

DERAWAL PATRIKA **डेरावाल पत्रिका** *December 2017*



on Sunday, 24th December, 2017



ALL INDIA DERAVAL SAHAYAK SABHA (Regd.)

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DERAWAL PATRIKA

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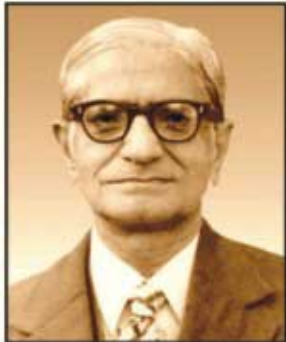
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ALL INDIA DERAawal SAHAYAK SABHA (REGD.)

Our Founding Fathers



Late Shri
Ram Nath Sachdeva



Late Shri
Bhagwan Dass Mehta



Late Shri
Sohan Lal Huria



Shri
Megh Raj Kherra



Late Shri
Hira Nand Mehta



Late Shri
Parma Nand Mehta



Late Shri
Amar Nath Mehta



Late Shri
Radhey Sham Dhingra



Shri
Mohan Lal Mehta



Late Shri
Hakim Tirath Dass Mehta

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Architects of Sabha



Late Shri B. D. Mehta
Founder of Derawal Bhiawan
and Founder of
Derawal Sewa Sangh (Regd.)



Late Shri H. C. Bhutani
Who laid the foundation stone of
Derawal Bhiawan, Kirti Nagar
in December, 1960



Late Shri R. N. Sachdeva
Founder and the First President
of
All India Derawal Sahayak Sabha (Regd.)

सभा के प्रेरणास्रोत



Late Shri. Ballu Ram



Late Shri. N. D. Gogia



Late Shri. G. D. Nangia



Late Shri. S. M. Chawla



Shri. R. S. Lal



Shri Rakesh Ahuja



Derawal Health Care Centre

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PHYSIOTHERAPY

Mon. to Sat.

Timing : 04:00 pm to 06:00 pm



DENTAL CARE

Mon. to Sat.

Timing : 03:30 pm to 05:30 pm



EYE CARE CENTRE

Mon., Wed. & Sat.

Timing : 03:30 pm to 05:30 pm

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APPEAL

GENEROUS DONATIONS FOR NOBLE CAUSE

Dear All,

Many years back, in an effort towards social well-being of the society especially the weaker sections, All India Derawal Sahayak Sabha, set up an Homeopathy Dispensary in Derawal Bhawan, Kirti Nagar. It was a humble beginning and the Dispensary was established under the patronage of Late Shri Sham Lal Ji Mehta. Later on Homoeopathy Clinic got renovated in the memory of Late Sh. Ram Kishan Chawla by Mrs. Santosh Chawla & his family . The service was quite popular and was running well. Further on, there had been an era of alternate medicine and the Sabha keeping in view the needs of the people, introduced facilities for Ayurvedic treatment. Homeopathic Dispensary in Derawal Bhawan, Kirti Nagar under Dr. Rita Wahi has acquired popular reputation in the area for the last 20 years.

Over the years, **All India Derawal Sahayak Sabha (Regd.)** has been considering various options for proper utilisation of idle space available in the Bhawan at Kirti Nagar. Free Health Check Up Camps were being organised every year by Late Shri G.D. NANGIA and Shri RAKESH AHUJA in co-ordination with the Sabha. Shri Rakesh Ahuja, the back-bone of the Health Care Project had been promoting the Noble Cause for the last five years but the project could not take shape till May, 2015 due to various reasons.

इंसान कहता है अगर पैसा हो तो मैं
कुछ कर के दिखाऊं, और पैसा कहता
है कि तू कुछ कर के दिखा तो मैं आऊं

कोई भी व्यक्ति
दान देकर कभी
गरीब नहीं बना है

Meanwhile, Derawal Sewa Sangh came forward to make available funds, earlier contributed for Old Age Home by S/Shri Ravi Khera and Girish Mehta for setting up of Physiotherapy Centre. Furniture for the centre too was provided by S/Shri Ravi Khera and Girish Mehta.

Accordingly, the space in the Bhawan was renovated and fully air-conditioned to give it a decent look of a modern Health Care Centre. As a first step along with the Homeopathy facility already available, the physiotherapy facilities with the Latest Digital Equipment and well-qualified medical faculty have been provided. It was finally on 10th May, 2015 that Derawal Health Care Centre became functional in Derawal Bhawan, Kirti Nagar, New Delhi-15.

In addition, Dental Care Project was initiated by **Shri Girish Mehta** with **Rotary Club** of New Delhi, and the Club donated the **Dental Chair** with ultra modern latest equipment and medical accessories, to AIDSS, to run it as a charitable clinic for the needy in the community. Dental Unit was inaugurated on 26th March, 2016 by RTN Sudhir Mangla District Governor 3011, Rotary International. S/Shri Ravi Khera and Girish Mehta were given responsibility for successful operation of the project.

“StrengtH, exERcise, eAt, Live, fiTness, cHallenge, enjoY.”

Initially we opt for 3 working days only. But due to persistent demand, effective 16th Nov.2017, Dental Care is now open for six working days.

EYE CARE CENTRE, a proposal again initiated by Shri Rakesh Ahuja and Mrs. Vinod Ahuja. They donated all the equipment's with latest technology. A dream project of theirs - was inaugurated on 15th January 2017 by Dr. Archika Sudhanshu at 1st floor of Derawal Bhawan, Kirti Nagar. Responsibilities for this too have been given to S/Shri Ravi Khera, Girish Mehta and Rajender Mehta under the guidance of Shri Rakesh Ahuja the Founder of **EYE CARE FOUNDATION**, New Delhi.

For the convenience of patient a new branded Lift has been installed at Derawal Bhawan, Kirti Nagar, New Delhi-110015

Recently as proposed and initiated by Shri Ravi Khera, the 3AC Rooms with bath rooms, small pantry and lobby duly renovated at 1st floor, are now available to the community members to facilitate their needs for small family functions and also for short stay of their Guests on charitable rates.

"It is health that is real wealth and not pieces of gold and silver."

Donations, fund-raising and charity are important aspects or rather back-bone of any social and welfare activity. We have to keep us bound with people supporting and helping such causes. The projects launched by the Sabha have been possible only with the generous funding from members and others. **For all this, your further support, good wishes and generous contributions are solicited.**

All of you with your friends and families are welcome to avail and Utilize our facilities at Derawal Charitable Health Care Centre. The transformation done at Derawal Bhawan, Kirti Nagar, is one of the finest in vicinity to ensure that your assistance would be well worth and for genuine noble cause.

"It's not how much we give but how much love we put into giving."

(CONTRIBUTIONS TO ALL INDIA DERAVAL SAHAYAK SABHA ARE ELIGIBLE FOR INCOME TAX REBATE UNDER SECTION 80 G.)

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Web : www.derawalsahayaksabha.com



ALL INDIA DERAawal SAHAYAK SABHA (Regd.)

F-27 & 28, KIRTI NAGAR, NEW DELHI - 110015

OUR CHIEF PATRONS

S.No.	Name	Year
1.	Sh. H.C. BHUTANI	1989
2.	Sh. N.D. GOGIA	2000
3.	Sh. M.M. MEHTA	2004
4.	Sh. RAKESH AHUJA	2008
5.	Sh. K.K. AHUJA	2013
6.	Sh. RAVI KHERA	2015

OUR ILLUSTRIOUS PRESIDENTS

1955-1962	SH. RAM NATH SACHDEVA	1986	SH. G.D. NANGIA
1963-1964	SH. BHAGWAN DAS MEHTA	1987	SH. RAKESH AHUJA
1965	SH. GHANSHAM DAS MAKHIJA	1988-1989	SH. M.M. MEHTA
1966	SH. P.N. BHUTANI	1990-1991	SH. N.D. GOGIA
1967	SH. MADAN LAL MONGIA	1992-1994	SH. G.D. TUTEJA
1968	SH. SHAM LAL MEHTA	1994-1995	SH. R.C. VERMA
1969	SH. MADAN LAL MAKHIJA	1996-1998	SH. S.M. CHAWLA
1970-1974	SH. PURAN CHAND NANGIA	1998-2000	SH. M.P. DAWAR
1975-1976	SH. TIRATH DAS MEHTA	2000-2002	SH. R. K. TARNEJA
1977	SH. GANGA DHAR GUGLANI	2002-2004	SH. RAVI KHERA
1978-1979	SH. M.L. NANGIA	2004-2007	SH. RAMESH AHUJA
1980	SH. JAI DEV LAL NANGIA	2007-2009	SH. D. P. MINOCHA
1981-1982	SH. MOHAN LAL AHUJA	2009-2011	SH. B. R. PULYANI
1983	SH. KRISHAN SARUP MAKHIJA	2011-2014	SH. ANURAG CHAWLA
1984	SH. MOHAN LAL SETHI	2014-2015	SH. SURENDER KUMAR MEHTA
1985	SH. M.L. GUGLANI	2016-2017	SH. VIJAY HURIA

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EDITORIAL

ANNUAL DERAVAL DAY..... A DAY OF RECKONING.....

It is now the 58th Annual Derawal Day, we are celebrating on 24th December, 2017. We have successfully strengthened the bonds in Derawal community scattered not only in the Capital and surrounding NCR regions but also in cities far and away wherever derawal brethren are residing. Though we are media publicized modern society with a mobile almost in each and every hand, yet the Annual Derawal Day gives us an opportunity to meet face to face our relatives and friends and their families. This surely becomes a rare occasion in the present day digitally busy society.

Efforts being made by our Sabha in the field of social welfare and health care for the needy have no doubt been commendable. Besides the successful efforts made during the last few years to involve younger generation in various activities, step taken by the Sabha to confer Dera Awards on our workers for their self-less services, is surely innovative and exemplary. This will no doubt give further boost and encourage

Youngsters to come forward and participate in functioning of the Sabha with extra zeal and vigour.

The occasion gives an opportunity to all the participants to visit Derawal Bhawan, Kirtinagar to see the transformation which ensures that their assistance has been well-worth and is utilized for the genuine social cause.

Happy Derawal Day and good wishes to all of you for the New Year, 2018.

—EDITOR

THOUGHT OF THE MONTH

"every Situation In Life Is Temporary. So When Life Is Good, Make Sure You Enjoy And Receive It Fully. And When Life Is Not So Good, Remember That It Will Not Last Forever And Better Days Are On The Way."

—CONFUCIOUS



Prof. Jagdish Mukhi,

**RAJ BHAVAN
GUWAHATI**

**No. GSAG/OFF/1/2017
December 11, 2017**



MESSAGE

I am glad to know that ALL INDIA DERAVAL SAHAYAK SABHA, Kirti Nagar, New Delhi is celebrating its 58th Annual Derawal Day on 24th December 2017 at S.D. Public School, Kirti Nagar, New Delhi.

I convey my best wishes for the successful 58th Annual Derawal Day Celebrations.

(Prof. Jagdish Mukhi)
Governor, Assam

MEENAKASHI LEKHI

Member of Parliament, Lok Sabha

मीनाक्षी लेखी

संसद, लोकसभा



Dated December 15, 2017
No.ML/MISC/2017/0000580



Message

It gives me immense pleasure that the All India Derawal Sahayak Sabh (Regd.), Kirti Nagar, New Delhi is celebrating its 58th Annual Derawal Day on Sunday, 24th December, 2017 at S.D. Public School (Near G-Block), Kirti Nagar, New Delhi-110015 and is bringing out Annual Derawal Patrika on this occasion for the month of December, 2017.

I take this opportunity to extend my warm greetings to all the members of All India Derawal Sahayak Sabha (Regd.), Kirti Nagar, New Delhi for their valuable services in the field of health care such as physiotherapy, honeopathy, free medical check-up, dental care on charitable basis.

I congratulate the All India Derawal Sahayak Sabha for bringing out their Annual Derawal Patrika and convey my best wishes for their all future endeavours.

(Meenakashi Lekhi)

To,

Shri Vijay Huria

President

All India Derawal Sahayak Sabha (Regd.)

Derawal Bhawan, F-27 & 28,

Kirti Nagar, New Delhi 110015

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शिवचरण गोयल

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Shiv Charan Goel

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Dated : 16.12.2017



मुझे जानकर अत्यंत हर्ष हो रहा है कि डेरावाल समाज इस वर्ष अपना 58वाँ वार्षिक समारोह मना रहा है। डेरावाल सभा निरंतर समाज सेवा के प्रयास में अग्रणी भूमिका निभा रहा है तथा इसी तरह यह समाज अपने दायित्वों की पूर्ति करते हुए मानव कल्याण में कार्यरत रहे।

इसी आशा के साथ मेरी ओर से हार्दिक शुभकामनाएँ।

शिवचरण गोयल
(विधायक मोती नगर)



सुभाष सचदेवा

पूर्व विधायक
दिल्ली विधान सभा



सत्यमेव जयते

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11 दिसम्बर 2017

संदेश



मुझे यह जानकर अति प्रसन्नता हुई कि ऑल इण्डिया डेरावाल सहायक सभा (रजि.), कीर्ति नगर, नई दिल्ली द्वारा 58वाँ वार्षिकोत्सव का आयोजन 24 दिसम्बर, 2017 को होने जा रहा है। इस सामाजिक, सांस्कृतिक व पारिवारिक परिवेश पर आधारित कार्यक्रम पर मैं आपको हार्दिक शुभकामनाएँ प्रेषित कर रहा हूँ।

इस तरह की आयोजन की आज के समाज में अति आवश्यकता है जो समाज को जागरूक एवं एक सूत्र में पिरोता है।

श्री विजय हरिया

प्रधान,

ऑल इण्डिया डेरावाल सहायक सभा
कीर्ति नगर, नई दिल्ली-110015

(सुभाष सचदेवा)

विपिन मल्होत्रा

निगम पार्षद एवं उप चैयरमैन
करोल बाग क्षेत्र (उत्तरी दिल्ली)
Karol Bagh Zone, North Delhi



Vipin Malhotra

Deputy Chairman
Karol Bagh Zone,
North Delhi

11 दिसम्बर 2017



संदेश

ऑल इण्डिया डेरावाल सहायक सभा (रजि.), कीर्ति नगर द्वारा प्रत्येक वर्ष की भाँति इस वर्ष भी 24 दिसम्बर 2017 को वार्षिकोत्सव का आयोजन किया जा रहा है।

इस उत्सव के सफल आयोजन के लिए मैं आपको हार्दिक शुभकामनाएँ प्रेषित कर रहा हूँ।

श्री विजय हुरिया

प्रधान,
ऑल इण्डिया डेरावाल सहायक सभा
कीर्ति नगर, नई दिल्ली-110015

(विपिन मल्होत्रा)

Office : 7/48, Moti Nagar, New Delhi-110015, Mobile : 7291999100, 9212067890

राज कुमार लाम्बा

पूर्व चैयरमैन
करोल बाग क्षेत्र (उत्तरी दिल्ली)
Karol Bagh Zone, North Delhi



Raj Kumar Lamba

Ex-Chairman
Karol Bagh Zone,
North Delhi



संदेश

11 दिसम्बर 2017

ऑल इण्डिया डेरावाल सहायक सभा (रजि.), कीर्ति नगर द्वारा प्रत्येक वर्ष की भाँति इस वर्ष भी 24 दिसम्बर 2017 को वार्षिकोत्सव का आयोजन किया जा रहा है।

इस उत्सव के सफल आयोजन के लिए मैं आपको हार्दिक शुभकामनाएँ प्रेषित कर रहा हूँ।

श्री विजय हरिया

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ऑल इण्डिया डेरावाल सहायक सभा
कीर्ति नगर, नई दिल्ली-110015

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Usha Mehta

Ex-Chairperson, Education Committee
North Delhi Municipal Corporation



Ph. : 011-65496973
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New Delhi - 110015



संदेश

11 दिसम्बर 2017

मुझे यह जानकर बहुत खुशी हुई कि ऑल इण्डिया डेरावाल सहायक सभा अपने 58वें वार्षिकोत्सव का आयोजन करने जा रही है। इस तरह के उत्सव समाज को एक सूत्र में बांधने का कार्य करते हैं।

मैं इस उत्सव के सफल आयोजन के लिये सभी सदस्यों को हार्दिक शुभकामनाएँ देती हूँ।

श्री विजय हरिया

प्रधान,
ऑल इण्डिया डेरावाल सहायक सभा
कीर्ति नगर, नई दिल्ली-110015

शुभकामनाएँ।

(उषा मेहता)

MESSAGE FROM



SH. MEGH RAJ KHERA

One of the Founders

ALL INDIA DERAVAL SAHAYAK SABHA (Regd.)

F-27 & 28, KIRTI NAGAR, NEW DELHI-110015

It gives me great pleasure to extend greetings to all Derawal Brethren and members of All India Derawal Sahayak Sabha (Regd.) on the occasion of **58th Annual Derawal Day on 24th Dec., 2017**

Having been part of the Sabha since its inception, I have seen with great satisfaction, a fruitful transformation in the functioning of Sabha for the cause of social well-being of the society. Setting up of **Charitable Derawal Health Care Center** for the needy and remembering the dedicated members by honouring them with **DERA AWARDS** - a new feather in the cap of the Sabha - have been the most remarkable steps. With more and more active participation of our younger generation in various activities, I expect the Sabha to achieve new heights in the field of social work, in the years ahead.

Wishing you all and your families
A Very Happy, Healthier and Prosperous Year, 2018.

MESSAGE FROM



**Heartiest Greetings on
the 58th Annual Derawal Day of
All India Derawal Sahayak Sabha (Regd.)
&
Best Wishes for a Happy & Prosperous
New Year 2018**

Madan Mohan Mehta
Chairman & Administration Trustee
All India Derawal Sahayak Sabha (Regd.)

MESSAGE FROM



SH. RAVI KHERA

Chief Patron & Administrative Trustee

ALL INDIA DERAVAL SAHAYAK SABHA (Regd.)

F-27 & 28, KIRTI NAGAR, NEW DELHI-110015

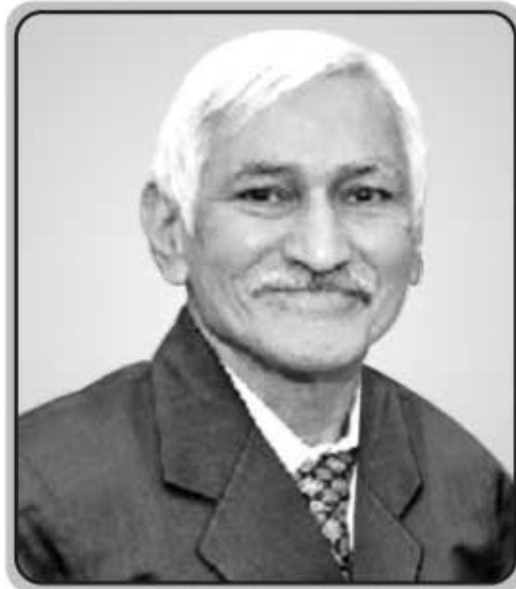
On this happy occasion of the celebration of our **58th Annual Derawal Day** on 24th Dec., 2017. I on behalf of All India Derawal Sahayak Sabha (Regd.) offer my best wishes and sincere greetings to all our Derawal within the country and abroad.

By every passing day AIDSS (Regd.) is doing the best of their ability to bring out remarkable improvement through social activities at Derawal Bhawan, Kirti Nagar and Derawal Bhawan, Haridwar. Thanks to the team of All India Derawal Sahayak Sabha (Regd.) and associated people for their **Selfless moral support & generous contributions of our Honored Donors.**

Special Thanks to the team for delivering outstanding services to the ailing people in **Charitable Derawal Health Care Centre** at Derawal Bhawan, Kirti Nagar, New Delhi. Rest assure you, that our efforts will be continued to further enhance the level and quality of the comforts in the field of Social Activities and Health Care Services.

Wishing you and your Family Members
A Very Happy Prosperous & Healthy New Year 2018

MESSAGE FROM



VIJAY HURIA
President

ALL INDIA DERAVAL SAHAYAK SABHA (Regd.)

F-27 & 28, KIRTI NAGAR, NEW DELHI-110015

It gives me immense pleasure to say that with the co-operation of all Derawal Brethren and the Generous contribution of our esteemed donors, your Sabha has been able to achieve the glorious heights in improvements both in Derawal Bhawan, Haridwar and Kirti Nagar.

I assure you that our team shall continue its best efforts in the same coin and always aim at, giving a fillip to the charitable and social activities of the Sabha.

Wishing you and your family A Very Happy, Healthy and Prosperous New Year 2018.



Yogesh Bhutani
9213479878, 8285009878



Jatinder Bhutani
9891011990

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(M) 9811067527



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Chief Patron & Administrative Trustee
D-85, Kirti Nagar,
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(R) 011-45076262



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26485722 (M) 9811060959



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(M) 8826988729



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(M) 9811027331



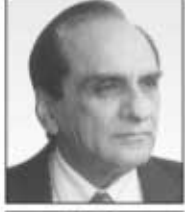
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ALL INDIA DERAWAL SAHAYAK SABHA (REGD.)

ON ITS ANNUAL FUNCTION ON SUNDAY 24th DEC. 2017 HONOUR



Following Derawals have attained the age of 85 yrs. and above. Sabha wishes them long & healthy life.



SMT. LAJ DHINGRA

D.O.B. : 14.01.1929

Age : More than 88 yrs.

D-49, Kirti Nagar, New Delhi-110015



SMT. RAM PYARI BHUTANI

W/o Late Sh. Radhey Shyam Bhutani

D.O.B. : Jan.1930

Age : More than 87 yrs.

R/o : B-19, Surya Nagar, Ghaziabad (U.P.)



SMT. SHILA DEVI

W/o Late Sh. Chander Parkash Gulati

D.O.B. : 08.08.1931

Age : More than 86 yrs.

R/o : 14/7-A, Tilak Nagar, New Delhi-110018

4. **SHRI J.C. KHANNA**
D.O.B. : 03.04.1929
Age : More than 88 yrs.
B-31, Vishal Enclave, New Delhi-110027
5. **SHRI SATYA PAL GROVER**
D.O.B. : 01.12.1929
Age : More than 88 yrs.
13/9, Old Rajendra Nagar, New Delhi-110060
6. **SHRI AMIR CHAND**
D.O.B. : 30.06.1930
Age : More than 87 yrs.
52/16, Faridabad (Haryana)
7. **SHRI DESH BANDHU AHUJA**
D.O.B. : 15.06.1928
Age : More than 89 yrs.
D-5, Vikas Puri, New Delhi-110018
8. **SHRI CHARAN DAS BANGIA**
D.O.B. : 08.07.1929
Age : More than 88 yrs.
1400/10, Bazar Katra Safed, Amritsar (Pb.)
9. **SHRI L.R. BAHL**
D.O.B. : 25.11.1930
Age : More than 87 yrs.
K-6, Kirti Nagar, New Delhi-110015
10. **SHRI NOTAN SETH**
D.O.B. : 08.09.1932
Age : More than 85 yrs.
E-69, Mansarover Garden, New Delhi-110015

11. **SHRI MADAN LAL MEHTA**
D.O.B. : YEAR 1929
Age : More than 88 yrs.
H. No. 3-4-103/4/A, Plot No.9, Radha Krishan Nagar, Atta Pur, Hyderabad (T.S.)
12. **SHRI D.N. MADAN**
D.O.B. : 03.11.1930
Age : More than 87 yrs.
129, Tarun Enclave, Pitampura, Delhi-110034
13. **SHRI GOPAL DAS AHUJA**
D.O.B. : 31.03.1929
Age : More than 88 yrs.
B-57, Shakti Apartments, Plot No. 5, Sec-29, Rohini Delhi-85

Following Derawals have attained the age of 90 yrs. and above. Sabha wishes them long & healthy life.



SHRI GOVIND LAL MEHTA

D.O.B. : 11.08.1925

Age : More than 92 yrs.

