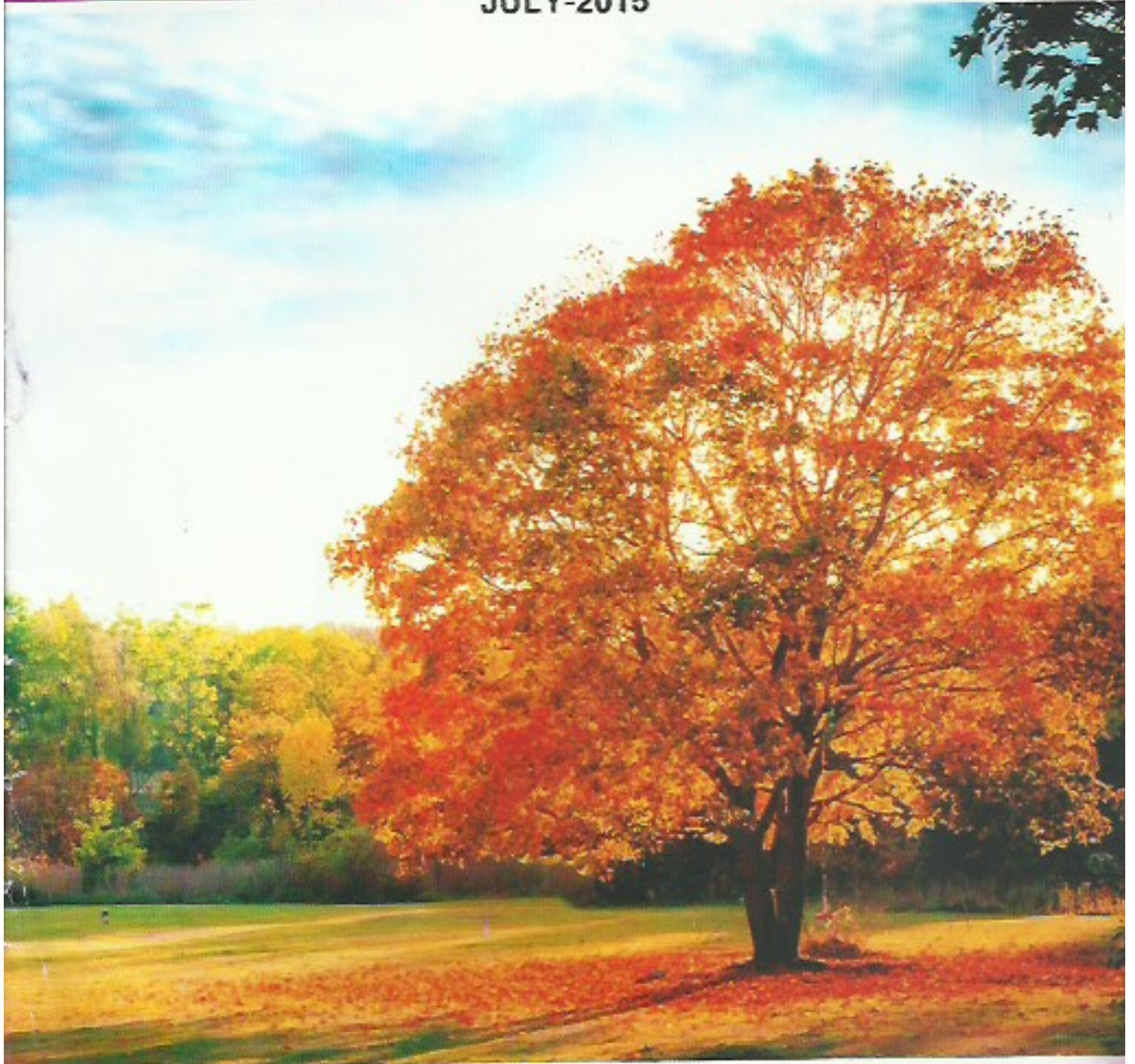


DERAWAL PATRIKA

— डेरावाल पत्रिका —

JULY-2015



ALL INDIA DERAVAL SAHAYAK SABHA (Regd.)

F/27-28, KIRTI NAGAR, NEW DELHI-110015, TEL. : 011-25936132, 9250810525
E-mail : info@derawalsahayaksabha.com, Web : www.derawalsahayaksabha.com

With Best Compliments From:



Suresh Kumar Nangia

(S/o LATE SHRI PURAN CHAND NANGIA)

- **NANGIA CONSTRUCTIONS INDIA PVT. LTD.**
- **VANG INFRASTRUCTURES PVT. LTD.**
- **ANANDA EXPORTS**
- **GSS EXPORTS**
- **STATIONERY STATION**

C-6, East Of Kailash, New Delhi 110065

Tel: 9582704859

Tel. : 011-26840491 Fax : 011-26840493

**e-mail : suresh@nangiagroup.com
sknangia10@gmail.com**

DERAWAL PATRIKA

MONTHLY

सम्पादक मण्डल

चेयरमैन जी. डी. नागिया	प्रकाशक एम.एम. मेहता	सम्पादक एल.एन. मेहता	प्रधान सुटेन्द्र कुमार मेहता
---------------------------	-------------------------	-------------------------	---------------------------------

R. No. DL(W)10/2082/15-17

Vol. : 54

No. : 07

JULY - 2015

PRICE :

₹ 10.00 (Per Copy)

Annual : ₹ 100.00 only

Owner :

**ALL INDIA DERAVAL
SAHAYAK SABHA (Regd.)**

Derawal Bhawan, F-27-28,
Kirti Nagar, New Delhi-110015
Ph. : 25936132, 9250810522

Printer, Publisher & Place of Publication :

M. M. MEHTA

D-57, Kirti Nagar, New Delhi-110015
Ph.: (O) 25100716, (R) 25195776

Editor :

L.N. MEHTA

C-109, Kirti Nagar, New Delhi-15
Ph. : 9891422416, 9810626787

Proof Reader :

SITA RAM BHUTANI

F-36, Kirti Nagar, New Delhi-15
Phone : 25460381

Printed at :

EMKAY PRINTERS

F- 75, Kirti Nagar, New Delhi-15
Ph.: 41425446, 9312241788

DERAWAL BHAWAN

Bhalla Road, Haridwar
Phone : 01334-227221

IN THIS ISSUE

Shall We Ever Become Law-abiding Citizens?	Editor	05
Gita Updesh	V.K. Mehta	06
Old Age in Today's Context	Prof. Sudesh Gogia	09
Sunshine for the Heart	Rhythmia Kaul	11
Is your Handbag Injuring You?	Sanchita Sharma	13
Hawan & Pravachhan at Haridwar	Pious	15
Simple Rules of Health	—	16
Matrimonial Service, Kirti Nagar	M.L. Bhutani / Y.K. Bhutani	20
Matrimonial Service, South Delhi	Ashutosh Sharma	21
मेरा प्यारा शहर	Er. सी.बी. अरोड़ा	24
जीवन शैली शाकाहार ही समाधान	प्रो. सुदेश गोगिया	25
कमला मेहता की छयरी से...	कमला मेहता	26
'आत्मावलोकन'	जीवन मेहता	27
सुरक्षित स्वर्ण नन्हीं आँखें	प्रभुदयाल सतीजा	29
	कवर पेज	1-2 & 31-32

लेखक के विचारों से सम्पादक का सहमत होना अनिवार्य नहीं है। रचनाओं में अभिव्यक्त विचार लेखकों के अपने हैं। उन पर सम्पादक मण्डल का सहमत होना आवश्यक नहीं है। इन विचारों पर किसी प्रकार के आक्षेप का दायित्व भी लेखकों का ही है।

— सम्पादक

ALL INDIA DERAVAL SAHAYAK SABHA (Regd.)

F/27-28, KIRTI NAGAR, New Delhi-15, T. : 011-25936132, 9250810525

E-mail : info@derawalsahayaksabha.com

Web : www.derawalsahayaksabha.com

ALL INDIA DERAVAL SAHAYAK SABHA (Regd.)

in affiliation with

DERAWAL SEWA SANGH (Regd.)

have now opened

DERAWAL HEALTHCARE CENTRE

at

F/27-28, Kirti Nagar, New Delhi-110015 | Ph. : 011-25936132

Following Facilities are Available

PHYSIOTHERAPY CENTER

4 pm to 6 pm
Monday to Saturday

HOMEOPATHY

4: 30 pm to 6 : 00 pm
Monday to Saturday

MEDICAL CHECKUP

10:00 am to 1 : 30 pm
Monday to Saturday

"APPEAL FOR DONATION"

You may donate Generously for Good Cause

{ अपने हाथों से की गई दान की सेवा होठों से
की गई ईश्वर की प्रार्थना से अधिक पवित्र है।

Editorial

SHALL WE EVER BECOME LAW-ABIDING CITIZENS?



