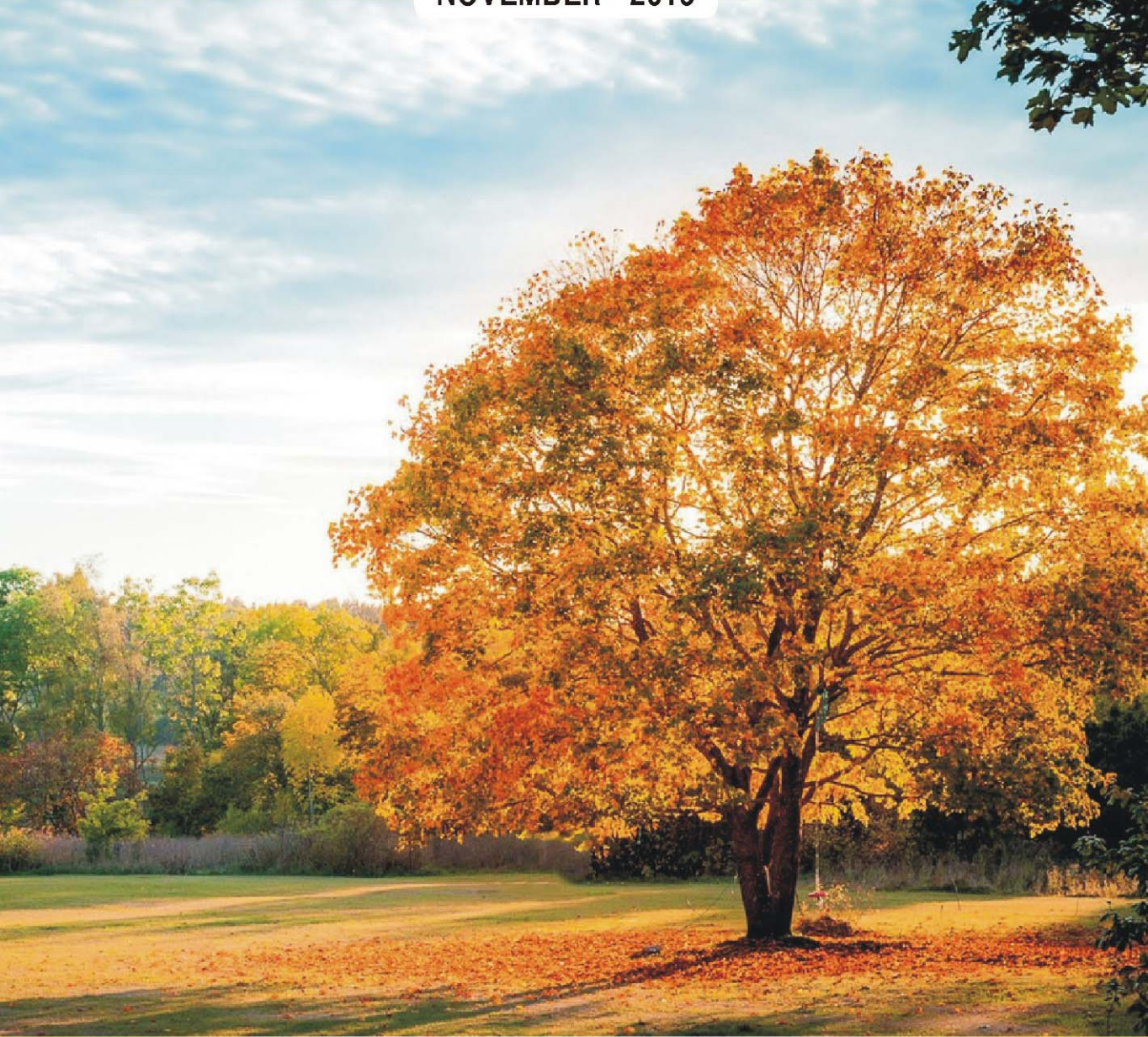


# DERAWAL PATRIKA

डेरावाल पत्रिका

NOVEMBER - 2016



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# DERAWAL PATRIKA

MONTHLY

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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



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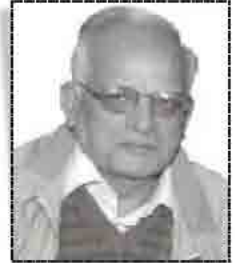
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# Editorial

## Modi's Trump Card



Modi and Trump have been in limelight during the past ten fifteen days though for different reasons. In America, Presidential Election was finally completed and Donald Trump got very comfortable majority and will occupy the White House. The result was not on the expected lines. According to American media reports both the candidates Trump and Hillary were not quite likeable with the Janta. The margin of votes between the two has been on unexpected lines. The international community was also very much surprised with the outcome. Any way, people's will has to be supreme.

