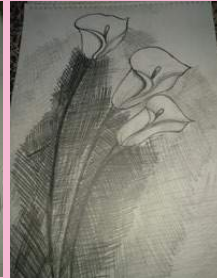
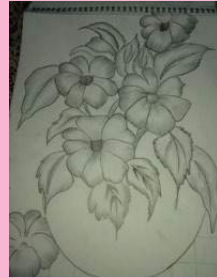
Saving water for our future

This year I saw a news video about water shortage in Cape Town. People were standing in long queues holding cans to collect water. There was a warning that if water usage was not controlled, there would be no water supply at homes. This may happen in Delhi too. In school we are taught the importance of saving water for the future. If we use a bucket instead of a shower we can save many litres of water. There are many ways of recycling water. The RO reject water can be used for mopping the floor. The water from cleaning utensils and washing vegetables can be used for watering plants. The left-over water in our water bottles can be emptied to water plants or given to thirsty birds. One day our teacher explained the working of a rain water harvesting model. It is a very interesting method of using rain water. I wish all families in our colony would follow these methods to save water.

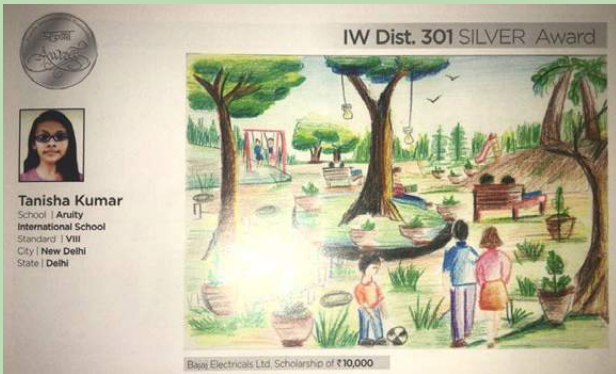


SAVITA KERKETTA

Savita Kerketta is 18 years old and studies in Class X in Sarvodaya Kanya Vidyalaya in Sarita Vihar. She came to Delhi 7 years ago from a small village in Gumla district in Jharkhand to join her mother who works as a domestic help in Jasola. A single parent, her mother's only ambition is that her daughter study and achieve something in life, that which was denied to her. Savita's talent is her gateway to achieving that success. She wants to specialise in art so that she can make a career in this



field. A career that will help her ensure that her mother can live a life of dignity and comfort.

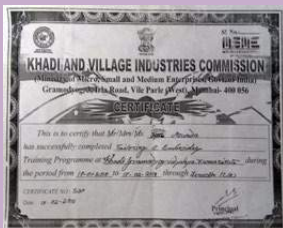


TANISHA KUMAR

Balanand School Children Art Event

Inner wheel conducted art competition for school children from classes 6 to 10. In this competition large number of students participated from all districts of the Club through out the country. Our children also participated and TANISHA KUMAR, a budding artist of JasolaVihar won second prize. This included a cheque of Rs. 10, 000/- and a certificate.

Tanisha is a student of class 10. She is multitalented girl. Apart from studies she is a good dancer, a confident speaker. She made us proud by winning this award.



SONU MUNDA

She is a student of Ayaas Prayas and went for the training which fetched her the certificate for completing the course of tailoring and embroidery.



SACHIN

Visit to Andh Vidyalaya and scholarship given to the kids



Netball Competition

Sachin is a star player of our Wheel Prayas School. Though our whole team of Netball is a good team, but Sachin is an exception. Last year he won the best player award and this year again he has won silver medal. Sachin keep it up. This year again he is participating in the NETBALL TOURNAMENT organized by DELHI OLYMPIC ASSOCIATION.

Our team also went to Mumbai to play Netball. There enjoyment, exposure and experiences can be seen in the pictures here.



GITIKA MUNJAL

Gitika receiving award for gardening and best recipe. For Ayaas Prayas.



IQBAL NABI

Won Gold Medal in 41st UP State Shotgun Shooting Championship (Trap) Individual Men & Silver Medal for the Team. The Championship State Level and is Held every year in all states respectively. There were more than 200 Shooters/ Participants from all across Uttar Pradesh including many National level and International level shooters.



NATYASHASTRA

The NatyaShastra is the foundational treatise for classical dances of India, and this text is attributed to the ancient scholar Bharata Muni. Its first complete compilation is dated to between 200 BCE and 200 CE, but estimates vary between 500 BCE and 500 CE.

All major classical Indian dance forms include in repertoire, three categories of performance in the Natya Shastra. These are Nritta, Nritya and Natya:

- The Nritta performance is abstract, fast and rhythmic aspect of the dance. The viewer is presented with pure movement, wherein the emphasis is the beauty in motion, form, speed, range and pattern. This part of the repertoire has no interpretative aspect, no telling of story. It is a technical performance, and aims to engage the senses (prakriti) of the audience.
- The Nritya is slower and expressive aspect of the dance that attempts to communicate feelings, storyline particularly with spiritual themes in Hindu dance traditions.
- The Natyam is a play, typically a team performance, but can be acted out by a solo performer where the dancer uses certain standardized body movements to indicate a new character in the underlying story.

A Natya incorporates the elements of a Nritya.

Dance to me is therapeutic. It acts as a cathartic tool liberating one's soul from the temporary stresses and worries of the daily life. It soaks the dancer and the viewer in the bhava of 'rasa'. The dancer is in the realm of 'sat - chit - ananda' when engaged in the act of dance. Classical dance is instrumental in the journey of self-growth. It is through dance that one is exposed to mythology, music, poetry and philosophy all at the same time.

The experience of surrendering one's entire being to the divine is a strong emotion (bhava) that a dancer understands through dance. This expression of 'bhakti' makes the artist grounded and humble.

Dance acts as an instrument that controls the mind, develops complex mental faculties such as the art of attending to the nuances, concentration, creativity. Within dance the dancer plays different roles and expresses different emotions simultaneously.

Classical dance helps in developing an understanding of aesthetics. Dance adds grace to the body and the dancer is able to communicate a lot by her graceful body language. The rigorous practices make the body fit and healthy. Classical dance inculcates discipline. It is a form of 'sadhna', as it takes multiple years and sometimes even a life time for a dancer to understand dance. It is an ongoing and an evolving process where each day and every dance that the dancer learns is a new experience.

For me classical dance is a form of spiritual practice. It connects one's 'Self' to the larger cosmos, the 'atma' to the 'paramatma'. It is during dance that one experiences blissful experiences of ecstasy. The dancer while dancing is constantly communicating with her mind, soul, and body. When one watches the performance of great pioneers in dance and Gurus one is surely transported in a different realm of 'Being'.

Practicing classical dance teaches patience. It is yogic in its essence. Classical dance is liberating, exciting and empowers the mind.

BETWEEN 60 AND DEATH

It is time to use the money you saved up, use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your earned capital.

Warning : It is a bad time for investments, even if it seems wonderful or fool-proof. They only bring problems and worries. This is a time for you to enjoy some peace and quiet time.

Stop worrying about the financial situations of your children and grand children, and don't feel bad spending your money on yourself. You have taken care of them for many years, and you have taught them what you could. You gave them an education , food , shelter and support. The responsibility is now theirs to earn their money . Keep a healthy life without great physical effort. Do moderate exercise e.g. walking everyday,, eat well and get your sleep. It's easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor, do tests even when you are feeling well. Stay informed.

Always buy the best, most beautiful items for your significant other. The key goal is to enjoy your money with your partner. One day one of you will miss the other and the money will not provide any comfort then enjoy it together.

Don't stress over the little things. You've already overcome so much in your life. You have good memories and bad ones , but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good now. Small issues will soon be forgotten.

Regardless of age, always keep love alive. Love your partner , love life, love your family, love your neighbours and remember 'a man is not as old as he has intelligence and affection.'

Be proud both inside and out. Don't stop going to your hair salon or barber, do your nails, go to dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well maintained on the outside, it seeps in, making you feel proud and strong.

