

मन्थन MANTHAN



Editor's Page

Dear Friends,

Our society is now about quarter of a century old. Some of us shifted here in 1999. We have seen toddlers growing into young men and women completing their studies and getting good jobs. Some have gone abroad in search of greener pastures. In spite of occasional disagreements, the members are living in harmony, celebrating various festivals and participating in activities of the society with great enthusiasm. Our society is the greenest society in Dwarka which is a matter of great pride. But our flats are facing age related problems. They are being addressed by the MC with the help of some good samaritans like Air Cmde SB Prasher and his team of volunteers. Our grateful thanks to them.

Some of our members have passed on to meet their Creator. The other partner left behind, suddenly finds himself/herself alone and helpless. Everyone develops his/her coping skills. The ladies find it more difficult than the men. Loneliness can be developed into quiet solitude to attain self realisation. It's a difficult process but one can always try. Brig VK Saxena has written a very good article on the subject which is published in this issue.

Response to our request to support MANTHAN has been very lukewarm. Some esteemed members have come forward but that is not good enough. We need more help to continue its periodic publication. We look forward to your generous support.

I wish all the members a very happy and harmonious living in the society.

-Gp Capt Shailendra Mohan (Retd.)

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FROM PRESIDENT'S DESK



Dear Residents,

1. The social and cultural life in AFNOE continues to be good and exciting with increase in social events in the society. The participation from the residents has been more than anticipated, thereby encouraging the Social Events Team to work harder and add more events to the social calendar of the society. The social events are covered separately in this issue of the magazine.
2. The weather has been very unpredictable this time. While the month of February was quite reasonably comfortable, the month of March was quite warm resulting in the prediction of a very hot summer. But April again became very pleasant with unexpected rains and cool breeze. Even the first week of May had below normal temperatures. As per Meteorological Deptt these are the signs of disaster in the offing. We at society level need to make our small contribution to the environment conservation by taking following steps:-
 - a) Utilising the RO water left after purification of water.
 - b) Use water saving cisterns.
 - c) Plant oxygen giving TREES and nurture them.
 - d) Reduce use of papers particularly paper napkins and toilet papers.
 - e) Eliminate single use plastics from your chores.
 - f) Segregate and recycle wastes.
 - g) Walk or use public transport for small distances giving rest to your cars.Conscious and small steps by each one of us will go a long way in protecting the environment and leaving something positive for our next generations.
3. Following social events were conducted in the society during the last quarter with joy, happiness and fervor:-
 - a) Spring Carnival on 18 February 23.
 - b) Holika Dehan on 07 March 23.
 - c) Dulhandi (Holi playing) on 08 March 23.
 - d) Ram Navmi on 30 March 23.
 - e) Musical Evening by Maitri Bond on 03 April 23.
 - f) Baisakhi Mela on 09 April 23.
4. During the last six months a large number of flats reported leakage. While some of the leakages were attributable to the renovations carried out in the flats, the cases of leakage from the common pipes located in the shafts were also increasing. One shaft in block 2A was stripped open to assess the physical condition of the pipes. It was seen that the bricks had not been cemented and no water proofing carried out. Some of the pipes had vertical cracks and other damages as well. The Special General Body Meeting was conducted on 12 March 23 to obtain a decision on repair or replacement of the pipes. House formed a sub-committee headed by Air Cmde SB Parashar to undertake repair / replacement of pipes. SGM will be conducted immediately on receipt of report / recommendations from the sub-committee.
5. Further following works / jobs have been undertaken by society in last three months:-
 - a) Distempering of all common areas has been completed.
 - b) The periodical servicing and oil change of DG Sets has been completed.
 - c) Servicing of fire equipment has been completed.
6. In the end MC once again appeals to the residents to dispose off their vehicles which have outlived the prescribed life and park these outside the rear gate till disposal.

With good wishes to all the residents for good health and happiness.

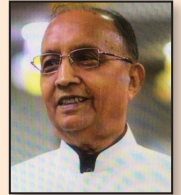
AVM SK Sharma (Retd.)