In India, on the night of 8th November, Modi played his Trump card demonetising currency which shook the country. It was a clever and genuinely a secret declaration, it was stated to be a bold attempt to weed out black unaccounted money as also the abundant fake currency in the market which had originated from the enemies of the nation. It resulted in almost the whole population coming out on bank counters and ATMs for withdrawing some cash for day to day expenses, for exchanging demonetised notes and also for depositing such notes in their accounts. There has been hue and cry as the banks and ATM machines had not been geared to cope with the rush. This had to be faced at initial stages as and when such types of reforms are contemplated. By and large, the people have welcomed the steps being taken to curb black money and are not too much disturbed by the difficulties they are facing, The Government machinery on its part has been closely monitoring the situation and has come up with timely steps in an attempt to ease the problems the common man has faced during the initial few days. Of course, the opposition has to perform its role to criticise government for its move though well-intended, on one pretext or other. But all this is muted opposition as they know that the step pinches very much only those who have tons and tons of demonetised notes in their secret chests. They are in fact left with no options other than paying leviable taxes/penalty or to through away the notes in the holy river or nearer dustbins or put before the deities in religious places as per their faith and devotion. Some stories have already come in the print media and many more will come in the days and weeks ahead. And realisation is bound to come soon that Modi's Trump Card has been played well and has been a courageous bold step taken in larger interests of the nation.

**MEERA BHARAT MAHAAN**

**— EDITOR**

### THOUGHT OF THE MONTH

**"Why do people gamble, period?**

**You know, it is with the hope of Winning something more."**

**—DEREK KILMER**

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# THE ULTIMATE GUIDE TO OATS

Having a multifaceted health aura around it, oats is a top ranker in the list of super foods. This super food is always the preferred cereal grain for preventive treatment in the case of cardiovascular diseases, diabetes, cancer, blood pressure and even bowel function.

Oats contain a specific type of soluble fibre called beta-glucans, which is known to lower cholesterol. This soluble fibre breaks down, as it passes through the digestive tract, forming a gel that traps substances related to cholesterol, causing a reduction in its absorption from the bloodstream. The bad cholesterol (LDL) is trapped without lowering the good cholesterol (HDL). Apart from its selective lipid-binding role, oats also are one of the best sources of tocotrienols. These are antioxidants which combine with tocopherols to form vitamin E, which in turn helps lower serum cholesterol build up.

Today, the market has a variety of this wonder cereal available in many different forms. Here are the different varieties of oats and their nutritional benefits:

## **WHOLE GRAIN OATS**

Also known as oat groats (minimally-processed oats, high in nutrition), these are whole oat kernels with the inedible hull removed. They have a chewier texture and are best eaten hot, as breakfast porridge. They take the longest time to cook - approximately an hour on the flame!

## **STEEL-CUT OATS**

Also called Irish oats, they are whole oat groats which have been chopped into small pieces with metal blades. This increases their surface area to absorb water. Thus, they cook faster - approximately 20 minutes on the stovetop.

## **SCOTTISH OATS**

More popularly known as oatmeal, these oats are stone-ground into irregular broken bits - a method that originated in Scotland centuries ago. These have a creamier texture than steel-cut oats and take about 10 minutes to cook on high flame.

## **ROLLED OATS**

In this, the oat groats are steamed to soften them and then rolled into flakes. This process stabilises their healthy oils and extends their shelf life without significantly affecting their nutritional profile. They take approximately 10 minutes to cook on the stovetop.

## **QUICK OATS AND INSTANT OATS**

These oats go through the same process of steaming and rolling as rolled oats but for a longer time, so they are partially cooked. They are rolled thinner and are thus



---

creamier and less chewy in texture. Since they are already broken down finely, they don't keep you feeling full like steel-cut or rolled oats. They can be prepared by simply adding hot water and letting them stand for a few minutes. Since they are already pre-cooked, they just need to be rehydrated and are ready to eat. When you buy these plain and unsweetened, their health benefits are similar to rolled oats.

### **OAT BRAN**

This is the outer layer of the oat groats that is ground into a coarse meal and is high in soluble fibre. It contains almost all the fibre in an oat kernel. It is technically not a whole grain since it is ground only from the bran layer. However, it has health benefits of a whole grain. It can be cooked into a hot, creamy cereal in two minutes on the stovetop or added to other cereals, yogurts and smoothies to increase daily fibre intake.

### **POINT TO REMEMBER**

The nutritional profile of different oats is essentially the same whether it is left whole, cut, rolled or ground.

## **RECIPE IDEAS**

### **OATS PONGAL**

**Ingredients:** Rolled oats or instant oats: 1 cup, Yellow moong dal: ½ cup cooked soft, Spinach (finely chopped) : 1 cup, Ginger (grated) : 1 tsp, Green chillies (slit): 2, Salt to taste For tempering: Cumin seeds: ½ tsp, Black peppercorn (lightly crushed): 8, Asafoetida: 14 tsp, Curry leaves: 6, Ghee: 2 tsp

**Method:** Heat the ghee, add all the ingredients used for tempering and then the ginger and green chillies. Add spinach and saute for 2-3 minutes. Pour the water, bring to a boil, and then add salt and oats. Reduce the flame, cook for 4-8 minutes, depending on the oats. Add cooked dal and cook for another 2-3 minutes. Serve hot.

