

DERAWAL PATRIKA

डेरावाल पत्रिका

ANNUAL ISSUE DEC. 2025

70th FOUNDATION DAY

-cum-

63rd

ANNUAL DERAVAL DAY

ON SUNDAY, THE 21ST DECEMBER, 2025



DEDICATED TO CHARITABLE SERVICES

**Only memories remain in the mind
of those people that we helped!**

by

ALL INDIA DERAVAL SAHAYAK SABHA (Regd.)

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DERAWAL PATRIKA

सम्पादक मण्डल

SPECIAL ISSUE

चेयरमैन रवि खेड़ा	मुख्य संरक्षक रमेश आहूजा	प्रकाशक रवि खेड़ा	सम्पादक महेन्द्र बुद्धिराजा	प्रधान भारत भुषण आहूजा
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हमें हमेशा प्यार व साथ देने के लिए आपका पूरे परिवार व मित्रों को धन्यवाद।
हमारी प्रभु से विनती है कि आप सब हर हाल में प्यार, धैर्य, दया, आत्मविश्वास
व ईमानदारी बनाये रखे तथा हमेशा सुखी रहे॥

ALL INDIA DERAVAL SAHAYAK SABHA (Regd.)

Wishes A Happy New Year 2026

**"MAY ALL BE HAPPY, MAY ALL BE FREE FROM ILLNESS, MAY ALL
SEE WHATS AUSPICIOUS AND PROSPEROUS, MAY NO ONE SUFFER
ALMIGHTY GOD BLESS YOU AND YOUR PARIVAR.**

TO

**Esteemed Donors, Patrons, Managing Committee Members, Executive
and Co-Opted Members, Celebrities, Special Invitees, Life Members
of the Sabha, All Derawal Pariwar and Near and dear.**

FROM & ON BEHALF OF



RAVI KHERA

(Chairman & Administrative Trustee)

रवि खेड़ा

(अध्यक्ष एवं प्रशासनिक ट्रस्टी)

RAMESH AHUJA

(Chief Patron)

रमेश आहूजा

(मुख्य संरक्षक)

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**S/Sh. Girish Kumar Mehta, Dharam Pal Minocha, Surender Kumar Mehta
Lakshmi Narain Mehta, Anurag Chawla**

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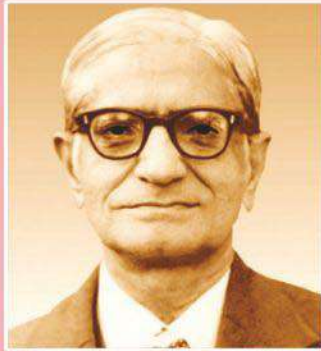
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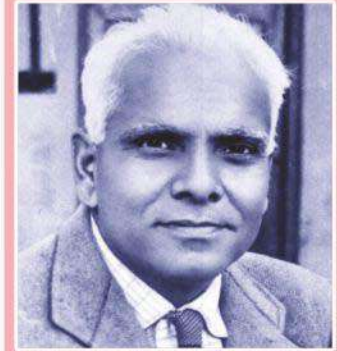
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RAM NATH SACHDEVA



LATE SHRI
BHAGWAN DASS MEHTA



LATE SHRI
SOHAN LAL HURIA



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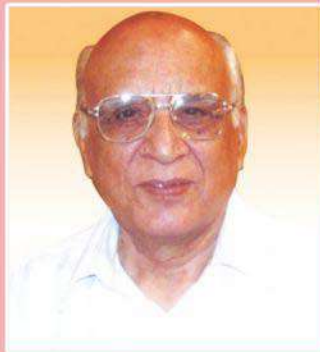
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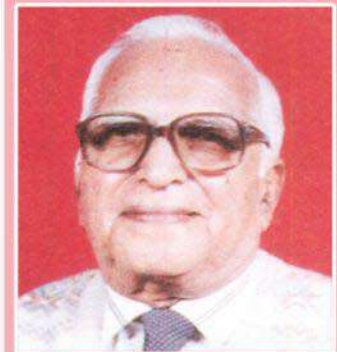
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LATE SHRI
RADHEY SHAM DHINGRA



LATE SHRI
MOHAN LAL MEHTA



LATE SHRI
HAKIM TIRATH DASS MEHTA



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 SH. BALLU RAM



LATE SH. N.D. GOGIA



LATE SH. G.D. NANGIA



LATE SH. S.M. CHAWLA



LATE SH. AMAR NATH MEHTA



LATE SH. R. S. LAL



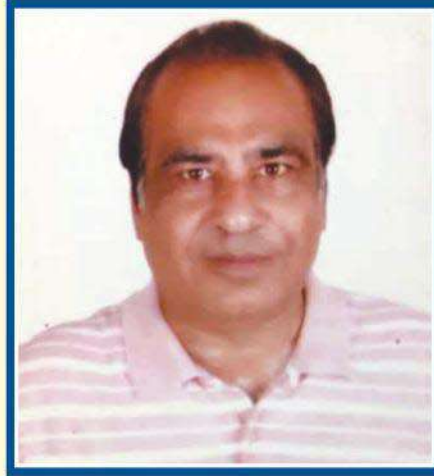
LATE SHRI RAKESH AHUJA



LATE SHRI M.M. MEHTA



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ALL INDIA DERAVAL SAHAYAK SABHA (Regd.)

HEALTH CARE INITIATIVES

"ONLY MEMORIES REMAIN IN THE MINDS OF THOSE PEOPLE THAT WE HAVE HELPED!"

Dear All

ESTABLISHMENT AND GROWTH OF MEDICAL SERVICES :

Several years ago, with a strong commitment to social welfare and support for vulnerable groups, the All India Derawal Sahayak Sabha established a Homoeopathy Dispensary at Derawal Bhawan, Kirti Nagar. **Under the leadership of the late Shri Sham Lal Ji Mehta**, this initiative began modestly and soon gained recognition as a valuable community resource.

HOMOEOPATHIC DISPENSARY AND FREE HEALTH CAMPS :

Guided by Dr Rita Wahi, the Homoeopathic Dispensary has upheld an esteemed reputation throughout Kirti Nagar for more than **29 years**. During its operation, the All India Derawal Sahayak Sabha (Regd.) Annual Free Health Check-Up Camps, organised by the late Shri G. D. Nangia and Shri Rakesh Ahuja (**Dera Rattan's**), in cooperation with the Sabha, have been integral to these efforts. Shri Rakesh Ahuja has consistently championed the Health Care Project, dedicating considerable effort over six years before its inauguration in May 2015.

Under the guidance of Dr Rita Wahi, the Homoeopathic Dispensary has maintained a distinguished reputation in Kirti Nagar for over **29 years**. Throughout its operation, the Annual Free Health Check-Up Camps initiated by the late Shri G. D. Nangia and Shri Rakesh Ahuja (**Dera Rattan's**) — in collaboration with the All India Derawal Sahayak Sabha (Regd.)—have played a significant role in supporting community health initiatives. Shri Rakesh Ahuja has been a steadfast advocate for the Health Care Project, demonstrating dedicated leadership over six years before its official launch in May 2015.

SUPPORT FOR THE PHYSIOTHERAPY CENTRE :

Meanwhile, Derawal Sewa Sangh came forward to get the project of the Health Care Centre and offered to share the funds, which were contributed by Derawal Sewa Sangh, with the efforts of S/Shri Girish Mehta and Ravi Khera for the old age Home. The said funds were utilised for setting up of Physiotherapy Centre at Derawal Bhawan, Kirti Nagar. Both of them also provided the entire furniture for this purpose.

RENOVATION AND LAUNCH OF DERAVAL HEALTH CARE CENTRE :

The designated area within Derawal Bhawan was renovated and fully air-conditioned to create a modern healthcare environment. On May 10, 2015, the Derawal Health Care Centre commenced operations at Derawal Bhawan, Kirti Nagar, New Delhi-15. Its initial phase included the integration of physiotherapy services alongside homoeopathy, featuring advanced digital equipment and highly qualified medical staff. The All India Derawal Sahayak Sabha continues to uphold its dedication to community service and strives to maintain the Health Care Centre as a leading facility in the region.

DENTAL UNIT :

The Dental Unit was established through the initiative of Shri Girish Mehta in partnership with the Rotary Club of New Delhi, which generously donated a Dental Chair featuring advanced accessories to the All India Derawal Sahayak Sabha (Regd.). This significant contribution facilitated the creation of a charitable clinic dedicated to serving underprivileged communities. Since March 26, 2016, the Dental Unit has been efficiently administered by S/Shri Ravi Khera and Girish Mehta. The clinic now offers dental services three days per week, operating under the supervision of a qualified specialist.

EYE CARE CENTRE :

The Eye Care Centre originated from the initiative of Shri Rakesh Ahuja and Mrs Vinod Ahuja, whose generous donation of advanced equipment facilitated its establishment. The centre was inaugurated by Dr Archika Sudanshu on January 15, 2017, at Derawal Bhawan, Kirti Nagar. Management of the Centre is overseen by S/Shri Ravi Khera, Girish Mehta, and Rajender Mehta, under the leadership of Shri Rakesh Ahuja, Founder of the EYE CARE FOUNDATION, New Delhi. The Centre operates three days per week and is staffed by a specialist doctor who conducts major procedures.

FACILITY IMPROVEMENTS AND COMMUNITY USE :

In 2016, a new lift was installed at Derawal Bhawan, Kirti Nagar, New Delhi-15, enhancing accessibility for patients and elderly visitors.

ACCOMMODATION IS OFFERED FOR COMMUNITY SERVICE :

In 2020, A.I.D.S.S. provided three air-conditioned rooms with attached bathrooms, a pantry, and a lobby on the first floor. These facilities are presently utilised by community members and other individuals for religious functions, family events, and guest accommodation, all made available as part of **Charitable Service**.

In 2023, the Sabha introduced **acupressure services** provided by qualified professionals. However, the initiative was discontinued due to low participation.

In 2024, an **allopathic physician** was designated to serve the healthcare needs of patients in the region. **The Sabha** has been putting its utmost efforts to serve the community and keep the Derawal Health Care Centre as one of the best centers in the vicinity.

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

Donations, fundraising, and charitable activities serve as fundamental pillars for social and welfare programs. Building and maintaining constructive relationships with supporters and contributors is crucial. The Sabha's projects are made possible through the generous support of its members and benefactors. **We formally invite your continued support and contributions to further these initiatives.** All members and their families are welcome to make use of our Charitable Health Care Centre facilities. Recent improvements at Derawal Bhawan, Kirti Nagar, reflect some of the region's highest standards, ensuring that your support directly enhances impactful community projects.

"DONATE TO HEAL, DONATE TO SAVE"

YOUR CONTRIBUTION CAN HELP US PROVIDE LIFE-SAVING MEDICAL CARE TO THE NEEDY AT OUR CHARITABLE DERAVAL HEALTH CARE CENTER. DONATE GENEROUSLY AND HELP US CREATE A HEALTHIER COMMUNITY FOR ALL.

(DONATIONS TO THE ALL INDIA DERAVAL SAHAYAK SABHA QUALIFY FOR AN INCOME TAX REBATE UNDER SECTION 80G.)

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70 YEARS OF LEGACY FROM 1955 TO 2025 ALL INDIA DERWAL SAHAYAK SABHA (Regd.)



1955: The Derawal Sahayak Sabha (Regd.) was formally established with a regular Committee that was registered with the Registrar of Societies on 22 October 1955. The Society's office was in Delhi. The Memorandum of Association and Rules and Regulations were prepared and printed on October 8, 1955, before the registration.

The names of the Founder members and Executive members were given as embedded below :-

- | | |
|-----------------------------------|--------------------------------|
| 1. Late Shri Ram Nath Sachdeva. | 2. Late Shri Bhagwan Das Mehta |
| 3. Late Shri Sohan Lal Huria. | 4. Late Shri Megh Raj Khera. |
| 5. Late Shri Hira Nand Mehta. | 6. Late Shri Parmanand Mehta |
| 7. Late Shri Radhey Sham Dhingra. | 8. Late Shri Mohan Lal Mehta |
| 9. Late Shri Tirath Das Mehta. | |

The Management Committee identified the necessity for a dedicated venue to host meetings and events. By the end of **1957**, a plot measuring 300 square yards was secured in Kirti Nagar, New Delhi.

The Derawal Sahayak Sabha (Regd.) held its inaugural public event in December 1960, marked by the laying of the foundation stone of its current building by the late Shri Hukam Chand Bhutani.

The 1st Derawal Day event was held in 1961, and the late Dr B. D. Kumar graced the occasion as the Honoured President. Dr B. D. Kumar's presence underscored the significance of the event and the community's commitment to its heritage.

A Derawal directory was published on December 10, 1961, under the supervision of the late Shri Bhagwan Das Mehta. This directory is notable for containing the names of over 1600 Derawal families across India.

In 1961, a Derawal Patrika was indeed introduced, edited, and published by the late Shri Amar Nath Mehta in Hindi & English. Today, it remains the official organ of All India Derawal Sahayak Sabha and is continuously published by the Sabha.

In 1963, the late Shri Balu Ram Rawal and the late Shri Bhagwan Das Mehta played a significant role in purchasing and registering the present Derawal Bhawan (Dharamshala) at Bhalla Road, opposite Kotwali, Haridwar. The Bhawan offers a budget-friendly stay near the sacred place of Har Ki Pauri. Bhawan also provides basic amenities and a spiritual ambience for pilgrims and the Derawal Biradari.

Derawal Sahayak Sabha organised a significant Jalsa at Derawal Bhawan, Haridwar.

- **1964:** First Jalsa to inaugurate and commemorate the purchase of Derawal Bhawan (Dharamshala)
- **1966:** 2nd Jalsa held under the Presidency of late Shri Parmanand Bhutani (Paami)
- **1969:** The 3rd function was held when Bombay Hall was completed under the late Shri G.D. Tuteja's supervision and inaugurated at Derawal Bhawan.
- **From 1971 to 1974,** no elections were held due to some irreconcilable differences among the members.

Derawal Sahayak Sabha published a special bulletin of Derawal Patrika in memory in **March 1972** as a tribute to the late Shri Bhagwan Das Mehta. He passed away on **March 10**, and the bulletin was a humble tribute to his significant contribution to the Sabha. He played a crucial role in the Sabha's development, and the Sabha acknowledged its deep debt of gratitude to Shri Bhagwan Das Mehta.



Our Prime Minister Smt. Indira Gandhi

In **1978**, 18 years after its initial registration, a significant milestone was reached when the Registrar of Societies granted **All India character to Derawal Sahayak Sabha (Regd.)** following a stringent scrutiny of the documents. This expanded the scope and recognition of All India Derawal Sahayak Sabha across India. Reflects the growth and broader impact of the Sabha.

In **1979**, **Seth Narotam Das Malhotra** donated the **magnificent idol of Lord Shiva and Paawan Ganga**, which are enshrined in the temple along with idols of **Radhika and Krishna**. Both these idols were (Pratishthit) installed by a Puranic ceremony. Seven Pundits sit down for four hours each day,

perform Hawan, and recite Vedic Mantra, and this continues for seven days. After its completion, a Langar was held.

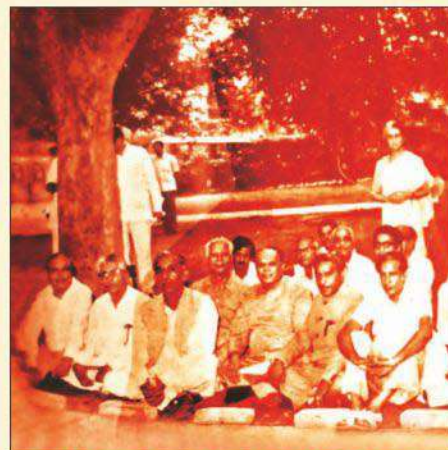
In **1981**, a ten-foot-long statue of **Shree Hanuman Ji** was donated by the late Shri Krishan Sawrup Makhija. The gleaming statue has coloured glass pieces in the background in different shapes and designs, adding elegance and grace. The statue was installed at the entrance of Derawal Bhawan in Haridwar, accompanied by the chanting of ritual Bhajans.

All India Derawal Sahayak Sabha has been celebrating Derawal Day in New Delhi regularly for 25 years. However, in **1984**, the celebration was skipped due to the tragic and violent murder of India's Prime Minister, Smt. Indira Gandhi.

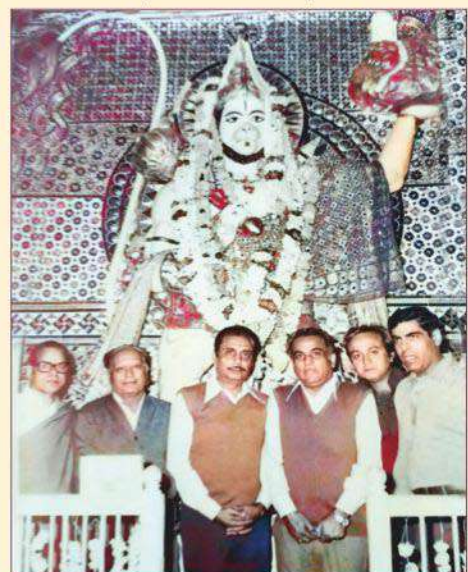
The Sabha celebrated **Silver Jubilee Mela on Dec. 22, 1985**, at the Mavlankar Hall, New Delhi. Shri K.R. Narayanan, Minister of State Ext. Affair & Shri. J. D. Tytler, Minister of Civil Aviation, graced the occasion.

In **1985**, the All India Derawal Sahayak Sabha inaugurated a Homoeopathic Dispensary. The dispensary aimed to provide treatment for ailing patients in the vicinity of Kirti Nagar, Moti Nagar, Ramesh Nagar, etc.

In **1987**, the late Shri Ram Nath Sachdeva published the book "**Dera Phulan Da Sehra**", which documents the history of Dera Ghazi Khan and represents a significant contribution to the preservation of cultural heritage. Through his work, he revived the collective memory of Dera for future generations. Additionally, the book covers post-partition Derawal institutions such as Derawal Biradari Maharashtra State, Bombay, Hindu Higher Secondary School at



A historical meeting with Smt. Indira Gandhi Prime Minister of India by the members of All India Derawal Sahayak Sabha (Regd.) New Delhi
1st Row- S/Sh. Tirath Das Mehta, Jagan Nath Nagpal, H. C. Bhutani, Puran Chand Nangia.
2nd Row-Amar Nath Mehta, Sham Lal Mehta and others.



Left to right-S/Sh. M. L. Guglani, H. C. Bhutani, K. S. Makhija, Mohan Lal Mehta, Kedar Nath Lal, Rakesh Ahuja and others.

Palwal, **All India Derawal Sahayak Sabha (Regd.)**, Derawal Shiv Samiti, and All-India Derawal Biradari (Regd.)

In September 1997, the All India Derawal Sahayak Sabha (Regd.) commemorated the 50th anniversary of India's Independence. On this occasion, the Sabha published a souvenir featuring articles and recollections from 14th/15th August 1947. These contributions were authored by distinguished members of the Sabha, documenting their experiences during the challenging migration from Dera Ghazi Khan to an unfamiliar destination in India. The event featured patriotic songs and a cultural program performed by the students of Doon Public School. Highlights of the annual functions from 1992 to 1997, along with details of Guests of Honour, Presidents of the functions, and attendance by prominent ministers at the Independence Day Function, were showcased.

In addition, **Saraiki delegates from Pakistan visited Derawal Bhawan in 1997 to honour the Derawal Biradari and commemorate 50 years since the partition.**

Between 1997 and 2004, there was a lack of significant details available regarding Sabha events for this period. The primary activities during these years were the Annual Derawal Day celebrations, during which distinguished members of the community were recognised as President or Guest of Honour. These functions were further distinguished by the presence of notable dignitaries and celebrities from various ministries, the Delhi Assembly, and Municipal Corporations, i.e. Shri M.L. Khurana, Shri Jagdish Tytler, Shri R. L. Bhatia, Shri Bhisham Narain Singh, Shri Vijay Kumar Malfotra, Shri Vijay Goel, Shri Jagdish Mukhi, Shri Narainan, Shri H. S. Bali, Mrs Sandhya, Shri Prabhu Chawla, Shri Vinod Dua (News Reader), and Shri Kapil Dev, who enhanced the occasion by presenting trophies and Shawl Saropas to outstanding members of the Derawal community.

On May 20, 2004, Nodday Play School assumed management of **Rose Valley Public School**, previously operated by the All India Derawal Sahayak Sabha (Regd.), located on the first and second floors of Derawal Bhawan.

In September 2004, the Sabha organised 1st full-fledged meeting of Executive Committee members at Hardwar Bhawan on 11-12 September.

In December 2005, the All India Derawal Sahayak Sabha (Regd.) celebrated its **Golden Jubilee year.** As part of these anniversary events, the Sabha published a specially designed souvenir featuring an updated list of Presidents and Guests of Honour who attended the Annual Derawal Day since 1961. Additionally, the Sabha included a record of office bearers from its inception onward. **The souvenir introduced a refreshed front cover and backdrop that prominently highlighted the three principal founders of the Sabha: the late Shri Bhagwan Das Mehta, the late Hukum Chand Bhutani, and the late Shri Ram Nath Sachdeva.**

In 2007, a proposal was introduced **to install a lift at Haridwar Bhawan** to assist elderly individuals and those with physical disabilities. The Sabha received the financial support from Mr Ramesh Suneja, Shri G. D. Nangia through his Nangia Trust, and several prominent members of the Sabha, for the procurement of a Kone Lift. **The lift was inaugurated on 6th April 2008.**

On September 1, 2007, the late Shri R. S. Lal proposed to have the bust of Late Shri Balu Ram and Shri Bhagwan Das Mehta at Haridwar Bhawan. Shri Ravi Khera and Shri Girish Mehta took responsibility for retrieving the bust from Jaipur. The Bust of late Shri Bhagwan Das Mehta and late Shri Balu Ram Rawal was unveiled by **late Shri M. L. Makhija, late Shri R.S. Lal, and late Shri Tej Bhan Rawal.** This event took place during the Founder's Day Celebration of Derawal Sewa Sangh (Regd.) at Haridwar Bhawan.

In 2009, the Executive Committee Members held a meeting at Haridwar Bhawan. It was proposed to replace the (Takhtposh) of the 2nd floor with new double beds and take care of maintenance.

Haridwar Bhawan underwent significant renovations from 2006 to 2013, overseen by successive Presidents of A.I.D.S.S. and their respective teams. **Key improvements** during this period included addressing drainpipe leaks in first-floor rooms, installing steel racks in storerooms for efficient linen and blanket storage, and upgrading the electrical system with a new panel, modern switchgear, and floor-wise power distribution to minimise fire risk from short circuits. Additional projects comprised replacing passage tiles, doors, and bathroom fittings; converting a room into a fully equipped bathroom featuring a bathing area, a toilet, urinal, and washing area for visitors to Bombay Hall on the second floor; and replacing air conditioners, fans, and other electrical fixtures. Roof-top seepage issues were resolved, vegetation was removed, plastering was carried out on the back wall, and comprehensive whitewashing was completed, among other enhancements.

In 2013, 10 New air conditioners were installed in the 3rd-floor rooms.

- Over the past five to six decades, **Annual Derawal Day has played a significant role in honouring the cultural heritage and fostering the community spirit of the Derawal people**. Since its inception, the event has featured the publication of a list of Illustrious Presidents and provided an esteemed platform for members and leaders to recognise tradition and achievements. The occasion has been attended by prominent dignitaries such as the late Shri Madan Lal Khurana (former Chief Minister of Delhi), the late Shri Vijay Malhotra, the late Shri Lalit Makan, Shri R. L. Bhatia (Cabinet Minister), Shri Jagdish Tytler, Shri Vijay Goyal, and Shri Jagdish Mukhi, who has served as Chairman of the Reception Committee. Additionally, respected local representatives, including former MLA Shri Subhash Sachdeva and councillor Smt. Usha Mehta and Raju Lamba, among others, have also participated in this distinguished event.

In 2014, I presented to the Managing Committee the issue of limited access to the kitchen area and rear restroom during functions, Art of Living's breathing courses and religious events in the ground-floor hall. To address this, the late Shri Dharamvir Bhutani, a consultant architect, was consulted and developed a design solution. The plan involved relocating the stage by four feet, constructing a new passage from the front entrance along the side of the temple to the kitchen, and installing a service staircase at the rear to facilitate access to the first floor.

I have chosen to publish the list of the Honourable President, Chief Guest, and Guest of Honour for each Annual Derawal Day since its inception in 1961. This updated list will be featured on every Derawal Annual Day Patrika.

In 2014, I suggested creating a Sabha website to unify information about A.I.D.S.S. activities and promote the organisation globally.

The goal was to provide a single platform offering comprehensive details about A.I.D.S.S. for both Indian and international audiences.

The All India Derawal Sahayak Sabha began building the site with guidance from Shri Ravi Khera and Shri Surender Kumar Mehta, domain coordination by Shri Anurag Chawla, and development by web expert Shri Sameer Grover.

A proposal to establish a Physiotherapy Service was introduced in the Sabha, leading to the renovation of a dedicated room for this purpose under the guidance and supervision of Shri Anurag Chawla, along with another room was constructed to accommodate homoeopathy services.

The Physiotherapy Centre was inaugurated on May 10, 2015, by the late Shri Megh Raj Khera and the late Shri G. D. Nangia. Derawal Sewa Sangh supplied all equipment and furniture, thanks to contributions from Shri Ravi Khera, Shri Girish Mehta, and the late Shri Rakesh Ahuja. A health camp, organised with Karuna Sidhu Hospital's professionals through Shri Rakesh Ahuja, benefited many patients that day.

- Sabha provides free home visits by a qualified nurse who checks blood pressure and sugar levels for seniors at 8–10 residences daily. The nurse also sees patients at Derawal Bhawan, Kirti Nagar, and helps the dental care doctor in the clinic.

A.I.D.S.S. registered the domain www.derawalsahayaksabha.com and launched the updated website in mid-2015. Digital versions of Derawal Patrika and Annual Derawal Day Patrika are now available to the public.

The Sabha continued its annual tradition of organising the **Jyot Yatra to Haridwar on April 10, 2015**, coordinating a trip for Maa Ganga Aarti. Derawal community members participated via private vehicles or train, with the Sabha providing meals and accommodation at Derawal Bhawan. The programme featured a Puja, Jyot procession with band, and Derawal Dandia (Chhej). Attendees concluded by immersing the Jyot in Maa Ganga at Har Ki Pauri following the Aarti.

On October 15, 2015, A.I.D.S.S. allocated a mezzanine room as an office and conference space for Derawal Sewa Sangh (Regd.) upon request.

Between 2012 and 2015, and continuing thereafter, I developed and executed a range of innovative ideas.

1. A new approach has been introduced for the **redesign of the Derawal Patrika**, integrating contemporary and theme-based components tailored specifically for the Annual Derawal Day Patrika, in alignment with contextual needs and requirements.
2. **A new emblem was unveiled for A.I.D.S.S.,** symbolising the unity among the Nine Founding Fathers whose joined hands reflect their shared commitment to serving the Derawal Community under the motto **“WE ARE UNITED.”** Subsequently, **in 2023,** an additional emblem was introduced. This design features two hands forming a heart shape encircling the AIDSS logo at its centre, together with a health insignia (+) to represent the organisation's ongoing dedication to charitable services.
3. **Furthermore, an insignia featuring the “LOTUS,”** India's national flower, was adopted for use as a trophy during the conferment of the award. The Sabha engraves each recipient's name and achievements on the Lotus Trophy, formally recognising and appreciating the Awardee during the presentation ceremony

DERA AWARD POLICY

During my tenure as Chief Patron in 2015, I engaged senior Sabha members in discussions regarding the establishment of a **Dera Awards policy**. This initiative aims to acknowledge eligible and dynamic individuals within the community, including both senior and social workers, for their lifetime contributions. The terms specify that selection and presentation of the award occur during the recipient's lifetime rather than posthumously.

Sabha advances its charitable healthcare mission. **The Charitable Dental Care Clinic opened on March 26, 2016, at Derawal Bhawan, with support from the Rotary Club of Delhi** and Sabha Patron Shri Girish Mehta. Their efforts secured a donation for a modern dental chair and essential equipment.

DONATIONS :

All India Derawal Sahayak Sabha (Regd.) has contributed to relief efforts during natural pandemics, including Covid-19, by donating to:

00-10- 1999	Rs.1,00,000/-	Prime Minister's Relief Fund
13-02-2001	Rs.79,500/-	Gujarat earthquake
13-10-2008	Rs.51,000/-	Orissa Earthquake
04-11-2008	Rs.51,000/-	Bihar Relief Fund
11-06-2020	Rs.50,000/-	P M Care Fund (Covid)



These donations aim to support individuals and communities affected by social responsibility issues. A.I.D.S.S.'s efforts highlight its dedication to helping those in need during crises.

POSTHUMOUS AWARDS WERE INSTITUTED IN 2023

Traditionally, Dera Awards have been granted to recipients during their lifetimes. It was observed, however, that certain veterans who provided exceptional service to the Sabha were recognised according to the standards prevailing at the time. This practice did not leave a lasting impact on their families or future generations, who might otherwise take pride in their ancestors' contributions. To address this matter, I raised the issue at the Board of Trustees meeting **on November 02, 2023, and proposed an amendment to the Award Policy to establish a Posthumous Awards category.** This new provision will supplement the existing policy, which has honoured living members since 2015. After a complete discussion and evaluation, the proposal received unanimous approval. The Trustees subsequently resolved to formally recognise these distinguished veterans by presenting posthumous awards to eligible individuals and their families at the Annual Derawal Day in December 2023.

After a period of five centuries, the Shree Ram Mandir was established in Ayodhya and officially inaugurated on 22 January 2024. On this occasion, India observed the

ceremonial opening of the Ayodhya Ram Mandir, which was acknowledged by individuals globally. Prime Minister Narendra Modi led the Pran Pratishtha ceremony, conducting it in accordance with traditional rituals. **Our Sabha also marked the Pran Pratishtha ceremony on 23 January 2024 with devotional songs dedicated to Prabhu Ram, providing attendees the opportunity to participate in the recitation of Prabhu Ram Bhajans.**

The 61st Annual Derawal Day function marked a milestone in A.I.D.S.S. history, celebrated with grandeur at Banquet Hall **on 24 December 2023** with pomp and show. The event upheld the Sabha's culture and tradition, featuring a Dignitary welcome, an Awards Ceremony, and, for the first time, posthumous awards. This celebration showcased A.I.D.S.S.'s commitments to its heritage and community.

The momentum continued with the 62nd Annual Derawal Day, which was held in **December 2024** and marked by notable success. In accordance with tradition, the Sabha honoured the Chief Guests by presenting trophies. Additionally, eleven distinguished ancestor members were posthumously recognized with awards such as the **"Dera Lifetime Achievement Award," "Dera Vibhushan Award,"** and **"Karamveer Awards,"** presented to their respective families based on seniority.

The Sabha also formally acknowledged three dedicated members for their years of selfless service, conferring upon them the status of **Patrons** within the Executive Committee as a gesture of sincere appreciation.

In 2025, management made the decision to proceed with the renovation and upgrade of rooms on the 2nd and 3rd floors of Derawal Bhawan in Haridwar.

Derawal Bhawan in Delhi is also scheduled for significant alterations and repairs to the front and left side areas, as the sunshades, pillars, and related structures have deteriorated and exhibit signs of corroded steel rods. The restroom at the rear of the building has likewise been reconstructed. Plans include a modernised front elevation featuring 8-foot-door heights and a porch designed to protect patients visiting the healthcare Centre from both intense summer heat and rainfall during the monsoon season.

The renovation is now expected to be carried out in the first quarter of 2026.

DISCLAIMER

The All India Derawal Sahayak Sabha (Regd.) will mark its 70th Foundation Day cum 63rd Annual Derawal Day in 2025, having been registered under the Societies Registration Act on 8 October 1955.

To commemorate the 70th Foundation Day cum 63rd Annual Derawal Day, I have compiled a record of significant events, activities, and publications that have taken place within the Sabha over the past seven decades. This documentation is intended to serve the Derawal community, with particular emphasis on providing information to members aged forty and above.

The majority of our predecessors, who were capable of providing detailed accounts of events for a certain period, are no longer present, and others may not possess sufficient knowledge regarding that era. **Consequently, any omissions are unintentional, arising either from limited information or the absence of relevant documentation in official A.I.D.S.S. records, such as editions of the Derawal Patrika and event photographs.**

This Patrika aims to provide brief information regarding the Sabha's past activities, with the intention of engaging your interest and raising your awareness. This publication represents a sincere effort on my part.

Courtesy : RAVI KHERA



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- ◆ Mixed Usage Property
- ◆ Residential Plot
- ◆ Sub-Divided Property
- ◆ Amalgamated Property
- ◆ Warehouse Property
- ◆ Go-Down Property
- ◆ Nursing Home/Hospital
- ◆ Weekend Villas
- ◆ Auction Property
- ◆ Multiple-Dwelling Unit
- ◆ MCD Demolition Property (before 2015)
- ◆ Play School/School

**Contact
Us
Today!**



Mr. Pritpaljit Singh



999-901-2549



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3/144, 1st Floor Back Side Entry, Ramesh Nagar, New Delhi - 110015



ALL INDIA DERAawal SAHAYAK SABHA (Regd.)

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

FORMER ADMINISTRATIVE TRUSTEES

<u>S.No.</u>	<u>Name</u>	<u>Year</u>
1	Late Sh. Hukum Chand Bhutani	From 2000 to 2004
2	Late Sh. R. C. Verma	From 2000 to 2005
3	Sh. K. K. Ahuja	From 2000 To 2014
4	Late Sh. G.D. Nangia	From 2000 To 2016
5	Late Sh. M.L. Makhija	From 2000 to 2017
6	Late Sh. M. M. Mehta	From 2000 To 2021
7	Late Sh. Rakesh Ahuja	From 2000 To 2021
8	Late Sh. R. S. Lal	From 2009 To 2017
9	Late Sh. A.S. Chaudhary	From 2018 To 2021

FORMER CHAIRMEN

<u>S.No.</u>	<u>Name</u>	<u>Year</u>
1	Late Sh. Hukam Chand Bhutani	upto - 2004
2.	Late Sh. N. D. Gogia	2004 to 2007
3.	Late Sh. Ganga Dhar Nangia	2007 to 2016
4.	Late Sh. Madan Mohan Mehta	2016 to 2021

FORMER CHIEF PATRONS

<u>S.No.</u>	<u>Name</u>	<u>Year</u>
1	Late Sh. Hukam Chand Bhutani	1989 to 2000
2.	Late Sh. N. D. Gogia	2000 to 2004
3.	Late Sh. Madan Mohan Mehta	2004 to 2008
4.	Late Sh. Rakesh Ahuja	2008 to 2013
5.	Sh. K. K. Ahuja	2013 to 2014
6.	Sh. Ravi Khera	2015 to 2021



ALL INDIA DERAawal SAHAYAK SABHA (Regd.)

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

OUR FORMER PATRONS

<u>S.No.</u>	<u>Name</u>	<u>Year</u>	<u>Add.</u>
1	Late Sh. Hukum Chand Bhutani	1955-1960	Greater Kailash, New Delhi
2	Late Tirath Das Mehta	1955-1960	Kirti Nagar, New Delhi-15
3	Late Seth Ghanshyam Das Makhija	1955-1960	Rajender Nagar, New Delhi-8
4	Late Sh. Sham Lal Mehta	1955-1960	West Patel Nagar, New Delhi-8
5	Late Sh. Sadhu Ram Mehta	1955-1960	West Patel Nagar, New Delhi-8
6	Late Sh. Devki Nandan Mehta	1955-1960	F-42, Kirti Nagar, New Delhi-15
7	Late Sh. Madan Lal Makhija	1955-1960	East Patel Nagar, New Delhi-8
8	Late Smt. Thari Bal Ahlmoadi	1955-1960	NOT AVAILABLE
9	Late Smt. Devan Bai	1955-1960	NOT AVAILABLE
10	Late Sh. M. L. Ahuja	1997-2006	F-58, Kirti Nagar, New Delhi-15
11	Late Sh. G. D. Tuteja	1997- 2007	Green Park, New Delhi-16
12	Late Sh. Brij Rattan Mehta	2005-2006	N-66, Kirti Nagar, New Delhi-15
13	Late Sh. M. L. Sethi	2005-2007	Kirti Nagar, New Delhi-110015
14	Late Sh. R.S. Lal	2005-2009	D- 45, Kirti Nagar, New Delhi-15
15	Late Sh. S. L. Huria	2005-2011	Malvia Nagar, New Delhi-17
16	Late Sh. M. L. Guglani	2005-2012	Rohini, New Delhi.
17	Late Sh. Vijay Makhija	2005-2016	Mayapuri Indl. Area, Ph-I, N.Delhi
18	Late Sh. S.K. Mehta	2005-2016	16/7, East Patel Ngr., New Delhi-8
19	Late Sh. A.S. Anand	2005-2023	Rajpura, Dehradun, U.K.
20	Late Sh. K.S. Makhija	2005-2023	A-34, NDSE Part-II, New Delhi-49
21	Late Sh. A.S. Chaudhary	2011-2021	Rajender Nagar, New Delhi-8
22	Late Sh. M.P. Dawar	2012-2020	C-54, Rajouri Gdn., New Delhi-27
23	Late Sh. S.D. Gogia	2012-2021	Sainik Vihar, New Delhi-59
24	Late Sh. B. R. Pulyani	2015-2019	Krishnapuri, Tilak Ngr., N. Delhi-18
25	Late Sh. Dharam Vir Bhutani	2016-2020	B-113, D/S, Ramesh Ngr, N. Delhi-15
26	Sh. Ravi Khera	2005-2015	D-85, Kirti Nagar, New Delhi-15
27	Sh. Girish Kumar Mehta	2005-2018	38/13, East Patel Nagar, N. Delhi-8
28	Sh. Ramesh Ahuja	2012-2021	8-A/56, W.E.A Karol Bagh, N.Delhi-5
29	Sh. D.P. Minocha	2013-2018	F-10B, Kirti Nagar, New Delhi-15
30	Sh. Anurag Chawla	2015-2021	C-85, G.F., Kirti Nagar, N. Delhi -15
31	Sh. L. N. Mehta	2018-2021	C-29, Vikas Puri, New Delhi -18
32	Sh. Surender Kumar Mehta	2018-2021	N-58, Kirti Nagar, New Delhi - 15



ALL INDIA DERAawal SAHAYAK SABHA (Regd.)

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

PRESENT PATRONS 2024-2026

<u>S.No.</u>	<u>Name</u>	<u>Year</u>	<u>Add.</u>
1	Sh. Vijay Huria	2022-2026	F-21 Gr. Floor, Kirti Nagar, New Delhi-15 9810088162
2	Sh. Mahinder Budhiraja	2022-2026	F-75, Kirti Nagar, New Delhi-15 9312241788
3	Sh. Hans Raj Kalra	2022-2026	C-3/361, Jank Puri, New Delhi-58 9582829009
4	Sh. Guru Dutt Rakheja	2022-2026	A-103, Vishal Enclave, New Delhi-27 9711152275
5	Dr. Ramsarup Verna	2022-2026	H.N. 484, Sector 16-A, Faridabad (Hry) 9311049984
6	Sh. Madan Gopal Mehta	2022-2026	C-1/45, Janak Puri, New Delhi - 18 9810248610, 9810046862
7	Sh. Harish Chhabra	2022-2026	3C/35, New Rohtak Road, New Delhi -5 9818401848
8	Sh. Manoj Huria	2022-2026	66, Tarun Enclave, Pitampura, Delhi-34 9999985180
9	Sh. Inder Dhingra	2022-2026	D-49, Kirti Nagar, New Delhi-15 9818441412
10	Sh. Ved Prakash Chawala	2022-2026	M/s Dreamland Publications. J-128, Kirti Nagar, New Delhi-15, 98105241156
11	Sh. Harish Chawla	2024-2026	13/8, East Patel Nagar, New Delhi-8 9810015254
12	Sh. Sudershan Pahwa	2024-2026	2/107 (Front Side), 1st Floor, Subhash Nagar, New Delhi - 15, 9999091021
13	Sh. Prabhu Dayal Satija	2024-2026	L-77, Malviya Nagar, New Delhi -17 9871053202
14	Sh. Sushil Mehta	2025-2026	13/8, West Patel Nagar, New Delhi-8 9891413788
15.	Sh. Vinai Mehta	2025-2026	KU-10, Vaishakha Enclave, Pitampura, Delhi -34, (M) : 9810134332
16.	Sh. Manish Dewan	2025-2026	F-37, Mansarover Garden, New Delhi-15 9818216037
17.	Sh. Vinod Rajpal	2025-2026	A-20, Hosery Complex, Sector-84, Noida Gautam Budh Nagar, U.P. - 201305 9810090933, 9899106688



ALL INDIA DERAawal SAHAYAK SABHA (Regd.)