It was my first visit to the city of Calcutta during the year 1963 and it was a unique experience. It was interesting to notice that the pedestrians on the busy roads like Esplanade, Park Street and many other commercial areas, made it a point to cross the roads only at Zebra Crossings. It gave a feeling that the people in Calcutta were by and large very well-disciplined and had been trained to follow the traffic rules religiously. It was a strange sight to watch people using Zebra crossings unlike in Delhi, the Capital of India where one seems to have a right to cross over roads on any point they like and do not bother to follow any traffic rules and do not care to recognize the need for using Zebra Crossings even during peak hours.

In 1963, during my exchange of views with a few local friends in Calcutta when I probed the matter it came to light that as a routine if some one on the road was struck down by any vehicle, a bus or a cab, no body waited for any action by any police personnel on duty. Instead, public on the road had a free hand not only to take action and thrash the erring driver in addition to burning the vehicle or damage it to the maximum extent possible. As a result the instances of accidents on the roads were claimed to have gone down considerably. Similarly, the pedestrians on the roads had also learned to follow the traffic signals and other rules. This somehow had been developed as a self-imposed discipline during the period when the State was ruled by the party stated to represent the working class. It was rather difficult to accept such arguments as logical and rational. After many years, during my frequent visits to the city, I found the people had forgotten all about the road sense and traffic rules as also the sanctity of ZEBRA CROSSINGS. Instead, the lawlessness taking the form of burning vehicles after the accidents had spread every where in small towns as well as big cities. People in the Capital of India including NCR cannot lag behind. Unfortunately, nothing seems to have changed during the period of more than 60 years or so. We continue to remain a lawless society. We have recently seen a news item which claims that pedestrians not using Zebra crossings will face punishment. We have yet to see the results. Atleast, I have not seen any one being fined for smoking in a public place which is an offence

MEERA BHARAT MAHAAN

- EDITOR

THOUGHT OF THE MONTH

"The world is filled with willing people, some willing to work,
the rest willing to let them work."

- ROBERT FROST

GITA UPDESH



Have you ever been at a crossroads, confused about which direction to take... wondered if you needed to quit or continue, leave or stay, do or not do, act or just wait till things tide over?

Being in doubt is a common phenomenon, more often than not, it's an everyday experience. We're constantly questioning ourselves even in small simple acts... we're playing out these mini wars in our mind, thinking of the worst-case scenario... What if I don't attend her party, she may get offended and not talk to me again... what if I speak up and say the truth in an office meeting, will it go against me in my appraisals... what if I try telling my child what to do, he may just rebel and do something

even worse.

Several hundreds of years ago, in a sacred text called Mahabharata, the Pandava warrior Arjuna was in a similar dilemma. But his issues were much graver. He was at war with his cousins and uncles, the Kauravas... he was on the battlefield in Kurukshetra. And just before the war began, Arjuna was paralysed into inaction. Arjuna questioned the futility of killing his own relatives... he wondered what good was victory if half his people would be dead at the end of it.

And that's when Lord Krishna, his friend and philosopher, intervened and gave to him wisdom that steered him to action. Lord Krishna's teachings to Arjuna highlighted that all wars first exist in the mind. And thus winning in the mind is the first step to winning on the battlefield and in real life.

Bhagavata Gita Bishnupur by Arnab Dutta 2011 Source:By Arnab Dutta (Own work) [CC-BY-SA-3.0 (<http://creativecommons.org/licenses/by-sa/3.0>)], via Wikimedia Commons

The 700 plus verses that Krishna taught Arjuna on the battlefield were later compiled into the Bhagavad Gita, a text that continues to be looked upon as the

"manual of life". The Bhagavad Gita is today used by many organisations for better management and is even included in the syllabus of some business schools.

Here are some excerpts from the Bhagavad Gita and how you can use them to resolve your own uncertainties, doubts, fears and confusions.

Think with a calm mind: Lord Krishna says: Undoubtedly, O Arjuna, the mind is restless and difficult to restrain, but it is subdued by any constant vigorous spiritual practice -- such as meditation -- with perseverance, and by detachment, O Arjuna. (6.35)

The first step to gaining clarity on any situation is developing a clear, calm and collected mind. This takes a lot of effort. One way is meditation, another is by distancing yourself from the situation - not physically but mentally - where you look at it as an outsider and have a bird's eye view of it. For example in the movie Vantage Point, the protagonist replays the same series of events of the crime in his mind, till he finally decodes the mystery. By distancing himself from the scene, he was no longer worried about his own life and could think objectively.

Give up on results: These are the most oft-repeated words of the Bhagavad Gita and often referred to as nishkam karma, doing action without expecting reward: You have control over doing your respective duty only, but no control or claim over the results. The fruits of work should not be your motive, and you should never be inactive. (2.47)

Most of our decisions get affected because we wonder about their outcomes and consequences. But when you realize that you have little control over the final outcome and when you don't focus on the gains, your efforts will be filled with more meaning. What's more you will also look at every gain as a bonus and appreciate the rewards more.

Treat everyone equally: A person is considered superior who is impartial towards companions, friends, enemies, neutrals, arbiters, haters, relatives, saints, and sinners. (6.09)

People make up our lives and it's difficult not to get influenced by them or by our equations with them. But that's exactly what Lord Krishna says. Treat everyone with the same lens of impartiality. A son shouldn't take on his father's business by virtue of being his son, but, because he is an able and competent worker. Likewise just because someone has picked a fight with you, don't write them off for good... the event isn't the person.

Don't give in to stress: In a world full of busyness and activity, with people

snapping at each other, with road rage and intolerance, these words by Lord Krishna ring truer than ever: The one by whom others are not agitated and who is not agitated by others, who is free from joy, envy, fear, and anxiety, is also dear to Me. (12.15)

Rid yourself of excessive worry, don't take on more than you can cope with and add enough me-time in your day to help you de-stress. I often walk back home from work and just being by the sea, and watching its movements, helps me get rid of the tensions of the day.

Be ready for change: Arjuna, when inertia is predominant; ignorance, inactivity, carelessness, and delusion arise. (14.13)

Adding change and excitement to your activities helps give them a boost. Every once in a while, when you feel yourself slipping into lethargy or a state of inertia, stir yourself up, change direction, give yourself a new challenge. I remember when I taught in a school, we'd often rearrange the way the children sat in class... we'd make them get up, move the tables around and sit in a new place. This kept them alert and also helped them make more friends. Similarly if you get stuck in one way of thinking, you're unlikely to come up with good solutions; be open to new views of learning and doing things.

Act with conviction: Whatever is done without faith - whether it is sacrifice, charity, austerity, or any other act -- is useless. It has no value here or hereafter, O Arjuna. (17.28)

There's a common story about villagers who had come out of their homes to pray for the much-awaited rain. Amid all these people, there was one small boy who had carried an umbrella. This little boy had true "faith". Setting out to do anything is an action, but being ready for it is faith. Before you undertake any action, think about how strongly you believe in it. If you don't need to justify it in anyway or draw on any extra reserves for it, then it's an act of conviction and the right decision for you.

Set high standards: Because whatever noble persons do, others follow. Whatever standard they set up, the world follows. (3.21)

Once you've decided on your course of action, set your own standards of excellence, benchmark your own success, and then create newer highs. The greatest achievers have kept pushing themselves for gaining greater levels of mastery. They compete with themselves and continue learning in all areas of their lives. They meet with success and failure but still keep growing. And their journeys continue to inspire us and give light to our lives.

Courtesy Internet Post "Goomo Sense Living" Through : V.K. Mehta

OLD AGE IN TODAY'S CONTEXT

Always look at life as an adventure irrespective of age. More after 60, treat life as an extended exploration trip of curious journey. The voyage of life's journey, till you last breath, is full ecstasy & joy. Your work, hobbies & artistic ways should be the criteria to live life of happiness & contentment!

The motto for a Senior Citizen ought to be 'Never Stop' while continuously understanding life's philosophy. Live a 'full life' inspite what odd things life gives you! *Lisa Ray*, Canadian - Indian actress has triumphed against all odds & is going strong since when she was diagnosed cancer of white blood cells in June 2009. Recently *Lisa* has further signed as many as three new films!

Old age is never a number & number never makes you old. Modern medicines, education, improvements in health & sanitation, living conditions, life style & diet have tremendously helped to increase life expectancy.

Dr. Scherbov of the International Institute for Applied Systems Analysis in Austria says, "Many people who're classified as old, in the present world, are as strong as younger people." In his latest study, which was funded by the European Research Council Dr. Scherbov calculates, "that if we fix old age at a certain point, the proportion of old people will increase with increasing life-expectancy. But if

more the threshold for being old to take into account longer lives, the proportion of old people actually falls over time!

At 60, retirement may be beckoning and your knees may be creaking. But scientists say you're merely middle-aged! We live longer, we need to rethink what we classify as being old!

They say rather old age starts at a fixed age such as 60 or 65, but as '*Shruti*' (श्रुति) says:

'जीवेम् शरद् शतम्'

'That you have to live hundred years with good health & happiness' which ultimately says how much longer who've to live more i.e. 35 years (100-65).

The average life expectancy for women in the UK is 82.8 years, ensuring them to live 17.2 years more!

Similarly, with male life expectancy at 79 years, one has to live happier life for another 21 years more!