### **BIRCHER MUESLI**

**Ingredients:** Rolled oats: 25 gm, Dried apricots (or any other dry fruit) : 1 tbsp, Almonds, walnuts or hazelnuts (roughly chopped): 6, Apple juice: 6 tbsp, Green apple (coarsely grated): 1, Milk: ½ cup, Spoonful of yogurt to top, Honey for garnish

**Method:** Soak the oats and dried apricots in the apple juice overnight (that's the key step). Put the apple in a bowl along with a pinch of salt. Add the soaked oats and then pour in the milk, to make its consistency like a porridge. Add the nuts and a dollop of yogurt. Drizzle the honey on it. Serve chilled.

# REQUEST

I request all my Derawal Brethren to persuade their young children to join us by taking membership of the All India Derawal Sahayak Sabha. Young generation is the backbone of a Nation/Organisation. The Sabha genuinely needs the co-operation and active participation of our younger Derawal Brethren who will infuse their ideas and new blood for a healthy and wider growth of the Society/humanity. No institution can survive long without the participation of youngsters. Please come forward, join us and help in keeping alive our old civilization.

**VIJAY HURIA**  
President  
9810248610

**ALL INDIA DERAVAL SAHAYAK SABHA (REGD.), NEW DELHI IS CELEBRATING "57th ANNUAL DERAVAL DAY FUNCTION" ON SUNDAY, THE 11th DECEMBER 2016 AT S.D. PUBLIC SCHOOL (NEAR G-BLOCK), KIRTI NAGAR, NEW DELHI-110015.**

Cultural programmes by children upto 11 years of age shall be the special attraction of the Function. Gifts shall be given to all children. Children giving their best performance shall be awarded suitably.

The Sabha requests all Derawal Brethren to join us with their families, friends relations nearers/dearers children on the **Annual Derawal Day on 11th December 2016** and make the function a Grand Success.

You may kindly get registered the name of your child with tentative detail/brief of programme or act to be performed by him/her, on or before 03.12.2016 with Shri Vinod Sethi, Manager, All India Derawal Sahayak Sabha (Regd.), F-27-28, Kirti Nagar, New Delhi-110015 at 25936132 / 9250810522.

**VIJAY HURIA**  
President

---

# Are you religious?

**Who says religion is just about God and dogmas?  
It is so much more. Define and live your religiosity in your own way**

Some questions that have been discussed in this column earlier (“Who am I? What is the purpose of my life? Am I really honest?”) came up for discussion at a Delhi party recently, held in honour of Arianna Huffington of Huffington Post. Arianna threw in an interesting perspective – “Indians find it easier to discuss these topics openly because it is so much a part of your culture, religion and upbringing. Anywhere else it would seem a bit odd!” True, indeed. We grow up amidst discussions of God, religion, birth, rebirth, existence of soul – apart from myriad other mystical issues. Whether we accept the homilies or come up with our own interpretations is a matter of personal choice and intellect.

But the fact that we are so comfortable and familiar with it is also the reason that our religious faith gets exploited so easily to tear us asunder. The trouble is in relating too closely to our identity as Hindus, Muslims or Christians, rather than to the basic values, which are similar to all these faiths.

I get totally thrown when someone asks me – “Are you religious?” I don’t have a ready answer. Am I, really? Just like in all honesty I have no “Yes” or “No” answers to questions such as whether I am really good, honest, or living the true purpose of my life. If being religious means regular temple visits, rituals, structured prayers and chants, then I’m afraid I cannot be called religious. But if being intrinsically good and honest, caring, grateful, generous and God-fearing defines religiosity, then I would say that has been my daily effort all through life. So either way, I cannot sanctimoniously label myself ‘religious’. Can anyone, I wonder? The closest I can in all honesty come to it is ‘a daily strife to attain religiosity or religiousness’. In a way, living life right is being religious.

And so, when people talk of dogmas, conversions and re-conversions to faiths, I find myself totally at sea, unable to understand how anyone can forcibly change another’s way of living. How can different religions be teaching you different ways of living? As a lady at the parlour told me the other day, “I converted to Islam to get married to the man I love. But he has never stopped me from following my own faith. I still worship Hindu gods!” Another heartening example was in the news recently – a Shiva temple in Punjab, in the midst of ‘Ghar Wapasi’ reconversions, allowed a maulvi to recite the Fateha inside the temple as sadhus and Sikh granthis listened reverentially.

Of course, those with ulterior motives will differ but it’s all the same under the layers of haziness and deliberate blurring. So how does it matter which religious

handle I grasp to leverage myself into a better way of life? The movie PK questions religious dogmas and beliefs - remember how Aamir Khan sneaks into a maternity ward and examines a child thoroughly, looking for a label defining him as Hindu, Christian or Muslim?

As Aamir puts it, "The message in this film is that the biggest thing is humanity... that trust and faith are the most important aspects of our life."

My religion, my way. We should be able to define and live our religiosity in our own manner. Be it as love, humanity, empathy or integrity, or even a sense of wonder even a sense of wonder and curiosity - all of these can be tools that help me strive for religiousness and so, make me religious. Religion is just finding the best way possible to live and let live.

