

मन्थन MANTHAN



Editor-in-Chief

Gp Capt Shailendra Mohan

Managing Editor

Brig VK Saxena

Editorial Board

Smt Manjulata Chaturvedi

Smt Veena Khurana

Capt VN Gautam

Wg Cdr Balraj Pahuja

Gp Capt PK Agnihotri

SMT DROUPADI MURMU THE NEW PRESIDENT OF INDIA

NDA nominee Smt Droupadi Murmu, a tribal woman from Orissa has become the first tribal and second woman President of India. It sends out a positive signal to women and Adivasis which consist of a sizeable population.

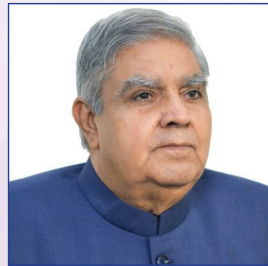
64 years old Smt Droupadi Murmu won the election with 64% votes of the electoral college. She was born in a poor Adivasi family of Orissa and overcame personal tragedies in her life. She is well qualified for the post having served as an MLA and a minister in the state government.

She became a national figure when she was appointed as the Governor of Jharkhand. She is the youngest President of India.

Her election will send a strong message to women and the poorer sections of the society. It will also help BJP in forthcoming elections in Gujarat and other states. In addition, Adivasis of Jharkhand and Chattisgarh will also come to the BJP fold. We extend our heartiest greetings to Smt Droupadi Murmu in her new assignment.



JAGDEEP DHANKAR THE NEW VICE PRESIDENT OF INDIA?



Former Bengal Governor Jagdeep Dhankar is set to be the next Vice President of India. 71 years old Jagdeep Dhankar belongs to Jhunjhunu district in Rajasthan. He is a lawyer by profession and practised in Rajasthan High Court and Supreme Court for about 40 years. He has been an MLA and MP and served as Junior Minister for Parliamentary Affairs in the Government of India. He recently resigned as the Governor of West Bengal. He will be the first OBC to become Vice President. Prime Minister has hailed him as a Kisan Putra, being from a rural background. This will send a positive signal to the Jat Community who stood by BJP in UP elections.

Air Force and Naval officers' Enclave, Sector-7 Dwarka, New Delhi-110075
Contact numbers. 9811078880, 9810829090 / E-mail : manthan.editor@gmail.com

Editor's Page



Smt. Droupadi Murmu, an Adivasi from Orissa has become the President of India by winning the election with a big margin of votes. She is the first Adivasi and second woman President of India. This will send a positive signal to the Adivasis and women of India. Our heartiest congratulations to her.

Sri Lanka, the island nation in our neighborhood is in the throes of chaos. The economic mismanagement by the leaders at the helm of affairs has put the nation in a terrible debt trap. There's a big lesson in it for other developing nations. There was a huge public anger and uprising against the rulers. The protesters entered the President's palatial residence and enjoyed themselves for a number of days. The President ran away to Singapore via Maldives. India helped Sri Lanka by sending food, medicines and fuel. The election for the new President will be held soon. Hopefully, the nation will crawl back to economic recovery very soon. We wish Sri Lanka all the best.

Our society is a big happy family, albeit a few

unpleasant incidents here and there. But they are bound to happen in any big family.

Our society has conducted a number of social events during the last three months including a summer camp for the children, a musical evening, rain dance and an interaction with the DCP and his team of officers under the aegis of Seniors Hub Dwarka. Our congratulations to the MC and Team events. The write ups are published in this issue.

India is set to cross the 200 crore mark in Covid vaccinations. But we can not lower our guards. Precautions must be taken till the danger of spread persists.

We invite the residents to send their articles, stories, interesting anecdotes, poems, special achievements of their children and paintings for publication in MANTHAN.

Our best wishes to all for the upcoming Independence Day and the other festivals to follow.

-Gp Capt Shailendra Mohan (Retd.)

FROM PRESIDENT'S DESK



Dear Residents of AFNOE,

1. The last quarter has seen the respite from the pandemic covid 19 and life is gradually moving towards normalcy. Though the numbers of cases of serious ailment have gone down but the danger is far from over. The number of cases and rate of infection have again started going up once again and there is a need to observe precautions for some more time. The educational institutions have also started working full strength extending the risk to unvaccinated small children as well. The residents are advised not to loosen the guard at their own initiative since the time for monitoring by Management committee is gone. This is also the period for tourism and large numbers of residents are venturing out. The MC appeals to all residents to take ample precaution during such outings as well.