Dr. Sergei says emphatically, "Age can be measured as the time already lived or it can be adjusted taking into account the number of years left to live. What we think of as old has changed drastically over time & it will need to continue changing in the future, as people live longer, happier and healthier lives."

"Some one who's 60 years old

today, I would argue, is simply middle-age. A century ago, a 60 years old would be a very old person."

"And the beautiful part of it that Lisa inspite of her odds divides her time between India & Hong Kong & contributing substantially to the cause of cancer research!"

She has had to her credit many movies since when she shot to Bollywood stardom like 'Kasoor', (Vikram Bhatt's), 'Water' (Deepa Mehta's), 'Kill-Kill-Faster-Faster' (Bollywood-Hollywood joint British Thriller) and 'Cooking with Stella' (Dilip Mehta's) among other films!

HAPPINESS & AGING :

UN's World Happiness Report

2015, lays down in the well-being rankings of different countries of the world. The first three top positions are held by 'Switzerland' followed by 'Iceland' & 'Denmark'. As the Science of Happiness advances, we're getting to the heart of what factors define quality of life.

The challenge before today's social scientists & medical doctors is how to achieve societal-well-being, which should not be, as per UN directives, only longevity alone but also by fairness, honesty, trust, aging and good health.

India is placed at 117th position with a score of 4565 on a scale of zero to 10. While in 2013 just two years back India were ranked 111th with a score of 4772!

—Prof. Sudesh Gogia



'With best compliments from :

The Great Magician

LION MAHINDER BUDHIRAJA

Zone Chairperson :

- LIONS CLUB INTERNATIONAL (Distt. 321-A3)

President :

- DELHI PRINTER'S CLUB
- LIONS CLUB NEW DELHI GITANJALI (2008-2010)
- THE INDIAN BROTHERHOOD OF MAGICIANS (Regd.)

Gen. Secretary :

- ALL INDIA ANTI CORRUPTION MORCHA (Regd.)

Our group of companies :

**EMKAY PRINTERS | ROYAL ART PRESS
ABM EVENTS | BUDHIRAJA ENTERPRISES**



F-75, KIRTI NAGAR, NEW DELHI-15 Tel. : 41425446, (M) : 9312241788, E-mail : info.budhiraja@gmail.com

SUNSHINE FOR THE HEART

Exercise and a healthy diet apart, you also need 45 minutes of sunshine each day to keep your heart healthy and strong

Exercising and healthy diet is not enough, you also need 45 minutes of the mid-morning sun for a healthy heart. It's well established that Vitamin D, the "sunshine vitamin" that the skin synthesises on exposure to sunlight, is needed to build healthy bones, but now there is evidence that link the vitamin to heart health.

"Vitamin D- deficiency increases cholesterol deposition in the arteries, resulting in the hardening of the arteries. It also raises a person's blood pressure, and all these factors together increase the risk of a heart attack by nearly 70%," said Dr. Ashok Seth, Chairman, cardiac sciences, Fortis Escorts Heart Institute. A random survey of 871 people who came to the heart hospital for a preventive health check up in a month showed 84.3% were them suffering from moderate to severe deficiency.

The 'D Heart Survey' threw up other surprising findings, Younger people - between 30 years and 39 years - were the worst affected, with 94.5% of the deficit

affecting people in this age group. One in four people were at high risk for heart disease with a little more than one in three-36% - having low HDL (good cholesterol) levels.

"Normal vitamin D levels-30.0 to 74.0 nanograms per milliliter (ng/mL)- halve the chances of developing heart disease and lower the chances of heart attack by 70% from the baseline," says Dr Seth.

The jury, however, is still out on whether vitamin D deficiency is a risk factor for heart disease. "Low vitamin D levels" are associated with left ventricular hypertrophy (enlargement of the muscle of the heart's main pumping chamber), vascular dysfunction, and renin-angiotensin system activation (to regulate blood pressure.) Despite a large body of experimental, cross-sectional, and prospective evidence implicating vitamin D deficiency in the pathogenesis of cardiovascular disease, a casual relationship remains to be established," reported the European Heart Journal in April, 2013.

"There may not be a direct impact as such but vitamin D is known to provide

relief from symptoms such as fatigue, muscular ache, cramps etc that are common side-effects of medicines that we prescribe to people for lowering cholesterol. The deficiency worsens these symptoms," says Dr. K K Talwar, chairman-cardiology, Max Healthcare.

Though the cause and effect is yet to be established, screening for vitamin-D levels is a standard test for people with heart necessary but supplementatin should be taken only on prescription as an excess of vitamin D causes toxicity. The dosage has to be monitored regularly by a doctor," Dr Talwar added.

Doctors recommend to opt for the sun to meet the daily vitamin D requirement. The process of vitamin D synthesis takes about 45 minutes, and the best time is between 10 am and 2pm, with head, face, limbs and upper part of the body exposed to direct sunlight.

One Must be careful that it has to be done without any break as the whole process gets reserved if one leaves the sun even for 5 min. "Foods fortified with vitamin-D, such as milk, are needed to meet the gap," says Dr Rajesh Malhotra, professor, orthopaedics department, AIIMS.

- Rhythmia Kaul

Your Food Fantasy Comes True! "Your Place, Your Event, Our Chef" KitchenPlatter.com



QUALITY INGREDIENTS



CERTIFIED TOP CHEFS/CATERERS

Whatever the occasion, our Chefs have menus that encompass it all; breakfast, brunch, lunch, high tea, sit down dinners, cocktails, barbecues, themed and family events.



AFFORDABLE PRICES

Email: cs@kitchenplatter.com
Phone: 9958326060



INDIAN & INTERNATIONAL
CUISINES

Kitty Parties, Family Dinners, Pre Wedding Parties, Corporate Events or Birthday Parties

IS YOUR HANDBAG INJURING YOU?

Everyone knows someone with a bad back. Many of us know more. Most of us are told it was a gymming or sporting injury that did it, but the cause is almost always more pedestrian: a bad posture or worse, carrying a big bag or an overstuffed wallet in your hip-pocket.

The overstuffed wallet syndrome first shot into fame in 'The Reverse Peephole' episode of Seinfeld, in which Geoge Costanza gets backache from carrying an overstuffed wallet in his hip-pocket. Jerry Seinfeld tries to get him to get a European carry-all (man purse) instead. "Jerry Seinfeld: Your back hurts because of your wallet. It's huge. George Costanza: This isn't just my wallet. It's an organiser, a memory and an old friend. Seinfeld: Well, your friend is morbidly obese. Costanza: Well, at least I don't carry a purse. Seinfeld: It's not a purse, it's European."

All "carry-alls" hurt the shoulders and back, wallets stuffed with dispensable cards and memorabilia and totes full of used notebooks, unread books, laptop and smartpads. Big-bag injury usually starts with frequent neck stiffness, aching shoulder blades on the side you carry the bag and upper-back pain. Heavy wallets hurt the lower back by messing up your balance and stride.

Even the ergonomic designs with aero-straps that claim to go easier on the back are no better. The extra weight

messes with posture and causes intense pain, especially when carried repetitively or over long hauls. Over time, weight-related injury can cause the spine to curve from side to side (scoliosis) or make the upper back to bend over (kyphosis).

Anything heavier than 15% of your bodyweight alters posture. Rucksacks loaded with books were linked with higher levels of back pain and injury in schoolchildren in Spain, reported the Archives of Disease in Childhood in 2012. In India, schoolchildren carry 20-25% of their weight in books each day, as compared to 15-20% in Spain.

If the weight can't be avoided, place heavier stuff at the bottom of the bag as low-load placement causes fewer changes in posture and spinal curvature. Whenever possible, use two straps to evenly distribute the weight across the back as it is the neck, not the back, which is the weak point for carrying loads. If one-strapping is the only option, swap sides frequently or use the strap diagonally across your body to balance the weight.

Most low back pain resolves on its own within about four to six weeks, with or without treatment, but you need a doctor if the pain is caused by an injury, is so severe you can't move around or have trouble sleeping, or is accompanied by nausea or numbness that continues down your arm or leg.

In most cases, you can manage your back pain at home using painkillers such as paracetamol, ibuprofen and naproxen, or topical creams and gels with capsaicin, salicylate, camphor, eucalyptus oil, and menthol. Applying ice or heat directly to the area helps to decrease swelling and inflammation, and ease stiffness and discomfort. Applying heat dilates blood vessels and increases the oxygen supply to lower muscle spasms. Cold reduces inflammation by contracting blood vessels to decreasing blood flow to the area.

Although no specific exercises are particularly effective in making back and neck pain better, exercises to stretch

the back, hip and shoulder muscles and strengthen abdominal muscles lower stiffness and increase mobility. If the pain persists beyond two weeks, exercise only after consulting a physiotherapist, who may suggest specific ones that target the problem causing the pain, such as spine problems that can decrease the spaces between the vertebrae and/or add pressure on the nerves.

The best way to carry a heavy bag is to not carry a big bag, so perhaps it's time you learnt to make do with a smartphone and a no-fuss wallet.