J-3/176, Rajouri Garden, New Delhi-110027



SHRI KRISHAN SARUP MAKHIYA

D.O.B. : 30.08.1926

Age : More than 91 yrs.

A-34, South Extn., New Delhi-110049



SHRI RADHEY SHYAM LAL

D.O.B. : 25.12.1926

Age : 91 yrs.

Virginia, USA



SHRI RAM KRISHAN TARNEJA

D.O.B. : 01.05.1927

Age : More than 90 yrs.

F-14, Kirti Nagar, New Delhi-110015



SHRI MEGH RAJ KHERA

D.O.B. : 02.10.1927

Age : More than 90 yrs.

D-85, Kirti Nagar, New Delhi-110015

6. **SHRI GANPAT RAI KHANNA**
D.O.B. : 25.10.1925
Age : More than 92 yrs.
G-17, 1st Floor, Kirti Nagar, New Delhi-110015
7. **SHRI SHIV PRATAP BUDHIRAJA**
D.O.B. : 11.11.1925
Age : More than 92 yrs.
1101, Jay Pee Green, Sect. 128, Noida-201304 (U.P.)
8. **SHRI PARTAP SINGH TANEJA**
D.O.B. : 18.11.1927
Age : More than 90 yrs.
7/48, South Patel Nagar, New Delhi-110008



ALL INDIA DERAWAL SAHAYAK SABHA (REGD.)

OUR HONOURED PRESIDENTS & GUESTS OF HONOUR AT ANNUAL DERAWAL DAY FUNCTION

YEAR	PRESIDENT	GUEST OF HONOUR	YEAR	PRESIDENT	GUEST OF HONOUR
1961	Dr. B.D. Kumar	—	1997	Smt. Usha Nangia	Sh. R.K. Ahuja
1962	Sh. R.B. Parma Nand Sachdeva	—			Sh. Sham Lal Huria
1963	Sh. Asa Nand Chugh	—	1998	Smt. Sneha Rajpal	Sh. Vijay Madan
1964	Sh. Sham Lal Mehta	—			Smt. Seema Makhija
1965	Sh. G.P. Bhutani	Sh. M.L. Mongia	1999	Sh. Mangal Sain Bawa	Sh. B.D. Gulati
1966	Sh. Brij Rattan Mehta	Sh. Anoop Chand Sachdeva			Sh. Yash Pal Mehta
1967	Sh. Ram Krishan Chawla	Sh. Hakeem Devkinandan Mehta			Sh. R.K. Mehta
1968	Sh. Jaman Lal Gulati	Sh. R.B. Bhagat Jagan Nath	2000	Smt. Sheela Pahwa	Sh. Chander Parkash Seth
1969	Sh. Kunwar Bhan Chugh	Sh. Tej Bhan Tola Ram Chugh			Sh. L.R. Kataria
1970	Sh. Sukh Dev Kumar	Sh. Mohan Lal Chowdhary	2001		Sh. Sham Lal Bajaj
1971	Sh. Sat Pal Madan	Sh. Asa Nand Nangia			Sh. Madan Lal Verma
1972	Sh. Topan Lal Ahuja	Sh. Om Prakash Taneja			Sh. Chander Parkash Bajaj
1973	Sh. Rattan Chand Verma	Sh. Sadhu Ram Mehta			Sh. Subhash Pahuja
1974	Sh. Tara Chand Kathuria	Sh. Roshan Lal Batra	2003	Sh. Satish Kalra	Sh. Ramesh Kathuria
1975	Sh. Mohan Lal Sethi	Sh. Asa Nand Nangia			Sh. Paul Verma
1976	Sh. Sukh Dev Gogia	Sh. Tej Bhan Kalra	2004	Smt. Bala Ahuja	Smt. Mitu Mehta
1977	Sh. Rajinder Kumar Gupta	Sh. V.K. Malhotra			Smt. Savitri Suneja
1978	Sh. Shanti Bhushan Arora	Sh. Atma Ram Grover	2005	Sh. Rajinder Taneja	Smt. Lilly Bhatia
1979	Smt. Ganga Devi Malhotra	Sh. Dina Nath Chawla			Smt. Jyoti Gulati
1980	Sh. Mohan Lal Ahuja	Sh. J.N. Hasija	2006	Sh. Harish Chawla	Sh. Shankar Das Manchanda
1981	Sh. J.K. Tarneja	Sh. Gian Chand Kumar			Smt. Karam Chand
1982	Sh. Radhey Sham Tuteja	Sh. Sukh Dev Gogia	2007	Sh. Manish Dewan	Sh. Lion Mahipal Budhraj
1983	Sh. Sukh Raj Narula	Sh. Gopal Krishan Bhatia			Sh. D.R. Kataria
1984	Smt. Saroj Nangia	Sh. Madan Mohan Lal Makhija	2008		Sh. B.B. Huria
1985	Sh. Mohan Lal Khattar	Smt. Mahesh Parkash			Sh. Manoj Huria
1986	Sh. Bhagwan Das Rajpal	Sh. K.K. Dhingra	2009	Sh. Sushil Kumar Mehta	Sh. Dharamvir Bhutani
1987	Sh. Gopal Das Bhutani	Sh. Ram Lal Bhutani			Sh. Mool Chand Chawla
1988	Sh. S.P. Grover	Sh. P.S. Wadhwa	2010	Sh. Ved Parkash Mehta	Sh. J.C. Khanna
1989	Sh. N.N. Bhutani	Sh. Ramesh Ahuja			Sh. Guru Dutt Rakheja
1990	Sh. Raman Bhutani	Sh. Shiv Khara	2012	Dr. Ram Saroop Verma	Sh. Gulshan Kumar Ahuja
1991	Sh. L.D. Kataria	Sh. Madan Lal Makhua			Sh. Madan Lal Makhija
1992	Sh. J.C. Dawar	Sh. Narinder Nath Sachdeva	2013	Sh. Anil Chawla	Sh. Tarun Chaudhary
1993	Sh. Brij Rattan Mehta	Smt. Shanti Devi Mehta			Sh. Ved Parkash Chawla
1994	Sh. Anand Dewan	Sh. Krishan Kumar Nangia	2014	Sh. Ram Saran Bhatia	Sh. Shammi Gambhir
1995	Sh. R.C. Virmani	Sh. Radhey Krishan Nangia			Sh. Ajay Sharma
		Sh. Sukh Dev Gogia	2015	Sh. B.R. Sikri	Sh. Ajit Sinha
1996	Smt. Kanta Rani Mehta	Smt. Mahesh Parkash			Sh. Arvind Chaudhary
			2016	Sh. Dalip Guglani	Smt. Shakuntla Bhatia
					Sh. D.N. Madan
			2017	Sh. Gaurav Bawa	Lion Vikram Sharma
					Sh. Vikas Sehra
					Sh. Sanjay Sharma
					Smt. Neena Sharma
					Smt. Shakuntla Bhambhani



ALL INDIA DERAawal SAHAYAK SABHA (REGD.)

DERAawal BHAWAN, F-27 & 28, Kirti Nagar, New Delhi-110 015

LIST OF OFFICE BEARERS

1955 TO 1960

President	Sh. R.N. Sachdeva
Vice President	Sh. Bhagwan Das Mehta
Secretary	Sh. Sohan Lal Huria
Jt. Secretary	Sh. M.R. Khera
Treasurer	Sh. Hira Nand Mehta

1961

President	Sh. R.N. Sachdeva
Sr. Vice-President	Sh. Bhagwan Das Mehta
Vice-President	Sh. P.N. Bhutani
Secretary	Sh. Sohan Lal Huria
Jt. Secretary	Sh. M.R. Khera
Treasurer	Sh. Hira Nand Mehta

1962

President	Sh. R.N. Sachdeva
Sr. Vice-President	Sh. Bhagwan Das Mehta
Vice-President	Sh. P.N. Bhutani
Secretary	Sh. Sohan Lal Huria
Jt. Secretary	Sh. M.R. Khera
Treasurer	Sh. Hira Nand Mehta

1963

President	Sh. Bhagwan Das Mehta
Sr. Vice-President	Sh. P.N. Bhutani
Vice-President	Sh. Amar Nath Mehta
Secretary	Sh. Sohan Lal Huria
Jt. Secretary	Sh. M.R. Khera

1964

President	Sh. Bhagwan Das Mehta
Sr. Vice President	Sh. Ghansham Das Makhija
Vice-President	Sh. P.N. Bhutani
Secretary	Sh. O.P. Guglani
Jt. Secretary	Sh. R.S. Dhirgra
Treasurer	Sh. Tirath Das Mehta

1965

President	Sh. G.D. Makhija
Sr. Vice President	Sh. P.N. Bhutani
Vice-President	Sh. Amar Nath Mehta
Secretary	Sh. D.D. Guglani
Jt. Secretary	Sh. R.S. Dhirgra
Treasurer	Sh. Sohan Lal Huria

1966

President	Sh. P.N. Bhutani
Sr. Vice President	Sh. M.L. Mongia
Vice-President	Sh. Sham Lal Mehta
Secretary	Sh. R.K. Tarneja
Jt. Secretary	Sh. L.N. Mehta
Treasurer	Sh. Sohan Lal Huria

1967

President	Sh. M.L. Mongia
Sr. Vice President	Sh. Sham Lal Mehta
Vice-President	Sh. G.D. Guglani
Secretary	Sh. L.N. Mehta
Jt. Secretary	Sh. P.N. Mehta
Treasurer	Sh. Sohan Lal Huria

1968

President	Sh. Sham Lal Mehta
Sr. Vice President	Sh. Tirath Das Mehta
Vice-President	Sh. Madan Makhija
Secretary	Sh. L.N. Mehta
Jt. Secretary	Sh. Raj Kishore Mehta
Treasurer	Sh. Sohan Lal Huria

1969

President	Sh. Madan Makhija
Sr. Vice President	Sh. P.C. Nangia
Vice-President	Sh. G.D. Tuteja
Secretary	Sh. Raj Kishore Mehta
Jt. Secretary	Sh. S.D. Mehta
Treasurer	Sh. R.K. Tarneja

1970

President	Sh. P.C. Nangia
Sr. Vice President	Sh. Tirath Das Mehta
Vice-President	Sh. Tej Bhan Das Chugh
Secretary	Sh. Bhola Nath Gogia
Jt. Secretary	Sh. J.N. Nagpal
Treasurer	Sh. Hira Nand Mehta

1971 - 1974

Chief Patron	Sh. H.C. Bhutani
Patron	Sh. S.L. Mehta
President	Sh. P.C. Nangia

1975 - 1976

President	Sh. T.D. Mehta
Secretary	Sh. J.N. Nagpal
Treasurer	Sh. Kedar Nath Lal

1977

President	Sh. G.D. Guglani
Vice-President	Sh. M.L. Nagpal
Secretary	Sh. J.N. Nagpal

1978

President	Sh. M.L. Nangia
Vice-President	Sh. Jai Dev Lal Nangia
Secretary	Sh. J.N. Nagpal
Jt. Secretary	Sh. S.K. Mehta
Treasurer	Sh. Kedar Nath Lal

1979

President	Sh. M.L. Nangia
Vice-President	Sh. Jai Dev Lal Nangia
Vice-President	Sh. J.N. Nagpal
Secretary	Sh. M.L. Guglani
Jt. Secretary	Sh. S.R. Bhutani
Treasurer	Sh. B.D. Khurana

1980

President	Sh. Jai Dev Lal Nangia
Vice-President	Sh. K.S. Makhija
Vice-President	Sh. M.L. Sethi
Secretary	Sh. A.N. Mehta
Jt. Secretary	Sh. S.R. Bhutani
Treasurer	Sh. M.L. Ahuja

1981

President	Sh. M.L. Ahuja
Sr. Vice-President	Sh. K.S. Makhija
Vice-President	Sh. M.L. Sethi
Secretary	Sh. M.L. Guglani
Jt. Secretary	Sh. L.N. Mehta
Treasurer	Sh. R.S. Dhirgra

1982

President	Sh. M.L. Ahuja
Sr. Vice-President	Sh. K.S. Makhija
Vice-President	Sh. M.L. Sethi
Secretary	Sh. M.L. Guglani
Jt. Secretary	Sh. L.N. Mehta
Treasurer	Sh. R.S. Dhirgra

1983

President	Sh. K.S. Makhija
Vice-President	Sh. M.L. Sethi
Vice-President	Sh. M.L. Guglani
Secretary	Sh. D.D. Nangia
Jt. Secretary	Sh. D.P. Minocha
Treasurer	Sh. R.S. Dhirgra

1984

President	Sh. M.L. Sethi
Vice-President	Sh. M.L. Guglani
Vice-President	Sh. G.D. Nangia
Secretary	Sh. D.D. Nangia
Jt. Secretary	Sh. S.D. Sachdeva
Treasurer	Sh. D.P. Minocha

1985

President	Sh. M.L. Guglani
Vice-President	Sh. G.D. Nangia
Vice-President	Sh. R.K. Ahuja
Secretary	Sh. D.D. Nangia
Jt. Secretary	Sh. S.D. Sachdeva
Treasurer	Sh. D.P. Minocha

1986

President	Sh. G.D. Nangia
Vice-President	Sh. Rakesh Ahuja
Vice-President	Sh. M.M. Mehta
Secretary	Sh. N.D. Gogia
Jt. Secretary	Sh. D.P. Minocha
Treasurer	Sh. S.D. Sachdeva

1987

President	Sh. Rakesh Ahuja
Vice-President	Sh. M.M. Mehta
Vice-President	Sh. S.D. Sachdeva
Secretary	Sh. N.D. Gogia
Jt. Secretary	Sh. D.P. Minocha
Treasurer	Sh. K.N. Nagpal

1988 - 1989

President	Sh. M.M. Mehta
Vice-President	Sh. D.D. Nangia
Vice-President	Sh. G.D. Bhutani
Secretary	Sh. N.D. Gogia
Jt. Secretary	Sh. Ravi Khara
Treasurer	Sh. K.N. Nagpal

1989-1990

President	Sh. M.M. Mehta
Vice-President	Sh. N.D. Gogia
Vice-President	Sh. G.D. Tuteja
Secretary	Sh. S.D. Sachdeva
Jt. Secretary	Sh. Ravi Khara
Treasurer	Sh. K.N. Nagpal

1990 - 1991

President	Sh. N.D. Gogia
Vice-President	Sh. G.D. Tuteja
Vice-President	Sh. S.D. Sachdeva
Secretary	Sh. D.P. Minocha
Jt. Secretary	Sh. Vijay Khaneja
Treasurer	Sh. K.N. Nagpal

1992 - 1993

President	Sh. G.D. Tuteja
Vice-President	Sh. S.D. Sachdeva
Vice-President	Sh. R.C. Verma
Secretary	Sh. L.N. Mehta
Jt. Secretary	Sh. K.N. Nagpal
Treasurer	Sh. D.P. Minocha

1994 - 1995

President	Sh. R.C. Verma
Sr. Vice-President	Sh. S.M. Chawla
Vice-President	Sh. M.P. Dawar
Secretary	Sh. R.K. Tarneja
Jt. Secretary	Sh. D.P. Rajpal
Treasurer	Sh. D.P. Minocha

1996 - 1997

President	Sh. S.M. Chawla
Sr. Vice-President	Sh. M.P. Dawar
Vice-President	Sh. R.K. Tarneja
Secretary	Sh. D.P. Minocha
Jt. Secretary	Sh. D.P. Rajpal
Treasurer	Sh. K.N. Nagpal

1998 - 1999

President	Sh. M.P. Dawar
Vice-President	Sh. R.K. Tarneja
Vice-President	Sh. Ravi Khara
Secretary	Sh. Ramesh Ahuja
Jt. Secretary	Sh. B.R. Pulyani
Treasurer	Sh. K.N. Nagpal

2000 - 2001

President	Sh. R.K. Tarneja
Vice-President	Sh. Ravi Khara
Vice-President	Sh. Ramesh Ahuja
Secretary	Sh. B.R. Pulyani
Jt. Secretary	Sh. D.P. Rajpal
Treasurer	Sh. Ashok Mehta

2002 - 2003

President	Sh. Ravi Khara
Sr. Vice-President	Sh. Ramesh Ahuja
Vice-President	Sh. D.P. Minocha
Secretary	Sh. B.R. Pulyani
Jt. Secretary	Sh. D.P. Rajpal
Treasurer	Sh. K.N. Nagpal

2004 - 2005

President	Sh. Ramesh Ahuja
Sr. Vice-President	Sh. D.P. Minocha
Vice-President	Sh. B.R. Pulyani
Secretary	Sh. Anurag Chawla
Jt. Secretary	Sh. Hans Raj Kalra
Treasurer	Sh. K.N. Nagpal

2006

President	Sh. Ramesh Ahuja
Sr. Vice-President	Sh. D.P. Minocha
Vice-President	Sh. B.R. Pulyani
Secretary	Sh. Anurag Chawla
Jt. Secretary	Sh. Hans Raj Kalra
Treasurer	Sh. K.N. Nagpal

2007 - 2008

President	Sh. D.P. Minocha
Sr. Vice-President	Sh. B.R. Pulyani
Vice-President	Sh. Anurag Chawla
Secretary	Sh. Vijay Huria
Jt. Secretary	Sh. Hans Raj Kalra
Treasurer	Sh. K.N. Nagpal

2009 - 2010

President	Sh. B.R. Pulyani
Vice-President	Sh. Anurag Chawla
Secretary	Sh. Vijay Huria
Jt. Secretary	Sh. K.N. Nagpal
Treasurer	Sh. S.K. Budhiraja

2011 - 2012

President	Sh. Anurag Chawla
Sr. Vice-President	Sh. K.N. Nagpal
Secretary	Sh. Vijay Huria
Jt. Secretary	Sh. S.K. Budhiraja
Treasurer	Sh. Inder Dhirgra

2013

President	Sh. Anurag Chawla
Sr. Vice-President	Sh. Surender Kumar Mehta
Vice-President	Sh. K.N. Nagpal
Secretary	Sh. Vijay Huria
Jt. Secretary	Sh. S.K. Budhiraja
Treasurer	Sh. Inder Dhirgra

2014-2015

President	Sh. Surender Kumar Mehta
Sr. Vice-President	Sh. Vijay Huria
Vice-President	Sh. Inder Dhirgra
Secretary	Sh. Surinder Budhiraja
Jt. Secretary	Sh. Madan Chawla
Treasurer	Sh. B.B. Ahuja

2016 - 2017

President	Sh. Vijay Huria
Sr. Vice-President	Sh. Inder Dhirgra
Vice-President	Sh. Madan Chawla
Secretary	Sh. Surinder Budhiraja
Jt. Secretary	Sh. Rakesh Minocha
Treasurer	Sh. B.B. Ahuja



Secretary's Report

W.E.F. OCT. 2016 - SEP. 2017

Dear friends,

It gives me utmost pleasure in presenting Annual Report of All India Derawal Sahayak Sabha (Regd.) for the above period.

ANNUAL DERAWAL DAY :

Our Sabha celebrated its 57th Annual Derawal Day Function on Sunday the 11th December, 2016 with usual gaiety at S.D. PUBLIC SCHOOL GROUNDS, Kirti Nagar, New Delhi.

The function was graced with the august presence of Shri Dalip Guglani, NRI from USA, as President of Function, Sh. Vikas Sehra, prominent Pharmaceutical businessman was honoured as Chief Guest., Sh. Sanjay Sharma and Smt. Neena Sharma were the Guests of Honour. Besides the above dignitaries, large number of Derawals not only from Delhi, but from adjoining States also attended the function. Interesting cultural programmes from local children and professional artists were presented. Derawals who had attained the age of 85 and above, were honoured. Blankets to needy persons were distributed. Trophies / Shawls were presented to our valued donors. Some of our dedicated members of Sabha were also honoured for their services. S/Shri Radhy Sham Lal and Madan Lal Mkahija were conferred with LIFE TIME ACHIEVEMENT Awards. Sh. D.P. Minocha honoured with DERA VIBHUSHAN Award. Sh. L.N. Mehta (Editor of Derawal Patrika) was honoured with DERA BHUSHAN Award. Shri Sita Ram Bhutani was honoured with DERA KARAMVEER AWARD & Smt. Vinod Ahuja was presented with DERA SHRADDHA SAMMAAN AWARD.

INAUGURATION OF EYE CARE CLINIC :

Your Sabha is steadily progressing in providing Charitable Health care to the masses. Charitable Eye Care Clinic was inaugurated on 15th January, 2017 at Derawal Bhawan Kirti Nagar, Inauguration was done by Dr. Archika D/o Acharya Sudhanshu Ji Maharaj and representatives of Eye Care Foundation were also present Now Eye Care Clinic is functioning very efficiently three days in a week.

RETREAT :

To celebrate the grand success of 57th Annual Derawal Day function, a small function of Retreat was organised on 5th March, 2017 at Above & Beyond Restaurant, Kirti Nagar, New Delhi. Some of our distinguished donors were honoured, presented with Collage showing their memorable moments. Dinner was served.

HEALTH CHECK UP CAMP :

Alike previous so many years, our Sabha organised a Free Medical Health Check Up Camp at Derawal Bhawan, Kirti Nagar, on 19th March, 2017. More than 250 patients were benefitted by well qualified and specialists doctors in various department from MAX Hospital,

Saket & Kalra Hospital, Kirti Nagar. The prominent specialists in the field of medical services i.e. Eye, Ear, Dental, Bone Density, Cardiology, E.C.G., General Medicine, Orthopedics & Homoeopathy attended and gave their expert advice. Free Blood Sugar Checkup Camp was provide by Janta X-ray Clinic, Tilak Nagar , New Delhi.

JYOT YATRA PROCESSION :

This year too, the Sabha arranged a trip to Holy City of Haridwar for the AARTI OF MAA GANGA. A.C. bus was arranged which started from Kirti Nagar, on the night of 13th April 2017, reached Haridwar on 14th morning. Many many derawals reached to join Jyot Yatra, in their own conveyance or by train. Delicious Breakfast, Day Meals and Dinner were served to all the Yatris. Pt. Mahesh Sharma performed Puja and Jyot Procession started with Band-Baja and traditional Dandiya (Chhej) and proceeded to Har-Ki-Pauri and Pooja of Maa Ganga was attended by all the participants. The Jyot was then sub-merged in the Holy waters of Maa Ganga after Aarti.

RENOVATION AT DERAVAL BHAVAN KIRTI NAGAR :

Renovation work at 1st Floor of Derawal Bhawan Kirti Nagar has been completed, White wash done. For the convenience of patients, a Lift has been installed with comfortable living facilities.

FREE SERVICES AT DERAVAL BHAWAN, NEW DELHI :

Sabha is providing the services of a qualified Nurse, who visits 8-10 houses daily and checks up B/P and Blood Sugar for the senior citizens in their houses. She also attends to patients visiting Derawal Bhavan, Kirti Nagar. B/P and B/Sugar also is done for the members of Retired Persons Welfare Association Kirti Nagar, once in every month, free of charge. Besides charitable services are being provided by qualified doctors in Homoeopathic Dispensary, Physiotherapy, Dental Care and Eye Care under DERAVAL HEALTH CARE CENTRE at Derawal Bhavan, Kirti Nagar, New Delhi. Charitable Matrimonial Services are being undertaken on every Saturday and Sunday at Derawal Bhawan, Kirti Nagar.

SPECIAL FEATURES :

Monthly Derawal Patrika and all important information is also appearing on the Website of the Sabha. The suggestions for improvement are always welcome.

Dear Friends from the above you will agree that the year under review has shown substantial achievements for which each one of us can be justifiably proud of. This could be possible only because of our valued Donors, selfless and dedicated co-operation of all of you and Derawal Young Members in particular and the timely guidance of our worthy Chairman, Chief Patron, Patrons, Administrative Trustees, Celebrities and all my senior colleagues and the staff at Derawal Bhavan at New Delhi and Haridwar. I am fully confident that with this help and encourage we shall continue to serve the community in future also.