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

OUR ILLUSTRIOUS PRESIDENTS

1955-1962 SH. RAM NATH SACHDEVA
1963-1964 SH. BHAGWAN DAS MEHTA
1965 SH. GHANSHAM DAS MAKHIJA
1966 SH. P.N. BHUTANI
1967 SH. MADAN LAL MONGIA
1968 SH. SHAM LAL MEHTA
1969 SH. MADAN LAL MAKHIJA
1970-1974 SH. PURAN CHAND NANGIA
1975-1976 SH. TIRATH DAS MEHTA
1977 SH. GANGA DHAR GUGLANI
1978-1979 SH. M.L. NANGIA
1980 SH. JAI DEV LAL NANGIA
1981-1982 SH. MOHAN LAL AHUJA
1983 SH. KRISHAN SARUP MAKHIJA
1984 SH. MOHAN LAL SETHI
1985 SH. M.L. GUGLANI
1986 SH. G.D. NANGIA
1987 SH. RAKESH AHUJA

1988-1989 SH. M.M. MEHTA
1990-1991 SH. N.D. GOGIA
1992-1994 SH. G.D. TUTEJA
1994-1995 SH. R.C. VERMA
1996-1998 SH. S.M. CHAWLA
1998-2000 SH. M.P. DAWAR
2000-2002 SH. R. K. TARNEJA
2002-2004 SH. RAVI KHERA
2004-2007 SH. RAMESH AHUJA
2007-2009 SH. D. P. MINOCHA
2009-2011 SH. B. R. PULYANI
2011-2014 SH. ANURAG CHAWLA
2014-2015 SH. SURENDER KUMAR MEHTA
2016-2017 SH. VIJAY HURIA
2018-2019 SH. INDER KUMAR DHINGRA
2019-2021 SH. MADAN MOHAN CHAWLA
2022-2024 SH. SURINDER BUDHIRAJA
2024-2026 SH. BHARAT BHUSHAN AHUJA





सम्पादकीय

समाज में एकता, प्रेम, भाईचारे तथा संस्कार का प्रतीक डेरावाल डे तथा सर्दियों का मौसम

जैसे ही नवम्बर का महीना समाप्त होता है और दिसंबर की ठंडी हवाएँ दस्तक देती हैं, वातावरण में एक अलग ही अनुभूति फैल जाती है। धूप का सौम्य स्पर्श, गरम पेय की खुशबू और त्यौहारों की रौनक सब मिलकर सर्दियों को विशेष बना देते हैं।

यह मौसम केवल ठंड नहीं लाता, बल्कि मानव जीवन में अनुशासन, संयम और आत्मबल का संचार करता है। सर्दियाँ हमें यह सिखाती हैं कि जीवन की कठिन परिस्थितियों में भी हम अपने भीतर की गर्मी यानी सकारात्मकता और सेवा भावना को बनाए रखें।

भारत जैसे विविधता भरे देश में सर्दियों का मौसम त्यौहारों, परंपराओं और मिलन के अवसरों का प्रतीक है। दीपावली के बाद से लेकर बसंत पंचमी तक का यह काल लोक संस्कृति और सामाजिक सौहार्द से भरा होता है। आयुर्वेद के अनुसार सर्दियाँ “बलवर्धक ऋतु” कही गई हैं। इस ऋतु में पाचन शक्ति तीव्र होती है और शरीर में ऊर्जा संचित रहती है। इसलिए यह समय स्वास्थ्य सुधार और संतुलित आहार का होता है।

सर्दियों की सुबह की सैर, हल्का व्यायाम और धूप का सेवन मन और शरीर दोनों के लिए अमृत समान है। सर्दियों में भारत के कई प्रमुख पर्व आते हैं, गुरुनानक जयंती, क्रिसमस, लोहड़ी, मकर संक्रांति और बसंत पंचमी।

दिसंबर का महीना डेरावाल समाज के लिए विशेष महत्व रखता है क्योंकि इसी महीने “आल इंडिया डेरावाल सहायक सभा” द्वारा “डेरावाल डे” बड़े उत्साह और एकता के प्रतीक के रूप में मनाया जाता है। डेरावाल डे - एकता, संस्कृति और समाज सेवा का पर्व है, यह हमारे संस्कारों, एकता और समाजसेवा की भावना का प्रतीक है।

देशभर से डेरावाल समाज के सदस्य एकत्र होकर अपनी परंपराओं, उपलब्धियों और सामूहिक सहयोग की भावना को सम्मान देते हैं। यह दिवस हमें स्मरण कराता है कि एकता में ही हमारी शक्ति है, चाहे हम किसी भी प्रदेश में रहते हों, हमारे हृदय की धड़कन एक ही है, “हम डेरावाल हैं और सेवा ही हमारा धर्म है।”

इस अवसर पर विभिन्न सांस्कृतिक कार्यक्रम, सम्मान समारोह, सामाजिक योजनाओं की रूपरेखा और सेवा कार्य आयोजित किए जाते हैं, जो समाज में प्रेरणा का संचार करते हैं।

इस समारोह में, समाज के वरिष्ठ डेरावाल महानुभावों को मरणोपरांत उनकी उत्कृष्ट सेवाओं एवं समाजहित में दिए गए अमूल्य योगदान के लिए उनके परिजनों को यह सम्मान प्रदान किया जाता है, ताकि वे भी अपने पूर्वजों की प्रेरणा से सेवा और समाज कल्याण के कार्यों में सक्रिय रूप से जुड़े रहें तथा डेरावाल समाज की गौरवशाली परंपरा को आगे बढ़ाते रहें।

“डेरावाल डे” हमें यही प्रेरणा देता है कि हम समाज, संस्कृति और मानवीय मूल्यों की इस विरासत को आगे बढ़ाएँ और हर दिल में सेवा, सहयोग व सद्भाव का दीप प्रज्वलित करें। यह पावन अवसर हमारे समाज की एकता, संस्कृति, और गौरवशाली परंपराओं का प्रतीक है। ईश्वर से प्रार्थना है कि यह दिवस हम सभी के जीवन में नई ऊर्जा, प्रेम, सहयोग और प्रगति का संदेश लेकर आए।

आप सभी को डेरावाल दिवस की हार्दिक शुभकामनाएँ।

- महिन्दर बुद्धिराजा, सम्पादक

DERAWAL BHAWAN, KIRTI NAGAR, NEW DELHI

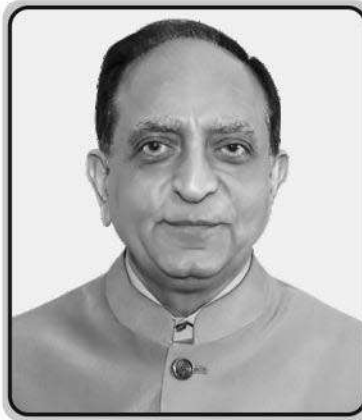


DERAWAL BHAWAN (DHARAMSHALA) HARIDWAR





MESSAGE FROM



SH. RAVI KHERA

Chairman & Administrative Trustee

ALL INDIA DERAVAL SAHAYAK SABHA (Regd.)

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

On the occasion of the **70th Foundation Day** together with the **63rd Annual Derawal Day celebration on December 21, 2025**, I extend my sincere wishes and warm greetings to all members of the Derawal community and their families, both in India and abroad, on behalf of All India Derawal Sahayak Sabha (Regd.).

A.I.D.S.S. (Regd.) continues to strive for meaningful progress through its social and charitable health care initiatives at Derawal Bhawan, Kirti Nagar, New Delhi. Additionally, it offers comfortable accommodation for pilgrims at charitable rates in the newly renovated rooms at Derawal Bhawan, Haridwar.

We would like to express our sincere appreciation to the entire team of All India Derawal Sahayak Sabha (Regd.) and its sub-committees. Special recognition is extended to the Haridwar - Delhi Renovation team and the IT & Website (A.I.D.S.S.) team for their dedicated efforts. In particular, we commend Mr. Sameer Grover for his exceptional contribution to the successful implementation of the "Online Booking" system for Haridwar Bhawan and for his exemplary performance in fulfilling his assigned responsibilities.

We extend our sincere appreciation to the distinguished donors for their generous contributions and to the associate organisation for their invaluable support.

We would also like to express our sincere gratitude to the Honoured Guest for considering our invitation to serve as Chief Guest and Guest of Honour at this event.

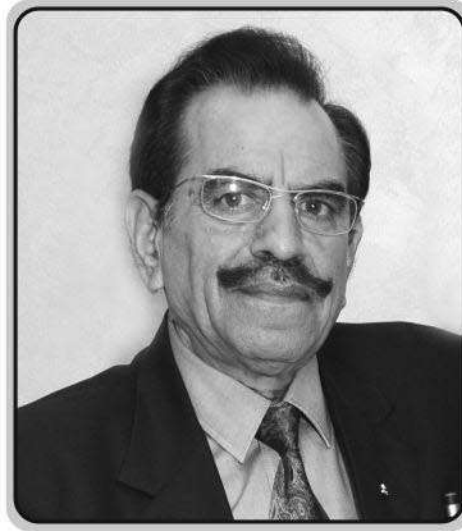
Please be assured that we will persist in our commitment to improving the standards and quality of comfort provided in Social Welfare Activities and Health Care Services.

Wishing you and your family a Joyful,

Prosperous, & Healthy New Year 2026



MESSAGE FROM



D.P. MINOCHA
Administrative Trustee & Patron

ALL INDIA DERAVAL SAHAYAK SABHA (Regd.)
F-27 & 28, KIRTI NAGAR, NEW DELHI-110015

It matters great-pride & is of immense pleasure to extend greetings to all Derawal Brethren on this auspicious occasion of celebration of **63rd ANNUAL DERAVAL DAY on 21st December, 2025** by All India Derawal Sahayak Sabha (Regd.) Kirti Nagar, New Delhi.

I pay my sincere regards, particularly to the Donors, to all associated members of Managg. Committee, Seniors & other workers for their selfless services in achieving goals of success in Sabha's Various Social & religious projects and charitable activities, which were/are impossible without their co-operation.

I wish the Sabha to achieve new heights in other such projects too. I also extend my warm wishes for success of Jalsa.

Best wishes for A Happy & Prosperous New Year 2026
to All of You and Your Families.



MESSAGE FROM



GIRISH MEHTA

Administrative Trustee & Patron

ALL INDIA DERAVAL SAHAYAK SABHA (Regd.)

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

I would like to formally extend my gratitude to the Management Team for their outstanding support in our philanthropic initiatives, which uphold the traditions established by our predecessors.

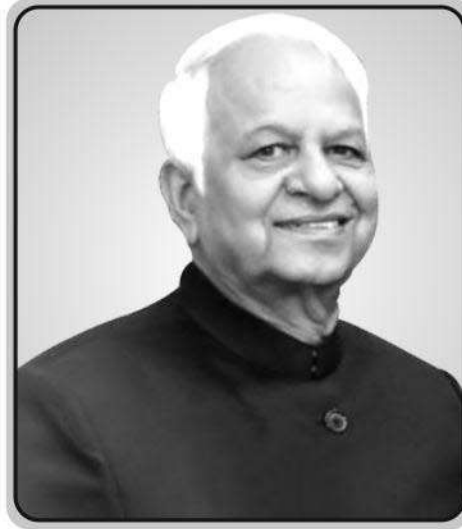
Pleased to announce the celebration of the
70th FOUNDATION DAY
CUM

63rd ANNUAL DERAVAL DAY
of the All India Deraawal Sahayak Sabha (Regd.) this year.
My sincere appreciation goes to all those involved.

Wishing everyone a successful and prosperous
New Year in 2026.



MESSAGE FROM



SURENDER KUMAR MEHTA
Administrative Trustee & Patron

ALL INDIA DERAVAL SAHAYAK SABHA (Regd.)

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

It is with great pleasure I express my gratitude to the Management Team for their extraordinary support with the philanthropic projects in serving the society, and carrying on the tradition started by our elders.

Welcoming the 63rd ANNUAL DERAVAL DAY of All India Deraawal Sahayak Sabha (AIDSS) this year with tremendous gratitude and love to everyone.

Wishing you all

A VERY HAPPY AND PROSPEROUS NEW YEAR 2026



MESSAGE FROM



BHARAT BHUSHAN AHUJA
President

ALL INDIA DERAawal 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 Deraawal Brethren and the Generous contribution of our esteemed donors, your sabha has been able to achieve the glorious heights in improvements both in Deraawal Bhawan, Haridwar and Kirti Nagar.

I assure you that our team shall continue its best efforts in the same spirit 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 &
Prosperous New Year 2026

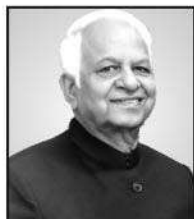


KNOW YOUR SABHA

CHAIRMAN, ADMINISTRATIVE TRUSTEES & PATRONS 2024-2026



SH. RAVI KHERA
Chairman & Administrative Trustee
D-85, Kirti Nagar,
New Delhi-110015
(M): 9811044791
(R): 011-45076262



SH. SURENDER KUMAR MEHTA
Administrative Trustee & Patron
N-58, Kirti Nagar,
New Delhi-110015
(M): 9811100683



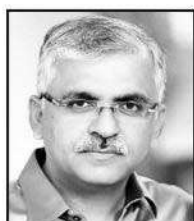
SH. D. P. MINOCHA
Administrative Trustee & Patron
F-10 / B, Kirti Nagar,
New Delhi-110015
(M): 9312215597



SH. L. N. MEHTA
Administrative Trustee & Patron
C-29, Vikas Puri,
New Delhi - 110018
(M): 9891422416
9810626787



SH. GIRISH MEHTA
Administrative Trustee & Patron
38/13, East Patel Nagar,
New Delhi-110008
Tel.: (R) 25787525 (O): 28115050
(M): 9811027331



SH. ANURAG CHAWLA
Administrative Trustee & Patron
Noida (U.P.)
(M): 9810154811
9910054811



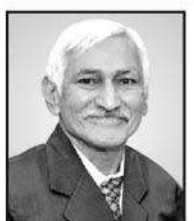
CHIEF PATRON 2022-2024-2026



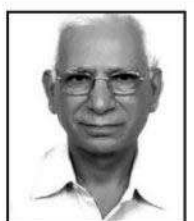
SH. RAMESH AHUJA
Chief Patron
8-A/56, W.E.A., Karol Bagh,
New Delhi-110005
Tel.: 011-25728276
(M): 7838441643



PATRONS 2022-2024-2026



SH. VIJAY HURIA
Patron
F-21, Ground Floor,
Kirti Nagar, New Delhi-110015
Tel.: @ 45056735
(M): 9810248610



SH. HANSRAJ KALRA
Patron
C-3/361, Janak Puri
New Delhi-110058
(M): 9582829009



SH. MAHINDER BUDHIRAJA
Patron
F-75, Kirti Nagar,
New Delhi-110015
Tel.: 41425446
(M): 9312241788



SH. GURU DUTT RAKHEJA
Patron
A-103, Vishal Enclave,
New Delhi-110027
(M): 9711152275



PATRONS 2024-2026



Dr. RAM SARUP VERMA
Patron
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(M): 9311049984



SH. MADAN GOPAL MEHTA
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New Delhi-110058
(M): 9810046862



SH. HARISH CHHABRA
Patron
3-C/35 New Rohtak Road
New Delhi-110015
Tel.: 9818401848



SH. MANOJ HURIA
Patron
66, Tarun Enclave,
Pitampura, Delhi-110034
(M): 9999985180



SH. INDER KUMAR DHINGRA
Patron
D-49 Kirti Nagar
New Delhi-110015
(M): 9818441412



SH. VED PRAKASH CHAWLA
Patron
M/s. Dreamland Publications
J-128, Kirti Nagar,
New Delhi-110015
Tel.: 011-25106050, 25435657



SH. HARISH CHAWLA
Patron
13/8, East Patel Nagar
New Delhi-110008
(M): 9810015254



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Patron
2/107 (Front Side) Ist Floor
Subhash Nagar, New Delhi-27
Tel.: (R) 25140610
(M): 9999091021



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Patron
L-77, Malviya Nagar, New Delhi-17
A-273, Shivalik, Malviya Ngr, N.Delhi-17
Tel.: (O) 011-26680126, 26682351
(M): 9871053202, 8178456956



PATRONS 2025-2026



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New Delhi-110008
(M): 9891413788



SH. VINAI MEHTA
KU-10, Vaishakha Enclave,
Pitampura,
Delhi-110034
(M): 9810134332



SH. MANISH DEWAN
F-37, Mansarovar Garden,
New Delhi-110015
(M): 9818216037



SH. VINOD RAJPAL
A-20, Hosery Complex,
Sector-84, Noida
Gautam Budh Nagar
U.P.-201305
(M): 9810090933, 9899106688



CELEBRITIES OF THE SABHA 2024-2026



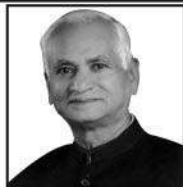
SH. ARUN RAKHEJA
P-10/3, DLF, Ph-II,
Gurugram-122002 (Haryana)
(M): 9810128787



SH. RAJIV SACHDEVA
J-1328, Palam Vihar,
Gurugram-122017 (Haryana)
(M): 9811033655



SH. B. R. SIKRI
C-976, Sushant Lok,
Gurugram-122002 (Haryana)
(M): 9810333492



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WZ-6/1, Krishnapuri,
P.O. Tilak Nagar,
New Delhi-110018
(M): 9818216037



SH. BHUPENDER KUMAR NAGPAL
F-78, 2nd Floor,
Kirti Nagar,
New Delhi-110015
(M): 9891482214



IMMEDIATE PAST PRESIDENT



SH. SURINDER KUMAR BUDHIRAJA
President (2022-2024)
F-75 Kirti Nagar
New Delhi-110015
(M): 9810254630



MANAGING COMMITTEE MEMBERS 2024 - 2026



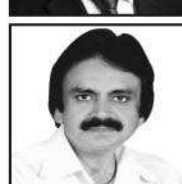
SH. BHARAT BHUSHAN AHUJA
President
N-62 Kirti Nagar
New Delhi-110015
(M): 9811132949, 8368559491



SH. PARMOD BHATIA
Sr. Vice President
F-92, 1st Floor,
Kirti Nagar, New Delhi-110015
(M): 9810240447



SH. SAMEER GROVER
Vice President
13/1, 1st Floor, Old Rajinder
Nagar, New Delhi-110060
(M): 9811111951



SH. RAMESH KATHURIA
Gen. Secretary
F-31, Kirti Nagar,
New Delhi-110015
(M): 9810039245



SH. MOHIT AHUJA
Secretary
7/217, 1st Floor,
Ramesh Nagar,
New Delhi-110015
(M): 9871022522



SH. MOHNISH TANEJA
Jt. Secretary
F-14, Kirti Nagar,
New Delhi-110015
(M): 9212838307



SH. SURESH KUMAR GULATI
Treasurer
N-97, Ground Floor,
Kirti Nagar, New Delhi-110015
(M): 9810472033





EXECUTIVE MEMBERS 2024 - 2026



SH. ANIL KHERA
Executive Member
262, 2nd Floor,
Gujrawala Town, Part-III,
Delhi-110009
(M) : 9810452331



SH. MAHINDER MEHTA
Executive Member
N-59, Kirti Nagar,
New Delhi-110015
(M): 9911687055



SH. ANIL SACHDEVA
Executive Member
F-41, Kirti Nagar,
New Delhi-110015
(M) : 9818508511



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Executive Member
F-10 B, Kirti Nagar,
New Delhi-110015
(M) : 9582780851



SH. O.P. RAJPAL
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F-18 Kirti Nagar,
New Delhi-110015
Tel. : (R) 25462692
(M) : 9911542488



SH. LOKESH SACHDEVA
Executive Member
C-139,
West Patel Nagar
New Delhi-110008
(M) : 9811193811



SH. UPENDER POPLI
Executive Member
C-90, Ground Floor,
Kirti Nagar,
New Delhi-110015
(M) : 9971806306, 8700163814



SH. RAKESH MINOCHA
Executive Member
F-10 B, Kirti Nagar,
New Delhi-110015
(M) : 9312232161



SH. SANJAY RAJPAL
Executive Member
F-18, Kirti Nagar
New Delhi-110015
(M) : 9811226561



SH. VIVEK KHERA
Executive Member
D-85, Kirti Nagar
New Delhi-110015
Tel. : 011-45076263
(M) : 9899808911



SH. YOGESH BHUTANI
Executive Member
68-A, 3rd Floor, Front Side,
Single Storey, Ramesh Nagar,
New Delhi-110015
(M) : 9213479878, 8285009878



SH. AJIT BHUTANI
Executive Member
6-B, Vikrant Enclave,
Mayapuri, New Delhi-110064
(M) 9818910003/04



SH. CHANDER SETHI
Executive Member
C-68, Kirti Nagar,
New Delhi-110015
(M) : 9810995479



SH. ASHUTOSH SHARMA
Executive Member
B-24, Dayanad Colony,
Lajpat Nagar-IV,
New Delhi-110024
Tel. : 011-26436147
(M) : 9312105617



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SH. DHURUV MAKHIJA
Co-Opted Member
27/28, Patel Nagar East,
New Delhi -110008
(M) : 9582360717



SH. GAURAV KHERA
Co-Opted Member
D-85, Kirti Nagar,
New Delhi-110015
(M) : 9999035311



SH. INDER CHHABRA
Co-Opted Member
F-9, Kirti Nagar
New Delhi-110015
(M) : 8860096863



SH. NEERAJ GROVER
Co-Opted Member
FW01, 14B, M3M
Golf Estate, Sector-65,
Gurgram-122102, Haryana
(M) 9811380942



SH. UMESH KHERA
Co-opted Member
D-56, Kirti Nagar
New Delhi-110015
(M) : 9212081181



SH. MANISH MINOCHA
Co-opted Member
F-10/B, Kirti Nagar,
New Delhi-110015
(M) : 9873693669



SH. VISHAL HURIA
Co-opted Member
F-21, Kirti Nagar,
New Delhi-110015
(M) : 9718375535



SH. MUNISH NAGPAUL
Co-opted Member
J-49, 3rd Floor,
Kirti Nagar, New Delhi-110015
(M) : 9810324546



SH. Y.K. BHUTANI
Co-opted Member
F-52, Ground Floor,
Kirti Nagar, New Delhi-110015
(M) : 9868822079



SH. RAKESH GUGLANI
Co-opted Member
35, Panchdeep Apartments,
Vikaspuri, New Delhi-110018
(M) : 9868822079



SH. RAMESH KUMAR AHUJA
Co-opted Member
B-535/29, 3rd Floor,
Paschim Vihar, New Delhi-110063
(M) : 9868283982



SH. SHARAD SHARMA
Co-opted Member
F-21, 3rd Floor,
Kirti Nagar, New Delhi-110015
(M) : 9997959653



SPECIAL INVITEES 2024-2026



SH. CHANDER BAJAJ
Special Invitee
H.No. 1858, Sector-16,
Faridabad-212002 (Haryana)
(M) : 9990400261



SH. GAURAV BAWA
Special Invitee
M/s. Bawa Jewellers
Kirti Nagar, New Delhi-110015
(M) : 7847004700



SH. D.N. MADAN
Special Invitee
129, Tarun Enclave,
Pitampura, Delhi-110034



SH. JEEWAN MEHTA
Special Invitee
E-21, 1st Floor,
Moti Nagar, New Delhi-110015
(M) : 09359946520



SPECIAL INVITEES 2024-2026



SH. SUDHIR GROVER
Special Invitee

Tower No. 6, 701,
Palam Terraces Select,
Sector-66, Gurugram (Haryana)
(M) : 9811050521



MAJ. M.K. NAGPAL
Special Invitee

248-G, MIG Flats,
Rajouri Garden,
New Delhi-110027
(M) : 9871833225



SH. VIJAY NANGIA
Special Invitee

B-4/19B, Ashok Vihar,
Phase-II,
New Delhi-110052
(M) : 9910255299



SH. NARENDER BAJAJ
Special Invitee

M/s. Shyam Sweets
House No. 104, Model Town,
4/8, Marla, Gurugram-122007 (HR)
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SH. VIKAS SEHRA
Special Invitee

A-111, Lok Vihar,
Pitampura,
Delhi-110034
(M) 9810028790



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C-3/71,
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New Delhi-110052
(M) : 9810062366



ADVOCATE J. L. GROVER
Special Invitee

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Delhi - 110012
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(M) : 9868832224



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New Delhi-110058
(M) : 9818223557



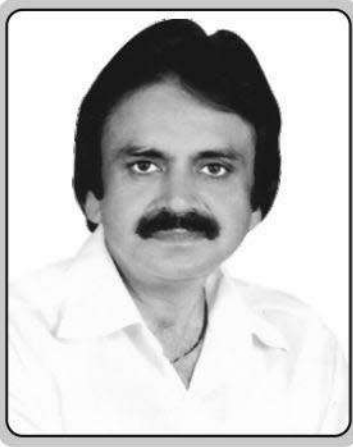
ऑल इण्डिया डेरावाल सहायक सभा (पंजी.)

की ओर से आप सभी को

**नव वर्ष, लोहड़ी, मकरसंक्रान्ति,
वसन्त पंचमी एवम् महाशिवरात्री
की
हार्दिक शुभ कामनाएँ**



Secretary's Report



मैं आपके सामने पिछले वर्ष की गतिविधियों के बारे में अवगत कराना चाहता हूँ कि धर्मशाला में भवन का पूरा प्लास्टर का काम करवाया गया तथा पेंट भी करवाया गया। ग्राउंड फ्लोर के सभी कमरे रेनोवेट कराये गये जिसमें सभी दरवाजे, नीचे के फ्लोर पर टाईल्स वर्क कराया गया, और सभी कमरों में चार फुट तक टाईल लगाई गई, बाकी कमरों को पी.वी.सी. पैनल वर्क किया गया। अब रंग पेन्ट की जरूरत भी खत्म हो गई। नीचे का कॉमन ट्वायलेट - कम - वाथ को टोटली नया लुक दिया गया। और सभी टाईल नई लगाई गई तथा सनिटेशन के सभी पाईप आदि बदले गये, क्योंकि सारे पुराने पाईप आदि सड़ चुके थे इसलिए गंदगी तथा स्मेल बहुत आती थी।

धर्मशाला की अन्दर की दिवार की भी सभी टाईल नई लगाई गयी। उपर सैकेण्ड फ्लोर कमरा नं. 24 को वी.आई.पी. लुक दिया गया, जिसमें चार बेड एवं सोफा लगाया गया। उसमें भी पैनल वर्क एवं टाईल वर्क सब कराया गया। लगभग 1,20,000 रुपये लगे जो श्री रमेश कथुरिया जी ने योगदान दिया।

थर्ड फ्लोर पर उपर के सभी कमरों में भी नीचे की तरह पी.वी.सी पैनल वर्क, कमरों को गर्म होने से बचाने के लिये रूफ पर थर्मोकोल की शीट्स लगाई गई, एल.ई.डी. लाईट एवं जिस कमरे की ए.सी. खराब था वहाँ नये ए.सी. लगाये गये। सभी कमरों (उपर वाले) बेड के मैट्रेस नये बदले गये। टॉप छत को भी हीट एवं सीलन से बचाने के लिये वाटर पुफ कराया गया। सभी फ्लोर पर फायर एक्सटेंशन लगाये गये।

अभी जो काम हरिद्वार में होने वाले हैं, स्टेयर का काम, फ्रंट को न्यू लुक एवं एन्ट्री का मेन रिसेप्शन, बन्दरों को रोकने के लिए ज़ाल आदि सभी कामों में देरी इसलिये हो जाती है क्योंकि पीक विन्टर में ही काम हो सकता है, बाकी समय धर्मशाला यात्रियों की सेवा में फुल रहती हैं।

यह जो काम उपर करवाये गये इसमें योगदान रिनोवेशन कमेटी जिसमें, भारत भूषण आहूजा जी, रमेश कथुरिया जी, इन्दर ढीगड़ा जी और सुरेश गुलाटी जी जीवन मेहता जी एवं सभी सदस्यों के सहयोग से हुआ।

डेरावाल भवन दिल्ली ऑफिस में भी नया टी.वी. लगाया गया तथा भवन का कार्य जैसे, मैन फ्रंट डोर, फ्रंट की कोनोपी, फ्रंट एलीवेशन, बाथ एवं टॉयलेट का भी कार्य जल्दी होने जा रहा है। 15 लाख की एफ.डी. बनाई गई।

हर मंगलवार सुन्दर काण्ड का पाठ सुचारू रूप से पहले की तरह चल रहा है।

रमेश कथुरिया
सचिव



डेरावाल स्वास्थ्य केन्द्र



एफ : 27 - 28, कीर्ति नगर, नई दिल्ली - 110015

ऑल इण्डिया डेरावाल सहायक सभा (पंजी.) और डेरावाल सहायक संघ (पंजी.) दोनों मिलकर जीवन के मूल्यों को आधार बनाकर सेवा के कार्यों को आगे बढ़ाने में हमेशा अग्रणी रहे हैं।

इसी 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 :-

- (1) Charitable Homeopathy Dispensary
- (2) Charitable Physiotherapy Centre
- (3) Charitable Dental Care Centre
- (4) Charitable Eye Care Centre
- (5) Charitable Allopathy Centre

डेरावाल स्वास्थ्य केन्द्र के सभी निम्नलिखित केन्द्र सुचारू रूप से चल रहे हैं :-

1. CHARITABLE HOMEOPATHY DISPENSARY :

We feel pride to inform to have association of a qualified & experienced **Dr. Rita Wahi** who has been running the dispensary for the last 32 years with her ability. Ms. Kiran Sethi, supports the Doctor in patient care (Monday to Saturday 4.30 pm to 6 pm).

2. CHARITABLE PHYSIOTHERAPY CENTRE:

यह फिजियोथेरेपी सेन्टर पिछले 7 सालों से कोरोना समय को छोड़कर सुचारू रूप से चल रहा है। इसमें अभी Qualified **Dr. Rajesh Kashyap** अपनी **Assistant Mrs. Sheela** के साथ Laser, I.F.T., Tens, Traction & Ultrasonic की आधुनिक मशीनों द्वारा मरीजों का इलाज कर रहे हैं। (Mon. to Sat., 4 pm to 6 pm)

3. CHARITABLE EYE CARE CENTRE :

This Centre running under the supervision of

Dr. Amit Juneja qualified Eye Specialist (Tuesday & Friday 5 to 6 pm)

4. CHARITABLE DENTAL CARE CENTRE :

यह केन्द्र भी नये तरीके से शुरू किया है। अभी **Dr. Chitrangi Juneja** Consultant Dental Surgeon available with advance Machines. She is giving treatment with her ability & experience to the patients with complete family Dentistry, multi specialty Dental & Implant Centre etc. with modern equipment (Monday-Thursday & Friday, 10.00 am to 11.30 am)

5. CHARITABLE ALLOPATHY CENTRE :

This Centre opened last year under the supervision of Dr. (Mrs.) Nirmala Gera (MBBS). She examine patients, request diagnostic tests, make diagnoses and provide treatment. (Monday to Saturday at 4:00 pm. to 5:30 pm).

"Doctors play a very essential roll in human life. We can say doctors are the incarnation of the God."

ऑल इण्डिया डेरावाल सहायक सभा (पंजी.) द्वारा चल रहे कुछ अन्य प्रमुख कार्य :

- (1) प्रतिदिन सुबह 10:00 बजे से दोपहर 1:30 बजे तक **B.P. एवं Sugar का Checkup** (डेरावाल 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।
- (2) प्रति मंगलवार को सुंदर काण्ड पाठ का आयोजन सायं 4:00 बजे से 6:00 बजे तक किया जाता है।
- (3) प्रत्येक शुक्रवार को सायंकाल 4:00 बजे से 6:00 बजे तक महिला मण्डल द्वारा कीर्तन किया जाता है।

यह सभा हमेशा आभारी रहेगी स्व. श्री राकेश आहूजा जी एवम् स्व. श्रीमती विनोद आहूजा जी की जिन्होंने इस स्वास्थ्य केन्द्र को आगे बढ़ाने में अपना सहयोग दिया। इसके साथ ही

सभा आभारी रहेगी श्री रवि खेड़ा एवं श्री गिरीश मेहता जी की जिन्होंने इस स्वास्थ्य केन्द्र में अपना सहयोग दिया और अति आधुनिक मशीनें इस स्वास्थ्य केन्द्र को उपलब्ध करवाई।

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

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 न केवल “डेरावाल स्वास्थ्य केन्द्र” के इस पुण्य कार्य को आगे बढ़ा रहे हैं अपितु अन्य गतिविधियों में अपना यथाशक्ति सहयोग कर रहे हैं।

“दान से वस्तु घटती नहीं बल्कि बढ़ती है”

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

Support our Charitable Derawal Health Centre. Donate generously and help us create a healthier community for all.

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



Mahinder Budhiraja

Guinness, OMG & Talent World Record Holder

Patron : ALL INDIA DERAVAL SAHAYAK SABHA (Regd.)

Editor : DERAVAL PATRIKA, ALL INDIA DERAVAL SAHAYAK SABHA (Regd.)

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ALL INDIA DERAawal SAHAYAK SABHA (REGD.)

OUR HONoured PRESIDENTS & GUESTS OF HONOUR AT

ANNUAL DERAawal DAY FUNCTION 1961- 2024

YEAR	PRESIDENT	GUEST OF HONOUR	YEAR	PRESIDENT	GUEST OF HONOUR
1961	Dr. B.D. Kumar	—	2000	Smt. Sheela Pahwa	Sh. Chander Parkash Seth Sh. L.R. Kataria
1962	Sh. R.B. Parma Nand Sachdeva	—	2001		Sh. Sham Lal Bajaj Sh. Madan Lal Verma Sh. Chander Parkash Bajaj Sh. Subhash Pahuja
1963	Sh. Asa Nand Chugh	—	2003	Sh. Satish Kalra	Sh. Ramesh Kathuria Sh. Paul Verma
1964	Sh. Sham Lal Mehta	—	2004	Smt. Bala Ahuja	Smt. Mitu Mehta Smt. Savitri Suneja
1965	Sh. G.P. Bhutani	Sh. M. L. Mongia	2005	Sh. Rajinder Taneja	Smt. Lilly Bhatia Smt. Jyoti Gulati Sh. Shankar Das Manchanda
1966	Sh. Brij Rattan Mehta	Sh. Anoop Chand Sachdeva	2006	Sh. Harish Chawla	Smt. Karam Chand Sh. Lion Mahipal Budhraj
1967	Sh. Ram Krishan Chawla	Sh. Hakeem Devkinandan Mehta	2007	Sh. Manish Dewan	Sh. D. R. Kataria Sh. B. B. Huria
1968	Sh. Jaman Lal Gulati	Sh. R. B. Bhagat Jagan Nath	2008		Sh. Manoj Huria Sh. Dharamvir Bhutani
1969	Sh. Kunwar Bhan Chugh	Sh. Tej Bhan Tola Ram Chugh	2009	Sh. Sushil Kumar Mehta	Sh. Mool Chand Chawla Sh. J. C. Khanna
1970	Sh. Sukh Dev Kumar	Sh. Mohan Lal Chowdhary	2010	Sh. Ved Parkash Mehta	Sh. Guru Dutt Rakheja Sh. Gulshan Kumar Ahuja
1971	Sh. Sat Pal Madan	Sh. Asa Nand Nangia	2012	Dr. Ram Saroop Verma	Sh. Madan Lal Makhija Sh. Tarun Chaudhary
1972	Sh. Topan Lal Ahuja	Sh. Om Prakash Taneja	2013	Sh. Anil Chawla	Sh. Ved Parkash Chawla Sh. Shammi Gambhir Sh. Ajay Sharma
1973	Sh. Rattan Chand Verma	Sh. Sadhu Ram Mehta	2014	Sh. Ram Saran Bhatia	Sh. Ajit Sinha Sh. Arvind Chaudhary
1974	Sh. Tara Chand Kathuria	Sh. Roshan Lal Batra	2015	Sh. B.R. Sikri	Smt. Shakuntla Bhatia Sh. D. N. Madan Lion Vikram Sharma
1975	Sh. Mohan Lal Sethi	Sh. Asa Nand Nangia	2016	Sh. Dalip Guglani	Sh. Vikas Sehra Sh. Sanjay Sharma Smt. Neena Sharma
1976	Sh. Sukh Dev Gogia	Sh. Tej Bhan Kalra	2017	Sh. Gaurav Bawa	Smt. Shakuntla Bhambhani
1977	Sh. Rajinder Kumar Gupta	Sh. V. K. Malhotra	2018	Sh. Arun Rakheja	Sh. Vijay Nangia
1978	Sh. Shanti Bhushan Arora	Sh. Atma Ram Grover	2019 to 2022		—
1979	Smt. Ganga Devi Malhotra	Sh. Dina Nath Chawla	2023	Prof. (Dr.) Jagdish Mukhi (Chief Guest)	Sh. L. N. Mehta Sh. Vinod Rajpal
1980	Sh. Mohan Lal Ahuja	Sh. J. N. Hasija	2024	Brig. S.K. Sachdeva (VSM) (Chief Guest)	Sh. Rajiv Sachdeva
1981	Sh. J.K. Tarneja	Sh. Gian Chand Kumar	2025	Mrs. Sudershan Grover (Chief Guest)	Dr. B. K. Nagpal
1982	Sh. Radhey Sham Tuteja	Sh. Sukh Dev Gogia			
1983	Sh. Sukh Raj Narula	Sh. Gopal Krishan Bhatia			
1984	Smt. Saroj Nangia	Sh. Madan Mohan Lal Makhija			
1985	Sh. Mohan Lal Khattar	Smt. Mahesh Parkash			
1986	Sh. Bhagwan Das Rajpal	Sh. K. K. Dhingra			
1987	Sh. Gopal Das Bhutani	Sh. Ram Lal Bhutani			
1988	Sh. S.P. Grover	Sh. P. S. Wadhwa			
1989	Sh. N.N. Bhutani	Sh. Ramesh Ahuja			
1990	Sh. Raman Bhutani	Sh. Shiv Khara			
1991	Sh. L.D. Kataria	Sh. Madan Lal Makhua			
1992	Sh. J.C. Dawar	Sh. Narinder Nath Sachdeva			
1993	Sh. Brij Rattan Mehta	Smt. Shanti Devi Mehta			
1994	Sh. Anand Dewan	Sh. Krishan Kumar Nangia			
1995	Sh. R.C. Virmani	Sh. Radhey Krishan Nangia Sh. Sukh Dev Gogia			
1996	Smt. Kanta Rani Mehta	Smt. Mahesh Parkash			
1997	Smt. Usha Nangia	Sh. R.K. Ahuja Sh. Sham Lal Huria			
1998	Smt. Sneha Rajpal	Sh. Vijay Madan Smt. Seema Makhija			
1999	Sh. Mangal Sain Bawa	Sh. B. D. Gulati Sh. Yash Pal Mehta Sh. R.K. Mehta			



ALL INDIA DERAawal SAHAYAK SABHA (REGD.)

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

LIST OF OFFICE BEARERS 1955-2025

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. Dhingra
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. Dhingra
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. Dhingra

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. Dhingra

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. Dhingra

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 Khera
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 Khera
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
Sr. Vice-President	Sh. R.K. Tarneja
Vice-President	Sh. Ravi Khera
Secretary	Sh. Ramesh Ahuja
Jt. Secretary	Sh. B.R. Pulyani
Treasurer	Sh. K.N. Nagpal

2000 - 2001

President	Sh. R.K. Tarneja
Sr. Vice-President	Sh. Ravi Khera
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 Khera
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 Dhiragra

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 Dhiragra

2014-2015

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

2018

President	Sh. Inder Kumar Dhiragra
Sr. Vice-President	Sh. Madan Mohan Chawla
Vice-President	Sh. Surinder Budhiraja
Secretary	Sh. Naresh Kumar Minocha
Jt. Secretary	Sh. Rakesh Minocha
Treasurer	Sh. B.B. Ahuja

2019

President	Sh. Inder Kumar Dhiragra
Sr. Vice-President	Sh. Madan Mohan Chawla
Vice-President	Sh. Surinder Budhiraja
Secretary	Sh. Hans Raj Kalra
Jt. Secretary	Sh. Rakesh Minocha
Treasurer	Sh. B.B. Ahuja

2020-2022

President	Sh. Madan Mohan Chawla
Sr. Vice-President	Sh. Surinder Kumar Budhiraja
Vice President	Sh. Hans Raj Kalra
Gen. Secretary	Sh. Rakesh Minocha
Jt. Secretary	Sh. J. R. Mehndiratta
Treasurer	Sh. Sanjay Rajpal
Internal Auditor	Sh. Ajay Ahuja
IT Advisor	Sh. Sameer Grover

2022-2024

President	Sh. Surinder Kumar Budhiraja
Vice President	Sh. Bharat Bhushan Ahuja
Gen. Secretary	Sh. Ramesh Kathuria
Jt. Secretary	Sh. Mohit Ahuja
Treasurer	Sh. Mohnish Tarneja
I T Advisor	Sh. Sameer Grover

2024-2026

President	Sh. Bharat Bhushan Ahuja
Vice President	Sh. Parmod Bhatia
Vice President	Sh. Sameer Grover
Gen. Secretary	Sh. Ramesh Kathuria
Secretary	Sh. Mohit Ahuja
Jt. Secretary	Sh. Mohnish Tarneja
Treasurer	Sh. Suresh Kumar Gulati



ALL INDIA DERAawal SAHAYAK SABHA (REGD.)