- Sanchita Sharma

With best compliments from :

nivaran

THE PHYSIOTHERAPY CENTRE

Why Suffer....?

◆ Arthritis

◆ Joint Pains

◆ Muscle Spasm

◆ Neck Problem

◆ Back Problem

◆ Accidental Injuries



Dr NIDHI KUMAR
BPT, PGD (PPHC), MPT (Ortho)

CONSULTANT
PHYSIOTHERAPIST

A-12, RAJOURI GARDEN (Opp. Metro Pillar No. 389),
NEW DELHI-110027, Mob. : 9312231019,

Web : www.nivaran.net, E-mail : nidhikumar.physio@gmail.com

HAWAN & PRAVACHHAN AT HARIDWAR

Pious Social Religious atmosphere prevailed within Derawal Bhawan premises at Haridwar in the past fortnight.

From 17th June 15 till 1.7.15, discourse on 'Shiv Katha' was recited by renowned katha vachak Pt. Ramesh Bhai of Ahmedabad at our Bombay hall daily from 9 a.m. to 12 noon and 3 p.m. to 6 p.m.

Free Langer (Tea breakfast, Lunch and Dinner) for these 15 days daily was organised feeding

over 200 persons per day within our premises.

Daily Bhajan Sankeertan from 9 p.m. to 9.45 p.m. was performed by Ladies of the group.

The cooking of food served was also done by ladies themselves with assistance from our staff members.

Full function was financed by Shri Lalji Bhai or Nadiad (Gujrat). Mass scale Hawan was organised on 1st July 2015 closing day.

—PIOUS

GLIMPSES OF HARIDWAR



SIMPLE RULES OF HEALTH

The apple way to a good life

They say, an apple a day, keeps a doctor away.

Apples are generally found in cooler climate & have exceptional nutritional properties. Apple is referred to as food of the God's because of its excellent properties. Apple is generally cultivated in cooler climates. The apple tree is a medium sized tree, growing upto approximately 3m in height. The leaves are simple and smooth. The flowers have pinkish white petals in clusters. The unripped fruits generally have a green epidermis, Which turn red, green or yellow colours upon ripening, according to the variety. The pulp is off white in colour, containing a few small seeds. Various varieties of apple exist varying in colour & size.

- **USES :** Eating an apple a day is beneficial in the cases of sour burps, vomiting, acidity & so on.
- The apple is considered a very good practice for pregnant

women to eat an apple a day.

- The apple is very nutritious to feed the mashed pulp, to a child from the age of 8-9 months.
- Drinking fresh apple juice from a sweet apple is beneficial in the case of acidity.
- Eating an apple is considered beneficial in various types of pitta dosha related to problems like, bleeding gums, bleeding nose burning during urination, Scanty urination & so on.
- Daily consumption of an apple reduces excess heat from the body.
- Eating cooked apple pulp is beneficial in the case of diarrhea.
- Daily consumption of an apple nourishes and strengthens the body.

Daily consumption of an apple is helpful in the case of mouth ulcers.

ALL INDIA DERAWAL SAHAYAK SABHA (REGD.)

DONATIONS RECEIVED - JUNE, 2015

No.	Name	Rs.	No.	Name	Rs.
DONATIONS :					
36993	Sh. Bhagwan Das Mehta	1000/-		Smt. Vishan Devi	50/-
36995	Sh. Inder Dhingra	1000/-		Miss Muskan	100/-
36996	Mahila Mandal Kirti Nagar	1100/-		M/s. Krishan Caterers	100/-
37001	Smt. Kamla Mehta	6000/-		M/s. Madhav Caterers	50/-
37003	Sh. Prem Sagar Nangia	1500/-		Smt. Usha Mehta	100/-
37005	Sh. Mohit Ahuja	250/-	PHYSIOTHERAPY COLLECTION :		
	(in memory of his father		36994		1320/-
	Sh. Ramesh Ahuja)		36999		1560/-
37006	Sh. C.B. Arora (Ad.)	500/-	37013		1800/-
37007	Sh. M.M. Mehta	3000/-	37018		2400/-
37008	Sh. Surender Kumar Mehta	1000/-	37025		1740/-
37009	Sh. Guru Dutt Rakhija	1000/-	37036		2460/-
37010	Sh Vishal Sakhuja	4300/-	37039		1380/-
37012	Sh. Subhash Guglani	500/-	SUBSCRIPTION PATRIKA :		
37016	Sh. R. S. Agarwal	2000/-	37020	Smt. Asha Handa	200/-
37017	M/s. Kishan Caterers	15000/-	37023	Sh. Anil Sachdeva	600/-
37019	Derawal Sewa Sangh	3100/-	37027	Sh. Y.K. Bhutani	200/-
37026	Derawal Sewa Samiti	2300/-	37029	Smt. Vimla Chawla	200/-
37032	Sh. Rakesh Ahuja	18000/-	37030	Sh. Notan Seth	200/-
37033	Sh. Vinod Ahuja	17000/-	37035	Sh. Ishwar Khera	200/-
37034	Smt. Mona Singhal	15000/-	37037	Sh. Nand Lal Bhutani	120/-
37040	M/s. Emkay Printers (Ad.)	2100/-	36736	Sh. Surender Mehandiratta	120/-
37041	M/s. Madhav Caterers (Ad.)	2100/-	36737	Sh. Subhash Chander Arora	120/-
DISPENSARY COLLECTION					
36992		3500/-	36740	Sh. Lalit Gulati	120/-
37002		4000/-	36741	Sh. Jagmohan Jolly	120/-
37015		4500/-	36742	Sh. Ishwar Dutt	120/-
37021		4000/-	36743	Sh. Ramesh Ahuja	120/-
37028		4000/-	LIFE MEMBERSHIP :		
37031		4500/-	37024	Sh. S.K. Grover	2100/-
37038		4000/-	—Vinod Kumar Sethi Manager		

OBITUARY

1. SH. BANSI LAL DHINGRA R/o P-46, Vijay Vihar, Uttam Nagar, New Delhi-110059, heavenly abode on 26th June 2015



With best compliments from :

VIJAY NANGIA

9910255299

JYOTI BOOK DEPOT

**20/4, EAST PUNJABI BAGH MARKET,
NEW DELHI-110026**



DINESH NANGIA

42460188

For Excellent Dry Cleaning & Steam Pressing

WHITE HOUSE DRY CLEANERS

Free Pick up & Delivery Service available

**20/4, EAST PUNJABI BAGH MARKET,
NEW DELHI-110026**

E-mail : vijaynangia2008@yahoo.com

DERAWAL SEWA SANGH

Donations Received June, 2015

No.	Name	Rs.	No.	Name	Rs.
1.	Shri D.V. Bhutani	5100/-	27.	Sh. Inder Dhingra	1100/-
2.	Shri I.C. Khera	100/-	28.	Sh. S.K. Grover	500/-
3.	Dr. Rahul Mehta (U.S.A.)	100/-	29.	Sh. Kamal Bhambhani	5000/-
4.	Aryav Mehta (U.S.A.)	100/-	30.	Sh. O.P. Rajpal	500/-
5.	Smt. Dimple Nangia (U.S.A.)	100/-	31.	Sh. R.K. Tarneja	500/-
6.	Sh. K.N. Nagpal	200/-	32.	Sh. Ravinder Grover	500/-
7.	Sh. Mohit Ahuja (in memory of his father Sh. Ramesh Ahuja)	250/-	33.	Sh. Harish Chandok	500/-
8.	Sh. Prem Sagar Nagia (in memory of his son Sh. Tushar Nagia)	1500/-	34.	Sh. Neeraj Grover	2100/-
9.	Sh. D.P. Minocha	100/-	35.	Smt. Malhotra	500/-
10.	M/s. Krishan Caterers	100/-	36.	Sh. Guru Datt	2100/-
11.	Sh. M.L. Bhutani	100/-	37.	Sh. Bhim Sen Khera	1100/-
12.	Mahilla Satsangh	1100/-	38.	Sh. Raman Kapoor	2100/-
13.	Sh. I.C. Khera	250/-	39.	Sh. S.K. Grover	1000/-
14.	Sh. Bhuvnesh Chhiber	200/-	40.	Smt. Renuka Grover	500/-
15.	Smt. Vidyavati Khera	250/-	41.	Sh. Rakesh Guglani	250/-
16.	Smt. Sneh Lata Sachdeva	500/-	42.	Sh. Vivek	1000/-
17.	Sh. D.P. Rajpal	500/-	43.	Dr. Jagdish Sehra	200/-
18.	Smt. Pushpa Arya	500/-	44.	Sh. Upender Popli	1100/-
19.	Sh. Madan Pilani	2500/-	45.	Sh. Pankaj Mehta	5100/-
20.	Sh. Sham Lal	500/-	46.	Sh. Vinod Bassi	1100/-
21.	Sh. Pritam Lal Bhatia	250/-	47.	Sh. Tarun Marwah	2100/-
22.	Sh. M.P. Dawar	1000/-	48.	Sh. Ravi Kumar Lal	5000/-
23.	Sh. Ved Prakash	200/-	49.	Sh. Rajinder Mehta	11000/-
24.	Sh. Charanjit Chandna	200/-	50.	Sh. M.G. Mehta (K.V. Prateek Enterprises)	21000/-
25.	Smt. Kanta Mehta	100/-	51.	Smt. Geeta Sethi	250/-
26.	Sh. Vijay Khaneja	500/-	52.	M/s. New Hope Seekers Society	1100/-
			53.	Sh. Naresh Minocha	100/-

ALL INDIA DERAVAL SAHAYAK SABHA (REGD.)