Thank you once again.

—SURINDER BUDHIRAJA
Secretary



WELCOME ADDRESS

Presented by

ALL INDIA DERAVAL SAHAYAK SABHA (REGD.)

F-27/28, Kirti Nagar, New Delhi-110015

to

SHRI GAURAV BAWA

PRESIDENT OF THE FUNCTION

at

58th ANNUAL DERAVAL DAY FUNCTION

held on SUNDAY, THE 24th DECEMBER, 2017

Sir,

All India Derawal Sahayak Sabha (Regd.) has the proud privilege of welcoming you today at its **58th Annual Derawal Day** as **President of Jalsa**, being celebrated by it and offers you and all the members of your family warm Greetings and Very Best wishes for the ensuing New Year, 2018.

Sir, You were born on 16th November, 1976 with silver spoon in your mouth, to a well known Bawa family at Kirti Nagar, New Delhi. Your bringing up took place with comforts and after completion of your schooling education you availed the opportunity in 1988 of professional training GII to add value to the family tradition of Jewellery business.

Sir, you are young Jewellery Entrepreneur being co-founder and CEO of Bawa Jewellers Pvt. Ltd, a tradition of trust that started all the way back in 1928, nurtured over three generations by the Bawa Family. It began with the pioneers of Shri Bawa Ram Ditta Mal (Great Grand Father), Bawa Ram Lubhaya Mal (Grand Father) and passed on to Late Shri Mangal Sain Bawa (father) and then on to the present generation represented by yourself and Shri Nitian Bawa your younger brother. Sir, you combined not only the traditional values of Bawa Family to the business acumen but also impeccable technical process with Degree in Gemology and Diamond Sorting and its grading also. Now you are Govt. approved jewellery valuer too and also the leading edge of Bawa Jewellers.

Sir, your respected father Late Shri Mangal Sain Bawa was an asset to the community and a well known personality of Kirti Nagar with extra ordinary qualities and unforgettable deeds. He was very honest Godfearing. After partition

of the country when your family of elders migrated to India your father earned his livelihood with hard work after settling the traditional jewellery business initially at Rohtak which later on was shifted and carried on in Kirti Nagar with jewellery of 23 Kt. only. Frankly speaking he was a proven boon donor for the social, religious and political institutions/associations. He for his best dedicated selfless services and devotions for the welfare of social and religious institutions was also honoured by our Sabha many a times.

Your mother Smt. Veena Bawa is also very generous, pious and religious minded lady leading the life with simplicity. She is blessed with two sons i.e. you Gaurav Bawa and your brother Nitin Bawa. Both are married, well settled and leading a happy married life.

With the blessings of Almighty Sir, you were married to Ms. Meenu Jain a lady well cultured educated with sober nature and you have been blessed with two sons Aryan Bawa (15 years) and Arav Bawa (8 years) who are studying.

Sir, like your father you are very generous, religious and most cooperative personality. You are so firm in your life that you always are hopeful to achieve a particular goal and equipped with best ability and art you achieved what you thought. Sir, while acquiring all the rare qualities of your late respected father stepped into his shoes and have gained same repute and goodwill in the society.

Sir, All India Derawal Sahayak Sabha expresses its heartfelt gratitude and really proud of your achievements, emotions and sentiments that you are a distinguished Personality and it prays may God bless you and your family members a long life and good health to enable you sir, to continue to serve needy persons at large particularly Derawal Community with the same zeal and vigour as you have shown till this day.





WELCOME ADDRESS

Presented by

ALL INDIA DERAVAL SAHAYAK SABHA (REGD.)

F-27/28, Kirti Nagar, New Delhi-110015

to

SMT. SHAKUNTALA BHAMBHANI

CHIEF GUEST OF THE FUNCTION

at

58th ANNUAL DERAVAL DAY FUNCTION

held on SUNDAY, THE 24th DECEMBER, 2017

Madam,

It is with a sense of pride and pleasure that **All India Derawal Sahayak Sabha (Regd)** avails itself of this opportunity of welcoming your August personality to this **58th Annual Derawal Day Function** as its **Chief Guest** and offers you and all the members of your family warm greetings and best wishes for the ensuing New Year 2017.

Madam, you are the scion of illustriousness, being groomed into a fine talented lady of great intellect and knowledge even during all ups and downs of life, and you completed your responsibilities most successfully and provided everything to your children viz best education & basic amenities to enable them to develop their respective career.

Madam, you were born at Multan in 1939 to Punjabi Parents a recognized business family of Multan who migrated to Delhi after partition. You married to Mr. Rabindernath Thakurdas Bhambhani in 1960, Textile Engineer with renowned Mills including Raymonds at Bombay. It was great misfortune that cruel hands of death took him away in his youth. You madam, during those hard days came in job of a teacher and gave education to students till 1975. You being fond of to develop a better career remained involved with further education at Bombay as well at Delhi, even during tenure of your teaching skill and upgraded your knowledge to become a lady of high caliber.

Since the very inception and during tenure of academic higher study / qualification you remained highly enthusiastic and proved yourself to be a self made personality. You Madam, coming from a business background (your revered father late Sham Lal Khurana a famous business magnet of Multan) on account of your hard work and extreme devotions your dream to become a business magnet came true. You started your own finance business without support or any help of anybody else. On account of your hard labour and earnest efforts that day was not too far when with the blessings of your elders

and almighty small finance business under the name and style of “Chandra Lakshmi” touched its heights and now has attained a respectable stature and name in NCR and many parts of India.

Madam, with the grace of God you have been blessed with a son namely Kamal Bhambhani and a daughter Manju Minocha. Both are married and well settled and you are ranked Grand Ma of five children. Both of your children and grand children are successfully working in their own areas of interest besides involving in social and religious fields. Shri Kamal Bhambhni has attained a remarkable goodwill on account of his selfless services/ involvement for the good of helpless and poor downtrodden people in the field of children education and upliftment of society under the banner of Rotary Club and Derawal Sewa Sangh.

Madam, besides all above you are embeded with more extra ordinary qualities. Your diligency indeed and simplicity, you being a LADY OF WORDS, your disciplinary attitude are the attractions that people are acquainted with and inspired and you have become a Role model. Truly speaking Madam you have also shown exemplary commitment to society and social institutions by your selfless services in Annual Blood Donation Camps for the past 23 years, collecting blood for Rotary Blood Bank.

Madam, All India Derawal Sahayak Sabha expresses its heartfelt gratitude for your acceptance of the invitation to be the chief guest of honour of the Function at this celebration. It also prays to Almighty to grant you and all members of your family a long healthy life prosperity and much more courage and worth to enable you to continue your purposeful activities in the service of nation in General and Derawal community in particular.



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DERA RATTAN



SH. MADAN MOHAN MEHTA

Shri Madan Mohan Mehta was born on 1st January, 1945 in Dera Ghazi Khan (now in Pakistan) to Late Shri Hira Nand Mehta and Late Shrimati Ram Devi. After migration to India after partition he did his schooling from Government School, in Delhi. He continued his studies further to acquire diploma in mechanical engineering from PUSA Polytechnic and joined National Physical Laboratory as Technical Asstt. as his first job. He having been selected from NPL for higher technical education on scholarship he got admitted in Sorbon University Paris (France) as a scholarship holder and received BTs BE Degree in Mech. Engineering to develop his career successfully.

His father Late Shri Hira Nand Mehta before partition was a famous drawing school teacher in Dera Ghazi Khan. After partition his father managed to have his own house in Kirti Nagar, New Delhi. The family of his father consisted of four daughters and two sons. They were all married and had been leading happy married life. At present only one of his sisters is alive. He being a qualified Mech. Engineer entered into business line and within short period success touched his feet and his business flourished to its heights.

He was married to Usha (Meetu) daughter of Late Shri G.L. Khanna of renowned Khanna Family. She has not only been a source of strength in her husband's achievements but also been a partner in all his endeavours. She has also been shouldering the responsibility in her excellency for long time to devote her valuable time to help the patients in Physiotherapy centre in Bhawan Premises. With blessing of God Shri Mehta ji has two daughters Mona and Reema who are well educated and married and leading a happy married life.

His late father and uncle late Shri Parma Nand Mehta were closely attached to Derawal Sahayak Sabha and other charitable institutions and served them with core. He being deeply influenced by their devotions and dedicated social and religious services got entry in Derawal Sahayak Sabha as a Vice President initially in the year 1986 and thereafter with passage of time he took over charge with portfolio of President, Chief Patron and at present he is the Chairman of our Sabha. Shri Mehtaji had also successfully been discharging the responsibility of Publisher of our Derawal Patrika for long time. During his tenure as head of the institution the Sabha successfully launched Derawal Health Care Centre fully equipped with Physiotherapy, Eye Care and Dental Care Units with senior highly qualified doctors. Homeopathic dispensary being run in Bhawan premises is also a role model charitable activity for the last more than three decades.

He is very gentle, soft spoken and religious personality. For the last more than thirty years he is very much attached with Derawal Sahayak Sabha in particular and other social and religious institutions including Derawal Sewa Sangh (Regd). He is great donor as well. He would never miss any opportunity as and when there was any such need he helped the poor, helpless and downtrodden people, in cash or kind. The said approach that he adopted early in his life, resulted in all his endeavours achieving great success and earning laurels. His vision, journey and struggles against all odds and his contributions to the society are a source of inspiration for one and all.

He for his uncounted social, religious activities and unforgettable long inspiring association of more than 30 years, was given much appreciations by the Sabha. Now it is unanimous decision of the Committee of the Sabha to confer the **DERA RATTAN AWARD** on Shri M. M. Mehta.

All India Derawal Sahayak Sabha (Regd.) wishes Shri M. M. Mehta to bless him and all members of your family with a long healthy and prosperous life to serve the society as well as our community as a whole.



LIFE TIME ACHIEVEMENT AWARD



SHRI SUKHDEV GOGIA

Shri Sukhdev Gogia son of late Shri Parma Nand Gogia was born in Dera Ghazikhan on 16.6.1926. His father was working as an officer in P&T Deptt. and was popular personality for social services in Derawal Community in D.G.Khan. His late mother Smt. Shanti Devi was also a well known figure and commanded respect from all walks of society. He had one elder and one younger brother but both of them have already left for heavenly abode. Out of his three sisters only one is alive. He got married in 1958 and was blessed with three children. His only son Shri Deepak Gogia is married and well settled. At present he is residing with his said son and his family.

After passing his matriculation examination from Hindu High school in Dera Ghazikhan, Shri Gogiaji did his graduation from Sanatan Dharam College at Lahore and has very amicable friends circle. His taste of life and ambitions were somewhat different from his other associates who believed that the education had glamour it being instrumental in helping to obtain jobs. He yearned to do something which would make him active, zealous and away from a fixed routine of life.

He migrated to India just before the partition and initially settled in Ambala. He tried his hand at various types of businesses but finally established himself in Delhi as a class-A Government Contractor for irrigation and public works departments. He though was not an engineer by profession but his innate and inborn qualities made him more than a professional. and he earned remarkable goodwill while working in various prestigious projects including Bhakra Nangal Dam, ITO bridge etc. After couple of years he shifted his operation to UP. He worked there for other types of river contracts, including barrage and siphon in its various cities i.e Roorkee, Gorakhpur etc and after his hard work for thirty years he voluntarily retired himself in 1996.

Mr. Gogia may be above 90 years old now but is wordly wise thoughtful and sympathetic and yet humble. He is bold, forthright and yet kind. There is hardly any cause which he has not helped in his own quite style and that is what gives him the strength of a qualified character. He has lived a most untarnished life. There is an instance for his popularity among his friends and colleagues who used to call him "Prince". He is a living and walking encyclopedia over all kinds of matters say socially, financially and for family endeavors. He is one of those on whose young and broad shoulders the Sabha could place greater responsibility. Where ever he goes his moral contribution will be of great asset.

With all above extra-ordinary qualities in his account, he is closely attached not only with the Sabha since 1976 but also with other social welfare institutions of our community. He has served the Sabha not as donor but otherwise in other activities with moral devoted support also and on date he is one of the Patrons of our Sabha. The Sabha owes a great debt of gratitude to Shri Sukhdev Gogia. For his exemplary moral contribution to social and religious services he has been honoured by the Sabha many a times with shawl saropas and Trophy.

All India Derawal Sahayak Sabha (Regd) New Delhi, feels pride in conferring **LIFE TIME ACHIEVEMENT AWARD** to Shri Sukh Dev Gogia. May God give him strength and courage to continue his mission of life for many years more with the same selfless devotions.



LIFE TIME ACHIEVEMENT AWARD



SHRI ANAND SWAROOP ANAND

Shri Anand Swaroop Anand was born in Dec 1927 in Dera Ghazi Khan (now in Pakistan) to Late Shri Tek Chand and Late Shrimati Ganga Devi(D/o Jamnu Ram Bhutani). He did his schooling from Hindu High School in DG Khan itself. He continued his studies further to acquire degrees of M.A in Hindi from Allahabad University, M.A in English from Aligarh University and B.Ed from Punjab University. During the course of acquiring higher knowledge he also worked as a typist to augment the meagre financial resources. It was also during his graduation days that he was drawn to the concept of patriotism and participated in the freedom struggle in various measures. He went to jail a number of times and was a very active freedom fighter.

After partition in 1947, Shri AS Anand chose to adopt teaching as his profession and his journey started from Salwan Public School in Rajinder Nagar, New Delhi. It was here that he, under the guidance and leadership of Shri Girdhari Lal Salwan setup a school for children of refugees at a nominal fee of 25p per child. This association was to flourish for next 20 years and served as a foundation for the rest of his life. His experience as a teacher took him to Ethiopia, Africa, where he earned respect and laurels working as an English Teacher among the Hellenic Community at Asmara, Ethiopia for 3 years. On his return to India he again joined teaching profession in JD Tytler School and imparted education for 4 years.

Shri AS Anand, with all the experience and passion for knowledge finally decided to open his own school where he could impart education based on values and carryout all round development of a child. Thus was born Doon Public School in Paschim Vihar, New Delhi in 1978. Under his guidance this institution grew from one child to 2500 students with a staff of 125 and is known for its achievements in all fields in New Delhi. His unending endeavours to contribute towards the betterment of the society in the field of education took him to open another Doon Public School in Panchkula.

Other significant milestones of his life have been, firstly, opening of a destitute home for homeless and orphan girls. This destitute home, aptly named 'MatriKunj' adopted orphan girls from Prayas Society in New Delhi. These girls were provided not just shelter but also education and training in various fields and finally married in good families where they continue to have a happy life. Secondly, he also formed 'New Hope Seekers Society', a charitable institution which undertook a number of activities like free computer classes for under privileged girls, running a mobile clinic including an in-house doctor and organizing free medical checkup camps in the neighbouring villages regularly. Believing strongly that there are only two professions which can make or break a society, namely, Teacher and Doctor, the society also felicitated people, annually, who have made contributions from these two fields.

Shri AS Anand was deeply influenced by the teachings of Swami Vivekanand especially his quote of 'Arise, Awake and stop not till the goal is reached'. It was this approach that he adopted early in his life which resulted in all his endeavours achieving great success and earning laurels. His vision, journey and struggles against all odds and his contributions to the society are a source of inspiration for one and all.

Shri AS Anand is married to Smt Swaran Anand, who has not only been a source of strength in her husband's achievements but also been a partner in all his endeavours. She also shouldered the responsibility in her excellency for number of years, for upliftment of running Rose Valley Public School at Derawal Bhawan, Kirti Nagar, New Delhi (already being run and managed by our Sabha). She did in an impeccable manner and for her said excellent devotion she was honoured profusely by the Sabha Management.

The couple is blessed with two children, Son and Daughter. His son, Capt Sanjay Anand, SM and his wife, Sunita are managing the DPS at Panchkula and his daughter, Vandana is married to Lt Gen HJS Sachdev, PVSM, AVSM, SM, who has now retired from the Army.

Shri A.S. Anand was very much attached to the Sabha since the time this society came into existence say about 60 years back, not only with its management but also with other social and charitable activities of the Sabha. He was never allowed to miss a single meeting of the Sabha. Not only his wife but Shri A.S. Anand and his daughter Mrs. Vandana Sachdev had also played a dominant role for the upliftment of Rose Valley School at Derawal Bhawan Kirti Nagar, New Delhi. Shri A.S. Anand is now one of the patrons of the Sabha. He for his uncounted social, religious activities and unforgettable long inspiring association was honoured by the Sabha particularly at the celebration of Silver Jubilee Anniversary of his Doon Public School Paschim Vihar, New Delhi, with a Trophy.

It is unanimous decision of the Committee of the Sabha to confer the LIFE TIME ACHIEVEMENT AWARD on Shri A.S. Anand.

All India Derawal Sahayak Sabha (Regd) wishes Shri A.S. Anand a long health and prosperous life to serve the society as well as our community as a whole.



LIFE TIME ACHIEVEMENT AWARD



SHRI K.S. MAKHIJA

Shri Krishan Swarup Makhija was born on 30th August 1926 to Shri Bhagwan Dass Makhija and Smt. Tulsi Bai. His parents were highly religious and God fearing and true disciples of Lord Krishna and Lord Rama. He is the sixth son of his parents. His parents had great faith in Bhagwat Gita. Shri Krishan Swarup Makhija inherited the values of religion from his parents from the childhood and has been very religious throughout his life.

After partition, Shri Krishan Swarup Makhija settled in Delhi and established his business dealing with raw skins and raw wool for about 10 years. Later on started his own tannery for tanning raw skins to leather. Exported leather to many countries in the Continent as well as to USA.

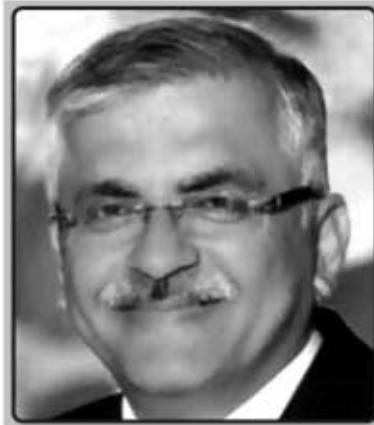
All settled in life, he got married to a very simple and intelligent lady Sumitra. The couple is blessed with four daughters and by God's Grace all of them are well settled and leading happy married life. One of his daughters is settled in USA, another in Bangalore and remaining two in Delhi.

Shri Krishan Swarup Makhija has been closely associated with the day to day activities of the Sabha. Beside being a President, he is a Patron of the Sabha. He is very particular in making his presence in most of the gatherings of meetings of the Sabha. His devotion and careful attitude towards our Sabha is commendable and inspiring for the younger generation.

All India Derawal Sahayak Sabha (Regd.) wishes Shri Krishan Swarup Makhija, a Long, Happy and Healthy Life to serve the Society and our Community in particular. The Sabha feels utmost pleasure in conferring **LIFE TIME ACHIEVEMENT AWARD** on Shri Krishan Swarup Makhija.



डेरा विभूषण



SHRI ANURAG CHAWLA

Shri Anurag Chawla was born in Delhi on 19th Jan, 1969 to a very God loving and religious family of Shri Surinder Mohan Chawla and Smt. Chander Prabha Chawla .

Shri Anurag ji after his schooling education from Ramjas School did his graduation (B.Com) from Delhi Univesity. He was married in 1991 to a highly educated and cultured girl Ms. Madhulika, daughter of Shri K. S. Thakur and Smt. Hemlata Thakur. The couple is blessed with one daughter Kritika who is persuing her MBA alongwith a responsible job with British High Commission and son Aneesh who is preparing for B.Tech.

Shri Anuragji is very cool minded, calm and religious person. He is also well mannered, highly cultured and a disciplined personality. He started helping his respected father, after completion of study, in the family business of Chawla Tent and Light House. After unfortunate and sudden demise of his father he started his own venture Chawla Caterers. After couple of years he at present is running two restaurants i.e. ABOVE & BEYOND and DIALOGUE LOUNGE & CAFÉ in Tagore Market, Kirti Nagar, New Delhi, which are flourishing one. He inherited not only the qualities of business from his father who was a Gem of a person but also acquired his father's true and dedicated selfless services towards social and religious institutions.

He is closely connected with all the activities of All India Derawal Sahayak Sabha (Regd.), Derawal Sewa Sangh, Shiv Samitti and such like other associations since 2004. He is one of the most competent persons for managing almost all affairs with dedication for discharging the responsibilities of said charitable institutions. His contributions thus are very much appreciable and deserve to be given due credit. The renovation work got done by him on the top floor of Derawal Dharashala at Haridwar is further really a remarkable outstanding in his deed book . He has served the Sabha in various capacities holding portfolio from secretary to President. Two years ago he has been elevated to the prestigious post of patron. He has also been providing Tentage and Lighting etc for all functions of the Sabha from time to time without any charges. He has been honoured earlier in previous years with Shawl Saropas and Trophy for his countless, dedicated and devoted services by the Sabha and Shiv Samiti.

It is a matter of great pride for All India Derawal Sahayak Sabha to honour Shri Anurag Chawla today on this special day, who is resplendent stud in the diamond ring of distinguished Derawal Brethren, by conferring **DERA VIBHUSHAN AWARD** to him. The Sabha prays to almighty to bless him and his family members a long life and good health to enable him to continue with his mission of life to serve the Sabha with same zeal and vigour as shown till today.



डेरा भूषण



SHRI SURESH KUMAR NANGIA

Shri Suresh Kumar Nangia was born on 10th March, 1944, in a well known Nangia Parivar of Dera Ghazi Khan. After partition of the country, alike other victims of partition, the family migrated to Delhi.

Throughout his student career, he was a bright student and did his B.Sc.Engineering from Birla Institute of Technology, Mesra, Ranchi and MSc. Engineering from Michigan State University, Michigan, USA. He was so intelligent that he had no difficulty in obtaining an employment in USA and lived in Cleveland Ohio, USA from 1967 to 1982.

After returning from USA, Shri Suresh Kumar Nangia entered into his family business under the name and style of NANGIA CONSTRUCTIONS (India) PVT. LTD. He inherited the best qualities of construction business from his father late Shri Puran Chand Ji Nangia, the Founder Chairman of the company who are pioneers and engaged in the construction of National Highways, Roads, Airports runways and Civil Engineering works in the country. Successful projects of Roads in U.S.A. and External Plant Work in Damman Saudi Arabia speak of Company's ambitious plans for overseas business.

Shri Suresh Kumar Nangia is married to Ms. VANITA NANGIA, daughter of Late Shri M.L. Mongia, Ex-DDA Secretary and Late Smt. Shiela Mongia. After marriage, she is playing an active role and assisting Shri Suresh Kumar Nangia in the business activities.

Shri Suresh Kumar Nangia has been blessed with a son and a daughter. His son Shri Gaurav Nangia, is well settled in USA. His daughter Sunaina Sood is also leading a happy married life.

His association with All India Derawal Sahayak Sabha (Regd.) can be recalled from his late father's active participation in Sabha's activities for the last over four decades. He used to join his father in various development projects of the Sabha. He has been instrumental in forming and organizing SHIV POOJAN at Haridwar under the banner of DERAVAL SHIV SAMITI. He is the President of DERAVAL SHIV SAMITI. He is well acquainted with the charitable activities of various organizations. He has recognized Sabha's charitable activities in providing health care to the masses and voluntarily donated a large sum for the welfare and charitable activities being run by our Sabha.

It is a matter of great pleasure for All India Deraal Sahayak Sabha to honour Shri Suresh Kumar Nangia, a distinguished Derawal Personality, by conferring DERA BHUSHAN AWARD. The Sabha Prays to Almighty God to give him and his family a long life and good health so that he continues to serve the community.