Taking examples from a question I posed on Facebook - Religion is a "disciplined lifestyle" for Madhukar Nekkanti; it is "being human" to Gaurav Jalan; a "way to construct faith and feel liberated" for Mili Saxena; just "another column in a form" for Anil Kumar, and "being honest to myself" for Bidisa Sarkar, while it is "personal and intimate" for Chaitali Bose. And then, says Madhup Mohta, on Facebook again, "I am an atheist. People are my religion." Why not? That is his religion.

शुभ कामनाओं सहित दूरभाष : 2593 6132

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एवं सोमवार, बुधवार, शुक्रवार सायं 4 से 5 बजे तक

---

# CELEBRATE LIFE

## ESSENCE OF RAMZAN

Can you celebrate life with '**Ego**'? 'Ego' is a misery the greatest lie. Only '**Truth**' can release the emergence of celebration in you. The heart bubbles with joy and ecstasy. Ego stinks the body, mind and soul. It's a misery only 'you can' say goodbye. It's only 'your decision' to drop it for ever.

I can assure you, you can drop it right now! Nothing on earth can prevent you from dropping '**Except Yourself**'.

The moment it's dropped your life will go through a radical change-a **revolution**. You'll become '**lyricst**' and a '**great creator**'.

No body else, No '**guru**', '**granti**', '**pandit**', '**maulavi**', can do for you. How can they? They're already obsessed with a lot. Celebrate life. sing, dance for every atom belonging to you is good for living its every moment. God created life, but how can you renounce life? Why to go the Himalayas, when there's much to celebrate here! This is the essence of all Dharama's and 'religious'!

A message of all great seers maulivis and dharmacharyas. Let you whole heart say, "I celebrate myself, I sing and dance with eternity!"

But remember, 'Self is not the 'ego'. '**Self is something beyond the ego**'. The 'Ego' is your creation. The self is part of your God-the 'Allah', the self is the part of the Supreme self.

You're not a separate individual then how can you make an island of you alone? You're one with the whole-the celebration, the ecstasy! You're now a multi-dimensional reality! You're the most courageous and with great guts to live wholeheartedly with the eternal.

'**Truth**' is beyond all your scriptures-'Gita', 'Ramayana', 'Guru Granth Sahib', 'Quaran', 'Bible', It's beyond mind. All philosophies, ideologies, theorizations and postulates are nothing but fabrication and fictions of mind!

Now you're possessed how to make your life a blissfull festival, How to live, love, laugh, smile is within your means? Life intelligently and wholesomely. Life has total festivities of eternity and manifest in the form of godliness and celebration in 'Ramzan' or 'fasting'. Celebrate '**Ramzan**'.

### **Ponder over :**

In this scorching heat of summer when the temperature is soaring beyond human fore bearings, take special care of 'Ramzan' to stay properly 'hydrated' by sipping on coconut water or H<sub>2</sub>O mixed with lemon, salt and sugar.

Break your fast with fresh seasonal fruits, salads, healthy grains with grilled, steamed or baked meals! You may take plenty of dry-fruits.

Don't over-eat. When we do so, the stomach stretches to accommodate the extra food, causing the values between the stomach and oesophagus-the food pipe to loosen resulting in stomach acid to come back up into food pipe resulting in acidity or heart burn.

Chew food well to savour each bite and eat slowly.

Overindulgence of food creates host of problems such as 'bloating', 'abdominal cramps', 'excess wind', 'diarrhoea', 'acidity' and 'heart-burn'. Diabetes, over-weight, people with cardiovascular diseases have to be extraordinarily careful.

Fasting in scientific terms teaches us to relieve, imbalances of the mind and replace it with '**Calmness**' '**contentment**' and '**patience**'.

**This is the essence of Ramzan.**

Relieving in balances of the mind help us to tune into what we really need and to help our fellow men and women to a life of fulfillment and meaningful through **RAMZAN** the true **CELEBRATION OF LIFE** and its **ESSENCE**.

– PROF. SUDESH GOGIA

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## QUICK TIPS FOR AN ORGANISED HOME

Keeping your home clean and organised always is not as difficult as it seems. Just follow a simple routine to eliminate scope for clutter

**Say 'no' to only weekend cleaning:** It's a common habit to wait for Saturday or Sunday for household chores. But this habit only leads to a messier week. It's not easy to clean everything every day, but chalk out a routine where you finish off some work on each day of the week.

**Organise your washroom:** If your washroom is well-arranged, it looks better and you feel like keeping it that way regularly. Arrangement of bottles of shampoo and shower gel, toothpaste, and other toiletries after your bathing routine, is the perfect tip to keeping everything looking immaculate. Don't forget to use a floor wiper and stowing away your used clothes in the laundry bag for a stench-free washroom.

**Box the small clutter:** There are usually a lot of small things lying around such as keys, remote, and sticky notepads. Allocate small containers or boxes for stocking all this stuff. This also holds true for toys and playstuff. It's a simple practice but you will see how much difference it makes.