Don't lose sight of fashion trends for your age but keep your own sense of style. There is nothing worse than an older person trying to wear the current fashion- among youngsters. You have developed your own sense of what looks good on you. Keep it and be proud of it. It is a part of what you are.

Always stay up-to-date. Read newspapers, watch news. Go online and read what people are saying. Make sure you have an active e.mail account and try to use some of those 'social networks' . You'll be surprised what old friend you'll meet.

Respect the younger generation and their opinions. They may not have same ideas as you, but they are the future and will take the world in their direction. Give advice , not criticism and try to remind them that yesterday's wisdom still applies today. Never use the phrase 'during my time' your time is now. As long as you're alive , you are part of this time.

Some people embrace their golden years, while others become bitter and surely life is too short to waste your days on the latter. Spend your time with positive cheerful people, it'll rub off on you and your days will seem much better. Spending your time with bitter people will make you feel older and harder to

be around.

Do not surrender to the temptations of living with your children and grand children.(If you have a financial choice that is.) Sure being surrounded by family sounds great, but to do all this one needs privacy. They need theirs and you need yours. Even then, do so only if you feel you really need the help or do not want to live by yourself.

Don't abandon your hobbies . If you don't have any , make new ones, you can travel , hike, cook, read and dance. You can adopt a cat or a dog, grow a kitchen garden , play cards, checkers chess ,dominoes, golf. Try to get out of house , meet people you haven't seen for a while., experience something new or may be old. The important thing is to leave the house from time to time. Go to museums , go walk through a park , get out there. Speak in courteous tones and try not to complain or criticize too much unless you really need to try to accept situations as they are. Pain, and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as a part of the life.

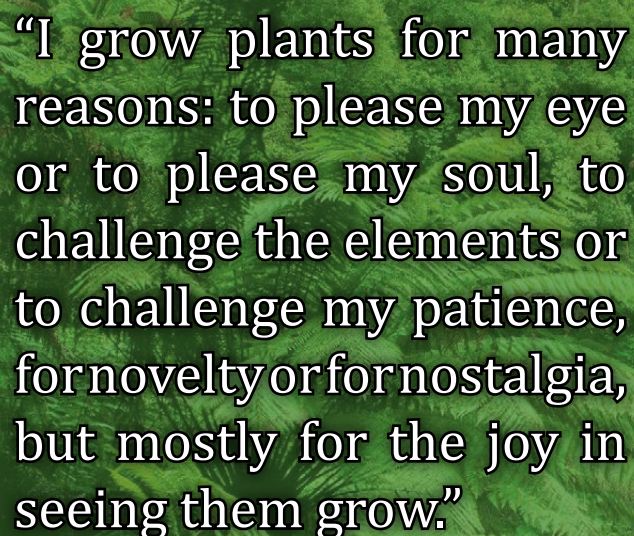
If you have been offended by someone just apologize. Don't drag around resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right . Someone once said," holding a grudge is like taking poison and expecting the other person to die." Don't take that poison – forgive, forget and move on with your life.

Laugh, laugh away your worries . Remember you are one of the lucky ones. You managed to have a long life, a long one. Many never get to this age, don't get to experience a full life.

Wishing you many blessed years ahead as you age gracefully.

Renu Garg

Yogacharya & Jyotishacharya



"I grow plants for many reasons: to please my eye or to please my soul, to challenge the elements or to challenge my patience, for novelty or for nostalgia, but mostly for the joy in seeing them grow."

- David Hobson



With best wishes

A nand A ggarwal

JUPITEX



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DELHI STATE SENIORS WRESTLING CHAMPIONSHIP

It feels great that Jasola has taken the lead to organize Delhi state seniors wrestling men's women's championship men's women's Championship again, in which wrestlers from all over Delhi participated . This event was organised under the leadership of shri Jai Prakash Pehalwan Ji Olympian (President Delhi Wrestling Fedration). People from Jasola and adjoining areas witnessed 'Dungals' in large numbers. This event encouraged the young aspirants.



FOR DESIGNING

WOMEN OF JASOLA ASSESTING RWA DEALING WITH SECURITY ISSUES





RWA AT WORK INDEPENDENCE DAY



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THE WIKIPEDIA DEFINITION

Zippity Zap Zap! Get Rid of Dandruff From Your Scalp! – Kriti Sharma

The wikipedia definition of dandruff goes something like this...

“Dandruff is a skin condition that affects mainly the scalp. Symptoms include flaking and sometimes mild itchiness. It can result in social or self-esteem problems. A more severe form of the condition, which includes inflammation of the skin, is known as seborrheic dermatitis.”

Needless to say, no one really wants this to be a part of their hair-health description!

There could be one million and one ways to get rid of dandruff, if you ask around. However, you Don't need to ask around and sieve through what works and what won't. This article will guide you through a finite number of doables that you can skim and choose between.

A little heads-up. Some of these remedies you might've heard of, and some may seem out right unbelievable. But, each one of them is legit and very much tried and tested by many people around the world. Feel free to take your pick from what seems more up your alley or just less absurd to you!

Curd

The age-old Indian tradition to bathe with curd actually hold significance. There are basically two benefits from using curd as a remedy for dandruff. One, the acidic quality of curd helps combat dandruff and the antibacterial agents found in the creamy curd help reduce irritation and itchiness of the scalp due to flaky dandruff. Two, the proteins in the curd condition the hair to give it a soft and shiny texture.

Curd is usually applied all over the scalp and left to rest for an hour before washing with a mild shampoo using cold to lukewarm water.

Curd is also used in combination with other hair-health enhancing agents to fight dandruff. These include, combining curd with besan (Gram flour), methi seeds (Fenugreek), eggs, neem extract, or henna.

Lemon Juice

Lemons, with their tangy goodness, are known for their beneficial uses in the skin-care industry. They don't fail their reputation when it comes to hair care as well.

Freshly squeezed lemon juice contains acids that are citric in nature, which aid dandruff removal by breaking down the fungus that is often the cause of dandruff and also help in removing the hair stickiness. The lemony-fresh smelling hair as an after-effect of this treatment is an added bonus!

For this remedy, its preferable to use freshly squeezed lemon juice for full benefit. You can apply two spoons of this fresh lemon juice on your scalp and let it seep in for a minute or two. You can shower after this application with a mild shampoo or just rinse thoroughly with cold or room temperature water.

You can also mix the remaining lemon juice that you extracted with about one cup of water and rinse your hair with it. You can repeat this little procedure daily until you feel you've gotten rid of your dandruff trouble. Just make

sure your scalp is cut-free and doesn't have any kind of bruising before applying lemon juice onto it.

Apple Cider Vinegar

In treating dandruff, apple cider vinegar is also useful. Technically, the acidity of apple cider vinegar changes the pH of your scalp, thus making the environment of your scalp inhabitable for yeast to grow and cause dandruff.

Apple cider vinegar mixed with equal parts of water is also used as an established remedy for dandruff control. You can apply this concoction to your scalp with a cotton swab or you can fill it in a spray bottle and spray it onto your scalp. It is advisable to wrap a towel on your hair after this application and leave it for 15 minutes to an hour before washing your hair normally. You can follow this procedure twice a week until you get desired results.

Asprin

Yes, you read that right. Asprin helps in getting rid of dandruff, not just headaches!

Actually, Aspirin contains salicylates, the same active ingredient used in many anti-dandruff shampoos. Salicylic acid helps exfoliating the scalp to reduce dandruff.

For this remedy, you can crush two aspirins and mix this powder to the normal amount of shampoo you use each time you wash your hair. You can leave this mixture on your hair for a few minutes, then rinse well, and then shampoo your hair normally.

This procedure will help reduce the flakiness caused by dandruff and keep its recurrence in check.

Baking Soda

Sodium bicarbonate is the scientific name of baking soda. This is widely used for treating dandruff, sticky hair and an itchy scalp.