डेरा श्रद्धा सम्मान



श्रीमती चन्द्र प्रभा चावला

श्रीमती चन्द्र प्रभा चावला का जन्म 29 मार्च 1949 को दिल्ली में हुआ। आपके पूज्य पिता श्री आत्म प्रकाश भूटानी व माता श्रीमती सावित्री भूटानी अत्यंत धार्मिक एवं समाजसेवी प्रवृत्ति के थे।

आप बचपन से ही मेधावी छात्रा थी तथा पढ़ने में अत्यंत रुचि लेती थीं। आपने स्नातक तक शिक्षा ग्रहण की। आपका विवाह श्री सुरेन्द्र मोहन चावला जी से 1968 में हुआ तथा आपको 3 पुत्र रत्नों की प्राप्ति हुई।

पारिवारिक जीवन सुख सुविधा व सम्पन्ता से चल रहा था कि अकस्मात् परिवार पर कुठारघात हुआ तथा आपके पति देव श्री सुरेन्द्र मोहन जी का 20 दिसम्बर 2002 को स्वर्गवास हो गया। आपके पति श्री सुरेन्द्र मोहन जी का समाज में एक विशिष्ट स्थान था। उनकी कार्यशैली, समाजसेवी प्रवृत्ति, हर समय सहायता के लिए तत्पर रहने की प्रवृत्ति तथा कार्य दक्षता के कारण समाज आज भी उनका आभारी है। उनका इस संसार से विदा होना एक कष्टदायक स्थिति है जिस कमी की कभी भरपाई नहीं हो सकती। इसके पश्चात् भी आपने बड़े धैर्य से परिवार को सम्भाला।

श्री सुरेन्द्र मोहन जी के स्वर्गवास के पश्चात् पारिवारिक व्यवसाय को आपके तीनों सुपुत्रों श्री अनुराग चावला, श्री आशीष चावला तथा श्री रूपक चावला ने अत्यंत योग्यता से सम्भाला। जीवन फिर से सामान्य गति से चल रहा था। परन्तु परिवार पर एक और विपदा आ गई, जुलाई 2009 को आपके मंजले पुत्र श्री अशीष का अकस्मात् स्वर्गवास हो गया। यह असहनीय वेदना थी। श्री अशीष एक नेक इंसान और कर्तव्य परायण व निष्ठावान, प्रिय व्यक्ति थे। अपने स्वर्गवासी पिता के पद चिन्हों पर चलकर श्री आशीष चावला ने भी समाजसेवा, दानशीलता एवं धार्मिक कार्यों में तन, मन, धन से सहयोग दिया तथा उसी प्रथा के अनुरूप डेरावाल सहायक सभा के सभी आयोजनों में सदैव अपनी निःशुल्क सेवाएं प्रदान की। श्री अशीष चावला अपने शांत स्वभाव, निष्ठा तथा अनुशासन प्रियता के लिए आज भी याद किये जाते हैं।

आपकी व आपके परिवार के सभी सदस्यों की अस्मरणीय सेवायें सभा के प्रति, सेवा संघ के प्रति, शिव समिति के प्रति व अन्य धार्मिक व समाजिक संस्थाओं के प्रति सराहनीय हैं।

प्रिय बहन जी, ऑल इंडिया डेरावाल सहायक सभा आपकी तथा आपके परिवार की डेरावाल बिरादरी के प्रति निःस्वार्थ विशिष्ट सेवाएं तथा इतने वर्षों के सहयोग को एक मधुर यादगार पल बनाकर आपको डेरा श्रद्धा सम्मान से सम्मानित करते हुए अत्यंत हर्ष का अनुभव कर रही है। परमपिता परमात्मा से आपकी एवं आपके परिवार के सदस्यों के लिए स्वास्थ्य, सुखी व दीर्घ आयु की मंगल कामना करते हैं।



डेरा कर्मवीर



SHRI KANWAL NAIN NAGPAL

SH KANWAL NAIN NAGPAL commonly known as '**Kanwal**' was born on 15-06-1945 at Dera Ghazi Khan (now in West Pakistan). He is the youngest among other family members consisting of five sisters. His late father Shri Sidhu Ram Nagpal, unfortunately died in his young age at Gurgaon (now Gurugram) Haryana, when Sh. Nagpal was hardly six years old, leaving his mother late Smt. Sukho Bai and the children in lurch.

After death of his respected father, his maternal uncle (Mamaji) Late Shri Bhagwan Dass Mehta, (Chief Accountant in Dalmia Cement Ltd.) resident of East Patel Nagar, New Delhi, well known personality and Gem of Derawal Community (One of the founder members of Derawal Bhawan at Kirti Nagar, New Delhi and at Haridwar and Founder of Derawal Sewa Sangh (Regd), East Patel Nagar, New Delhi, had taken all the responsibilities of his whole family to take care in all respects.

"Hon har birwan ke hot chikne paat". Shri Kanwalji with his hard labour and keen interest, after schooling education, passed his Graduation in Maths. (Hons.) from Delhi University in 1966 and with grace of God, got first Govt. job in Ministry of Health in 1967. His Mamaji, in reality, proved himself as God Father for all of them. His unforgettable moral & financial support and kind shelter was a boon for the family members.

His late mother Smt. Sukho Devi was very active and dutiful lady. With heavy heart but with great courage she engaged herself in small jobs and managed to get married her two daughters, coupled with moral and financial support of his Mamaji. Later on the marriage of Sh. Nagpal & his other three sisters were got married by efforts and sources made by his Mamaji.

Kanwalji was married to well cultured and educated girl Smt. Sushma belonging to respectable family known as M/s. Ishar Das & Popat Ram Mehtaji business family of Ghaziabad in 1971. She proved herself to be very cooperative and shouldered his ups and down in marital and other social and family affairs. He was blessed with only one daughter now Mrs. Kokila Bhutani who was brought up in healthy environment. After completion of her academic and technical study in MCA Course, she initially preferred to give education to children and got a job of Teacher. She was married to Sh. Rahul Bhutani of well known Derawal Family employed as Genl. Manager in MNC. She is now house wife & leading happy married life. She is also fortunate enough having been blessed with one son Reyansh and one daughter Tanishka and they are of tender age.

Kanwalji during his service tenure in Govt. job got promotion and served several Ministries of Government and superannuated on 30.06.05 as Jr. Analyst (rank of Section officer- Gazetted class B post). While leading a happy married life, he discharged the liabilities with great courage and also started taking keen interest in serving various social and religious institutions including Derawal Sewa Sangh and Derawal Sahayak Sabha whole heartedly.

For the last more than thirty years, he has continuously been serving the said societies with his dedicated selfless services, while holding different portfolios at different times of Joint Secy., Treasurer, Vice President. At present, he is the celebrity of the Sabha. For his unforgettable sincere, honest social services and devotions he has also been honoured from time to time during previous years with shawl saropas, memento and Trophy. Considering his remarkable credentials Derawal Sahayk Sabha feels proud in conferring DERA KARAMVIR SAMMAAN upon Kanwalji while wishing him and his family members a happy, healthy and long life to enable him to serve the community and other institutions with same zeal.



डेरा कर्मवीर



श्री सुभाष गुगलानी

कार्यकारिणी सदस्य

श्री सुभाष गुगलानी सुपुत्र स्वर्गीय श्री राम किशन गुगलानी तथा माता भाग्यवन्ती गुगलानी का जन्म 1946 में डेरा गाजी खान के एक गाँव कराची (पाकिस्तान) में हुआ। इनके पिता जी श्री राम किशन गुगलानी सन 1947 में भारत और पाकिस्तान के बँटवारे के दौरान (जब आप सिर्फ एक साल के थे) पूरे परिवार सहित वहाँ से हिन्दुस्तान आ गये। सबसे पहले इनको उत्तर प्रदेश में एक छोटा सा शहर मोदी नगर के एक गांव 'बेगमाबाद' में जगह मिल गई।

यहाँ आपके पिता जी को रेलवे विभाग के माल गोदम में मालबाबू के पद पर नियुक्ति हो गयी। श्री सुभाष गुगलानी जी की प्रारम्भिक पढ़ाई 'कन्या विद्यालय गुजर मल मोदी' से शुरू हुई। उस समय सिर्फ ये पाँच वर्ष के थे। आठवीं कक्षा तक की पढ़ाई पूरी इस नगर में ही की तथा इनके और दो भाईयों एवं तीन बहनों का जन्म हुआ।

तत्पश्चात् सन् 1960-61 इनके पिता जी का तबादला दिल्ली में हो गया। दिल्ली में ही इनके सभी भाईयों और बहनों की शिक्षा दीक्षा पूरी हुई। श्री सुभाष गुगलानी जी ने अपनी दसवीं तक की शिक्षा दिल्ली में ही पूरी की। भाग्यवश आपका दिल्ली के कीर्ति नगर में एक 100 गज का प्लॉट एलॉट (पड़ा) हुआ था जिस पर इन्होंने एक छोटा सा घर बनवाया और उसके बाद 2014 तक पूरे परिवार के साथ इसी जगह पर इनका निवास स्थान रहा। सभी बहन भाईयों के विवाह यहाँ सम्पन्न हुये।

सुभाष जी आपके स्व. पिताजी जिनका देहान्त 19.06.1996 को हुआ, उन्होंने अपने जीवन काल में चाहे वो कार्यरत थे या रेलवे से कार्यनिर्वृत हुये अंतिम समय तक तन-मन से समाजिक व धार्मिक संस्थाओं से जुड़े रहकर निष्काम सेवाओं में जुटे रहे। विशेष तौर पर अपना अमूल्य समय किसी भी संस्था के आयोजित समाहरों में लंगर को बनवाना व बाँटना/बँटवाना चाहे वो शिव समिति हो, डेरावाल सेवा संघ हो या डेरावाल सहायक सभा हो, निष्काम रूप से देते रहे।

आपकी माता जी का भी देहान्त फरवरी 2000 में हो गया। आपका विवाह गुड़गावाँ (गुरुग्राम) निवासी शारदा से सम्पन्न हुआ जो बहुत ही सुशील व कर्मठ हैं। आज आपकी धर्मपत्नी एक सफल व्यवसाई हैं। आप भी रेलवे सेवा में कार्यरत रहे और रेलवे से निर्वृत हुये। परमात्मा की दया से आपकी दो सन्तानें हैं एक पुत्री 'गुड़िया' व एक पुत्र 'ललित' दोनों विवाहित हैं और अच्छा विवाहित जीवन व्यतीत कर रहे हैं।

आपको व आपके परिवार को स्व. माता पिता जी के अच्छे संस्कार मिले। पिताजी के पदचिन्हों पर चलते आपने भी कई धार्मिक व समाजिक संस्थाओं में अपना पूर्ण योगदान दिया। पिछले दो दशकों से भी ज्यादा समय से आप स्वयं समर्पित सेवाओं के उदाहरण हैं जिनको सराहा जाता रहा और आपको डेरावाल संघ, शिव मिति और डेरावाल सहायक सभा के आयोजनों में लंगर व्यवस्था की सेवा में विशेष स्थान है। समय-समय पर इन संस्थाओं द्वारा आपकी सेवाओं के लिये आपको सम्मानित किया गया।

आपको उपरोक्त कर्मठता व विशिष्ट सेवाओं को ध्यान में रखते हुये सभा की चयन समिति ने आपको 'कर्मवीर सम्मान' प्रेषित हेतु यथा योग्य पाकर चयन किया, जिसके लिये सभा को गर्व है।



कर्मयोगी



SHRI SUBHASH SACHDEVA
(Ex. M.L.A.)

Born on 25th April, 1956 in middle class family, at Panipat (Haryana) and settled with his family at Delhi in 1960 Shri Subhash Sachdeva is a personality well known as Lokpriye Neta, leading a simple life of philanthropic activities in social and religious fields.

Since his childhood he was high talented having his full anxiety and huge interest in politics. He married in 1983 to a girl of simple family without any Baraat and Dowry. God bless him his two children one daughter and one son are highly educated and leading a happy married life. Not only he but his whole family is follower of Radha Swamy. He started sharing the responsibility in his youth in the flourishing business of his Late Father Shri Mehar Chand ji Sachdeva.

With the blessings of Almighty and his ancestors riped fruit came to him in his lap when for the first time he was elected as Member Legislative Assembly from Moti Nagar Vidhan Mandal in 2004. His honesty, continous Janseva, social and religious services, not for the common man but for number of social and charitable institutions with which he is still attached, came to his credit and he was re-elected for next terms from the same constituency. He continued his said mission of life and has attained huge goodwill.

He is also attached with our charitable Sabha for the last many years. On each and every social and religious occasions of our Sabha he extended his full cooperation and got recorded his presence. For his uncounted philanthropic activities in social, religious and charitable fields he has been honoured by our Sabha many a times. Apparently for his deeds indeed he deserves for **"KARAMYOGI AWARD."**

We pray to God to grant him and his family a long, prosperous and healthy life to enable him to continue his mission and moto to serve the society, charitable institutions (particularly our Derawal Community) and the Nation too.



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SWEET REMEMBRANCE



SHRI MADAN LAL MAKHIJA

Shri Madan Lalji Makhija son of late Sh. Bhagwan Dass Makhija, follower of his Guruji Swami Vishnu Dutt ji, a great personality of Makhija Family of Dera Ghazi Khan left for heavenly abode on 27.10.2017 and his Prarthana Sabha was held on 29.10.2017- at Sri Fort Auditorium, New Delhi, attended by large number of his nearers and dearers and many religious and social institutions. We cannot express the suitable words from our own dictionary of mind to attribute a gesture of honour and regards to such a known Gem of our community late Madan Lal Makhijaji.

Born in 1926 and after partition settled in Delhi, established his painting business and within short span earned good repute and on account of his honest, hard labour his business touched the heights.

He was great follower of Bhagwad Geeta and led his life with extra ordinary qualities of social, religious services, simplicity and devotions. He was closely attached to the activities of Sabha since decades. For his such uncounted credentials recently on the occasion of Annual Derawal Day on 11.12.2016 he was honoured with Shawl and Trophy for Dera Life Time Achievement Award and his detailed life sketch was published in issue of Annual Derawal Patrika of December, 2016.

We all community as a whole has missed such a great soul and the loss suffered in this regard cannot be compensated. Our Shat Shat Naman is there for the departed soul.





ALL INDIA DERAVAL SAHAYAK SABHA (REGD.)

DERAWAL BHAWAN, F-27 & 28, Kirti Nagar, New Delhi-110 015

LIST OF OUR HONOURED MEMBERS / GUEST AT ANNUAL DERAVAL DAYS

1994 TO 2014

S.No.	Name of the Person	Status	Honoured	Year
1.	Shri H. C. Bhutani	Chairman	Trophy & Shawl Saropa	1994
2.	Shri K. N. Nagpal	MCM	Shawl Saropa	1994
3.	Shri Gian Chand Mehta	Announcer	Shawl Saropa	1994
4.	Shri M. P. Dawar	MCM	Shawl Saropa	1994
5.	Shri S. M. Chawla	MCM	Shawl Saropa	1994
6.	Shri S. D. Gogia	MCM - Donner	Shawl Saropa	1995
7.	Shri A. S. Anand	Scholar	Shawl Saropa	1996
8.	Shri Ashish Chawla	Member	Shawl Saropa	1997
9.	Shri L. N. Mehta	MCM	Shawl Saropa	1997
10.	Shri Anurag Chawla	Exc. Member	Shawl Saropa	1998
11.	Shri B. R. Pulyani	MCM	Sewa Medal	1998
12.	Shri S. R. Bhutani	Exc. Member	Shawl Saropa	1998
13.	Smt. Sawaran Anand	Social worker	Shawl Saropa	1998
14.	Shri S. R. Bhutani	Exc. Member	Shawl Saropa	1999
15.	Shri Chander Bajaj	Donor	Shawl Saropa	1999
16.	Shri Ashish Chawla	Member	Shawl Saropa	2000
17.	Shri Chander Bajaj	Donor	Shawl Saropa	2000
18.	Shri Satish Pahawa	South Delhi	Shawl Saropa	2000
19.	Shri B. D. Chhabra	Member	Shawl Saropa	2001
20.	Shri J. R. Dhingra	Manager	Shawl Saropa	2001
21.	Shri Chander Bajaj	Donor	Shawl Saropa	2001
22.	Shri Ashish Chawla	Manager	Shawl Saropa	2001
23.	Shri Chander Kanta	Social worker	Shawl Saropa	2001
23.	Shri Palwal School	Palwal Biradri	Shawl Saropa	2001
24.	Shri Prabh Dayal Satija	South Delhi	Shawl Saropa	2001
25.	Shri Jagdish Kabini	South Delhi	Shawl Saropa	2001
26.	Shri S. D. Gogia	MCM	Shawl Saropa	2002
27.	Shri Daulat Ram Gandhi	South Delhi	Shawl Saropa	2003
28.	Dr. Rita Wahi	Doctor	Shawl Saropa	2003
29.	Shri B. L. Dhingra	Exc. Member	Shawl Saropa	2003
30.	Shri S. K. Budhiraja	Exc. Member	Shawl Saropa	2003
31.	Shri N. D. Gogia	Chairman	Trophy & Shawl Saropa	2004
32.	Shri Ravi Khera	Patron	Trophy & Shawl Saropa	2004
33.	Shri Suresh Nangia	Shiv Samiti	Shawl Saropa	2004
34.	Shri B.D. Sachdeva	Exc. Member	Shawl Saropa	2004
35.	Shri Vir Bhan Vir	Editor	Shawl Saropa	2004
36.	Shri Anil Sachdeva	Palwal School	Shawl Saropa	2004
37.	Shri P. S. Taneja	Derawal Biradri	Shawl Saropa	2004
38.	Shri Prabh Dayal Satija	South Delhi	Shawl Saropa	2004
39.	Shri A. S. Chaudhary	Jampur Biradari	Trophy & Shawl Saropa	2005
40.	Shri L. N. Mehta	Editor in Chief	Trophy & Shawl Saropa	2005
41.	Shri S. R. Bhutani	Member	Trophy & Shawl Saropa	2005
42.	Shri Satish Pahwa	South Delhi-Donor	Trophy & Shawl Saropa	2005
43.	Shri Subhash Guglani	Member	Trophy & Shawl Saropa	2005
44.	Shri R. K. Tarneja	Ex. President	Shawl Saropa	2005
45.	Shri M. P. Dawar	Ex. President	Shawl Saropa	2005



LIST OF OUR HONOURED MEMBERS / GUEST AT ANNUAL DERAVAL DAYS

1994 TO 2014

S.No.	Name of the Person	Status	Honoured	Year
46.	Shri Pardeep Barara	Social Worker	Shawl Saropa	2005
47.	Shri B. S. Nagia	Gaziabad	Trophy & Shawl Saropa	2005
48.	Shri Vicky Bajaj	Donor	Trophy & Shawl Saropa	2005
49.	Shri G. D. Nangia	Chairman	Trophy & Shawl Saropa	2007
50.	Shri L. N. Mehta	Chief Editor	Trophy & Shawl Saropa	2007
51.	Shri B. R. Pulyani	Sr. Vice President	Trophy & Shawl Saropa	2007
52.	Shri D. P. Minocha	President	Trophy & Shawl Saropa	2007
53.	Shri Gian Chand Mehta	Announcer	Shawl Saropa	2007
54.	Shri Vijay Huria	MCM	Trophy & Shawl Saropa	2008
55.	Shri Yashwant Bhutani	Exc. Member	Shawl Saropa	2008
56.	Shri S. R. Bhutani	Exc. Member	Shawl Saropa	2008
57.	Shri Subhash Guglani	Exc. Member	Shawl Saropa	2008
58.	Shri Inder Chhabra	Exc. Member	Trophy & Shawl Saropa	2008
59.	Shri I. C. Khera	Exc. Member	Trophy & Shawl Saropa	2008
60.	Smt. Laaj Dhingra	Social Worker	Shawl Saropa	2008
61.	Smt. Mukti Priya	Doctor	Shawl Saropa	2008
62.	Pt. Mahesh Sharma	Pandit ji	Shawl Saropa	2009
63.	Shri Satish Pahwa	South Delhi-Donor	Shawl Saropa	2009
64.	Shri Suresh Nangia	South Delhi	Shawl Saropa	2009
65.	Shri H. K. Pahuja	Gurgaon Sabha	Shawl Saropa	2009
66.	Shri M. L. Luthra	Accountant	Shawl Saropa	2009
67.	Shri A. S. Chaudhary	Patron	Shawl Saropa	2009
68.	Shri Vasdev Tuteja	South Delhi	Shawl Saropa	2009
69.	Smt. Asha Gogia	Social worker	Shawl Saropa	2009
70.	Shri Sudarshan Pahwa	Exc. Member	Shawl Saropa	2009
71.	Shri Manish Dewan	Exc. Member	Shawl Saropa	2009
72.	Shri Madan Chawla	Exc. Member	Shawl Saropa	2009
73.	Shri G. D. Nangia	Chairmen	Trophy & Shawl Saropa	2010
74.	Shri Rakesh Ahuja	Admn. Trustee & Patron	Trophy & Shawl Saropa	2010
75.	Shri Megh Raj Khera	Founder	Trophy & Shawl Saropa	2010
76.	Dr. Jatinder Nagpal	Doctor	Trophy & Shawl Saropa	2010
77.	Dr. M. M. Anand	Doctor	Trophy & Shawl Saropa	2010
78.	Shri D. P. Minocha	Ex. President	Trophy & Shawl Saropa	2012
79.	Shri Anurag Chawla	President	Trophy & Shawl Saropa	2012
80.	Shri Vijay Huria	MCM	Trophy & Shawl Saropa	2012
81.	Shri Sita Ram Bhutani	Exc. Member	Trophy & Shawl Saropa	2012
82.	Shri Jeewan Mehta	Haridwar - Manager	Trophy & Shawl Saropa	2012
83.	Shri Megh Raj Khera	Founder	Shawl Saropa	2013
84.	Shri Suresh Nangia	South Delhi	Shawl Saropa	2013
85.	Shri Gulshan Ahuja	Donor	Shawl Saropa	2013
86.	Shri Aashotsosh Sharma	South Delhi	Shawl Saropa	2013
87.	Shri K. N. Nagpal	Vice President	Trophy & Shawl Saropa	2013
88.	Shri M. K. Nagpal	Donor	Shawl Saropa	2014
89.	Shri Amir Chand	Faridabad - Donor	Shawl Saropa	2014
90.	Shri Hans Raj Kalra	Exc. Member	Shawl Saropa	2014
91.	Shri Prabh Dayal Satija	Exc. Member	Shawl Saropa	2014
92.	Shri Madan Mohan Chawla	MCM	Shawl Saropa	2014
93.	Shri C. M. Khanna	Donor	Shawl Saropa	2014
94.	Smt. Santosh Hasija	Donor	Shawl Saropa	2014



ALL INDIA DERAVAL SAHAYAK SABHA (REGD.)