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

LIST OF OUR HONOURED MEMBERS / GUEST AT ANNUAL DERAawal 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
33.	Shri Suresh Nangia	Shiv Samiti	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	Deraawal Biradri	Shawl Saropa	2004
38.	Shri Prabhu Dayal Satija	South Delhi	Shawl Saropa	2004
32.	Shri Ravi Khera	Patron	Trophy & Shawl Saropa	2005
34.	Shri B.D. Sachdeva	Exc. Member	Shawl Saropa	2005
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
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 M.L. Makhija	Patron	Trophy & Shawl Saropa	2005
50.	Shri M.S. Bawa	Donor	Trophy & Shawl Saropa	2005
51.	Shri Jagdish Sharma	Member	Trophy & Shawl Saropa	2005
52.	Dr. Rita Wahi	Dr. Homoeopathy	Trophy & Shawl Saropa	2005
53.	Shri Prabhu Dayal Satija	Social Worker	Trophy & Shawl Saropa	2005



LIST OF OUR HONOURED MEMBERS / GUEST AT ANNUAL DERAWAL DAYS

1994 TO 2014

54.	Shri R.S. Dhingra	Special Invitee	Trophy & Shawl Saropa	2005
55.	Shri G.D. Nangia	Patron	Trophy & Shawl Saropa	2006
56.	Shri L.R. Kataria	Donor	Trophy & Shawl Saropa	2006
57.	Shri P.S. Wadhwa	Donor	Trophy & Shawl Saropa	2006
58.	Shri Gyan Chand Mehta	Announcer	Trophy & Shawl Saropa	2006
59.	Shri Rakesh Ahuja	FBD	Trophy & Shawl Saropa	2006
60.	Shri Vir Bhan Vir	Editor	Trophy & Shawl Saropa	2006
61.	Shri Suneja	Donor	Trophy & Shawl Saropa	2006
62.	Shri Mahinder Budhiraja	Exc. Member	Trophy & Shawl Saropa	2006
63.	Shri D.P. Minocha	Sr. Vice President	Trophy & Shawl Saropa	2006
64.	Shri K.N. Nagpal	Treasurer	Trophy & Shawl Saropa	2006
65.	Shri I.C. Khera	Exc. Member	Trophy & Shawl Saropa	2006
66.	Shri G. D. Nangia	Chairman	Trophy & Shawl Saropa	2007
67.	Shri L. N. Mehta	Chief Editor	Trophy & Shawl Saropa	2007
68.	Shri B. R. Pulyani	Sr. Vice President	Trophy & Shawl Saropa	2007
69.	Shri D. P. Minocha	President	Trophy & Shawl Saropa	2007
70.	Shri Gian Chand Mehta	Announcer	Shawl Saropa	2007
71.	Shri Vijay Huria	MCM	Trophy & Shawl Saropa	2008
72.	Shri Yashwant Bhutani	Exc. Member	Shawl Saropa	2008
73.	Shri S. R. Bhutani	Exc. Member	Shawl Saropa	2008
74.	Shri Subhash Guglani	Exc. Member	Shawl Saropa	2008
75.	Shri Inder Chhabra	Exc. Member	Trophy & Shawl Saropa	2008
76.	Shri I. C. Khera	Exc. Member	Trophy & Shawl Saropa	2008
77.	Smt. Laaj Dhingra	Social Worker	Shawl Saropa	2008
78.	Smt. Mukti Priya	Doctor	Shawl Saropa	2008
79.	Pt. Mahesh Sharma	Pandit ji	Shawl Saropa	2009
80.	Shri Satish Pahwa	South Delhi-Donor	Shawl Saropa	2009
81.	Shri Suresh Nangia	South Delhi	Shawl Saropa	2009
82.	Shri H. K. Pahuja	Gurgaon Sabha	Shawl Saropa	2009
83.	Shri M. L. Luthra	Accountant	Shawl Saropa	2009
84.	Shri A. S. Chaudhary	Patron	Shawl Saropa	2009
85.	Shri Vasdev Tuteja	South Delhi	Shawl Saropa	2009
86.	Smt. Asha Gogia	Social worker	Shawl Saropa	2009
87.	Shri Sudarshan Pahwa	Exc. Member	Shawl Saropa	2009
88.	Shri Manish Dewan	Exc. Member	Shawl Saropa	2009
89.	Shri Madan Chawla	Exc. Member	Shawl Saropa	2009
90.	Shri G. D. Nangia	Chairmen	Trophy & Shawl Saropa	2010
91.	Shri Rakesh Ahuja	Admn. Trustee & Patron	Trophy & Shawl Saropa	2010
92.	Shri Megh Raj Khera	Founder	Trophy & Shawl Saropa	2010
93.	Dr. Jatinder Nagpal	Doctor	Trophy & Shawl Saropa	2010
94.	Dr. M. M. Anand	Doctor	Trophy & Shawl Saropa	2010
95.	Shri D. P. Minocha	Ex. President	Trophy & Shawl Saropa	2012
96.	Shri Anurag Chawla	President	Trophy & Shawl Saropa	2012
97.	Shri Vijay Huria	MCM	Trophy & Shawl Saropa	2012
98.	Shri Sita Ram Bhutani	Exc. Member	Trophy & Shawl Saropa	2012
99.	Shri Jeewan Mehta	Haridwar - Manager	Trophy & Shawl Saropa	2012
100.	Shri Megh Raj Khera	Founder	Shawl Saropa	2013
101.	Shri Suresh Nangia	South Delhi	Shawl Saropa	2013
102.	Shri Gulshan Ahuja	Donor	Shawl Saropa	2013
103.	Shri Aashotsosh Sharma	South Delhi	Shawl Saropa	2013
104.	Shri K. N. Nagpal	Vice President	Trophy & Shawl Saropa	2013
105.	Shri M. K. Nagpal	Donor	Shawl Saropa	2014
106.	Shri Amir Chand	Faridabad - Donor	Shawl Saropa	2014
107.	Shri Hans Raj Kalra	Exc. Member	Shawl Saropa	2014
108.	Shri Prabhu Dayal Satija	Exc. Member	Shawl Saropa	2014
109.	Shri Madan Mohan Chawla	MCM	Shawl Saropa	2014
110.	Shri C. M. Khanna	Donor	Shawl Saropa	2014
111.	Smt. Santosh Hasija	Donor	Shawl Saropa	2014



ALL INDIA DERAawal SAHAYAK SABHA (REGD.)

DERAawal 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
28.	Shri Ravi Khera	Chief Patron & Admn. Trustee	Dera Rattan	2018
29.	Shri R. K. Tarneja	Celebrity	Life Time Achievement Award	2018
30.	Shri Ramesh Ahuja	Patron	Dera Vibhushan	2018
31.	Shri Harish Kumar Chhabra	Special Invitee	Dera Bhushan	2018
32.	Dr. Rita Wahi	Homoeopathy Dispensary	Dera Shardha Samman	2018
33.	Shri Ishwar Chand Khera	Co-Opted Executive Committee Members	Dera Karamveer	2018
34.	Shri Inder Kumar Chhabra	Co-Opted Executive Committee Members	Dera Karamveer	2018
35.	No Awardee	NONE	NONE	2019
35.	No Function held	NONE	NONE	2020-22
36.	Sh. Dina Nath Madan	Charity Towards Religious & Social Causes	Lifetime Achievement Award	2023
37.	Sh. Surender Kumar Mehta	Administrative Trustee	Dera Vibhushan	2023
38.	Sh. Sameer Grover	IT Advisor - Website	Dera Bhushan	2023
39.	Sh. Naresh Kumar Minocha	Executive Member	Dera Karamveer	2023



ALL INDIA DERAVAL SAHAYAK SABHA (REGD.)

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

LIST OF OUR HONOURED MEMBERS & AWARDS

POSTHUMOUS AWARDS (CERTIFICATE) YEAR WISE 2023 ONWARDS

S.No.	Name of the Person	Status	Honoured with	Year
01.	Late Shri Baldev Raj Pulyani	Former Patron	Dera Vibhushan Award	2023
02.	Late Smt. Hema Bhutani	Social Worker	Dera Shardha Samman Award	2023
03.	Late Shri Ramnath Sachdeva	Former President	Dera Lifetime Achievement Award	2024
04.	Late Shri Sohan Lal Huria	Former Secretary	Dera Lifetime Achievement Award	2024
05.	Late Shri Radhey Sham Dhingra	Former Secretary	Dera Lifetime Achievement Award	2024
06.	Late Shri Titath Das Mehta	Former Sr. Vice President	Dera Lifetime Achievement Award	2024
07.	Late Shri Ishar Das Minocha	Social Worker	Dera Lifetime Achievement Award	2024
08.	Late Shri Ramchand Rajpal (Bhagat Ji)	Social Worker	Dera Karamveer Award	2024
09.	Late Shri Chetan Das Ahuja	Social Worker	Dera Karamveer Award	2024
10.	Late Shri Mohan Lal Sethi	Former President	Dera Vibhushan Award	2024
11.	Late Shri Sunder Das Sachdeva	Social Worker	Dera Vibhushan Award	2024
12.	Late Shri Sham Lal Sehra	Social Worker	Dera Karamveer Award	2024
13.	Late Shri Puran Chand Lal	Social Worker	Dera Karamveer Award	2024
14.	Late Shri Vishan Das Grover	Social Worker	Dera Karamveer Award	2024
15.	Late Shri Bhagwan Das Mehta	One of our Founding Fathers	Dera Lifetime Achievement Award	2025
16.	Late Dr B D. Kumar	Honoured President of the Annual Derawal Day Function 1961	Dera Lifetime Achievement Award	2025
17.	Late Shri Fateh Chand Bhutani	Honoured Auditor of Sabha 1961	Dera Lifetime Achievement Award	2025
18.	Late Shri N. D. Gogia	Former Chairman 2004-2007	Dera Lifetime Achievement Award	2025
19.	Late Shri Sadhu Ram Mehta	Honoured Guest of Honour of the Annual Derawal Day Function 1973	Dera Lifetime Achievement Award	2025
20.	Late Shri Sham Lal Mehta	Honoured President of the Annual Derawal Day Function 1964 & Former President of the Sabha 1968	Dera Lifetime Achievement Award	2025
21.	Late Shri R. C. Verma	Former Administrative Trustee	Dera Lifetime Achievement Award	2025
22.	Late Shri R. C. Virmani	Administrative Trustee and Former President of Sabha	Dera Lifetime Achievement Award	2025
23.	Late Shri Satya Pal Grover	Honoured President of the Annual Derawal Day Function 1988	Dera Vibhushan Award	2025
24.	Late Shri Gyan Parkash Bhutani	Honoured President of Function 1965	Dera Vibhushan Award	2025
25.	Late Shri Balu Ram Rawal	Inspirator for acquiring Derawal Bhawan in Haridwar by Late Shri Bhagwan Das Mehta	Dera Bhushan Award	2025
26.	Late Shri O. P. Guglani	Former Secretary of A.I.D.S.S. IN 1964 & Signatory of MOA	Dera Bhushan Award	2025
27.	Late Shri Vir Bhan Vir	Editor of A.I.D.S.S. & Awardee from the President of India in..	Dera Bhushan Award	2025



ALL INDIA DERAawal SAHAYAK SABHA (Regd.)

Happy Birthday

Your life is a gift from the creator. Your gift back to the creator is what you do with your life.

FOR THE MONTH OF DECEMBER

DATE	NAME, ADDRESS & CONTACT NO.	DATE	NAME, ADDRESS & CONTACT NO.
03-12-1977 MS NO. 319	SH. MUKESH MADAN 32/36, West Patel Nagar, New Delhi-110008 Mob: 9873560142		Peera Garhi, Near MCD School, New Delhi-110087, Mob : 9481325909 drashoktaneja@gmail.com
06-12-1955 MS No.72	SH. MOHENDER KUMAR KHERA B-76, Jangpura-B, New Delhi-110014 Mob: 9871332066	21-12-1976 MS No. 173	SH. YOGESH BHUTANI 68A, 3rd Floor, Single Storey, Ramesh Nagar, New Delhi-110015 Mob : 9213479878 / 8285009878 yogeshbhutani@hotmail.com
7-12-1971 MS No. 70	SH. AJAY KHERA D-19, Jangpura-B, New Delhi-110014 Mob: 9999966415, khera.ajay114@gmail.com	23-12-1956 MS No. 270	SH. ASHOK KUMAR GROVER H-13, Second Floor, M2K The White- House, Sector-57, Gurugram (Haryana) Mob : 9910011938 / 9910011938 suryaenterprises181@gmail.com
08-12-1956 MS No. 300	SH. RAMESH KUMAR AHUJA B-5/29, 3rd Floor, Paschim Vihar, New Delhi-110063, Mob : 9868283982	23-12-1969 MS No. 201	SH. VISHAL HURIA F-21, G.F., Kirti Nagar, New Delhi-15, Mob : 9718375535 vishalhuria@hotmail.com
11-12-1962 MS No. 202	SH. VINOD KUMAR MALIK A-3/311 Paschim Vihar, New Delhi-110063, Mob : 9811422731 vinodmlik1962@gmail.com	26-12-1952 MS No. 303	SMT. MITU MEHTA D-57, 1st Floor, Kirti Nagar, New Delhi-110015, Mob : 931222882
14-12-1953 MS No. 113	SH. VIJAY KUMAR BHUTANI 1248, Sec-29, Mahavir Apptt., Noida-201301, U.P, Mob : 8800383943 vjbhutani@gmail.com	27-12-1975 MS No. 27	SH. RAKESH MINOCHA F-10B, Kirti Nagar, New Delhi-110015 Mob : 9312232161 minocha.rakesh@gmail.com
14-12-1960 MS No. 216	SH. PRAVEEN KUMAR NANGIA 10, Tarun Enclave Pitampura, Delhi-110034, Mob : 9650457106 parveenkumarnangia@gmail.com	28-12-1954 MS NO. 308	SHRI VINOD BASSI F-38, 2nd. Floor, Kirti Nagar, New Delhi-110015 Mob: 9810974560 kiranbassi@gmail.com
20-12-1961 MS No. 253	DR. ASHOK KUMAR TANEJA D-3, Harsh Apartments, IIT Society,		

FOR THE MONTH OF JANUARY

DATE	NAME, ADDRESS & CONTACT NO.	DATE	NAME, ADDRESS & CONTACT NO.
01-01-1947 MS No. 17	SH. O.P. RAJPAL F-18, Kirti Nagar, New Delhi-110015 Mob. : 9911542488 rajpal.op@gmail.com	01-01-1949 MS No. 49	SH. ISWAR CHAND SETIA E-65, Saket, New Delhi-110017 Mob. : 8800737344 ishwarsetia1949@gmail.com

FOR THE MONTH OF JANUARY

DATE	NAME, ADDRESS & CONTACT NO.	DATE	NAME, ADDRESS & CONTACT NO.
01-01-1961 MS No. 95	SH. JAGDISH LAL THAKUR 240, Tarun Enclave, Pitampura, Delhi-110034, Mob. : 9266468980 jagdishthakur61@gmail.com	09-01-1969 MS No. 150	SH. MANISH KUMAR ARORA E-30, Greater Kailash-I, New Delhi-110048, Mob. : 9810017863 manisharora@aul.co.in
01-01-1933 MS No. 269	SH. GIAN CHANDRA NARANG B-17, Friends Colony West, New Delhi-110065, Mob. : 9871691841 gian.narang@gmail.com	09-01-1952 MS No. 298	SH. ARUN RAKHEJA P-10/3, DLF, PH-II, Gurugram, Haryana-122002, Mob. : 9810128787 arunrakheja@gmail.com
04-01-1949 MS No. 48	SH. PRABHU DAYAL SATIJA A-273, Shivalik, Malviya Nagar, New Delhi-110017, Mob. : 9871053202 prabhusatija@gmail.com	10-01-1977 MS No. 50	SH. MOHIT AHUJA 7/156, Ramesh Nagar, New Delhi-110015, Mob. : 9871022522 mohitahuja_india@yahoo.co.in
05-01-1959 MS No. 167	SH. MANOHAR LAL LUTHRA A-14, 2nd Floor, Manak Vihar, Nr. Tihar Village Tandoor Chowk, New Delhi - 110018, Mob. : 9811602281 mlluthra@gmail.com	10-01-1948 MS No. 195	SH. VED MEHTA B-1/10 Sector-9, LDA Colony, Kanpur Road, Lucknow-225012 Mob. : 9415023893 manish2405@gmail.com
06-01-1948 MS No. 285	SH. VINOD RAJPAL A-20, Hoisery Complex, Sector-84, Noida-201305, U.P., Mob. : 9899106688/9810096433 vinodrajpal@gmail.com	10-01-1987 MS No. 326	SH. RAHUL KUMAR NANGIA F-38, 1st Floor, Kirti Nagar, New Delhi-110015 Mob. : 9711987191 rahulnangia@gmail.com
07-01-1963 MS No. 317	SH. O.M. PRAKASH N-38, Shriniwaspuri, New Delhi-110065, Mob. : 9810189227 sklabels.om@gmail.com	10-01-1946 MS No. 327	BRIG. SUDHIR KUMAR SACHDEVA 223, Sector-28, Noida-201303 Mob. : 9716021555 sachdeva.sudhir@yahoo.co.in
07-01-1967 MS No. 323	SHRI NALIN MOHAN KHERA 509, Bldg. No. 3, Kamat Riviera, Caranzalem, Goa-403002, Mob. : 9921014174 nalin_khera@yahoo.in	11-01-1984 MS No. 206	SH. ANKIT MEHTA 13/8, West Patel Nagar, New Delhi-110008, Mob. : 9871468810 mapco.proaudio@gmail.com
08-01-1981 MS No. 69	SH. GAURAV KHERA D-85, Kirti Nagar, New Delhi-110015, Mob. : 9999035311 gauravkhera@gmail.com	12-01-1936 MS No. 162	MAJ. MAHINDER KUMAR NAGPAUL 248-G, M.I.G. Flates, Rajouri Garden, New Delhi-110027, Mob. : 9871833225
09-01-1976 MS No. 45	SH. VIBHU BHATIA E-601, Sec-82, BPTP Park, Grandeura, Faridabad, Haryana Mob. : 9811008348/8527030666 bjpco2006@gmail.com	13-01-1955 MS No. 82	SH. CHANDER SHEKHAR SHARMA House No.1366 Sec-4, Urban Estate, Gurgaon-122001, Mob. : 9711460166 shekharsharma1955@gmail.com
09-01-1950 MS No. 58	SH. SHIV HURIA A-4, Ajanara Daffodil, Sector-137, Noida-201305 (U.P.), Mob. : 9911336109 huria_s@yahoo.co.in	15-01-1961 MS No. 127	SMT. RAJNI JAITLEY H-164, Gulshan Ikebana, Sector-143, Noida, U.P.-201306, Mob. : 9868115530 rajnijaitley89@gmail.com
		16-01-1938 MS No. 34	SH. JAGDISH CHANDER BATRA G-109, Saket, New Delhi-110017, Mob. : 6267603967 jcbatra@gmail.com

FOR THE MONTH OF JANUARY

DATE	NAME, ADDRESS & CONTACT NO.	DATE	NAME, ADDRESS & CONTACT NO.
17-01-1956 MS No. 11	SH. SUDARSHAN PAHWA 2/107, Front Side 1st floor, Subhash Nagar, New Delhi-110027, Mob. : 9999091021 pahwasudershan2@gmail.com	24-01-1956 MS No. 289	SH. VED PRAKASH CHAWLA C-83, Kirti Nagar, New Delhi-110015, Mob. : 9810524156 ved@chawla.pw
17-01-1952 MS No. 297	SHRI MADAN GOPAL MEHTA C-1/45, Janak Puri, New Delhi-110058 Mob. : 9810046862, info@kvprateek.com	25-01-1947 MS No. 306	SHRI SUSHIL MEHTA 13/8, West Patel Nagar, New Delhi-110008, Mob. : 9891413788
19-01-1969 MS No. 8	SH. ANURAG CHAWLA Kirti Nagar, New Delhi-110015 Mob. : 9810154811 anuragchawla@hotmail.com	26-01-1956 MS No. 7	SH. HARISH CHHABRA 3C/35, New Rohtak Road, New Delhi-110005, Mob. : 9818401848 harishprinting@yahoo.com
19-01-1963 MS No. 155	SH. VIKAS SEHRA 1/80, Sunder Vihar, New Delhi-110087 Mob. : 9810028790, vikas@printexporia.com	26-01-1952 MS No. 153	SH. MANISH DIWAN F-37 Mansarovar Garden New Delhi-110015, Mob. : 9868156997 manish.davar@gmail.com
19-01-1988 MS No. 196	SH. MANAS MUGLANI 51A Krishna Nagar, Kanpur Road, Lucknow-226012, Mob. : 9935161107 sanjaysoap@gmail.com	26-01-1976 MS No. 191	SMT. RUCHI MEHTA C-4-F/175, Janakpuri, New Delhi-110058 Mob. : 9810907679 aenjumehta19@gmail.com
20-01-1958 MS No. 240	SH. PAWAN KALRA 1041, Sector-19, Faridabad-121002, Haryana, Mob. : 9812452515 pawankalra57@gmail.com	28-01-1958 MS No. 71	SH. OM PARKASH MEHTA B-66, Jangpura-B, New Delhi-110014 Mob. : 9891011897
24-01-1951 MS No. 88	SH. HARISH CHANDER SEHGAL House No.62-L, New Colony, Gurgaon-122001, Haryana, Mob. : 9811263610 himanshusehgal@2005gmail.com	31-01-1978 MS No. 263	MR. ROOPAK CHAWLA H. No. 158, Ist. Floor, A-3, Block Paschim Vihar, New Delhi-110063, Mob. : 9560255555. roopaq@gmail.com

**आज आपके जन्मदिन के शुभ अवसर पर हम तहे दिल से आपको
शुभकामनाएं देते हैं। आपका साथ और स्नेह हमेशा बना रहे,
यही हमारी ईश्वर से दुआएं हैं।**



RAVI KHERA
Chairman & Admn. Trustee



FOR & ON BEHALF OF

ADMINISTRATIVE TRUSTEES



RAMESH AHUJA
Chief Patron

Girish Mehta, Dharam Pal Minocha, L.N. Mehta, Surender Kumar Mehta & Anurag Chawla
All Patrons, MCM, Executive, Co-Opted Executive, Celebrities members, Special Invitees & Life Members.

त्याग

त्यागी मानव मन में एक अनौखी शान्ति अनुभव करता है। इस संसार में सुख समृद्धि का भाग करते हुए भी कई व्यक्ति दुःखी व निराश जीवन जीते हैं। असत् को त्याग कर यदि मनुष्य सत् वस्तु को ग्रहण करे, अपनी बुद्धि को उल्टे मार्ग पर न चलने दे विचार हीन न बने क्योंकि वह ही उसके दुःख के कारण बनते हैं। जिसके मन में त्याग की भावना नहीं है उसके मन में अनेक प्रकार के संकल्प विकल्प उठते रहते हैं। परिणामस्वरूप मानसिक तनाव से हृदय में हमेशा हलचल और उथल पुथल मचती रहती है।

**चाह गई चिन्ता मिटी मनुवा बेपरवाह।
जिसको कुछ नहीं चाहिये वो शाहन के शाह॥**

मन की सभी बुराइयां, दोष, दृष्टि, वैर भावना यह सब विकार हमारी इच्छाओं और कामनाओं से ही होते हैं। जैसे ही हमारी इच्छा पूरी नहीं हुई कि मन में क्रोध की भावना उभरने लगती है और यदि कामनाएं पूर्ण हो जाती है तो इन्सान के मन का लोभ लालच उसका पीछा नहीं छोड़ता।

सांसारिक विषयों की आशा में फंसकर इन्सान इस दलदल में फंस जाता है और इनकी आशा कभी छूटती ही नहीं। इसलिये इससे प्रीति न रखें। मानव मन का यह भ्रम है कि जो मिल जाये वह मिट्टी और जो न मिल सके वह सोना। किन्तु जिस व्यक्ति ने त्याग को अपना लिया है उसका हृदय सदैव शान्त और प्रसन्न रहता है।

**सहज मिलिया सो दूध बराबर। मांग लिया सो पानी॥
सींच लिया सो रक्त बराबर। कहे नानक ज्ञानी॥**

त्याग रूपी गुण न होने से जीवन में खींचातानी बनी रहती है और जब ऐसी दशा होती है तो शान्ति कोसों दूर भाग जाती है। मुझे यह चाहिये, मुझे वह चाहिये की रट में कोई शान्ति का अधिकारी कैसे हो सकता है। क्योंकि हम सब यह जानते हैं कि व्यक्तिगत सांसारिक जीवन में (चाहिये, चाहतों) का कोई अन्त ही नहीं।

विषयों का त्याग सब जीवों को सुखदायी जीवन देता है और यही सच्ची भक्ति का स्वरूप भी है। गीता में तीन प्रकार का तप बतलाया गया है। शारीरिक वाचिक और मानसिक जो मन वचन और कर्म से इस तप का आचरण करता है। ऐसा त्यागी व्यक्ति जीवन के उतार चढ़ाव में दुःखों को भी सुख रूप में देखने लगता है किन्तु जो व्यक्ति त्यागी होकर ईश्वर में श्रद्धा विश्वास रखता है ऐसे भक्त दुःख आने पर विचलित नहीं होते।

जब माता कुन्ती से कृष्ण ने कुछ मांगने के लिये कहा तो उन्होंने उत्तर में यही कहा कि श्रीकृष्ण यदि आप मुझे कुछ देना ही चाहते हो तो मुझे और भी दुःख दे दो। भगवान् यह सुन कर स्वयं भी सोच में पड़ गये कि बुआ आपने सारे जीवन में इतने दुःख देखे हैं जिनका कोई ठिकाना ही नहीं, मैं आपको सुख देना चाहता हूं। कुन्ती ने कहा कि अब इस सांसारिक सुखों और विषयों में मेरी कोई इच्छा नहीं। जब जब भी मेरे ऊपर संकट आये हैं आपने निवारण कर मेरे सभी कष्ट दूर कर दिये हैं। इस त्याग से मेरा मन शान्त है और मैं सुखी भी हूं।

यह हमारा धर्म ही है जो हमें संयम सिखलाता है। मन और इन्द्रियों का संयम ही त्याग की ओर प्रेरित करता है। जब मनुष्य अपनी आवश्यकताएं अपनी चाहना, लोभ लालच से दूर होकर ही अपना गौरव मानता है। असंतोष की भावना उसके हृदय से समाप्त हो जाती है और उसका मन बार बार कह उठता है!

**मन मन्दिर के देव के आओ पांव परखारे।
भीतर के नैन उजियारे कर त्याग के पांव परखारे।**

तभी उसके जीवन को अर्थ मिलने लगता है और मानसिक शान्ति प्राप्त होती है।

— भारत भूषण आहूजा

प्राचीन काल से आज तक भी मित्रता का पूरे समाज में विशेष महत्त्व रहा है। प्रत्येक मनुष्य अपने दुख सुख बांटने के लिये किसी न किसी अपने सच्चे मित्र को मन में खोजता है। इस सांसारिक समाज में हम सब की और अन्य दो दृष्टि होती हैं। एक तो आपका परिवार है जिसका आपका जन्मजात या खून से सम्बन्ध होता है। दूसरा आप इस समाज में, आप जिससे भी मिलते जुलते हैं, साथ उठते बैठते हैं, व्यवसाय करते हैं उन्हें मित्र की दृष्टि से देखने लगते हैं।

नीति के अनुसार आपके मुंह पर मीठी-मीठी बातें करके प्रशंसा के शब्द कह कर पीठ पीछे आपकी निन्दा करने वालों की गणना हम मित्रों में नहीं कर सकते।

जब तक आपको मित्र से काम नहीं पड़ता तब तक सब ही मित्र हैं। सोना और पीतल देखने में तो दोनों का रंग पीला होता है परन्तु जैसे ही उसे आग में रखो तो सोना चमकने लगता है और पीतल काला हो जाता है। तभी तो कहते हैं कि यदि मित्रसच्चा नहीं तो उसे बुद्धिमान् शत्रु ही अच्छा है। यदि आपके मित्र आपसे स्नेह, प्रेम सहानुभूति करते हैं। स्वार्थ रहित हैं तो आपके जीवन को पूर्ण और सम्पन्न कर देते हैं। अथर्ववेद में एक प्रार्थना है कि

सर्वा आशा मम् मित्रम् भवन्तु।

सभी प्राणियों की स्वाभाविक इच्छा होती है कि सभी दिशाओं में मेरे मित्र हों। समाजिक प्राणी होते हुए मानव का यह अनुभव है कि सच्चा और गुणवान् मित्र जीवन में प्रसन्नता और सुख लाता है और स्वार्थी और द्वेषी मित्र आपको मानसिक अशान्ति देता है। सच्चे मित्र की पहिचान हम इन तीन बातों से कर सकते हैं।

प्रथम है मधुरवाणी : मधुरवाणी से मेरा तात्पर्य, झूठी ऊपरी प्रशंसा से नहीं है। किन्तु मधुरवाणी ही है जो सबको अपना बना लेती है। सभ्यजन किसी पर भी क्रोध नहीं करते, किसी का भी अपमान नहीं करते, गिले शिकवों से दूर रहते हैं, और कुछ भी बोलने से पहिले क्षण भर सोचकर बोलते हैं। आवश्यकतानुसार और सत्य बोलते हैं। संत कबीर ने इसे दो ही शब्दों में व्यक्त कर दिया :

वाणी ऐसी बोलिये मन का आपा खोय।

औरों को शीतल करे और आप भी शीतल होय॥

दूसरा गुण मित्रता : वह है आपका मधुर व्यवहार - हम सब से मिलजुल कर मधुर व्यवहार रखे। अपना आत्मनिरीक्षण करे कि अनजाने में भी किसी को कष्ट या

दुःख न दें। सभी से स्नेह और एकमत रहें। गुरुनानक जी ने इस विषय में सुन्दर शब्दों में कहा

एक ने कही दूसरे ने मानी।

नानक कह गये दोनों ज्ञानी॥

तीसरा गुण है 'विश्वास का' : इस प्रसंग में एक प्राचीन कहानी है कि दो घने और सच्चे मित्र थे। वह दोनों एक निर्दयी और द्वेष भरे राजा के लिये काम करते थे। राजा के यहां साथ-साथ काम करना, समय पड़ने पर एक दूसरे की सहायता करना, एक दूसरे पर विश्वास उनकी मित्रता का प्रमाण था। उनकी गूढ़ मित्रता को देख राजा मन ही मन क्रोधित और कुढ़ता था। उसके परामर्श देने वाले मन्त्री ने सुझाव दिया कि उसमें से एक को फांसी का दण्ड दे दो। जिस व्यक्ति को फांसी का आदेश दिया उसने भरी सभा में हाथ जोड़ राजा से प्रार्थना की कि वह अपने वृद्ध माता-पिता, पत्नी और बच्चों से मिलकर आने पर आपकी आज्ञा का पालन अवश्य कर लेगा। राजा ने कहा कि हम तुम्हें एक शर्त पर जाने देते हैं कि यदि तुम समय पर लौट कर नहीं आये तो तुम्हारे मित्र को फांसी दे दी जायेगी। उसके मित्र ने उसे आश्वासन और विश्वास दिलाया कि वह ऐसा करने के लिये तैयार हैं।

यात्रा के समय समुद्र में तूफान आया, हवाएं विरुद्ध चलने लगीं, नौका डूबने लगी और उसे वापिस आने में कुछ अधिक समय लग गया। सारी सभा में शोर-हंगामा मच गया कि हमें तो यह पहिले से ही पता था कि वह अपने को सुरक्षित करके तुम्हें धोखा देकर भाग गया है। किन्तु मित्र को पूरा विश्वास था कि वह विश्वासघाती और झूठा नहीं हो सकता। इतने में जैसे ही उसे फांसी के तरव्ते पर बिठाया गया कि उसका मित्र हांफते-हांफते भागते हुए पहुंचा और कहने लगा कि मैं अपने कारण आपको कभी भी हानि नहीं पहुंचा सकता और दूसरे मित्र ने कहा कि यदि मैं तुम्हारे लिये कुछ भी कर पाऊं तो अपने को धन्य समझूंगा। इस अद्भुत दृश्य और मैत्री को देख सबका हृदय पिघल गया और संत कबीरदास ने भी तो मानव समाज को यही शिक्षा दी

गिरिये परबत शिखर ते परिये धरान मंझार।

मूर्ख मित्र न कीजिये बूढो काली धार।

पर्वत के शिखर से गिरना, पृथ्वी में समा जाना, अन्धे कुएं में डूब जाना अच्छा है किन्तु विश्वासघाती और मूर्ख मित्र की संगति से दूर रहे।

- संकलन : महेन्द्र बुद्धिराजा



WELCOME ADDRESS

Presented by

ALL INDIA DERAVAL SAHAYAK SABHA (Regd.)

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

to

DERA ATTI VISHISHT

MRS SUDERSHAN GROVER

(A socially active person deeply involved in Arya Samaj, Sanchalak Vedic Sandhya & Yoga)
W/o Late Shri Satya Pal Grover (Partner, Empire Trading Company)

CHIEF GUEST

at

70th FOUNDATION DAY -cum- 63rd ANNUAL DERAVAL DAY

Held on Sunday, the 21st DECEMBER, 2025

Madam,

It is our great honour and privilege to warmly welcome **SMT. SUDERSHAN GROVER** as the **CHIEF GUEST OF FUNCTION** for today's special occasion of **63rd ANNUAL DERAVAL DAY** being celebrated by **All India Derawal Sahayak Sabha (Regd.)**, New Delhi. We extend our heartfelt respect to you for gracing this event with your esteemed presence.

Born on 14th December 1937 in Dera Ghazi Khan, into the respected Mehta family, you grew up under the guidance of your father Late Shri Narain Dass Mehta, Chachaji Late Bhagwan Das Mehta, and as the younger sister of Shri Ram Prakash Mehta, and your mother Late Smt. Laxmi Bai, a deeply religious and noble lady.

In 1959, you married late Shri Satya Paul Grover, and together you built a life rooted in values, warmth, and togetherness. You are blessed with two sons, Sudhir and Neeraj, and daughters-in-law Sneha and Anjali. You are the proud grandmother of Spurrya, Rasansha, Stavva, Saigun, and Aarushi.

Madam, you have been the pillar of the Grover family, steering it through every phase of life with strength, sacrifice, and an unwavering spirit. Even today, your dedication to society remains inspiring. You continue to actively contribute to the Arya Samaj and Vedic Sansthan, where you teach children the profound wisdom of the Vedas. Your commitment to promoting Yoga and encouraging healthier living is widely appreciated by all who know you.

Your gentle nature, humility, and inner grace have earned you deep love and respect from family, community, and all who interact with you. Your passion for music and singing adds a special charm to your vibrant personality.

Madam, you inherited the high qualities of Dedication and Commitment to Social Service from your late husband and are closely associated with various activities of All India Derawal Sahayak Sabha (Regd.).

Madam, All India Derawal Sahayak Sabha (Regd.) expresses its heartfelt gratitude and is proud of your achievements, emotions and sentiments as a Derawal. Our Sabha prays for long life and good health for you and your family to enable you to continue to serve needy persons at large particularly Derawal Community with the same zeal and vigour as you have shown till today.

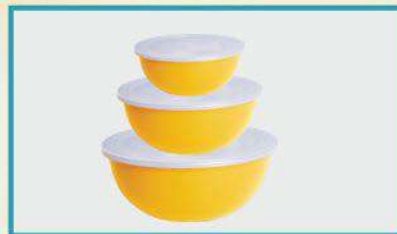


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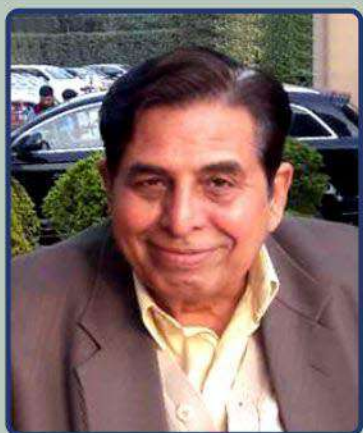


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F-27-28, Kirti Nagar, New Delhi-110015

to

DERA VISHISHT

Dr. B. K. NAGPAL

(Renowned Entrepreneur)

GUEST OF HONOUR

at

70th FOUNDATION DAY -cum- 63rd ANNUAL DERAVAL DAY

Held on Sunday, the 21st DECEMBER, 2025

It is a great honour and privilege of **All India Derawal Sahayak Sabha (Regd.)** to warmly welcome **SHRI BHUPINDER KUMAR NAGPAL** as **Guest of Honour** at its **63rd ANNUAL DERAVAL DAY**. We extend our heartfelt respect to him for gracing this event with his esteemed presence.

Shri Bhupinder Kumar Nagpal was born on 20.11.1944 to an educated and renowned family in Dera Ghazi Khan (now in Pakistan). Your father Late Shri Nand Lal was a Practicing doctor and your mother Late Smt. Nirmala Devi was a highly religious and pious lady who was a devoted follower of SHREE GOPI NATH JEE.

Sir, you were a studious young man and you had the acumen of becoming a Doctor. You had attained a deep knowledge in medicines, their salts and reaction during childhood itself as you closely watched and observed your late father who was attending many patients.

After partition in 1947, your parents also migrated and settled in Mathura (UP). Sir, you were a very brilliant student and obtained DIPLOMA in Mechanical Engineering in the year 1966. Immediately after obtaining Diploma in Mechanical Engineering, you got a call for job from Heavy Engineering Corporation (HEC). After consultations with elders in the family, your Jijaji Late Shri Vishan Dass Sachdeva advised you to join him in the wholesale trade of medicines in Bihar. You foresaw the future of medicines in future and decided to join the business of Late Shri Vishan Dass Sachdeva.

Sir, you married to a very simple and pious lady Smt. Renu in 1971. Blessed with two sons - Manish and Sanjeev and one daughter - Pooja. It was a big set-back to the family and very unfortunate that your elder son Manish left for his heavenly abode untimely in the year 2014. Family had another blow when your wife also passed away during COVID.

Sir you always thought of starting a business of your own, so you left your partnership business and started your own business of wholesale trade in Medicines in the year 1979. By the grace of God and your hard work, the business flourished.

Sir, you are very generous, religious and most co-operative personality. You are so firm in your life that you always of achieving a goal. So, you thought of shifting from Allopathic medicines to manufacture of Ayurvedic medicines which suit our tropic climate. You started a factory in 2010 at SONEPAT (Haryana) in the name and style of **Space Organics** and started manufacture, sale of Ayurvedic medicines. Your dedication and deep interest in research, you have developed many rare medicines. Besides many good formulations, you have developed a medicines **Lithonil**, It is widely proved that this medicine gives Freedom from Gallstones and Kidney Stones. Your research in this field has been widely applauded by senior doctors of modern medicines as well as surgeons.

Sir, you have always been an integral part of our Sabha. Your sincere efforts in bringing togetherness and helping the needy are commendable.

Sir, your gentle nature, humility have earned you deep love and respect from family, community and all who have ever met you. The Sabha prays to the Almighty God to give you and your family a long life and good health.

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DERA LIFE TIME ACHIEVEMENT AWARDEE



SHRI DHARAM PAL MINOCHA

Shri Dharam Pal Minocha was born on 2nd April 1948 in Delhi into a deeply religious and God-loving family. His parents were ardent devotees of Shree Gopi Nath Ji, and this spiritual environment shaped his calm, composed, and devout nature from an early age.

Affectionately known as "PALI" among his friends, Shri Dharam Pal Minocha has always been admired for his gentle manners, cultured upbringing, and disciplined conduct. As the eldest among three brothers and two sisters, he set an inspiring example within the Minocha family. Academically bright, he completed his graduation from Delhi University and, despite financial challenges, pursued his Law Degree with unwavering determination. His perseverance bore fruit, and he successfully achieved his academic goals. During this period, he also earned a Diploma in Naturopathy.

Shri Dharam Pal Minocha joined Government service and served with distinction in the Office of the District & Sessions Judge, Delhi, for over 38 years. His service record remained exemplary and unblemished throughout. He worked closely with several senior Judicial Officers and Sessions Judges in various capacities, including Private Secretary, Branch In-charge, and ultimately Office Superintendent. After his superannuation in October 2007, he continued his professional journey as an advocate.

In February 1975, he married Ms. Renu (Ms. Usha Chhabra), daughter of Late Smt. & Shri Jugal Kishore Chhabra, a respected and religious family of Delhi.

Shri Dharam Pal Minocha is the eldest son of Late Shri Ishar Dass Minocha, a noble, selfless, and dedicated social worker who served the All India Derawal Sahayak Sabha (Regd.) for over 25 years, particularly through its "Homoeopathic Dispensary" since inception and various other social initiatives. His exemplary service earned him several Gold Medals, Trophies, and the prestigious **"LIFE TIME ACHIEVEMENT AWARD"** conferred during Derawal Day in 2024 by AIDSS (Regd.). Shri Dharam Pal Minocha has inherited his father's values of sincerity, service, and unwavering commitment to community welfare.