President Management Committee

AFNOE

FROM LONELINESS TO SOLITUDE

-VETERAN BRIG VIRENDRA SAXENA



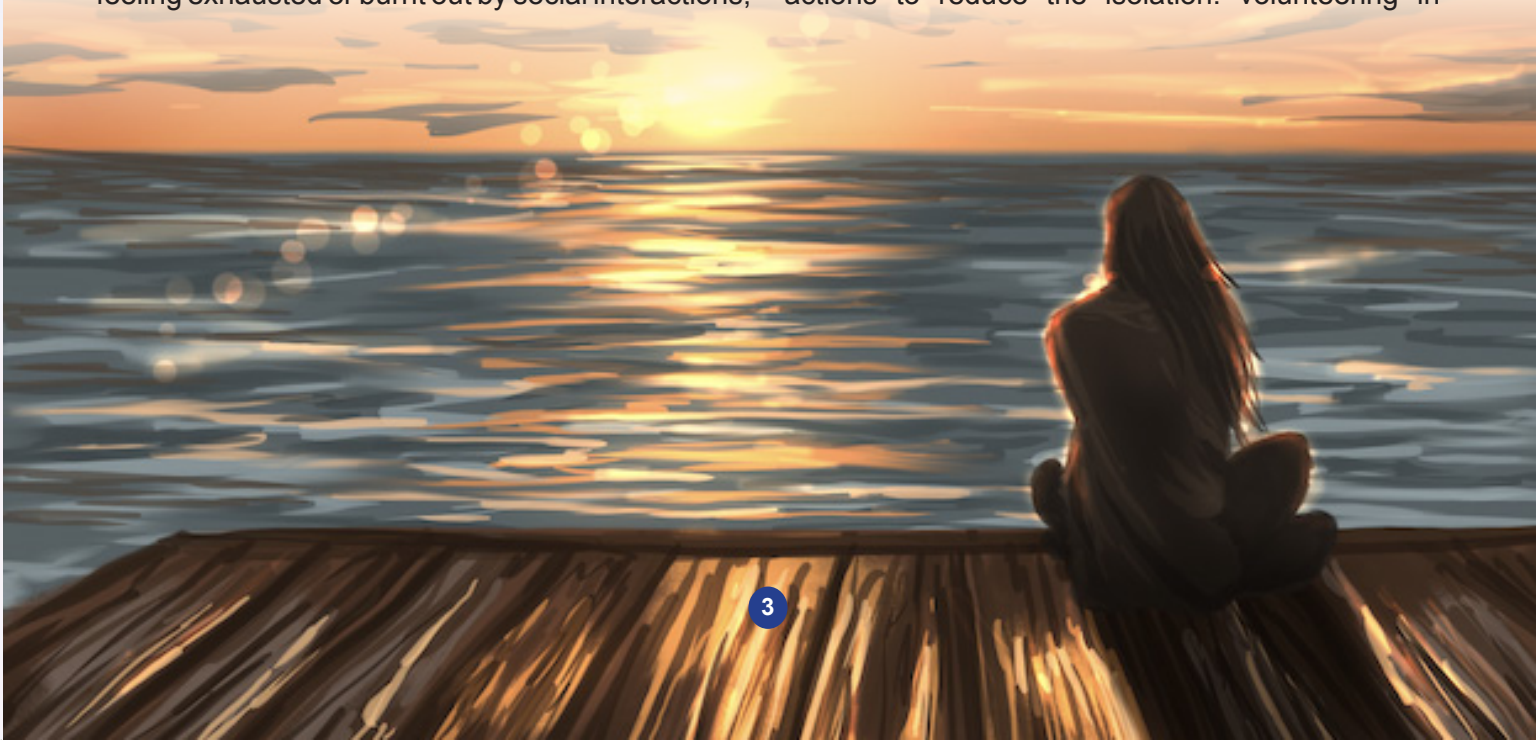
Social isolation and loneliness have even been estimated to shorten a person's life span by as many as fifteen years. According to a 2019 report of the National Institute on Aging, "Research has linked social isolation and loneliness to higher risks for a variety of physical and mental conditions: high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, cognitive decline, Alzheimer's disease, and even death". Isolation is a fact; loneliness is a feeling. People who are socially isolated don't necessarily feel lonely, and people who are not socially isolated may feel lonely even when surrounded by other people. Loneliness is a feeling of being alone, of lacking companionship. According to the American Psychological Association, loneliness is a cognitive discomfort or uneasiness from being or perceiving oneself to be alone. We feel emotional distress when our inherent needs for intimacy and companionship are not met. It is a perceived discrepancy between desired and actual social relationships in terms of either quantity or quality. Loneliness also describes what you feel when you are in a crowded room and aren't connecting with the people around you as much as you'd like to do. It may involve feelings of sadness, emptiness, discomfort, or disconnectedness; feeling left out or isolated from others; a longing for companionship; feeling like you're misunderstood or not heard, feeling exhausted or burnt out by social interactions;

feeling insecure; ruminating and reminiscing on the past.