**Keep smelly stuff out:** Make sure that you keep your trash outside before leaving for work every day to ensure that you are welcomed to a smell-free house. Also, keep your shoes outside or somewhere in the open (as in a balcony or backyard) as they can bring in a lot of dirt and stench.

---

## TRY ONIONS FOR REJUVENATING YOUR DULL SKIN

Do you cringe at the very mention of onions? Well, it is much more than a kitchen staple as it offers many health benefits, says an expert. Here is a list with some of the benefits of onion.

Onions are a great source of flavonoids as well as antioxidant vitamins, such as vitamins A, C and E. All these help in protecting our skin cells from the damaging effects of ultraviolet (UV) rays. Onions are a rich source of quercetin that helps in combating free radical damages, thereby averting the signs of untimely aging.

If you have acne then eating raw onions can help as onions have anti-inflammatory properties which fight acne causing bacteria.

Onions are natural cleansers. Eating onions can work beautifully to clean out the skin's impurities so that your skin looks, feels better.

Onion has skin light-en-ing properties too. It stimulates skin, bleaches it nat-u-rally and re-moves the dead skin layer. But don't ap-ply raw onion juice to your skin as it might be harsh on your del-i-cate skin. Add a tea-spoon of fresh onion juice to one tea-spoon of gram flour and 1/2 tea-spoon of milk cream. Com-bine this mix-ture and use it as your skin light-en-ing face pack ev-ery day for four weeks.

## सूचना

सभी वरिष्ठ डेरावाल वृद्धजन जो 85 वर्ष की आयु के या अधिक हैं, उनसे निवेदन है कि वह अपने और परिवार का संक्षिप्त विवरण अपनी एक पासपोर्ट साइज फोटो सहित सभा के दिल्ली कार्यालय में 30 नवम्बर, 2016 तक भेजने का कष्ट करें। उस विवरण को डेरावाल पत्रिका के अगले अंक में प्रकाशित किये जाने की सम्भावना के साथ उन सभी वृद्धजनों को आगामी 57वें वार्षिक सम्मेलन जिसका 11 दिसम्बर 2016 को आयोजन होने जा रहा है पर सम्मानित किया जायेगा। अधिक जानकारी हेतु कोई भी परिवार का सदस्य/ स्वयं मिले या श्री विनोद सेठी, मैनेजर - डेरावाल भवन, कीर्ति नगर, नई दिल्ली-110015 से फोन नं. 25936132, 9250810522 पर सम्पर्क करें। जिन भाई-बहिनों को पहले सम्मानित किया जा चुका है, कृप्या इस वर्ष अपना विवरण न भेजें। डेरावाल भाई/बहिन जो 90 वर्ष या अधिक आयु के हैं उनको विशेष सम्मान दिया जायेगा।

—सुरेन्द्र बुद्धिराजा, सचिव

## REQUEST

All senior Derawals, who are of the age of 85 and above years are requested to please send their brief bio-data and family details alongwith one Passport size photograph to Sabha's Delhi Office by 30-11-2016. Besides possibility of publishing said details in the next issue of Derawal Patrika, the Sabha has also decided to honour them, at the next **Annual Derawal Day Function** scheduled to be held on **11th December 2016 (Sunday)**. For more details, any of the family member may visit personally or contact Sh. Vinod Sethi, Manager - Derawal Bhawan, Kirti Nagar, New Delhi-15 on Tel. : 25936132, 9250810522. **Those who were honoured at earlier functions may please need not send their details.**

*\* Derawal Brethren, who are 90 years and above shall be specially honoured.*

—Surinder Budhiraja  
Secretary





# All India Derawal Sahayak Sabha (Regd.)

57th Annual Derawal Day, on Sunday, 11th Dec. 2016

## List of Sub-Committees

### **Duty on Stage**

under supervision of :

SH. INDER DHINGRA

1. Sh. Gian Chand Mehta
2. Sh. Surinder Budhiraja
3. Sh. D.P. Minocha
4. Sh. B.R. Pullyani
5. Sh. Anurag Chawla
6. Sh. Vijay Huria

Youth Team :

1. Sh. Rakesh Minocha
2. Sh. Umesh Khera
3. Sh. Vivek Khera
4. Sh. Kamal Tuteja

### **Distribution of Badges & Strolls**

under supervision of:

SH. CHOLESH SHARMA

1. Sh. Ramesh Ahuja
2. Sh. M.P. Dawar
3. Sh. Hans Raj Kalra
4. Sh. J.R. Mehndiratta
5. Sh. Prabhu Dayal Satija
6. Some members of youth team

### **Collection of Donation / Life**

#### **Membership / Matrimonial :**

SH. B.B. AHUJA

1. Sh. K. N. Nagpal
2. Sh. Sita Ram Bhutani
3. Sh. Madan Bhutani
4. Sh. Y.K. Bhutani
5. Sh. Vinod Sethi

Youth Team :

1. Sh. Sanjay Rajpal
2. Sh. Munish Nagpaul
3. Sh. Mohit Ahuja

### **Lucky-Draw for Punctuality**

under supervision of :