Baking soda is anti-microbial and anti-inflammatory in nature. Thus, regular use of baking soda helps in controlling the spread of the dandruff-causing fungus and helps in reducing the redness and itchiness caused by inflammation of the scalp. Since baking soda also has the ability to remove normal dirt and oil-based dirt, it can be used for cleaning dirt and oil from the hair follicles. It also helps in maintains the pH balance of the scalp, which in turn keeps the dandruff-causing fungus from proliferating.

You can strongly massage a handful of baking soda onto your wet hair and scalp. Then you can directly rinse off your hair with water instead of using a shampoo. You may feel your hair getting too dry after this treatment, but after some weeks your scalp will start producing natural oils that will make your hair softer and dandruff-free. However, in case you feel you have naturally very dry hair, then its advisable to use oil application as well to keep your hair from drying out and to maintain its natural lustre.

Hopefully, these remedies will help cure your dandruff troubles and zippity-zap-zoom them away, like magic!

Kriti Sharma

FRUIT EXPRESS

STOP LOOKING OLDER THAN WHAT YOU ARE STAY HEALTHY, STAY HAPPY

Hello Friends!

Do you know time's cruelest joke? Well, allow me to tell you...

You just turned thirty and just started to feel confident. You finally know who you are and what you want. You have the right dresses in your wardrobe and an enviable shoe collection with just the right bags for a person on the go. You are very sure of your likes and dislikes, what works for you and what doesn't. You finally have a handle on your relationships. Even professionally, you are on track, you are confident and mature. In short, you have everything going for you, your 30s look like your best years. This is the real you.

No, no, no, that's not the joke. I am coming to it now... 30 is not just the best number, it's also the time when all the bad news about your physical appearance walk into your life, uninvited and unwanted... This is the age when your looks start to change ...and not always for the better... fine lines, thinning hair, losing lustre, puffiness of eyes, dull skin, all are a part and parcel of the wonderful 30s...

BUT the good news is, all the bad news can be kept away and you can glide into your thirties with all confidence and no pain points. This is also the time when you need to start being disciplined in your lifestyle and cultivate some healthy habits, and that's all there is to it... That easy...

Consuming fruits and vegetables on a daily basis is one of the most powerful health habits you can cultivate. We spend a lot of our time and effort on external agents like cosmetics, anti-ageing products, beauty treatments, spa, etc. to somehow get back the glow on our face and that voluminous shiny hair on our head!! But these only take care of a fraction of requirements for our skin and hair. Getting truly beautiful and healthy skin or hair in the long run is possible only when care is taken about what we eat and when we eat.

For instance, GINGER juice has the capacity to remove toxins from blood. It promotes blood circulation and reduces the appearance of wrinkles and fine lines. It also helps in improving skin tone and treating hyperpigmentation and dark spots. PINEAPPLE cleanses the skin and reduces the outbreak of pimples and acne. It is also a great source of antioxidants that neutralizes cell damage caused by free radicals and oxidative stress. This is the secret 'Fountain of Youth.'

Why are Fruits & Vegetables Beneficial for Skin and Hair?

Uncooked or even Mildly cooked Fruits & Vegetables give us the daily dose of pure nutrition that rejuvenates and hydrates the skin from within

Healthy skin is closely related to a properly functioning liver. Juices extracted from fruits and vegetables helps in removing toxins and chemicals from the system and aid in liver regeneration

It is ideal to have at least one serving of Fruit & Vegetable juice/ meal daily during morning, mid-morning or evening

Apart from the daily juices or meals, a complete juice detox diet

should be followed for 3 days every month to retain the natural glow and healthy hair

10 Best Natural Anti-aging Juices to Slow Down Signs of Aging

- Mango, Cucumber and Spinach Juice
- Cantaloupe, Carrots and Celery Juice
- Lettuce, Mint and Cucumber Juice
- Orange, Broccoli and Water Cress Juice
- Beet, Cucumber and Red Apple Juice
- Pineapple, Cucumber and Parsley Juice
- Cabbage, Cucumber and Carrots Juice
- Apple, Strawberry and Kale Smoothie
- Sweet Potato, Spinach and Ginger Smoothie
- Pear, Lemon and Cucumber Smoothie

AND THE BEST JUICE IS THE LIFE-ELIXIR ITSELF, WHICH WILL NOT ONLY PROLONG YOUR LIFE BUT WILL ENSURE THAT YOU STAY HEALTHY AND THEREFORE HAPPY. YOU CAN FIND THIS JUICE IN DAILY WORKOUTS – GYMMING/ WALKING/ SWIMMING OR ANY SPORT THAT YOU MAY CHOOSE TO FOLLOW. THE IDEA IS TO DEDICATE 45-60 MINUTES OF YOUR DAY TO FOCUSED PHYSICAL ACTIVITY – AND REGULAR HOUSEWORK IS NOT COUNTED HERE!

So let's get cracking on this right from now. It's never too late to start as with good fitness regime and good diet, most degeneration can be reversed. So, BETTER LATE THAN NEVER... Oh, and yes, lately there have been stories going around that consumption of raw fruits and vegetables on a daily basis may increase the potassium and sugar intake and that may be harmful. Well, first of all, intake of anything excessive is bad for health.

How much is too much?

- Have one-helping of uncooked fruits and vegetables meals daily, or juices once in a while (as juices are high in nutritional content) is good, unless advised against, by a professionally qualified expert.
- Our body needs sugar. The natural sugar in fruits and vegetables is the easiest nutrient that can be processed in our body to give the brain an instant energy boost. The natural sugar can be found in fruits and vegetables. Even the unrefined and unprocessed raw sugar – shakkar', 'bura', 'gud' is good if taken moderately.
- Potassium intake has to be monitored if your kidneys are not healthy. Because high potassium levels can cause serious heart, nerve and muscle problems, it may become necessary to restrict potassium intake. This can be done by learning what foods to avoid with high potassium levels. A blanket ban on all raw fruits and vegetables is NOT recommended. Consult your doctor.
- And the most important advice comes in the end. Drink lots of water, always keep yourself hydrated for a younger looking you. Do not replace plain normal water with coconut water. Coconut water is full of electrolytes and sodium which are good for you. But excessive sodium can be bad. Especially if you are not a sportsperson / athlete/ labour who is sweating it out for 4-5 hours daily.

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Disclaimer: All views expressed here are writer's own and consolidated after in-depth research and analysis for your benefit. This is not a medical paper. All individuals with any medical issue must take the advice of their doctors before following any suggestion given in this document.

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A TOOTHBRUSH DILEMMA CLEAN TEETH OR ENVIRONMENTAL POLLUTION

Good oral health is the mantra taught to one and all from birth and considered one's responsibility to inculcate the habit of brushing their teeth at least once a day, if not twice or after every meal. And this mantra is rightfully true if you want to enjoy healthy teeth right up till your old age. And to brush properly, according to a report by The Straits Times, Teo (2014) mentioned that there is a need to replace one's toothbrush once every three to four months to prevent the use of an ineffective toothbrush with frayed bristles.

So what happens to these toothbrushes discarded every three to four months and where do all these toothbrushes go to after their intended lifespan? They are often discarded, thrown into general waste bins that will be incinerated and landfilled. Though there are no statistics available on the total number of toothbrushes discarded in a year, we can use some simple calculations to estimate the total number of toothbrushes discarded in a year. As per the World Population clock, the current population stands at 7.6 billion. Assuming 60% of the population has access to the use of a toothbrush, the total discarded toothbrushes approximates to 13.7 billion, assuming replacement every 4 months.