But it's not all bad news. Research has also shown that the ability to tolerate being alone is correlated with positive effects such as relaxation, reduced stress, greater happiness, less depression, and lower risk of burnout. Alone time can be time to map out goals, to focus on caring for oneself rather than on caring for others, facilitate personal growth, focus, and think creatively. People who spend time alone may develop new coping skills and become more resilient, better people.

Coping with Loneliness. Different individuals react differently to feelings of loneliness. Their responses run the gamut from destructive to constructive. Some perceive loneliness as an undeserved punishment inflicted on them by circumstances beyond their control and may ruminate, obsessively thinking about their loneliness, feeling sorry for themselves. This tends to intensify and prolong the negative feelings, making them worse, and may lead to poor health. At the other end of the spectrum, some people view loneliness as just another of the many challenges life offers. They may see their loneliness as a mandate to seek solutions and as a welcome opportunity for personal growth and the development of better coping skills.

Those who are socially isolated can take actions to reduce the isolation: volunteering in



the community, joining a class or club, adopting a pet, getting involved with religious and spiritual activities, helping out in a school, tutoring children, teaching a skill, coaching a team, taking the initiative to phone friends or relatives they haven't talked to in a long time, interacting with strangers and casual acquaintances, helping a neighbour, visiting the sick and the elderly; the opportunities are nearly limitless. Ruminating thoughts can be stopped.

LONELINESS IS PAIN WHEREAS SOLITUDE is 'GLORY OF BEING ALONE'. It can be either positive or negative, depending on the situation. Short-term solitude is often valued as a time when one may work, think, or rest without disturbance. It may be desired for the sake of privacy. Undesirable long-term solitude may stem from soured relationships, loss of loved ones, deliberate choice, infectious disease, mental disorders, neurological disorder or circumstances of employment or situation. A distinction has been made between solitude and loneliness. In this sense, these two words refer, respectively, to the joy and the pain of being alone. Long-term solitude is often seen as undesirable, causing loneliness or reclusion resulting from inability to establish relationships. Furthermore, it might lead to clinical depression, although some people do not react to it negatively. Monks regard long-term solitude as a means of spiritual enlightenment. Marooned people have been left in solitude for years without any report of psychological symptoms. Emotional isolation is a state of isolation where one feels emotionally separated from others despite having a well-functioning social network. Some researchers have rejected the notion that solitary practices and solitude are inherently dysfunctional and undesirable. In their 2013 book "A Handbook of Solitude", the authors note how solitude can allow for enhancements in self-esteem, generates clarity, and can be highly productive.

There are both positive and negative psychological effects of solitude. The positive effects can range anywhere from more freedom to increased spirituality while the negative effects are socially depriving and may trigger the onset of mental illness. While positive solitude is often desired, negative solitude is often involuntary or undesired at the time it occurs.

Positive effects. Freedom is considered to be one of the benefits of solitude; the constraints

of others will not have any effect on a person who is spending time in solitude, therefore giving the person more latitude in their actions. With increased freedom, a person's choices are less likely to be affected by exchanges with others. A person's creativity can be sparked when given freedom. Solitude can increase freedom and moreover, freedom from distractions has the potential to spark creativity. Another proven benefit to time given in solitude is the development of the self. When a person spends time in solitude from others, they may experience changes to their self-concept. This can also help a person to form or discover their identity without any outside distractions. Solitude also provides time for contemplation, growth in personal spirituality, and self-examination. In these situations, loneliness can be avoided as long as the person in solitude knows that they have meaningful relations with others.

As pleasure. Solitude does not necessarily entail feelings of loneliness, and it may in fact be one's sole source of genuine pleasure for those who choose it with deliberate intent. Some individuals seek solitude for discovering a more meaningful and vital existence. For example, in religious contexts, some saints preferred silence, finding immense pleasure in their perceived uniformity with God. Solitude is a state that can be positively modified utilizing it for prayer allowing to "be alone with ourselves and with God, to put ourselves in listening to his will, but also of what moves in our hearts, let purify our relationships; solitude and silence thus become spaces inhabited by God, and ability to recover ourselves and grow in humanity.

How to convert your loneliness into positive solitude? Love thyself; dress well and pamper yourself. Be part of your environment. Reach out to people. Keep in touch with your family and friends. Pursue your hobbies. Acquire new skills. Enjoy good music of course with a drink, form small social groups, Connect with your higher self. Read and write particularly for Manthan. Last but not the least, find your own ways for self-actualization.

Tell Yourself every morning 'I AM NOT ALONE':
I AM NOT LONELY: I LIVE IN AND ENJOY MY SOLITUDE: I WILL CHANGE MY LONELINESS INTO POSITIVE SOLITUDE.