Actively associated with the All India Derawal Sahayak Sabha (Regd.) since 1983, Shri Dharam Pal Minocha has served the organization in numerous key positions over the years, including Joint Secretary, Treasurer, Secretary, Vice President, Senior Vice President, and President. In recognition of his long-standing dedication, he was elevated as an Administrative Trustee & Patron of AIDSS (Regd.). His exceptional service to humanity has earned him Certificates of Appreciation, Trophies, and the prestigious **"Dera Vibhushan Award"**, conferred during Derawal Day in 2016.

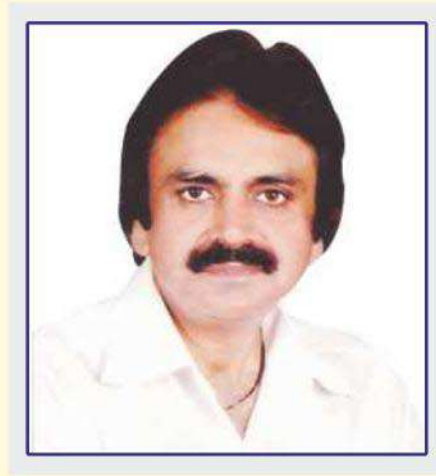
Shri Minocha is blessed with two sons, both Post Graduates.

- His elder son, Mr. Rakesh Minocha, is an Air-conditioning Engineer and currently serves as HOD (Sales & Projects). He has contributed significantly to AIDSS (Regd.) for many years in various capacities, playing an active role in the preparations for the previous Annual Derawal Days. He became part of the Managing Committee as Joint Secretary in 2016, later on served as General Secretary, and continues to remain deeply involved in the Sabha's activities.

- His younger son, Mr. Manish Minocha, is a Senior Manager with a multinational logistics company in Gurgaon. He is an active member of the Derawal Yuva team and a life member of AIDSS (Regd.).

Shri Dharam Pal Minocha's popularity, humility, and unwavering dedication to social and religious service are widely admired. His remarkable abilities as a Hosting Stage and Anchoring at various functions, meetings, and gatherings of AIDSS (Regd.), along with his leadership in other religious and social institutions, have earned him deep respect within the community. **All India Derawal Sahayak Sabha (Regd.)** proudly confers the **"LIFE TIME ACHIEVEMENT AWARD"** upon **Shri Dharam Pal Minocha** in recognition of his lifelong commitment, service, and devotion to the community. The Sabha extends its heartfelt wishes for his long, healthy, and fulfilling life, so that he may continue to inspire and serve with the same zeal in the years ahead.

डेरावाल दिवस की हार्दिक शुभकामनाएँ



Ramesh Kathuria

Gen. Secretary

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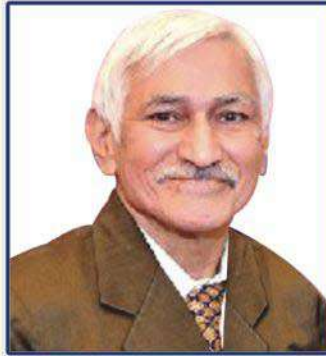
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PH.: (0) 011-41424904 MOB. : 9810039245, 9810392745

E-mail : rameshkathuria2013@gmail.com



DERA VIBHUSHAN AWARD



SHRI VIJAY KUMAR HURIA

83 year old **SHRI VIJAY KUMAR HURIA** son of late Shri Narain Dass Huria was born on 23rd April, 1943 into a prominent and famous agriculturist family in Dera Ghazi Khan (now in West Pakistan). His parents were well off, religious and loving. After partition, the family migrated from their ancestral place and settled in Delhi. He lost his father at a very early age and had to leave higher studies to look after the family and ancestor's agriculture lands allotted to his late father in Haryana. Born as the fifth of the seven children his parents blessed with, he had four sisters all of whom have departed to find their abode at the Lotus feet of SHRI GOPINATH JI. His elder brother late Shri Harish Chndra Huria was a Nuclear Physicist at B.A.R.C., Mumbai and younger Shri Ramesh Chander Huria retired as Senior Engineer from M.T.N.L. Delhi.

He got married to Smt. Usha in the year 1969, who worked as a Gazetted Officer in the Ministry of Home Affairs from where she took voluntary retirement while officiating as Under Secretary, Govt. of India. The couple is blessed with two daughters and one son. The son is running his own Tuition Centre, the elder daughter is a teacher and youngest daughter is settled in Canada.

Shri Vijay Kumar Huria, inherited qualities of dedication and social service from his late parents, who were devoted followers of **SHREE GOPI NATH JEE**. He holds a certificate in Science of Homoeopathic Medicine & giving free consultation and medicines for over 30 years.

He is very closely and actively connected with day to day activities of All India Derawal Sahayak Sabha. He has served the Sabha and held portfolios of its Secretary, Vice President and President. Presently, he is a Patron of A.I.D.S.S. He is an ever smiling person with the quality of humbly and whole-heartedly accepting any responsibility entrusted to him by the Sabha.

It is a matter of great pleasure for **All India Derawal Sahayak Sabha (Regd.)** to honour **Shri Vijay Kumar Huria** by conferring "**DERA VIBHUSHAN AWARD**". on to him. 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.



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MONDAY TO SATURDAY

Timing : 04:00 PM TO 5:30 PM



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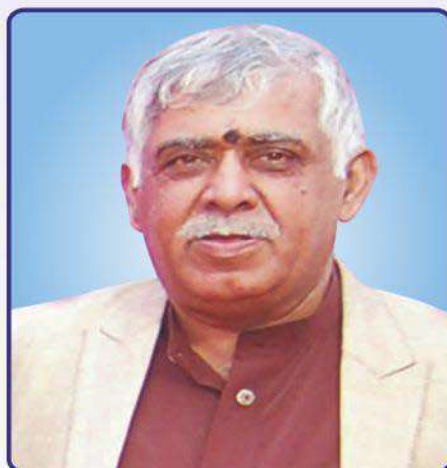
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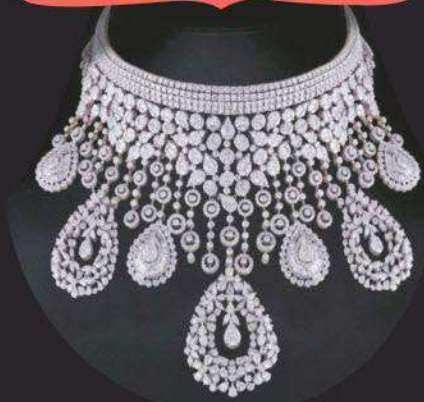
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अविस्मरणीय यादें

भारत की स्वतंत्रता की 50वीं वर्षगांठ को चिह्नित करने के लिए 1997 में ऑल इण्डिया डेरावाल सहायक सभा द्वारा प्रकाशित, “**स्मारिका**”, इसमें विभिन्न लेखकों द्वारा योगदान दिए गए लेखों को शामिल किया गया है, जो 1947-1948 में पाकिस्तान से भारत के विभिन्न शहरों में चले गए कुछ डेरावालों के व्यक्तिगत दृष्टिकोण की पेशकश करते हैं।

UNFORGETABLE MEMORIES

Published by the All India Derawal Sahayak Sabha in 1997, “**SOUVENIR**” to mark the **50th Anniversary of India's Independence**, it features the articles contributed by various authors, offering personal perspectives of a few Derawals who migrated to various cities in India, from Pakistan in 1947-1948.

Courtesy : **RAVI KHERA**



CELEBRATING 50 YEARS OF INDEPENDENCE



1. OUR DERAVAL COMMUNITY ON THE MARCH by late Shri. Mohan Lal Khattar.
2. LATE SHRI BHAGWAN DAS MEHTA A HUMBLE TRIBUTE by R.N. SACHDEVA
3. VIVISECTION OF INDIA by late Shri Ram Lal Bhutani.
4. MARCH OF EVENTS TO GOAL OF..... by VIR BHAN VIR
5. JOURNEY TO INDIA by FIRST TRAIN by Shri L.N. by L. N. Mehta.
6. श्री भगवान दास जी मेहता : भिन्न – भिन्न व्यक्तियों के भिन्न – भिन्न विचार
7. हमारे भारत की आजादी में डेरा गाजी खान का योगदान – पं. जगदीश चन्द्र शर्मा



OUR DERAVAL COMMUNITY ON THE MARCH BY MOHAN LAL KHATTAR FROM MUMBAI



It was 50 years ago that we were compelled to leave our homes and hearths & migrate across the Borders of Pakistan to seek safety and dignity of life on this side, which now constitutes India (Bharat). Even this very long period of 50 years has not resulted in fading away the sweet memories of our ancestral home land and the urge to see our birth place at least once again. is still haunting our minds and brains.

Uprooted by the historic partition of 1947, many of our community members found themselves, thrown out in the streets of India struggling hard for their economic survival. It was a challenge to them, to do or die. No doubt, our community is made of some very hard stuff. They worked extremely hard and faced the pangs of partition with great courage and confidence.

Although some average income persons from Dera had to adopt to hawking and other laborious works, but gradually their hard work paid dividends and they stood up on their feet to live an honourable life. On the other hand some of our Derawal Brothers achieved very high positions both in business and government services. They rose to even heights than those held by them in Dera, before partition.

Some of our Derawal Brothers who were social minded and of philanthropist nature came forward to form Derawal Biradaries and Sabhas to render help to those who needed it. Our Derawal Bradri at Bombay was the first to step in as a helpful body in 1955, but we were in a corner in Southern India and were unable to serve the majority of

Derawals living in North and Central places like Delhi, Gurgaon, Faridabad, Rohtak, Meerut, Dehradun etc.

Then came Derawal Sahayak Sabha on the Horizon of Derawal Brotherhood, under the leadership of Derawal Stalwarts, prominent amongst them are (1) Shri Hukumchand Bhutani, (2) Late Seth Ghanshyam Das Makhija, (3) Late Shri Ramnath Sachdeva, (4) Late Shri Shamlal Mehta, (5) Late Shri Bhagwan Das Mehta, (6) Late Shri Amarnath Mehta and some other A.I.D.S.S. members. It is only after that, our community has been on the March and All India Derawal Sahayak Sabha has made so many achievements to its credit. Thus some of the dreams of Derawals were turned into reality, a Derawal Bhavan at Kirti Nagar, Delhi, a Derawal Bhawan at Bhalla Road, Hardwar, a Derawal Bhawan at Tilak Road, Dehradun are quite appreciable achievements by A.I.D.S.S.

Besides this, at Delhi Derawal Bhawan, Dispensary, Rosevalley School at only nominal charges are speaking much more about the services being rendered by A.I.D.S.S. to mankind in general and to our Derawal Community in particular.

We wish a very long and healthy life to Shri Hukumchand Bhutani, the Chief Patron of A.I.D.S.S. so that our community continues its March forward under his great and able guidance.

Derawal Biradri from Mumbai (Maharashtra State) offers its greetings and good wishes to all those participating in this colourful function here.

Courtesy : **RAVI KHERA**



LATE SHRI BHAGWAN DAS MEHTA A HUMBLE TRIBUTE

by R.N. SACHDEVA

A sad, sudden, shocking, untimely and a cruel tragedy befell the Mehta family, the Sahayak Sabha and the entire Derawal Biradri on Tuesday, the 14 March 72. Shri Bhagwan Das Mehta the benefactor, wise counsel, sagacious friend, an understanding relative, unmatched social worker and a collage of great effort was plucked away from the huge social fabric by the iron willed fate and passed into eternity. So unexpected was the blow that one felt bewildered and lost which created a feeling of incredibility. The worst had happened. Nature had struck. There was no escape. Reality stared stark naked. It had to be faced. The angelic soul had gone. bright jewel had disappeared and lost.

With a lump in the throat and with streaming eyes, the mind wandered into the past to bring before the heart his vivid pictures of the days gone by. As I saw him Shri Bhagwan Das Mehta, after passing his matric in 1930, joined the Bharat Insurance at Lahore in 1932. By sheer dint of hard work and persistent use of his energies and after passing through the hard vicissitudes of life, rose to a position steadily, step by step and ultimately became one of the most trusted lieutenants in Dalmia Enterprises, occupying a position of advantage and prestige in the same vast organisation in Delhi.

Belonging to a family with large responsibility, he could not much cash upon it. The finer qualities of life of sympathy, compassion and understanding came to him from early childhood which helped help to groom him for the larger responsibilities and varying duties which he so ably shouldered throughout and upto the last days of his life. There was so much of family suffering around him which, by instinct, he felt, he must ameliorate. That is why every one in need came to him for help and succour. It goes to the credit of this indomitable man, that he rose to the occasion and went out of his way to provide employment to a very large number of people, who even today, though in position, still owe

everything to him. Despite the fact that he was instrumental in the rise of many, he never mentioned it and simply refused to accept any credit for it. That showed his humility and simplicity, constituting rare qualities of his character, which account for his popularity amongst all.

By nature he was simple, quiet, silent, unassuming but possessed keen perception. He was always well composed, never ruffled, seldom if ever provoked. His depth of feelings could never be gauged. more he heard, the less he spoke and the less he spoke, the more he understood others who come into contact with him. He was mainly guided by a desire to avoid provocation. His sincerity of purpose, urge to help and hard endeavour to find out acceptable solutions in others people's difficulties brought him vast con-tacts. Never was there an occasion when he did not have a few seeking his advice and wise counsels and solace to their painful sorrows.

Such were the qualities which made him the much sought for man socially, not confined to family or friends circle but in quite few well established organisations where his sagacity, wisdom, resourcefulness and his rich experience were eagerly utilised. His social contacts therefore far exceeded the confines of Derawals and thus extended far beyond. His associations were many, varied and activities multifarious.

His energies and vitality were indefatigable. No matter how difficult or hard the job involving physical or mental strain, he got deter mined to deal with it when undertaken. He bent his energies to the maximum to obtain the desired standards. Physical or mental strains did not detar him and when once decided to tackle it, he spared none but gathered are.... him a band of faithful workers. He commanded implicit confidence, unflinching loyalty and unquestionable obedience which held him in high esteem. It was therefore, that any job that went to him, it was done without any show of airs or ego.

To the Sahayak Sabha, he had a special significance. It was mainly he who organised it, gave it shape and bestowed upon it a stature. Every brick and mortar which have gone into the making of the massive existing Bhawans carry his indelible imprint, and more specially at Hardwar. The number of visits he paid to that place, the manner in which litigation cases were fought in various courts, the mode in which he organised them and the methods adopted to achieve the desired aims will need a book to illustrate. Whether it was collection of funds, delegation of effort, rendering assistance, organising functions and the allied problems, the master mind and the master hands were always discernible. So long as the Sabha stays and the Bhawans exist, his name will always be remembered as an indivisible part of their very being. The Sabha owes a deep debt of gratitude to him.

Shri Bhagwan Das Mehta was second to none in hospitality which came spontaneously and in abundant measure. Any person visiting him at any time, in office or home could always

be seen of his warmth and hospitality. It was a special trait with him.

It is difficult to recount his qualities or cover all his multi facet activities in this short untiring capability, sincerity and devotion were space. Rare qualities, exceptional ability, the components which constituted this man. He has gone at a difficult time when he was grief stricken circle of friends and admirers, required the most. He has left behind a vast a huge fund of goodwill imperishable memory to cherish ideal and lofty characteristic to emulate and worthy example of a tireless worker. Whether death is the end in itself or the beginning of yet another folded phase. no one can tell, But he is gone and the like of him will never be seen again. There is no choice but to surrender to his will and pray for courage and forbearance to bear his loss.

This is my minor homage or a humble tribute which could be paid to his unforgettable memory. May his soul rest in peace.

Heart felt sympathies to all the bereaved circle.

RESOLUTIONS OF CONDOLENCE

The following institutions have forwarded to us their resolutions of condolence with deep sympathy to the members of the bereaved family of Late Shri Bhagwan Das Ji Mehta, whose sad and sudden death took place on the night of 14th March, 1972. These have been duly communicated to the bereaved family

- 1) Derawal Sahayak Sabha (Regd.) Kirti Nagar, New Delhi.
- 2) The staff of the D. S. S. Sewing School Kirti Nagar organised by Mrs. Sham Bhutani.
- 3) M/s. Dalmia Cement (Bharat) Ltd. Dalmiapuram.
- 4) M/s. Orissa Cement Ltd & Cement Distributors Ltd., Rajgangpura.
- 5) M/s. Dalmia Cement (Bharat), New Delhi.
- 6) D. G. K. Hindu Higher Secondary School, Palwal.
- 7) All India Jampur Bhratri Sabha.
- 8) Derawal Bradari, Dhera Dun.
- 9) Derawal Bradari. Maharashtra State, Bombay.
- 10) Derawal Sewa Sangh.
- 11) All India Derawal Bradari, New Delhi.
- 12) All India Jampur Book Sellers and Publishers Association.

Courtesy : RAVI KHERA



VIVISECTION OF INDIA

a memoirs by RAM LAL BHUTANI

On the midnight of 14th / 15th August 1947, India attained her independence. I was hovering around the Parliament chamber that time and listening to historic speech of Prime Minister Nehru on 'tryst with destiny'. The uppermost thought in my mind was that we refugees had to pay a heavy price for it - as independence brought, in its trail, the partition of our motherland and this, in turn, brought bloodbath. Most leaders were against it; indeed, the father of our nation, Mahatma Gandhi, was so vehemently opposed to it that he said "Split my body into two before you split my country." The British policy of divide and rule and their formula of communal representation, introduced much earlier, had hardened sectarian division. The inevitable occurred; a living body was dissected, it was vivisection of India.

I recall the prayer meeting in Delhi where Mahatma Gandhi had spoken on this issue. I was in Delhi waiting in turn to Dera Ghazi Khan or to Rawalpindi. None of us could go back as each train that came from West Punjab was full of dead bodies. It was June / July 1947 and the decision to partition the country had become known. Awaiting results of B.A., and while away my time preparing for civil service exams and trying my hand at temporary jobs, I often went with Rattan, Anand Vallabh and others in the company of late Shri Bhagwan Dass Mehta (former President and one of the founders of our Derawal Sahayak Sabha) to Hanuman Mandir and, occasionally, to Gandhiji's prayer meetings.

In one of this prayer meetings, Gandhiji touched this subject and said in plain, simple Hindustani: You wonder why I am not dead. This old man has been saying the "partition over my dead body". Yes, I am ready for it. But who cares for my opinion. What is strong? Me or the public opinion?... 'Lok Mat Balwan Hai'. To drive home the point, he then gave the example of Winston Churchill and Attlee. He said in England Churchill was the great war hero. But what happened? He lost the elections. People voted for Attlee and he is now the Prime Minister. If, at a later date, public opinion goes in favour of Churchill, he may again become Prime Minister. (Incidentally, this turned out to be true and Churchill did become Prime Minister again). Gandhi Ji was so well-composed that he never uttered a word against

Churchill, while we all know that Churchill had once called Gandhi Ji 'a naked faqir'.

They say a million persons perished in the communal carnage. These are statistics and do not portray the privation and plight of individuals who faced murder, rape, torture, conversion and what not. Most had to flee from Pakistan as penniless migrants. Fortunately, some in our district, Dera Ghazi Khan, were saved as they migrated in October-November 1947 when mayhem and misery had somewhat subsided.

I cannot forget how Mama Jamnu Ram Bhutani told us his tale of trauma and triumph, sorrow and escape. He related this to me in detail in February, 1953, when I landed at Bombay on return from America, and wanted this to be recorded in writing. I wrote it and showed it to his son. Jai Kishan Bhutani, who provided some missing links. It runs into several pages: how he escaped from his lands, several miles away from the D.G. Khan city, sometime in October 1947 and had to hide and spend the night in a graveyard later, he was caught and produced in camp for conversion to Islam ... and along with hundreds of Hindu caste Hindus asked to eat roti and meat just before conversion on a Thursday afternoon ... said to himself, "Jamnu Ram, you are a Vaishnav. Better die before you touch beef" ... how he staged an act that it was the day of his fast and then, to detract attention, recited dialogues from Gul Bakavli, Rustam Sohrab etc. and topped it with religious pieces "maulood" ... later that night there was a fire in a corner of his camp and he jumped out in the wee hours of that morning, ran for hours reciting the holy name of "Sri Nath Ji" and suddenly spotted a military jeep with a Gorkha Soldier, and uttered to himself, "Jamnu Ram, belay Sri Nath Ji came as Agni Devta to rescue you and now you see a Gorkha Sipahi" ... then by taking four Gorkhas to the conversion camp, Mamaji helped rescue others ...

What was the treatment meted out to refugees? At first they were not allowed to enter Delhi ... and what about proper compensation for the property lost? Most got meagre or consolation dispensations. Compare this to the compensation received by the Jews after World War II. In Hitler's Germany, Jews were subjected to humiliation, their property was

seized and hundreds of thousands were pushed into gas ovens and killed alive. Even Mahatma Gandhi had raised his voice against this and said what was happening in Germany was a "genocide". Apparently, Mahatma Gandhi foresaw the plight of minorities of India at any cost. As documents now reveal he was even prepared to offer to Mohammed Ali Jinnah, the Quaid-e-Azam, the topmost post as long as India remained intact.

We have seen fifty years of progress and pain. Much water has gone down the Ganga and the Indus. But we cannot just sit by and sulk. We have to live with facts of history and move on. The word "Indus" brings memories of our hometown and also reminds me to the euphoria that ensued when Prime Minister Nehru had gone to Lahore on his historic visit to sign the Indus Water Treaty. Under this Treaty, India has agreed to the use of Indus waters, and a large amount of it, by Pakistan. Most people and papers in Pakistan had welcomed this gesture and had eulogized the treaty and the visit of Indian Prime Minister. Alas, this did not last long. Hardly had the ink dried over the signatures on the Treaty when Pakistani papers started clamouring when would India offer Kashmir to them!

Goodwill is a two-way street: it is give and take, not just give. Kautilya's dictum is "In politics, there are no permanent friends and no permanent foes. You have only permanent neighbours." We have to live with our neighbours, in particular China and Pakistan, with whom our relations have been sweet and sour, more sour than sweet. The need of the hour is to condition the minds of our millions to this basic factor. Hostility leads to cold war and in case of China and Pakistan we have had actual wars. War means major defence outlay. Heavy expenditure on armaments means much less for our other essential needs like food, education, health and so on. Warpath corrodes economy. For any country placed in our position it is a delicate balancing act to have war-preparedness, take measures of deterrence and yet uplift millions above the poverty line. Almost 30% of Pakistan and 15% of India's central government spending goes for the defence. We are proud of our accomplishments' technological advance in many sectors, green revolution, production of missiles and motor-cars, aeroplanes and satellites ... but we have miles to go to ensure that benefits trickle down to masses.

Let us face it: India is the largest democracy on the globe with 950 million people, soon to become a billion. Yet, how much political clout do we have today in the international arena. What is our economic strength? What is the per capita income of an average Indian? Smaller countries placed in our part of the world, like Malaysia, Indonesia, Singapore, etc. have gone far ahead. India is regarded as one of the ten large emerging markets and yet we attracted an investment of only \$2 billion, against our target of 10 last year. (China attracted \$40 billion). There is thus an urgent need to discipline our work-force, cleanse our system of corruption and fine-tune our economy. Despite handicaps, it is a significant achievement that India has survived as a nation united by a commitment to secularism, parliamentary democracy and freedom of speech.

What is more economical diplomacy or devastation by war? Border issue with China could not be resolved through skirmishes. India and China agreed to freeze the issue, discuss it periodically and, in the meantime, create a better environment by stressing areas of agreement, i.e. by improving ties in the sectors like trade, culture, information, etc. This is the approach now of Prime Minister Indira Kumar Gujral in respect of our relations with Pakistan. One cannot be sure of smooth sailing but this is worth a try. Reconciliation is possible when both parties have the will to achieve it. This does not mean slackening of our defenses. How India defends herself is India's business and no foreign nation need offer gratuitous advice.

Now that India and Pakistan, both are celebrating the golden jubilee of their independence, time is propitious for a rapprochement. Hope better counsels will prevail on both sides and the new generation, born after the 15th August 1947, will not inherit old prejudices and bring about amity between India and Pakistan to the benefit of millions, on either side, who have been struggling with real enemies: starvation, sanitation and schooling.

Pandit Nehru in the historic speech had also said, "... As long as there are tears and suffering, so long our work will not be over." Our true trust with destiny will then come.

Pandit Nehru in that historic had also said, ... As long as there are unite suffering, so long our work will not be over. true trust with destiny will then come.

Courtesy : RAVI KHERA



MARCH OF EVENTS TO GOAL OF COMPLETE INDEPENDENCE AND ACHIEVEMENTS, FAILURES AND FUTURE PLANNING

by VIR BHAN 'VIR'

Golden Jubilee of India's Freedom is a landmark in the history of the world in the 20th century, not only India, but practically the whole of the world got freedom and democracy ushered to every where. Late Shree Mangal Pandey was the first soldier who revolted against the British authority in India in 1857, on the issue of cartridge to be used which was supposed to be having applied the fat of cow and pig on it, he was hanged on 6th April, but he had set the ball rolling. Lord Hardinge (1910-16) on his arrival announced the royal visit. He declared in those cases where evidence was insufficient, the prosecutions were to be withdrawn and no fresh ones to be initiated. On the arrival of the King George V and Queen of England (12 December, 1911), declaration of Delhi being the capital of British India instead of Calcutta was made and partition of Bengal was annulled where as Muslims were not happy. Two hundred ruling chiefs of India came to bow before the imperial throne, a grant of fifty lakh for promoting popular education was made. Soon after the signally successful darbar, a bomb was hurled at the elephant at Chandni Chowk where lady Hardinge escaped, the viceroy was seriously wounded. Thus more repression was started. In the Punjab a wave of violent acts of terrorism marked the Kama Gate Maru Tragedy which occurred early in the war (1914-19). It was a Japanese steamship chartered to carry 400 Sikhs from Shanghai to Vancouver before the war began. Several Canadian Ports did not permit the Indians to disembark, they were brought back to Calcutta on 27 September 1914, policemen killed 16. left 144 (unaccounted for, which meant killing and whisking away their bodies), 100 were put in irons. The incident led to the formation of Ghaddar Party in U.S.A. under the leadership of Har Dayal.

British Govt. tried to crush revolutionary trend in India. Conspiracy was made a heinous offence, punishment even by death. Any person could be caught, tried summarily and punishment of death could be given, there was no appeal, out of 176

persons tried by these tribunals 136 were convicted on flimsiest evidence and on the basis of confessions extorted by torture. Two professors Manindranath Seth and Jyotish Chandra Ghosh were driven to madness and died cruel deaths.

In Jallianwala Bagh at Amritsar, a meeting of unarmed peaceful people mostly coming from rural areas on 13th April 1919, Baisakhi Day was going on, General Dyer ordered Gurkha and Baluchi troops to fire 1650 rounds of live ammunition at point blank range on ten thousand men, women and children. The news spread a wave of horror through the Indians. Atrocities continued in the Punjab. British Officers flogged Indians, made them crawl, Rabinder Nath Tagore surrendered the knighthood which had been conferred on him after he had won Noble Prize for literature in 1913.

LORD READING: (1921-26) arranged Prince of Wales to visit India, he invited Gandhi on 13th May 1921 to win his support. Gandhi said, "I see no change of heart" Gandhi announced Civil Disobedience movement to begin on 17 November 1921 when the Prince of Wales was due to arrive. On Prince's landing in Bombay there were riots and closure of shops, many deaths through police firing annoyed Gandhi, he had already issued a warning to his followers that if the movement was not peaceful he would withdraw, he put off Civil Disobedience and went on a self purificatory fast. In 1929 a bomb was hurled on the floor of Central Assembly. Bhagat Singh, B.K. Dutt and one more person were arrested and sentenced to death, Gandhi pleaded with Viceroy for their reprieve, but Irwin would not agree, nevertheless the execution carried out on 23rd March 1931. Jawaharlal declared "the Corpse of Bhagat Singh shall stand between us and England."

JINNAH'S VIEWS : He said in Lahore in May 1924, 'I am almost inclined to say that India will get dominion responsible governments the day The Hindus and Muslims are united'. But in March 1936 he had radically changed. He said at Delhi

"We think of the interest of our community. The Hindus and Muslims must be organised separately."

CIVIL WAR TYPE SITUATION : In 1946, Noekhali & Tippena are still not entirely secure, defiance of authority is there. A Hindu who attended meeting of Gandhi at Dattapura was murdered on his way home, six Hindus have been murdered in different villages, 350 villages were affected by disturbances, no. of shops & houses destroyed is 2053.

Punjab Riots in Rohtak continued until 17th November, when Hindu Jats clashed with Ods, wandering Muslims, number of killed persons is 23 (Ref. File No. 5/12/46 Pol. Govt. of India, Home Ministry.) Disturbances started in Multan, Rawalpindi & Amritsary 5th March, 1947.

ACHIEVEMENTS : India was fortunate to have her leader mahatma Gandhi, who is known as Father of the Nation. He dominated the Indian Scene 1919 to 1947. The secret of his leadership was mass contact, the novelty of methods, mainly Satyagraha, Non-violent, Non-co-operation. Such was Gandhi's magic that Rajinder Prasad wrote 'a change seemed to have come over our lives, people became fearless with this change.' In 1946 Gandhi said 'Khadi will cease to have any value in my eyes if it does not usefully employ the millions.' Gandhi took the vow to Brahmacharya campaign in 1906, this quality is highly praised in Hindu culture. He was just like father to Nehru and Nehru under his guidance and personal experience gave a befitting shape to foreign policy, non-alignment, socialistic pattern the country in the field of technology, industry, of society, except his Kashmir Policy and China episode which brought debacle. Sardar Patel brought unification of around five hundred states is a miracle the foreign companies brought huge profit and the economy received a better shape, country must remain vigilant so that the drama of East India Company which started trade and cleverly captured power enslaving the country for two hundred years. There is much awakening today and country is trying to compete in different walks of life in the international aphere as well

FAILURES : Five year plans are alright, but after 50 years of independence we can frankly

admit that still there is unemployment, qualified people are In search of suitable jobs, population explosion, poverty. Illiteracy, criminalization in politics are most dangerous. China continues to sell N. Tochn. to Pakistan despite pledges. The Indo-Chinese war had created bitter memories, but loft the border issue unsettled. having occupied Tibet and quite a bit of Indian territory, relations between the two countries remained explosive as over. The Britishers were wise in strengthening the buffet states on the North. like Afghanistan, Tibet, Nepal and the like, that they could never come under Russian or Chinese influence.

However China has always been inclined towards Pakistan and not India.

At the end I must say that the foreign powers want to sell their arms, ammution, thus their interest is that there should be conflict and the sale of their war material be helpful to their economy. We should be watchful. We have to pay tribute to those who fought and bravely sacrificed their life, their main object was to attain freedom for India. They are no more, but we have to pay debt to them. We must not be lazy, lethargic in performance of our duty. There is a ray of hope, India can rise today provided we set our own house in order. We may choose the policy of Punchasheel or the five principles of peace, in so far as India's neighbors were concerned. These could only be worked out by mutual co-operation of the countries which agreed to it.

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Courtesy : **RAVI KHERA**



JOURNEY TO INDIA BY FIRST TRAIN

by L.N. MEHTA

As school students in the age group of 12-16 years, we had been hearing in the play-grounds of Hindu High School that "Angrez would be going back to England shortly." Such things in those days were never discussed in the class rooms. It was in the early days of the year 1947. Then, one day in the month of August 1947 we were told that on the 15th "Angrez Chale Gaye." and "Hindustan azad ho gaya." What was exactly meant by this was probably beyond our understanding as we were still children. What were the implications of Azadi, perhaps most of us were not aware. Some of our elders when asked could only tell us that "now it will be Mahatma Gandhi and Jawahar Lal Nehru who will be ruling the country and form the Government in Delhi, and Muslim League will form government somewhere in Pakistan." We in Dera Ghazi Khan being far away from Delhi, the capital of India, were not very much politically conscious. The people took the changes and happenings in other parts of the country in its stride. The life continued as normal for many days after 15th August, 1947.

Suddenly we heard that there were riots and "loot-maar" all over the country. At some places Hindus were being butchered and at others Muslims were being killed and that people were leaving their homes for good. Muslims were to go to Pakistan and only Hindus will be left in Hindustan. All types of rumours were floated by miscreants on both sides. Many of the stories we heard were rather unbelievable. Fortunately, the topography of the city of Dera Ghazi Khan, a planned Township which was set up after the old town was washed away by the furious Indus river, was such that the peace was not disturbed for quite sometime. The

main reason being that Hindus and Muslims were living in separate 'Mohallas' Unlike in other cities of Multan, Rawalpindi or Lahore etc. During the months of August and September of the year 1947, the political turmoil in other towns in Punjab and other places in India did not have much impact in Dera Ghazi Khan. The only unusual thing, as I remember, which happened in those days was that the curfew was clamped in the city from time to time and all of us were ordered to remain indoors during those hours. We could still sneak through the doors and windows and enjoy the sound of heavy Boots of the Marching Military-men. There were also some civilian volunteers waiving their hands signalling us to keep the doors/windows closed.

One more thing also happened which we as children enjoyed very much. All schools were closed and we had nothing to do. No home-work and no place to play outdoor games like 'Gilli-danda', football or hockey. We were told that we will have to perform guard duties at night. Some lathis, sticks and spears were given to all of us. Gates were put at the entry points in all the lanes and bye-lanes of every mohalla which were closed by the sun-set. We were then on duty in groups with our elders guarding our mohallas chanting "Har Har Mahadev". The sounds of "Allah-Ho-Akbar" could be heard coming from across the road from the Mohallas where also performing similar duties as we on our side were doing. Otherwise, the conditions were normal and there was no enmity or ill-feeling between Hindus and Muslims residents of the city. I do remember our Dhobi and Jamadar, both muslims, managed to come to our houses on duty even during the curfew hours.

By this time, there was no inkling that we would be required to leave our shops and houses for good and migrate to Hindustan across Lahore. Atleast our elders could never think of such an eventuality. But, alas! sometime during September 1947 news spread like wild-fire that riots and killings in the villages and tehsils around the city of Dera Ghazi Khan had started. Soon thereafter men and women started pouring into our Mohallas telling the gory tales of their woes and sufferings.

Still our people were confident that all will be normal in due course of time. We also heard that the Thanedar, a Muslim, had been giving assurances to our elders that nothing of the sort will happen in the city and we will be living peacefully as hither-to-fore. But all these hopes were shattered in no time as the fanatics in Muslim League had the upper hand. News started flashing from across the border that things had deteriorated beyond repairs. There were killings and riots in Lahore where a large number of Derawals had been living and working as also in other cities on both sides of the border. Consequently, there started large scale movement of people. Muslims coming enmass to Pakistan and Hindus moving out across Wagah Border to various cities in Hindustan. It was then realised that the inevitable had happened and we had started preparing for leaving our homes for good though there were still many elderly people who won't believe that anything like that could happen. Nevertheless, most of us wanted to leave the place and go to any other place in India by the first available mode of conveyance.

Accordingly, Social Service Organisations actively started making arrangements in co-ordination with the authorities for transporting the families safely across the border which was nearly 400 miles away. It

was at that time very disheartening to realise that we were not connected to any place by Rail and that we had to cross the Indus river first to reach the rail-connection. A camp was set-up in Hindu School grounds where families were required to collect for onward journey by Army Vehicles. Those were the days of anxiety, uncertainty and shattered dreams of Aazadi. Since the official arrangements were not sufficient enough to cope with the requirements, many of the families started hiring private buses which were of course required to move in the caravan alongwith the military vehicles for security reasons. It was in those lorries that many of our families were packed and on a dark evening in November 1947 we reached Gazighat across the Indus river which was the first rail-head.

Gazighat presented a picture of a War Camp. We had become refugees in our own land, waiting to be transported to unknown destinations. We were in groups and glued to our kith and kins counting time and again the number of persons in each group, horrified and worried faces with wakeful eyes on whatever belongings we have been able to carry. Loudspeakers were making announcements about the possible arrival of the next train and also warning to be vigilant against the un-social elements. Finally, the train was there and many of the families were able to board the train. The seating capacity of any compartment was not relevant. A boggie meant for 28 passengers was loaded with over sixty persons but every body was in a mood to accommodate every body. So, the whole train over-flowed with passengers and started for the unspecified destination. Those left behind had to wait for the next train as every one could not go by the First Train. There were many in each group who had never seen the train earlier and it was their first train journey.