The toothbrushes are made from a combination of plastic (made from crude oil) and rubber for the hand piece, nylon for the bristles, and a mix of plastic and cardboard for the packaging. Currently none of these items are biodegradable, therefore they remain in landfills indefinitely. Worse, they end up in our oceans and washed up on our beaches or consumed by marine life. If they are burnt, they release a combination of toxic and greenhouse

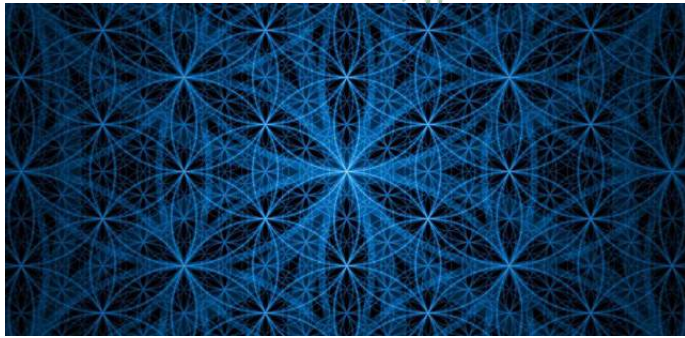
gases. 13.7 billion plastic toothbrushes that will never biodegrade are dumped in landfills and oceans every year worldwide!!! And are we aware of the mind boggling statistics of the total plastic toothbrush waste that will be generated during our normal lifetime expectancy of 70 years? Here it is:

- A single conventional toothbrush weighs approximately 18 grams
- Thus, each of us will throw away about 3.8 Kg of plastic toothbrushes in our lifetime
- This will be 5.2 crore quintal of plastic toothbrush waste generated during our lifetime on earth

Brushing our teeth should be something that promotes good health. But the mainstream routine that many of us learned well before kindergarten means that we are probably hindering our health rather than helping it! Worse, a lot of this plastic gets broken down into smaller pieces. These small pieces end up being ingested by nearby marine life. Our little fish buddies definitely do not appreciate the extra company

We should eradicate the use of plastic toothbrushes and replace them with a more environmentally friendly options – biodegradable plastic toothbrushes, toothbrush handle made up of bamboo, toothbrushes with a handle made from recycled yoghurt pots and bristles made from pig hair, etc. It is time to sit up and take stock of the situation before the normal brushing becomes a complete health hazard rather than the good old oral hygiene.

Ishpreet



MUSINGS.....

I have been working in the Development sector now for nearly 30 years. Development sector? What most lay persons refer to as social work! No, I am not the proverbial jhola-chhap, khadi-wearing MedhaPatkar stereotype, but a professional who has seen this sector evolve like any other sector in the country. I have travelled the length of our country, venturing deep into the interiors, off the normal tourist-track, interacting with ordinary people who breathe life into our country. I have seen poverty the likes of which are not visible in our big cities. Yet in all insufficiency of material wealth I have also seen joy and contentment in abundance in the very same places – be it the hamlets in Hanur, deep in Karnataka or sand-casted villages ravaged by floods in Lakhimpur in Assam.

However, one thing that has not changed over the years is the deep distrust that can be found in big cities; the deep, seemingly unsurmountable divide between the haves and the have nots; between people living in slums/lower income areas and those living in apartments or upper-class colonies. Often this distrust causes people to be seen the lowest dregs of society, unworthy of attention, having evil criminal intent. Often common property areas like community parks become fiefdoms that must be defended at all costs from the invasions of the unwanted. The entire vulnerable community is tarnished with a single brush of criminality and is viewed as such.

From the other side of the fence, the have's are viewed as selfish, out to make a packet at the expense of the vulnerable poor. The forces of community living, community sharing which bring people closer to each other in rural areas are marked by their absence in larger cities where even neighbours are anonymous and unknown.

I have often wondered whether it would not be better if a dialogue can be established between the 2 opposing communities. Whether the issues could not be sorted out across the proverbial table! Is there not a need to understand each other's point of view? Instead of building walls, can we not build bridges?



LOVE AND CIGARETTES

I was madly in love with her.
She intensely abominated me.

But love is like cigarettes. You read the warning before smoking them and then you die. And that is exactly what happened with me.

I was warned. But I loved. And now I am dying.

But I am happy. It's sort of a high actually, like euphoria; the kind you get after smoking. I get it after thinking of her. SHE is my cigarette.

She is harmful to me. Till a limit she was an immense pleasure, she still is I mean, but now she is a bad kind of pleasure. With time she turned my abuse to my dependence.

She knew this would happen. The hellish demon in her knew that this would happen. And she played me well; and like a fool I let her play me. But it's not her fault. It isn't the cigarette to be blamed for the cancer, it is your addiction. And I was so deeply addicted that forget about searching for the sunlight above the surface, all I was thinking about was the joy of being underwater.

This was her chance. She tied me in knots, every inch of me – my priorities, my life, my words, my thoughts – every single damn thing. She became my tumor.

And now she has left me. But her memories and her silhouette and her presence remain. They remain in the form of that stupid tumor. And they remind of our bright yellow nights and our drab gray days.

But I was and am still a fool. I still love her. I am still addicted to her.

So with cancer eating my organs, my head beating the insides of my skull, my heart chewing itself away and my veins bursting out, spraying blood and drugs and alcohol all over my body, I still pick up the cigarette and bring it to my lips.

Just like the way I still keep her close to me and plant soft kisses on her disgustingly devilish heart.

It's ironic yet so similar, the combination of love and cigarettes.

Khushi Jain

EMPOWERING OUR MINDS



Oh God! Good Heavens! What the hell ! Oh Wow! Mind blowing! Amazing!!! Different situations evoke different involuntary responses from our minds .Thoughts and responses keep floating along the wavessometimes high, sometimes low.

Being no great expert on this topic and only experience as my unfailing aid and teacher, I chanced to dig into the goldmine of knowledge given by Sant Kabir Dasji thousands of years ago in his unassuming dohas and came across these jewels....

“Mann chalti tan bhichalti, tata Mann ko gher,
Tan Mann donobasikarai,hoiraiyeesumer .”

Mind guides and the body works accordingly. Therefore, control your mind. If you are able to control both, then even a tiny particle can become a mountain. That is, even a small person can become great.

So all your well being lies in controlling and empowering your mind.

“Mann ke hare haarhai, Mann kejeete jeet,
Kahe Kabir HARI paiye, mann hi keparteet.”

Since times immemorial, these simple words have been guiding the human beings to develop the most important life skill-empowering the mind.

Let me cite some common situations faced by us in our day to day life and propose some simple solutions which may be agreeable to most of us.

Situation 1

You hear about a motorbike accident in the news at the same place where your son has gone on a biking trip. Unwillingly you think of the worst.

Solution: Command your mind not to panic till something is confirmed. Be calm , collect your thoughts and focus on dealing with the situation in case of emergency.

Situation 2

You are at the receiving end of verbal firing from your boss , father or husband. You unknowingly switch on your defence mechanism to clarify and that can make things worse .

Solution: Silence and deep breathing will help you to physiologically control your nervous system shielding you from further damage. It also gives you a chance to introspect. Donot react but respond. After introspection, if you find that you are in the wrong, then make amends. If otherwise , then choose to forgive or forget.

Situation 3

Being caught in a bad traffic is almost a daily affair for city dwellers. Constant cursing or blurting out a volley of expletives can only cause a rise in your blood pressure.

Solution: Use the time to enjoy the music of your choice, or listen to Naved on Radio Mirchi to laugh away the traffic blues. You can even do your spiritual bit of listening to bhajans or chanting.

Our minds are our little gardens, Whatever we sow, we will reap.

We should always be vigilant about the kind of thoughts that percolate in our mind. Donot allow them to become overbearing. Declutter and nourish your mind with positive and happy thoughts. Hang out with people who make you smile and laugh. Humour, music ,exercise or even catching up some fresh air can uplift otherwise sagging energy of your mind. Inculcate a hobby, hone your skills, create space in your house by regular cleaning ...it pacifies and clears your mind too. Meditation, yoga, laughter clubs, tryst with nature are some other well known mind boosters.

Lastly, let the prayer...hum ko mann ki shakti dena , mannvijaykare...empower your mind !!

Abha Bhatnagar

HOW INDIAN HOUSEWIVES ARE USING SOCIAL MEDIA TO MAKE A MARK

If you thought social media marketing was only for big brands and businesses, then its time you changed your views on the subject. As the social media wave sweeps across India, housewives too are using its reach and power to make their mark as business women, bloggers and tutors, among other things. If you are passionate about something, then a mid career break post marriage and/or kids need not put you out of action. Take a leaf out of the experiences of these Indian women and unleash the power of social media.