Derawal Bhawan, F-27-28, Kirti Nagar, New Delhi-110015 | Phone : 25936132

FREE MATRIMONIAL SERVICES

Every Saturday & Sunday 11 AM to 2 PM

SUITABLE MATCH FOR GIRLS :



1. 29 years (23.06.1986 at 8:20 am in Mumbai), Height : 5'-2", MA (Eco.) from DU, Analyst Noida, Earning Rs. 15.50 Lakh PA, Contact father Sh. Jagmohan Jolly, Mobile : 9810363604.
2. 25 years (07.11.1989 at 11:23 pm in Delhi), Height : 5'-2", Computers Science, IT Engineer, Contact Ishwar Datt, Tel. : 259191416, 9911015047.
3. 28 years (08.11.1987 at 12:25 in New Delhi), Height : 5'-7", B.Tech., Private Service, Contact father Sh. Ramesh Ahuja, Tel. : 9899332884.
4. 34 (+) years (29.08.1980), Height-5'-1", Computer NPTTC, Contact father Sh. C.L. Sharma, Tel. : 6533376, 9811967313.
5. 25 years (17.05.1990 at 9.40 AM, Mujafar Nagar, U.P.), Height-5', Manglik, CA, B.Com, Computer, Contact father Sh. Satish Girdhar on Tel. : 09945758891.
6. 26 years (28.05.1989 at 02.06 PM, New Delhi), Height-5'-5", MCA, Service, Drawing 17,000/- PM, Contact father Mohan Mehta Tel. : 25432560, 8527830107.
7. 33 years (06.06.1982), Height : 5'-4", B.Com, MBA, Working in A.T.M. Company Mumbai, Income about 10 Lac PA, Contact mother Adar..sh Arora or Aunty Prabha Chawla, Tel. : 9899100050.

SUITABLE MATCH FOR BOY :

1. 34 (+) years (18.09.1980 at 2.10 AM in Delhi), Height : 5'-6", B.Com, MBA, Accountant, Put Service, Earning 30,000/- PM, Contact father Sh. Dev Raj Saluja Arora, Tel. : 9953571838, 8800875827.



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

ALL INDIA DERAWAL SAHAYAK SABHA (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

PROFESSIONALS/PVT. /GOVT. SERVICE BOY:

01. 29(+) years (19.11.85 at 11.55 am, Palwal), Height -5'-11", Fair, Normal Built, B.Sc, MCA, AITA, Dera Ghazi Khan family boy, Working as a Software Engineer with a Tour Management Consultancy Firm at Delhi, Earning Rs. 45,000/- pm, Contact his father Sh. Chander Prakash at Ph. 9868246910, Suitable working girl required.
02. 27(+) years (06.02.88 at 09.30 am, Moradabad, UP), Height 5'-9", Fair, Slim, M.B.A., Doing service in a MNC, Earning Rs. 5.00 Lacs PA, Contact his father Sh. Ashok Kumar Vij at Ph. 9760541565, 8171997842, Suitable working girl required.
03. 30(+) years (02.12.84), Fair, 12th Pass, Amroha, UP family boy, Doing pvt. job, Contact his mother Smt. Mamta Agarwal at Ph. 9368129529, Suitable girl required.
04. 26(+) years (07.03.89 at 05.08 am, Delhi), Height 5'-3", Fair, Slim, M.B.A (Finance), Dera Ghazi Khan family boy, Working with a MNC in Noida, Earning Rs. 45,000/- pm, Contact his father Sh. Rajkumar Kathuria at Ph. 9310823351, 7859899636, Suitable girl required.



MANGLIK BOY:

01. 32(+) years (27.07.1982 at 05.32 am, Delhi), Height 5'-7", Fair, Slim, BA, Running his own business at Central Market, Earning Rs. 40,000/- pm, Contact his mother Smt. Kamlesh at Ph. 27223767, Suitable girl required.
02. 35(+) years (01.12.79 at 11.30, Delhi), Height 5'-8", Fair, Slim, Anshik Manglik, Running his own business, Earning Rs. 25,000/- PM, Contact his father Sh. Om Prakash Mitra at Ph. : 9910467926, Suitable girl required.
03. 29(+) years (11.11.85, 01.30 PM, Delhi), Height 5'-7", Fair, Slim, 12th Pass, Sialkot family boy, Manglik, Working with Vodafone Company at Gurgaon, Earning Rs. 20,000/- PM, Contact his father Sh. Vinod Kashyap at Ph. 9899667738, Suitable manglik girl required.

DIVORCEE BOY :

01. 29(+) Years (01.10.85 At 12.05 Pm, Rohtak), Height 5'-9", Fair, Medium Built, Graduate And One Year Computer Course From Niit, Jhung Family Boy, Divorcee Having No Child, Working As Sr. Asstt. With Dimts At Delhi, Earning Rs. 20,000/- Pm, Contact His Father Sh. Rajesh Chawla At Tel. : 9213815808, 9911877844, Email : Jiteshchawlaji@gmail.com, Suitable Girl Required.
02. 30(+) years (16.01.85, 09.05 PM, Delhi), Height 5'-10", Fair, Slim, 12th Pass, Using specs, Multan family boy, Divorcee, Running his business, Earning Rs. 30,000/- PM, Contact his father Sh. Mahinder Bajaj at Ph. 9811900027, Suitable girl required.
03. 40(+) years (07.04.75, 12.45 PM, Jalandhar), Height 5'-8", Fair, 12th Pass, Medium built, Peshawar family boy, Divorcee, Doing business, Earning Rs. 40,000/- to Rs. 50,000/- PM, Contact at Ph. 9871013595, Suitable girl required.
04. 43(+) years (12.05.72 at 07.00 AM, Delhi), 12th Pass, Dera Ghazi Khan family boy, Divorcee, Sowing own business at Noida, Earning Rs. 20,000/- PM, Contact his father Sh. Krishan Lal at Ph. : 2573130, Suitable homely / service girl required.

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

01. 26(+) Years (12.02.89 at 10.20, Ghaziabad), Height 5'-5", Fair, Slim, B.Tech., MBA(IIM), Using specs, Dera Ghazi Khan family girl, Working as Asstt. Manager with a company, Currently posted in Pune, Earning Rs. 10,00.....?/- PA, Contact her father Sh. Raj Kumar Sapra at Ph. 9899354349, Suitable Vegetarian boy, In service / business having income more than Rs. 10 Lacs required
02. 31(+) years (09.10.83 at 07.20 AM), Height 5'-4", Weatish, Slim, BBS(DU), MBS from Kamraj University, Working with a MNC Fidelity as Business Analyst at Gurgaon, Earning Rs. 4.70 Lacs PA, Contact her father Sh. Ram Kumar at Ph. : 9868566573, 9910378187, Suitable boy working with a MNC in NCR region required.
03. 29(+) years (20.01.86), B.Sc., Height 5'-5", Working in a company, Earning Rs. 4.50 Lacs PA, Contact her father Sh. Prem Kishan Bhandari at Ph. : 46011818, 26711755, Suitable boy required.



04. 27(+) years (29.02.88 at 04.40 PM, Delhi), Height 5'-5", Fair, Normal built, Using specs, M.D.S. in Oral Medicine Radiology, Dera Ghazi Khan family girl, Studying in Manipal University (final year), Contact her mother Smt. Anju Kamra at Ph. : 9716914222, Suitable boy required. Dr. will be preferred.
05. 26(+) years (10.10.88 at 08.30 PM, Delhi), Fair, Slim, MB.A., Kota Pakistan family girl, Working in a pvt. company, Earning Rs. 20,000/- PM, Contact her father Sh. Vijay Kumar at Ph. : 9540162647, Suitable boy from educated family required.
06. 28(+) years (17.05.87 at 06.17 PM, Aligarh, UP), Height 5'-2", Wheatish, Normal built, B.Com from DU, Dist. Khanewal family girl, Working as Company Secretary in a Pvt. Ltd. firm at Gurgaon, Earning Rs. 3-4 Lacs PA, Contact her father Sh. R.P. Malik at Ph. : 9736233447, 9873471548 (mother), Suitable professionally qualified boy lives in Delhi required.

HOMEL GIRL:

01. 29(+) years (19.07.85 at 08.58 PM, Meerut, UP), Height 5'-5", Fair, Slim, MA, B.Ed., Dera Ismile Khan family girl, Looking for a job, Contact at Ph. 9999029122, Suitable boy required.