SH. K.N. NAGPAL

Sh. Cholesh Sharma

(Distribution of Lucky Draw Coupons upto 11 am and to make arrangements for Lucky Draw & Gifts

1. Sh. Ravi Khera
2. Sh. Vijay Huria
3. Sh. Inder Dhingra
4. Sh. B.B. Ahuja

Youth Team :

1. Sh. Rakesh Minocha
2. Sh. Vivek Khera

### **Sitting arrangements of VIPs :**

1. Sh. B.R. Pullyani
2. Sh. Surender K. Mehta
3. Sh. C.B. Arora
4. Sh. J.R. Mehndiratta
5. Sh. Prabhu Dayal Satija
6. Sh. Naresh Minocha

Youth Team :

1. Sh. Amit Khera
2. Sh. Lokesh Chawla
3. Sh. Mukesh Chhabra
4. Sh. Hitesh Mehta
5. Sh. Sharad Sharma
6. Sh. Harshit Sharma
7. Sh. Sachit

### **To make arrangements of security guards, Tent and Electricity, Music & Flowers**

under supervision of

SH. ANURAG CHAWLA

1. Sh. Surender K. Mehta
2. Sh. B.B. Ahuja

3. Sh. Inder Dhingra

Youth Team :

1. Sh. Cholesh Sharma & Team Members

### **To make arrangements for Langer**

under supervision of

SH. SUDERSHAN PAHWA

1. Sh. Subhash Guglani
2. Sh. I.C. Khera
3. Sh. Inder Chhabra
4. Sh. Yogesh Bhutani

Youth Team :

1. Sh. Naresh Minocha
2. Ajay Khera
3. Sh. Hitesh Mehta
4. Kishan Lal
5. Om Parkash
6. Deepak Taneja

### **Jalpan arrangement for VIP & Lunch/Langer**

under supervision of :

SH. B.B. AHUJA

1. Sh. L.N. Mehta
2. Sh. Surinder K. Mehta
3. Sh. Madan Chawla
4. Sh. O.P. Rajpal
5. Sh. Inder Dhingra

Youth Team :

1. Sh. Cholesh Sharma
2. Sh. Rakesh Bhutani
3. Sh. Manish Minocha
4. Sh. Gaurav Khera
5. Sh. Vikas Chhabra

### **Jalpan arrangement for Artists & Children**

under supervision of :

SH. VIJAY HURIA

1. Sh. Anurag Chawla
2. Sh. D.P. Minocha
3. Sh. Inder Dhingra

Youth Team :

1. Sh. Umesh Khera
2. Sh. Ajay Ahuja

**Handling of Store Items at School**

under supervision of :

SH. VINOD SETHI

1. Sh. Subhash Guglani
2. Sh. Inder Chhabra

Youth Team :

1. Sh. Hitesh Mehta  
Two workers at Night  
through Sh. Vijay Huria

**To arrange Cultural programme**

under supervision of :

SH. D.P. MINOCHA

1. Sh. Vijay Huria
2. Sh. Anurag Chawla
3. Sh. Cholesh Sharma
4. Sh. Surender K. Mehta
5. Sh. Madan Chawla

**Collecting Advt. for Publication in Patrika**

under supervision of :

SH. VIJAY HURIA

1. Sh. Surinder Budhiraja
2. Sh. Mahinder Budhiraja
3. Sh. Rakesh Minocha
4. Sh. B.R. Pullyani

**Collection of Advt.**

under supervision of :

SH. ANURAG CHAWLA

1. Sh. K.N. Nagpal
2. Sh. Madan Chawla
3. Inder Dhingra
4. Surinder Budhiraja
5. Sh. Rakesh Minocha

**Committee for Collection of donation**

under supervision of :

SH. M.M. MEHTA

1. Sh. Ravi Khera
2. Sh. Surender K. Mehta
3. Sh. Inder Dhingra

4. Sh. B.B. Ahuja
5. Sh. Surinder Budhiraja
6. Sh. A.S. Chaudhary
7. Sh. Girish Mehta
8. Sh. K.N. Nagpal  
for Kirti Nagar area

**Committee for Collection of donation for Faridabad**

under supervision of :

SH. B.R. PULLYANI

1. Sh. M.P. Dawar
2. Sh. K.N. Nagpal
3. Sh. Ramesh Ahuja

**Distribution of Invitation Cards**

under supervision of :

SH. D.P. MINOCHA

1. Sh. K.N. Nagpal
2. Sh. Vinod Sethi
3. Sh. Naresh Minocha
4. Sh. I.C. Khera
5. Sh. Inder Chhabra
6. Sh. Munish Nagpal &
7. Some members of youth team

**Various types of purchases**

under supervision of :

SH. B.B. AHUJA

1. Sh. D.P. Minocha  
for purchase of Prizes & Shawls
2. Sh. Vijay Huria  
for purchase of Prizes & Shawls
3. Sh. Vinod Sethi  
for Disposal & other Items

**Reception Committee for VIPS & Leaders**

under supervision of :

SH. RAVI KHERA

1. Sh. M.M. Mehta
2. Sh. Anurag Chawla
3. Sh. Surender K. Mehta
4. Sh. Ramesh Ahuja
5. Sh. A.S. Chaudhary
6. Sh. M.P. Dawar