Here is a look at some examples to inspire and enlighten you:

1. Sharing Beauty Secrets by Shruti Anand

Most women love dressing up, and who wouldn't prefer free tips and techniques over an expensive trip to the salon? With women working longer hours, personal time at the salon could be a thing of the past. So when Shruti Anand, a B.tech in Computer Science got married, she began experimenting and using make up. Makeup helped her discover a new dimension to her personality and she has been making YouTube videos since March 2011. Her easy to follow hair styles, makeup tips and henna designs are a hit with thousands of followers benefiting from the endeavor. Not only that, she writes a blog and runs a Facebook page to keep you updated about quality beauty products that won't cost you an arm and a leg.

2. Food Fetish by Sunayana's Kitchen

Homemaker, new mother and management professional Sunayana from Lucknow, is passionate about food. She takes this passion and interest in innovating vegetarian dishes and translates it to the creation of Sunayana's Kitchen. Just two months into the venture, Sunayana has managed to make thousands of people sit up and take notice of her website and blog.

3. Crafty Designs by Vandana and Pooja

When new moms and sisters Vandana and Pooja discovered that their passion for craft in general, and paper quilling in particular, had business potential, the duo set up Craftstruck, a home based business. Vandana also writes a blog about parenting and reviews products and ventures for a fee. The Craftstruck Face book page lets the world take a peek into their work.

4. Fun Designs for Children by Beetle and Bottle

When life changed after marriage and babies followed, friends Heetal and Kannan decided to use their skills in design and marketing to create a cute brand for kids' products. The world of fairies, astronauts and animals came live on wall art, home décor and accessories that they create. Currently retailing in 5 stores across India, this two year old venture has a Facebook page and blog, both choc a bloc with pictures of products, product reviews and mentions in the news. Who says new moms can only be engaged with care giving? They can use their skills to create fun products as well, just like Heetal and Kannan.



5. Clay Designs by Nidhi Srivastava

Nidhi has worked as an IT professional but has always remained an artist at heart. She would have never thought about doing something artistic had it not been for the birth of her son which changed all her priorities. While she was still looking inward to discover new ways to keep herself occupied at home, clay happened to her completely by chance. Without any formal training in clay modeling, Nidhi had never thought about working with clay professionally; but very soon infinite possibilities emerged. Egged on by her friends and family, she decided to experiment more confidently. Very soon she was inundated with orders for her creations from outsiders and thus Earthen Concepts was born. Check out her creations on Face book and you will know possibilities are endless, if you have the urge.

So if you are a housewife try social media to give the world a look at what you excel at. Here are some tips to help you use social media:

- Choose to blog, write or build a website about what you enjoy or have knowledge about. Only then will your venture be appreciated as value addition.
- Use lots of pictures and visuals, throw in some videos if possible. After all a large part of the social media experience is what people see.
- Show your audience the process from planning to production to delivery with snapshots taken at various points in the manufacturing process.
- Respond to comments and queries, because that's the only way you can engage with your audience.
- Keep things simple, packing too much in one video or post can be a turn off.
- Don't shirk negative feedback; take it in your stride.

Let's use social media to position ourselves along with extended family obligations. Dear friends ,you can rock the world with your talents!!!!!!!!!!!!!!



DON'T WANT TO WASTE YOUR LIFE? QUIT DOING THESE 6 THINGS TODAY

No one sets out to fritter away their precious time, but if you spend hours on these activities, that's what you're doing.

Each of us, on average, has around 27,000 days to live. Subtract a third or so of that for sleeping and another chunk for those early years you don't remember and can't control, and you're left with a pretty terrifyingly low number.

I'm not saying that to depress you. I mention it because, as great philosophers have reminded us, remembering the shortness of life is what spurs us all to live authentically. When you're cognizant of the fact that time is short, you value it appropriately.

And when you value time appropriately, you don't want to waste it. If you have any sense at all of how precious your life is, you already try to avoid obvious ways to fritter away your hours and years, like too many TV binges or sticking with a job you know in your heart you're not suited for. But there are many ways to let life pass you by that are less easy to spot and therefore more dangerous. I've rounded up a few here.

1. Surrounding yourself with the wrong people

Which makes whom you choose to spend your time with one of the most important productivity, happiness, and simply life decisions you make every day.

There are several obvious ways people can go wrong (such as spending energy dealing with manipulators and narcissists), but one of the most disastrous is also the easiest to fall into because it's based on kindness and optimism—sticking with a relationship of any sort because you think the other party will change.

That's a sure recipe for tons of wasted time. Relationships require maintenance, but there's a difference between maintaining a good relationship and trying to force a bad one that doesn't make much sense to begin with. When you're fundamentally incompatible with someone (in business or in romance), cut your losses or risk wasting too much of your limited time.

2. Complaining

Spending time complaining about your problems might seem like an innocent enough way to blow off steam and bond, but according to science the effects of dwelling in that sort of head space are potentially huge. Complaining rewires your brain to more quickly and easily see negativity. Pessimism, in other words, get easier with practice. (The opposite is also true.)

So all that moaning and complaining isn't just eating into your time; it's also making it harder for you to be productive and happy. And what better way to waste your time than to miss out on opportunities—and joy—because you were too busy complaining?

3. Not asking for help

This is another huge time suck. Sure, asking for help can make you feel dumb, but as a brutally honest colleague once said "You look dumber when you don't get it because you failed to ask."

You can waste an incredible amount of life fretting about whether to ask for assistance. Here's another way to look at it: If you're not asking for help, you're probably not challenging yourself enough.

There are a handful of reasons we don't ask for help, but it's usually because we're too proud or scared, and that's a huge waste of time, because it keeps you from moving forward.

4. Letting other people tell you how to live

According to reports, there's one regret that comes up more

than any other. It's not something dramatic like lost loved or missed career opportunities. Instead, it's a struggle most of us face every day—living your life according to others' expectations rather than your own true desires.

This was the most common regret of all. When people realize that their life is almost over and look back clearly on it, it is easy to see how many dreams have gone unfulfilled.

Similarly, letting others tell you how to live is a definite warning sign you're wasting your life. Plenty of people will enter your life—well-intentioned or not—who will try to tell you how to live your life. Will you listen?

It's your life and you get only one chance to live, so don't waste it by living dependently on the commands of others.

5. Chasing momentary happiness rather than meaning.

According to science, there are actually two kinds of happiness.

The first type, known as eudaimonic well-being, is happiness associated with a sense of purpose or a meaning in life. The second is hedonic well-being, which is just that nice glow you get when you satisfy a desire (by, for instance, scarfing a chocolate bar or buying a new TV).

Snacks and consumerism feel instantly good, while pursuing a deeper purpose by, say, starting a business or training for a triathlon, definitely isn't all smiles. But if you're always chasing hedonic happiness and not thinking about eudaimonic well-being as well, then chances are good that you're wasting your full potential. (Studies also suggest you'll probably just make yourself anxious rather than happy.) In the end, true satisfaction and joy come from meaning, not empty pleasures.

And you don't have to take my word for it. There's a ton of science digging into these two flavors of happiness and how pursuing each affects our mood and overall assessment of our lives. You can take a deep (and fascinating) dive into the research with this Science.

6. Walling yourself off from your feelings

If all these hard-to-spot ways to waste your life share one common feature it's that we pursue them with good intentions. We complain to vent. We let other people tell us what to do out of respect and concern (and fear). We stick with a bad relationship out of love and optimism about the other person's ability to change.

Similarly, this sixth way can sound like a smart strategy: Life is a roller coaster, so walling yourself off from your emotions might seem like a sensible way to modulate the potential pain. But it's also a tremendously good way to waste your time on earth.

You ruin your life by desensitizing yourself. We are all afraid to say too much, to feel too deeply, to let people know what they mean to us. Caring is not synonymous with crazy.

The impulse to protect yourself by muting your feelings is understandable, but the alternative is so much richer. There is something breathtakingly beautiful in the moments of smaller magic that occur when you strip down and are honest with those who are important to you. Let that girl know that she inspires you. Tell your mother you love her in front of your friends... Open yourself up, do not harden yourself to the world.