—ASHUTOSH SHARMA, 9312105617

With best compliments from : DR. DHALLA DENTAL HEALTH CARE CENTRE

[aegis Dr. G.L. Dhalla Research Institute (Regd.)]

E- 31/ A, Kirti Nagar, New Delhi-110015

E-mail : dhalladentalhealth@yahoo.com

We at our Dental Health Care Centre are committed to assiduously provide proper consultation & appropriate treatment through highly qualified and professionally experienced team of Dentists on ultra advance workstations at affordable cost and congenial environment.



Dr. Nipun Dhalla

B.D.S., M.D.S., F.C.D.P.
(Periodontist)
(+91) 98110 52296



Dr. Niharika Dhalla

B.D.S., F.C.D.P.
(+91) 97111 52296
(011) 45543535



ISO 9001:2008 Certified Clinic

मेरा प्यारा शहर

एक प्यारा सा था शहर हमारा
आज आतंक से घिरा हुआ है

जगमगाता था जो शहर हमारा
आज स्वामोश बना हुआ है
और बांट रहा है अब अंधियारा
धुंधला - 2 दिखता है अब शहर हमारा

कोई बतलाए क्यों हुआ ये शहर बेगाना
जिस शहर में रहते थे सब सद्भाव से
और एक दूजे के सुख दुःख थे सांझे
किसकी इस को नज़र लगी है

है ऐसा कौन वो बदगुमानी
जिसने नफरत के यहाँ बीज बोये हैं
हँसती बस्ती को वो रूला रहा है
भाई को भाई से लड़वा रहा है
खुद बैठे हैं और इतरा रहा है

ऐसे गद्दारों को अब तुम पहचानो
अपने शहर में धक्के मार कर दूर भगाओ
तभी शहर में अमन बढ़ेगा
फिर से भाई चारे का नाद बजेगा।।

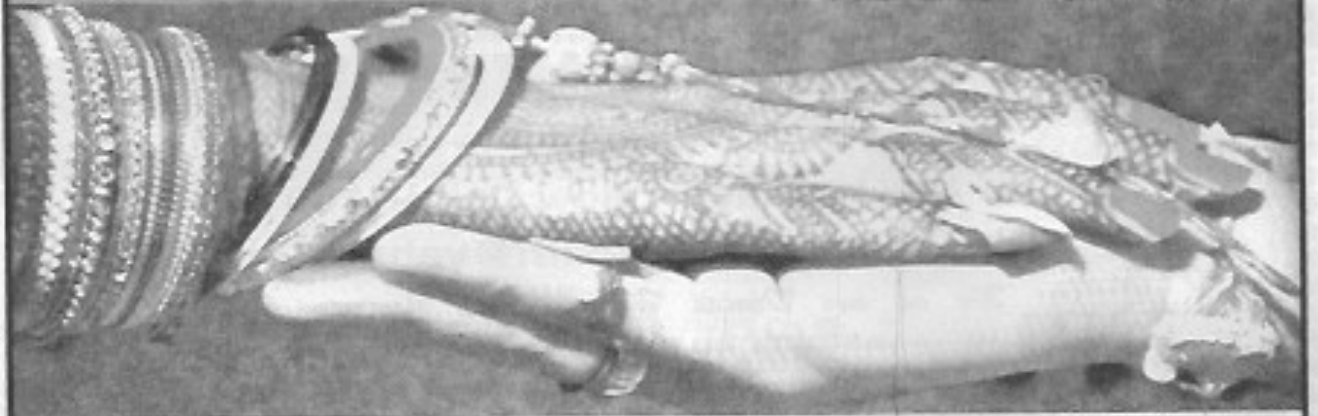
- Er. सी.बी. अरोड़ा

रिटा. अधिशासी अभियन्ता (दि.वि. बोर्ड)

9312372216

SHUBH LAGAN
MATRIMONIAL

ONE STOP FOR
DESTINATION TO
WEDDING BLISS !



Punjabi | Sikh | Agarwal | Jain | Marwari | Rajput | Brahmin | Arora | Khatri | Doctor | NRI

📍 F-112, Kirti Nagar, New Delhi -110015

☎ 9871432727 / 9871352727 / 9818235252

✉ shubhlaganmatrimony@gmail.com

🌐 www.shubhlaganmatrimonial.com

जीवन शैली शाकाहार ही समाधान

उच्च रक्तचाप, मधुमेह, मोटापा एवं उच्च कोलस्ट्रॉल को आजकल मेटाबॉलिक सिन्ड्रोम या संक्षेप में एम.एस. कहा जाता है।

W.H.O. की रिसर्च के अनुसार ज्ञात हुआ है कि वास्तव में ये अलग-अलग रोग नहीं, एक ही मूल बीमारी के चार लक्षण हैं। भारत में इन रोगियों की गिनती 10 करोड़ से भी अधिक है। यह संख्या लगातार बढ़ती जा रही है। आंकड़े बताते हैं आने वाले 10 वर्षों में इनकी संख्या दुगने से भी अधिक होने की संभावना है। इनके कारण मुख्यतः आहार से जुड़े हैं। रक्त कोशिकाओं में अवरोध पैदा करने वाले दो मुख्य कारक - कोलेस्ट्रॉल एवं ट्राईग्लिसराईड, हृदयघात की वजह, स्पष्ट रूप से हमारे शरीर में मांसाहार के माध्यम से ही पहुंचते हैं... डॉक्टरों उपरोक्त तथ्य आहार में परिवर्तन की अनिवार्यता पर सुझाव तो देते हैं, शुद्ध शाकाहारी भोजन की सलाह देते हैं ताकि रक्त नलिकाओं में विकसित हो रही ब्लॉकेज को रोका जा सके।

सुबह की Brisk walking पेड़, पौधों एवं फूलों के मध्य प्राणायाम एवं योग से शीघ्र स्वस्थ लाभ होता है। आहार संरचना के विषय पर प्रायः लोग सहमत नहीं दिखते हैं। किन्तु अधिकांश लोगों को हृदय, मधुमेह, उच्च कोलस्ट्रॉल एवं अन्य बीमारियों के बारे में, पूर्णतः सलाह नहीं मिल पाती। बहुत से लोग Dieticians आहार विशेषज्ञ के पास भी जाते हैं किन्तु "सैद्धान्तिक आहार चार्ट" लेकर वापस आ जाते हैं!

ऐसे 'आहार चार्ट' का प्रायोगिक रूप से दिन-चर्या में पालन संभव नहीं हो पाता। अपने शरीर के स्वास्थ्य की उपेक्षा कतई नहीं करनी चाहिए।

विशेषकर Elders Senior Citizens या जो रोग से ग्रस्त हैं या जो युवा युवतियां स्वास्थ्य के प्रति कटिबद्ध हैं, सचेत रहना चाहिए।

जैसे कैलोरी की गणना, आहार संरचना, विभिन्न खाद्य-पदार्थों में वसा की मात्रा, व्यायाम, योग, प्राणायाम के साथ-साथ हृदय के लिए क्या अच्छा और क्या बुरा हो सकता है? Diabetes, Insomnia, जैसी जानलेवा बीमारियों पर कैसे अंकुश लगाया जाये।

तन, मन एवं चेतन का समान्वय बनाना है। Meditation में स्थित, स्वस्थ में स्थिर यानि स्व + स्थिर, जो स्व में स्थिर है; वहीं केवल आत्मज्ञान पाने का हकदार है। एक सुप्रसिद्ध हृदय रोग विशेषज्ञ डा. विमल का दावा है कि हृदय की धमनियों में आई रुकावटों के लिए Bye Pass Surgery आवश्यक नहीं है। यह कोई 'स्थाई समाधान' नहीं देती, जबकि आज के मौजू युग में इस रोग से ग्रस्त रोगियों की संख्या तेजी से बढ़ती जा रही है।

कारण क्या है?

मुख्य कारण तनाव Hypertension है और आज की अस्त-व्यस्त जीवन शैली। ऐसे लोगों को अपना आहार-विहार, खान-पान का उचित ध्यान देना परम आवश्यक है। Non-vegetarian food, अण्डे, तम्बाकू, गुटखा, धूम्रपान, शराब इत्यादि घातक सिद्ध होते हैं।

उचित जीवन शैली अपना कर, योग एवं Meditation, प्राणायाम, Brisk walking, proper exercises द्वारा ऐसे भयंकर रोगों से मुक्ति पाई जा सकती है!