7. Sh. B.R. Pullyani
8. Sh. Dharam Vir Bhutani
9. Sh. Harish Chhabra
10. Sh. Girish Mehta
11. Madan Chawla
12. Cholesh Sharma

**Mementoes, Trophies & Certificates**

under supervision of :

SH. RAVI KHERA

1. Sh. D.P. Minocha
2. Sh. Vijay Huria
3. Sh. Surender K. Mehta
4. Sh. Vinai Mehta

**For inviting Political Leaders**

under supervision of :

SH. RAVI KHERA

1. Sh. Anurag Chawla
2. Sh. Surender K. Mehta
3. Sh. M.M. Mehta
4. Sh. Madan Chawla
5. Sh. Cholesh Sharma

**To make arrangements for Photography :**

1. Sh. Lokesh Sachdeva
2. Sh. Rakesh Minocha

**Sankirtan Team :**

1. Mrs. Laj Dhingra
2. Sh. D.P. Minocha
3. Sh. O.P. Rajpal
4. Sh. D.P. Rajpal

**To make arrangements for Safai at S.D. Public School**

under supervision of :

SH. MADAN CHAWLA

SH. VINOD SETHI

1. Staff of Derawal Bhawan
2. Staff of S.D. Pub. School & MCD Staff

## DO YOU KNOW?

1. Roman numerical were used in in ancient Rome, Romans used letters of the alphabet to show numbers :  
I=1, V=5, X=10, L = 50, C = 100, D = 500, M = 1000  
IVXLCDM
2. Addition comes under a branch of Mathematics called Arithmetic.
3. Addition is called as 'Jod in Hindi'
4. William play fair created the first bargraph in his 1786 book. The commercial and political atlas. It was a graph that showed information about buying and selling things in his home country of Scotland.
5. Scott Flanshurg is called the "Human calculator in 15 seconds. He can add the some number over and over again, faster than anyone in the world in the 4th grade, he taught his teacher how to solve problems. Now he writes books to teach people how to be fast in maths.
6. There is a trick to multiply a 2-digit number by 11. Just add the two digits and put the answer in the middle :-  
 $23 \times 11 = 253$  ( $2 + 3 = 5$ )  
 $51 \times 11 = 561$  ( $5 + 1 = 6$ )
7. The film use of multiplication accured over 1500 years ago.
8. Brahma Gupta was a mathematician from Rajasthan who lived over 1000 years ago. He invented the idea of 0 and ways to use place value to add, substrate, multiply and divide number. He wrote his ideas in the Brahmasphut-Siddhanta.
9. The multiplication sign was invented by William Oughtred in 1631 (over 380 years ago)
10. Length of your foot is same as the length of your fore-arm.
11. Almost three-fourths of our body is made of water. Two-thirds of the earth is covered by water.
12. January is named after the name of God "Janus"

*Collected by : K.N. Nagpal  
from x-seed mathematics  
book grade-3*

## 'SAMRITIYAAN' SHRADHA SUMAN

1. SMT. NEHA LATA MEHTA, W/o Bal Kishan Mehta, Heavenly abode on 21.10.2012
2. SMT. GIAN DEVI MEHTA, W/o Late Sh. Raj Kishore Mehta, Heavenly abode on 14.11.2013
3. SH. VIRBHAN VIR, Tilak Nagar, New Delhi-110015, Heavenly abode on 08.10.2008.
4. SH. NARAIN DASS JI GOGIA, Heavenly abode on 17.10.2007.
5. SH. S.M. CHAWLA, Heavenly abode on 20.12.2002
6. SMT. SANGEETA KHERA, Kirti Nagar, New Delhi-110015, Heavenly abode on 20.12.2011



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

*Wishes*

**A VERY HAPPY & JOYFUL BIRTHDAY  
TO FOLLOWING DERAVAL LIFE MEMBERS**

**FOR THE MONTH OF DECEMBER**

<b>Sh. Satya Paul Grover</b>	<b>1st Dec.</b>	<b>Sh. Yogesh Bhutani</b>	<b>21st Dec.</b>
<b>Sh. Mohender Kumar Khera</b>	<b>6th Dec.</b>	<b>Sh. Vinod Kumar Sethi</b>	<b>24th Dec.</b>
<b>Sh. Ajay Khera</b>	<b>7th Dec.</b>	<b>Sh. Rakesh Minocha</b>	<b>27th Dec.</b>
<b>Sh. Vijay Kumar Bhutani</b>	<b>14th Dec.</b>		

**ALL OTHER VALUABLE DERAVAL AND BRETHREN BORN IN  
THE MONTH OF DECEMBER**

WITH BEST COMPLIMENTS FROM :