Are there any other ways you see people wasting their lives without even realizing it?

PLANTS AND MIND EMPOWERMENT

Plants are our best friends only if we think that they are our best friends. The green colour in the plants triggers our feel good factor. The plants remove the carbon dioxide and generate oxygen in the environment. This oxygen creates the feel good factor in our life.

Plants reduce anxiety, they clean the air, they release mood boosting compounds.

They are also responsible for pleasant aromas of essential oils and for the healing qualities. They provide a sense of purpose and also the house plants are just nice to look at.

Gardening keeps the mind sharp in many ways. The daily gardening can keep dementia at bay, it can improve mental health and it keeps the person busy and active. It helps the person to learn new things and also do multitasking as well as problem solving as well as encourage the person to search solutions to different problems of the plants and. Gardening has an advantage that any age group can take part in its day to day working and it also helps the older people to connect them to memories from the younger days. It makes people imaginative and also innovative. Hence gardening helps everyone in many ways which people don't realise.

The mind is a powerful tool which can be nourished with gardening. The meditative mind is best receptive when one is in a green environment.

Plants not only calm the mind but also boost the brain power. They create the beauty in the environment and also as stated earlier the feel good factor in our life. It increases the feeling of compassion. It helps in bonding the companions and it also makes us relaxed, happy and stress free. Plants also relieve us from insomnia.

This is the beauty of plants in our life and they empower our mind with happiness and good health.

Gitika Munjal

MIND EMPOWERMENT

The strength of our mind is what we should aim for. So whatever we desire we can achieve using mind power. Our thoughts are the main determining factor of happiness and good health.

If we think negative our life will manifest itself with negativity. If we think positive and life will become positive and happy.

We hardly notice our thoughts. Our mind thinks and sends signals of our own self-conscious thoughts.

If we make our mind powerful with positive thoughts we can make our life happy, healthy and our life will be blessed with new opportunities.

This is only possible when our positive thoughts will dominate our negative thoughts.

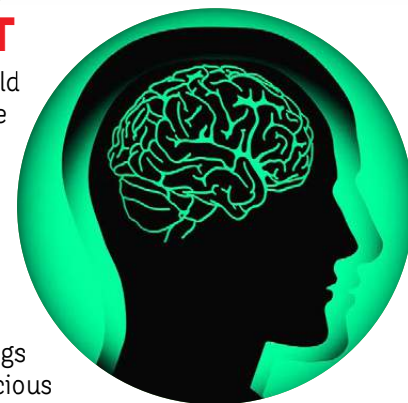
And how this is possible is when we will train our mind to think of positive thoughts of success, happiness, good health and prosperity. We should learn to be happy in all situations and remove negativity from our conscious and subconscious mind.

We should always think of what we want in our life and not what is our current situation or our current problems in life.

Our thoughts are manifestations of what we desire. So every day we should visualise what we want and what we desire so we will achieve the same.

Mind empowerment is what everyone should aspire for and achieve.

Gitika Munjal



KOKUM SHERBET RECIPE

Refreshing And Rejuvenating Summer Drink.

Course Beverages & Drinks

Cuisine Goan

Prep Time 20 Minutes

Cook Time 20 Minutes

Total Time 40 Minutes

Ingredients (1 Cup = 250 ml):

- 1 cup kokum fruits, chopped or dry kokums
- 2 cups water
- 2 cups sugar
- 5-6 cardamoms, powdered or crushed
- 1 teaspoon roasted cumin powder (bhuna jeera powder)
- 1-2 pinch of black salt or salt (optional)

1. rinse the dry kokum in water.
2. soak them in 2 cups of water for 3-4 hours.
3. collect the kokum in a blender and reserve the water.
4. grind them with some of the reserved water to a smooth mixture. strain and keep aside.
5. boil sugar with the remaining reserved water till the mixture becomes thick.
6. cool the sugar syrup and then add the kokum mixture to it.
7. add the powdered cardamom and cumin powder.
8. mix well and store in an airtight bottle or jar in the fridge. if you do not want to make sugar syrup, then just dissolve the sugar in the kokum extract. in this case you don't need 2 cups of water. just 1 cup water can be used to soak the dry kokums and then grind them to a smooth paste. also you will need 1 cup sugar.



Gitika Munjal

WOMEN FOR ENVIRONMENT

Menstruation, also known as मासिक धर्म in India, is referred to the period when a woman produces a discharge of blood and mucosal tissue from her vagina. This time of the month is marked by great taboos, shame, and pain, which is passed on from generation to generation. Traditionally, women used a cloth to handle their monthly menstrual flow wherein they would wash their cloth pad and dry it under the direct sunlight, which is considered to be the most natural sanitizer. However, with rising taboos, women were made to feel ashamed by men for drying their pads publically which made them shift to other unhygienic ways. More recently we see women using disposable menstrual products such as pads and tampons all over the world. Advertised by different brands for their convenience, these products are interpreted as a step towards women's liberation and modernity. However, disposable menstrual products come with immense health and environmental issues.

What is the Health Cost?



- Residual pesticides contain non-organic cotton or wood pulp grown using agrochemicals and pesticides.
- Dioxins and plastic chemicals – The WHO classifies dioxins as a highly toxic environmental pollutant and health risk as they are produced in chlorine bleaching processes. A possible link to cancers, endometriosis, immune system depression and pelvic inflammatory disease has been established.
- Bacteria and fungus toxins – Synthetics and plastic also restrict the free flow of air, can trap heat and dampness, potentially promoting the growth of yeast and bacteria in your vaginal area, a possible cause for vaginitis.
- Synthetic fragrances, odor neutralizers, and other potentially hazardous ingredients

What are the environmental costs?

If only a quarter of India's menstruating adolescent girls alone used disposable pads, 90 million would be disposed or burned every month alone.

The plastics and components, as well as the wrappers of disposable products, are largely non-biodegradable, presenting huge waste management challenges around the world. A single pad is estimated to take 500-800 years to decompose in landfill and India alone throws 58 billion pads every year.

Research has shown that each conventional sanitary pad contains the equivalent of about five plastic bags. That means one woman produces waste of 50 plastic bags in one week!

What is the Human cost?

When pads are flushed down the toilet, sanitation workers have to descend into manholes to remove and handle used menstrual products from sewer blockages, public toilets, household trash, or even the roadside. These tasks are often done without protective clothing, gloves or masks that puts the workers at risk of contracting infections with potentially deadly viruses or diseases.

What are the alternatives?



Cloth washable pads and menstrual cups are safe, hygienic and environmentally friendly alternatives to disposable menstrual products.

Cloth pads do not contact the skin with any plastics and therefore eliminate the risk of exposure to its potentially hazardous substances like dioxins, BPA, etc. When cloth pads are washed well, dried in direct sunlight and stored properly, they are perfectly hygienic.

Cloth pads are also a great option to reduce the monthly cost a woman spends on menstrual products. Our pads are washable and reusable for 3+ years. This means, that while a woman will be spending on average 2520 rupees on disposables for this time period, the cost for the cloth pads will come down to 945 rupees. Therefore by using cloth pads or menstrual cups, one can save health cost, environmental cost, and human cost.

Most NGOs, including few clubs of Inner Wheel itself, work in the area of menstrual hygiene wherein they provide sanitary pads to rural women. However, in rural areas, there is no collection or transportation of waste. Most women end up disposing of their used pads with other waste, some of them burn it or dispose of it in the

latrine and some wash the blood out before disposing of the pad with other waste. Mostly they end up going distances to burn or bury since taboo requires them to not dispose off these things near temples or agriculture land to prevent "polluting" them.