2. During last three months the process of cleaning the surrounding environment by conducting periodical HAVAN in community center of the society. The Management committee has composed a small team which will co-ordinate the event in future. AVM SK Chaturvedi (flat no 216) or Gp Capt VS Gandhi (Flat no 281) can be contacted for information on Havan.

3. As a continuing process of free health check of the residents of the society, a camp was organized on 05 June 22 in our community center. Bone density and basic health checks were carried out by the medical fraternity from civil streets.

4. This also being the summer vacation time for children, a summer camp was organized in our society for gainful utilization of free time of the children. The camp was held from sixth to

12th June 22 and was well appreciated by the parents and kids.

5. A musical evening by the group Dwarka Beats was conducted in our community center on third July. Old Hindi classics formed the backdrop of the evening. A large number of residents joined the evening with families. The group enthralled the residents with melodious bollywood numbers from 1950s to 1990s. From our society side Gp Capt SK Chauhan and Yamini Kapoor presented a song each from yester years. The residents later approached Management Committee to organize such programs more frequently. The MC will try to meet the request.

6. The quarter culminated with rain dance on 09th July 22. The MC used the local expertise to make a sprinkler system to simulate medium rains. The function was a thunderous success with about 200 residents dancing in the simulated rains. The children in particular were very energetic and had a gala good time. The response was unprecedented and much beyond expectations of MC. The lively dancing was complemented with sumptuous snacks, food and braveries. Seeing the enthusiasm of the residents MC plans to have such evenings more frequently. The next quarter is full of social interaction with Independence Day, Durga Puja, more rain dances, an interaction meet of senior citizens with local DCP and not to forget Annual General Meeting. So let us look forward to some fun filled events.

7. Good wishes to all for festival season

AVM SK Sharma (Retd.)

President Management Committee

AFNOE

A Tribute Dil Dhoondhta Hai Fir Wahi

Shailendra

Bhupinder, one of my favourite ghazal singers alongwith Jagjit singh, passed away recently at 82 in Mumbai. He lent his sonorous and moody voice to a number of soulful songs and ghazals. His voice was perfectly suited to the sensitive poetry penned by Gulzar.

He had an unconventional and unique smoky voice. He will be remembered for his songs like - 'दिल ढूँढता है, फिर वही फुरसत के रात दिन', 'करोगे याद तो हर बात याद आएगी', 'कभी किसी को मुकम्मल जहाँ नहीं मिलता' and who can forget 'एक अकेला शहर में'. Very few people would remember that he sang alongside Rafi, Manna Dey and Talat Mahmood in an unforgettable song from



Chetan Anand's 1964 film Haqeeqat होके मज़बूर मुझे उसने भुलाया होगा! Humble tributes to the singer with a 'हट के आवाज़'।

WHAT IF THAT COULD CHANGE?

N Aditya

What wrong did we learn
What right did we earn
When we couldn't take care
Of our own mother earth
What wrong did we do
Looking out for ourselves
And when will it end,
Maybe a few years from now
But what if that could change
What if we could change,
Even now
What will it take for us,

To learn the importance of our own mother earth

This lock down is not her revenge,
But just a result of our own actions
But if that could change,
But if we could change,
Looking at this lock down,
But feeling pain
For those we have already lost
But still not looking after those
Who still are there
What if that could change
What if we could change.....

(Writer is a student of Class 8, Flat 522)

SHARING WITH FRIENDS



Veteran Wg Cdr Subhash Mahajan

Everyone goes thru problems. When some serious problem we carry on our head we feel burdened so need to off load it lest it gives us disturbed sleep & virtually add up to stress in our mind. This can only be done by sharing our problem openly with Group of like minded friends.

Group can be SELF-SUPPORTIVE where expenditure can be shared & pooled in by all members equally & no desirability of any Donation.

Our friend Mr MEHTA (name changed) and his wife used to arrange meeting of a Small Group of 20-25 members once a month in a well furnished basement of their house in Vasant Vihar.

Being a longtime member of RAMAKRISHNA MISSION at Punchkuian Road New Delhi, they could manage to get every month a visiting Rishi from the Ashram who gave us a talk on SPIRITUALITY related Subjects. After arranging a taxi to pick him up & bring the Rishi we always had 45 mins or so for the Group Members to Share their Problems as well as Happies for a time of 3 mnts each. All could share openly without any interference, hinderance or obstruction with full assurance of ANNONIMITY & NO GOSSIPS.