(With inputs from the Internet)

MAKING INDIA THE DRONE HUB OF THE WORLD



-Veteran Gp Capt PV Singh

Over the next decade, India is poised to exploit an opportunity that we can not afford to miss – The Drone Revolution. The Nation has the potential and the opportunity to emerge as a drone hub at the global stage. A strong case exists for symbiotic relationship between the Govt, the end users (ie the Defence and the commercial entities) and industry to realise our vision to make India the Drone hub of the World by 2030.

The global Drone market is poised to become a US\$ 54 billion market by 2025. One estimate indicates that the Drone manufacturing potential in India could be worth UD\$ 4.2 billion by 2025, growing to US\$ 23 billion by 2030. It is expected that making India a drone manufacturing Hub, would contribute to the country's target of a US\$ 5 trillion economy with a larger focus on Make in India opportunity and once delivered, its success will contribute to National prosperity.

The Drones or the Unmanned Aerial Vehicle (UAV) or unmanned aircraft systems as they are called, are impacting all walks of life. In the Military, these are being used for surveillance, reconnaissance, logistics, communication in remote areas etc in Air defence roles and as combat and counter-drone systems in offensive roles. Today, drones can function as a loitering weapon, swarm drones or robotic drones who can fight the enemy on ground as well as in Air. The use of drones in the Ukraine war from both sides have been decisive on many fronts. Pakistan has been dropping weapons and contrabands on a regular basis in Indian territory and thus causing nuisance. China is a world leader as on date in manufacturing and supply of drones to the world. Chinese company DJI has been exporting Drones for many years all over the world and in India. These come in all shapes and sizes meeting all requirements. India is thus left with no choice but to develop its own drone technology for our defence forces as well as export to the world.

MHA uses drones and anti-drone systems extensively. BSF is using them for tracking, surveillance and attacking rogue drones from across the border etc at borders. CISF and other para military forces are using them for safety and security of Airports, industrial bases and to safeguard their own establishments. The drones are being used in naxal infested areas for the same purposes.

The other major users of civil drones is the vast Indian commercial sector where drones are being used for Agriculture and farmers' welfare, health and family welfare, land records, housing and urban affairs, railways, road transport and highways, Ports, shipping and waterways, mining and power sector, petroleum and natural gas, environment- forests and climate change, information and broadcasting (photography & Videography etc).

Category of Drones :-

(A) Drones have many categories and classifications. As per total take off weight, these are categorized as Nano, Micro, Small, medium and large drones.

(B) Types of Drones are Multi Rotor drones, Fixed wing drones, Single rotor drones and Fixed wing Hybrid VTOL (Vertical take off and Landing).

(C) The drones are also classified as per the usage as described in para 3,4 and 5 above.

7. Conclusion: Drones are going to add another dimension to our lives and the way countries are going to fight future wars. Artificial Intelligence enabled combat drones with latest stand off weapon systems are going to replace fighter Aircraft to great extent. These may be a thing of past like land line Telephones have been replaced by smart mobile phones in last 25 years. Conventional air travel is going to be replaced by Unmanned Air taxis for domestic as well as international air traffic. We can expect very exciting times ahead in the next decade or so. Let us all maintain good health, live in harmony and be witness to the change- the new India and the New world.



NEED TO BE HAPPY



-Veteran Wg Cdr Subhash Mahajan

We need to ensure happiness on daily basis. Let's forget past which is gone & not bother about future which is yet to come. We need to live in present by thinking & planning "one day at a time". Let's do the following sincerely to feel & achieve happiness on daily basis.

1) EXERCISES:- We are to think only positive in first 30 minutes of a day called "platinum period". No negative thoughts during platinum period. Also plan to keep moun vrat for 30 minutes a day as & when we feel convenient.

We must spend at least 30 minutes to do exercise daily. If we want to walk then we must do brisk walk or jogging as per our age. Keep in touch with nature while walking. Brisk walk & jogging works like natural medicine to improve our mental health & improves our self- confidence.

2) DAILY TASKS:- Let's do sincerely whatever task we need to do in a day without expecting too much appreciation from person like a boss. Appreciation does help in bringing happiness. Therefore we must appreciate work done by housewives, maids or drivers etc to make them feel happy.

3) COMMUNITY WORK:- Doing community or social work for needy people brings true happiness. As per Gita we need to pay back a part of what we get from community as explained by Dr. Jaya Row, the learned sadhvi of Aurobindo ashram Mumbai. If we contribute to others' happiness we will find "true meaning of life" as per holiness the xivth Dalai Lama. We can help BPL people (below poverty line) by providing educational, professional guidance & if need be some financial assistance.