Courtesy : **RAVI KHERA**



श्री भगवान दास जी मेहता



जिस तन रही भावना जैसी । प्रभु मूरति तिन देखी तैसी ॥

भिन्न-भिन्न व्यक्तियों का भिन्न-भिन्न विचार :

मास्टर हीरानन्दजी मेहता

मैं और श्री भगवानदासजी मेहता बचपन से ही एक दूसरे को जानते थे। हम दोनों एक ही मेहता परिवार से सम्बन्धित हैं। उनके गुणों का जितना ही वर्णन किया जाय उतना ही कम है। उनके पठन-पाठन के जीवन में गुणों की देखकर मैं उनसे तभी से प्रभावित हूँ। हम दोनों हिन्दू हाई स्कूल डेरागाजी खान के विद्यार्थी होने के अतिरिक्त हमने दूसरी श्रेणी से लेकर दसवीं श्रेणी तक इकट्ठे विद्या प्राप्त करते रहे। मेहताजी का मेरे साथ सदैव भावी प्रेम और सहानुभूति मिलती रही है। बचपन में एक आयु के दो बच्चों का लड़ना-भिड़ना स्वभाविक होता है, पर मेहता जी में यह विशेषता थी वह सबको अपने दिल में समा लेते थे। विद्या प्राप्ति के काल में हम एक-दूसरे से जुदा नहीं हुए इकट्ठे खेलते थे, इकट्ठे पढ़ते थे। बचपन में मेहता जी की गणना में बहुत योग्यता मिली हुई थी। वह इस विषय में अच्छे नम्बरों में सफल हुआ करते थे। गणना में उनकी रुचि ने उन्हें डालमिया इण्टर प्राइज में चीफ मुख्य लेखाकार के पद तक ले गयी। दसवीं श्रेणी तक पढ़े हुए व्यक्ति के लिए इतने बड़े कारोवार को संभालना उनकी योग्यता का उदाहरण है। लाहौर में आप इसी कार्यालय में छोटे पद पर नियुक्त हुए, परन्तु अपने शील स्वभाव, इमानदारी और निपुणता के आधार पर आप उन्नति करते चले गये। उनके अनुभविक ज्ञान को सबने यहाँ तक माना है कि चार्टर्ड एकाउन्टेन्ट्स तक उनसे अपनी कठिनाइयों का समाधान किया करते थे। हर एक से मेल-मिलाप रखते हुए आपने अपने परिवार का नाम रोशन किया। हम परमात्मा से प्रार्थना करते हैं कि उनके सारे परिवार में सुख शान्ति का विकास रहे।

श्री चन्द्रभानजी मेहता

जब मेहताजी के प्राण शरीर से निकले उस समय मैं कानपुर में अपने कमरे में कुछ लिख रहा था। लिखते अचानक मेरी कलम की निब टूट गई दिल में यह विचार हुआ कि यह घड़ी कुछ दुःख बाली प्रतीत होती है दूसरे दिन फोन मिला कि हमसे मेहताजी श्री भगवान दासजी हमें छोड़कर परलोक सिधार गये। टेलीफोन का उत्तर कुछ न दे सका, शरीर कुछ सूता सा मालूम हो गया क्योंकि

उनके गुण दिल के अन्दर इतने कूट-कूट कर भरे हुए हैं। अगर मैं इसको वर्णन करूँ तो उसके लिए हमें सातों साख समय चाहिए। जिस तरह प्रधानमन्त्री हमारे देश के नेता है, इसी प्रकार मेहताजी हमारी विरादरी के सच्चे नेता थे। वह सक्स ऐसा कौन होगा जो इनके गुणों को नहीं जानता। मेरी ईश्वर से यही प्रार्थना है कि उनकी आत्मा को सदगति प्राप्त हो और हम सब को हौसला दे।

श्री जयकृष्ण भूटानी

नाम तेरा भगवान नहीं, तू सचमुच ही भगवान था।
गुण तेरे क्या करूँ मैं वर्णन, तू सौ गुणों को खानि था॥

तू था निर्धनों का सहायी सबको देता तू था सहारा
कितने परिवारों का था तू अन्नदाता डेरेवालालों का भगवान था

जिसने तुम पर आशा बांधी तूने सब कुछ उसे दिया।
देकर भी फिर कुछ ना माँगा तू ऐसा नेक इन्सान था ॥

पिताजी मेरे तुझको कहते भगवान मेरा एक हीरा है।
तूने इसको साबित करके सब का बढ़ाया मान था ॥

यारों का तू यार था सच्चा जानता बच्चा बच्चा।
अपने रिस्तेदारों का तू जिगर भी था और जान भी था॥

इसीलिए कहते हैं तुझको सारे डेरा का एक नेता।
जिसके मुँह से फूल बरसते तू वह नेक इन्सान था ॥

आँसूओं में आ जाते सुनकर हाल मौत का तेरा।
तूने सबको शान बढ़ाई ऐसा तू भगवान का कौन है॥

ऐसा व्यक्ति जो तेरे गम में डूबा कोई तुझे।
भगवान है कहता तू डेरे की शान था॥

भवन सभी बतलाते हैं कि इस बात की देते पूरी गवाही।
तूने एक मिशाल रखी है तू जाती का निर्माण था ।

श्री हुकमचन्द्र भूटानी

स्वर्गीय श्री भगवानदास जी मेहता डेरावाल बिरादरी का एक अमूल्य रत्न था, जिसके खो जाने से हमको बड़ी हानि पहुंची है। अब हमारे जीवन प्रान्त तक उनका स्थान भरा नहीं जा सकता। हमारी उनके साथ बही आशाएँ बंधी

हुई थी। हम उन्हें इस सेवा के लिए एक बार फिर गले लगाकर विरादरी कार्य को आगे बढ़ाना चाहते थे। हमारे सभी इरादे घरे रह गये। निराशा में ही अशा पैदा करने के लिए अब उनके किए हुए स्वर्ण कार्य को आगे चलाने में सभी सहयोगियों की आवश्यकता है।

श्री राधेश्याम लाल

श्री भगवानदास के सदैव अभावों को छोड़ जाने पर जो हमें दुःख मिला है, वह शब्दों में वर्णन नहीं हो सकता। सभी लोगों की वाणी पर आज उनके गुणों की गाथा गायी जा रही है। वह मेरे प्रिय मित्र और सरप्रस्थ थे। हम सबको उसके अच्छे कामों से सहानुभूति और प्रेरणा मिलती है। प्रभु उनको स्वर्गधाम में उच्च स्थान दे और हमें सहनशक्ति का वरदान।

श्री पी. एन. भूटानी

बिरादरी के वेताज बादशाह श्री भगवानदासजी की मृत्यु हम सबके लिए अति दुःखदायी है। उनका निधन समय से बहुत पहले और विचित्र परिस्थितियों में हुआ है। हमारा सर चकरा रहा है और इस बात को नहीं सोच सकता कि हम उनके चले जाने के पश्चात् विरादरी सेवा के कामों में किसको आगे लायेंगे। यह दिल्ली और हरद्वार के भवन उनके नेक प्रयत्नों के जीते जागते साक्षी हैं।

श्री पूरनचन्दजी नागिया

जितना कि मैंने चन्द्र वर्षों के सम्पर्क में देखा भी भगवानजी मेहता गम्भीर, मेहनत करने वाले सेवक, उच्च कोटि के मित्र थे उनकी अकाल मृत्यु से सारी सभा को अत्यन्त हानि पहुंची है। जिस प्रकार उन्होंने अत्यधिक सेवा की है उसका उदाहरण मिलना कठिन है।

श्री बोधराज नागिया

श्री भगवानदास मेहता एक निरपक्ष, निरलेप और सबके काम आने वाले व्यक्ति थे।

श्री आतम प्रकाश नागिया

हमारे पूर्वजों को ट्रस्ट से जितना, और जो भी दान या चन्दा हमने डेरेवाल सहायक सभा को दिया है, तो वह इसलिए कि इस सभा में स्वर्गीय श्री भगवान दासजी की सेवा और उनके अच्छे काम हमें प्रेरणा दिया करते थे। उन जैसा नेक व्यक्ति सबका हमदर्द अब हमारी विशाल डेरेवाल विरादरी में बड़ी मुश्किल से मिलेगा। सच पूछिए तो हरद्वार

भवन का निर्माता श्री भगवानदास मेहता ही है। प्रभु उन्हें स्वर्गधाम प्रदान करे।

श्री मदन जी मखीजा

गरीबों की सेवा करने वाला और उनके घरों में घन पहुंचा आने वाला श्री भगवानदास अपनी मिशाल आप थे। हमारी सभा का एक गम्भीर अंग कट गया है। हमें उनके जाने का ऐसा दुःख है जो प्रकट नहीं किया जा सकता। परमात्मा उन्हें स्वर्ग में अपना धाम देवें।

अनूपचन्द जी सचदेव

श्री भगवानदासजी मेहता जैसे नेक मनुष्य इस संसार में बार-बार नहीं आते। उन्होंने न सिर्फ मेहता परिवार का नाम रोशन किया है बल्कि वह सारी बिरादरी के यश और कीर्ति को इस संसार में बढ़ाकर आप स्वयं चले गये। बिरादरी के सामने इस समय अंधोरा ही अघेरा है। परमात्मा करे कि कोई ऐसी ज्योति पैदा हो जिसके प्रकाश से यह अंधोरा मिट जाय।

मलिक गोवरधनदास जी

जब से श्री भगवान दास जी मेहता लाहौर में अपना कार्यभार आरम्भ करने के लिए पधारे, मैं तब से उनको जानता हूँ। यह केवल आपके अच्छे काम, योग्यता और नम्रता थी जो आपके रास्ते की सब रुकावटों को दूर करती चली गयी।

श्री मदन मूंगिया

वह मेरे निकट प्रिय सम्बन्धी होने के अतिरिक्त एक प्रिय मित्र भी थे। दान के एकत्रित करने में वह सभा के सच्चे हितैषी बन कर मेरे साथ काम किया करते थे। चन्दा इकट्ठा करने में हमने एक दूसरे से बहुत कुछ सीखा अब उनके गुणों की याद हमारे पास बाकी है। हमारा कर्तव्य है कि हम उनकी कोई ऐसी मुस्तकिल यादगार बनाएँ जिससे काम करने वालों का रूतवा कभी भी कम न होने पाये।

श्री जगन्नाथ जी नागपाल

मैं श्री भगवान दास जी मेहता को बिरादरी का एक उच्च नेता मानकर उनकी मृत्यु पर अफसोस करते हुये अपना सर अदब से झुका कर प्रणाम करता हूँ।

संकलन : रवि खेड़ा



हमारे भारत की आजादी में डेरा गाजी खान का योगदान

लेखक : पं. जगदीश चन्द्र शर्मा

राष्ट्रपिता महात्मा गांधी के आह्वान पर सारा भारत आजादी की भावना से जाग्रत होकर अपने प्रान्तों में, अपना योगदान करने लगे। डेरा गाजी खान का जिला पश्चिमी पाकिस्तान का जो भाग बना, सिन्ध दरिया के मुहाने पर बसा हुआ है जिसके माथे पर सुलेमान पर्वत की श्रृंखला है। हमारा जिला हिन्दुओं, मुसलमानों, बलोचों व अफगानों का भाई चारे का प्रतीक था। हिन्दुओं में भी आजादी की लहर सबसे पहले मुख्य व्यक्तियों में सर्वश्री परमानन्द भुटानी, राय साहिब इसर दास महता, राय नोतन दास गुगलानी, हकीम देवकी नन्दन महता, परमा नन्द गुगलानी, जमनी दास परमा नन्द सचदेवा, सेठ दरवारी लाल, आसा नन्द हरिया, भोला नाथ भुटानी, सेठ टेक चन्द नांग्या, सेठ हुक्म चन्द नांग्या, पुजारा राम माटा, भगवान दास अहूजा, ढालू राम, सेठ हुक्मचन्द भुटानी, पं. वासदेव, भगवान दास कुंभार, गोबिन्द राम नांगिया, हरिकिशन लाल सचदेव, प्रेमदास माटा, गो. सुन्दर लाल जी जैसे लोगों की प्रेरणा से लोग जागृत हुए।

राष्ट्रीयता व आजादी का जनून का बीज डेरा गाजी के लोगों में उसी प्रकार रोपित हुआ जिस प्रकार सारे हिन्दुस्तान में हुआ। सर्व प्रथम जब बाबा खड़क सिंह और चौधरी राम भज दत्त को अंग्रेजी प्रशासन द्वारा गिरफ्तार कर डेरा गाजी की जेल में भेजा, तब सब से पहले तीन व्यक्तियों ने हिम्मत करके इन नेताओं से डेरागाजी खान की जेल में मुलाकात की। वे थे, “लाला आत्मा राम वकील, डा. ढालू राम सचदेवा और पं. वासदेव”। इन नेताओं की प्रेरणा से डेरा गाजी खान में आजादी की बुनियाद पड़ी और कांग्रेस का खुला।

1992 में जब दरभंगा (बिहार) में भूकम्प आया तो उस समय डा. राजेन्द्र प्रसाद और श्रीमती सरोजिनी नायडू डेरा गाजी खान आये और सभी हिन्दुओं ने उन्हें सभी प्रकार की सहायता की। पं. वासदेव जी एक कर्मठ नेता थे जिन्होंने कांग्रेस की बागडोर संभाली, उनकी सहायता के लिए भगवान दास कुम्हार, प्रेमदास माटा, भोला नाथ भूटानी आदि ने अपने भाषणों से आजादी की जंग जारी रखी। नोतन दास अत्तार ने भी अपनी राष्ट्र प्रेम की सुगन्धी (खुशबू) अपने देश प्रेम गानों द्वारा डेरा वालों में जागृती लायी।

श्री गोबिन्द राम जी नांग्या जो मेवों का व्यापार करते थे, ने भी अपनी भारत की आजादी के लिए जेल गये। 1929 में अप्रैल के महीने में SIMON LORD हिन्दुस्तान आये तो सारे हिन्दुस्तान ने उनका विरोध किया। हमारे डेरावाल भाई पं. वासदेव, नोतन दास अत्तार, लाला ढालू राम, भगवान दास कुंभार के साथ-साथ अन्य डेरा वाल भाई गिरफ्तार हुए तथा उन्हें मुलतान तथा मिंटगुमरी जेलों में भेजा गया।

उनकी गिरफ्तारी पर डेरा गाजी खान में भी सनातन धर्म तथा आर्य समाज की औरतों ने भी अहिंसा का मार्ग अपना कर राष्ट्र का बड़ा कार्य किया। 1939 में भी हमारे डेरा गाजी खान के बहुत से सेना के अधिकारी व सैनिकों ने हिस्सा लिया। 1942 में महात्मा गान्धी के आह्वान पर “भारत छोड़ो आन्दोलन” में भी हमारे डेरा वालों ने पूरा सहयोग किया।

इस प्रकार हमारे डेरा वालों के नेता पं. वासदेव, भगवान दास कुमार, प्रेमदास माटा आदि ने आजादी की लड़ाई में अपना जीवन न्यौछावर कर दिया। इन लोगों तथा हिन्दुस्तान के अन्य लोगों की बलिदानों से भारत 15 अगस्त 1947 को आजाद हुआ।

इस 50वें वार्षिक स्वतंत्रता दिवस पर जो हमारी ऑल इण्डिया डेरावाल सहायक सभा का शुभ कार्य हमारे डेरा रत्न तथा मुख्य संरक्षक श्री हुक्म चन्द जी भुटानी की भूमिका स्वर्ण अक्षरों में लिखी जावे। ऐसे योग्य व्यक्ति प्रभु कृपा से लाखों में एक पैदा होते हैं जिन्होंने डेरा वालों की एकता व समृति को आज तक बनाए रखा हुआ है और आगे भी दीर्घ काल तक उनका सहयोग प्राप्त होता रहेगा। डेरा गाजी खान के जिन-जिन व्यक्तियों ने स्वतंत्रता संग्राम में हिस्सा लिया है उनकी तपस्या व कुर्बानियां फलीभूत हुई।

इस डेरावाल सहायक सभा की ओर से उनकी आत्माओं की शान्ति के लिए तथा उनके परिवार वालों को कोटि-कोटि नमस्कार!

“सारे जहां से अच्छा हिन्दुस्तान हमारा”

इस लेखक पं. जगदीश शर्मा द्वारा सभी डेरावाल भईयों को शुभ आशीर्वाद। आगे भी हमारा डेरावाल फले-फूले और परोपकारी बने, सच्चे परिश्रमी बने।

संकलन : रवि खेड़ा

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व्यस्त रहें

किसी भी व्यक्ति को हमेशा कार्य में संलग्न रहना चाहिये। यह संसार एक कर्मक्षेत्र है। कार्य में व्यस्त व्यक्ति स्वस्थ, स्वाधीन, विकाररहित, क्रोध रहित और प्रसन्न भी रहता है। यदि आप व्यस्त रहते हैं तो न केवल शरीरिक रूप से ही नहीं मानसिक रूप से भी जागरूक और स्वस्थ रहते हैं।

यदि आप व्यर्थ समय नष्ट नहीं कर रहे तो आपके अन्दर जीवन शक्ति का संचार रहता है। आपकी सभी इन्द्रिया सक्रिय रहती है। उत्साह से अपने कार्य में व्यस्त रहने से आपके अन्दर विश्वास पैदा होता है। आपके सोचने की शक्ति सकारात्मक हो जाती है। आपकी चिन्ताएं दूर होती है और आप अपने लक्ष्य की ओर बढ़ने के लिये तैयार रहते हैं।

परिन्दों को नहीं दी जाती तालीम उड़ने की,
वह खुद ही तय करते हैं मंजिल आसमानों की।
रखते हैं हौसला जो आसमां को छूने का,
उनको नहीं परवाह जमाने की॥

व्यस्त रह कर कार्य में लगे रहने से नये नये विचार आते हैं। यदि आप अपना अपने परिवार का या समाज में योगदान देना चाहते हैं तो उसके लिय व्यस्त रहना एक जरूरत है क्योंकि

दो दिन का, दुनिया का यह मेला रहेगा।

कायम यह जग का झमेला रहेगा॥

आप इस बात से भी सहमत होंगे कि इस जीवन में सबसे कीमती वस्तु समय है। बीता समय वापिस लौटकर कभी नहीं आता। इसलिये यदि उसका सदुपयोग नहीं करते तो जीवन में सफल कैसे होंगे। ईश्वर भी उन्हीं की सहायता करता है जो स्वयं अपनी सहायता करता है इसलिये परिश्रम कर हम स्वावलम्बी बनें इस विषय में हातिमताई और एक लकड़हारे का ज्वलंत उदाहरण है।

एक बार किसी योग्य ज्ञानी व्यक्ति ने हातिमताई से पूछा कि आप निरन्तर व्यस्त रहती हैं क्या आपने किसी को अपने से व्यस्त देखा है? हातिमताई बोली हां, अवश्य देखा है! क्योंकि एक दिन हमारे यहां उत्सव में भोजन का बहुत बड़ा आयोजन था। हजारों लोगों, गरीब - अमीर सभी ने भोजन खाया। उस समय मैंने एक लकड़हारे को पीठ पर लकड़ियों की भारी गठरी उठाये बाहर से जा रहा था।

हातिमताई ने उससे पूछा - भाई तुम दावत में क्यों नहीं आ रहे आज मेरे यहां तो सभी खाना खा रहे हैं। लकड़हारे ने मुस्करा कर उत्तर दिया जो व्यक्ति व्यस्त रहकर अपनी कमाई से ही पेट भरना जानता है वह हातिमताई के यहां एक दिन का मुफ्त का बढ़िया खाना खाने क्यों जायेगा, इससे ही इन्सान की आदतें बदल जाती हैं। लकड़हारे का यह सुलझा हुआ उत्तर सुनकर हातिमताई को विवेक आया कि वह बात तो सत्य है कि व्यक्ति का आत्म गौरव, सम्मान और अच्छी बुद्धि व्यस्त रहने में ही है।

हमारे धर्मग्रन्थों में भी इसे जीवन का आदर्श बतलाया गया है। निष्क्रिय रहने से जैसे लोहे में जंग लग जाता है वैसे ही मनुष्य के अंग मस्तिष्क शिथिल होने लगते हैं और समय से पहले ही वह वृद्ध होने लगता है। जीवन शक्ति बनाये रखने के लिये महत्वपूर्ण काम में हमें सदैव व्यस्त रहना है।

व्यस्त रहने से व्यक्ति न केवल अपना लक्ष्य प्राप्त करने में सफल होता है और दूसरों के लिये एक उदाहरण और प्रेरणास्रोत भी बनता है। अपनी रुचि अनुसार कार्य में संलग्न रहने से यह जरूरी नहीं कि आप हर क्षेत्र में सफलता प्राप्त करें। हमारे पूर्व राष्ट्रपति अब्दुल कलाम अपने जीवन में एक वायुयान चालक (पायलट) बनने की तीव्र इच्छा रखते थे किन्तु कितने प्रयास के बाद भी असफल रहे किन्तु वह निराश नहीं हुए निरन्तर शुभ कार्यों में संलग्न रहना ही उनके जीवन का लक्ष्य बन गया और इसी कारण उन्हें राष्ट्रपति होने का गौरव मिला क्योंकि असफलताओं से निराश होकर हाथ पर हाथ रख किसी भी समस्या का समाधान तो नहीं हो सकता। व्यस्त रहना ही जीवन में उन्नति का एकमात्र उपाय है।

जीवन की यह हरी पतंग,

ऊंची ऊंची उड़ाये।

सम्भल सम्भल कर छोड़ो डोरी,

कहीं न कटकर गिर जाये।

पैच पडत है पग पग तेरे,

संयम न रवो कि ये कट जाये।

व्यस्त रहना ही है जीवन तेरा,

इस बिन है मर जायें।

संकलन : सुरेन्द्र बुद्धिराजा

आदमी की औकात

एक माचिस की तिल्ली, एक घी का लोटा,
लकड़ियों के ढेर पे, कुछ घण्टे में राख...
बस इतनी - सी है आदमी की औकात !

एक बूढ़ा बाप, शाम को मर गया,
अपनी सारी जिन्दगी, परिवार के नाम कर गया,
कहीं रोने की सुगबुगाहट, तो कहीं फुसफुसाहट...
अरे जल्दी ले जाओ' कौन रखेगा सारी रात...'
बस इतनी - सी है आदमी की औकात !

मरने के बाद नीचे देखा, नजारे नजर आ रहे थे,
उसकी मौत पे... कुछ लोग जबरदस्त,
तो कुछ जबरदस्ती, रो रहे थे...
नहीं रहा... चला गया... चार दिन करेंगे बात,
बस इतनी - सी है आदमी की औकात !

बेटा अच्छी तस्वीर बनवाएगा, सामने अगरबत्ती जलाएगा,
खुशबुदार फूलों की माला होगी...
अखबार में अश्रुपूरित श्रद्धांजली होगी...
बाद में उस तस्वीर पे, जाले भी कौन करेगा साफ,
बस इतनी - सी है आदमी की औकात !

जिन्दगी भर, मेरा - मेरा - मेरा किया,
अपने लिए कम, अपनों के लिए ज्यादा जिया,
कोई न देगा साथ, जायेगा खाली हाथ,
तिनका ले जाने की भी, नहीं है औकात,
बस इतनी - सी है, आदमी की औकात !

संकलन : अनीता मिनोचा

प्रसन्नता की विभूति

प्रसन्न रह सकना इस संसार का बहुत बड़ा सुख है। हर कोई प्रसन्नता चाहता है, आनन्द की खोज में है और विनोद व उल्लासमयी परिस्थितियों को ढूँढ़ता है। यह आकांक्षा निश्चय ही पूर्ण हो सकती है, यदि हम बुराइयों की उपेक्षा करना और अच्छाइयों से लिपटे रहना पसन्द करें। इस संसार में सभी कुछ है। अच्छाई भी कम नहीं है। बुरे आदमियों में से भी अच्छाई ढूँढ़ें। आपत्तियों से जो शिक्षा मिलती है, उसे कठोर अध्यापक द्वारा कान ऐंठकर दी हुई सिखावन की तरह सीखें। उपकारों को स्मरण रखें। जहाँ जो कुछ श्रेष्ठ हो रहा है, उसे सुनें और समझें। “अच्छा देखो और प्रसन्न रहो” का मंत्र हमें भली प्रकार जपना और हृदयंगम करना चाहिए।

स्वभाव में प्रसन्नता को सम्मिलित कर लेने में जीवन की बहुत बड़ी सार्थकता और सफलता सन्निहित है। मुँह लटकाए रहने की, रूठने की, भवें तरेरे रहने की आदत छोड़ देनी चाहिए। हँसते और मुस्कुराते रहने वाले का आधा डर तो अपने आप ही चला जाता है और आधे डर को वह अपने पुरुषार्थ तथा स्वजनों के सहयोग से दूर कर लेता है। प्रसन्नता, मित्र बढ़ाने का सर्वश्रेष्ठ उपाय है। जो हँसता है, उसकी हँसी में सम्मिलित रहने के लिए दसियों व्यक्ति लालायित रहते हैं।

किसी के काम जो आए उसे इन्सान कहते हैं।

पराया दर्द जो अपनाए उसे भगवान् कहते हैं।

— शिवाक्षी

अपने लिए एक पाई भी नहीं

मगध साम्राज्य के सेनापति चाणक्य से मिलने पाटलिपुत्र पहुँचे। शाम ढल चुकी थी। घरों, व्यावसायिक प्रतिष्ठानों और व्यापारिक संस्थानों समेत रंगशालाओं में भी रंग-बिरंगी रोशनी बिखरी पड़ी थी। चाणक्य की कुटिया नगर से बाहर गंगा तट पर थी। सेनापति वहीं पहुँचे। उन्होंने देखा, चाणक्य अपनी कुटिया में दीपक के प्रकाश में कुछ लिख रहे थे। उनके काम में रुकावट न आने देने के विचार से सेनापति वापस जाने लगे। तभी चाणक्य ने उन्हें पुकारा और आदरपूर्वक अपने पास बिठाया। सामान्य शिष्टाचार के उपक्रम में ही चाणक्य ने सेवक को आवाज लगाई और कहा कि यह दीपक ले जाओ और दूसरा दीपक रख दो। सेवक दीपक बदल कर चला गया। सेनापति को चाणक्य का यह व्यवहार विचित्र लगा, पर उन्होंने कुछ कहा नहीं। दोनों निजी विषयों के अलावा राजकीय मसलों पर भी चर्चा करने लगे। जब चर्चा समाप्त हो गई, तब सेनापति ने चाणक्य से पूछा कि महाराज, एक बात मुझे समझ नहीं आई! मैं जब यहाँ आया, तो आपने एक दीपक बुझवाकर रखवा दिया और ठीक वैसा ही दूसरा दीपक जलाकर रखने को कह दिया.... जब कि दोनों में कोई अन्तर न था, तो ऐसा करने की वजह?

चाणक्य ने मुस्कुराते हुए कहा, “भाई जब आप आए, तब मैं राज्य का काम कर रहा था, इसलिए राजकोष से खरीदे गए तेल का दीपक था। पर जब मैंने आपसे बातचीत शुरू की, तो अपना दीपक जलाया, क्योंकि यह बातचीत व्यक्तिगत थी। मुझे राज्य के धन को व्यक्तिगत कार्य में खर्च करने का कोई अधिकार नहीं, इसलिए मैंने ऐसा किया। जब हम अपने उपार्जन को दूसरों के निमित्त खर्च नहीं करते, तो राष्ट्र की संपदा को अपने काम के लिए ही क्यों करें?

श्रीमद् भागवत (सुख सागर)

तीसरा स्कन्ध की कलम से :

“कपिल देव जी का सांख्य – योग – ज्ञान – देवहूती से कहना”

संसारी व्यवहार को तुम, झूठा समझो तो क्या संसार में जो यज्ञ, तप आदिक धर्म और पाप की बात मनुष्य लोग करते हैं वे भी झूठी होगी, सो पाप और पुण्य की बात को सत्य मानकर उसे कभी झूठा मत समझो। पाप – पुण्य मनुष्य करते हैं उसके बदले सुख और दुःख अवश्य भोगना पड़ता है इसी बात का एक इतिहास है।

इसी बात का एक इतिहास है :

एक मनुष्य लकड़ी का बोझ वन से काटकर अपने सिर पर लिए बेचने के लिए निकला। जब वह धूप की गर्मी से राह में थक गया तब वृक्ष की छाया में सिर से अपना बोझ उतारकर एक कुएं से पानी पीने के उपरांत बैठकर सुस्ताने लगा। उस समय उसने क्या देखा कि एक सवार घोड़ा दौड़ाये उस कुएं पर पानी पीने के लिए चला आता है। उसे देखकर लकड़ी बेचने वाले ने मन में कहा कि हमको भी घोड़ा मिलता तो सवार होकर चलते। बोझा उठाने और पैदल चलने से पैर जलते हैं। इसी विचार में वह कुएं के पास सो गया। स्वप्न में उसको घोड़ा मिला। जब वह उस पर सवार होकर कुदाने लगा तब घोड़े पर से गिर पड़ा और उसी स्वप्नावस्था में वह उछला तो कुएं में गिर पड़ा। कुएं में गिरने से उसके हाथ पैर टूट गये। सो उसको घोड़ा मिलना झूठा और कुएं में गिरने से चोट लगना सत्य हुआ। इसी तरह संसारी सुख झूठा समझो, पर मनुष्य को पाप करने से दंड अवश्य मिलता है, जब लोगो ने उस लकड़हारे को निकालने का उपाय किया तब उसने कुएं में से कहा – मैं स्वप्न में घोड़ा था उसका यह फल पाया। इसलिए जब हमें संसार में सुख वैभव मिले तो उसे परमेश्वर का चमत्कार शरीर से निकल जाता है, तब हाथ – पांव आदि उसकी इन्द्रियां बनी रहती हैं, परन्तु काम नहीं करती। यह हम प्रतिदिन आंखों से देखते भी हैं फिर भी माया के प्रभाव से छले जाते हैं। जो लोग भगवान के चरणों की शरण में रहते हैं, उन पर माया का कुछ वश नहीं चलता।

भक्ति योग का सरल मार्ग ज्ञान व वैराग्य से मन को परमेश्वर के मिलने हेतु धीरे – धीरे लगावे जैसे कोई मनुष्य जगन्नाथ जी या मथुरा को जाने की इच्छा से घर के बाहर निकले और नित्य उसी रास्ते पर चलता रहे तो एक दिन ठिकाने पर पहुंच ही जाता है जो उस रास्ते पर न चलेगा तो वह किस तरह पहुंचेगा। भक्ति – योग, पूजा, पाठ, व्रत नियम और परमेश्वर की कथा व कीर्तन, सुनना सहज राह है। जो लोग चित्त लगाकर ये सब कर्म करें वह भी मुक्ति पा सकते हैं। जो यज्ञ, पूजा, दान, व्रत आदि शुभ कर्म करें और उसे सब परमेश्वर के नाम पर अर्पण कर दे, उसके बदले में कोई कामना न करें, वही प्रभु की शुद्ध भक्ति है व ऐसे भक्त ही जीवन मुक्त होते हैं। चारों वर्णों में वेद पढ़ा हुआ ब्राह्मण भगवान का प्रिय है परन्तु वह यदि परमेश्वर में प्रीति नहीं रखता तो उस ब्राह्मण से हरिभक्त व साधु लक्षण शुद्ध भगवान को अधिक प्रिय होता है। हे माता, परमेश्वर की भक्ति व ज्ञान प्राप्त होने और भव – सागर पार उतरने के लिए केवल मनुष्य का चोला है, जिसने यह नहीं जाना “मनुष्य तन में परमेश्वर” वह पीछे बहुत पछितावेगा।

श्री कृष्णः शरणम नमः

– पं. महेश शर्मा

गलती करके भागो मत!!!

यह उस समय की बात है जब, नेपालियन 12 वर्ष का बालक था। एक दिन वह अपनी बहन के साथ बगीचे में खेल रहा था। उस समय एक गरीब लड़की फलों की भरी टोकरी सिर पर रखे उधर से गुजरी। खेल में दौड़ते समय उसकी बहन उस लड़की से टकरा गई।

इससे लड़की की फलों की टोकरी ज़मीन पर गिर पड़ी। सब फल बिखर गये। कुछ फूट गये, कुछ धूल में सन गये। ऐसा होने पर वह लड़की बहुत दुःखी हुई और बैठकर रोने लगी। नेपालियन की बहन बोली, “घर भाग चलो, नहीं तो माँ मारेगी।” नेपालियन को बहुत बुरा लगा। वह बोला, “एक तो तुमने उस लड़की का इतना नुकसान करा दिया है और अब उसकी सहायता करने की अपेक्षा भाग जाना चाहती हो। ऐसा करना ठीक नहीं।”

नेपालियन अपनी बहन और उस लड़की को साथ लेकर अपनी माँ के पास पहुंचा। उसने माँ से कहा, “माँ मुझसे इस लड़की के फल गिर गये हैं। आप इसके पैसे इसे दे दो।” माँ बोली, “ठीक है, मैं इसे पैसे दे देती हूँ, परन्तु

तुम्हारी गलती से इसका यह नुकसान हुआ है, इसलिये मैं तुमको तीन महीने तक कोई जेब खर्च नहीं दूंगी।”

नेपालियन ने उत्तर दिया, “हाँ, माँ मुझे यह बात स्वीकार है।” इस बीच बहन बोल पड़ी, “माँ, माँ भईया झूठ बोल रहा है। गलती तो मुझसे हुई है। मेरा जेब खर्च बन्द करना, भईया का नहीं।” माँ मुस्कराई। माँ ने फिर लड़की को फलों का मूल्य चुका दिया। उस लड़की से पूछने पर पता चला कि उसका पिता बीमार है, उसके इलाज के लिये पैसे की आवश्यकता है। फल बेचकर वह जो धन कमायेगी उससे अपने पिता के लिये दवाई लायेगी। उस लड़की के बीमार पिता को देखा और दवा लिख दी। माँ ने डाक्टर की फीस और दवा का मूल्य अपने पास से चुका दिया।

घर लौटने पर माँ ने नेपालियन को आशीर्वाद दिया और कहा, “बेटा, गरीबों के साथ ही न्याय करना।” आगे चलकर यही नेपालियन एक महान सम्राट बना। वह अपने गुणों के कारण सदा याद किया जाता है।

सौजन्य: डी. पी. मिनोचा

कमर दर्द-लाईफस्टाईल डिसाईर

आज की भाग दौड़ से भरपूर जीवन शैली में एक समस्या जो हर धर्म के वर्ग को घेरे हुए है वह है कमर दर्द। इसे लेकर उपेक्षा का भाव भी व्यापक स्तर पर देखने को मिलता है।

आम दर्द तो कुछ समय में थोड़ा आराम व परहेज से ठीक हो जाता है परन्तु यदि ऐसा न होतो इसे गम्भीरता पूर्वक लेना चाहिए।

- ♦ कभी किसी की रीढ़ की हड्डी बढ़ने से जोड़ों में सूजन आ जाती है जिससे जोड़ों का लचीलापन कम हो जाता है। इससे दर्द पैदा होता है।
- ♦ झुककर लगातार काम करना ऊँची एडी के सैंडिल पहनना, गलत तरीके से लंबे समय तक बैठना इत्यादि ऐसे कई कारण हैं जिनसे कमर दर्द उत्पन्न हो जाता है।
- ♦ अत्याधिक शारीरिक श्रम करना भी इसकी एक वजह हो सकता है।

- ♦ कभी चोट लगने से भी डिस्क खिसकने की वजह से कमर दर्द हो जाता है।
- ♦ सामान्य दर्द थोड़ा आराम करने से दूर हो जाता है पर गंभीर होने पर विशेषज्ञ को दिखाना चाहिए।
- ♦ कमर दर्द से बचने के लिए नियमित हल्का व्यायाम करना चाहिए।
- ♦ वजन नियंत्रण में रखना चाहिए।
- ♦ बैठने व चलने का सही तरीका अपनाना चाहिए।
- ♦ दर्द की अवस्था में यथासंभव रोजमर्रा के काम करते रहना चाहिए।
- ♦ बिस्तर नहीं पकड़ लेना चाहिए। सुपाच्य पौष्टिक आहार लें। गलत जीवनशैली से बचें तथा किसी विशेषज्ञ की मदद लें।

संकलन : प्रभुदयाल सतीजा

वक्त नहीं !

हर खुशी है लोगों के दामन में, पर एक हंसी के लिए वक्त नहीं, दिन रात दौड़ती दुनियां में, जिन्दगी के लिए वक्त नहीं। माँ की लोरी का एहसास तो है, पर माँ को माँ कहने का वक्त नहीं, सारे रिश्तों को हम मार चुके, अब उन्हें दफ़नाने का वक्त नहीं। सारे नाम मोबाइल में हैं, पर दोस्ती के लिए वक्त नहीं, गैरों की क्या बात कहें, जब अपनों के लिए वक्त नहीं। आंखों में है नींद बड़ी, पर सोने को वक्त नहीं, दिल है गमों से भरा हुआ, पर रोने को भी वक्त नहीं। पैसों की दौड़ में ऐसे दौड़े, की थकने को भी वक्त नहीं, एहसासों की क्या कद्र करें, जब सपनों के लिए ही वक्त नहीं। तू ही बता ऐ जिन्दगी, इस जिन्दगी का क्या होगा, कि हर पल मरने वालों को, जीने के लिए भी वक्त नहीं, कि हर पल मरने वालों को, जीने के लिए भी वक्त नहीं।

सौजन्य से : डी.पी. मिनोचा

स्वार्थ

प्रत्येक व्यक्ति में स्वार्थ और अहम् (अहंकार) की भावनाएं स्वाभाविक होती हैं। संसार में रहते हुए हम जितने भी कर्म करते हैं उनमें सबसे पहले मन में यह विचार अवश्य उठता है कि ऐसा करने से मुझे क्या लाभ मिलेगा। स्वाभाविक है कि मनुष्य स्वार्थी है और इस भावना के साथ-साथ अपने सुख, अपने लाभ के लिये चिन्तित रहता है। संत कबीर ने इसे दो शब्दों में ही व्यक्त कर दिया :-

स्वार्थ का सब कोई सगा, सारा ही जगजान।

बिन स्वार्थ आदर करे, सो नर चतुर सुजान।

सारे संसार की यही दशा है। बिना स्वार्थ के जो कर्म करता है वही मनुष्य बुद्धिमान् और अच्छे विचारों वाला है। प्राणी में जैसे ही दूसरों से प्रेम करने की इच्छा होती है, दूसरों के हित का विचार मन में आता है और जहां पर मन में स्वार्थ का भाव आया वहीं प्रेम का अभाव हो जाता है। मान लीजिये कि हमने किसी भी दूसरे व्यक्ति के लिये हित का काम किया और उसे बार-बार बतलाया और जतलाया कि मैंने ही आपके लिये यह कार्य किया है या मेरे प्रयत्न से ही आप यह कार्य कर पाये हैं और इसमें मेरा कोई भी लाभ या स्वार्थ नहीं है। उसे करने से आपके मन में अहंकार के तार उत्पन्न होने लगते हैं। प्रमाणित है कि हमारा निजी स्वार्थ और अहंकार ही प्रेममार्ग में सबसे बड़े बाधक है।

आप किसी की भी सेवा करके किसी के भी संकटों का निवारण करते हैं और विपत्ति में दुःख के समय उनसे सहानुभूति करते हैं तो यह हितपूर्ण कार्य आपके मन में शान्ति और प्रेम की वृद्धि में सहायक होते हैं किन्तु जब आप इस सेवा की दूसरों के सामने डींग मारते हैं, अभिव्यक्ति करते हैं तो आपका किया कराया मिट्टी में मिल जाता है क्योंकि उपकारों को प्रकट करने से अभिमान की वृद्धि होती है। जिस प्रकार एक बूंद खटाई डालने से सारा दूध एकदम फट जाता है उसी प्रकार अहंकार रूपी खटाई पड़ने से सेवा व्यर्थ हो जाती है। शास्त्रकारों का यहां तक कहना है कि अपने किये हुये शुभकर्म को गिनाने से आपके कर्मों के परिणाम भी व्यर्थ हो जाते हैं। इसलिये हमारा कर्तव्य है कि हम प्रयत्न करें कि किसी के प्रति भी किये गये उपकारों की गणना दूसरों को न व्यक्त करें। यदि आप स्वार्थरहित हो निष्काम भाव से करते हैं तो वह कर्म फलीभूत होते हैं। यदि दूसरा व्यक्ति कृतघ्न नहीं तो वह मन ही मन आपके उपकार को जानता ही है। व्यवहारिक रूप से मानव में इसके लिये समता की भावना की आवश्यकता है। जैसे एक व्यक्ति अपने शरीर में, अपने गम में बाहरी सुख दुःख का अनुभव करता है उसी तरह यदि वह सभी के सुख दुःखों को अनुभव करे तो उसके मन में, स्वार्थ रहित समता की भावना आकर निष्काम सेवा के भाव उत्पन्न होते हैं। और उत्तम गुणों का विकास होता है इसलिये आज उस ईश्वर से यही प्रार्थना है कि...

मेरी आंखों में अतिशय बल भर दो।

इस स्वार्थी चंचल मन को अविचल कर दो।

इच्छाओं में निश्चलता भर दो।

मेरा जीवन निर्मल कर दो।।

संकलन : दीपिका बत्रा

CYBER SECURITY AWARENESS : STAYING SAFE IN THE DIGITALWORLD

As technology becomes deeply woven into our daily lives, the risk of cyber threats has increased for everyone—students, professionals, business owners, and families alike. Whether we use smartphones, online banking, shopping apps, or social media, staying informed about cyber safety is essential.

One of the most alarming modern scams is the “**Digital Arrest**” fraud. In this scam, criminals impersonate police officers, cyber-crime officials, or government agencies. They contact you through phone calls or video calls, claim that your Aadhaar, PAN, bank account, or mobile number is linked to illegal activity, and threaten immediate action. To create fear, they may display fake IDs or official-looking screens and force you to keep the call active.

Remember: No government department arrests or investigates people over a phone call. Any demand for money, personal details, or “verification” via call is a scam. Disconnect immediately.

Cyber criminals also use **phishing emails, fake links, and deceptive messages** to steal personal information. Never share OTPs, passwords, or banking details with anyone—even if they seem trustworthy. Real banks and institutions never ask for such data.

Using **strong, unique passwords** and enabling **two-factor authentication (2FA)** greatly improves security. Keeping your devices updated and installing trusted antivirus software helps protect against malware and unauthorized access.

Be cautious about what you share online. Details like your full address, financial information, or travel plans can be misused. Always verify the source before clicking on links or downloading attachments.

How to Report Cybercrime

If you or someone you know becomes a victim of online fraud, immediately report it at India’s official cybercrime helpline or website:

- **Call: 1930** (National Cybercrime Helpline – for financial frauds)
- **Website: www.cybercrime.gov.in** (to file detailed complaints with proof)

Quick reporting increases the chances of blocking fraudulent transactions and catching criminals.

Cyber security is not complicated—it’s about awareness and smart digital habits. With a little caution, everyone can enjoy the digital world safely and confidently.

Sameer Grover
(Vice President)



ALL INDIA DERAVAL SAHAYAK SABHA (Regd.)

OUR SOURCE OF INSPIRATION

Your contribution to All India Derawal Sahayak Sabha (Regd.) is a great inspiration for all of us.

सभा उन सदस्यों को भी श्रद्धांजलि दे रही है जिनका डेरावसल पत्रिका के पिछले प्रकाशन
कमबमउडमत 2024 के दौरान निधन हो गया था :

DATE	NAME & ADDRESS
सभा के पूर्व मार्गदर्शक	
05-12-1996	LATE SH. HEM RATTAN MAKHIJA Former Patron Kirti Nagar, New Delhi.
20.12.2002	LATE SH. S. M. CHAWLA Former President & Patron (F/o Sh. Anurag Chawla-Admn, Trustee)
06.12.2006	LATE SH. M. L. AHUJA Former President & Patron Eldest Brother of Late Sh. Rakesh Ahuja, Former Admn. Trustee, Chief Patron & Dera Rattan Awardee (2015)
01.12.2008	LATE SMT. CHANDER KANTA SACHDEVA W/o Late Sh. Ram Nath Sachdeva One of The Founding Fathers & 1st President of Sabha, Kirti Nagar, New Delhi.
20.12.2011	LATE SMT. SANGEETA KHERA W/o Shri Ravi Khera, Chairman & Admn. Trustee. Recipient for the benevolent act of Organ Donation by Honourable Health Minister Dr. Harsh Vardan.
13.12.2015	LATE SH. SUNDER DAS SACHDEVA Former Vice President, Retired IRS officer. Recipient of Shawl Saropa, Palam Vihar, Gurugram
01.12.2018	LATE SMT. BIMLA VERMA W/o Dr. R. S. Verma, President of AIDSS Function (2012), Faridabad Winner of many Awards, Recognized the empowered woman by former president Mrs. Pratibha Patil, Best Principal Trophy etc.,

DATE	NAME & ADDRESS
सभा के पूर्व मार्गदर्शक	
25.12.2021	LATE SMT. LAJWANTI DHINGRA W/o Late Sh. Radhey Sham Dhingra, One of our Founder Members. Recipient of Dera Shardha Saman in 2015 & Head of Mahila Satsang Mandli,
17.12.2023	LATE SH. KRISHAN SWARUP MAKHIJA Dera Lifetime Achievement Awardee in 2017 & Former Patron, N.D.S.E., New Delhi

डेरावाल बिरादरी-समाज सेवी

DATE	NAME & ADDRESS
18.12.1975	LATE SH. NARAIN DAS MEHTA Moti Nagar, New Delhi
16-12-1992	LATE SH. RAGHU NATH SEHRA Janakpuri, New Delhi
01-12-1993	LATE MAJ. S. K. GOGIA (Retd.) S/o Late Sh. N. D. Gogia, Former Chairman & Admn. Trustee. Kirti Nagar, New Delhi
05-12-1994	LATE SMT. SAVITRI DEVI BHUTANI W/o Late Sh. Atam Parkash Bhutani, Kirti Nagar, New Delhi
08.12.1993	LATE SHRI MOHAN LAL MEHTA F/o Late Capt. Ramesh Mehta, Kirti Nagar, New Delhi.
18-12-1993	LATE SMT. SUSHILA DEVI MEHTA Kirti Nagar, New Delhi
19.12.1993	LATE SH. SHANTI LAL THAKKAR Kirti Nagar, New Delhi
15.12.1996	LATE SH. JETHA NAND LUTHRA
22.12.1996	LATE SMT. SHANTI DEVI GOGIA East Patel Nagar, New Delhi.