Attending these meetings we realise that every one lives with some problems or the other assuring that "NANAK DUKHIA SAB SANSAR". Attending these meetings we get Strength & Hope to understand clearly that when others can live with a problem and still smile then why can't we. To keep this Group Self-Supportive we all used to Share the expenditure like cost of Taxi Fare and also Snacks & Coffee served before closing of meeting amounting to approx. Rs 50/- per head only.

All members were treated equally with respect and nobody acted as GURU or LEADER at any time. All were taught to remain Humble. We were also asked to keep close relationship with one or two members of the group with whom we could talk on Phone 24x7 hrs to seek opinion on any matter disturbing our mind thru positive advice which is given & shared mutually.

A lady with two children and lovely husband always coming alone in the meeting used to crib that she is fed up with her husband's behaviour which she finds difficult to tolerate any more. So her parents & close friends are advising her to divorce him. She always humbly requested what to do. Every time our answer was of 3'T simple words" JUST WAIT PLEASE." This interaction went on for a year or so. After that one day she came smiling & hugged me affectionately saying

"THANKS I FOLLOWED YOUR ADVICE WITH FULL TRUST. NOW I REALISE & FIND MY HUSBAND IS REALLY GREAT. HE TAKES GOOD CARE OF ME & THE CHILDREN. HE REALLY LOVES ME & I LOVE HIM TOO ".

In next meeting her Husband came with her . His wife made him talk to me. I just asked him that he is Very sweet & Smart but his wife was not too happy with him for a year or so.

He explained that in his company his Boss who was very jealous of him & never appreciated his work inspite of working till Late Evening. Being always Depressed he could not attend to his family. Now the Boss has Left the Company & I am the new Boss. So I have sufficient time to take care of my Family.

Similarly being left alone after early demise of my wife & son prior to taking any sensitive decision I prefer to call on phone to consult one or two trusted friends to seek a second opinion and if needed change my decision as per advice as I don't consider myself a PERFECT PERSON.

I am sure at age of 60 plus we all go thru problems relating to Health, Relationship, Business and Financial Matters but get over it after some time. As I strongly believe and experienced that SUKH & DUKH are like Tourist in our Life as they keep coming & going.

(Family Social Group Sadbhavana - Saroj do seek & welcome any one's opinion to help improve our Thoughts)*****

THE SKY GETS DARK SLOWLY

Zhou Daxin's latest novel "The Sky Gets Dark Slowly" is a sensitive exploration of old age and the complex hidden emotional worlds of the elderly in a rapidly ageing population. He writes "Many elderly speak as though they know everything, but they are as ignorant as children". They are unprepared for what they are to face when it comes to getting old and the road that lays ahead of them.

"In the time between a person turning 60 years old, as they begin to age, right until the lights go out and the sky gets dark, there are some situations to keep in mind, so that you will be prepared for what is to come, and will not panic."

One. The people by your side will continue to grow smaller in number. People in your parents' generation have largely left, whilst many of your peers will increasingly find it harder to look after themselves, and the younger generation will all be busy with their own lives. Even your spouse may depart earlier than you and what may come are days of emptiness. You will have to learn to live alone and to enjoy and embrace solitude.

Two. Society will care less and less for you. No matter how glorious your previous career was and how famous you were, aging will always transform you in to an old man and old lady. The spotlight no longer shines on you, and you have to learn to contend with standing quietly in one corner. You must overcome the urge to be envious and grumble.

Three. The road ahead will be rocky and full of precarity. Fractures, cardio-vascular blockages, brain atrophy, cancer.... These are all possible guests that could pay you a visit any time. You will have to live with illness and ailments. Maintaining a positive attitude and getting appropriate exercise is your duty, and you have to encourage yourself to keep at it consistently.

Four. There will be many swindlers and scammers along the way. They know that elderly have lots of savings, and will endlessly be thinking of ways to cheat them of their money through scam phone calls, text messages, get rich soon schemes and products for longevity or enlightenment. Basically, all they want to get all your money. Beware, and be careful. Hold your money close to you. Spend your pennies wisely.

Before the sky gets dark, the last stretches of life's journey get dimmer and dimmer, naturally it will be harder to see the path ahead that you are treading towards, and it will be harder to keep going forward. As such, upon turning sixty, it will do us well to see life for what it is, to cherish what we have, to enjoy life whilst we can. Do not take society's and country's problems on yourself. Keep away from affairs of your children and grandchildren. Avoid unsolicited advice. Be like a dictionary which can be consulted when required.