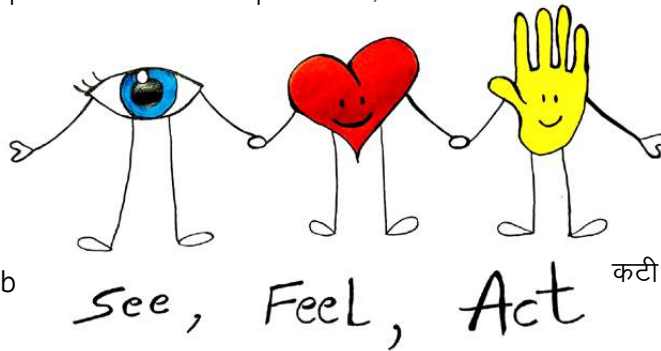
"We place the soiled napkin in between the fingers of our legs, and while we dip inside the water to take bath, we release it then and it sinks down to the ground," a 13-year-old girl said. "If you search the bottom of the lake, you will find the whole bed covered with napkins," said the mother of a 15-year-old who uses sanitary napkins.

Awareness is the first step towards change. By recognizing the ills that our plastic sanitary pads cause to the environment, we can now make a conscious shift towards a sustainable and eco friendly measure. Females of Inner Wheel have always shown to hold the power of agents of change who try to employ a zero waste lifestyle. Making the shift to cloth pads can be a very powerful step in our little journeys of making a difference to our environment.

One can purchase these products at various platforms, some of them being

- Ecofemme
- Saathi
- Anandi
- Shomota
- Suvudha

Sanjana Jain
President, New Era Club



टेक्नोलोजी की दुनिया

टेक्नोलोजी की दुनिया में आज, होते आसान सारे काज । मैं आऊँ पेड़ पर खेलूँ खेल, बना-बना कर रेल पे रेल ।। कंप्यूटर द्वारा मिलता ज्ञान, गणित, अंग्रेजी, होती आसान । लैपटॉप है बड़ा महान, हर विषय का इसे है ज्ञान । मोबाइल आया मुदठी में हमारी सुवधाएं दे डाली साड़ी टी.वी. है मुझे पसंद, कार्टून, गाने, मूवी के संग ।। इन सबसे जीवन बने आसान, अगर हो इनका सही ज्ञान ।।

n'k'diy, कक्षा चार



BEING HUMAN

Overall, the percentage of non-vegetarians across India has dropped from 75% in 2004 to 71% in 2014. But why?

Because humans are becoming a little more humane. They are realizing the crime we are committing against humanity. 90% of small fish are fed to livestock and by 2048 all our fisheries will be dead. Billions of bouncy little chicks are ground up alive just because they are not female and hence not very useful in future. This Earth is inhabited by 7 billion people and yet we don't seem to mind killing 2 billion sentinel living beings every week! We have singlehandedly managed to destroy this planet Earth for every other species as well. 10,000 species are wiped out every year. If such a scale of mass destruction was done by some other species we would call them a virus. Is that was we are - a virus that will destroy the planet Earth for it's personal survival and gain?

This is the time to take matters in our hands and be the voice for those who don't have their own voice. Let us get together and save water, use resources judiciously and keep our environment as natural as possible. There is something that each and every one of us can do to make a difference. Feed a stray dog, help an injured animal, avoid killing other creatures. Be compassionate and be human!

किस ओर

पेड़ की डाली से टूटा पत्ता,
उड़ चला न जाने किस ओर ।
फूल की बिखरी पंखुडियां,
सजे न जाने किस ओर ।
चरखड़ी से लिपटी डोर,

कटी पतंग तो, स्वच्छंद उड़ चली किस ओर ।

धागे से बंधा गुब्बारा,
आकाश में उड़ जाई न जाने किस ओर ।
पेड़ से टंगे , मक्खियों के छत्ते से शहद

मिठास, चखाए किस ओर ।

कल-कल करता नदियों का पानी,
प्यास बुझाए किस ओर ।

गड-गड करते बादल,
मेघा बरसायें किस ओर ।

माँ की कोख से जन्मा
शिशु, न जाने पले किस ओर ।

हे प्राणी , कुछ भी स्थिर नहीं ।
चले थे कहाँ से , पहुंचे किस ओर ।

l kfu; k t s



GARBA NIGHT

No, I have not seen heaven, not even in my dreams. I have only heard about it. But that day after watching the dazzling lights, happiness and excitement on children's faces. Men, women children dancing together under the beautiful blue starry sky, people going around and buying all kinds of stuff – clothes, bed linen, home decor, gift items from the self-created stalls to start new ventures of self-employment was just out of the world. My heart cried – “This is it. Heaven couldn't be different. Everything positive, not a shade of disappointment”. Rhythm of Garba steps together with Nightingale sweet songs by the singers in Gujarati and Hindi just stole my heart. Everyone was meeting each other like long lost family members getting united. This atmosphere was not just an ordinary one, it was completely spiritual. Shor sharaba, hangama, stress free moments, an encouragement to move forward what else is required for complete entertainment.

There everyone was alike. All classes all age groups together enjoying. Complete atmosphere was sketching an ideal picture of equality. I was only praying the time to stand still and the night should last for ever..... but the time passed and we took finger licking delicious traditional food prepared by Chandani Chowk cooks and came home with sweet memories and started counting the days for next dandiya

FOR DESIGNING



Come one Come all
For Full Dhamaal
Dance to the rhythm of
GARBA
And magical beats of
Dandia sticks
Garbage rocks

**FOR
DESIGNING**



Quotation

1. Our greatest glory is not in never falling, but in rising everytime we fall.
2. All our dreams can come true if we have courage to persui them.
3. It does not matter how slowly you go as long as you do not stop.
4. Everything you have ever wanted is on the other side of the fear.
5. Hardship often prepare for an extraordinary destiny.
6. Believe in yourself , you are braver than you think.
7. I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear. — Nelson Mandela
8. There is only one thing that makes a dream impossible to achieve: the fear of failure. □ Paulo Coelho
9. It's not whether you get knocked down. It's whether you get up. — Vince Lombardi
10. Your true success in life begins only when you make the commitment to become excellent at what you do.
11. Believe in yourself, take on your challenges, dig deep within yourself to conquer fears. Never let anyone bring you down. You got to keep going.
12. Too many of us are not living our dreams because we are living our fears. — Les Brown
13. If you believe it will work out, you'll see opportunities. If you believe it won't, you will see obstacles.
14. Success means doing the best we can with what we have. Success is the doing, not the getting; in the trying, not the triumph.
15. If you set goals and go after them with all the determination you can muster, your gifts will take you places that will amaze you.
16. Hard times don't create heroes. It is during the hard times when the 'hero' within us is revealed.
17. Believe you can and you're halfway there.
18. Your mind is a powerful thing. When you fill it with positive thoughts, your life will start to change. —
19. Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.
20. I attribute my success to this: I never gave or took any excuse.
21. Whatever you hold in your mind on a consistent basis is exactly what you will experience in your life.
22. Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.
23. Strength does not come from physical capacity. It comes from an indomitable will.
24. Perseverance is the hard work you do after you get tired of doing the hard work you already did.
25. The future belongs to those who believe in the beauty of their dreams
26. I am not a product of my circumstances. I am a product of my decisions.
27. Don't be pushed around by the fears in your mind. Be led by the dreams in your heart.
28. You're going to go through tough times — that's life. But I say, 'Nothing happens to you, it happens for you.' See the positive in negative events.
29. You're going to go through tough times — that's life. But I say, 'Nothing happens to you, it happens for you.' See the positive in negative events.
30. Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.
31. If you can tune into your purpose and really align with it, setting goals so that your vision is an expression of that purpose, then life flows much more easily.
32. Whatever the mind can conceive and believe, it can achieve.
33. Don't wish it were easier. Wish you were better.
34. It is during our darkest moments that we must focus to see the light.
35. It's not about perfect. It's about effort. And when you bring that effort every single day, that's where transformation happens. That's how change occurs.
36. Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.
37. Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't.
38. Learn from the past, set vivid, detailed goals for the future, and live in the only moment of time over which you have any control: now. 8.
39. We don't develop courage by being happy every day. We develop it by surviving difficult times and challenging adversity.
40. Fortune always favors the brave, and never helps a man who does not help himself.