- प्रो. सुदेश गोगिया

कमला मेहता की डायरी से.... कुछ वास्तु टिप्स

1. घर में सुबह सुबह कुछ देर के लिए भजन अवश्य लगाएं।
2. घर में कभी भी झाड़ू को खड़ा करके नहीं रखें, उसे पैर नहीं लगाएं, न ही उसके ऊपर से गुजरें अन्यथा घर में बरकत की कमी हो जाती है। झाड़ू हमेशा छुपा कर रखें।
3. बिस्तर पर बैठ कर कभी खाना न खाएं, ऐसा करने से बुरे सपने आते हैं।
4. घर में जूते-चप्पल इधर-उधर बिखेर कर या उल्टे सीधे करके नहीं रखने चाहिए इससे घर में अशान्ति उत्पन्न होती है।
5. पूजा सुबह 6 से 8 बजे के बीच भूमि पर आसन बिछा कर पूर्व या उत्तर की ओर मुंह करके बैठ कर करनी चाहिए। पूजा का आसन जुट अथवा कुश का हो तो उत्तम होता है।
6. पहली रोटी गाय के लिए निकालें। इससे देवता भी खुश होते हैं और पितरों को भी शांति मिलती है।
7. पूजा घर में सदैव जल का एक कलश भरकर रखें जो जितना संभव हो ईशान कोण के हिस्से में हो।
8. आरती, दीप, पूजा अग्नि जैसे पवित्रता के प्रतीक साधनों को मुंह से फूंक मारकर नहीं बुझाएं।
9. मंदिर में धूप, अगरबत्ती व हवन कुंड की सामग्री दक्षिण पूर्व में रखें अर्थात् आग्नेय कोण में।
10. घर के मुख्य द्वार पर दायीं तरफ स्वास्तिक बनाएं।
11. घर में कभी भी जाले न लगने दें, वरना भाग्य और कर्म पर जाले लगने लगते हैं और बाधा आती है।
12. सप्ताह में एक बार जरूर समुद्री नमक अथवा सेंधा नमक से घर में पोछा लगाएं। इससे नाकारात्मक ऊर्जा हटती है।
13. कोशिश करें की सुबह के प्रकाश की किरणें आपके पूजा घर में जरूर पहुंचें सबसे पहले।
14. पूजा घर में अगर कोई प्रतिष्ठित मूर्ती है तो उसकी पूजा हर रोज निश्चित रूप से हो, ऐसी व्यवस्था करें।

—कमला मेहता

WITH BEST COMPLIMENTS FROM :

**Vijay Bhutani
Ved Parkash**



**9811698148
9711230172**

**MADHAV
Caterers**

Special Arrangement for Outdoor Catering

N-63, Kirti Nagar, New Delhi-110015

‘आत्मावलोकन’

आत्म अवलोकन है, तो हर आयु के लिये जरूरी, किन्तु वृद्धावस्था में इसका महत्व बढ़ जाता है। वृद्धजन प्रायः यह कहते हुये सुने जाते हैं कि बूढ़े आदमी की बड़ी दुर्गति है। इस सन्दर्भ में धर्मशाला में रहते हुये मेरे कुछ अनुभव आपके समक्ष हैं।

एक वृद्ध 80 वर्ष के हैं-उनका भरा पूरा परिवार दिल्ली में रहता है। पत्नी की मृत्यु हो चुकी है, लड़का है बहू है, पोता पोती-बेटी है, जवाई है दयोता है। अपना अपना घर है दोनों बच्चों की अच्छी कमाई व रहन सहन है फिर भी वह यहां एक आश्रम में रसोई घर के प्रबन्ध व सेवा से सम्बन्धित कार्यों में मदद करते हैं। मुफ्त में खाना पीना व रहने लायक जगह है। किसी तरह जिन्दगी काट रहे हैं, उनसे वजह पूछने पर पता चला कि पत्नि की मृत्यु के बाद वह अकेले पड़ गये हैं। वे अपने काम में बिजी हैं। बहू नौकरी पर चली जाती है, पोता-पोती स्कूल चले जाते हैं, घर के काम काज के लिये नौकरानी है उनसे बात करने वाला कोई नहीं। रात को काम के पश्चात् बेटा बहू घर के काम या सोशल सर्किल में चले जाते हैं, बच्चे स्कूल का काम या टीवी विडियो में मस्त उन्हें अकेले सिर्फ टीवी देखने के या अकेले कमरे में पड़े रहना पसन्द नहीं इसलिये यहां आश्रम में चले आये, अपना सब कुछ बच्चों में बांट कर। कभी कभार घर जाते हैं या बच्चे यहाँ मिल जाते हैं-ऊपर से तो खुश हैं पर क्या यही एक solution था या सचमुच यही उनकी प्रोब्लम थी।

एक अन्य सज्जन तकरीबन 65 वर्ष के-उनका भी दिल्ली में ही घर है। पत्नी है और एक ब्याह लायक बेटी है। बहिन का भी पूरा परिवार पास में रहता है। उन्हें बहर्न के तौर तरीकों, स्वर्चीली आदतें, पसन्द नहीं इसलिये उनसे बनती नहीं। भांजा काम पर रहता है। भांजे की पत्नी घर का काम काज व अपने बच्चों को सम्भालती है। बहिन से बातचीत भी नहीं है। भांजे की पत्नी अच्छी लगती है पर वहा एक आध दिन से ज्यादा रुक नहीं पाते। अपनी पत्नी से सामना होते ही झगड़ा शुरू हो जाता है पुरानी लाईफ स्टायल की वजह से। बेटी

नौकरी करती है उसकी शादी के लिये दहेज का इन्तजाम कर रखा है, लेकिन अपने घर रह नहीं पाते। कोई दोस्त आदी नहीं है इसलिये यहां एक छोटा सा कमरा किराये पर ले कर रहते हैं ओर समय गुजार रहे हैं। कोई काम नहीं करते, पड़े-पड़े या फालतू की बातें कर के जीवन यापन कर रहे। वह कहते हैं कि उनकी पत्नी से शादी के बाद एक दिन भी नहीं बनी। परिवार वालों की उनसे उनके व्यवहार के कारण सहयोग नहीं रहा इसलिये यहां इस तरह रह रहे हैं। क्या यही कारण है या फिर यही Solution है उनकी Negativity का।

एक अन्य Retired, Bank Officer विधुर है अच्छी पेन्शन आती है, अपना मकान है। खुद ऊपर रहते हैं, अपना ही लड़का-बहू बच्चों के साथ वहीं नीचे के कमरे में रहता है। ऊपर कमरा किराये पर दे रखा है। उनकी थ्योरी के हिसाब से बच्चे से कमरे के किराये के रूप में हर 3 तारीख को 3000 रुपये लेते हैं जो उनके नजर में कम है। खाना-पीना की बच्चे पर ही जिम्मेदारी है। उनका कहना है कि मरने पर सब कुछ बच्चे को नहीं देना चाहते ताकि वह गिड़ न जाये। बच्चे की आमदनी पूरी सूरी है। शायद बहू उन्हें इसलिये पसन्द नहीं करती। खाना तो देती है पर उन्हें तसल्ली नहीं, इसलिये हर हफ्ते या दस दिन बाद वह 3-4 दिन के लिये हरिद्वार आ जाते हैं। बच्चे भी दादा को अपना नहीं समझते।

एक अन्य बूढ़ा-बूढ़ी भी हरिद्वार में रहना चाहते हैं। अच्छे पैसे वाले हैं पर बच्चों के साथ अपनी आजादी नहीं गवाना चाहते।

ऐसे ही अनगिनत किस्से मैं यहां धर्मशाला में सुनता हूँ और लोगों को झूठी सच्ची तसल्ली देता हूँ पर अन्दर से मैं जानता हूँ कि उन्हें सन्तुष्टी नहीं कर पाता हूँ।

इन्हीं सब परिस्थितियों से गुजरते हुए वृद्धावस्था को बूढ़े आदमी दुर्गति मानते हैं। किन्तु सच कहा जाये तो दुर्गति जैसे कोई बात मेरी समझ नहीं आती। सम्भव है अपने बहू-बेटे, नाती पोते के प्रति विरोधी भाव धीरे-धीरे वृद्धों ने बनाये हैं। हमने परिवार को संस्कारी बनाने में भूल की हो। समाज स्वयं व्यक्ति के द्वारा

विनिर्मित होता है। इतना सोच लिया जाये कि अपने बच्चों के पालन पोषण में कहीं भूल अवश्य हुई, अपने देश में 60-65 वर्ष के ऊपर की आयु के व्यक्तियों की मनोवृत्ति बदल जाती है। वह स्वयं को असमर्थ समझने लगते हैं कि हम बूढ़े हो गये हैं। हमें काम करने की आवश्यकता नहीं है। अब आराम करने की अवस्था है - जो कुछ घर में हो उनकी जानकारी में हो तथा उसमें उनका अधिकार रहे। बच्चों के निर्माण में भी उनकी मर्जी सर्वोपरि हो जो उनके स्वाने पीने की इच्छा हो, वही बने। उनके सम्बन्धियों और मेहमानों की अच्छी आवभगत हो, जो घर हमने बनाया है उसमें जहां हम चाहे रहें। यह हठधर्मी नहीं तो और क्या है। जो सामने पड़ जाता है उसे कोई न कोई काम बता देते हैं। बच्चों जैसी आदत बन जाती है।

इस प्रवृत्ति को आदत कहें, परम्परा कहें या परिवार में समस्या पैदा करने वाले काम कहें। क्योंकि युवा वर्ग का अपना दायित्व होता है, जरूरतें होती हैं, बच्चों के प्रति अपना दृष्टिकोण होता है हमें उनका ध्यान रखना