The way of nature is the way of life; go with its flow and live with equanimity.

(Courtesy - Brig. V K Saxena)

BLUR

-Ujwala Rawat

The painting was yellowed with rounded edges. It was a masterpiece and it was lying in my hands. Wait, have I stolen it? I don't remember...suddenly I felt a severe pain in my head as if someone has inserted a thousand needles in it all at once. Ooo the pain... with great strain I got up, looked around. There was no one, just pitchless silence.. I tell you it could give a dead man another heart attack. Nothing was clear. I was so confused. Why am I here? What this painting is doing in my hands? Am I some thief? It's interesting that how I could only think of the woman. Well! Fear does it to you. I could be a painter...a collector... something honourable. I take a look at the painting, it was a fine masterpiece. Woman with a parasol...A Monet...My hands began to shake for its frame was all broken and now the masterpiece was just lying in my hands..all exposed..naked...uncovered. Vulnerability scares you the most. I tried to recognize the place..... it was some art gallery. The walls were adorned with other great artworks. I wanted to get out but still it was not clear that what I was doing there? Why the painting was in my hands and what happened to my head. Did I fall? Or did someone hit me with something? Nothing was clear. But now what to do? I could not shout for anyone. There was no one just infinite darkness. I checked my pockets ...thank goodness I searched for a torch. A torch where is the phone? Anyways I kept the painting there only, left it on the floor right beneath the place it was hanging. My fear was growing.... uncertainty...puzzlement...trepidation.. fright....and what not?

I went around to look for some answers. I really wanted to end this gloomy situation. One room led to the other and another and another. This night doesn't want to end. I found some stairs leading to a room. It was open. I went inside, it was a store. Sculptures, paintings all coming out of their packings as if they too were shocked to see me. Then suddenly a rope caught my eyes....no it was not something for the exhibition.. it was hanging from the vents. I touched it...pulled it.. it was tightly secured. Did I come from these vents? Hm...I can't imagine myself maneuvering all the way in these icy cold ..rat infested...vents. But there was no one there beside me. I so direly wanted to get out I grabbed the rope and tried to pull me. My agility added

to my wonderment for I was up in a few seconds. By God! I am certainly some high class thief....

I was right. I found a bag up there, after searching I discovered that either I or someone else was there to definitely steal the painting. My head was still not clear...so very candidly I attributed this other person with stealing. I sooo wanted to be in clear waters at that moment. I just could not swallow this situation at all. I left the bag and moved further. It was a very, very long vent, bloody not even straight. I kept meandering until I reached the end. I jerked the outer vent a little and it came off. Hmm it was unscrewed obviously. No surprises there. I looked down a ladder was already adorning the wall. I happily came down. It was the backside of the gallery. Not a single soul to question my presence out there. I just ran. It seemed to be the best cure at that time.

I saw the bus,must be the last one. I signalled it and it stopped. I boarded it and sat in the last seat. I glanced around there were just few passengers. I tried to recollect the events right from the beginning. I remember That last night I went to sleep and I was definitely in my room. I could hear the radio. The news was on, the news reader was uttering some words....gal.....gallery...paint...painting..New Yorkaaaaaaaaa so sleepy, and then I could hear a very faint voice coming from out of the bus....Henry... Henry.. HENERY!!!!!!! I felt a pain...again in my head..ooooo....not now....I pressed my eyes ...I can feel something on my shoulders. It was very real. As if someone was trying to pull me out of the bus.. the stranglehold was getting stronger...help! It was pulling me awayI don't want to get downI want to go home.....where is my home? Where? I wanted to shout.....I opened my mouth...nooòooooo.

I was sweating.....my head was still hurtingI ...I was not in the bus? I was on some bed...my bed? I turned my eyes ...I could see everyone...I mean....my mother...father and even my younger brother.

They were startled...panicked....confused. But then they all rolled their eyes and walked out. I was in my room. It was a fine Monday morning. My mother was as usual trying to wake me up. I saw that my table lamp somehow toppled on my head. There was no painting in my hands. I was dreaming... again...