4) RELATIONSHIP :- We need to become close to people to improve our relationship. Be always in touch with old friends even when they have shifted away from our city. Maintain list of these friends and call them on phone at least once in three months. The phrase old is gold is very much applicable to friends as well as relatives.

Do hug called *jadoo ki jhappi* which is very much effective in meeting friends with real joy. Even when we see a child feeling sad, give him a hug to see him smiling. Similarly putting arms around shoulders of a person we meet, gives a true feeling of close friendship. Also try & say hello with a smile to 3 or 4 strangers we meet during morning walk. Talking to strangers keeps our mind young & active.

Have no or least expectation from others. Also we need to "forget & forgive" to avoid injury to ourselves.

PRECAUTIONS:- Parents should never transfer all assets while alive. This will make us lead a dignified respectful life. Make a will & update nomination of bank accounts & other assets including properties & bank lockers etc. Maintain a file called "my life" where we keep up-to-date information about ourselves including our medical records plus service cum pension documents etc.

We are responsible for our own happiness which help us to deal with all challenges and problems in easy & better way. We need to clearly understand that " no one can cure our problems except we ourselves". So be happy always.

GALWAN HERO'S WIFE - ARMY OFFICER NOW

The Indian Army inducted its first batch of five women Artillery Officers in April this year. Rekha Singh, wife of Naik Deepak Singh who achieved martyrdom in the Galwan valley clashes of 2020, became a Lieutenant and was posted to a frontline base in Eastern Ladakh. Our salutes to both of them.



TWO GREAT PEOPLE

When Dr. Abdul Kalam was the President, he visited Coonoor. On reaching, he came to know that Field Marshal Sam Manekshaw was in the military hospital there. Dr. Kalam wanted to visit Sam, which was unscheduled. Arrangements were made. At the bedside, Kalam spent about 15 minutes.. Talking to Sam & enquiring about his health. Just before leaving Kalam asked Sam 'are you comfortable? Is there anything I could do? Do you have any grievance? Or any requirement that would make you more comfortable?' Sam said 'yes .. Your excellency, I have one grievance' Shocked with concern & anguish, Kalam asked him what it was. Sam replied 'sir, my grievance is that I am not able to get up & salute my most respected President of my beloved country'. Kalam held Sam's hand as both were in tears. but the remaining part of the tale with regards to this meeting is that Sam did tell APJ that he was not paid the pension of the Field Marshal's rank till then, for nearly twenty years. An aghast president went to Delhi and passed the pension with arrears within a week and sent the cheque of nearly Rs.1.25 Crores through the Defence Secretary by a special plane to Wellington, Ooty, where Sam was ailing. That is the greatness of APJ. But.. Then Sam received the cheque and promptly donated it to the Army relief fund. Whom will you salute now..?



एक मार्मिक संस्मरणात्मक उपन्यास

-शैलेन्द्र शैल

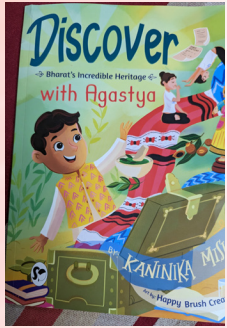
मेरी यात्रा (सैन्य धर्म के कुछ दस्तावेज़) एक सैन्य अधिकारी की पत्नी डॉ. कृष्णलता सिंह का संस्मरणात्मक उपन्यास है। आम तौर पर अधिकारी स्वयं अपने संस्मरण लिखते हैं, पर उनके परिजन बहुत कम। इसमें उनका आंतरिक और बाह्य संघर्षों पर विजय का भोगा हुआ यथार्थ है। इसमें सैन्य जीवन की भ्रांत धारणाओं को तोड़ते हुए इसकी सही तस्वीर चित्रित की गई है। इसको उन्होंने सरहद के पहरेदारों के परिवारों को समर्पित किया है। आम नागरिकों को उनका बाहरी रूप ही दिखाई देता है, उनकी कठिनाइयां, विवशताएं और संघर्ष दिखाई नहीं देते। इस पुस्तक का उद्देश्य उन्हें हकीकत का आइना दिखाना है। उनका हर दो-तीन साल में नये स्थान पर स्थानांतरण और यायावरी जीवन, लंबे समय तक परिवार से दूर रहना और बच्चों की पढ़ाई का बाधित होना ऐसे पहलू हैं जिन्हें जानने और समझने की आवश्यकता है।

लेखिका ने बांग्लादेश का युद्ध और श्रीलंका युद्ध में पति की तैनाती के समय परिवार का भोगा और अनुभूत सत्य बहुत मार्मिक ढंग से बयान किया है। उन्होंने आपातकाल, बाबरी मस्जिद विध्वंस और आपरेशन ब्लू स्टार से प्रभावित जीवन को भी उकेरा है।