डेरावाल बिरादरी-समाज सेवी

DATE	NAME & ADDRESS
31.12.2000	LATE SMT. SHANTI DEVI NANGIA Kirti Nagar, New Delhi.
13.12.2001	LATE SMT. KRISHNA DEVI WADHWA New Rajender Nagar, New Delhi.
19.12.2001	LATE SMT. GANESH DEVI RAKHEJA Mother of Sh. Guru Dutt Rakehja, Patron, Vishal Enclave, New Delhi
23.12.2002	LATE SH. DINA NATH GROVER Vijay Nagar, New Delhi.
05-12-2004	LATE SMT. CHANDER KANTA DHINGRA Social Worker Teacher at Girls Knitting School at Bhawan & Recipient of Shawl Saropa, Uttam Nagar, New Delhi
31.12.2008	LATE SH. BANKESH MEHTA S/o Late Sh. Sadhu Ram Mehta, West Patel Nagar, New Delhi.
06.12.2006	LATE SHRI R. S. BATRA Janakpuri, New Delhi
30.12.2010	LATE SMT. YOGESH BHUTANI W/o Sh. Prem Bhutani, Dehradun, D/o. of Late Sh. Bhagwan Das Mehta, One of the Founders of Sabha
18.12.2012	LATE SH. SADA NAND KHERA Jangpura-B, New Delhi.

डेरावाल बिरादरी-समाज सेवी

DATE	NAME & ADDRESS
23.12.2014	LATE SH. SATISH PAHWA Generous Donor, Greater Kailash, New Delhi.
24.12.2014	LATE SH. ASHOK ABBI Son in Law of Late Sh. Mohan Lal Mehta, One of our Founding Fathers, Hyderabad.
02.12.2016	LATE SH. MOHAN MEHTA Ghaziabad, U.P.
11.12.2018	LATE SH. KRISHAN LAL KATHURIA F/o Sh. Ramesh Kathuria (G. Secretary) Kirti Nagar, New Delhi
07.12.2022	LATE SMT. BHAWNA DHAWAN A relative of Former President Sh. Madan Mohan Chawla, Bikaner.
01.12.2024	LATE SH. VIKAS HURIA Younger brother of Sh. Manoj Huria, Patron Switzerland.
18.12.2024	LATE SH. ANIL KHURANA A relative of Patron Sh. Vijay Huria Amritsar (Punjab)
07.12.2025	SMT. ASHA SEHRA (KRISHNA) Kavi Nagar, Ghaziabad, U.P. Mother-in-law of our Chairman Sh. Ravi Khera

**You have been and will always be a guiding force and inspiration to all of us.
Deeply missed and remembered by**



FOR & ON BEHALF OF

RAVI KHERA

Chairman & Admn. Trustee



RAMESH AHUJA

Chief Patron

ADMINISTRATIVE TRUSTEES

**Girish Mehta, Dharam Pal Minocha, L.N. Mehta, Surender Kr. Mehta & Anurag Chawla
All Patrons, Celebrities, MCM, Executive, Co-opted, Special Invites & Life Members.**

DERAWAL SAHAYAK SAMITI (REGD.) SOUTH DELHI

1st Floor, Prachin Shiv Shakti Mandir, Opp. Lodhi Hotel, Nizamuddin, New Delhi-110013

FREE MATRIMONIAL SERVICES

Every Saturday & Sunday 11 AM to 2 PM



BOYS :

PROFESSIONALS/PVT. SERVICE/GOVT. SERVICE :

01. 29(+) years (13.08.96, Delhi), Height 5'-5", Fair, Medium Built, B.Tech., Dera Ghazi Khan family boy, Working with Software Company at Gurugram, Earning Rs. 11.50 Lakhs PA, Contact his father Sh. Pradeep Kumar Bhutani at Ph. : 9811277060, Suitable working girl required.
02. 32(+) years (23.03.93, 08.40 PM, Delhi), Height 5'-9", Fair, Medium Built, B.Tech. in Mechanical from Echelon England College, Executive MBA from IMT Gaziabab, Dera Ghazi Khan family boy, Working as Technical Manager in MNC, Earning Rs.12.00 Lakhs PA, Contact his father Sh. Dinesh Khanna at Ph. 9650818080, Smt. Kanchan Khanna at Ph. 9215280801, Suitable working girl required.
03. 31(+) years (01.08.94, 04.05 AM, Delhi), Height 5'-9", Fair, Slim Built, Graduate, Dera Ghazi Khan family boy, Working as Sales Manager in Shopper Shop Mall, Earning Rs.05.00 Lakhs PA, Contact his father Sh. Parkash Chand Rawal at Ph. : 9811762539, Suitable working/non- working girl required.
04. 28(+) years (27.10.97, 02.26 AM, Faridabad), Height 5'-9", Fair, Medium Built, B.Tech. in Computer Sciences, Dera Ghazi Khan family boy, Working as Software Engineer with Par Technology at Noida, Earning Rs. 25.00 Lakhs PA, Contact his father Sh. Jagdish Ahuja at Ph. : 9415051039, Suitable working girl required.
05. 33(+) years (20.11.92, 12.20 PM, Palwal), Height 5'-8", Fair, Medium Built, B.Tech., MBA in marketing, Dera Ghazi Khan family boy, Working as Manager Global Account Data Management in Alvarez & Marsal at Noida, Earning Rs. 30.00 Lakhs PA, Contact his Mother Smt. Shashi Bala Pahuja at Ph. : 8571007488, Suitable working girl required.

BUSINESS :

01. 28(+) years (17.02.97, 10.05 AM, Delhi), Height 5'-10", Fair, Slim Built, MBA in Marketing and Operations, Dera Ghazi Khan family boy, Running business if Iron And Steel Manufacturing, Earning Rs. 35.00 Lakhs PA, Contact his father Sh. Ranu Monga at Ph. : 9968000421, Suitable girl from reputed family required.
02. 29(+) years (26.04.96, 05.35 AM, Delhi), Height 5'-8", Fair, Medium Built, B.Com., Dera Ghazi Khan family boy, Running his Grocery Store at Golf Course Road, Sec-54, Gurugram, Earning Rs. 30.00 Lakhs PA, Contact his father Sh. Dharmender Kumar Batra at Ph. : 9213560515, Suitable working/non-working girl required.
03. 32(+) years (26.05.93, 12.40 PM, Delhi), Height 5'-8", Fair, Medium Built, M.Com., Dera Ghazi Khan family boy, Doing business of Interiors & Property Consultant, Earning Rs. 15.00 Lakhs PA, Contact his father Sh. Prabhu Dayal at Ph. : 9999004132, Mother Ph. 9873700706, Suitable working/non-working girl required.
04. 37(+) years (26.10.88, 07.05 AM, Delhi), Height 5 feet, Fair, Normal Built, 12th Pass, Doing retail business of Garments at New Friends Colony, Earning Rs. 20-25 Lacs PA, Contact his father Sh. Rajinder Arora at Ph. : 9810066373, Suitable girl required.
05. 32(+) years (30.04.93, 06.40 PM, Delhi), Height 6', BA in Operations Research from Delhi College of Arts & Commerce, MBA in Finance from Dublin Business School, Working as Risk Consultant with Western Unton (Dublin), Contact Mr. Shivansh Bhatia on 9312508545, Suitable girl required.

MANGLIK :

01. 26(+) years (18.12.99, 03.20 AM, Delhi), Height 5'-7", Manglik, Wheatish, Slim Built, LLB, Delhi family boy, Doing Advocate Practice in Karkarduma Court and running Printing Business at Shahdra, Earning Rs.18.00 Lakhs PA, Contact his father Sh. Yogendra Sachdeva at Ph. : 9810323415, 9716344272, Suitable working/non-working girl required.
02. 28(+) years (24.08.97, 01.59 PM, Delhi), Height 5'-5", Manglik, Fair, Slim Built, B.Com(H), ACCA, Dera Ghazi Khan family boy, Working as Assistant Manager in KPMG, Earning Rs. 50.00 Lakhs PA, Contact his father Sh. Sunil Satija at Ph. : 9810066684, Mother Smt. Anchal Satija at Ph. : 9910066684, Suitable girl required.
03. 32(+) years (26.05.93, 12.40 PM, Delhi), Height 5'-8", Manglik, Fair, 90 Kgs., M.Com., Dera Ghazi Khan family boy, Running his own business of Interior & Property Consultant, Earning Rs.15.00 Lakhs PA, Contact his Mother Smt. Sunita at Ph. : 9999004132, Father Sh. Prabhu Dayal at : 9873700706, Suitable service girl required.

GIRLS :

PROFESSIONALS/PVT. SERVICE/GOVT. SERVICE/TEACHER :

01. 27(+) Years (23.08.98, Delhi), Height- 5', Fair, Slim body, Graduate, Delhi family girl, Working with Nexa Car Show Room, Earning Rs. 2.50 Lakhs PA, Contact her mother Smt. Rina Verma at Ph. : 9818076794, 9810874827, 9650961938, Suitable boy in Service/business required.
02. 34(+) years (06.11.90, 11.40 AM, Delhi), Height 5'-2", Fair, Normal body, M.Com., Company Secretary Finalist, Delhi family girl, Working as Assistant Accountant with Private company in South Delhi, Earning Rs. 4.00 Lakhs PA, Contact her father Sh. Shiv Dayal Khara at Ph. : 9654526747, 9999254260, Suitable boy in service/business required.
03. 28(+) years (03.01.97, 10.50 AM, Delhi), Height 5'-1", Fair, Slim body, B. Design Degree Course from Apeejay Satya University, Working as Fashion Designer with a Design House in Panchsheel Park, Earning Rs. 32,000/- PM, Contact her father Sh. Suman Nath at Ph. : 9899404382, Suitable boy in service required.
04. 33(+) years (02.07.92, 11.50 PM, Delhi), Height 5 feet", Fair, Slim body, B.Com(H) from Delhi University, Semi qualified CA, Working with E&Y, Earning Rs. 10.00 Lakhs PA, Contact her father Sh. Rajendra Arya at Ph. : 9711825925, mother Smt. Neelam Arya at Ph. : 9711106659, Suitable boy with income Rs. 18.00 Lakhs PA plus, Delhi & NCR required.

HOMELY :

01. 27(+) Years (19.10.98, Delhi), Height 5'-2", Fair, Medium built, Graduate from IP University, Business of Art & Craft Material Supplies & Artificial Freelancing, Contact Her father Sh. Parveen Kumar Nangia at Ph. : 9650457106, Suitable boy in Service/business required.

MANGLIK :

01. 33(+) years (21.08.92, 10.35 AM, Delhi), Height 5'-2", Fair, Slim body, M.Com., Working with Pharma Company in Lajpat Nagar, Earning Rs. 04.00 Lacs PA, Contact her father Sh. Gulshan Pal Malhotra at Ph. : 9899726604, 9899933147, Suitable boy in service required.
02. 34(+) years (14.05.91, 02.08 PM, Delhi), Height 5'-1", Fair, Slim, M.Com., Working as Team Manager in Amazon, Earning Rs. 08.00 to 12.00 Lakhs PA, Contact her father Shri Pramod Kashyap at Ph. : 9958703375, Well settled non-drinker boy in service/business required.
03. 32(+) years (21.01.93, 09.12 PM, Delhi), Height 5'-3", Fair, Medium body, MA (Eng.), BJMC, Using specs, Working as Team Leader in MNC at Noida, Earning Rs. 50,000/- PM, Contact her father Sh. Ashok Gehlaut at Ph. : 9871286097, Suitable boy in service/business required.

DIVORCEE :

01. 44(+) years (29.07.81, 03.45 PM, Delhi), Height 5'-4", Fair, Slim Body, MA, Post Graduation Diploma in Guidance & Counselling, Legally Divorcee girl with no issue, Working as Counselling Psychologist in Gurugram, Earning Rs. 08.00 Lacs PA, Contact her father Sh. Lalit Sahni at Ph. : 9821967065, 9654014795, 9810182460, Suitable boy in Service/business required.

ASHUTOSH SHARMA, 9312105617



शुभ कामनाओं सहित रिश्ते ही रिश्ते



विवाह सम्बन्धी सेवा के लिए सम्पर्क करें :

Prabhu Dayal Satija
चेयरमैन
(9871053202)

Ashutosh Sharma
महामंत्री
(9312105617)

डेरावाल सहायक समिति (रजि०)

साउथ दिल्ली, पहली मंजिल, प्राचीन
शिव शक्ति मंदिर, लोधी होटल के सामने निजामुद्दीन, नई दिल्ली- 110013

शनिवार एवं प्रत्येक रविवार प्रातः 11 बजे से दोपहर 2 बजे



ORGAN DONATION IN INDIA

AN URGENT PUBLIC HEALTH PRIORITY highlights the critical need to raise awareness and strengthen capacity for Organ Donation & Transplantation in India. With a country as large, diverse, and populous as India, the demand for organs required for transplantation is enormous. India performs the third-highest number of organ transplants globally. However, the majority of these are living donor liver and kidney transplants, while deceased donor transplants remain a small fraction.



Despite gradual progress, the overall impact remains limited. India's current deceased organ donation rate is just 0.8 per million population (PMP). In 2024, there were only 1,128 deceased organ donors nationwide, resulting in approximately 3,000 organs donated. These numbers are far below what is needed to address the growing burden of organ failure across the country.

The low deceased donation rate reflects a significant missed opportunity. Out of every 10-lakh people in India, less than one person becomes a deceased organ donor. Nearly five lakh people suffer from end-stage organ failure, yet less than 3% receive a life-saving transplant. Thousands of critically ill patients die each year while waiting for organs. This gap between need and availability demands immediate and sustained action.

To address this challenge, mass public awareness, robust capacity building, and stronger hospital-level systems are essential to increase deceased organ donation and move toward a target of at least 1 PMP and beyond. Accurate information, support systems, and easy access to knowledge must be strengthened through coordinated national campaigns, social initiatives, and supportive policies.

KEY AREAS THAT NEED FOCUS:

1. Leveraging Our Belief Systems

India's cultural and social fabric strongly values altruism and the concept of daan. While this spirit of giving is deeply rooted, it has not been effectively channelled toward organ donation. A simple "yes" to organ donation after death can save multiple lives, yet lack of awareness about its life-saving potential continues to hinder acceptance.

2. Busting Myths Around Organ Donation

Misinformation and fear—often linked to organ trafficking myths, religious misconceptions, and mistrust in the healthcare system—remain major barriers. The absence of large-scale, sustained public health campaigns has allowed these myths to persist. Addressing these fears through transparent communication and credible information is critical.

3. Capacity Building for Organ Retrieval & Transplantation

Many hospitals, particularly in smaller cities and districts, lack trained staff and structured systems for brain death

declaration and organ retrieval. Even in metropolitan areas, hesitation in declaring brain death and inadequate retrieval infrastructure affect donation rates. Establishing dedicated hospital committees and training healthcare professionals is vital to ensure timely and ethical organ retrieval, even in remote regions.

4. Strengthening Government Hospitals

Organ transplantation remains expensive and largely concentrated in private hospitals, making it inaccessible to many. Enhancing capacity for organ donation, retrieval, and transplantation in government hospitals is essential to improve equity and reach.

5. Addressing Gender Disparity

A significant gender imbalance exists in living organ donation in India—most recipients are men, while most donors are women. Social, emotional, and economic pressures often push women into becoming donors, sometimes at the cost of their own health and autonomy. Increasing deceased organ donation is key to reducing dependence on living donors and protecting vulnerable populations.

6. Ensuring Financial Support

The cost of transplantation and lifelong post-transplant medication remains prohibitive for many. While some states offer financial assistance, uniform and comprehensive funding mechanisms across all states are needed. Public awareness about existing government schemes and financial aid options must also be improved so that financial constraints do not prevent access to life-saving transplants.

ABOUT ORGAN INDIA & HOW TO CONNECT :

ORGAN India, an initiative of the Parashar Foundation, has been working since 2013 to address the critical shortage of organ donors in India through awareness, advocacy, and capacity building.

ORGAN India conducts organ donation awareness talks, workshops, and training sessions across schools, colleges, medical institutions, hospitals, corporates, and community platforms. Institutions and organizations interested in organizing an awareness session on organ donation and transplantation can reach out anytime.

24x7 Helpline: 1800 120 3648

Email : info@organindia.org

Organ Donation Pledge

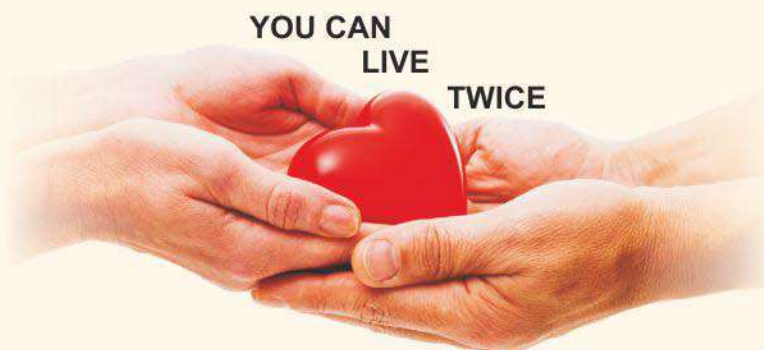
Website : www.organindia.org

**A single conversation can inspire a pledge -
and a single donor can save multiple lives.**



***"The things you do for yourself are gone when you are gone,
but the things you do for others remain as your legacy."***

—Kalu Ndukwe Kalu



Sunayana Singh,
Chief Executive Officer,
ORGAN India, Parashar Foundation
Courtesy : RAVI KHERA

ALL INDIA DERAVAL SAHAYAK SABHA (Regd.)

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

सेवा
परमोधर्म

63rd
ANNUAL
DERAWAL DAY



Since 1955

**LIFE IS JUST A CIRCLE.
IT IS JUST A CIRCLE OF LIFE.
PEOPLE FORGET OLD VETERANS AND
THEN NEW STALWARTS COME IN.
SO, "WE NEED TO REMEMBER THE ROOTS"**

यह सिर्फ जीवन का एक चक्र है।
लोग पुराने दिग्गजों को भूल जाते हैं
और फिर नए दिग्गज आते हैं।

इसलिए,
“हमें जड़ों
को याद रखने की
जरूरत है”



LATE SHRI BHAGWAN DAS MEHTA

10 June 1914 – 14 March 1972

Shri Bhagwan Das Mehta was born on 10 June 1914 into a distinguished family originally from Dera Ghazi Khan. He was the youngest of six siblings: Shri Narain Das Mehta (eldest), Smt. Sukho Bai Nagpal, Smt. Radha Bai Sachdeva, Smt. Bodal Bai Bhutani, and Smt. Rukmani Khera.

He was married to Smt. Ram Devi Mehta, and they were blessed with three children - one daughter, Smt. Jugesh Bhutani, and two sons, Shri Yash Pal Mehta and Shri Girish Kumar Mehta. Mr. Yash Pal Mehta was former Patron of A.I.D.S.S. He was honoured Guest of Honour of the Sabha in 1999. Mr. Girish Mehta was initially appointed as Patron and later elevated to the role of Administrative Trustee of the Sabha, which continues to serve actively today.

After completing his Matriculation in 1930, Shri Bhagwan Das Mehta joined Bharat Insurance Company, Lahore, in 1932. Through steadfast dedication, discipline, and integrity, he progressed steadily within the organisation despite numerous challenges. His professional competence and reliability earned him a position of deep trust and responsibility with Dalmia Enterprises, where he served with distinction in Delhi.

Beyond his professional responsibilities, he played a significant role in helping numerous members of the Biradari secure employment at Dalmia Enterprises. Many of them went on to rise to exceptionally senior and respected positions within the organisation and continue to remain deeply indebted to his guidance, encouragement, and faith in their abilities.

From an early age, he exhibited exceptional qualities of empathy, compassion, humility, and understanding. Entrusted with significant family responsibilities, he discharged them with quiet strength and dignity. His rare ability to bond families and unite the Biradari was an exceptional and irreplaceable quality, earning him lifelong respect and affection. People naturally turned to him for guidance and support, confident in his sincerity and balanced judgment. Every responsibility entrusted to him was fulfilled with sincerity, efficiency, and unwavering commitment.

Shri Bhagwan Das Mehta played a pivotal role in the organisation, growth, and consolidation of the Sahayak Sabha.

His contribution is deeply embedded in the very foundation of the present Bhawans at Delhi and Haridwar. He was also the main force behind the creation of Derawal Sewa Sangh (Regd.), established to support and uplift needy members of the society, reflecting his lifelong commitment to service and compassion.

It is difficult to adequately capture his remarkable qualities—his sincerity, wisdom, sense of duty, and dedication—which defined both his personal life and public service. He passed away peacefully on 14 March 1972, leaving behind an irreplaceable void in the hearts of his family and the Derawal Biradari, at a time when his presence was most deeply needed.

So long as the Sabha endures and the Bhawans stand, the name of Shri Bhagwan Das Mehta shall remain an inseparable part of their very identity. The Sabha places on record its deep reverence, gratitude, and lasting respect for his invaluable contributions and selfless service.

In recognition, the All India Derawal Sahayak Sabha (Regd.) take great pride in posthumously honoring you with the **“DERA LIFETIME ACHIEVEMENT AWARD”**. This award not only pays tribute to you but also celebrates your remarkable lineage.



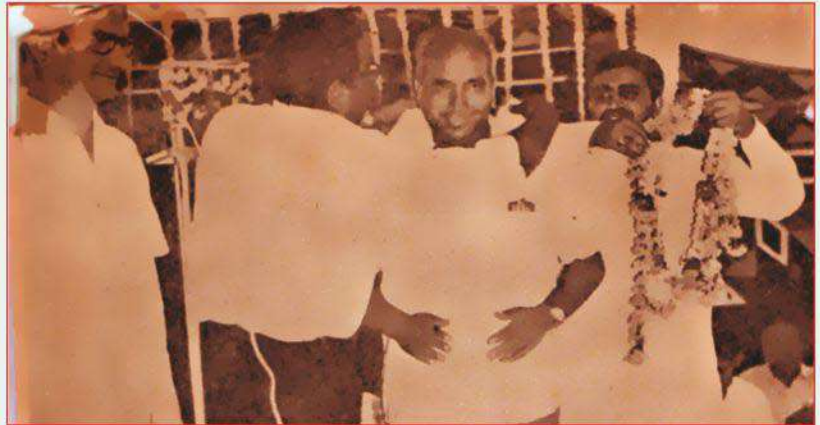
डेरवाल समाज में आपका सर्वोत्तम स्थान था।



दिल की गहराईयों से आप सोचते थे



सत्य वचन बोलना उनका पहला अंतिम कर्तव्य था।



अपनी सेवाओं का मान प्राप्त करते हुए।



LATE Dr. B.D. KUMAR

(1918 – 1989)

Dr. B. D. Kumar was born in 1918 into a respectable and educated family in Dera Ghazi Khan, now in West Pakistan. From an early age, he imbibed values of learning, discipline, and service to society—values that would define his entire life.

Pursuing his calling in medicine, Dr. Kumar completed his medical education in Chennai. Guided by a deep sense of national duty, he joined the Indian Army and served the nation with distinction. During the Second World War, he saw active service on the Burma front, demonstrating courage, commitment, and unwavering dedication in challenging circumstances.

In the aftermath of the Partition, Dr. Kumar, along with his wife, Mrs. Shanta Kumar, relocated to Delhi and settled in East Patel Nagar. There, he commenced his private medical practice, which soon earned him widespread respect and recognition. Known not only for his professional competence but also for his compassion, Dr. Kumar became a trusted and successful physician, deeply valued by his patients and peers alike.

Service to humanity was deeply rooted in Dr. Kumar's ethos. In pursuit of continuous learning and excellence, he undertook an honorary position at Lok Nayak Jai Prakash (LNJP) Hospital in the Department of Dermatology to further enhance his medical skills. He held several important assignments during his career and was a senior and respected member of the Delhi Medical Association.

Beyond his private practice, Dr. Kumar rendered selfless honorary services at the Vivekanand Medical Centre and served with dedication as a Medical Officer with the Life Insurance Corporation of India for many years. His commitment to community welfare extended further through his active involvement with the Derawal Sahayak Sabha, where he worked tirelessly for social upliftment and collective well-being.

A loving and caring father, Dr. Kumar always placed his family's welfare close to his heart. In his later years, he established a paper manufacturing plant in Ghaziabad to secure the future of his three sons—Dr. Anil Das Kumar, Rajiv Kumar, and Sanjiv Kumar—who have inherited and exemplified the integrity, values, and excellence of their illustrious father.

Dr. B. D. Kumar passed away in the year 1989, leaving behind a rich legacy of professional excellence, patriotic service, social commitment, and humane values. His life remains an enduring source of inspiration.

In recognition of his invaluable contributions to medicine, society, and the community, **the All India Derawal Sahayak Sabha (Regd.)** posthumously bestows upon him the Prestigious **“DERA LIFETIME ACHIEVEMENT AWARD”**, with profound dignity, respect, and honour.



LATE SHRI FATEH CHAND BHUTANI

(25-04-1904 to 01-06-1980)

Shri Fateh Chand Bhutani was born on 25th April 1904 at Dera Ghazi Khan (now in West Pakistan). You were the only son of renowned well educated family of Shri Tara Chand Bhutani & grandson of Shri Notan Dass Bhutani. After schooling, you completed your Graduation. You got married to a very simple and pious lady Smt. Radha Bai Guglani. Blessed with three daughters and one son. The family migrated to New Delhi when India got independence and stayed in Purana Qila, New Delhi.

Sir, you were very fond of music and started your career as a Music Teacher. You acquired proficiency in playing Harmonium. It was your love for Music that you started playing Harmonium in RAMLILAS at Dera Ghazi Khan. After partition, you started your career by joining Senior Accounts Officer at Dalmia Cement (Bharat) Ltd., New Delhi.

Sir, you were a person of unwavering devotion, integrity and a God-fearing soul with a deep faith in spirituality. Every year on 7th January, you organized SHREE HARI GEETA PATH at your residence in Ramesh Nagar, which was attended by many Derawals from Kirti Nagar and Ramesh Nagar.

Your son late Shri Dharmveer Bhutani, a Gold Medalist from I.I.T. and a renowned Civil Engineer was a Patron of All India Derawal Sahayak Sabha.

Sir, you were a very caring person and attached with family. Blessed with grand children and great grand children. Smt. Sudesh Bhutani is proud to be your daughter-in-law.

Sir, you breathed your last and left for your heavenly abode praying God and saying PLEASE FORGIVE ME on 1st June, 1980.

Sir, you have always been an integral part of All India Derawal Sahayak Sabha. We proudly recognize your association particularly being its first Internal Auditor. With Dignity and Honour, **All India Derawal Sahayak Sabha (Regd.)** confers on you **“DERA LIFETIME ACHIEVEMENT AWARD”** posthumously.



LATE SHRI N.D. GOGIA

(06.03.1924 – 17.10.2007)

Shri Narain Das Gogia was born on March 6, 1924 in Dera Ghazi Khan at a time when life demanded immense strength and courage. You lost your parents very early in childhood, yet these hardships only strengthened your character. From a young age, you learned to stand on your own feet, growing into a truly self-made man. You worked tirelessly throughout your life, taking every responsibility with sincerity and dedication. Hard work, discipline and integrity became the foundations of your personality.

Sir, you were highly qualified, a master's degree holder and an exceptionally knowledgeable person. You had a strong command over English, Urdu and Persian. Your love for Urdu poetry was deep and you often participated in Mushairas, where your poetic talent was admired and appreciated.

Professionally, you served as a Gazetted Officer in the Ministry of Defence. There, you achieved great heights in your career through your commitment, hard work and honesty. You earned accolades and respect from your colleagues and seniors for your remarkable work ethic. After retirement you successfully managed an investment consultancy firm for more than two decades.

Sir, your sense of responsibility extended beyond your professional life. With patience and dedication, you worked for the welfare of the community and ensured harmony within the neighbourhood. You believed deeply in serving society with humility and commitment. Wherever help was needed, you stepped forward without hesitation for the benefited of community and the country. During the 1984 riots in Delhi, you displayed remarkable courage.

Sir, you were also deeply associated with Derawal Sahayak Sabha. Before every annual function, you would become extremely busy with preparations and coordinated in arrangements to ensure Sabha's activities ran smoothly. You held the portfolio of Chairman of the Sabha from 2004-2007. Through your dedication, you earned great respect in every sphere of life. You believed that serving others was an honour and the highest form of devotion.

In your personal life too, you remained a pillar of strength and guidance for your family. Your values of hard work, compassion, and honesty continue to inspire those who knew you. Your life stands as a shining example of courage, service and noble character.

All India Derawal Sahayak Sabha (Regd.) honours you with **"DERA LIFETIME ACHIEVEMENT AWARD"** for services for Derawal's Welfare, posthumously.



LATE SHRI SADHU RAM MEHTA

Shri Sadhu Ram Mehta was born in a well known family of Dera Ghazi Khan (now in Pakistan). He was the youngest of three brothers Shri Tharu Lal Mehta being the eldest and Shri Sham Lal Mehta being the second. Sir, you worked hard in your young age, developed skills and learnt about the working of Gramaphones. After partition, you settled in Shahdara, Delhi.

You and your elder brothers worked very hard and built a business of selling Gramaphones. Sir, after partition you and your brothers worked very hard, re-started the business of Gramaphones in Sadar Bazar, Delhi.

Sir, you married to a very simple, pious lady Smt. Soni Bai. Blessed with one daughter, Kanta Devi Mitra and 3 sons - Sushil, Pushraj and Bankesh Mehta.

Your hard work and dedication to profession paid rich dividends and eventually you started business of Sound Systems in the wholesale market at Bhagirath Palace, Delhi.

Sir, you were a very peaceful, kind hearted and lovable person. Being a generous donor, you always were in the first row to help less privileged and needy persons.

Always being loved by all grand children of community, you were popularly called as "**LAAL PAPAJI**". Your name **SADHURAM** truly reflects your sweet nature and decent personality.

Sir, you were very closely connected with members of Derawal Biradari since inception of **All India Derawal Sahayak Sabha (Regd.)**. We proudly recognize your association with our Sabha. With dignity and honour confer on you "**DERA LIFETIME ACHIEVEMENT AWARD**" posthumously.



LATE SHRI SHAM LAL MEHTA

(11-03-1917 to 29-07-1989)

Shri Sham Lal Mehta born on 11th March, 1917 to a well known family of Dera Ghazi Khan. You were the second among three brothers Shri Tharu Lal Mehta being eldest and Shri Sadhu Ram Mehta the youngest. Being an intelligent student, you completed your Matriculation in 1934 in First Division. From 1936, in your young learning age, you worked with British Gramophone Company HMV for few years & gained proficiency in the field.

Impressed by your dedication to work, innocence and honesty, Shri Bhura Lal Nagpal Ji and Shri Jagan Nath Nagpal Ji asked for your hand for their sister Smt. Shanti Devi in 1938. You and Smt. Shanti Devi Mehta blessed with six children - four sons - Shri Surinder Mehta, Shri Narinder (Babbu) Mehta, Shri Rajinder Mehta and Shri Anil Mehta (Ganju) and two daughters Smt. Usha Rajpal and Smt. Sunita Chawla.

Being an introvert person, you started your own business in 1942 of Gramophones and Radios under the name and style of NATIONAL MUSIC EMPORIUM in Lahore. You earned a big name and fame in this business till 1947.

The partition of 1947 brought profound upheaval to countless lives. You also shifted to Delhi with all your wealth & family, settled in Shahdara. Foreseeing the future, you established your business at Qutab Road, Sadar Bazar, Delhi with the same name NATIONAL MUSIC EMPORIUM. Expanding your business, you started another shop VISHAL ENTERPRISES in West Patel Nagar and NATIONAL MUSIC EMPORIUM in New Lajpat Rai Market (Delhi), which are known for their quality.

Sir, in those days, Kirti Nagar was known for most of the families who migrated from Dera Ghazi Khan. You and your family were very closely associated with Derawal Biradari. You and your family have been a generous donor throughout for charitable and social activities of ALL INDIA DERAVAL SAHAYAK SABHA.

On 29th July, 1989, you departed peacefully, leaving an irreplaceable void in the hearts of your family and DERAVAL BIRADARI. However, your spirit, ideals continue to serve as an eternal inspiration.

Sir, in recognition of your extraordinary contribution to the community, in particular to Derawal Biradari, **ALL INDIA DERAVAL SAHAYAK SABHA (Regd.)** feels proud to confer the Posthumous Award of **"DERA LIFETIME ACHIEVEMENT AWARD"** as a certificate of appreciation.



LATE SHRI SATYA PAUL GROVER

(07-12-1929 to 10-09-2020)

Shri Satya Pal Grover was born on 7th December, 1929 in Dera Ismail Khan (now in Pakistan) in a very respectable Grover family. You got married to a very simple and religious lady Smt. Sudarshan. Blessed with two sons - Sudhar and Neeraj, daughter-in-laws Sneha and Arjali and grand children Spurrya, Rasansha, Stavva, Saigun and Aaruishi. Sir by the grace of God and your blessings, your children are well settled and leading a simple and comfortable life.

After partition, you migrated to Delhi. From your childhood, you had the acumen of being a businessman. Alongwith late Shri G.P. Bhutani, you founded Empire Trading Company, which went on to earn immense respect in Electronic Industry in the Independent India. Sir, you were a great visionary and an exceptional businessman. Under your leadership, the name EMPIRE brand became a well known and widely trusted Radios & Televisions across India. You played a significant role in the pursuit and introduction of FM Broadcasting with All India Radio (AIR) which stands as a Reality today. ..

Sir, besides business, you always had a strong will to serve the nation. You were deeply involved with Rashtriya Swayam Sewa Sangh (RSS) after partition. You have always stood firmly committed to the welfare, unity and progress of our Nation. Your patriotic spirit and dedication to National Service were evident throughout your life.

Sir, you were known for your sincerity, patience and perseverance - qualities that defined your character and left a lasting impression on everyone you ever met. You were deeply devoted to social welfare and contributed wholeheartedly to society in every possible way. Your vision, values, and legacy continue to live on in the hearts of your family, friends and all who was ever fortunate to meet you.

Sir, you have been closely associated with day to day activities of Derawal Sahayak Sabha for a long time.

Sir you breathed your last and left for heavenly abode in 2020 at the age of 91 leaving a void in the hearts of your family and Derawal Biradari.

It is a matter of pride for **All India Derawal Sahayak Sabha (Regd.)** in posthumously honouring you with the **"DERA VIBHUSHAN AWARD"**.



LATE SHRI GYAN PARKASH BHUTANI

(1925 - 1987)

Shri Gyan Prakash Bhutani Ji born in 1925 into an educated family at Dera Ghazi Khan (now in Pakistan) in the year 1925. He acquired highest standards of education. Sir, before partition you taught at the same college from where you graduated in a city now in Pakistan.

After partition you came to India without any money but the fire to work hard was in your intrinsic nature. From a small beginning you worked hard to establish a Radio Manufacturing Company by the name of EMPIRE TRADING COMPANY. After a few years you took your nephew Late Shri Satya Pal Grover as your equal partner.

Sir, both of you worked very hard to become one of the largest small scale manufacturer of Radios, Two-in-One's and TV's by the famous brand of EMPIRE.

Sir, on one hand you contributed for the welfare of small scale industries in India and also you soon became President of RSS at an early age. You very quietly contributed in cash and kind for many welfare schemes for the poor and needy operated by RSS..

Sir, you were equally active and closely associated with various day to day activities of Derawal Biradari. You served the Sabha and held the portfolio of its President for one year.

You always remained untouched by any vices and lived a simple life without any ego or pomp n show. You were a very good listener but at the same time very assertive of truthfulness, honesty and sincerity towards your business, family, friends and Nation.

Sir, you were very caring about your family. Just two days before departing from this world, you were hail and healthy, suddenly called your son and said "would you be able to handle the business" as it was your time to depart. Your son took it as a joke but two days later in 1987 you found your abode at the Lotus Feet of the ALMIGHTY GOD. It's grace that the family was blessed by your presence although for a short while but they fondly remember your ever smiling face and remain inspired by your piousness.

Sir, considering the guiding role to the Sabha, **All India Derawal Sahayak Sabha (Regd.)** feels its duty and utmost pleasure in conferring "**DERA VIBHUSHAN AWARD**" to you.



स्व. बालू राम रावल जी

श्री बालू राम रावल जी को डेरावाल बिरादरी का शत शत नमन

हम सनातनी हिन्दुओं का हरिद्वार एक महान तीर्थ - स्थल है। यहां हर सनातनी हिन्दु अपने पूर्वजों की आत्मशान्ति के लिए अस्थि विर्सजन करने तथा पवित्र व पूज्य गंगा स्नान के लिए भी जाते हैं। आज से 70 वर्ष पहले तक डेरावाल बिरादरी के जो भाई - बहन हरिद्वार जाते थे उनको रात्रि विश्राम तथा ठहरने के लिए कोई उचित व्यवस्था नहीं थी।

1962 के अर्धकुम्भ मेले के अवसर पर श्री बालू राम रावल जी व उनके परिवारजनों का भी इस समस्या से सामना हुआ, जिससे उनका मन अति क्षुब्ध हुआ। उन्होंने दिल्ली वापस आकर स्वर्गीय श्री भगवान दास मेहता तथा डेरावाल सहायक सभा के अन्य करणधारों से इस समस्या हल ढूँढने के लिए विचार विमर्श किया। सभी ने मिलकर विचार किया तथा यह तय किया कि हरिद्वार में एक धर्मशाला का निर्माण किया जाये।

श्री बालू राम जी ने इस पुण्य कार्य के लिए धनराशि एकत्र करने का बीड़ा उठाया। उन्होंने इस कार्य के लिए अथक परिश्रम किया तथा देश के विभिन्न शहरों में जाकर डेरावाल परिवारों से मिलकर ₹ 15000 / - की राशि एकत्रित की तथा डेरावाल सहायक सभा के अधिकारियों से विचार विमर्श के पश्चात तय किया की हमें हरिद्वार में जाने वाले डेरावाल भाईयों के लिए उचित व्यवस्था के लिए एक भवन का निर्माण करना चाहिए अन्यथा कोई निर्मित भवन लेकर उसे डेरावाल धर्मशाला के रूप में शुरू करना चाहिए।

श्री बालू राम जी की लगन व आस्था रंग लाई तथा डेरावाल सहायक सभा ने हरिद्वार में डेरावाल भवन (धर्मशाला) के लिए भल्ला रोड़, हरिद्वार में एक भवन खरीद लिया जो आज डेरावाल बिरादरी के लिए ठहरने का अति उत्तम स्थान है।

श्री बालू राम जी इस कार्य के लिए देवदूत बनकर आए। उनके अथक परिश्रम एवं निःस्वार्थ सेवाओं को बिरादरी सदैव याद रखेगी। ऑल इण्डिया डेरावाल सहायक सभा (पंजी.) उनकी सेवाओं के लिए उनको मरणोपरान्त, हर्ष और सम्मान के साथ **“डेरा भूषण पुरस्कार”** से सम्मानित करती है।



स्व. श्री ओम प्रकाश गुगलानी

(01-09-1930 to 20-02-1982)

सबको हँसाना लेकिन, कभी किसी पर हँसना मत ।
सबके दुःख बाँटना लेकिन, किसी को दुःख देना मत ॥

ऐसा ही व्यक्तित्व था स्व. श्री ओम प्रकाश गुगलानी का जिनका जन्म 1 सितंबर 1930 को पाकिस्तान के डेरा गाजी खाँ में हुआ। आप अपने पिता राय बहादुर लाला नौतन दास जी की आठवीं संतान थे। सन् 1947 में विभाजन के बाद दिल्ली आने पर आपको स्व. श्री भगवान दास मेहता जी के परिवार से संरक्षण प्राप्त हुआ। आपने डालमिया सीमेंट कंपनी में नौकरी की। 24 अप्रैल, 1955 को छाबड़ा परिवार की छोटी सुपुत्री कुंती ने जीवन संगिनी के रूप में आपका हाथ थामा। आप दोनों ने मिलकर रीता, राकेश, गीता और नीतू - बच्चों के रूप में अपना परिवार बढ़ाया।

सीधा - सरल स्वभाव, सादा जीवन, मुख पर मधुर मुस्कान - आपके व्यक्तित्व की पहचान, कर्मठता, ईमानदारी, धैर्य और संतोष - आपके गुण तथा निष्काम परहित सेवा - आपके जीवन का मूल मंत्र था।

मान्यवर, आपका स्वभाव ऐसा था कि वे छोटे - बड़े, अपने - पराए, हर किसी के साथ घुल - मिल जाते थे। सभी के सुख दुःख में सबसे पहले पहुँचकर अपना सहयोग देना आपकी आदत थी। आपने अपने बच्चों की पढ़ाई के दिनों में सुबह उनके उठने से पहले स्वयं जाग जाना, उनके साथ बैठे रहना, ऑफिस जाना, आने के बाद दिनभर के किस्से कहानियाँ सुनना सुनाना, उनकी समस्याओं का समाधान करना, आए गए सभी की मन से आवभगत करना जैसे गुणों के कारण ही आप सभी के प्यारे, सभी के चहेते थे। बच्चे बड़ों के बीच आप 'ओमी मामा जी' के नाम से जाने जाते थे।

कीर्ति नगर में आप और आपका परिवार डेरावाल बिरादरी से जुड़ा तथा ऑल इण्डिया डेरावाल सहायक सभा के हर कार्यक्रम तथा वार्षिक अधिवेशन की व्यवस्था में आपका योगदान अतुलनीय रहता था।

आप अपनी हर चीज को उसके यथास्थान पर रखते और अपनी favourite line बोला करते - **"A place- "A place for everything and everything in its place."**

आपने अपनी धर्मपत्नी के सम्पूर्ण सहयोग से जीवन की हर कठिनाई को मुस्कराते हुए सहा।

मान्यवर, आप 20 फरवरी 1982 को असमय काल का शिकार बने और हम सबसे विदा ले गए। आपसे छूट गई जिम्मेदारियों को पूरा करने में स्व. श्री मेघराज खेड़ा जी और उनके परिवार के हर सदस्य तथा स्व. श्री धर्मवीर भुटानी जी और उनकी पत्नी ने अतुलनीय सहयोग दिया। सभी को कोटि - कोटि नमन !