*A Letter Which Created History

Date: 02 - 07 - 1909
Divisional Railway Officer,
Sahibgunj,

Respected Sirs, I am arrive by passenger train Ahmedpur station and my belly is too much swelling with jackfruit. I am therefore went to privy. Just I doing the nuisance that guard making whistle blow or train to go off and I am running with lotaah in one hand and dhoti in the next when I am fall over and expose all my shocking to man and female women on platform. I am got leaved at Ahmedpur station. This too much bad, if passenger go to make dung that dam guard not wait train five minutes for him. I am therefore pray your honour to make big fine on that guard for public sake. Otherwise I am making big report to papers (ORIGINAL LETTER)

Your faithful Servant,
Okhil Chandra Sen

Okhil Babu wrote this letter to the Sahibganj divisional railway officer in 1909. It is on display at the Railway Museum in New Delhi. It was also reproduced under the caption Travellers Tales in the Far Eastern Economic Review.

Any guesses why this letter is of Historic Value?

It led to the introduction of TOILETS in trains in India...!!!!

So no idea is stupid and

Always speak up...

(Howsoever bad or good you may be at any language)...

When using a train toilet, thank Okhil Babu for his hilarious letter.

30 WAYS TO EMPOWER YOUR LIFE

WEALTH

1. PAY YOURSELF FIRST
2. SAVE 20% OF YOUR INCOME
3. 6 MONTH OF CASH BUFFERS
4. INVEST IN MARKET
5. PAY IT FORWARD

WISDOM

1. STUDY THE MASTERS
2. RESEARCH TOPICS
3. FIND A MENTOR
4. BECOME SELF AWARE
5. CONTINUE LEARNING

LEADERSHIP

1. DON'T BE A FOLLOWER
2. SHOW WHAT YOU VALUE
3. BUILD AN AUDIENCE
4. MASTER THE SOCIAL GAME
5. LEARN HOW TO INFLUENCE

HEALTH

1. EAT HEALTHILY
2. EXERCISE DAILY
3. EAT BALANCED DIET
4. LEARN TO COOK
5. DRINK LESS ALCHOL

MINDSET

1. VISUALIZE SUCCESS
2. MEDIATE DAILY
3. THINK BIGGER
4. BE GREATFUL
5. CREATE A LIFE PLAN

NETWORK

1. LOVE YOUR PARTNER
2. GET INTO COMMUNITIES
3. UTILISE SOCIAL MEDIA
4. DEVELOP RELATIONSHIP
5. LOVE THOSE AROUND YOU

MASTER EVERY AREA OF LIFE

Summer Sojourn

Nupur Bharara

The searing summer days of June were utilized thoroughly by the children of AFNOE at the Rabbit Trails Summer Sojourn, a one-of-a-kind Summer Camp focussed on Reading, Personality Development Activities & a Grand Finale Stage Event.

The camp was scheduled from 6th June to 12th June and revolved around 2 unique themes i.e., '5 Elements of Nature' for children of Class 2 & 3 and 'The Merchant of Venice' for children of Class 4, 5 & 6. Class 2 & 3 – 5 Elements of Nature.

The curriculum under this theme introduced the children to the 5 elements of Nature, namely: Water, Air, Earth, Fire and Space, through interactive activities. Activities were planned around each of the 5 elements with focus on their importance in our lives. For group reading, we picked up the book, 'From the Cradle of Nature by Ruskin Bond'. Each day was colour coded representing the element of the day.

Element Earth – Colour Code: Green

Children discussed the importance of not just planting trees but also of taking care of them. Experiential Learning exercise in the form of a Tree Plantation drive was carried out by the children in AFNOE premises. Also, an experiment was carried

out to observe the different layers of soil and how are they segmented based on density.

Element Air – Colour Code: White

What is the reason for Delhi's air pollution? This was the core discussion at Summer Sojourn 'Air Day'. Children shared their views on the possible causes of air pollution and how to tackle it. We ended the day by making a Windmill out of paper and discussing alternative sources of renewable energy.

Element Water – Colour Code: Blue

A small coin sinks in water whereas an A4 sized paper floats in water! Children were amused to observe this in our hands on learning exercise, 'What floats or sinks in water?' The fun-filled water balloon relay race was an interesting mode of making the children aware of the different properties of water (Shapeless, Colourless and liquid state)

Element Fire – Colour Code: Red

Did you know that 20 days of sunshine can create the same amount of energy as all the Earth's coal, oil, and natural gas combined? Children understood the importance and benefits of harnessing Solar Energy and built Solar Ovens out of items easily available at home.