लेखिका अद्भुत स्मरण शक्ति की धनी हैं। उन्होंने पति और बेटी द्वारा लिखे पत्रों का सहारा लेकर अपने जीवन की अंतरंग छवियों को उकेरा है। वे कहती हैं कि आलिव ग्रीन के साथ मेरा यह सफ़र काफ़ी रोमांचक रहा। कभी फूलों का सफर रहा, कभी कांटों में उलझा। ऐसी दस्तावेज़ी पुस्तकें बहुत कम लिखी गई हैं। लेखिका बधाई की पात्र हैं।



DISCOVER-BHARAT'S INCREDIBLE HERITAGE WITH AGASTYA



This book for children is written by Kaninika Mishra who has written several books for adults. It imparts knowledge through journey of a nine year old inquisitive boy Agastya, named after Rishi Agastya, in a very readable and anecdotal way. It talks about the benefits of Indian herbs, Yoga, Ayurveda and finds magic in ancient Indian way of solving mathematical sums. It also introduces Phad, Picchwai, Thanjavur styles of painting and Buddhist style of painting called Thangka. It tells how cloth, specially Khadi is made.

The language is very simple and the art work is pleasing to the eye. A must read for children. It can be ordered on email id : ponytalebooks@gmail.com

एक कविता

-मंजुलता चतुर्वेदी

ओम की संरचना में समाया ब्रह्मनाद
दसों दिशाओं को करता गुंजायमान
जल, थल, नभ को भेदता
आकाश पाताल में समाता।
सभी दिशाओं से बहती अविरल धारा
गंगा, जमुना, सरस्वती, नर्मदा, कावेरी
पवित्र अछूती जीवन धारा
लोलुपता, स्वार्थ, अहंकार ने
संक्रमित कर डाला -
ये सिसकियाँ नहीं
आने वाले समय की रौद्रता
प्रकृति की पीड़ा, उपहास है
संवेदनहीन मानव की क्रूरता
का विरोध, बदला!!!

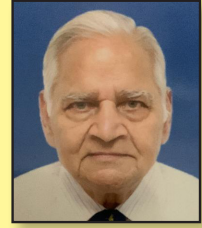
OUR ESTEEMED DONORS

(During current Quarter)

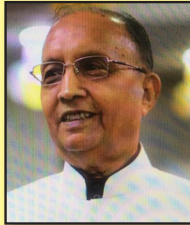
Smt Manjulata Chaturvedi
Rs 5000



Surgeon Commodore VK Puri
Rs 5000



Brig VK Saxena
Rs 5000



Wg Cdr Subhash Mahajan
Rs 3000



We are extremely grateful to them for holding our hands

INNER POSITIVITY HARVESTING



-Veteran Gp Capt P K Agnihotri

Let us sow inner peace droplets, on rows
to extract out a few patches of sorrow!

And hope our faith heals the wounds
And no scars, on womb of time, so narrow!

Let's glance passing rain's cool showers
And refraction on horizon, as rainbows

For rhythmic lights to dance around
And bloom in forests of thought burrows

Let our prayers endow tranquil moments
And move quickly, on truthful love arrows

Surely, uncertainty waves would vanish
And never overcast nature's grand shows

So, let's be like lit lamps on dark patches
To guide and enlighten all, with *Deep* vows

THE REALITY OF LIFE

If you put bananas and money in front of monkeys, they will choose bananas, because they don't know that money can buy a lot of bananas. In reality if you put money and health in front of people, they tend to choose money because too many people don't know that health can bring more money and happiness.

-Dr APJ Abdul Kalam

WISE WORDS

The secret of happiness is not in seeking more but developing a capacity to enjoy less.

-Socrates

Everything hangs on one's thinking . A man is as happy as he has convinced himself he is.

-Seneca

If you are depressed, you are living in the past. If you are anxious, you are living in the future . If you are at peace, you are living in the present.

-Lao Tzu

Happiness is not an App which can be downloaded on a mobile.

-Pope Francis



The Wedding Card of Marshal of IAF Arjan Singh Padma Vibhushan DFC -
A Document of Historical Value

FELICITATION OF AVM S K SHARMA BY SENIORS' HUB DWARKA

In a specially organised function held on 09 May 2023 at our Community Centre, attended by many residents, the President Mr RK Jain, Gen Secretary Mr Ravi Jatley and Members of Senior's Hub Dwarka a registered NGO working for the benefit of the Senior Citizens of Dwarka, honoured AVM S K Sharma, President AFNOE for his special & selfless

contribution to the society at large and AFNOE in particular .