DERAWAL BHAWAN, F-27 & 28, Kirti Nagar, New Delhi-110 015

LIST OF OUR HONOURED MEMBERS & AWARDS

YEAR WISE 2015 ONWARDS

S.No.	Name of the Person	Status	Honoured with	Year
1.	Shri H. C. Bhutani	Chairman & Admn. Trustee	Dera Rattan	1994
2.	Shri G. D. Nangia	Chairman & Admn. Trustee	Dera Rattan	2015
3.	Shri Rakesh Ahuja	Admn. Trustee & Ex. Chief Patron	Dera Rattan	2015
4.	Shri M. R. Khera	Founder Member	Life Time Achievement Award	2015
5.	Shri Mohan Lal Mehta	Founder Member	Life Time Achievement Award	2015
6.	Shri Girish K. Mehta	Patron	Dera Vibhushan	2015
7.	Shri A. S. Chaudhri	Patron	Dera Bhushan	2015
8.	Smt. Laaj Dhingra	Social Worker	Dera Shardha Samman	2015
9.	Shri Jeewan Mehta	Haridwar - Manager	Dera Karamveer	2015
10.	Shri R. S. Lal	Admn. Trustee & Patron	Life Time Achievement Award	2016
11.	Shri M. L. Makhija	Admn. Trustee & Patron	Life Time Achievement Award	2016
12.	Shri D. P. Minocha	Patron	Dera Vibhushan	2016
13.	Shri L. N. Mehta	Chief Editor	Dera Bhushan	2016
14.	Shri S. R. Bhutani	Exec. Member	Dera Karamveer	2016
15.	Smt. Vinod Ahuja	Social Worker	Dera Sharda Samman	2016
16.	Shri M. L. Kumar	Social Worker	Karam Yogi	2016
17.	Shri Madan M. Mehta	Chairman & Admn. Trustee	Dera Rattan	2017
18.	Shri S. D. Gogia	Patron	Life Time Achievement Award	2017
19.	Shri A. S. Anand	Patron	Life Time Achievement Award	2017
20.	Shri K. S. Makhija	Patron	Life Time Achievement Award	2017
22.	Shri Anurag Chawla	Patron	Dera Vibhushan	2017
23.	Shri Suresh Kr. Nangia	Shiv Samiti	Dera Bhushan	2017
24.	Smt. Prabha Chawla	Social Worker	Dera Shardha Samman	2017
25.	Shri K. N. Nagpal	Exec. Member	Dera Karamveer	2017
26.	Shri Subhash Guglani	Exec. Member	Dera Karamveer	2017
27.	Shri Subhash Sachdeva	Ex. MLA & Social Worker	Karam Yogi	2017

List of Donation Received from 1 February 2017 to 17 December 2017 (Rs. 5000/- Above)

Sr.	Name	Amount		
1.	Sh. R.S. Verma	5100/-	19.	Sh. Vinay Gupta 25000/-
2.	Hotel Delite, Faridabad	5100/-	20.	M/s Rahat Continental 21000/-
3.	Sh. Satyapa Grover HUE	5100/-	21.	M/s Saria Charitable Trust 24000/-
4.	Sh. L. N. Mehta	5100/-	22.	Sh. B.K. Nagpal 12500/-
5.	Sh. Madan Gopal Mehta	50000/-	23.	Sh. V.K. Nagpal 62500/-
6.	Sh. Suresh Kumar Nangia	116000/-	24.	Sh. Kailash Chander Mehta 5000/-
7.	Sh. Indresh Chander Nangia	25000/-	25.	Sh. Vijay Sachdeva 11000/-
8.	Sh. Ravi Khera	5000/-	26.	Sh. Laksh Bambhani 100000/-
9.	M/s Goodwill Books International	20100/-	27.	Sh. Dharam Vir Bhutani 21000/-
10.	M/s Dreamland Publications	89543/-	28.	M/s Marwah Associate 5000/-
11.	Mr. Harish Chawla	10000/-	29.	M/s Dutta Industries 12500/-
12.	Mrs. Kavita Chawla	10000/-	30.	Sh. K.N. Nagpal 5100/-
13.	Mr. Karan Chawla	10000/-	31.	Sh. Ishwardass Amirchand 5100/-
14.	Mr. Sunil Kumar Ahuja	200000/-	32.	Sh. P.K. Ahuja 5100/-
15.	Smt. Santosh Khatri	15000/-	33.	Sh. S.D. Sethi 5100/-
17.	Sh. D.N. Madan	100000/-	34.	Sh. Krishan Sarup Makhija 5000/-
18.	Sh. Ranjan Kumar Mehta	51000/-	35.	Sh. Meghraj Khera & Ravi Khera 21000/-

Glimpses of 57th Annual Derawal Day held on 11 December, 2016



Glimpses of 57th Annual Derawal Day held on 11 December, 2016



The collage features several photographs from the 57th Annual Day Function of the Derawal Health Care Center. Key images include: a large group of people on a stage; a man in a suit receiving a bouquet and a certificate; a group of women in traditional Indian attire; and a man in a suit receiving a certificate. A central circular logo for 'ALL INDIA DERAWAL SAHAYAK SAMITHI (REGD.)' is also visible.

Glimpses of 57th Annual Derawal Day held on 11 December, 2016





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Glimpses of Inauguration of Eye Care Centre on 15th Jan, 2017



Glimpses of Inauguration of Eye Care Centre on 15th Jan, 2017



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Glimpses of Retreat Function held on 5th March, 2017



Glimpses of Retreat Function held on 5th March, 2017





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It gives us immense pleasure that ALL INDIA DERAVAL SAHAYAK SABHA (Regd.) is celebrating its 58TH ANNUAL DERAVAL DAY on Sunday, the 24th December, 2017. We, on this special occasion, extend our warm greetings to all Derawals.

Wishing you and all of your family members
A Very Happy & Prosperous New Year, 2018.

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Glimpses of JYOT YATRA at Haridwar on 14th April, 2017



Glimpses of JYOT YATRA at Haridwar on 14th April, 2017





ALL INDIA DERAVAL SAHAYAK SABHA (REGD.)

WISHES A VERY HAPPY & JOYFUL BIRTHDAY

**TO FOLLOWING DERAVAL LIFE MEMBERS
FOR THE MONTH OF JANUARY :-**

Sh. M.M. Mehta	1st Jan. 1945	Maj. Mahinder Kumar Nagpaul	12th Jan. 1936
Sh. O.P. Rajpal	1st Jan. 1947	Sh. Chander Shekhar Sharma	13th Jan. 1955
Sh. Jagdish Lal Thakur	1st Jan. 1961	Smt. Rajni Jaitly	15th Jan. 1961
Sh. Prabhu Dayal Satija	4th Jan. 1949	Sh. Jagdish Chander Batra	16th Jan. 1938
Sh. Manohar Lal Luthra	5th Jan. 1959	Sh. Sudershan Pahwa	17th Jan. 1956
Sh. Suresh Chander Chaudhary	6th Jan. 1943	Sh. Anurag Chawla	19th Jan. 1969
Sh. Gaurav Khera	8th Jan. 1981	Sh. Vikas Sehra	19th Jan. 1963
Sh. Subhash Guglani	8th Jan. 1946	Sh. Harish Chander Sehgal	24th Jan. 1951
Sh. Vibhu Bhatia	9th Jan. 1976	Sh. Manish Diwan	26th Jan. 1952
Sh. Manish Kumar Arora	9th Jan. 1969	Sh. Harish Chhabra	26th Jan. 1956
Sh. Mohit Ahuja	10th Jan. 1977	Sh. Om Parkash Mehta	28th Jan. 1958
Sh. Ankit Mehta	11th Jan. 1984		

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ORGAN DONATION – WHAT YOU NEED TO KNOW

Organ donation is probably the most wonderful and selfless acts. While most people would agree to this statement and even want to donate their organs after their deaths, very few know the details of how organ donation happens or what they can do as individuals to help the cause.

You may have heard of organ donation now and then, but do you really know what it means? You may also have a preconceived notion about what it means to donate organs. For example, a lot of people think that whenever and however they die, their organs can be donated. That is not true.

Organ donation is the process of retrieving or procuring an organ from a live or deceased person known as a donor. The process of recovering organs is called retrieval. This organ is transplanted into the recipient who is in need of that organ.

There are two types of organ donation **Live Donation & Deceased Donation.**

Live Donation is the retrieval of an organ from a healthy and living person and transplanting it into another person. This is mostly done in the case of a liver or a kidney (because the liver can grow back to its normal size, and a donor can survive on one kidney). In India this is only allowed from a near relative to another. People who are not related cannot donate to each other without special permission from an Appropriate Authority. This is done to prevent organ trading between two unrelated individuals.

When we talk about pledging our organs after we die, we are talking about **Deceased Organ Donation**. This is organ donation from a person who has been declared dead. Organ donation cannot happen after any kind of death. A person has to be declared brain-dead by a team of authorized doctors at a hospital in order for their organs to be donated. A person is said to be brain-dead when there is an irreversible loss of consciousness, absence of brain stem reflexes and no spontaneous respiration.

What is Brain Death and how it is related to organ donation?

A brain death or brain stem death results from a severe irreversible injury to the brain or haemorrhage which causes all the brain activity to stop. All areas of the brain are damaged and no longer function, due to which a person cannot sustain his/her own life.

For example, suppose someone has had an accident and has a head injury and is rushed to the hospital. He will be put on life support and every attempt will be made to save his life. But it's possible that the head injury is so severe, that eventually the entire brain ceases to function. This is called Brain Death and will be declared by the hospital. But since he's on life support, he is still breathing (artificially) and circulation to vital organs is maintained for a period of time. Therefore the organs are still alive and functioning at the time of a brain death and can be surgically removed for organ donation. But if a person dies at home or anywhere else, and their heart stops beating (cardiac death) they cannot donate their vital organs as organs will die within minutes of the heart stopping. **In case of this kind of a cardiac death, it is possible to donate your tissues such as corneas, bones, skin, tendons, ligaments, heart valves, cartilage and even your entire body.**

This is why it's very important to understand that organ donation can only take place in the case of Brain Death and that there is a limited period of time only during which the organs can be retrieved. After some time all the organs will fail.

A brain dead person has absolutely no chance of recovering. Brain death is a form of death and is irreversible. To know more about Brain Death-follow this link and watch the short and easy to understand film on What is Brain Death?

<https://www.youtube.com/watch?v=FYZ7Qsx6UQc>

Family Acceptance & Consent

While the incidence of brain death is obviously much less common than cardiac death, it is important to remember that only if everyone is aware about when and how they can donate organs, will donations actually happen in hospitals. **Organ donations require prior consent from the potential donor or the donor's**

family. In India, according to the Transplantation of Human Organs Act 1994, the next of kin of the patient will decide whether to donate their organs.

It has been seen in umpteen situations that relatives are hesitant and unwilling to donate the organs of their loved ones who have been declared brain dead. **It is tough for the relatives at this point to make a decision especially if they are not familiar with the concept of organ donation and especially about Brain Death.** Therefore it is of utmost importance for you to tell you family if you want to be an organ donor. At the end of the day, it is their decision.

The biggest challenge is to get the family to accept that Brain Death is death. The fact that they can see the deceased breathing artificially adds to their confusion. The general public needs to know about organ donation, before they are suddenly faced with the possibility at some point in their lives.

In this situation, the transplant coordinator or counselor of the hospital will make the family aware of their patient's condition and give them the option of donating organs and tissues. The family may or may not agree and can, till the last minute before retrieval, change their mind about donating. It has been noted that a lot of families, even in the face of devastating loss, agree to organ donation to save the lives of others. For them, it is the only good thing that could come out of the death of a loved one. For this reason alone, it is everyone's absolute right to be asked if they want to donate.

Organs from deceased donors are matched with different recipients' blood group and size and transplanted into them to save their lives. It is roughly estimated that over 5 Lakh people need an organ transplant every year. There is a need for approximately 2.5 lakh kidneys, 1 lakh hearts and 1 lakh livers for transplantation every year. Out of these less than one percent receive transplants from deceased donors. In 2017 so far there have only been 700 deceased donations in India and approximately a little over 2000 organs have been transplanted via deceased donors.

One organ donor can save 8 lives by donating their organs after their deaths. Do you want to be one of them? Log on to www.organindia.org read about organ donation and pledge your organs. And don't forget to tell your family about your wonderful and noble decision!

As described above **I, Ravi Kherra** on behalf of **"Organ Receiving & Giving Awareness Network"** encourage every one to sign up to be a donor.

It is important to note that there are no age limitations on who can donate Organs and tissue. New born as well as senior citizen have been Organ donors.

**DON'T TAKE YOUR ORGANS
TO HEAVEN WITH YOU.
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WE NEED THEM HERE.**

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LIVE
TWICE**





ALL INDIA DERAWAL SAHAYAK SABHA (REGD.)

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No.	Name	Amount (Rs.)	No.	Name	Amount (Rs.)
DISPENSARY COLLECTION :			(In memory of their Mother Late Smt. Santosh Bhalla)		
40132		9,000/-	DONATION FOR EYE CARE :		
40142		8,500/-	40154	Smt. Radha Chhabra	2,000/-
40163		8,500/-	DONATION FOR HEALTH CARE :		
40174		7,500/-	40200	Sh. Vijay Kumar Sachdeva	11,000/-
40182		8,000/-	DONATION FOR DISPENSARY :		
40202		8,000/-	39542	Miss Muskan	100/-
EYE CARE COLLECTION :			39543	M/s Madhav Caterers	100/-
DENTAL COLLECTION :			39544	M/s Krishan Caterers	100/-
PHYSIOTHERAPY COLLECTION :			39545	Smt. Tripti	100/-
DONATION :			39546	Smt. Jyoti	100/-
40126	Sh. Mohit Ahuja (In memory of his father Late Sh. Ramesh Ahuja)	250/-	39547	Sh. Keshav	100/-
40128	Sh. Kailash Chandra Mehta (In memory of his wife Late Smt. Asha Rani Mehta)	5,000/-	40179	Shri Krishan Dev Bahl (In memory of his Mother Late Smt. Savitri Bahl)	500/-
40150	Mrs. Anita Minocha	500/-	DONATION FOR LIFE MEMBERSHIP :		
40196	Mrs. Anju Salwan & Mrs. Sonu Chaba	2000/-	40201	Mr. Suhrid Sachdeva	2,100/-

— SAGAR SETHI, Manager



DERAWAL SEWA SANGH

Donations Received - November, 2017

No.	Name	Amount (Rs.)	No.	Name	Amount (Rs.)
1.	Smt. Laj Dhingra	200/-	17.	Sh. Pankaj Mehta	200/-
2.	Sh. I.C. Khera	100/-	18.	Sh. Pradeep Kalra	200/-
3.	Sh. M.L. Bhutani	100/-	19.	Sh. Rahul Kapoor	200/-
4.	Sh. Mohit Ahuja (in memory of his father Sh. Ramesh Ahuja)	250/-	20.	Sh. Rajeev Mehta	200/-
5.	Dr. Rahul Mehta (USA)	100/-	21.	Sh. Rajinder Mehta	200/-
6.	Sh. Aryav Mehta (USA)	100/-	22.	Sh. Rakesh Ahuja	200/-
7.	Smt. Dimple Nangia (USA)	100/-	23.	Sh. R.P. Mehta	200/-
8.	Sh. Kailash Chandra Mehta	200/-	24.	Sh. Ravi Kapoor	200/-
9.	Sh. K.N. Nagpal	200/-	25.	Sh. Ravi Khera	200/-
10.	Sh. D.P. Minocha	100/-	26.	Sh. Sandeep Mehta	200/-
11.	M/s. Krishan Caterers	100/-	27.	Sh. Sanjay Mehta	200/-
12.	Sh. Anuj Mehta	200/-	28.	Sh. S.K. Mehta	200/-
13.	Sh. D.V. Bhutani	200/-	29.	Sh. Vivek Khera	200/-
14.	Sh. Gaurav Khera	200/-	30.	Smt. Mona Singhal	200/-
16.	Sh. Girish Mehta	200/-	31.	Smt. Bindu Kapoor	200/-
16.	Sh. Madan Mehta	200/-	32.	Smt. Sudershan Malhotra	250/-

डेरावाल स्वास्थ्य केन्द्र

कहते हैं कि किसी कार्य को करने में हम किस स्तर तक सफल होंगे, इसका आभास हमें शुरुआत में ही हो जाता है। ऐसा हमारे आत्मविश्वास के कारण होता है। यदि कार्य शुरू करते वक्त हमारे भीतर से यह आवाज आती है कि हम इसे कर सकते हैं तो निश्चित तौर पर इस कार्य को करने में हम काफी हद तक सफल रहते हैं।

आत्म विश्वास का मतलब अपने ऊपर विश्वास करना है। इसी आत्मविश्वास के साथ धार्मिक और समाजिक कार्यों को आगे बढ़ाते हुए डेरावाल सेवा संघ (पंजी.) एवं ऑल इण्डिया डेरावाल सहायक सभा (पंजी.) दोनों ने मिलकर 10 मई, 2015 को डेरावाल स्वास्थ्य केन्द्र की नींव रखी। डेरावाल भवन एफ-27-28, कीर्ति नगर, नई दिल्ली में आज इस स्वास्थ्य केन्द्र के कुछ कार्य सफल पूर्वक चल रहे हैं :-

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- (2) Charitable Physiotherapy Centre
- (3) Charitable Dental Care Centre
- (4) Charitable Eye Care Centre

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HOMEOPATHY DISPENSARY :

It was on 1st December 1974 that our Derawal Sahayak Sabha took a step to start a Charitable Homeopathy Dispensary at Derawal Bhawan, 1st Floor, Kirti Nagar to serve the public at large.

As the step was a noble cause it was got inaugurated by Sh. Radha Raman, the Hon'ble Chief Executive Councilor of Delhi Metropolitan.

Later on it was decided to shift the Dispensary from 1st Floor to Ground Floor with better accommodation & other facilities.

An inaugural function for Homoeopathy Dispensary in the renovated premisses at Ground Floor of Derawal Bhawan was held on 17th October, 1986.

It was inaugurated by Smt. Santosh Chawla W/o Late Sh. Ram Krishan Chawla, who alongwith other members of family, had made generous contribution towards it. To run this dispensary Late Sh. Sham Lal Mehta had also contributed his generous donation for the dispensary with devotions.

The Sabha also highly appreciated sincere selfless services of Late Sh. Ishar Das Minocha, who served more than 20 years for this dispensary.

We also feel pride to inform to have association of a qualified & experienced Dr. Rita Wahi who has been running this homeopathy dispensary for the last about 20 years with her best ability.

PHYSIOTHERAPY CENTRE :

इस केन्द्र की शुरुआत डेरावाल भवन, एफ-27-28, कीर्ति नगर में 10 मई, 2015 में की गई। इस फिजियोथेरेपी केन्द्र में आधुनिक मशीनें श्री रवि खेड़ा और श्री गिरीश मेहता द्वारा प्रदान की गई। इस फिजियोथेरेपी केन्द्र में मरीजों का इलाज सीनियर डा. हरमिन्दर सिंह द्वारा किया जा रहा है।

यह सभा हमेशा आभारी रहेगी श्री अनुराग चावला, श्री सुरेन्द्र मेहता, श्री धर्मवीर भुटानी और श्री राकेश मिनोचा की जिन्होंने फिजियोथेरेपी केन्द्र का निर्माण कार्य को पूरा करने और डिजाइनिंग करने में अपना अमूल्य समय दिया।

DENTAL CARE CENTRE :

इसी सोच को आगे बढ़ाते हुए इस स्वास्थ्य केन्द्र में Charitable Dental Care Centre की शुरुआत 26 मार्च, 2016 में की गई। यह सर्वश्री गिरीश मेहता और रवि खेड़ा के अथक प्रयासों का नतीजा है जिन्होंने Rotary Club, Delhi के साथ मिलकर इस Dental Care Centre की स्थापना की। Rotary Club, Delhi ने Dental Chair with Medical Accessories and other equipments इस केन्द्र को दान के रूप में दी। इस केन्द्र का उद्घाटन श्री सुधीर मंगला जी, District Governor द्वारा किया गया और यह सभा श्री प्रशांत सहगल व Rotary Club के अन्य अधिकारियों की आभारी रहेगी जिन्होंने अपना सहयोग दिया।

इस Dental Care Centre में मरीजों के उत्साह को देखते हुए सप्ताह में 3 दिनों के स्थान पर 6 दिन कर दिया गया है जिसमें 3 दिन डा. नीरज शर्मा (जो पिछले डेढ़ वर्ष से) तथा 15 नवम्बर 2017 से सप्ताह के 3 दिन डा. गगनप्रीत कपूर द्वारा मरीजों की देखभाल की जा रही है।

EYE CARE CENTRE :

Eye Care Centre को शुरू करने का सपना हमारे सभा के Administrative Trustee and Patron श्री राकेश आहूजा और उनकी धर्मपत्नी श्रीमती विनोद आहूजा का था जो 15 जनवरी, 2017 को पूरा हुआ।

Charitable Eye Care Centre डेरावाल भवन, एफ-27-28, कीर्ति नगर के First Floor पर इसका उद्घाटन डा. अरचिका सुपुत्री श्री सुधांशु जी महाराज के द्वारा किया गया।

इस Eye Care Centre में आधुनिक मशीनें श्री राकेश आहूजा द्वारा प्रदान की गई। इस केन्द्र में सीनियर डा. रमन तुली

द्वारा आँखों का इलाज किया जा रहा है।

इस Physiotherapy, Dental Care and Eye Care Centre की जिम्मेदारी सर्वश्री रवि खेड़ा, गिरीश मेहता एवं राजेन्द्र मेहता को दी गई जो श्री राकेश आहूजा के नेतृत्व में “डैरावाल स्वास्थ्य केन्द्र” को चलाने में अपना समय और सहयोग दे रहे हैं।

इस डैरावाल स्वास्थ्य केन्द्र में चल रहे Homeopathy, Physiotherapy Dental Care and Eye Care Centre में मरीजों की देख-रेख और निःस्वार्थ सेवा सर्वश्री रवि खेड़ा, सुरेन्द्र मेहता, नरेश कुमार मिनोचा, सीताराम भुटानी, श्रीमती हेमा भुटानी, श्रीमती मीतू मेहता, श्रीमती सुदेश मेहता, श्रीमती विमल बुद्धिराजा और श्रीमती अवनीत कौर द्वारा की जा रही है।

यह सभा इन सबकी सेवाओं का धन्यवाद करती है जो अपनी निःस्वार्थ सेवा से पुण्य कमा रहे हैं।

इस हेल्थ केयर सेंटर में फर्नीचर एवं कम्प्यूटर श्री रवि खेड़ा एवं श्री गिरीश मेहता द्वारा प्रदान किया गया है।

Alongwith the above as proposed and initiative taken by Shri Ravi Khera, a separate passage has been created behind the stage of ground floor for smooth access to kitchen area in the Bhawan for convenient services to kitchen. A new stair case has also been provided for service of food items to 1st floor for the guest/people, staying in the rooms. One lift has also been installed for the convenience of patients at Derawal Bhawan, to visit 1st floor for Medical Treatment.

Apart from the above three rooms with bathroom, small pantry and lobby duly renovated at first floor to make available the said accommodation to the community members, who need the facility for small functions and also for short stay of their guests on Charitable rates.

"The Sabha is also thankful to S/Shri Ravi Khera, Surinder Mehta and Dharamvir Bhutani for giving their valuable time in getting renovated completed 1st floor.