Element Space – Colour Code: Black



A unique twist was given to the trivia game in our 'Know about Space' gamewith children putting up flash cards on their heads and asking questions from others to guess the card!

Children performed a Street Play on the Conservation of Nature in the Finale Event of the camp.

Class 4, 5 & 6 – The Merchant of Venice

Shakespeare is widely regarded to be the greatest writer in the history of the English language, along with one of the most prolific, and the most influential. His plays and poems teach society how to not only love, dream and hate all at the same time, but they're also used as a message. The Merchant of Venice, one of Shakespeare's most well-known plays, is based around the emotions of selflessness and self-interest.

Reading the play in a group encouraged healthy discussions around the traits of various characters. Empathy turned out to be the common thread across daily discussions.

Activities like 'Find a Needle in the Haystack' and 'Run from the ghost of Shakespeare' focussed on improving the group's vocabulary.

'Make a 300-piece Puzzle' and '3 box treasure hunt' were team building exercises that fostered peer learning, developleadership skills and critical thinking.

The highlight of the Camp was a simulation of the world of personal finance (The Finance Game) in which children were given a pot of money and were made aware of the different investment options (bank, stock market, property etc). Then they were exposed to various situations that required them to take decisions on spending and earning.

The Grand Finale for this batch was the enactment of the main acts of the play, 'The Merchant of Venice'.

There is no doubt that children made memories of a lifetime at the summer camp with new friends, new skills and a new self-esteem that breeds immense confidence.

ACHIEVERS

Samyra Mahajan, Younger Granddaughter (Poti) of Wg Cdr Subhash Mahajan and Dohti of Dr. Neera Sarin and Mr. Jagdish Sarin was selected to represent Australian Capital Territory (ACT) Junior Basketball team. Her team won all the nine matches against rival teams from different states in Australia.

Our heartiest congratulations and blessings to her.



Samyra after felicitation ceremony



Samyra in action getting the basket



Samyra with her basketball team and the coaches (gurus)

MUSICAL EVENING BY DWARKA BEATS

Team Events

Dwarka Beats a Music loving group of singers under the aegis of Seniors Hub a NGO dedicatedly working for the benefit and welfare of senior citizens performed at a thrilling Musical Evening program held at AFNOE Community Centre on 03 Jul 2022. Artist singers in all age group from 40 years to 80 years sang very old & romantic songs

which enthralled the audience. Local talent of the society Gp Capt S K Chauhan and Mrs Yamini Kapoor also sang on the occasion and contributed to the success of the program. The musical program was highly appreciated and liked by all members attending the function For MC



RAIN DANCE GALA

Veteran Wg Cdr Chandeeep Bharara

RAIN DANCE GALA on 09 July, was one of the most spectacular events held in AFNOE.

Held for the first time, it was an absolute enthralling evening where Residents and Children went wild dancing to ***non stop scintillating DJ music...*** with awesome rain Sprinklers to soak all and get the feel of actual Rain. Fantastic effort put in by MC for creating this structure and ***amazing arrangements made for food and drinks.*** Happiness and excitement was clearly visible amongst all those present.. No doubt a respite from

the horrible heat and a marvelous stress buster for all...everyone enjoyed to the hilt...

Such tremendous Josh and great response from the Residents has made this event absolutely happening and we shall be holding more such events from time to time to keep all activated and entertained...

Cheers to the entire Management team and our ever helpful staff for giving their much needed support



SENIOR CITIZENS' INTERACTION WITH DCP DWARKA

Team Events

A very productive and meaningful interaction with DCP Dwarka along with ACP under the aegis of 'SENIORS HUB DWARKA'- an NGO for Senior Citizens and MC of our Society was held at our Community Centre on 16 Jul 2022. The Delhi Police Dwarka initiative to enroll maximum number of Senior Citizen under the Delhi Police Senior Citizen Scheme in Dwarka was highlighted by the DCP Shri Harshvardhan

IPS to provide maximum support and assistance to our senior citizens who are staying alone without their children and requires such support due to their ageing and medical issues. The meeting was attended by many senior citizens from our society and adjacent societies as well. This initiative by the police was well appreciated by one and all and is considered as a welcome boon for the senior members of our society and Dwarka at large.