A befitting Plaque was handed over to AVM S K Sharma by the President, Seniors' Hub, Mr R K Jain as acknowledgement .

A vote of thanks was given by Gp Capt S K Chauhan.



RAM NAVAMI

Ram Navami was celebrated in Air Force Naval Officers' Enclave on 30 Mar, 2023 with devotion and enthusiasm. It was started with Sunderkand Path followed by Havan and lunch. Devotees made it a grand success.



SHRIMAD BHAGWAT KATHA

Shrimad Bhagwat Katha was organised in the Society by Flt Lt. SS Yadav and family from 22 Apr to 28 Apr 2023 followed by Arti & Prasad every evening and Bhandara on 29 Apr which was attended by about 500 devotees including a large number of society members. A team of 8 experienced professionals beautifully recited Shlokas and the Katha in a very pleasing pronunciation and matching music.



PRE BAISAKHI CELEBRATIONS

Vaisakhi also pronounced as Baisakhi as well as Basoa, marks the first day of the month of Baisakh and is traditionally celebrated annually on 13 April and sometimes on 14 April. It is seen as a celebration of spring harvest primarily in North India.

This festive occasion was very exclusively celebrated as Baishakhi Mela at our central lawns on 09 April 2023. The entire area was beautifully decorated by Kites Umbrellas and Mirchi lights which provided a festive look. The Mela housed some of the best vendors from all areas of Delhi like

Chandni Chowk, Noida and other prominent areas of Delhi. A special painting Competition for children, Tambola and a cultural programme consisting of dance and musical extravaganza which created a vibrant environment full of fun, happiness and gaiety were held.

The residents also enjoyed Continental, Italian and Chinese cuisine with variety of local Chats; menu befitting the occasion.

The celebration was a grand success and highly appreciated by one and all.

-Team Entertainment



FELICITATING SOCIETY STAFF

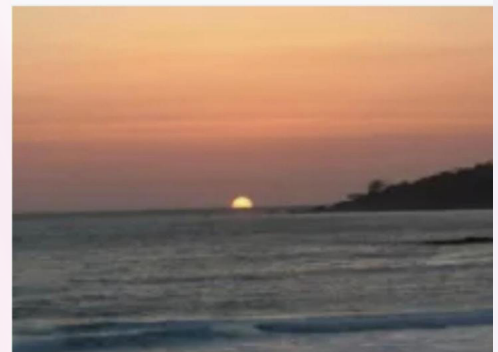
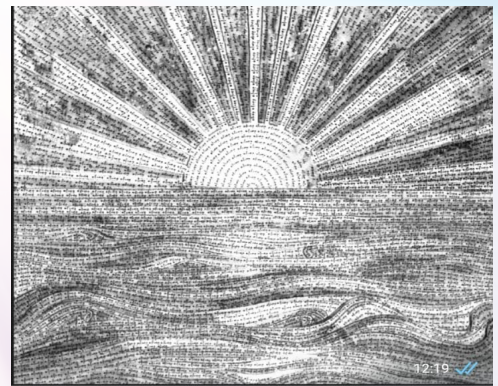
On 22nd March 2023, the Management Committee joined the society staff which included the Guards, Malis, Housekeeping Staff, Electricians, Plumbers, and Office Staff in felicitating them for their sincerity, dedication and continuous performance year after year. A sumptuous lunch was served to them by the MC members who enjoyed the lunch along with MC members. An amount of Rs 2680/ per staff

member was also credited in their bank account. A short speech on behalf of the President, AVM SK Sharma was delivered by Gp Capt Sanjay Chauhan to boost their morale and spirits. Mr. Bijay Singh, our estate supervisor on behalf of all staff thanked the MC and all those members who contributed magnanimously towards this special event for the staff as a special incentive amounting to Rs 99800/.



Today, I will ...

- Worry less, pray more
- Count my blessings
- Let go of what I cannot control
- Love without fear
- Work hard and take action



LIVE
OOOLA

Tributes

Smt Mamta Saxena - She was an epitome of elegance and compassion. She was a doting mother and grandmother and a devoted wife. She used to sing beautiful ghazals in her mellifluous voice.



Smt Vidya Jaggi - She was a pleasant and cheerful person and a competent teacher whom I used to meet and greet in the lift occasionally. We are still under shock as her loss was so sudden.

Commodore SS Puar - A soft spoken pleasant personality and a benign soul. He used to give his well considered views on various issues of national and international importance. A few hours before his sudden demise, he wrote a piece on Siachin.