ऑल इण्डिया डैरावाल सहायक सभा (पंजी.) व डैरावाल सेवा संघ (पंजी.) यह दोनों संस्थाएँ आपसी सहयोग से धार्मिक व समाजिक कार्यों में रचनात्मक भूमिका का निर्वाह करते हुए समाज सेवा कर रही है।

डैरावाल सेवा संघ कई दशकों से निर्धन, असहाय विधवाओं की वित्तीय सहायता कर रही है और इसके अतिरिक्त यह संस्था कई स्कूलों के गरीब बच्चों को मुफ्त किताबें व उनकी यूनीफॉर्म मुहैया करा रही है।

ऑल इण्डिया डैरावाल सहायक सभा (पंजी.) द्वारा कुछ प्रमुख कार्य :

(1) डैरा रतन श्री राकेश आहूजा की देख-रेख में प्रतिदिन सुबह 10:00 बजे से दोपहर 1:00 बजे तक B.P. एवं Sugar का Free Checkup (डैरावाल भवन में) प्रशिक्षित नर्स द्वारा किया जा रहा है। इसके अतिरिक्त यह सभी सेवायें नर्स द्वारा वृद्ध लोगों (जो असमर्थ हैं) के घरों में जाकर भी प्रदान की जा रही है।

नर्स को दी जा रही प्रति माह राशि व अन्य सामान का व्यय आदि श्री राकेश आहूजा जी स्वयं ही वहन कर रहे हैं। सभा इस पूण्य कार्य के लिये उनकी हमेशा आभारी रहेगी।

(2) महीने के आखिरी सोमवार को सायंकाल 4:00 बजे से 6:00 बजे तक Heath Camp में Free Blood Sugar and Blood Pressure, Sr. Citizen लोगों का कीर्ति क्लब पार्क, कीर्ति नगर में Checkup किया जाता है।

(3) प्रति मंगलवार को सुंदर काण्ड पाठ का आयोजन सायं 4:30 से 6:00 बजे तक किया जाता है।

(4) प्रत्येक शुक्रवार को सायंकाल 4:00 बजे से 6:00 बजे तक महिला मण्डल द्वारा कीर्तन किया जाता है।

(5) रिश्ते ही रिश्ते विवाह सम्बन्धी पंजीकरण सेवाएं श्री एम. एल. भुटानी एवं श्री वाई.के. भुटानी (प्रत्येक शनिवार व रविवार प्रातः 11:00 बजे से दोपहर 2:00 बजे तक) द्वारा डैरावाल भवन, कीर्ति नगर में सेवाएं दी जा रही है।

(6) हर साल JYOT YATRA (Holi City, Haridwar) का प्रबन्ध अप्रैल माह में डैरावाल भवन, कीर्ति नगर से डैरावाल भवन, हरिद्वार जाने के लिए बसों द्वारा किया जाता है।

(7) हर साल मार्च माह में डैरावाल भवन, एफ-27-28, कीर्ति नगर में Full Free Medical Checkup Camp का भी आयोजन कुशल डॉक्टरों द्वारा किया जाता है।

अन्त में प्रभु से यही प्रार्थना है कि ऐसी संस्थाएँ दिन रात चौगुनी तरक्की करें तथा समाज सेवा से ओतप्रोत रहें और इनसे जुड़े सभी सहयोगी दानवीरों का भी धन्यवाद, जो “डैरावाल स्वास्थ्य केन्द्र” के इस पुण्य कार्य को आगे बढ़ा रहे हैं।

“दान से वस्तु घटती नहीं बल्कि बढ़ती है”

“दान के लिए वर्तमान ही सबसे उचित समय है।”

आईए! इस स्वास्थ्य केन्द्र में हम सभी मिलकर अपने सहयोग की आहुति प्रदान करें।

“IT'S NOT HOW MUCH WE GIVE BUT HOW MUCH LOVE WE PUT INTO GIVING”

—NARESH KUMAR MINOCHA

MASTERING YOUR OWN ENERGIES!

When I have the attitude and constructive mind, I will have high Energy Life. I'll be more confident. With more love life, I'll achieve things which I only dreamed off. Love more, Attract healthy and loving partner. Live in the '**moment**'. Smile more you will have an abundant positive Energy, Feel even closer to the Creator. Help others in regards to living a Healthier life through '**awesome foods**', '**exercise**', '**pranayaam**' and '**yoga**'. I will have divine feelings inside and outward 'glow' that is indestructible! I'll express thanks so much with healthier, happier life with hugs and longer life! Through life's ecstasy, I'll have high energy. Now I am in the flow. I go about my life experiences with '**Ease and Grace**'!

Creative ideas from my soul and I share ideas and thoughts. Energy freely, engaging with youngsters with much more ease and confidence. I honour my well-being and commitment to living my purpose with 'compassion and meaning' of life. I feel stronger, I feel joyful. Others see me as magnetic and attractive and smiling always and I live myself and accept myself exactly as I am without criticism.

I breathe the beauty attitude of Nature and love to listen the birds' chirping. I am realized, calm and serene, living in my body. I look forward with excitement in creating more empowering experiences! Honouring the earth and its 7.45 billions inhabitants forcing more connections with like minded souls and feel blessed to have the energy to create projects which '**stimulate**', '**inspire**', '**heal**' and '**nurture**' tremendously.

For me all the earth-living beings are my family and the Universe a global village. Truly my heart dances with ecstasy! Every day I'm more '**confident**', '**brave**', '**joyful**', '**strong**' and '**calm**'! I'm extremely motivated and highly productive.

Creativity flows like **Gangas** flowing majestically. I always keep smiling and my laughter comes from my heart. I'm happy in my body and enjoy '**feeling present**' within. I'm an inspiration to my students, colleagues, friends and youngsters. I

share my inner joy, ecstasy and energy with them. I believe in myself my abilities and talents. The Universe looks beautiful and exciting. I am an adventurer! I am awesome watching people doing what they really, really love and kiss life.

At this age in my seven decades of life, I'm bubbling with more joy and energy. I'm going to be so gloriously efficient and productive in all my pursuits of life. I have oodles of time to spend the majority of my life hanging with men and women who are beautiful in their hearts. I really love to do that makes me feel really good.

I wake up early morning at 'brahmahurat' refreshed and give myself all I need, in my food, my breathes and my experiences. I am deeply in touch with what my body wants and needs, and what moves and excites my soul and I'll have the energy and abundance. I am able to be there for others with a strong sense of my own-self and boundaries and will always be giving from my heart, from abundance and never from duty or pushing myself.

How to step up Energy Level?

Transform your energy levels forever. Do it consciously by being really curious and excited to climb the positive and creative ladder. You'll be amazed with what your brain comes up with!

Mind set

Today, when you get up early morning, you've 86,400 seconds. Remember to be 'more present' during these seconds. Stay clear on your outcome. You will find true priorities.

Pranashakti the Oxygen O₂

Breathe-well all times. Breathe-in fresh air slowly in the vicinity of greenery, trees and plants. Optimise your right posture while sitting, standing or walking. Exercise daily in pollution-free atmosphere. Pranayaam, yoga and brisk walking do wonders! You're instantly charged. Enjoy what you do.

Hydration and nutrition

Your body contains 70% H₂O. Maintain this optimum level by drinking enough high quality water. Ensure you're getting enough of the

'electrolytes' and all the Omega3s. Take daily fresh seasonal green veggies and many coloured fruits. High nutritious diet is must every day with high quality supplements.

Sound Sleep

7-8 hours deep sound uninterrupted p.m. sleep will make you smarter, calmer, happier and sexier. Keep your mobile, WhatsApp, IT I-pod, I-pad etc. on silent mode. Remember PM sleep is always better and more beneficial than AM sleep. You'll be rejuvenated and enhance your life span with health, vitality and joy. Avoid too much AC corridors! Ask yourself, **"How can I get going happily and smiling always without any stimulants?"**

Flood with Positivity and Humour

Always dedicate yourself to positive inputs. Take action and overcome the resistance inside of you. Be grateful and humorous always. It will boost levels of hormone progesterone, reduce anxiety and stress, according to researches at the University of Michigan. Laughter and Humour help mood cognitive function, quality of life and help discover your True Nature.

Nothing in this world is more worthwhile than mastering your own energies! This is a fantastic stuff. Your 'enthusiasm', 'sincerity', and 'generosity' will shine through. It will resonate on different levels an amazing feat of knowledge and inspiration.

It'll change your life.

– Prof. Sudesh Gogia

READ AND WRITE AS MUCH AS YOU CAN...

- Learning in life does not come passively.
- Keep a reading list no matter how old you are.
- So far I'm concerned, I usually trek down to the nearest 'Bookshop' every now and then and browse to my heart's content.

I come out with at least 3 books that are bound to change my life some way or the other...

Writing is meditation for the mind :

They say that looking at life objectively is the best solution to life's greatest dilemma. I've heard that shitty saying before. And it was completely true. The best way I got there? **I started writing.** All my fears and insecurities looked up to me from a lifeless piece of paper, and that gave me an extra dose of life to thumb through my own problems like a child. No attachments. No worries. Just my young mind with endless creative solutions with my pen and few sheets of papers.

Being mindful is tough :

Live in the '**present moment**' No amount of meditation has helped me. I become 100%

mindful of the present moment. I'm just giving you the naked, transparent truth of life. As I always do. Meditation helped calm my mind, but the True challenge was standing my ground when life threw its gauntlet of sensory stimuli in a tireless attempt to confuse my mind.

Always count your blessings :

Accept life as it comes, "Mein Jindagi Ka Saath Nibhaata Chala Gaya..." thought provoking soul-stirring lyrics of 'Sahir Ludhianavi. Always count your blessings.

Giving always come Back :

Karma's a bitch, they say. Karma is also a great friend. Whatever I gave, no matter how small or big; good or bad, always came back to me tenfold over. So, I always strived to do good things, expecting nothing in return. It's harder said than done, but I know what I've done always comes right back to me. You know why I feel always special because '**writing**' every single day plays a significant role in my life. Writing always follow after reading a lot as much with my heart and soul...

– Amit Gogia

SMALL CHANGES DO MAKE BIGGER STUFF

Why are you trying to achieve impossible? Small little changes do make bigger stuff. Start walking in fresh air amidst greenery. Why start a punishing regimen. Why A.C. corridors for gem? When cool fresh air amongst trees plants available? Why do ever hate your body, rather love it immensely. Make sure you move around in the vicinity of colorful flowers with love and passion. Love is always right. It's your life. Love is always sacred and divine. Start making your own tea and for your beloved every morning. It will give her surprising sense of respect and love. **Surely little things make big changes.**

Never mind if your skin is dark, Many in Bollywood like Rekha, Meena Kumari, Waheeda and many numerous and they have made their mark. Why to tint, if possessing fair color in Goa or Seychellus beaches? The importance is to radiance and inward glow! Get off the elevator one or two floors earlier. Rather than attempt the entire flight of stairs! Little changes in every day routine are easy and adoptable. You'll feel lighter, better and smarter! Keep calm and fidget, life's ball rolling in right direction. You will reach the desired goal. Surely these **little things make big Changes.**

Remember and focus with sincerity and dedication. They are always critical If you suffer from anxiety or hyperactivity use a fidget. A mayo clinic study found that fidgets actually burnt an additional 350 calories. What is meditation? Never be scared that meditation one hour exercise to chase away recalcitrant thoughts. Few minutes of zoning out sitting in relaxed mood, closing eyes in a joyful mood you will achieve desired effects! Surely they moments will make a big difference in your life. Instead going for tiring zim, do spot jogging. Stand straight with arms by your side. Start jogging for 1 1/2 minute, Relax stop fretting

about bigger goals break it into smaller, focus on one at a time. You may do seated running. While sitting bring up your legs and do running movement for 1½ minute and then relax. Quit trying to please everyone. Stop `chamchagirl to anyone. Work dedication more important. Your `saasu ma' or 'boss' know well!

Surely these little things make big changes!

Remember not every change needs to be drastic nor every big decision life changing! Little changes do work as true magnificent magic! Life become more sustainable. Instead reading big novel of Chetan Bhagat. It took Dr. APJ Abdul Kalam from being a newspaper delivery boy to being a 'Rocket Scientist' and popularly known in the world as 'MISSILE MAN' before becoming the President of India. All it took him to read only one article. It changed his life. Why can't you? Your religious '*pandits*', '*pravachankarta*' do ask you to make 'big changeover'. Feeling little worries or depressed or going through bad relationship problems do crop up in everyone's life. Rather exhort to recruit your '**inner warrior**' – your best friend develop your vision. Forgive self judgement! Never give self punishment. Follow your inner-voice and passion.

There's no need to overhaul your life . Are you chucking your present lifestyle for a new one? Think twice! Try these little small adjustments. Realign your life by smaller steps on desired path! You'll feel better with these little steps. You'll surely pick up enough momentum. Never panic. Entroll for personality grooming with dynamic progressive spiritual men and women!

Lord Krishna calls them as तत्त्वदर्शी

Just practice to smile. A smile indicates your attitude. A smile indicates your joyful mind. A smile indicate your tranquility, ecstasy and

well-being. Chat more with your friends. Show interest in people. Why to feel stifled in a relationship? Talking always about resolving many issues at a time? Why to mess? Have time for yourself. Many irritations and misgivings will be sorted out!

Obese people

If you're obese and advised strictly on diet. Never mind. Don't jump to the other end of the spectrum. Remember energy and nutrition diet is important for body. Never starve yourself! Weight lost will be uncanny to jump ba! Try smaller stuff. Go slow on sweets fats, maida, foods and too much oily items.

There is no 'one size' fit recipe for all. 'Sonakshi Sinha and Deepika Padukone', 'Shilpa Shetty' have different bodies and distinct personalities. Learn to 'love your body immensely!

Enjoy going for theatres or art galleries instead of long resorts for a change. You'll become more generous, by donating to charity will improve your sense of well being and calmness of brain cells, these findings are revealed by Professor Dominic Abrams in a study by Kent University and published in the journal Social Psychological and Personality Science.

Never be scarred of ageing. Ageing is a blessing in disguise. Take responsibility, you'll enhance your power too. You must take into account the ground reality. You simply can't leave everything to God! Liberate your intellect. Be free from all dogmas and superstitions. Accept ageing with grace. It comes with age. Now you're blessed with enormous experience. Reside fully in the '**present moment**' to continue to do little things. You're beyond time and space! It doesn't matter if you are young or old!

Surely these little things make big changes!

Foundation of humour

Psychologists from the University of Warwick analysed 5000 randomly selected words and 800 participants who were humorous, brought smile to others faces and just could not help laughing at these numerous words, including '**booty**', '**booby**', '**sexy**', '**nitwit**' and '**hooter**'. These and many others words were found to be **funniest**. Humour laughter make life longer with health! You feel younger and live longer.

High Heels.

Heels are good for 'souls' not 'soles'. Though researchers point ladies wearing high heels cause back pain, broken ankles, and sprains. But once in a while to boost your '**self-image**' confidence' and 'general well-being', heaven is not going to fall on earth!

Almost two-thirds of business women all the world over in fashion, bollywood, hollywood, media, travel and tours industry, think 'high heels' make them more attractive, a boost to their self-image and glamour on their faces!

Action पुरुषार्थ

You have a marvellous mysterious gift with the choice of action with a little of it make your future bright and enjoyable! You may call this '**destiny**'. This 'positive, loving and a progressive thought' this very moment, you become divine and enchanting. The effect will make a '**good fortune**', '**happiness**' and '**spiritual growth**.'

You will have serendipitous experiences. Remembering God is only facilitating and enabling your actions. A hunger to learn will take you places. You're the one for your evolution and growth.

BECOME A TRANSMITTER OF HAPPINESS

Why you wake up in the morning do ask yourself : "Today I have 86400 seconds, want to be happy? Or remain sad throughout the day! You've everything, you needed right in front of you? Ask yourself can I put a 'genuine smile' on some one's face that I really care about. True startling happiness and joy are not connected with gold allied, nor can it yield a pleasure. Even money, car, business can't bring merry to you. Your thoughts, decision and action will be yours. Even God will not interfere in your thought process. And whatever you'll decide will see the tune for the day.

GIFT OF LIFE :

The gift of life has been bestowed upon by God-the most precious one. He wants you to be happy and celebrate life. Let all of us feel happy every second not only today but throughout our life. Why to then postpone for later? You put conditions. "I'll will be happy only if I get promotion!" *"I'll be damn happy, if I get a car!"* "I'll be happy, if I have a house of mine, I'm living in a rented accommodation!" And the list is never ending. You're simply postponing for later part of life. "I will be happy tomorrow!" I simply ask you why not today? Do you think there is 'future happiness'?

THE SOURCE OF HAPPINESS : IS IT EXTERNAL?

It's futile to seek happiness from external resources. Do you think the source of happiness reside in external world? You're mistaken, it's futile to seek happiness from external sources. Why are you then getting obsessed with petty shortcomings and problems of life. You've the treasure of nectertrove of happiness right inside you. Have you ever realized it earlier? After realizing you'll not only be

happy but will become 'a transmitter of happiness.'

This transmitter will not only serve you but to all those whom you love so lovingly. What you 'give' what you 'get'! The funda is very simple. Give 'suffering', 'jealousy', 'anger' etc. you will get the same in return.

WHAT TO GIVE TO OTHERS?

Give ecstasy, cheerfulness, joy and happiness. Get the same multiplied many fold. Why to delay then? Begin today. Make a conscious effort to boost your inner joy, tranquility and happiness. Quotient from within, and exude your charm and beauty thoughts your happiness and smile.

Now you'll see the world with new perspective. You'll make a conscious effort to boost your happiness quotient from 'within'. You'll exude happiness all around in the world. Your family, society, country and whole universe will be benefited by your ever happy smile, peace and tranquility.

Problems and Challenges.

No one is free from problems and challenges in the world today.

"Good judgement comes from experience, and experience comes from bad judgement."

- Rita Mae Brown

Every one has to pave his own boat to meet the challenges. And only you can decide in the face of problems whether you wish to be happy or sad!

-Ms. Kushal Gogia

OBITUARY

1. **SMT. SANTOSH BHALLA**, Resident of Mansarovar Garden, New Delhi Left for Heavenly Abode on 22-11-2017.
2. **SHRI RAMESH PRATAP BUDHIRAJA**, Resident of Janak Puri, New Delhi Left for Heavenly Abode on 10-12-2017.
3. **SHRI VINOD BHANDARI**, Resident of Rajouri Garden, New Delhi Left for Heavenly Abode on 17-12-2017.
4. **SHRI RATTAN LAL PAHUJA**, Resident of Rohini, New Delhi Left for Heavenly Abode on 19-12-2017.

ARE RITUALS A WAY TO GOD?

We all humans face failure at some point or the other in our lives. It's not the end of our lives. It's what one should do at that moment that defines your inner-self, courage and tenacity of character. It's your attitude that defines your future. You have to 'teach yourself' to be confident. Identify your strengths. When life gives you lemons, make sure you make juices along with not only lemons but of grapes, along with pomegranate. Men or women who're egoist, angry, depressed or frustrated don't determine, what you are! With age, you grow on the path of cheerfulness of life, **Age is never a barrier to living a complete and full filled life.**

How to grow?

A happy and enjoyable life opens new ventures of life when you grow! Manage your energy level, Manage your time. You may be busy 24x7 with your job, yet spend quality time with your family. These moments do matter and do wonders. When you get up early morning you have 86,400 seconds **'to explore, love and do constructive positive** things win peoples' hearts. Identify right people to do the right role. It's the key to success. You at times, get intuitive spirit. Trust, move and fly. Never indulge in transgression of values, sacrosanct has to be thrashed. Violating 'a little' will result in your down fall. Lack of performance will be remedied but not lack 'values'.

New technology :

Your work pays perseverance that makes you shine. 'Openness' is a life long learning. The world around you is changing continuously and sometimes abruptly around you. And digital technology has already tremendously caused exponential change and new learning continuously add to your skill-set! Alongwith Meditation does wonders. Love nature and its surroundings. Avoid much A.C. corridors. Brisk walking amidst greenery, trees and plants boost your energy level. Playing with kids energizes instantly. Focusing at your job makes life beautiful and enjoyable.

Qualities of a matured man :

A matured person's power resides in his innate values. Sense of balance, intellect and ability to hold his own in any life's situation are his

basic traits. Relationships require matured handling. For him women are not merely objects, to be treated as equal partners. A matured does and is allowed to emote, love, cry and yet may have weak moments. A matured man is human like other humans. But he's strong enough to fight back. The aura around a matured man is strong. Earlier, there used to be mystery around him and was inaccessible. Today he's on social media - he's reachable. People can relate to him and more he's open about himself, the more people relate to him.

A matured man is not like drunk Vikas Barala or Ashish who invite female attention and derive power from politician father at Chandigarh road. Traditionally Indian men may be strong, yet the insistence of some men ought to stick to as anachronistic template of toxic masculinity that create large pockets of discontent and negative attitude. This is ridiculous.

Boys will be boys

"Boy always chases a girl" may exist in real life too. But this is what a shame to live in such times. Do we still live in such a society? Does God listen? God is a creator, controller of human life and whole Universe.

Why is **He** so unfair to women folk in India? *"Women should not step out late at night"* says Union Minister Babul Supriyo, What a shame to live in this 21st century in digital India!

True Religion

Most Indians follow religious scriptures, visit temples, mosques, churches, gurdwaras and pilgrimage for spiritual life! And spend lot of money and time for many rituals as per the dictates of pundits, Babas etc. Is it true spirituality? Is this worshipping? And engage others to do so with evangelical fervour! Or is it something else? Majority of them worship God, don't achieve what they aspire for! Rather blame themselves for poor results of traditional rituals.

Does God accept traditional bound rituals?

There are vastly different views of **'life after death'**. About rebirth, reincarnation, cycle of birth-death, Karma theory, nirvana, there

have been many discussions going since time immemorial. Still the man suffers, inspite of many religious philosophies and practice of many faiths, multiple rituals and ceremonies. No man has succeeded to explain vividly, rationally, logically and scientifically, how to mitigate man's sufferings, diseases and improve health, happiness, peace, tranquility of life and fruitful living on this planet earth!

Rituals to please God

Another section of society the pharaohs faithfully and seriously believe in God for power, prosperity and wealth. Enormous money spent for their bodies to be mummified and kept in massive impenetrable pyramids along with immense wealth, thinking to come back one day. Most of them are still in their mummified stage in Cairo museum. On the other hand Jews like the pharaohs, believe "**in the day of Judgement.**" Even in this 21st century of many scientific digital explorations, we still practice many per as the instructions and orders of so-called pundit maulavi etc. '**rituals**' to please God and gain many favours from '**Him**'. And still human sufferings are increasing multifold. Many diseases like diabetes, BP, heart, mental depressive psychosis, dementia, insomnia, cancer etc. are taking toll of many precious human lives.

Science too, can't answer all questions related to human life and its sufferings. The rational, logical reasoning too all fall short to answer all questions.

INDIAN VISION

The Indian vision of life is found in **Vedic** texts. Deep environmental and ecological consciousness is not only an intellectual and spiritual idea, but an abiding reverence for Nature.

All living beings (trees, plants, species birds, animals kingdom etc.) on earth have to be respected and cared for, not as commodities existing for our use and abuse!

Life is the most precious 'gift' we need to care for!

Climate changes, global warming, polluting emissions, forest degradation, migration, species, survival and potable water for all are the deep

concern for us seeking consensus!

Biomedical practices are relevant only within the frame work of the moral ethics of human beings. Then why ecological disasters are happening? Can we afford and allow this to continue? These sciences are the mother of all sciences, sharing an affinity in envisaging knowledge for human development and ethics is the soul of all human beings.