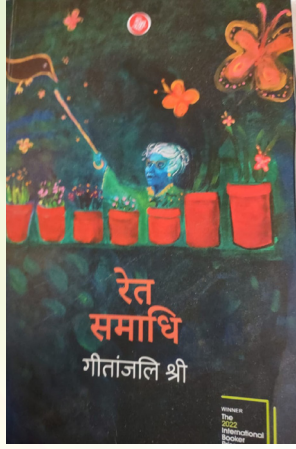


BOOKS CORNER

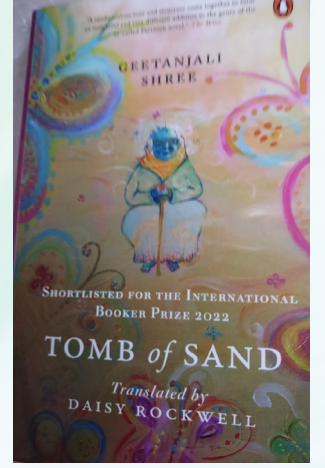
Shailendra

Hindi novel 'Ret Samadhi' by Geetanjali Shree, has been translated by Daisy Rockwell and titled as 'Tomb of Sand'. It has won the International Booker Prize for 2022.

It's a story about the life and journey of an 80 year old lady through her past. She slips into depression after the death of her husband and then resurfaces to gain a new lease of life. She strikes up a friendship with a transgender. She is living with the family of her son. Her son has retired and is in the process of shifting from a big bungalow in Delhi to a small flat. In the process,



she moves to live with her bohemian daughter who has her own love life. To her family's surprise she insists on visiting Pakistan. She tries to confront the unresolved trauma of Partition where she lived as a young girl. She visits her house in Lahore with her daughter and remembers her teenage Muslim lover.



What follows thereafter makes an interesting story for which one must read the novel.

She treats the subject in a playful manner and indulges in an interesting wordplay. This makes the novel original and worth reading.

गीता का सार

- अध्याय 1 - गलत सोच ही जीवन की एकमात्र समस्या है।
अध्याय 2 - सही ज्ञान ही हमारी सभी समस्याओं का अंतिम समाधान है।
अध्याय 3 - निःस्वार्थता ही प्रगति और समृद्धि का एकमात्र मार्ग है।
अध्याय 4 - प्रत्येक कार्य प्रार्थना का कार्य हो सकता है।
अध्याय 5 - व्यक्तित्व के अहंकार को त्यागें और अनंत के आनंद का आनंद लें।
अध्याय 6 - प्रतिदिन उच्च चेतना से जुड़ें।
अध्याय 7 - आप जो सीखते हैं उसे जिएँ।
अध्याय 8 - अपने आप को कभी मत छोड़ो।
अध्याय 9 - अपने आशीर्वाद को महत्व दें।
अध्याय 10 - चारों ओर देवत्व देखें।
अध्याय 11 - सत्य को जैसा है वैसा देखने के लिए पर्याप्त समर्पण करें।
अध्याय 12 - अपने मन को उच्चतर में लीन करें।
अध्याय 13 - माया से अलग होकर परमात्मा से जुड़ो।
अध्याय 14 - एक ऐसी जीवन-शैली जिएँ जो आपकी दृष्टि से मेल खाती हो।
अध्याय 15 - देवत्व को प्राथमिकता दें।
अध्याय 16 - अच्छा होना अपने आप में एक पुरस्कार है।
अध्याय 17 - सुखद पर अधिकार चुनना शक्ति की निशानी है।
अध्याय 18 - चलो चलें, ईश्वर के साथ मिलन की ओर बढ़ते हैं।
(इस सिद्धांत में से प्रत्येक पर आत्मनिरीक्षण करें)

॥ तत्सत् ॥

SPEECH BY POPE FRANCIS ON HIS RETIREMENT

Regardless of religion, see how Pope Francis has beautifully spoken about the family.

FAMILY, PLACE OF FORGIVENESS...

- There is no perfect family.
- We do not have perfect parents, - you are not perfect yourself. We do not marry a perfect person or we do not have perfect children.
- We have complaints from each other. We can not live together without offending one another.
- We are constantly disappointed. Yes for so many reasons at different times we are disappointed by one another.
- There is no healthy marriage or healthy family without the exercise of forgiveness. Forgiveness is the medicine of family joy and happiness.
- Forgiveness is vital to our emotional health and spiritual survival. No matter the offence or who is the offender. Without forgiveness, the family becomes an arena of conflict and a fortress of evil.
- Without forgiveness, the family becomes sick and unhealthy.
- Forgiveness is the asepis of the soul, the purification of the spirit and the liberation of the heart. No sin is too big to be forgiven. He who does not forgive does not have peace in his soul and can not have communion with God.
- Unforgiving is Evil and a poison that intoxicates and kills the one who refuses to forgive.
- Keeping heartache of unforgiving in your heart is a self-destructive gesture. It's autophagy.