मान्यवर, डेरावाल बिरादरी आपकी निःस्वार्थ सेवाओं को सदैव याद रखेगी। ऑल इण्डिया डेरावाल सहायक सभा आपकी सेवाओं के लिये आपको मरणोपरान्त, हर्ष और सम्मान के साथ **"डेरा भूषण पुरस्कार"** से सम्मानित करती है।

॥ जय श्री गोपीनाथ जी ॥

डेरावाल दिवस
की
हार्दिक शुभकामनाएँ

समस्त गोसाईं परिवार
मन्दिर श्री गोपी नाथ जी (डेरा गाजी खां)

माता सुखवाँ वाली गली, गौतम पाड़ा,
श्री वृन्दावन धाम (मथुरा)

डेरावाल दिवस
की
हार्दिक शुभकामनाएँ



डेरावाल शिव समिति

प्राचीन शिव शक्ति मन्दिर,
लोधी होटल के सामने, निजामुद्दीन, नई दिल्ली – 110017

समस्त संरक्षक, मैनेजिंग कमेटी एवं कार्यकारिणी सदस्य

With best compliments from :



**ALL TRUSTEE & MANAGING COMMITTEES
DERAWAL SAHAYAK SAMITI (Regd.)
SOUTH DELHI**

Ground Floor, Prachin Shiv Shakti Mandir, Opp. Lodhi Hotel,
Nizamuddin, New Delhi-110013

With best compliments from :

SHRI GOPINATH JI MANDIR SEVA SAMITI (Trust)

57-F, Plot No.9, Gali No. 1, Gadodia Road, Anand Parbat,
(Near Kamal Restaurant), New Delhi-110005



HARISH KR. CHHABRA
President

RAJPAL ARORA
Secretary

ASUTOSH SHARMA
Treasurer



THEIR CONTRIBUTION TO THE SABHA WILL ALWAYS BE REMEMBERED FROM 1955 TO 2025"



LATE SHRI BALU RAM RAWAL

Heavenly Abode on 00-04-1968

1961, played a pivotal role in motivating Late Sh. Bhagwan Das Mehta to acquire a Dharamshala in Haridwar. Sabha successfully purchased and registered a built-up Dharamshala in 1963, Res. :



LATE SHRI RAI BAHADUR PARMA NAND SACHDEVA

Heavenly Abode on 08-10-1968

Honoured PRESIDENT
of the Annual Derawal Day
Function 1962
Res. : Gurgaon



LATE SHRI HAKIM DEVKI NANDAN MEHTA

Heavenly Abode on 03-01-1969

Honoured "GUEST OF HONOUR"
at Annual Derawal Day
Function 1967
Res. : Kirti Nagar, New Delhi



LATE SHRI SOHAN LAL HURIA

Heavenly Abode on 26-07-1970

ONE OF OUR FOUNDING FATHERS
Former Honorary Secretary 1955-63
& Treasurer 1965-68 of A.I.D.S.S.,
Res. : Kirti Nagar, New Delhi



LATE SHRI BHAGWAN DAS MEHTA

Heavenly Abode on 14-03-1972

ONE OF OUR FOUNDING FATHERS,
Former President 1963-64 of A.I.D.S.S. &
Founder of Derawal Sewa Sangh (Regd.) 1971
Res : East Patel Nagar, New Delhi.



LATE SHRI PARMA NAND BHUTANI (PAMMI)

Heavenly Abode on 27-03-1973

Former PRESIDENT
of A.I.D.S.S. in 1966
Res : Rajender Nagar, New Delhi



LATE SHRI RAJ KISHORE MEHTA

Heavenly Abode on 26-12-1974

FORMER SECRETARY
of A.I.D.S.S. In 1969
Res. : Kirti Nagar, New Delhi



LATE SHRI HIRA NAND MEHTA

Heavenly Abode on 20-08-1978

ONE OF OUR FOUNDING FATHERS &
Former Treasurer 1955-62 & 70
of A.I.D.S.S.
Res. : Kirti Nagar, New Delhi



LATE SHRI RAMCHAND RAJPAL (BHAGAT JI)

Heavenly Abode on 03-11-1979

The Dera Karamveer Award was given
posthumously at the 2024 Annual
Derawal Day Function to honour his
selfless service, Spiritual devotion and
dedication to the Derawal Community.
Res : Kirti Nagar, New Delhi.



THEIR CONTRIBUTION TO THE SABHA WILL ALWAYS BE REMEMBERED FROM 1955 TO 2025"



LATE SHRI FAETH CHAND BHUTANI

Heavenly Abode on 01-06-1980

FORMER 1st INTERNAL AUDITOR
of A.I.D.S.S. in 1955

F/o Late Sh. Dharmvir Bhutani (Patron)
Res. : Ramesh Nagar, New Delhi



LATE SHRI O. P. GUGLANI

Heavenly Abode on 20-02-1982

FORMER SECRETARY of A.I.D.S.S. in 1964,
Signed the Certified copy of the 1955
Amended Memorandum of Assn. &
Rules of Regulation of A.I.D.S.S.
on 19th Jan. 1964.

Res: Kirti Nagar, New Delhi.

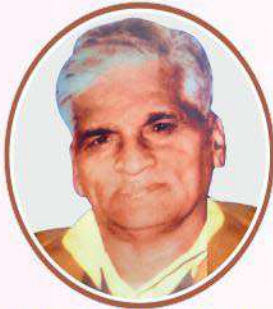


LATE SHRI RAM KISHAN CHAWLA

Heavenly Abode on 25-08-1985

HONoured PRESIDENT at
the Annual Derawal Day Function
in 1967,

Res. : Hathi Khanna, Aazad Pur,
New Delhi.



LATE SHRI SADHU RAM MEHTA

Heavenly Abode on 20-10-1985

Honoured GUEST OF HONOUR
of the Annual Derawal Day
Function in 1973.

Res. : West Patel Nagar,
New Delhi.



LATE SHRI ASA NAND CHUGH

Heavenly Abode on 05-12-1985

Honoured PRESIDENT
of the Annual Day
Function in 1963,

Res. : Allahabad, U.P.



LATE SMT. SHOBHA (DROPTI) MEHTA

Heavenly Abode on 16-11-1986

Social Worker

W/o Late Sh. Mohan Lal Mehta
One of the Founding Fathers
Res. : Kirti Nagar, New Delhi



LATE SHRI RAM NATH SACHDEVA

Heavenly Abode on 10-03-1987

1st PRESIDENT of A.I.D.S.S in 1955-62
One of the Founding Fathers &
Author of Dera Phulan Da Sehra
Res. : Kirti Nagar, New Delhi



LATE SHRI AMAR NATH MEHTA

Heavenly Abode on 13-04-1987

FORMER VICE PRESIDENT of
A.I.D.S.S. in 1965 & 1st EDITOR
of Derawal Patrika

Resi. : Kirti Nagar, New Delhi



LATE SHRI G. D. BHUTANI

Heavenly Abode on 09-12-1987

FORMER VICE PRESIDENT
A.I.D.S.S. in 1988-89

Res. : New Delhi



THEIR CONTRIBUTION TO THE SABHA WILL ALWAYS BE REMEMBERED FROM 1955 TO 2025"



LATE SHRI GYAN PARKASH BHUTANI
Heavenly Abode on 15-12-1987

HONOURED PRESIDENT of
the Annual Derawal Day
Function in 1965
Res: East Patel Nagar, New Delhi.



LATE SHRI KUNWAR BHAN CHUGH
Heavenly Abode on 03-10-1988

HONOURED PRESIDENT
of the Annual Derawal Day
Function in 1969,
Res. : Allahabad, U.P.



LATE SHRI D. D. NANGIA
Heavenly Abode on 25-02-1989

FORMER VICE PRESIDENT
of A.I.D.S.S. in 1988-89
Res. : New Delhi



LATE Dr. B. D. KUMAR
Heavenly Abode on 04-03-1989

1st HONOURED PRESIDENT of
Derawal Day Function in 1961
Res. : Paharganj, New Delhi



LATE SHRI M. L. MONGIA
Heavenly Abode on 17-08-1989

Honoured GUEST OF HONOUR
of Annual Derawal Day Function in 1965
& Former President of A.I.D.S.S. in 1967
Res. : New Delhi



LATE SHRI JAI DEV LAL NANGIA
Heavenly Abode on 17-03-1990

FORMER PRESIDENT
of A.I.D.S.S. in- 1980
Res. : New Delhi



LATE SHRI JAGAN NATH NAGPAL
Heavenly Abode on 02-11-1992

FORMER VICE PRESIDENT OF
of A.I.D.S.S. in- 1979
Res. : Kirti Nagar, New Delhi



LATE SHRI N. N. BHUTANI
Heavenly Abode on 12-12-1993

Honoured PRESIDENT of
the Annual Derawal Day
Function in 1989
Res. :



LATE SHRI J. C. DAWAR
Heavenly Abode on 14-03-1994

Honoured PRESIDENT
of the Annual Derawal Day Function in 1992.
F/o Late Sh. M. P. Dawar, Former President
in 1998-99 and Patron.
Res. : Rajouri Garden, New Delhi.



THEIR CONTRIBUTION TO THE SABHA WILL ALWAYS BE REMEMBERED FROM 1955 TO 2025"



LATE SMT. BAHGWANTI MAKHIJA
Heavenly Abode on 25-07-1994

SOCIAL WORKER,
W/o Late Sh. Hem Rattan Makhija
Honoured Former Patron of A.I.D.S.S.
Res. : Kirti Nagar, New Delhi



LATE SMT. RAM DEVI MEHTA
Heavenly Abode on 03-11-1994

SOCIAL WORKER,
W/o Late Sh. Bhagwan Das Mehta
One of our Founding Fathers of A.I.D.S.S.
Founder of Derawal Sewa Sangh (Regd.)
Res. : East Patel Nagar, New Delhi.



LATE SHRI PARMANAND MEHTA
Heavenly Abode on 25-01-1996
ONE OF OUR FOUNDING FATHERS
Former Jt. Secretary of
A.I.D.S.S. in 1967
Res. : Kirti Nagar, New Delhi



LATE SHRI ISHAR DAS MINOCHA
Heavenly Abode on 12-07-1996
THE DERA LIFETIME ACHIEVEMENT AWARD
was posthumously awarded at the 2024
Annual Derawal Day Function, honouring
his dedicated services in Homoeopathy
Dispensary, spiritual Commitment and
lasting impact on the community.
Res. : Kirti Nagar, New Delhi.



LATE SHRI HEM RATTAN MAKHIJA
Heavenly Abode on 05-12-1996
FORMER PATRON
of A.I.D.S.S.
Res. : Kirti Nagar, New Delhi



LATE SETH GHANSHYAM DAS MAKHIJA
Heavenly Abode on 21-01-1997
FORMER PRESIDENT of
A.I.D.S.S. in 1965
& PATRON
Res. : Rajender Nagar, New Delhi



LATE SHRI NAROTAM DAS MALHOTRA
Heavenly Abode on 15-11-1997
FORMER PATRON of A.I.D.S.S., Donated an
IDOL of Lord Shiva and Paawan
Ganga Maa in 1979 at Derawal Bhawan -
Mandir, Haridwar (Uttarakhand)
Res. : East of Kailash, New Delhi



LATE SHRI J. N. HASIJA
Heavenly Abode on 01-04-1998
Honoured GUEST OF HONOUR at
the Annual Derawal Day Function
in 1998,
Greater Kailash, New Delhi.



LATE SHRI LEKH RAJ BAJAJ
Heavenly Abode on 04-11-1998
SUPPLY FREE VEGETABLES at
Annual Derawal Day Functions
FOR MANY YEARS.
Res. : Ashok Vihar, New Delhi.



THEIR CONTRIBUTION TO THE SABHA WILL ALWAYS BE REMEMBERED FROM 1955 TO 2025"



LATE SETH MOHAN LAL KHATTAR

Heavenly Abode on 27-03-2000

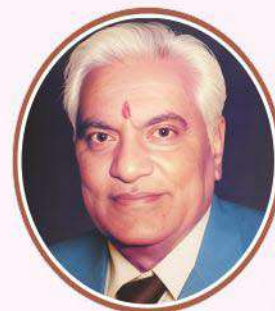
Former Trustee - Derawal Biradari (M.S.)
Bombay Hall of Haridwar was named
after him, HONOURED PRESIDENT of
the Annual Derawal Day in 1985.
Res. : Bombay, Maharashtra



LATE SHRI YASH PAL MEHTA

Heavenly Abode on 22-04-2000

GUEST OF HONOUR at Annual Derawal
Day Function 1999 & Former Patron
S/o Late Sh. Bhagwan Das Mehta
One of our Founding Fathers
Res. : East Patel Nagar, New Delhi



LATE SHRI SHAM LAL MEHTA

Heavenly Abode on 21-05-2000

Honored PRESIDENT of the Annual Derawal
Day Function in 1964, Former President
of A.I.D.S.S. in 1968 & Patron
Res. : West Patel Nagar, New Delhi



LATE SHRI CHETAN DAS AHUJA

Heavenly Abode on 18-07-2001

THE DERA KARAMVEER AWARD was given
posthumously at the 2024 Annual Derawal
Day Function, honouring his dedicated service
in organising and serving the Community
Kitchen each year, leaving a lasting legacy.
Res. : Kirti Nagar, New Delhi.



LATE SHRI R. C. VIRMANI

Heavenly Abode on 30-08-2001

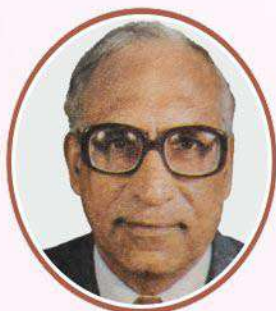
HONOURED PRESIDENT
of the Annual Derawal Day
Function in 1995,
Res. : Adarsh Nagar, New Delhi



LATE SHRI NAVEEN MALHOTRA

Heavenly Abode on 18-02-2002

FORMER PATRON
of A.I.D.S.S.
Res. : South Delhi



LATE SHRI RAM LAL BHUTANI

Heavenly Abode on 20-02-2002

GUEST OF HONOUR of
the Annual Derawal Day 1987.
Former High Commissioner & Ambassador
Res. :



LATE SHRI S. M. CHAWLA

Heavenly Abode on 20-12-2002

FORMER PRESIDENT of A.I.D.S.S.
in 1996 - 97 & PATRON
F/o Sh. Anurag Chawla, Admn. Trustee
Res. : Kirti Nagar, New Delhi



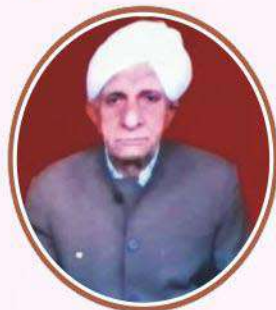
LATE SMT. MOHINI MAKHIJA

Heavenly Abode on 08-03-2003

SOCIAL WORKER
W/o Late Sh. M. L. Makhija
LIFE TIME ACHIEVEMENT AWARDEE
Res. : East Patel Nagar, New Delhi

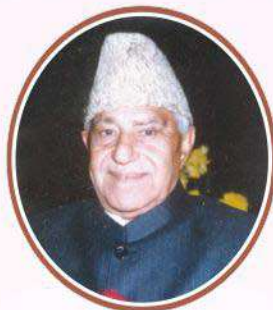


THEIR CONTRIBUTION TO THE SABHA WILL ALWAYS BE REMEMBERED FROM 1955 TO 2025"



LATE SHRI L. R. KATARIA
Heavenly Abode on 31-08-2003

Honoured GUEST OF HONOUR
at Annual Derawal Day
Function in 2000
Res. :



LATE SHRI PURAN CHAND NANGIA
Heavenly Abode on 05-01-2004

FORMER PRESIDENT of A.I.D.S.S.
in 1970 & PATRON
Res. : East of Kailash, New Delhi



LATE SHRI TIRATH DAS MEHTA
Heavenly Abode on 26-04-2004

ONE OF OUR FOUNDING FATHERS
FORMER PRESIDENT of A.I.D.S.S.
in 1975-76 & PATRON
Res. : Kirti Nagar, New Delhi.



LATE SHRI HUKAM CHAND BHUTANI
Heavenly Abode on 07-06-2004

1st DERA RATTAN, Administrative
Trustee, Former Chairman &
Chief Patron 1971-74
Res. : Greater Kailash, New Delhi



LATE SHRI NARINDER NATH SACHDEVA
Heavenly Abode on 23-12-2004

HONoured PRESIDENT
of Annual Day Function
in 1992
Res. :



LATE SHRI R. C. VERMA
Heavenly Abode on 31-01-2005
Honoured PRESIDENT of Annual Derawal
Day Function in 1973, Former President
of A.I.D.S.S. in 1994 &
1st Legal Advisor of Sabha
Res. : New Delhi



LATE SHRI PURAN CHAND LAL
Heavenly Abode on 25-02-2005
THE DERA KARAMVEER AWARD was
posthumously awarded at the 2024 Annual
Derawal Day Function, honoring his significant
contribution to fundraising for Derawal Bhawan
in Haridwar, guided by Late Shri Bhagwan Das
Mehta & Late Shri Ballu Ram.
Res. : New Delhi.



LATE SMT. SHANTI DEVI MEHTA
Heavenly Abode on 27-05-2005
Honoured GUEST OF HONOUR at
Annual Derawal Day Function 1993,
W/o Late Sh. Sham Lal Mehta, Former
President of A.I.D.S.S. & Patron
Res. : West Patel Nagar, New Delhi



LATE SHRI GANGA DHAR GUGLANI
Heavenly Abode on 11-03-2006
Former PRESIDENT
of A.I.D.S.S. in 1977
Res. : Moti Nagar, New Delhi



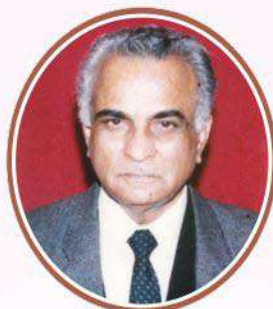
THEIR CONTRIBUTION TO THE SABHA WILL ALWAYS BE REMEMBERED FROM 1955 TO 2025"



LATE SHRI BRIJ RATTAN MEHTA

Heavenly Abode on 08-08-2006

Honoured PRESIDENT of Annual Derawal Day Function in 1966 & 1993, and Patron
Res. : Kirti Nagar, New Delhi



LATE SHRI MOHAN LAL AHUJA

Heavenly Abode on 06.12.2006

Honoured PRESIDENT of Annual Derawal Day Function in 1980, Former PRESIDENT of A.I.D.S.S. in 1981-82, & Patron
Eldest Brother of Late Sh. Rakesh Ahuja
Dera Rattan Awardee 2015
Res. : Kirti Nagar, New Delhi



LATE SHRI M. L. SETHI

Heavenly Abode on 24-01-2007

Honoured PRESIDENT of Annual Derawal Day Function in 1975, Former PRESIDENT of A.I.D.S.S. in 1984 & Patron,
Res. : Kirti Nagar, New Delhi



LATE SHRI SHAM LAL SEHRA

Heavenly Abode on 01-02-2007

THE DERA KARAMVEER AWARD was given posthumously at the 2024 Annual Derawal Day Function to honour his selfless service, Spiritual devotion and dedication to the Derawal Community.
Res: Kirti Nagar, New Delhi.



LATE SHRI G. D. TUTEJA

Heavenly Abode on 06-10-2007

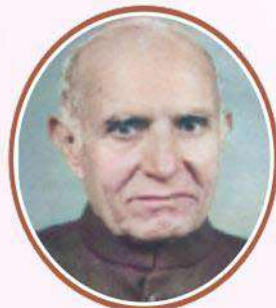
FORMER VICE-PRESIDENT of A.I.D.S.S. in 1969 & PATRON, Consultant Architect of Derawal Bhawan, Kirti Nagar & Renovation Work at Haridwar Bhawan in 1963
Res. : Green Park, New Delhi



LATE SHRI N. D. GOGIA

Heavenly Abode on 17-10-2007

ADMINISTRATIVE TRUSTEE, Former CHAIRMAN, CHIEF PATRON & PRESIDENT of A.I.D.S.S. in 1990-91
Res. : Kirti Nagar, New Delhi



LATE SHRI VIR BHAN VIR

Heavenly Abode on 08-10-2008

HONOURED AWARDEE by the President of India (1983), 2nd Former Editor after Late Sh. Amar Nath Mehta, Recipient of Trophy & Shawal Saropa in 2004
Res. : Tilak Nagar, New Delhi



LATE SMT. CHANDER KANTA SACHDEVA

Heavenly Abode on 01-12-2008

SOCIAL WORKER,
W/o Late Sh. Ram Nath Sachdeva,
1st President of the Sabha and
One of the Founding Fathers
Res. : Kirti Nagar, New Delhi



LATE SMT. LILLY BHATIA

Heavenly Abode on 06-01-2010

Honoured GUEST OF HONOUR of the Annual Derawal Day Function in 2005, D/o Late Sh. Hukam Chand Bhutani, Former Chairman of A.I.D.S.S.,
Res. : Rajender Nagar, New Delhi.



THEIR CONTRIBUTION TO THE SABHA WILL ALWAYS BE REMEMBERED FROM 1955 TO 2025"



LATE SHRI SHAM LAL HURIA

Heavenly Abode on 04-01-2011

Honoured GUEST OF HONOUR at
Annual Derawal Day Function
in 1997, Former PATRON
Res. : Malviya Nagar, New Delhi



LATE SHRI RADHEY SHAM DHINGRA

Heavenly Abode on 24-05-2011

One of our FOUNDING FATHERS,
Jt. Secretary of A.I.D.S.S. in 1964
& Treasurer 1981 - 83
Res. : Kirti Nagar, New Delhi



LATE SHRI MADAN LAL NANGIA

Heavenly Abode on 30-10-2011

FORMER PRESIDENT of
A.I.D.S.S. in 1978-79
Res. : New Delhi



LATE SMT. SANGEETA KHERA

Heavenly Abode on 20-12-2011

RECIPIENT for the benevolent act of Organ
Donation by Honourable Health Minister
Dr. Harsh Vardhan on 13.11.2019
W/o Sh. Ravi Khera (Dera Rattan) Chairman
& Admn. Trustee, Res. : Kirti Nagar, New Delhi



LATE SHRI M. L. GUGLANI

Heavenly Abode on 01-06-2012

FORMER PATRON &
PRESIDENT of A.I.D.S.S. in 1985
Res. : Rohini, New Delhi



LATE SHRI SHAM LAL BAJAJ

Heavenly Abode on 30-07-2012

Honoured GUEST OF HONOUR of the Annual
Derawal Day Function in 2001, Social Worker
& Generous Donor (Vegetables Trader)
Res. : Ashok Vihar, New Delhi



LATE SHRI MANGAL SAIN BAWA

Heavenly Abode on 24-02-2013

Honoured PRESIDENT of the
Annual Derawal Day Function in 1999
Generous Donor, Social Activist
Res. : Kirti Nagar, New Delhi



LATE SHRI RAJENDER KUMAR MEHTA (KAKU)

Heavenly Abode on 10-03-2013

Honoured GUEST OF HONOUR at
Annual Derawal Day Function 1999
S/o Late Sh. Sham Lal Mehta, Patron
Res. : West Patel Nagar, New Delhi



LATE SHRI SUNDER DAS SACHDEVA

Heavenly Abode on 13-02-2015

Recipient of the Posthumously
"DERA VIBHUSHAN AWARD in 2024,
Former Vice President of A.I.D.S.S. in 1990-93,
Retired IRS Officer from a Senior Post of
Central Excise & Customs.
Res.: Palam Vihar, Gurgaon, Haryana.



THEIR CONTRIBUTION TO THE SABHA WILL ALWAYS BE REMEMBERED FROM 1955 TO 2025"



LATE SHRI PREM SAGAR WADHWA

Heavenly Abode on 01-06-2015

Honoured GUEST OF HONOUR
of Annual Derawal Day
Function in 1988
Res. : Rajender Nagar, New Delhi



LATE SHRI B. D. GULATI

Heavenly Abode on 27-11-2015

Honoured GUEST OF HONOUR of the
Annual Derawal Day Function in 1999.
Chief Coordinator Planner, NCR (Retd.)
Govt. of Haryana & Founder Chairman,
Blue Bells Group of Schools, Gurugram.
Res. : Gurgram, Harayana



LATE SHRI VIJAY MAKHIJA

Heavenly Abode on 23-06-2016

PATRON - 2005
S/o Late Seth Ghansham
Das Makhija.
Res. : Rajender Nagar, New Delhi



LATE SHRI GANGA DHAR NANGIA

Heavenly Abode on 31-08-2016

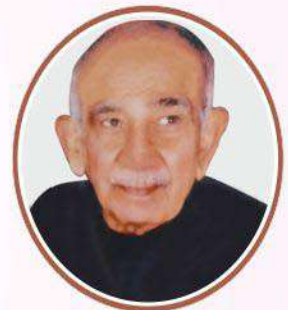
DERA RATTAN AWARDEE in 2015
Former Administrative Trustee,
Chairman & President of
A.I.D.S.S. in 1986
Res. : Masjid Moth, G.K.-2, New Delhi



LATE SHRI SURENDER KUMAR MEHTA

Heavenly Abode on 29-09-2016

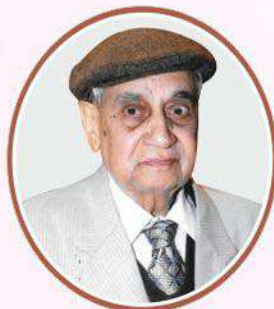
FORMER PATRON
S/o Late Shri Sham Lal Mehta,
Patron
Res. : Punjabi Bagh, New Delhi



LATE SHRI GOPAL KISHAN BHATIA

Heavenly Abode on 23-09-2017

Honoured GUEST OF HONOUR
at the Annual Derawal Day
Function in 1983
Res. : Kirti Nagar. New Delhi



LATE SHRI M. L. MAKHIJA

Heavenly Abode on 27-10-2017

LIFE TIME ACHIEVEMENT AWARDEE 2016
Honoured GUEST OF HONOUR 1991 & 2012
Former Admn. Trustee, Patron,
President of A.I.D.S.S. 1969
Res. : East Patel Nagar, New Delhi



LATE SHRI R. S. LAL

Heavenly Abode on 12-01-2018

LIFE TIME ACHIEVEMENT AWARDEE, 2016
Former Administrative
Trustee & Patron
Res. : Kirti Nagar, New Delhi.



LATE SMT. KANTA RANI MEHTA

Heavenly Abode on 23-02-2018

Honoured GUEST OF HONOUR
of A.I.D.S.S. in 1996
W/o Late Sh. Brij Rattan Mehta, Patron
Res. : Kirti Nagar, New Delhi



THEIR CONTRIBUTION TO THE SABHA WILL ALWAYS BE REMEMBERED FROM 1955 TO 2025"



LATE SMT. BIMLA VERMA

Heavenly Abode on 01-12-2018

Recognized THE EMPOWERED WOMAN by former President of India, Mrs. Pratibha Patil, Best Principal Trophy & Winner of many Awards, W/o Dr. R. S. Verma, Honoured PRESIDENT of Annual Derawal Day Function in 2012
Res. : Faridabad, Haryana



LATE SHRI MOHAN LAL MEHTA

Heavenly Abode on 13-04-2019

One of OUR FOUNDING FATHERS
& LIFE TIME ACHIEVEMENT
AWARDEE in 2015
Res. : Kirti Nagar, New Delhi



LATE SHRI B. R. PULYANI

Heavenly Abode on 14-06-2019

POSTHUMOUS DERA VIBHUSHAN AWARDEE 2023
Former Patron, President 2009-10 (Former Secretary in 2000, Signed the Certified copy of the 22nd Sept. amended MOA and Rules & Regulations on 16th Dec. 2000
Krishna Park, Tilak Nagar, New Delhi.



LATE SHRI RAM KISHAN TARNEJA

Heavenly Abode on 15-06-2019

LIFE TIME ACHIEVEMENT AWARDEE 2018,
Former President 2000-2001
& Celebrity
Kirti Nagar, New Delhi



LATE SMT. USHA NANGIA

Heavenly Abode on 08-07-2020

W/o Late Sh. Ganga Dhar Nangia,
Dera Rattan Awardee-2015,
Former Chairman & President
Masjid Moth, G.K.Part-II, New Delhi



LATE SHRI SAT PAL GROVER

Heavenly Abode on 10-09-2020

Honoured PRESIDENT of Annual
Derawal Day Function in 1988
Res. : New Rajender Nagar. New Delhi



LATE SHRI M. P. DAWAR

Heavenly Abode on 26-10-2020

FORMER PRESIDENT
of A.I.D.S. in 1998-99
& PATRON
Res. : Rajouri Garden, New Delhi



LATE SHRI DHARMVIR BHUTANI

Heavenly Abode on 11-11-2020

Honoured GUEST OF HONOUR of the
Annual Derawal Day Function in 2008
& PATRON
Res. : Ramesh Nagar, New Delhi



LATE SHRI SUKH DEV GOGIA

Heavenly Abode on 17-01-2021

LIFE TIME ACHIEVEMENT AWARDEE in 2017,
Honoured PRESIDENT of Annual Derawal Day
Function in 1976 & Guest of Honour in 1995,
Former Patron | Res. : Sainik Vihar, New Delhi



THEIR CONTRIBUTION TO THE SABHA WILL ALWAYS BE REMEMBERED FROM 1955 TO 2025"



LATE SHRI SITA RAM BHUTANI

Heavenly Abode on 04-02-2021
DERA KARAMVEER AWARDEE in 2016
INTERNAL AUDITORS of A.I.D.S.S.,
Social Activist, Recipient of Trophies
& Shawl Saropa,
Res. : Kirti Nagar, New Delhi



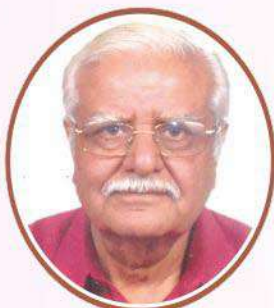
LATE SHRI M. M. MEHTA

Heavenly Abode on 12-02-2021
DERA RATTAN AWARDEE in 2017
Former Admn. Trustee, Chairman,
Chief Patron & President
of A.I.D.S.S. in 1988-90,
Res. : Kirti Nagar, New Delhi



LATE SHRI RAJENDER KUMAR MEHTA

Heavenly Abode on 12-04-2021
GENEROUS DONOR at
the Medical Health Check-up Camp
Organised by A.I.D.S.S.
Res. : Maya Enclave, New Delhi



LATE SHRI A. S. CHAUDARY

Heavenly Abode on 25-04-2021
DERA BHUSHAN AWARDEE in 2015
Former Patron
Res. : Rajender Nagar, New Delhi



LATE SHRI RAKESH KUMAR AHUJA

Heavenly Abode on 12-10-2021
DERA RATTAN AWARDEE in 2015
Former Administrative Trustee, Chief Patron
& President of A.I.D.S.S. in 1987
Res. : Som Vihar Apptt., R.K. Puram,
New Delhi



LATE SMT. LAJWANTI DHINGRA

Heavenly Abode on 25-12-2021
DERA SHADHA SAMMAN AWARDEE-2015
Head of Mahila Satsang Mandal
W/o Late Sh. Radhy Sham Dhingra
One of our Founder Members
Res. : Kirti Nagar, New Delhi



LATE SMT. SHAKUNTLA BHATIA

Heavenly Abode on 23-05-2022
GUEST OF HONOUR at Annual Derawal
Day Function in 2015,
M/o Sh. Vivek Bhatia of Vivek Travels Pvt.Ltd,
Res. : Pitampura. New Delhi



LATE SMT. HEMA BHUTANI

Heavenly Abode on 06-07-2022
Recipient of POSTHUMOUS DERA
SHARDHA SAMMAN AWARD (Certificate)
at Annual Derawal Day 2023, Social Worker
Daughter-in-Law of Late Sh. Sita Ram Bhutani
Res. : Kirti Nagar, New Delhi



LATE SMT. USHA DAWAR

Heavenly Abode on 15-07-2022
SOCIAL WORKER
W/o Late Sh. M. P. Dawar,
Patron & President 1998-99
RES. : Rajouri Garden, New Delhi



THEIR CONTRIBUTION TO THE SABHA WILL ALWAYS BE REMEMBERED FROM 1955 TO 2025"



LATE SHRI MEGH RAJ KHERA

Heavenly Abode on 07-08-2023

ONE OF OUR FOUNDING FATHERS,
Life Time Achievement Awardee in 2015,
Former Jt. Secretary 1955-63,
Honoured by the Sabha in 2010 & 2013.
F/o Sh. Ravi Khera, Chairman & Admin. Trustee
Res. : Kirti Nagar, New Delhi



LATE SHRI AANAD SAWRUP ANAND

Heavenly Abode on 24-11-2023

LIFETIME ACHIEVEMENT AWARDEE in 2017
Eminent Scholar- Honoured by
the A.I.D.S.S. in 1996,
Former Patron
Res. : Dehradun, U. Khand



LATE SHRI KRISHAN SWARUP MAKHIJA

Heavenly Abode on 17-12-2023

Life Time Achievement Awardee in 2017,
Former Patron & President of A.I.D.S.S. in 1983,
Donated 10 Ft. Statue of Shree Hanuman Ji
at Derawal Bhawan, Haridwar in 1981
Res. : South Extn., New Delhi



LATE SHRI SURESH KUMAR NANGIA

Heavenly Abode on 04-07-2024

DERA BHUSHAN AWARDEE at A.I.D.S.S.
Annual Derawal Function in 2017,
President, Shiv Samiti S/o. Late Sh. P.C. Nangia
Res. : C 6, East of Kailash, New Delhi



LATE SHRI RAM SARAN BHATIA

Heavenly Abode on 02-09-2024

Honoured PRESIDENT of
the Annual Derawal Day
Function in 2014
Res. : Faridabad, Haryana



LATE SHRI MAHIPAL BUDHIRAJA

Heavenly Abode on 18-04-2025

Honoured GUEST OF HONOUR of
the Annual Derawal Day Function in 2006
Owner of Mother Divine Pub. Sch., Rohini.
Res. : Kirti Nagar, New Delhi



LATE SHRI K. N. NAGPAL

Heavenly Abode on 02-05-2025

DERA KARAMVEER AWARDEE of
Annual Derawal Day Function in 2017
Former Vice President - 2011-13
Res. : Kirti Nagar, New Delhi



LATE SHRI GOBIND LAL MEHTA

Heavenly Abode on 09-11-2025

A.I.D.S.S. honoured THE GENEROUS DONOR
on his 100th BIRTHDAY by presenting him
with a Shawal Saropa in December 2023
Res. :



LATE SHRI RAI BAHADUR JAGAN NATH

Heavenly Abode on

Honoured GUEST OF HONOUR
at Annual Derawal Day
Function in 1963,
Res:



THEIR CONTRIBUTION TO THE SABHA WILL ALWAYS BE REMEMBERED FROM 1955 TO 2025"



LATE SHRI TOPAN LAL AHUJA

Heavenly Abode on

Honoured PRESIDENT
of the Derawal Annual Day
Function 1972.

Res. : West Patel Nagar, New Delhi.



LATE SHRI RAMESH AHUJA

Heavenly Abode on

Honoured GUEST OF HONOUR
of the Annual Derawal
Function in 1989.

Res. : West Patel Nagar, New Delhi.



LATE SHRI SATISH PAHWA

Heavenly Abode on xxxxxxxxxx

A long standing contributor,
providing BLANKETS to those in need
and scholarships to underprivileged
students at the Annual Derawal Day
Functions for several years

Res. :



LATE SHRI GOPAL DAS BAJAJ

Heavenly Abode on

Generous Donor, Supplied Free
vegetables at Annual Derawal
Day Functions for many years.
Res. : Ashok Vihar, New Delhi.



LATE SHRI MADAN MOHAN LAL MAKHIYA

Heavenly Abode on

Honoured GUEST OF HONOUR
of the Annual Derawal Function in 1984.
PRESIDENT Mahabir Dal.
Res. : Faridabad.

DISCLAIMER

The All India Derawal Sahayak Sabha (Regd.) will celebrate its 70th FOUNDATION DAY in 2025. A record has been created of late and distinguished Derawal members who have contributed significantly to the community since 1955, including those in prominent roles and social service. This compilation is intended to help current and future generations understand and value their heritage. Any omissions are unintentional and likely due to missing information, despite thorough research and outreach efforts during the compilation process.

COURTESY : RAVI KHERA



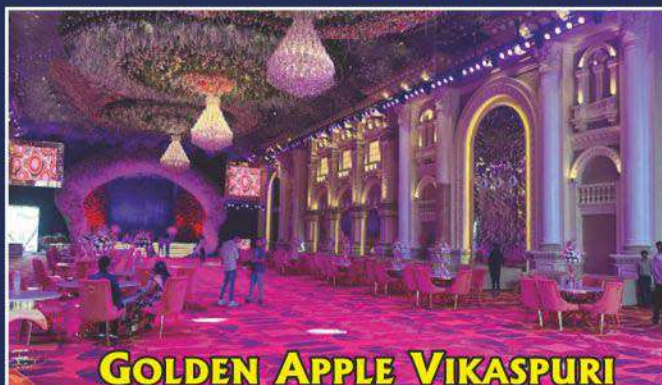
GOPAL KUMAR
M.D.



(M) : 9810066211
9999952025

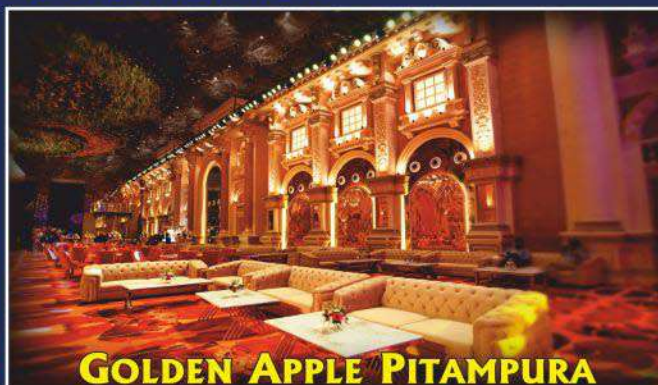
GOLDEN APPLE

LUXURY WEDDING DESTINATION



GOLDEN APPLE VIKASPURI

Unit 1 : Block H, Opposite Mamta Modern School,
Vikaspuri, New Delhi-110018



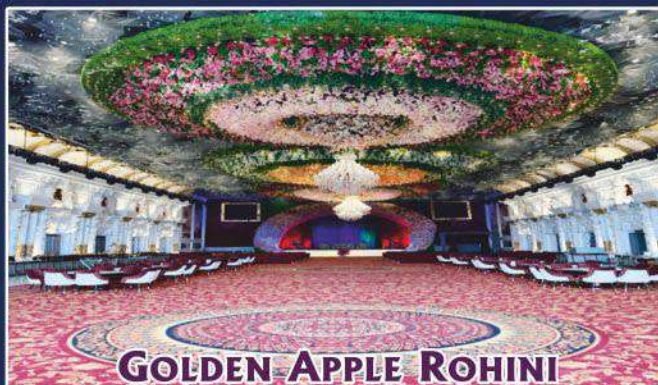
GOLDEN APPLE PITAMPURA

Unit 2 : Police Line, Road No. 43, Near Milan Apartment,
District Park, Pitampura, Delhi-110034



GOLDEN APPLE MANSION PITAMPURA

Unit 2 : Police Line, Road No. 43, Near Milan Apartment,
District Park, Pitampura, Delhi-110034



GOLDEN APPLE ROHINI

Unit 4 : Twin District Center, Near Crown Plaza,
Sector-10, Rohini, Delhi-110085



GOLDEN CROWN, JAPNEES PARK, ROHINI

Japanese Park, Sector-12, Near Petroleum Petrol Pump, Rohini, Delhi

With best compliments from :

GOPAL KUMAR
M.D.