Lord Krishna says in Srimad Bhagwad Gita :

“इदं तु ते गुह्यतमं प्रवक्ष्याम्यन सूरवे।

ज्ञानं विज्ञानसहितं यज्ज्ञात्वा मोक्षयसेऽशुभात्॥”

— गीता 9 / 1

(To you, who are devoid of the carping spirit, I shall now unfold the most secret knowledge of Nirguna Brahma alongwith the knowledge of manifest Divinity, knowing which you shall be free from the evil and sufferings of wordly existence)

(भगवान श्रीकृष्ण बोले - तुझ दोषदृष्टि रहित भक्त के लिये इस परम गोपनीय विज्ञान सहित ज्ञान को पुनः भली भाँति कहूँगा, वह महापुरुष सर्वत्र एक साथ कर्म करता है, कैसे वह जागृति प्रदान करता है, रथी बन कर आत्मा के साथ कैसे सदैव रहता है? यत् ज्ञात्वा जिसे साक्षात् जानकर तू दुःख रूप संसार से मुक्त हो जायेगा)

अर्थात् विज्ञान कोई ऐसी वस्तु है, जो संसार समुद्र से पार लगाती है और हम सबको 'उस पार जाना है.....' आज जिसे आप भौतिक विज्ञान कहते हैं, उसने ऐसे उपकरण भी प्रस्तुत किए हैं, जिनसे संपूर्ण सृष्टि ही नष्ट हो जाए। यह विज्ञान जहाँ भौतिक विकास, digital new technologies देता है, नष्ट भी करता है। जबकि वह विज्ञान 'यौगिक शब्द' हैं जिस की व्याख्या श्रीकृष्ण कर रहे हैं - 'प्रेमज्ञान से अलौकिक कर यह विज्ञान आनन्दित करते हुए मोक्ष भी देता है।' जबकि भौतिक अविष्कारों को भारतीय मनीषियों ने आसुरी माया की संज्ञा दी है। हालांकि सामाजिक विकास में भी हमारे पूर्वज कभी पीछे नहीं थे।

— PROF. SUDESH GOGIA



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02. 32 Years (23.08.1985 at 03:17 PM, Delhi), Height 5'-7", BE, MBA, Service in TATA Consultancy, MNC Noida, Salary Rs. 11 Lac PA, Contact her father Mr. Sudhir Sardana, Tel. : 9871032087 (R.No. 38466)
03. 25 Years (16.06.1992 at 12:15 PM, Delhi), Height 5'-0", M.Com (N.I.T.), Service, Salary Rs.25000/- PM, Contact her father Mr. Ravinder Ghulani, Tel. : 9873983908, 9710036300 (**Manglik Girl**) (R.No. 38467)
04. 25 Years (25.11.1992 at 12:20 Noon, Gurugram), Height 5'-0", B.Tech. (Computer Sc.) in Engineering, Service in Software in MNC Gurugram, Salary 9 Lac PA, Contact her father Mr. Harish Arora Tel. : 8368072284, 9899867945 (R.No. 38468)



SUITABLE MATCH FOR BOYS :

01. 24 Years (18.08.1993 at 10:40 PM, Delhi), Height 5'-10", B.Tech. (Engineer), Service in Gurugram, Salary Rs.40,000/- PM, Contact his father Mr. Shyam Mehta, Tel. : 7053519107 (R.No. 38465)



DIVORCEE BOY :

02. 44 Years (22.08.1973 at 02:25 AM, Delhi), Height 5'-6", BA, Govt. Service in Delhi Courts, Salary Rs.90,000/- PM, Contact his mother Mrs. Usha Diwan, Tel. : 9811753271 (R.No. : 38969)

MANGLIK BOY :

03. 28 Years (21.09.1989 at 09:45 AM, Delhi), Height 5'-7", BBA, Asst. Manager in State Bank of India, Dwarka, Salary Rs.25,000/- PM, Contact his father Mr. Rajnish Gambhir on Tel. : 27015523, 9897073706 (R.No. 38464)
04. 28 Years (15.08.1989 at 09:45 AM, Delhi), Height 5'-10", B.Tech. from NSIT, Asst. Manager in Indian Refinery Oil Corporation in Mathura, Salary Rs.25,000/- PM, Contact his father Mr. Mahinder Khanna on Tel. : 9899104074, 9717013835 (R.No. 38461)

- M.L. Bhutani
- Y.K. Bhutani

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01. 29(+) Years (07.01.88, 08.10 PM, Delhi), Height 5'-9", Fair, Medium Built, BA Pass, AMDS Galileo, Mirpur family boy, Working with Travel Company, Earning Rs. 50,000/- PM, Contact his mother Smt. Mahajan at Ph. 9911002243, 9654878350, Suitable working girl required.
02. 32(+) Years (16.09.85, Delhi), Height 6', Fair, Slim, 12th Pass, Using specs, Boy for Himanchal Rajput family, Working at a Cloth Shop at Lajpat Nagar, Earning Rs.15000/- PM, Contact at 8800980753, Suitable girl from poor family required. No cast bar.
03. 32(+) Years (14.08.85, 12.10 PM, Delhi), Height 5'-7", Wheatish, Slim, B.Com., Sikh family Boy, Working as a Manager in Hospitality and Catering company, Earning Rs.28000/- PM, Contact his father Sardar Gurminder Singh at Ph. : 9818930026, 9958534663, Suitable girl required cast no bar.



SUITABLE MATCH FOR GIRLS :

PROFESSIONAL/SERVICE/TEACHER GIRLS :

01. 23(+) Years (15.02.94, 07.30 PM, Delhi), Height 5'-7", Fair, Healthy body, BA pass, Pursuing MBA, Dera Ghazi Khan family girl, Using specs, Working as a Teacher in a Play School, Earning Rs.5,000/- PM, Contact her father Sh. Dharam Bir Madan at Ph. : 9310611176, 9350088873, Suitable boy in business required.
02. 27(+) Years (14.10.90, 02.42 PM, Delhi), Height 5'-1", Fair, Slim, B.Tech., Muzzafargarh family girl, Working with MARK-IT at Noida, Earning Rs.6.50 Lacs PA, Contact her father Sh. Ashok Arora at Ph. : 9999777320, 26916219, Suitable boy in service required.
03. 31(+) Years (12.11.86, 07.15 PM, Delhi), Height 5'-3", Fair, Slim, MA (Maths), B.Ed(CET), Using specs, Gujrawalan family girl, Working as TGT Teacher in DPS School, Earning Rs. 7.00 Lacs PA, Contact her brother Mr. Varun Sethi at Ph. : 9871547155, 9312242214, Suitable educated boy in from educated family required.
04. 28(+) Years (20.10.89, 02.40 PM, Delhi), Height 5'-4", Fair, Slim, BA, BBA, B.Ed., MA (English), Loyalpur family girl, Working as a Teacher in Saraswati Bal Mandir at Nehru Nagar and Taking home tuition, Earning Rs. 2.50 Lacs PA, Contact her father Sh. D.K. Kamra at Ph. : 8882221143, Suitable boy in service/ business required.



—ASHUTOSH SHARMA

9312105617

शयन की लोरी

(नोट : ये गीत मुम्बई निवासी मेरे मित्र श्री गिरधर डागा जी द्वारा निर्मित किया गया है। यशोदा माता ऐसे ही गीत गाकर भगवान कृष्ण को बाल अवस्था में सुलाया करती थी। आप और हम भी इसका लाभ उठा सकते हैं।)

1. कुंवर कन्हैया सोयजा
वंशी बजैया, सोयजा
अंचल सो ओढ़ाऊँ
शयन की लोरी सुनाऊँ

आ जा मेरे कुंवर लाडले
तुझको गोद सुलाऊँ
बाँहों से झुला झुलाऊँ
प्रीत के गीत सुनाऊँ

हृदय से लगाऊँ
पेय को पान कराऊँ
अंचल सो ओढ़ाऊँ
शयन की लोरी सुनाऊँ

2. चन्दन के पलंग के ऊपर
रेशम की डोरी कसाऊँ
मखमल के विछोने ऊपर
पीत गुलाब बिछाऊँ

सावरिया अब सोय जा
लाडले मोहन सोय जा
अंचल से ओढ़ाऊँ
शयन की लोरी सुनाऊँ

3. रंग बिरंगे पुष्प पिरोऊँ
प्रेम की कलियाँ सजाऊँ
लाल गुलाबी सेज सजाऊँ
इत्र सुगन्ध लगाऊँ

मन मोहन अब सोयजा
श्याम सलोने सोयजा
अंचल सो ओढ़ाऊँ
शयन की लोरी सुनाऊँ

4. फूल से कामल श्री चरणों से
गोचारण कर आये
कंकर कंकट पथ पर चलकर
कष्ट अपार उठाए

आ गोपाल सुलाऊँ
चरण कमल को दबाऊँ
अंचल सो ओढ़ाऊँ
शयन की लोरी सुनाऊँ

5. निन्दया तेरी बाट निहारे
कब की खड़ी पुकारे
सेवा तेरी करने आए
आज नन्द के दुलारे

यशुमति नन्दन सोयजा
देवकी नन्दन सोयजा
अंचल सो ओढ़ाऊँ
शयन की लोरी सुनाऊँ

6. शयन को रूप निहारूँ तेरा
नयन की प्यास बुझाऊँ
माधुरी मूरत हृदय धरा कर
धन्य धन्य हो जाऊँ

लाल गोबिन्दा सोयजा
गिरधर प्रभू अब सोयजा
अंचल सो ओढ़ाऊँ
शयन की लोरी सुनाऊँ

उपसंहार :

कुंवर कन्हैया सोयजा
वंशी बजैया सोयजा
सावरिया अब सोयजा
लाडले मोहन सोयजा
मन मोहन अब सोयजा
श्याम सलोने अब सोयजा

यशुमति नन्दन सोयजा
देवकी नन्दन सोयजा
गिरधर प्रभू अब सोयजा
लाल गोबिन्दा सोयजा (अति धीरे - धीरे)
अंचल सो ओढ़ाऊँ
शयन की लोरी सुनाऊँ

- डी.एन. मदान

हवा प्रदूषण से बचने के घरेलू उपाय

- गुड़ एक ऐसा पदार्थ होता है, जो रोग - प्रतिरोधक क्षमता को बढ़ाता है। गुड़ हमारे शरीर से प्रदूषण के होने वाले दुष्प्रभाव को कम करता है।
- बढ़ते प्रदूषण से बार-बार जुखाम सम्बन्धित बीमारियाँ होती हैं, जिससे अदरक का सेवन करने से बहुत ही लाभ होता है।
- लहसुन एक प्राकृतिक एंटीबायोटिक है। वह प्रदूषण से होने वाले कफ को बनने से रोकता है।
- काली मिर्च सबसे अच्छा घरेलू उपाय है जो प्रदूषण से होने वाले कफ, जो छाती में जम जाते हैं, उसे निकालने में मदद करता है।
- सर्दियों में विटामिन सी एवं ओमेगा थ्री का सेवन भी करना चाहिए। यह रोग प्रतिरोधक क्षमता बढ़ाती है।
- शहद का सेवन भी हमें इस समय इन बीमारियों से बचाने में अहम योगदान निभाता है।

— प्रभु दयाल सतीजा

गजल

गरीब क्या इश्क करेगा

गरीब क्या इश्क करेगा, क्या इश्क का इजहार करेगा।
क्यों जीना अपना जान बुझ कर दुश्वार करेगा।

गरीब क्या इश्क करेगा.....

दो पैसे कमाके प्यार से दाल रोटी खाता है।
इश्क के चक्कर में क्यों खुद को बर्बाद करेगा,
गरीब क्या इश्क करेगा.....

मेहनत करके थक हार के अच्छी नींद वो सोता है।
क्यों रातों में तारे गिनकर वो व्यापार करेगा।
गरीब क्या इश्क करेगा.....

इश्क की गलियों में दिल उसका अगर टूट जाए तो।
ऐसे बेबस प्रेमी का सहयोग क्या संसार करेगा।
गरीब क्या इश्क करेगा.....

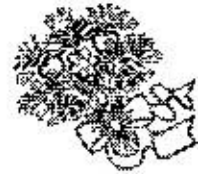
पर यह कुदरत का खेल भी देखो निराला है।
इश्क उसे भी हो जाए तो फिर क्या वो लाचार करेगा।।

Er. चतुर्भुज अरोड़ा

रिटा. अधिशासी अभियंता, अशोक नगर



शुभ कामनाओं सहित :



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आधुनिक मशीनों द्वारा उच्च कोटि के
पारदर्शी साबुन के निर्माता

कम गले ज्यादा चले, चमकदार कपड़े, हाथ सुरक्षित

इजेंसी हेतु सम्पर्क करें :-

9415021045, 9415310073

जीवन दर्शन का नित्य पाठ

यज्ञ क्या है? यज्ञ शरीर के बाहर नहीं यज्ञ को चरितार्थ करिए। उसे 'कार्यरूप' दीजिए। यही सही मायनों में 'कर्म' कहलाता है। जिस उपाय से यज्ञ पूर्ण होता है, उसी उपाय का नाम कर्म है।

फिर 'कर्म' क्या है?

कर्म का अर्थ है 'आराधना' कर्म का अभिप्राय है 'चिंतन'। क्या आप पूरी कयानात में कर्म के बिना कुछ प्राप्त कर सकते हैं? शायद कोई विकल्प नहीं है। हमारे पूर्व के मनीषी, ऋषि एवं मुनी कर्म के मार्ग पर चले और ब्रह्म को प्राप्त किया। इन वैदिक ऋषियों ने इसे 'आत्मा', 'परमात्मा' इत्यादि नाम दिया। ब्रह्म शाश्वत है।

श्रीकृष्ण गीता में कहते हैं :

“यः शास्त्र विधि मुत्सृज्य वर्तते कामकारतः।
न स सिद्धिमवाप्नोति न सुखं न परांगतिम्॥

- गीता 16/23

“जो पुरुष शास्त्र विधि को त्यागकर अपनी इच्छा से मनमाना आचरण करता है, वह न सिद्धि को प्राप्त होता है, न परमगति को ओर न सुख को ही।”

कृपया शास्त्र की इस विधि का त्याग न करिए। कामनाओं एवं वासनाओं से प्रेरित होकर कुछ धर्मों में अन्य विधियों से 'यज्ञ' करते हैं। उनके जीवन में न सुख आयेगा न कोई सिद्धि और न ही उन्हें परम गति की प्राप्ति होगी फिर क्यों आनंद प्रेम से विमुख होते हो? आगे भगवान श्रीकृष्ण अर्जुन को सम्बोधित करते हुए कहते हैं :-

“तस्माच्छास्त्रं प्रमाणं ते कार्याकार्यव्यवस्थितौ ।
ज्ञात्वा शास्त्र विधानोक्तं कर्म कर्तुमिहार्हसि॥”

- गीता 16/24

हे अर्जुन! तेरे लिए इस कर्तव्य और अकर्तव्य की व्यवस्था में कि मैं क्या करूँ? मैं क्या न करूँ? इसकी व्यवस्था में शास्त्र ही एक प्रमाण है। केवल शास्त्र विधि से नियत 'कर्म' को ही तुझे करना योग्य है। इस प्रकार से अर्जुन के माध्यम से पूरी मानवता को दिये ये दिव्य संदेश विचार के योग्य हैं। फिर क्यों अन्य 'यज्ञ' कर, धुएं एवं प्रदूषण फैला, पूरे वायुमंडल में एवं A.C. Corridors में किए गये यज्ञ का क्या औचित्य है?

(Scripture alone is your guide in determining what should be done and what should not be done! Knowing this, you ought to perform only such action is

ordained by the scriptures)

अहंकार न करना, अक्रोध, चित्त का शान्त प्रवाहित रहना ऐसे कई लक्षण हैं जिसे आज के मानव को अपना कर अपना, अपने पूरे परिवार, समाज, शहर, देश एवं विश्व को शांति, सद्भाव एवं सद्भावना दे मंगल कर सकते हैं।

युवा वर्ग - नम्र बनिए :

आज समाज में कुछ लोग भ्रमित हो रहे हैं। अपना लक्ष्य हासिल करने के लिए किसी भी प्रकार का कार्य करने से परहेज नहीं करते। ईर्ष्या, अहंकार, क्रोध से भरे रहते हैं। अपने पड़ोसियों, रिश्तेदारों, मित्रों एवं क्लिग्स को भी धोखा देने में संकोच नहीं करते। इसे 'प्रतिद्वंदिता' का नाम देते हैं। स्वयं को ज्यादा समझदार एवं तेज बुद्धि समझना उचित नहीं है। कौआ खुद को कितना चालाक - शांति समझता है लेकिन सदा भय में रहता है। तनिक आशंका होते ही उड़ जाता है। चतुराई से खाने की चीजें उड़ा, भाग खड़ा होता है। इसके विपरीत कबूतर, तोते एवं मोर इत्यादि शान्त मन से दाना चुगते हैं।

यदि युवा एवं युवतियों को अपने कर्तव्यों के बल पर ऊंचा उठना या महान बनना है तो नम्र बनना चाहिए। फलदार वृक्ष की डालियाँ सदा नीचे की ओर झुकी होती हैं। चातक पक्षी आसमां में बहुत ऊंचा उड़ता है लेकिन इसका घोंसला नीचे होता है।

‘मैं जो कह रहा हूँ सच है!’

‘मेरी बातों पर सबको ध्यान देना चाहिए!’

‘केवल मेरा ही अनुकरण करिए!’

ये सब अल्फाज़ अहंभाव अभिमान प्रकट करते हैं। अज्ञानी तो सदा अहंकारी पाये जाते रहे हैं। ज्ञानी, विद्वान एवं विदुषी स्त्रीयाँ अपने ज्ञान का प्रदर्शन नहीं करती। सामर्थ्यवान व्यक्ति गुणी, सदा नम्र एवं विनयशील होता है। इसके विपरीत मूर्ख व्यक्ति ही झूठे अहंकार दंभ एवं अभिमान से फूला रहता है। हां, समाज में कुछ लोग politicians की तरह नम्र होने का ढोंग रचते हैं। इन्हें पहचानिए, इनसे दूर रहें।

हताशा या हीन भावना :

मन में कभी हताशा या हीन भाव न लाइये। जिंदगी में उन्नति के पथ पर हताशा आपकी सबसे बड़ा शत्रु है। Spiritual पथ पर हताश मत हो। Lord Christ कहते हैं :

“Gates of the heaven are open to those who

are child like!"

बच्चों की तरह सरल, स्पष्ट बने रहिए। आप बचपन में अत्यन्त निर्भीक सरल थे, बचपना क्यों खो देना चाहते हो? ईर्ष्या, अहंकार एवं क्रोध मानसिक विकार हैं। इनसे ही आप की arteries block होती हैं और आप तरह-तरह की बीमारियों को आमंत्रित दे बैठते हो।

Hyper-tension, diabetes, insomnia, depression and dementia के मूल में आप के केवल नेगेटिव विचार हैं जो ईर्ष्या, अहंकार एवं क्रोध में आप को विचलित कर रहे हैं और वर्षों से कर रहे हैं और आप इनजान बने बैठे हो! केवल ज़िंदगी में आगे बढ़ने के लिए इस **paradoxical** बात को समझिए! आप मानने को तैयार नहीं। याद रखिए, केवल सरल सुहृदय व्यक्ति के सम्मुख ईश्वर स्वयं

अपना स्वरूप प्रकट कर देते हैं। आप मुस्कुराइये, चहकिये, ठहाके लगाते हुए सदा जीवन के पथरीले मार्गों पर, संघर्ष करते हुए मुस्कराते रहिए। **Social** दायरा बढ़ाते रहिए फिर बीमारियों की क्या मज़ाल आपके नजदीक फटक सके। यही भक्ति का स्वरूप है। आपका मंदिर जाना सार्थक हुआ। भक्त बनें लेकिन बुद्धू न बनें। इन मानसिक विकारों पर विवेकरूपी अंकुश का वार करते रहिए।

सत्य क्या है?

फिर असत्य क्या है?

नित्य क्या है?

फिर अनित्य क्या है?

प्रेम एवं प्रफुल्लित हृदय से चुनाव करिए। इसी

ज़िंदगी का सफ़र है ये कैसा सफ़र

ज़िंदगी का सफ़र है ये कैसा सफ़र

The channel of life, what sort of a ride it is

कोई समझा नहीं कोई जाना नहीं

No one understands, no one knows

है ये कैसी डगर चलते हैं सब मगर

What sort of a road is it every one walks on it but

कोई समझा नहीं कोई जाना नहीं

No one understands, no one knows

ज़िंदगी को बहुत प्यार हमने किया

I have loved life a lot

मौत से भी मुहब्बत निभायेंगे हम

I will even welcome death with love

रोते - रोते जमाने में आये मगर

I came into the world crying

हंसते - हंसते जमाने से जायेंगे हम

I will depart from the world laughingly

जायेंगे पर किधर है किसे ये ख़बर

But where will I go who knows this

कोई समझा नहीं कोई जाना नहीं

No one understands, no one knows

ऐसे जीवन भी हैं जो जीये ही नहीं

There are such lives that have not even lived

जिनको जीने से पहले ही मौत आ गई

Those who have died even before living a life

फूल ऐसे भी है जो खिले ही नहीं

There have been such flowers that have not even blossomed

जिनको खिलने से पहले फिज़ा खा गई

Those have been killed by climate before they could blossom

है परेशां नजर थक गये चारागाह

The eyes are worried, the world is tired.

कोई समझा नहीं कोई जाना नहीं।

No one understands, no one knows

ज़िंदगी का सफ़र है ये कैसा सफ़र

The channel of life, what sort of a ride it is

कोई समझा नहीं कोई जाना नहीं।

No one understands, no one knows

— सुदेश गोगिया

शेरो-शायरी (संकलित)

1. कोई अपना ही तेरी राह में काटे बिछाएगा,
दोस्त कह कर ही मुश्किल में फसाएगा।
गर रख सकेगा तू खुद को यूँ ही बुलंद,
खुद-ब-खुद चलने का सलीका सीख जायेगा।
2. यहाँ सिर्फ दिखावे के ही रिश्ते हैं,
घुट-घुट के लोग बस पिसते हैं,
ऊपर से भले हँसते रहे पर,
अन्दर से जख्म तो सबके रिसते हैं।
3. पिलाये गर खुद साकी तो कौन पियेगा पैमाने से,
मिलती रहो शराब तो कौन उठ के जायेगा मय-खाने से,
आदमी को परवाने का जनून नहीं मिलता वरना,
कोई कम मज़ा तो नहीं शमां पे जल जाने से।
4. कोई भी उम्मीद नहीं रखता अपनो से, बेगानो से,
बिन पिए ही लौट चला आता हूँ, मय-खानो से,
किसी भी ज़ाम की कोई प्यास नहीं बाकी,
चाहे साकी खुद ही चला आये पिलाने पैमाने से।
5. सादगी ही जमाने को रास ना आई,
गिला था, क्यूँ गुलो से सुवास ना आई,
हम तो कांटो में फिर भी खिलते ही रहे,
पर दुनियाँ को फिर भी सांस ना आई।
6. अंधेरों में चिराग जलाते ही रहेंगे,
तेरे दामन को यूँ ही सजाते ही रहेंगे।
खुद भले बचे ना बचे, फौजी हैं हम,
पर वतन को सदा बचाते ही रहेंगे।
7. जाने से पहले यहाँ निशानी छोड़ दे,
इस जहाँ के लिए इक कहानी छोड़ दे,
ठहरे हुए उबरो को यहाँ कौन पूछता है,
बहते दरिया जैसी इक खानी छोड़ दे।
8. रहा है मौसम कैसा, नजारे बोलते हैं,
गुजरा कहाँ से दरिया किनारे बोलते हैं,
दिखने में बुझ गया सब कुछ,
पर राख में, अब भी अंगारे बोलते हैं।

Er. चतुर्भुज अरोड़ा

रिटा. अधिशासी अभियंता
अशोक नगर

उपयोगी कहावते

1. कहते हैं चन्दन से वन्दन, ज्यादा शीतल होता है
योगी बनने की बजाय, उपयोगी बनना ज्यादा अच्छा होता है
प्रभाव अच्छा बनाने की बजाय, स्वभाव अच्छा होना
ज्यादा जरूरी होता है
हँसता हुआ चेहरा आपकी शान बढ़ाता है
मगर हँस कर किया हुआ कार्य आपकी पहचान बढ़ाता है।
2. कोई भी काम इन्सान के लिए कभी मुश्किल था ही
नहीं, जिसने स्वयं की क्षमताओं पर विश्वास किया वो
अवश्य ही सफल हुआ।
3. माँ वह रोशनी है
जो घर पर साथ रह कर, रास्ता दिखाती है।
पिता वह प्रकाश है, जो दूर रह कर भी
अनुशासन सिखाता है।
4. आहिस्ता चल जिन्दगी, अभी कई कर्ज चुकाना बाकी है
कुछ दर्द मिटाना बाकी है, कुछ फर्ज निभाना बाकी है
रफ़्तार में तेरे चलने से कुछ रूठ गए कुछ छूट गए
रूठो को मनाना बाकि है, रोतो को हँसाना बाकी है।
5. कुछ रिश्ते बन कर, टूट गए
कुछ जुड़ते-जुड़ते छूट गए
उन टूटे छूटे रिश्तो के
जख्मों को मिटाना बाकी है।
6. कुछ हसरते अभी अधूरी है
कुछ काम भी और जरूरी है
जीवन की उलझ पहली को
पूरा सुलझाना बाकी है।
7. जब सांसो को थम जाना है
फिर क्या खोना, क्या पाना है
पर मन के जिद्दी बच्चे को
यह बात बताना बाकी है
8. आहिस्ता चल जिन्दगी, अभी
कई कर्ज चुकाना बाकी है
कुछ दर्द मिटाना बाकी है
कुछ फर्ज निभाना बाकी है