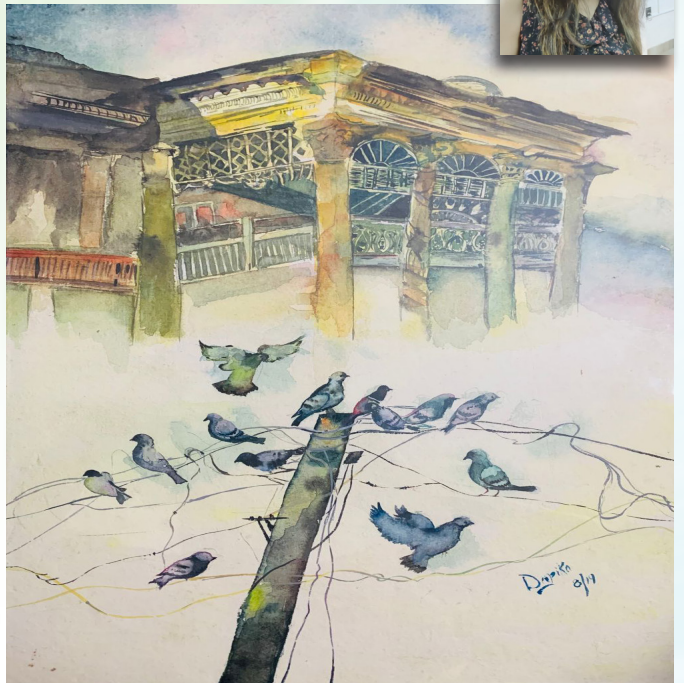
Those who do not forgive are physically, emotionally and spiritually ill. And they will suffer in two ways. For this reason, the family must be a place of life and not a place of death; a place of forgiveness, a place of paradise and not a place of hell; A healing territory and not a disease; an internship of forgiveness and not guilt.

Forgiveness brings joy where sorrow has brought sadness; of Healing where sorrow has caused disease.

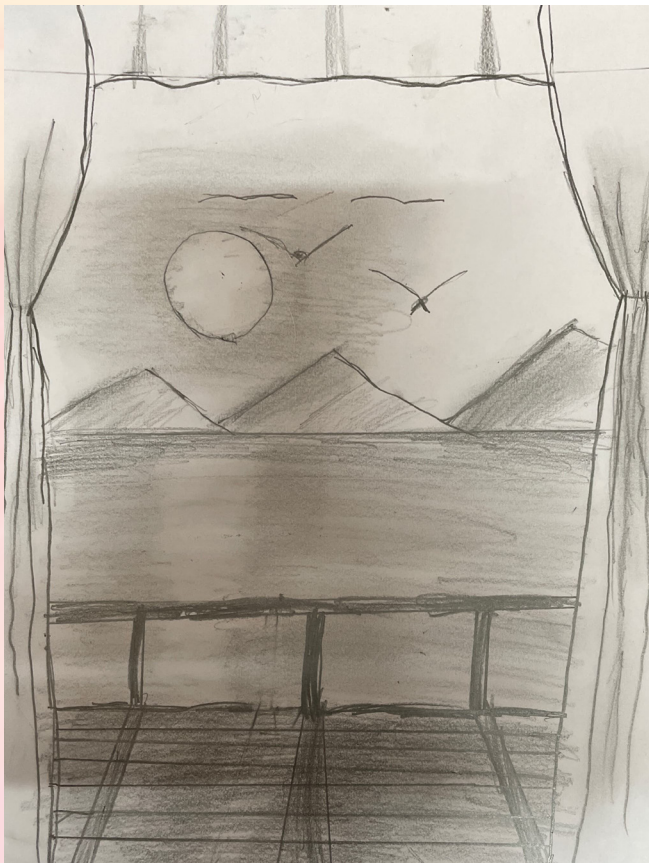
A family is a place of support and not of gossip and slander of one another. It must be a place of welcome not a place of rejection. Shame to those who plant evil about others. We are family and not enemies.

When anyone is going through a challenge all they need is support.

PAINTINGS



Paintings by Deepika Rana



Rishan Pratap Class 6 (Flat No. 543)



Riddhan Pratap Class 3 (Flat No. 543)