(M) : 9810066211
9999952025



EUPHORIA MANSION

Plot No. 16, Shivaji Marg,
Najafgarh Road Industrial Area
New Delhi -110015
(Near Moti Nagar, Opp DLF)



EUPHORIA BANQUETS

F-3, Udyog Nagar Industrial Area,
Near Peera Garhi Metro Station
New Delhi-110041
(Opp. Pillar No.310)

Email : euphoriabanquets@gmail.com | Web. : euphoriabanquets.com



MAPPLE GOLD BANQUET **FIVE STAR**

Paschim Vihar, New Delhi-110087
(Below Radisson Blu Hotel)

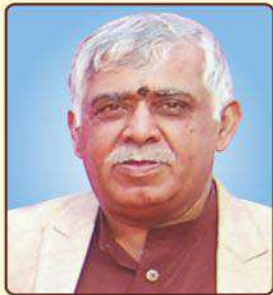


Krishna Green **by MAPPLE GOLD**

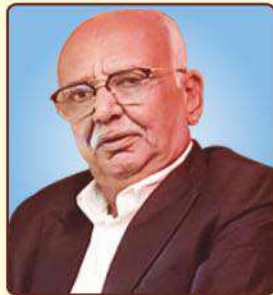
Block H -1, Dwarka Link Road,
Pushpanjali Farms,
New Delhi, Delhi -110061

डेरावाल शिव समिति, ईस्ट ऑफ कैलाश, नई दिल्ली
की ओर से

डेरावाल दिवस की हार्दिक शुभकामनाएँ



हरीश कुमार छाबड़ा



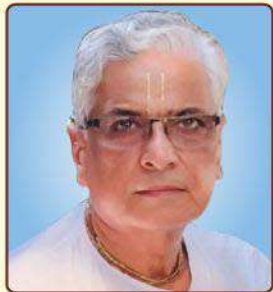
राजपाल अरोड़ा



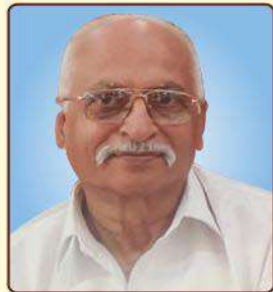
राजेन्द्र गोवर



नितिन जी



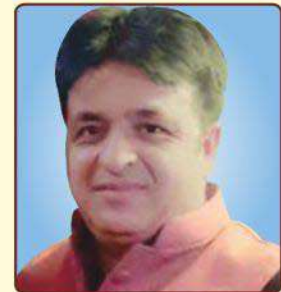
आशुतोष शर्मा



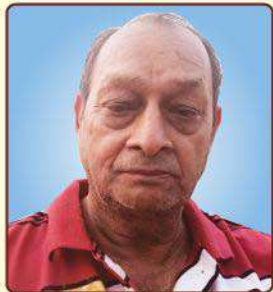
रमेश कुमार आहुजा



हेमन्त खुराना



विकास छाबड़ा



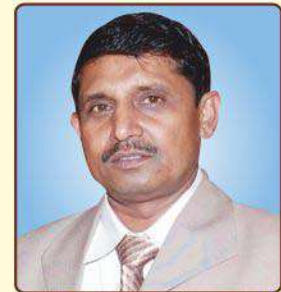
भारत भूषण लाल



उत्तम कुमार आहुजा



नरेन्द्र कुमार गाबा



ओम प्रकाश शर्मा



नरिन्दर अरोड़ा



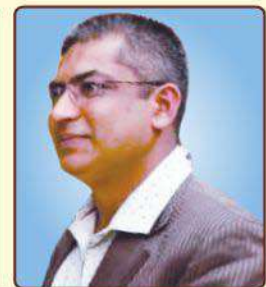
पुनीत मुंजाल



सतीश आहुजा



कमल कटारिया



मोनू खेड़ा

आपका स्वास्थ्य-शीतऋतु में

बरसात के विदा होनेके उपरान्त शरदके सुहावने मौसमका क्रमशः शीतऋतु में रूपान्तरण होता जाता है। धरती पर धीरे-धीरे सूरज की किरणों का तेज मध्यम होने लगता है। अपनी परिक्रमा में पृथ्वी सूरज से दूर पड़ जाती है, उसी से सूरज देर से उगने लगता है। दिन छोटे होने लगते हैं और रातें बड़ी होने लगती हैं। दिन-पर-दिन सर्दी बढ़ती जाती है। नवम्बर मास से प्रारम्भ होकर फरवरी तक-इन चार महीनों में शीत ऋतुका प्रभाव बना रहता है। इस प्रकार अपने देश की छः ऋतुओं में से हेमन्त और शिशिर-ये दोनों शीत ऋतु कहलाती हैं। इस समय सूरज दक्षिणायन होने के कारण हमारे रस और ओज का शोषण कम कर पाता है। यही कारण है कि हम अपने आपमें अधिक उत्साह और स्फूर्ति का अनुभव करते हैं। इन दिनों में चन्द्रमा का सोम प्रभाव बलवान् हो जाता है। शीत के कारण पसीने के छिद्र सिकुड़े रहने से पसीना कम निकलता है। शरीराग्नि संचित रहती है। भूख अच्छी लगती है। पाचकाग्नि बढ़ जाती है। शरीर का पोषण बढ़ने से बलकी वृद्धि होती है। अच्छा खाने, अच्छा पहनने और खूब परिश्रम करने के लिये यह मौसम अपना एक अनोखा ही आनन्द लिये हुए है। वास्तव में यह हमें ऐसा अवसर मिलता है, जब हम पर्याप्त बल का संचय कर सकते हैं। अतः आज हम इसी ऋतुमें स्वास्थ्य को अच्छा रखने के सम्बन्ध में विचार कर रहे हैं।

शीत की अधिकता होने पर हममें से कई लोग प्रायः देर तक गर्म रजाई ओढ़े सोते रहते हैं। यह तन्दुरुस्ती के लिये अच्छा नहीं है। वैसे ही रात बड़ी होती है-देर तक सोते रहने से तो आलस्य बढ़ता है। जो लोग सूरज उगने तक सोते रहते हैं, वे स्वयं अपने हाथों अपना उत्साह और तेज कम करते हैं। हाँ, जिन्हें रात में जागना पड़ा हो, उनको हम अपवाद मान सकते हैं। स्वास्थ्य के हित की दृष्टि से हम जल्द सोवें और जल्द उठें। दस बजे सोये हों तो पाँच बजे निश्चय उठ जाना चाहिये। उठकर शौचादि से निवृत्त हों और या तो गर्म कपड़े पहनकर वायु सेवन को चले जायें या मालिश कर व्यायाम में जुट जायें। इन दिनों तैल की मालिश बहुत लाभकारी है। तैल चाहे सरसों का हो या तिल्ली का दोनों अच्छे हैं। वैसे तो सारे शरीर में ही मालिश करना चाहिये, किंतु इतना न हो सके तो कम से कम सिर और पैरों की मालिश तो अवश्य करें। वृद्धों और बच्चों को सूर्योदय होने के पश्चात् सूरज की किरणों में बिठाकर मालिश करना अधिक लाभदायक है।

उस ऋतु में गरम जल का स्नान सुहाता है, यह हितकर भी है। गर्म जल के स्नान के साथ उबटन लगाना चाहिये। वैसे इस ऋतु में साबुन का अधिक प्रयोग न करें, उससे अपनी त्वचा अधिक रूखी हो जाती है। उबटन के लिये पुनः बेसन में थोड़ा सा तैल डालकर प्रयोग करना चाहिये। शीतल जल का स्नान वे ही करें, जिन्हें कफ, खाँसी, गुर्दे की बीमारी, वायु के रोग आदि न हों। हाँ, जिन्हें शीतल जल अनुकूल है, वे स्नान के पश्चात् निश्चय ही एक रोमांचक उत्साह का अनुभव करेंगे।

क्योंकि रातें बड़ी होती हैं और उस ऋतु में पाचन अच्छा रहता है, इसलिये रातका भोजन शीघ्र ही पच जाता है और प्रभात होते ही भूख लग जाती है। इसी से कोई पाक या लड्डू या अन्य किसी शक्तिवर्धक पदार्थ का कलेवा करना चाहिये। वैसे बादाम, छुहारा, काजू, किशमिश, पिस्ता आदि सूखे मेवे भी उस दृष्टि से बहुत अच्छे रहते हैं। परंतु अपने देश में कई लोग उतना खर्चीला कलेवा न कर सकें तो उन्हें तिल्ली, गरी, छुहारे और गुड़के लड्डू बनाकर उपयोग में लेना चाहिये। ये लड्डू किसी भी महँगे कलेवे की बराबरी का पोषण तत्त्व रखते हैं। इसके अतिरिक्त गाजर का हलवा, खसखस के दानों की खीर भी ली जा सकती है। ये सभी कम खर्चीले हैं। और कुछ नहीं तो गर्म दूध में कच्चा नारियल बैटनी की तरह पीसकर और शक्कर डालकर तथा उबालकर पीया जाय। यह बड़ा शक्तिप्रद पेय बन जाता है। सुगन्ध के लिये हम जावित्री, केशर, इलायची और कुछ नहीं तो, तुलसी या अदरक ही डाल सकते हैं।

शीतऋतु में हलके और गर्म कपड़े पहनने चाहिये। पैरों को गर्म रखना बहुत आवश्यक है। सर्दी पैरों की ओर से अधिक अहित करती है, इसलिये मोजे पहनना अच्छा है। ऊनी कपड़े पहनते समय हमें यह ध्यान रखना चाहिये कि उनके नीचे सूती कपड़ा अवश्य रहे। कपड़े पहनते समय शरीर को इतना अधिक न कस दिया जाय कि भीतर वायु की हलकी गर्म तह को भी अवकाश न मिल पाये।

भोजन में मीठे, खट्टे, चिकने, नमकीन और पौष्टिक पदार्थ लेने चाहिये। गेहूँ, बाजरा, चना, मूँग, उड़द, मोठ, मसूर आदि से बना भोजन तथा गाजर, मूली, टमाटर, मटर, मेथी, गोभी, बैंगन, आलू, पालक, चौलाई आदि सब्जियाँ विशेष हितकर हैं। जिन्हें घी, तैल अनुकूल है, उन्हें इनका उचित प्रयोग करना चाहिये। शाकाहारी लोग अपने लिये अनुकूल और हितकर पक्वान्न ले सकते हैं। मैदे से बनी पूड़ियाँ, खुर्मा, गर्म

जलेबी, इमरती, रबड़ी, बादाम पाक, केसर और मावेकी बाटी, लड्डू इत्यादि शीतकाल के प्रिय पदार्थ हैं। कम खर्च की दृष्टि से मूंगफली के दाने और गुड़ की बनी चक्कियाँ, तिल्ली के लड्डू या गजक, खसखस के दाने डालकर उबाला हुआ दूध आदि श्रेष्ठ आहार हैं। और अधिक नहीं तो 30 - 40 ग्राम गुड़ ही भोजन के बाद सेवन किया जाय, इससे शरीर को पर्याप्त शक्ति प्राप्त होती है। बर्फ की चीजें, बासी भोजन, उग्र और तीखे पक्वान्न आदि सेवन नहीं करना अच्छा है।

शीतऋतु में मध्याह्न में सोना आवश्यक नहीं है। अत्यधिक परिश्रम के कारण विश्राम अवश्य किया जा सकता है। रात्रि का भोजन नौ बजे तक अवश्य कर लेना चाहिये। रात्रि के भोजन के साथ द्राक्षासव, अश्वगन्धारिष्ट, पिप्पल्यासव या अन्य कोई श्रेष्ठ स्वास्थ्यवर्धक आसव का सेवन लाभदायक है। सायंकाल के पश्चात् यदि घर से बाहर जाना हो तो अपने शरीर की, विशेषतया छाती और सिर की शीत से रक्षा का पूरा प्रबन्ध रखें। प्रभात की वायु में और रात की वायु में बड़ा अन्तर है। प्रभात में सूरज के उगने का समय समीप आता - जाता है, जिससे वातावरण में क्रमशः गर्मी बढ़ती जाती है, किन्तु रात्रि में ठीक इसके विपरीत है। इसी से रात्रि में वस्त्र आदि का पूरा प्रबन्ध रखना आवश्यक है।

मृगचर्म और बाघम्बर बैठने के उपयोग में उत्तम है। वैसे ऊनके आसनो का भी उपयोग करना चाहिये। सोने के लिये रजाई, कम्बल आदि से शरीर गर्म रखना चाहिये, किन्तु इन

सबके साथ सूती चादर अवश्य रखना चाहिये, जिन्हें समय - समय पर धोया जा सके।

जब शीत अधिक हो तो गर्म अँगीठी का उपयोग अच्छा है। किन्तु ध्यान रहे - सब ओर से हवा आने - जाने के रास्ते बन्द किये हुए कमरे में जलती अँगीठी रखने से वायु विषाक्त होकर प्राणतक हरण कर सकती है। इसलिये बिलकुल बन्द कमरे में जलती आग रखकर न सोवें। कमरा गर्म रखने के लिये आजकल बिजली के हीटर का, प्रयोग अधिक सुविधा जनक है। दिन में शरीर को गर्मी पहुँचाने के लिये सूरज की किरणों का सेवन करना बहुत सुखकर है। इसके लिये सूरज की ओर पीठ करके बैठना चाहिये। तैल मालिश करने के पश्चात् खुले शरीर से धूप का सेवन त्वचा और शरीर के लिये विशेष हितकर है।

यदि हम शीतऋतु में अपने स्वास्थ्य का ध्यान न रखें तो गुर्दे की बीमारी, श्वसनक यानी न्यूमोनिया, श्लेष्मक अर्थात् इन्फ्लूएंजा तथा शीत से होने वाले अन्य ज्वर, सन्ध्यावात, वेदनायुक्त अनेक वातरोग इत्यादि होने का डर रहता है। अतः स्वास्थ्य - रक्षण के लिये ऋतुचर्या का ध्यान रखना चाहिये। यदि हम विधि पूर्वक उस अवसर का अच्छा उपयोग करें तो पूरे वर्ष के लिये पर्याप्त शक्ति का संचय कर सकते हैं, इसमें कोई सन्देह नहीं।

— सुदर्शन पाहवा

पैटर्न : ऑल इण्डिया डेरावाल सहायक सभा (रजि.)

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तद्गृहं तीर्थभूतं हि नायान्ति यमकिंकराः ॥

अर्थात् जिस घर के द्वार पर तुलसी का बगीचा रहता है, वह घर तीर्थ के समान पवित्र हो जाता है। इससे वहाँ पर यमदूत अथवा तरह-तरह की प्राण घातक व्याधियाँ नहीं आ सकतीं।

पुराणों के अतिरिक्त बौद्धग्रन्थों में भी तुलसी की महिमा का वर्णन है। तुलसी का पौधा हिमालय पर्वत से अन्य प्रदेशों में गया। विष्णुपुराण, ब्रह्मपुराण, स्कन्दपुराण एवं देवीभागवत के अनुसार तुलसी की उत्पत्ति की अनेक कथाएँ हैं, पर एक कथा के अनुसार समुद्र-मंथन करते समय जब अमृत निकला, तो उस अमृत कलश को देखकर श्रम की सार्थकता से वशीभूत होकर देवताओं के नेत्रों से अश्रुधारा बह उठी और उन बूँदों से तुलसी के वृक्ष उत्पन्न हुए। धार्मिक मान्यता के अनुसार भगवान को फूल, भोग जो कुछ भी अर्पित किया जाता है, उन सबके बराबर हैं तुलसी की पत्तियाँ! इस सन्दर्भ में एक कथा है-एक बार भगवान् श्रीकृष्ण की धर्मपत्नी सत्यभामा ने उन्हें तौलने का निश्चय किया। उन्होंने श्रीकृष्ण को तराजू के एक पलड़े पर बिठाया और दूसरे पर वे अपने मूल्यवान् गहने और अन्य सम्पत्तियाँ रखने लगीं। पर काँटा अपने स्थान से हिला ही नहीं, आखिर श्रीकृष्ण की पटरानी रुक्मिणी ने गहने वाले पलड़े पर तुलसी की एक पत्ती रख दी। तदनन्तर दोनों पलड़े बराबर हो गये। पुराणों में तुलसी को विष्णुप्रिया भी कहा गया है।

औषधीय गुण : आयुर्वेद जगत में तुलसी को सर्वोत्तम औषधियों में माना जाता है। तुलसी को अंग्रेजी में 'सेक्रेड बेसिल' और अन्तर्राष्ट्रीय जगत में 'ओसिमम सैंकटम' के नाम से जाना जाता है। तुलसी के बारह प्रकार हैं। उनमें मुख्यतः कृष्ण तुलसी, श्वेत तुलसी, राम तुलसी, गंधतुलसी, वनतुलसी आदि प्रमुख हैं।

तुलसी चरपरी, कड़वी, अग्निप्रदीपक, हृदय रोग निवारक, गर्म वात-पित्त को कम करने वाली तथा ज्वर विनाशक औषधि है।

तुलसीका रस शरीर पर लगाने से मच्छर नहीं काटते। मलेरिया के रोग में तुलसी विशेष लाभप्रद है। लन्दन के इम्पीरियल इंस्टीट्यूट के डॉक्टर मोल्लिंग तथा डॉक्टर पोलोना का मत है कि तुलसी के पत्तों में एक प्रकार का तेल है, जो वायु द्वारा हवा में ज्वर के कीटाणुओं को नष्ट करता है।

- करुणा पाहवा, सुभाष नगर

कोई भी व्यक्ति स्वभाव से अच्छा है या बुरा इसका अनुमान उसके रंग, धर्म, देश, जाति से नहीं उसके व्यक्तित्व से, उसके जीवन के सिद्धान्तों और मान्यताओं और व्यवहार से लगाया जा सकता है।

जो रहीम उत्तम प्रकृति का करि सकत कुसंग।

चन्दन विष व्याप्त नहीं लिपटे रहत भुजंग॥

सांपों से लिपटे रहकर भी चन्दन का वृक्ष अपनी सुगन्ध और विशेषता को नहीं छोड़ता। देखा जाये तो मनुष्य के आचरण से ही उसकी वास्तविक स्थिति जानी जा सकती है। सांसारिक जीवन में प्रत्येक व्यक्ति कुछ न कुछ कार्य करने में व्यस्त रहता है। आचरण के दो ही ढंग हैं। अच्छा, हितपूर्ण आचरण जिसे हम सदाचार कहते हैं और बुरा आचरण वाले को दुराचारी मानते हैं। यह बात भी प्रमाणित है कि अच्छे आचरण वाले को यह कोई नहीं कहता कि तुम भला कर रहे हो पर बुरा आचरण करने वाले दुराचारी पर सभी का ध्यान केन्द्रित रहता है। प्रसन्न व्यक्ति की अवहेलना हो सकती है किन्तु दुःखी करने वाले निन्दक की सभी आलोचना करते हैं इसका तो स्वभाव ही ऐसा है। मन की दुराचारी भावनाएं स्वभाविक नहीं हैं। वह तभी जन्म लेती है जब व्यक्ति ईश्वर की सत्ता से विमुख होकर अपने में अहम् भाव, अहंकार, चोरी, झूठ, निन्दा आदि के लक्षण पनपने देकर दुराचारी हो जाता है।

इन्सान गर ईमान हो जाये।

तो यह सारी दुनिया ईमान हो जाये॥

उस प्रभु से गर प्यार हो जाये।

तो ये शैतान मन भी इन्सान हो जाये॥

अन्तःकरण के श्रेष्ठ भावों को साधुभाव कहा जाता है। किन्तु जब मानव अभिमान में आकर हठ से, वाणी और पीड़ा देकर दूसरे के अनिष्ट करते हैं तो ऐसे दुराचारी अन्त में दुर्गति को प्राप्त होते हैं। सदाचारी व्यक्ति अपनी सज्जनता को नहीं छोड़ते। स्वामी दयानन्द जी जब वेद प्रचार कर रहे थे तो एक व्यक्ति उन्हें जी भर कर गालियां देता अपशब्द प्रयोग करता किन्तु हवन के अन्त में प्रसाद रूप में स्वामी जी उसे मिश्री देते थे। श्रद्धालु बड़े हैरान होते। एक दिन

एक भक्त ने पूछ ही लिया कि यह इन्सान आपको इतना बुरा कहकर गाली गलौज दे रहा है और अपने बुरे आचरण से हटता ही नहीं प्रसाद और मिश्री लेने पर भी आपकी बुराईयां कर रहा है। तब शान्त स्वर में स्वामी जी ने भक्त को समझाया कि जिसके पास जो होगा, वही तो वो देगा। इस प्रसंग से सदाचारी और दुराचारी व्यक्ति में अन्तर स्पष्ट ही है।

सदाचारी व्यक्ति के जीवन में अच्छा व्यवहार, यज्ञ, दान और तप इनका महत्वपूर्ण स्थान है। सदाचारी व्यक्ति ईश्वर के सत् स्वरूप को जानता है।

जिससे जिसका जो कुछ भी हो,

जग में दूर निकट सम्बन्ध।

तदनु रूप व्यवहार करे,

पर प्रभु का हो अनुबन्ध॥

करे न कभी किसी का कोई,

मद मोह अहित अपमान।

करे सभी हित मान सभी का,

सब में सदा देखे भगवान्।

सदाचारी व्यक्ति की विचारधारा यही है कि मैं ईश्वर की रचना हूं, उसके दिये हुए घर में निवास कर रहा हूं। मैं जो भी कार्य कर्म करता हूं उस भगवान् के दिये हुए प्रसाद को अन्न रूप में ग्रहण करता हूं और इसलिये मुझे परिवार, समाज सेवा का अवसर भी मिला है। ऐसे सदाचारी व्यक्ति का स्वभाव अग्नि के समान है। जैसे अग्नि से सम्बन्ध होने पर लोहा, पीतल, ईंट सभी चमकने लगते हैं वैसे ही सदाचारी व्यक्ति की संगति से सभी कर्म शुभ हो जाते हैं। अन्त में दर्शकों से इतना ही कहूंगी :

न बात करो अंधियारी रात की,

तुम बात करो प्रभात की।

क्यों फिसल जाता है इंसान,

बेच देता है धर्म और ईमान।

करो बात सदाचार की जीवन के,

उजियारों की और समुद्र के उन किनारों की।

- संकलन : विमल बुद्धिराजा

अपने खान-पान को शुद्ध रखो!

पहले हिन्दुओं का खान-पान बड़ा शुद्ध, पवित्र और सात्त्विक था। इसी कारण हिन्दू उन्नति के शिखर पर पहुँचे हुए थे। पर आज हिन्दुओं का खान-पान बहुत बिगड़ गया है। खान-पान की ओर हमें विशेष ध्यान देना चाहिये। हिन्दुओं को अपना आहार शुद्ध पवित्र रखना चाहिये। मांस-मत्स्य-मद्य आदि का सेवन बड़ा हानिकारक है। होटलों में खाने-पीने से जीवन में दोष प्रवेश कर जाते हैं। जिसका खान-पान ठीक नहीं है, उसका मन भी कभी शुद्ध सात्त्विक नहीं रह सकता। अशुद्ध मन से कभी शुभ कर्म नहीं हो पाते। खान-पान का मन तथा बुद्धि के ऊपर बड़ा प्रभाव पड़ता है। 'जैसा खाये अन्न, वैसा बने मन।' - यह बात झूठी नहीं है। शुद्ध अन्न के सेवन से शुद्ध मन का निर्माण होता है और शुद्ध मन के द्वारा ही शुभ कर्म में प्रवृत्ति सम्भव है तथा शुभ कर्मों के द्वारा ही हमें परमपिता परमात्मा की प्राप्ति हो सकती है। हमारी सद्गति का मूल तन-मन-कर्म की शुद्धता है। इसलिये खान-पान पर ध्यान देना बहुत ही आवश्यक है। आजकल देश में घोर पापाचार, अनाचार, व्यभिचार आदि हो रहे हैं; इन सबका एकमात्र मूल कारण है - मनका अशुद्ध होना। मन में शान्ति एवं समाज में सुख की स्थापना के लिये आहार की शुद्धता और पवित्रता आवश्यक है।

शुद्ध अन्न से तात्पर्य है - शुद्ध कमाई का अन्न। वह अब सात्त्विक होना चाहिये तथा उससे भोजन पवित्रता पूर्वक पवित्र व्यक्ति द्वारा बनाया गया हो। ऐसा शुद्ध सात्त्विक भोजन यदि भगवान को भोग लगाकर प्रसाद रूप में पाया जाता है, तो वह भगवत् प्राप्ति में बड़ा सहायक होता है। उससे स्वास्थ्य और परलोक, दोनों ही बन जाते हैं। शुद्ध भोजन का क्या प्रभाव पड़ता है, इसका हमें प्रत्यक्ष अनुभव है - 'हमारा दल मध्यप्रदेश के वन क्षेत्र से उत्तरप्रदेश में प्रवेश कर रहा था। रात के लगभग 10 बजे थे। खतरे का आभास पाकर उत्तरप्रदेश के एक कांस्टेबल ने अपने डण्डे से एक जानवर पर प्रहार करना चाहा। तभी उसके साथी

मध्यप्रदेश के पुलिसमैन ने उससे कहा - 'याद रखो, तुम स्वामी जी के साथ हो; अतः जानवरों को मारो नहीं, उसे केवल भगा दो।' इसपर उस पुलिसमैन ने डण्डा चलाया नहीं और जानवर भाग गया। यह सद्विचार मध्यप्रदेश वाले पुलिसमैन के मस्तिष्क में उत्पन्न क्यों हुआ? अपने हाथ का या अपने घर का शुद्ध पवित्र भोजन करने के कारण यह सद्विचार उसमें स्फुरित हुआ। मध्यप्रदेश का यह कांस्टेबल अपने हाथ से ही रोटी बना कर खाता-पीता है। वह बाजार का या होटल का बना अशुद्ध भोजन नहीं करता। होटल के भोजन की तुलना में घर का बनाया हुआ भोजन बहुत उत्तम होता है। नौकर और होटल वाले जब भोजन देते हैं तो उनकी भावना यही रहा करती है कि यह व्यक्ति कम-से-कम भोजन करे, जिससे हमारे लिये भी भोजन बचा रहे और हमें फायदा हो। इधर माता द्वारा भोजन कराते समय माता की भावना यही रहा करती है कि मेरा बच्चा खूब भरपेट भोजन करे और अच्छा बने; इसके अतिरिक्त वह और कुछ नहीं चाहती।

होटलों के स्वार्थपूर्ण, शुद्धतारहित वातावरण में भोजन करने वालोंकी बुद्धि भ्रष्ट नहीं होगी और उनसे पाप नहीं बनेंगे, तो क्या होगा? इसलिये यदि आप अपना कल्याण चाहते हो, तो अपने घर का बना, शुद्ध, पवित्र, सात्त्विक भोजन भगवान को भोग लगाकर प्रसाद रूप में ग्रहण करें; तभी आपकी बुद्धि शुद्ध होगी और तभी आपका मन शुद्ध होगा और तभी आपसे शुभ कर्म बनेंगे।

रजस्वला स्त्री के हाथ का बना तथा होटल में बना भोजन घोर अधःपतन करने वाला होता है। शुद्ध सात्त्विक भोजन करें; तभी आपकी आध्यात्मिक उन्नति होगी।

— अभिषेक पाहवा

आजीवन सदस्य

ऑल इण्डिया डेरावाल सहायक सभा (रजि.)

अच्छे संस्कार

जो 'पिता' के पैरों को छूता है वो कभी 'गरीब' नहीं होता।
जो 'मां' के पैरों को छूता है वो कभी 'बदनसीब' नहीं होता।
जो 'भाई' के पैरों को छूता है वो कभी 'गमगीन' नहीं होता।
जो 'बहन' के पैरों को छूता है वो कभी 'चरित्रहीन' नहीं होता।
जो 'गुरू' के पैरों को छूता है उस जैसा कोई 'खुशनसीब' नहीं होता।
अच्छा 'दिखने' के लिए मत जिओ, बल्कि 'अच्छा' बनने के लिए जिओ।
जो 'झुक' सकता है, वह सारी दुनिया को 'झुका' सकता है।
अगर बुरी आदत 'समय' पर न बदली जाए तो बुरी आदत 'समय' बदल देती है।
चलते रहने से ही 'सफलता' है, रुका हुआ तो पानी भी 'बेकार' हो जाता है।
झूठे दिलासे से 'स्पष्ट इंकार' बेहतर है अच्छी 'सोच',
अच्छी 'भावना', अच्छा 'विचार' मन को हल्का करता है।

मुसीबत सब पर आती है, कोई 'बिखर' जाता है और कोई 'निखर' जाता है।
दुनिया की ताकतवर चीज है 'लोहा' जो सबको काट डालता है।
लोहे से ताकतवर है 'आग' जो लोहे को पिघला देती है।
आग से ताकतवर है 'पानी' जो आग को बुझा देता है।
पानी से ताकतवर है 'इंसान' जो उसे पी जाता है।
इंसान से भी ताकतवर है 'मौत' जो उसे खा जाती है।
और मौत से भी ताकतवर है 'दुआ' जो मौत को भी टाल सकती है।
तेरा-मेरा करते एक दिन चले जाना है, जो भी कमाया यहीं रह जाना है।
कर ले कुछ अच्छे कर्म, साथ यही तेरे जाना है।
मुझे वो रिश्ते पसंद हैं, जिनमें 'मैं' नहीं 'हम' हो।

संकलन : नरेश कुमार मिनोचा

Be Cool

जीवन सीधी लाइन में नहीं चलता। सुख-दुख, वसंत पतझड़ एक ही जीवन में आते हैं। सब अनुकूल हो तो व्यक्ति सहज रहता है, लेकिन अचानक समस्या आने पर ज्यादातर लोग खुद को संभाल नहीं पाते। कूल रहना फैशनेबल शब्द नहीं है, यह भीतरी परिपक्वता का प्रतीक है, एक मानसिक आदत है, जिसे अभ्यास एवं जागरूकता से सीखा जा सकता है।

समझें खुद को : श्री बालाजी एक्शन मेडिकल इंस्टिट्यूट, दिल्ली की सीनियर कंसल्टेंट साइकोलॉजी डॉ. अर्चना शर्मा कहती हैं, "अपनी भावनाओं को पहचानें। किसी भी विपरीत स्थिति में तुरंत रिएक्ट करने के बजाय रुक कर खुद से पूछें कि ऐसा महसूस क्यों कर रहे हैं? क्या डर या असुरक्षा जैसी भावनाएं प्रभावित कर रही हैं? यह सेल्फ अवियरनेस ही ताकत है। भावनाओं को पहचानेंगे तो उन्हें संभालना आसान-होगा। भावनाओं को दबाने से कुंठा बढ़ती है। दिन में कुछ मिनट खुद से बातचीत करें। यह अभ्यास धीरे-धीरे भीतर से शांत और स्थिर बना देगा।"

थोड़ा पॉज जरूरी : तनाव में शरीर का पहला प्रभाव सांसों पर पड़ता है। बेचैनी घेरती है, धड़कन तेज हो जाती है, सीने पर दबाव महसूस होता है...। ये संकेत बताते हैं कि शरीर पैनिक मोड में है। सबसे प्रभावी उपाय है 5 मिनट तक लंबी-गहरी सांसें लेना। इससे मस्तिष्क में 'कामिंग हार्मोन' यानी सेरोटोनिन व डोपामाइन सक्रिय होते हैं। इससे धड़कन सामान्य होती है, दिमाग स्थिर होता है। जब भी तनाव हो, पांच बार गहरी-लंबी सांसें लें। यह अभ्यास कारगर होगा।

ज्यादा लड़ना ठीक नहीं : परेशानियां इसलिए बढ़ती हैं, क्योंकि हम चीजें अपने हिसाब से चाहते हैं। मगर हर चीज हमारे नियंत्रण में नहीं, उसे बदलना संभव नहीं। इस नजरिये से

देखेंगे तो दिमाग का संघर्ष कम होगा, वह समाधान के प्रति सोचेगा। यही मानसिक शांति का रहस्य है।

कूल ब्रेक : छोटा सा ब्रेक संतुलित दृष्टिकोण देता है। मन बोझिल हो तो माहौल बदलें। वॉक, मूड बूस्टर म्यूजिक, बुक, कॉफी, अच्छी रेसिपी व दोस्तों से बातें जैसे उपाय ब्रेन को रेस्ट देंगे। कूल ब्रेक दिमाग को रीसेट कर देता है।

खुद को रखें खुश : रोज अपने बारे में कुछ पॉजिटिव सोचें। कई बार नकारात्मक आवाज बाहर से नहीं, अपने भीतर से आती है। हम खुद को विफल, नाखुश, नाउम्मीद जैसे खिताबों से नवाजने लगते हैं। नेगेटिव सेल्फ टॉक से जिजीविषा कमजोर होती है। इसके विपरीत जब यह सोचते हैं कि मैं मजबूत हूँ, मुझमें संभालने की क्वत है... तो आत्मविश्वास बढ़ जाता है। शोध बताते हैं कि पॉजिटिव सेल्फ टॉक दिमाग के न्यूरोन्स को रिइन्फोर्स करता है, जिससे तनाव से निपटने की क्षमता बढ़ती है।

नींद पूरी करें: अनिद्रा, थकान व अनियमित दिनचर्या से भी मानसिक समस्याएं हो सकती हैं। नींद कम होगी तो थकेंगे, ब्रेन को रेस्ट नहीं मिलेगा। ऐसे में छोटी समस्याएं भी बड़ी दिखने लगेंगी। पर्याप्त नींद, पौष्टिक आहार और हल्की शारीरिक गतिविधियां मन को स्थिर बनाती हैं।

मदद मांगें : घबराहट, बेचैनी, अनिद्रा जैसी समस्याएं लगातार बनी रहें तो मदद मांगें। यह कमजोरी नहीं, इस बात का संकेत है कि आप अपनी मेंटल हेल्थ को ले कर जागरूक हैं। काउंसलर या साइकोलॉजिस्ट से बात करें। स्थितियां आती-जाती हैं, लेकिन धैर्य व संयम इंसान के स्थायी भाव हैं। इन्हीं से मजबूती आती है।



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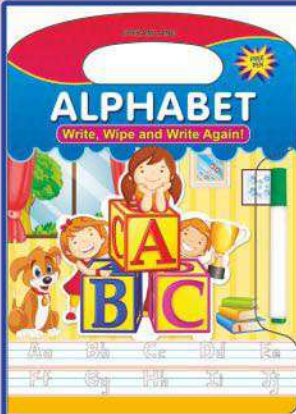
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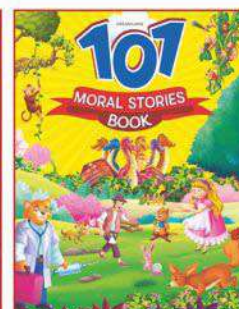
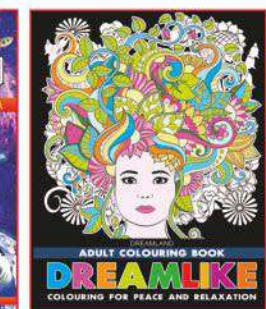
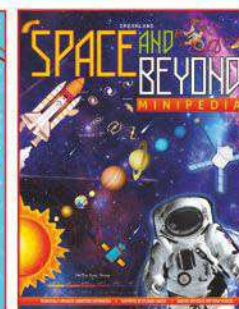
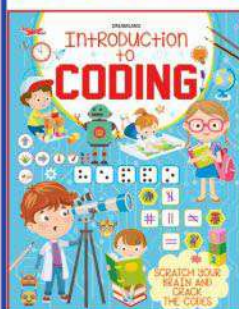
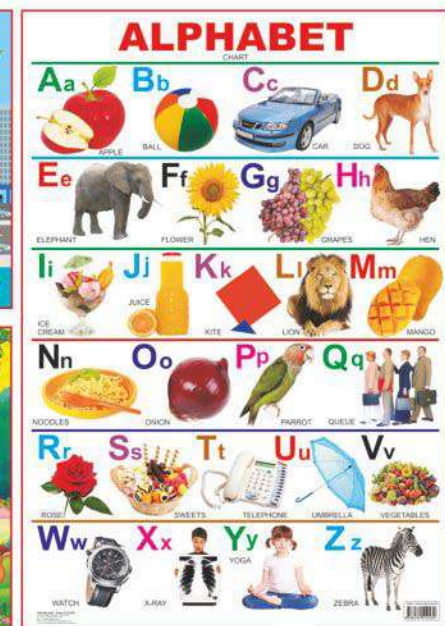
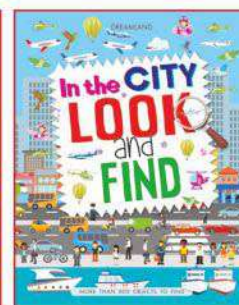
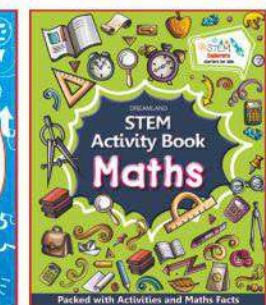
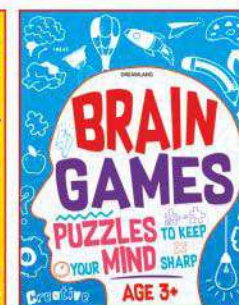
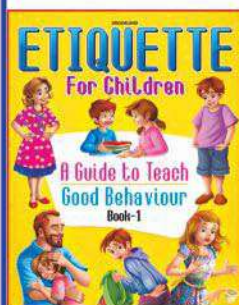
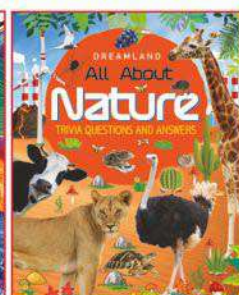
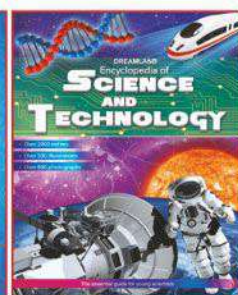
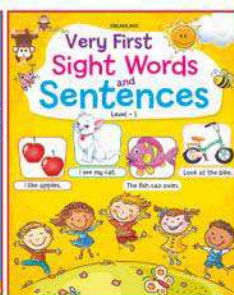
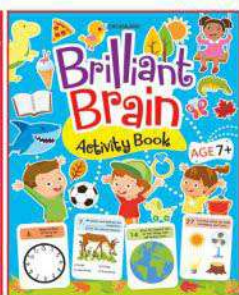
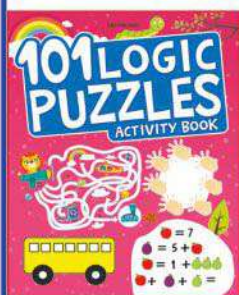
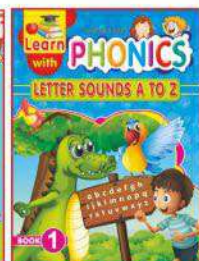
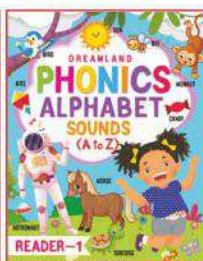
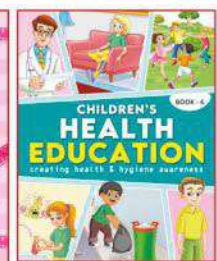
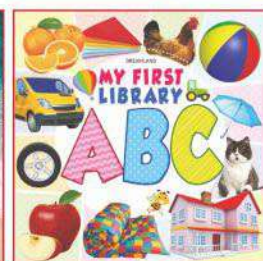
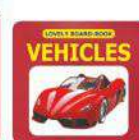
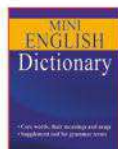
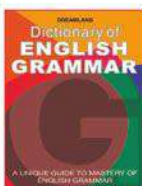
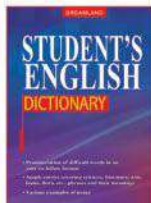
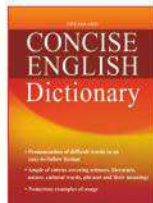
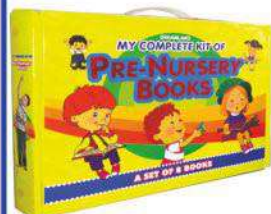
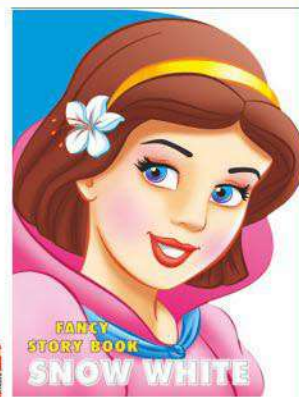
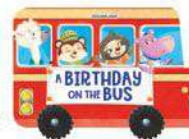
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