— अक्षिता तनेजा

14/20, पूर्वी पंजाबी बाग

विकारमुक्त करती हुई “गीता”

गीता न सिर्फ कर्म करने पर जोर देती है बल्कि बुरे कर्म को छोड़कर अच्छे कर्म करने के लिए भी प्रेरित करती है। इसलिए यह हर युग में प्रासांगिक है।

यदि मनुष्य ने बुरे कर्म किए हैं तो उसके उद्धार का साधन है गीता, जो चिरकाल से प्रासांगिक है। इस आदि धर्मशास्त्र की भविष्य में भी प्रासांगिकता बनी रहेगी। यह मनुष्य को भजन का अधिकार देती है, जिसका सवाल पाकर मनुष्य भवसागर पार करने की क्षमता प्राप्त करता है।

गीता में भगवान श्री कृष्ण के श्रीमुख से निकला आदि धर्मशास्त्र है। गीता भविष्य में भी इतनी ही प्रासांगिक होगी जितनी आज है। इसमें भगवान श्रीकृष्ण कहते हैं कि मनुष्य के दुखों का अंत और सुखों की प्राप्ति धर्म की देन है। गीता पापियों के उद्धार का साधन है।

यह छुआ-छूत और जात पात के संबंध में सनातन धर्म में भी कहीं उल्लेख नहीं मिलता। वास्तव में वर्ण व्यवस्था मनुष्य की जीवीका से निर्धारित होती है न कि जन्म से।

गीता के अनुसार मनुष्य दो प्रकार के होते हैं - पहले क्षर और दूसरे अक्षर। जो व्यक्ति इन्द्रियों के वशीभूत रहता है, क्षरणशील है और जो इन्द्रियों को वश में कर लेता है उसका क्षरण नहीं होता है। उत्तम पुरुष परमात्मा पुरुषोत्तम भगवान श्री कृष्ण अर्जुन को अपना परिचय देते हुए कहते हैं - मैं नाशवान क्षर पुरुष व अमर और अक्षर पुरुष से उत्तम हूँ इसलिए पुरुषोत्तम कहलाता हूँ। भगवान ने कहा है कि स्मृति आदि वही धर्मशास्त्र है जो कि आज कहने जा रहा हूँ। पहले भी मैंने ही कहा है और आज भी मैं कह रहा हूँ। विद्या से परे वाणी से जिसका वर्णन नहीं किया जा सकता वह परमात्मा है।

भगवान श्रीकृष्ण अर्जुन को कुरुक्षेत्र की रणभूमि में उपदेश देते हुए कहते हैं। हे अर्जुन! तुम कामना, मोह छोड़कर स्वयं को मुझे समर्पित कर दो। सबका कल्याण होगा। तुम ही मिलेगा। गीता में कहा गया है कि सब अंधे

हैं। भगवान जब तक दिव्य दृष्टि प्रदान नहीं करते, किसी को कुछ भी दिखाई नहीं देता। भगवान के अलौकिक दृश्य में रहस्य छिपा हुआ है। इसे जानने के लिए परमात्मा का भजन ही एक मात्र उपाय है। इसे कर लेने मात्र से सब कुछ सुधर और संवर जाता है। वही साधना छुटी तो सब कुछ नष्ट भी हो जाता है। गीता का पाठ घर-घर में होना चाहिए। इसका अध्ययन प्रत्येक प्राणी को करना चाहिए। इससे मनुष्य के अन्दर छिपे अहंकार, लोभ, मद, मोह आदि सभी प्रकार के विकार दूर हो जाते हैं। समाज में व्याप्त बुराईयों का समाधान अपने आप हो जाता है।

वायु से तेज चलने वाले मन को वश में करने का सब एक ही उपाय है, साधना से इन्द्रियों पर संयम प्राप्त करना। इसकी लगाम भगवान के हाथ में छोड़ दो, तो सब ठीक हो जाएगा। गीता कहती है कि ईश्वर का निवास आत्मा में है। सृष्टि में मनुष्य के जन्म के साथ ही दुःख आया है जिसका निवारण आदि शास्त्र गीता के अध्ययन से ही संभव है। गीता के ज्ञान को अपनी आत्मा में निहित करने से मनुष्य परिपक्व अवस्था को प्राप्त हो जाता है।

गीता जीविक-संग्राम का साधन नहीं बल्कि जीवन-संग्राम में शाश्वत विजय का क्रियात्मक प्रशिक्षण है। इसलिए यह युद्ध ग्रंथ है, जो वास्तविक विजय दिलाता है। गीतोन्त युद्ध तलवार, धनुष, वाण, गदा और फरसे से लड़ा जाने वाला सामरिक युद्ध नहीं है और न इन युद्धों में शाश्वत विजय निहित है। जिस प्रकार वेदों में इन्द्र और वृज, विद्या और अविद्या पुराणों में, देवासुर महाकाव्यों में, राम-रावण, कौरवों-पांडवों के संघर्ष को दर्शाया गया है उसी प्रकार गीता में धर्म क्षेत्र और कुरुक्षेत्र देवो संपद एवं आसुरी सपद सजातीय एवं विजातीय, सदगुणों एवं दुर्गुणों का संघर्ष कहा गया है। गीता के अधिकतर टीकाकारों ने वास्तविक यज्ञ, वरण, कर्म, धर्म, पाप-पुण्य गीतोक्त युद्ध को अपनी टीकाओं में यथोचित परिभाषित नहीं किया जबकी वास्तविक परिभाषा यथार्थ गीता में मिलती है।

सौजन्य : दैनिक जागरण
(सुभाष गुगलानी)

अंदाज-ए-बयां

- ताज़गी दिल में रहे तेरी मुलाकातों की
कोई पैगाम निगाहों की जुबानी दे जा।
- ईश्वर उत्त अंजुम
- न जी भर के देखा न कुछ बात की,
बड़ी आरजू थी मुलाकात की। - बशीर वद्र
- उस जाने - आरजू से मुलाकात यूं हुई,
मुद्दत के बाद जैसे मिले हैं 'हमी' से हम।
- अमीर चंद 'बहार'
- वक्त आने तो दे बात करेंगे तुझसे,
जिन्दगी हम भी मुलाकात करेंगे तुझसे।
- कैसर उलजाफरी
- रात दिन मेरे ख्यालों में सजे रहते हैं,
फिर भी शिकवा कि मुलाकात नहीं होती है।
- नाज़ लायलपुरी
- जैसे कि कभी थी ही नहीं, उससे मुलाकात,
यूं फेर के नजरे वो गुज़र जाने लगा है।

- ज़मीर 'दरवेश'

आदत :

- आंखों में ठहरने की वो आदत नहीं बदली,
मैं घर तो बदलता हूँ सकूनत नहीं बदली।
- इमतियाज़
- मेरी आंखों में उतरने वाले
डूब जाना तेरी आदत तो नहीं।
- परवीना फ़ना सैय्यद
- आंख रखते हो उस आंख की तहरीर पढ़ो,
मुंह से इकरार न करना तो है आदत उसकी।
- शहज़ाद अहमद
- है रकीबों की जबां पर भी सितम का शिकवा,
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केसर प्राचीन काल से ही अपने रंग, स्वाद और औषधीय गुणों के लिए जाना जाता है। स्पेन, इटली, फ्रांस, यूनान, तुर्की और ईरान तथा भारत के जम्मू-कश्मीर राज्य में इसकी खेती होती है। दुनिया में सर्वोत्तम किस्म का केसर जम्मू-कश्मीर में पैदा होता है। इसके कई स्वास्थ्य लाभ हैं जो व्यक्ति की तंदुरुस्ती को बढ़ाने के लिए मददगार हैं।

केसर के औषधीय गुण :

- यह गठिया में आराम दिलाता है। साथ में यह जोड़ों के दर्द में भी लाभकारी है। केसर खिलाड़ियों के लिए भी मददगार है क्योंकि यह थकान को मिटाता है और मांस पेशियों में जलन से आराम देता है।
- केसर पाचन सुधारने और भूख बढ़ाने में मदद करता है क्योंकि यह पाचन अंगों के सर्कुलेशन में सुधार करता है।

पेट दर्द और एसिडिटी को दूर भगाने में मदद करता है।

- केसर गुर्दे और जिगर की बीमारियों में बेहद गुणकारी है। केसर खून साफ करता है।
- केसर गैस और एसिडिटी से संबंधित समस्याओं से राहत देने में बेहद कारगर है।
- केसर डिप्रेशन को भी ठीक करता है। सोने से पहले दूध के साथ चुटकी भर केसर लेने से अनिद्रा जैसी बीमारी को दूर करने में मदद मिलती है।
- केसर दिमाग तेज करने और याददाश्त बढ़ाने में मददगार है।
- केसर आंखों और दृष्टि के लिए गुणकारी है। केसर का इस्तेमाल करने से लोगों की दृष्टि में सुधार आया है। केसर मोतियाबिंद के मामलों में आँखों की ज्योति बढ़ाने में भी बेहद कारगर है।

— प्रभु दयाल सतीजा

शाकाहार और स्वास्थ्य

शाकाहार एक विशुद्ध जीवन प्रणाली है, जिसका भारतीय संस्कृति से बहुत गहरा सम्बन्ध है। इसीलिये आध्यात्मिक, नैतिक, आर्थिक, अहिंसा, प्रकृति, योग एवं पर्यावरण की दृष्टि से शाकाहार ही उत्तम आहार है। परन्तु जो सबसे बड़ी बात है, जो पाश्चात्य देशों को भी शाकाहार की ओर आकर्षित कर रही है—वह है शाकाहार के द्वारा स्वास्थ्य सुरक्षा। वैज्ञानिक आकड़ों और स्वास्थ्य-विशेषज्ञों शोध यह प्रमाणित हो गया है कि शाकाहार में प्रोटीन, कार्बोहाइड्रेट एवं कैलोरी मांसाहार की तुलना में अधिक मात्रा में पाया जाता है। प्रोटीन, कार्बोहाइड्रेट एवं कैलोरी की दृष्टि से शाकाहार उत्तम आहार है। आम, केला, अंगूर, सेब, विभिन्न प्रकार की दालें, गेहूँ, चावल आलू एवं विभिन्न प्रकार की सब्जियाँ स्वास्थ्य के लिए सर्वोत्तम आहार हैं।

वैज्ञानिकों ने यह भी प्रमाणित कर दिया है कि जो व्यक्ति मांस, मछली और अण्डे खाते हैं, उनके शरीर में रिस्टरों की संख्या में कमी हो जाती है जिससे रक्त के अन्दर कॉलेस्ट्रॉल की मात्रा अधिक हो जाती है। इससे

हृदय, गुर्दे आदि महत्वपूर्ण अंग रोगग्रस्त हो जाते हैं। यही कारण है कि इंटरनेशनल वेजिटेरियन यूनियन एवं शाकाहारी संस्थाओं के द्वारा शाकाहार को विदेशों में बहुत सम्मान की दृष्टि से देखा जाता है।

सन् 1985 ई. के लगभग 60 लाख अमेरिकन शाकाहारी थे, किन्तु एक नवीनतम सर्वेक्षण के अनुसार अमेरिका के दो तिहाई घरों में शाकाहार खाया जाता है।

मांसाहार से जीवों की हत्या जैसे जघन्य पाप तो होता है जिससे मनुष्य में तामसिक स्वभाव की वृद्धि होती है। इसके साथ ही मांसाहार से शरीर में विषाक्त पदार्थों एवं उत्तेजना की वृद्धि होती है, जिससे अनेक प्राणघातक बीमारियाँ पैदा होती हैं।

अतः धर्म और स्वास्थ्य दोनों दृष्टियों में मांस, मछली, अण्डे आदि पदार्थों का सर्वथा त्याग कर देना चाहिए और शाकाहारी जीवन बिताना चाहिए।

— सुदर्शन पाहवा
कार्यकारिणी सदस्य

बहुत सी बीमारियों का इलाज है “अदरक”

अदरक का विशुद्ध शब्द है आर्दक। वास्तव में अदरक गरमी प्रदान करने वाली वस्तु है, लिहाजा इसका सेवन सर्दी अथवा वर्षा के मौसम में अवश्य करना चाहिए। इसको सुखाकर इसे सोंठ का नाम दे दिया जाता है। अदरक को अपने आपमें स्वास्थ्य के दृष्टिकोण से गुणों की खान कहा जाता है। आइये, इसके कुछ गुणों से लाभ उठाने का प्रयास करें।

- अपच की शिकायत होने पर एक चम्मच शहद में अदरक का रस मिलाकर पी लें। आपको राहत महसूस होगी।
- पेट में गैस हो रही हो तो एक चौथाई चम्मच नींबू का रस मिलाकर चाट लें। पेट की गैस समाप्त हो जाएगी। और आप राहत महसूस करेंगे।
- गैस की ही शिकायत होने पर इस तरह से भी अदरक का सेवन आप कर सकते हैं। अदरक, हरड़, बहेड़ा, आंवला तथा सोंठ (सूखा अदरक) काली मिर्च और पीपल (सभी पांच ग्राम) लेकर पीस लें। अब एक प्याला पानी उबाल कर उक्त मिश्रण को मिलाकर पी जायें। अप्रत्याशित रूप से आराम मिलेगा।
- अगर आपकी नाक बंद हो और आंखों में जलन हो तो अदरक का रस और गुड़ मिलाकर सूंघें। आराम मिलेगा।
- अगर आवाज फट रही हो या गला बैठ गया हो तो अदरक को धोकर उसमें चाकू से काट कर, गूदा सा बनाकर उसमें चुटकी भर हींग भर कर पान के पत्ते में लपेटकर कड़े (उपले) की मध्यम आंच पर भूनें। बाद में ठंडा कर अदरक को पीस कर छोटी-छोटी गोलियां बनाकर दिन में चार बार एक एक गोली चूसें। आराम मिलेगा।
- गले में खराश होने पर अदरक के रस में शहद मिला कर चाटें। गला ठीक हो जायेगा।
- यदि आपकी उंगली कुचल गयी हो (खून न बह रहा हो) तो अदरक को बारीक कुचल कर गरम कर लें और कुचले हुए हिस्से पर किसी कपड़े की सहायता से बांध दें। दर्द में आराम मिलेगा।
- मिचली आ रही हो तो अदरक को छील कर उसके एक छोटे से टुकड़े पर नींबू निचोड़ कर ऊपर से नमक छिड़क कर चबाइये। आराम मिलेगा।
- उल्टी सी महसूस हो रही हो तो साफ अदरक के एक टुकड़े के समान नींबू रस करीब उतनी ही मात्रा में अनारदाना और मुनक्का मिलाकर पीस लें। इस चूर्ण को चाटें।
- पूरी रात सोने के पश्चात् भी दिन में कॉलेज अथवा ऑफिस में नींद आ रही हो तो चाय बनवाते वक्त सोंठ का चुटकी भर पाउडर मिलाकर डालें और प्रातःकाल लगातार एक सप्ताह तक पियें।
- पेट में जलन यानी अम्लता की शिकायत होने पर सूखा अदरक और हरी धनिया की पत्ती मिलाकर कूट लें। इसे एक गिलास पानी में मिलाकर उबालें। एक तिहाई पानी बचने पर उसमें शहद मिलाकर पी जाएं। आराम मिलेगा।
- कब्ज होने पर एक टुकड़ा अदरक और एक मध्यम आकार का आम और नींबू का रस निचोड़ कर एक प्याला पानी में मिलाकर पी जाएं।
- कमर दर्द की शिकायत होने पर अदरक की फाक पर नींबू का रस और नमक छिड़क कर सेवन करने से कमर का दर्द जाता रहता है। गर्भवती स्त्रियों को चाहिए कि सोंठ के चूर्ण को तेल में भून कर पीठ और कमर में मालिश करानी चाहिए। इससे कमर और पीठदर्द की शिकायत नहीं रहती।
- खट्टे डकार आने पर अदरक के साथ अनारदाना, काली मिर्च, काला नमक, हींग और दालचीनी मिलाकर पीस लें। इतनी ही मात्रा में मिश्री मिलाकर नींबू के रस में लेप बना लें और दिन में तीन-बार चाटें। यदि डकार ज्यादा आ रही हों तो चार बार भी चाटा जा सकता है। खांसी के साथ बुखार आ रहा है तो एक चम्मच सोंठ के चूर्ण में एक चुटकी अजवाइन डाल कर खायें और आराम करें। पसीने के साथ ही आपकी सारी शिकायत समाप्त हो जायेगी। दिन में तीन बार इसका इस्तेमाल करें।
- यदि गला पक जाने का कारण खांसे वक्त खून आ रहा हो तो घबरायें नहीं। अदरक कुचल कर गरम करें और घी अथवा तेल में भूनकर किसी साफ कपड़े में बांधकर गले में लपेट लें। आराम मिलेगा।

— डी.पी. मिनोचा

एक बार नारद ने सोचा कि पृथ्वी पर मोक्ष की इच्छुक आत्माओं को विष्णुलोक लाकर उन्हें मोक्ष प्रदान करवा दिया जाए। इसकी अनुमति लेने वह विष्णु के पास पहुंचे। विष्णु उनकी बात सुनकर मुस्कराए और बोले, “नारद तुम्हारा विचार तो अति उत्तम है पर मुझे लगता है कि कोई आत्मा मोक्ष लेना चाहेगी।” नारद को आश्चर्य हुआ कि कोई भला मोक्ष लेने से इन्कार क्यों करेगा। उन्होंने कहा, “प्रभु आप आत्माओं को यहां लाने की अनुमति तो दे फिर देखते हैं कि कोई कैसे मोक्ष नहीं लेता।” भगवान विष्णु ने अनुमति दे दी। नारद तत्काल पृथ्वीलोक जा पहुंचे और जितने भी भक्तगण या तपस्वी थे, उनसे मिलने लगे। पर कोई भी मोक्ष लेने को तैयार नहीं हुआ। साम - दाम - दंड भेद तो क्या, उनकी दिव्य - सत्संग सुधा भी लोगों को इसके लिए तैयार नहीं कर पाई। निराश होकर नारद एक सेठ के पास पहुंचे और उसे मोक्ष लेने को कहा। सेठ ने शर्त रखी कि जब उसके बेटे का विवाह हो जाएगा तो वह मोक्ष ले लेगा। नारद मान गये। जल्दी ही सेठ के पुत्र का विवाह सम्पन्न हो गया। लेकिन अब सेठ ने एक नई शर्त जोड़ दी और कहा कि जब उसका व्यवसाय संभाल लेगा तो वह मोक्ष ले सकता है। ऐसी भी हो गया लेकिन सेठ ने फिर मोक्ष लेने से इन्कार कर दिया। अब वह कहने लगा कि अब वह दादा बन जाएगा तब मोक्ष लेगा। उसकी यह बात भी पूरी हो गई उसका पोता काफी बड़ा भी हो गया पर सेठ मोक्ष को किसी न किसी बहाने टालता रहा। इस बीच उसकी मृत्यु हो गई। नारद ने दिव्यदृष्टि से देखा कि वह शूकर की योनि में पैदा हुआ है। वहां पहुंचकर उन्होंने सेठ को मोक्ष की याद दिलाई। शूकर बने सेठ ने कहा, “नारद जी, मोक्ष तो मैं लूंगा पर अब मैं कीचड़ में रहने का आदी हो गया हूं। क्या विष्णुलोक में कीचड़ मिलेगा?

नारद जी दौड़े हुए विष्णु के पास पहुंचे और उन्होंने अपनी गलती के लिए क्षमा याचना की।

(1)

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दिल, जिगर और दिमाग जलते रहे।

हम पे इल्जाम - ए - खुदकुशी आया,

कत्ल के सब सुराग जलते रहे।

हौसले की न ली हुई मद्धम।

आधियों में चिराग जलते रहे।

फिर खिजाओं से क्या मिला ‘कौसर’

जब बहारों में बाग जलते रहे।

(2)

इन्कसारी का तो आखिर इम्तिहां होना ही था।

मैं जबां रखती थी, मुझको बेजुबां होना ही था।

कर लिए अब - ए - रवां, ने दीद - ए - तर में जो घर,

दर्द की लपटों को आखिर तो धुआं होना ही था।

वो गुलों के साथ कांटों को न कर पाया कुबूल,

उसके गुलशन की बहारों को खिजां होना ही था।

था कलम जज़्बात का और रौशनाई दिल का खून,

मेरे हर इक लफ़्ज को अतिशिफ़िशं होना ही था।

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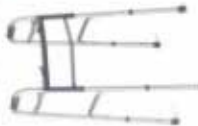
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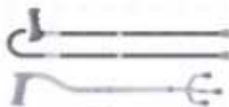
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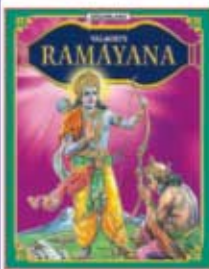
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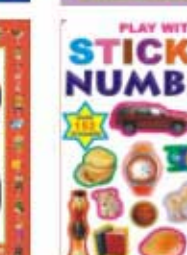
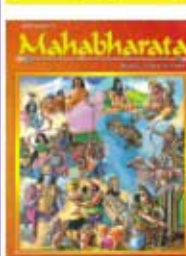
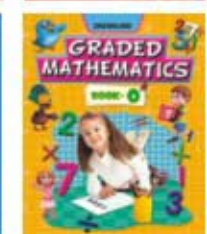
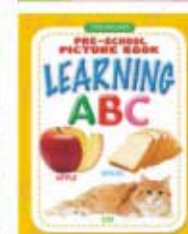
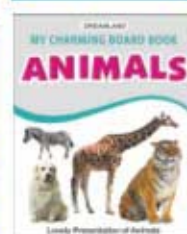
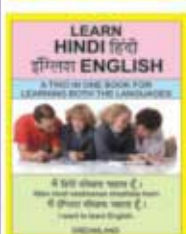
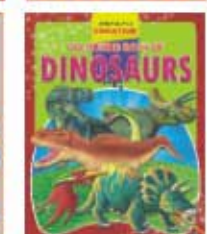
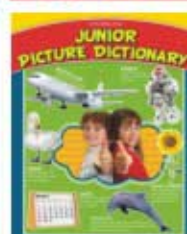
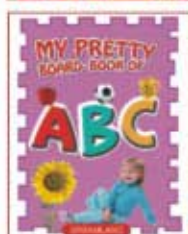
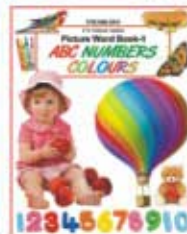
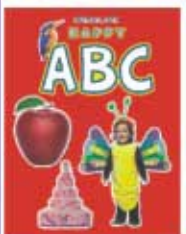
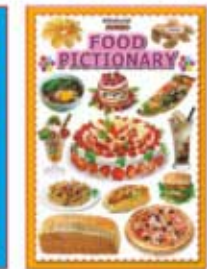
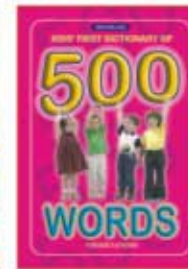
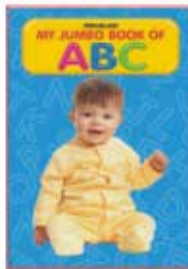
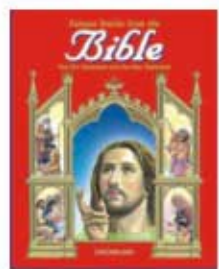
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