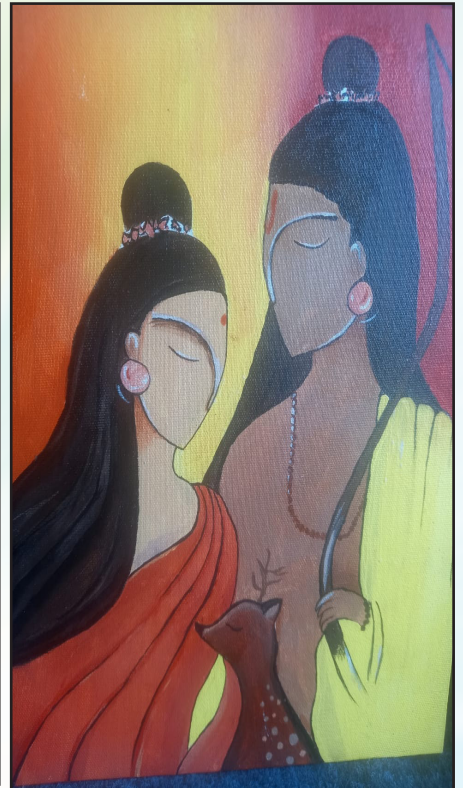
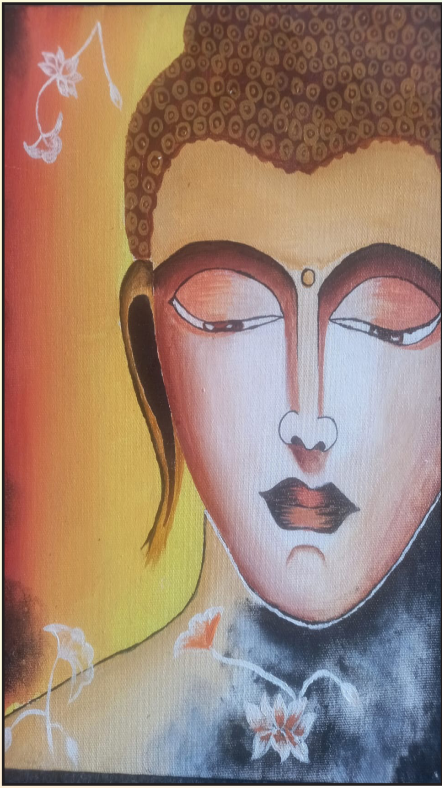
Wg Cdr (Dr) NK Mohanty - A doctor with a golden heart and cheerful disposition. He attended to so many residents, including some elders in their hour of need. He had the blessings of so many people. His passing away has left a big void in the society.

Lt Col Harminder Preet Singh - He was a devoted husband and loving father. He took premature retirement in 2009. His last posting was as Director Signals (Adm) at Army Headquarters.

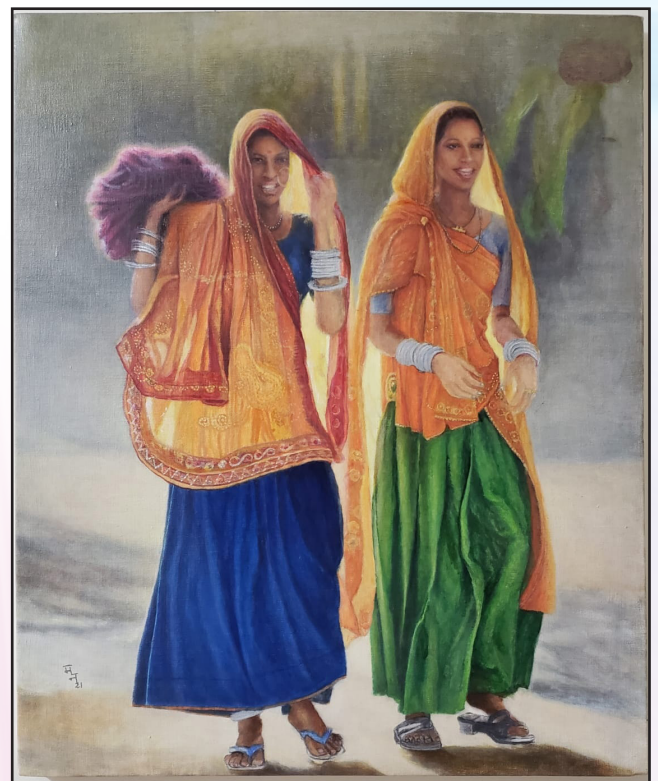


-Capt VN Gautam

PAINTINGS



By Deepti Bera class 8, Daughter of Vandana, a domestic help



By Air Cmde M M Sud (Retd)