Quotation

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Nk= kadsç' u t: j iWuk pfg, A ; g Nk= dk l okZle xqk
gA

Hxoku ml h dh enn djrk g\$ t ks dMh egur djrs gA
; g fl) kR Li"V gkuk pfg, A

vyx <ã l sl kpus dk l lgl djlk vko" dlij dk l lgl djlk
vKkr iFk ij pyus dk l lgl djlk vl Ho dks [kkt us dk
l lgl djs vls l eL; kvkads t hrks vls l Qy cukA ; soks
eglu xqk g\$ ft udh fn' k earçvo'; dle djlk

vkvlk ge viuk vkt dçkZ djã rkd geljscpplak dy
cgrj gA

vxj , d nsk dks HZVlpkj eã gkuk gS rks eã; gegl w
djrk gafd gelj sl ekt ea3 , d sylx g\$ t ks, d k dj
l drsgA ; gA firkl ekrk vls f' kãdA

t c ge clkkvã dk l leuk djrs gArks ge i krs gafd geljs
Hh rj l lgl vls yphyki u ek w g\$ ft l dh geaLo; a
t kudljh ugÈ Fk] vls ; g rHh l leus vkrk gSt c ge
vl Qy gArsgA t: jr gafd ge blgryk lavls t hou ea
l Qy cukA

geaglj ugÈ ekuuh pfg, vls l eL; kvkads [lp ij gloh
ugÈ gkus nsuk pfg, A

vlsr gh, d ek= çk kh gSft l l seã; st kurs gq Hh dh oks
eqspkV ugÈ igok xh Mjrk gA včge Cydu

çt kra= ykãdhl ykãdks } kjh vls ykãdks dsfy, cuk È
x; h l jdkj gA včge Cydu 'k= qkãdks fe= cuk dj D; k
eãmlgãu"V ugÈ dj jgk \ včge Cydu

vxj 'kãh plgrs gArks ykdfç; rk l scfp, Avčge Cydu
fe= oks gSft l ds 'k= qogh gAt ks vki ds 'k= qgA včge
Cydu

geskk è; lu eajf[k; s dh vki dk l Qy gkus dk l dYi
fdl h Hh vls l dYi l segl oi wZ gA včge Cydu

fdl ho k dks dk kus dsfy, vki eqs N%? kws nft ; s
vls eãigys plj ? kws dçgkMh dh ekj rã djusea
yxkãkAvčge Cydu

l lãkj. k fn [kus okys ykx gh nfu; k ds l cl s vPNs ykx gArks
gA; gh ot g gSfd Hxoku , d scgr l sylxã dk fuelzk
djrs gA včge Cydu

; fn vki , d ckj vius l kfh ukxfj dã dk Hh k k rãk-
nã rks vki fQj dHh mudk l Rclj vls l Eku ugÈ ik
l dãk včge Cydu

vxj dõks dh iW dks i\$ dgã rks dõks ds fdrusi\$ gq \
plj A iW dks i\$ dgus l sok i\$ ugÈ gk t k rã včge
Cydu

l Hh çplj ykdfç; gkus pfg, vls blgãft u rdi gpkuk
gSmues l sl cl s de çf) eku Q fã ds Hh l e> eavkus
pfg; a- vMkQ+fgVjy

t ks dLã Hh vkdk k dks gjk vls eñlu dks uhyk nã krk ; k
iã djrk gSml sekj nsuk pfg, - vMkQ+fgVjy

vk p; Z Hk] rãkM&QkM gR k dst fj; snqeu dks vñj l s
grkã kgr dj nks ; g Hfo"; dk ; q gS vMkQ+fgVjy

eglu vl R, onh eglu t knwj Hh gArsgA- vMkQ+fgVjy

dqky vls fujarj çplj dst fj; dLã ykãdks LoxZ
Hh udZ dh rjg fn [k; k t k l drk gS; k , d fcydy
eugw t hou dks LoxZ dh rjg fn [k; k t k l drk gS
vMkQ+fgVjy

dLã Hh xBcãku ft l dk mís; ; q 'lq djuk ugÈ gSoks
eñkãki wZ vls cãlj gS vMkQ+fgVjy

t eñh ; k rks , d foö&' kã glock ; k fQj glock gh ugÈ
vMkQ+fgVjy



doy ogli t k s; qkv h d k ekyd g r k g \$ Hfo"; eay Hk
mBrk g \$ v M V Q + fg V y j

, d Ā l Ā g h u s d s u k r s e q s [l m d k B x s t k u s l s c p h u s d k
d Ā d r D u g È g \$ y s d u l R v l \$ ū k d s f y , y M u s
d k e j k d r D g \$ v M V Q + fg V y j

l H h e g l u v k h s y u y k o f c ; v k h s y u g l r s g ā o e k u o h
t w w v l \$ H k o u k v h d k f o l Q W g l r s g ā t k s f d f o u k k
d h n o h ; k y s c h a d s c p c k y s x , ' K h a d h e ' k y d s } k j k
f o ; k ū b r f d ; s t k r s g ā v M V Q + fg V y j 1/2 A d o l f H i t l e r 1/2

e f d y l a d h o t g l s c p r k e a e r M o k d j k f l Q Z c g r
v e k ; k j h j k r h e a g h f l r k j s T ; k n k r t + p e d r s g ā

, d v P N h : g v l \$ n ; k y q ° n ; d k s d Ā p l t + b r u h n ū k
u g È i g o p r h f t r u k m u y l s c h a d s l k f k j g u k t k m l s u g È
l e > l d r s

e g l u Q f ā d k l c l s v P N k d l e g l r k g S e k Q + d j n s i k
v l \$ H y k n s i k

f t h x h e a n k s r j g d s f n u v k r a g ā , d f t l e s v k i t h r r s
g v l \$ n v j k o k n u t k s v k i d s f [k y l Q t k r k g \$ r k s t c
r ū g l i h t h r g l r k s ? e M e r d j k v l \$ t c p l t a r ū g l i s
f [k y l Q t k ; r k l c z d j k n k u h g h f n u r ū g l i s f y ,
i j h k g ā

t c n ū ; k v k i d k ? k y u l a d s c y f x j k n r h g S r c v k i
ç k f k d j u s d h l o k ū l e f l r F h e a g l r s g ā

H r ā A l i S y i n g s i n H i n d i

l c z l s t h r r ; g k s t k r h g \$

f ' K V k p j v P N k Q o g j d j u s e a d ņ [k p Z u g È g l r k i j
; g l c d ņ [k j m l d r k g \$

l E e k u i w z l l k Q x k ā l s e u k d j n s i k , d c M s v l \$ > B s
o k n s l s c g r j g l r k g \$

b ū k u H h f d r u k v t h c g S d h t c o g f d l h p l t + l s
M j r k g S r k s o g m l l s n j h k r k g S y s d u ; f n o g v Y l g
l s M j r k g S r k s m l d s v l \$ d j h c g l s t k r k

p a y h d j u k m l d k d l e g l r k g s t k s v i u s v k i d k c g r j
c u k u s e a v l e f l z g l r k g \$

H r ā A l i S y i n g s i n H i n d i

r ū g l i s n k L r H h r h u g ā v l \$ n ū e u H h r h u -

r ū g l i s n k L r ... , d r ū g l i k n k L r] r ū g l i s n k L r d k n k L r v l \$

r ū g l i s n ū e u d k n ū e u r ū g l i s n ū e u ... - r ū g l i k n ū e u]
r ū g l i s n k L r d k n ū e u v l \$ r ū g l i s n ū e u d k n k L r

v k [k a d s v k ā w f n y d h l [r h d h o t g l s l v k t k r a g ā v l \$
f n y c j c j x u l g d j u s d h o t g l s l [r g k t k r k g \$

r ū g l i k , d j c g S f Q j H h r e m l s ; k n u g È d j r s y s d u
m l d s f d r u s c ū s g ā f Q j H h o g r ū g s u g È H y r k

l j y r c x j l h j r d s , l k Q y g S f t l e s d k ū s T ; k n k g l s v l \$
[k j k w f c y d y u g l s

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from*

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