चाहिये। वृद्धों की इच्छायें पूर्ति का खतरा पैदा हो जाता है। स्थिति ठीक करने के लिये हमें स्वयं अपना अवलोकन करना चाहिये। अच्छा हो कि हम सन्तोषी जीवन जियें और आराम का अनुभव करें। इससे सम्मान मिलेगा और बहू-बेटों को भी उन्हें अपने साथ रखने और सेवा में कोई कठिनाई न होगी।

इसलिये हमें सोचना होगा तभी जीवन सुखमय होगा और शेष समय हम आनन्दपूर्वक बिता सकेंगे। घर से भाग कर, दूर रह कर मैं नहीं समझता, कि हमें शान्ति मिल सकेगी।

आवलोकन हरेक को अपना - अपना करना होगा। समाधान सिर्फ मिलजुल कर रहना और सबको अपना बना कर रखने में ही मिलेगा।

कुछ देने से सब कुछ नहीं मिलता,
सबकुछ देने से कुछ कुछ मिलता है।

- जीवन मेहता
डेरावाल भवन, हरिद्वार

शुभ कामनाओं सहित

दूरभाष : 2593 613 2

रिश्ते ही रिश्ते



विवाह सम्बन्धी सेवा के लिए सम्पर्क करें :

M.L. BHUTANI & Y.K. BHUTANI

“डेरावाल भवन”

एफ-28, कीर्ति नगर, नई दिल्ली-110 015, दूरभाष : 2593 613 2

प्रत्येक शनिवार व रविवार प्रातः 11 बजे से दोपहर 2 बजे
एवं सोमवार, बुधवार, शुक्रवार सायं 4 से 5 बजे तक

सुरक्षित रखें नर्हीं आँखें

जन्म लेते ही बच्चे की कोमल आँखें, अपने आसपास की चीजों को पहचानने में लग जाती है। इन अनमोल आँखों का शुरू से ही ख्याल रखना बेहद जरूरी है, नहीं तो बाद में बड़ी परेशानी की वजह भी बन सकती है।

आज की गैजेट्स की दिवानी पीढ़ी को सबसे ज्यादा परेशानियाँ आँखों की वजह से ही झेलनी पड़ रही हैं। खासकर बच्चे बहुत तेजी से इसका शिकार हो रहे हैं।

इलेक्ट्रॉनिक गैजेट्स - कितने लाभप्रद?

कामकाजी अभिभावकों के बच्चे अपने माता-पिता की अनुपस्थिति में लगातार टीवी देखने, कम्प्यूटर व मोबाइल पर गेम्स खेलने में अपना काफी समय लगाते हैं। साथ ही डाईट भी कुछ खास नहीं लेते। बच्चों की आईसाइट कमजोर होने का यह एक बहुत बड़ा कारण है। अभिभावक समय के अभाव के कारण या उचित जानकारी न होने के कारण कुछ खास नहीं कर पाते।

टी.वी. देखें पर 6 फुट की दूरी से :

माता-पिता समय के अभाव के कारण या अन्यथा भी बच्चों को व्यस्त रखने के लिए टी.वी. व विडियो गेम्स के लिए प्रेरित करते हैं यह सरासर गलत आदत है। ऐसे

इलेक्ट्रॉनिक गैजेट्स की हानिकारक रेडिएशन के संपर्क में ज्यादा रहने से बच्चों की न सिर्फ आँखें बल्कि पूरे स्वास्थ्य पर प्रतिकूल असर पड़ता है। टी.वी. कम से कम 6 फुट की दूरी से देखना चाहिए और वह भी पर्याप्त रोशनी में व ठीक सलीके से बैठ कर। ऐसा न करने पर मायोपिया (पास का ठीक से न दिखने की समस्या) हो सकती है। लगातार गैजेट्स पर नजरें टिकाने से आँखों की रक्त कोशिकाएँ सिकुड़ जाती हैं।

गलत जीवनशैली :

आँखों की परेशानी की एक बड़ी वजह और भी है। पोषक तत्वों की कमी। फाइबर, हरी पत्तेदार सब्जियाँ व फल हमारी संपूर्ण सेहत के लिए जरूरी है। परन्तु इनकी जगह आज फास्टफूड लेता जा रहा है। यह काफी चिंताजनक विषय है।

बच्चे अक्सर लेटकर पढ़ते हैं या किताब को आँखों के काफी करीब रख लेते हैं, यह नुकसानदायक है।

हमें अपने बच्चों के आने वाले कल को सुखमय बनाने के लिए आज से ही कमर कसनी होगी। हमें ही उन्हें अच्छे व बुरे का ज्ञान कराना होगा व हर चीज का संतुलित उपयोग करना सिखाना होगा। हमें उन्हें ईश्वर की अनमोल देन - आँखों का मोल सिखाना होगा। - प्रभुदयाल सतीजा

With best compliments from :

Yogesh Bhutani
9213479878
8285009878

Jatinder Bhutani
9891011990
9711515195

KRISHAN CATERERS
(PURE VEGETARIAN)

SPL. ARRANGEMENT FOR OUT DOOR CATERING

**N-63, CORNER SIDE, KIRTI NAGAR,
NEW DELHI-15, PH. : 011-41424977**

INDIAN BOOK DEPOT (MAP HOUSE)[®]



2937, Bahadurgarh Road, Near Sadar Bazar, Delhi-110006.
B.O. : WH-78, Mayapuri Industrial Area, Ph-I, New Delhi-110064
Tel. : 011-28115454

Educational Publisher of :-
Children Books, Maps, Charts & Geographical Atlases



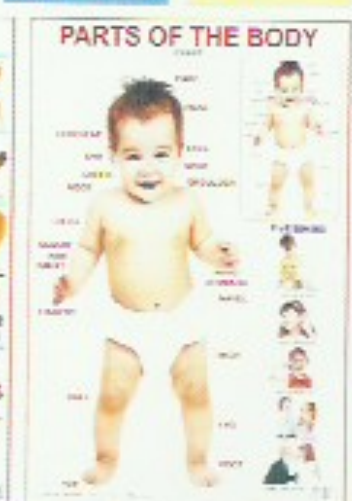
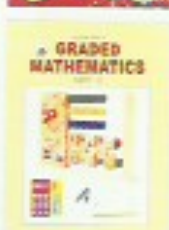
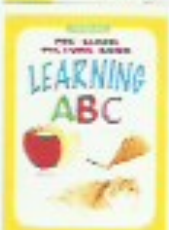
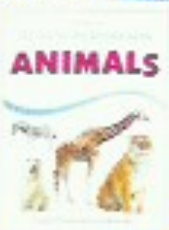
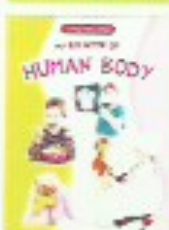
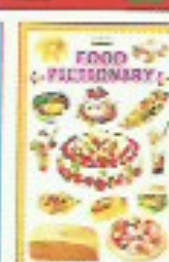
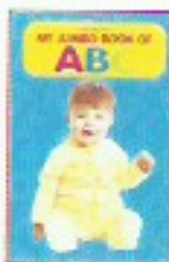
Tel.: (011) 23673927, 23523635 Fax : 011-23552096
Website :- www.ibdmaphouse.com, Email :- info@ibdmaphouse.com



DREAMLAND

QUALITY BOOKS & CHARTS

FOR QUALITY EDUCATION



Published by
DREAMLAND PUBLICATIONS
J-128, Kirti Nagar, New Delhi -110 015 (India)

Phone : 011-2510 6050 Fax : 011-2543 8283
e-mail : dreamland@vsnl.com
Shop online at www.dreamlandpublications.com

DERAWAL PATRIKA

Registered with Registrar of News Paper
For India under Registration No. 7046/62

Postal Regn. No. DL(W)10/2082/15-17

Posted at Naraina Indl.Area, N.D.-28

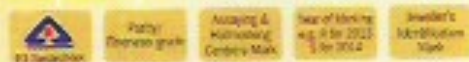
Date of Printing : 18th July 2015

Date of Posting : 20/21 July 2015

India's First Jewellery Showroom where it's



*Guaranteed 916 Hallmarked
or you get it for
FREE*



Gold | Diamond | Birthstone

PURITY CARAT						
999	995	990	985	980	975	970
24 CARAT	23 CARAT	22 CARAT	21 CARAT	20 CARAT	19 CARAT	18 CARAT

With best Compliments from :

B BAWA
jewellers pvt. ltd.
— Since 1928 —

A-24, Tagore Market, Kirti Nagar, Najafgarh Road,
New Delhi-15 (Opp. Metro Pillar No.331) Tel.: 2593 8567, 2546 6210 (Friday Closed)

Printer, Publisher & Place : Sh. M. M. Mehta, D-57, Kirti Nagar for All India Derawal Sahayak Sabha (Regd.)
F/27-28, Kirti Nagar, New Delhi-110015 Edited by : Sh. L. N. Mehta, C-109, Kirti Nagar, New Delhi-15
Printed at : Emkay Printers, F-75, Kirti Nagar, New Delhi- 110015