**Vijay Bhutani  
Ved Parkash**



**9811698148  
9711230172**

**MADHAV**  
**Caterers**

*Special Arrangement for Outdoor Catering*

**N-63, Kirti Nagar, New Delhi-110015**



# ALL INDIA DERAWAL SAHAYAK SABHA (REGD.)

DONATIONS RECEIVED - OCTOBER, 2016

No.	Name	Rs.	No.	Name	Rs.
<b>DONATION</b>					
38613	Sh. D.N. Madan	1100/-	37374	Smt. Tripti	100/-
38614	Smt. Priya Taneja	500/-	37375	Aarav Mehta	200/-
38618	Sh. Mohit Ahuja	250/-	<b>Dental Collection</b> 16,150/-		
38621	Sh. Ashok Kumar Ahuja	1000/-	<b>Physiotherapy Collection</b> 11520/-		
38622	Sh. Megh Raj Khera	2100/-	<b>LIFE MEMBERSHIP</b>		
38629	Sh. K.N. Nagpal	500/-	38619	Sh. D.C. Ahuja	2100/-
38631	Sh. G.K. Khera	1100/-	38614	Sh. Ravi Kumar Lal	2100/-
<b>DISPENSARY COLLECTION</b>					
38609		9000/-	38658	Sh. Rajesh Muglani	2100/-
38625		9500/-	38659	Sh. Ved Mehta	2100/-
38635		8000/-	38660	Sh. Manas Muglani	2100/-
38643		8500/-	38661	Sh. Khus Dayal Gulati	2100/-
38654		8000/-	38662	Sh. Krishan Gopal	2100/-
38670		8000/-	38664	Smt. Krishna Mehta	2100/-
37371	M/s. Madhav Caterers	500/-	<b>LANGAR DONATION</b>		
37372	M/s. Krishan Caterers	100/-	38663	Sh. Khus Dayal Gulati	2100/-
37373	Miss. Muskan	100/-	38901	Sh. Sanjay Sharma	16,000/-
			38902	Sh. Sanjeev	17,000/-
			38903	Sh. Rajiv Kumar	18,000/-

—VINOD KUMAR SETHI, Manager



## DERAWAL SEWA SANGH

Donations Received October, 2016

No.	Name	Rs.	No.	Name	Rs.
1.	Sh. M.L. Bhutani	Rs.100	19.	Sh. Gaurav Khera	Rs.200
2.	Sh. D.V. Bhutani	Rs.5100	20.	Sh. Girish Mehta	Rs.200
3.	Sh. I.C. Khera	Rs.100	21.	Sh. Harish Chawla	Rs.200
4.	Sh. Mohit Ahuja (in memory of his father Sh. Ramesh Ahuja)	Rs.250	22.	Sh. Madan Mehta	Rs.200
5.	Sh. D.P. Minocha	Rs.100	23.	Sh. Pankaj Mehta	Rs.200
6.	Dr. Rahul Mehta (USA)	Rs.100	24.	Sh. Pradeep Kalra	Rs.200
7.	Aryav Mehta (USA)	Rs.100	25.	Sh. R.P. Mehta	Rs.200
8.	Smt. Dimple Nangia (USA)	Rs.100	26.	Sh. Rajeew Mehta	Rs.200
9.	Sh. K.N. Nagpal	Rs.200	27.	Sh. Rahul Kapoor	Rs.200
10.	Sh. M.R. Khera	Rs.2100	28.	Sh. Rajinder Mehta	Rs.200
11.	Smt. Laj Dhirga	Rs.200	29.	Sh. Rakesh Ahuja	Rs.200
12.	Sh. K.N. Nagpal (in memory of his mother)	Rs.1100	30.	Sh. Ravi Kapoor	Rs.200
13.	M/s. Krishan Caterers	Rs.100	31.	Sh. Ravi Khera	Rs.200
14.	Sh. Jatin Budhiraja	Rs.200	32.	Sh. Sandeep Mehta	Rs.200
15.	Sh. Anil Ahuja	Rs.200	33.	Sh. Sanjay Mehta	Rs.200
16.	Sh. Anuj Mehta	Rs.200	34.	Sh. S.K. Mehta	Rs.200
17.	Sh. Davinder Nasa	Rs.200	35.	Sh. Vivek Khera	Rs.200
			36.	Smt. Bindu Kapoor	Rs.200
			37.	Smt. Mona Singhal	Rs.200



# ALL INDIA DERAWAL 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

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

1. Age 28 years (D.O.B. 11.09.1988, 02.05 a.m., Rohtak), Height-5'-5½", MBBS, DMRT (RT) (Dr.), Working in MAX HOSPITAL as a Doctor, Salary Rs.70,000/- PM, Contact her father Dr. O.P. Kalra on Tel. : 26944831, 9958167711, 09810814107 (R.No. 38414)



### DIVORCEE GIRL :

2. Age 33 years (D.O.B. 06.06.1982, 03.02 pm, Delhi), Height-5'-4", BA, MBA, Working in TATA Communication, Bombay, Income Rs. 14 Lac PA, Contact her Mother or Aunt Mrs. Prabha Chawla, Tel. : 9899100050 (R.No. 38408)
3. Age 45 years (D.O.B. 24.10.1971, 10.20 pm, Chhata (Mathura), Height-5'-5", MA, M.Ed in Math, Working as Teacher in Govt. School, Salary Rs.60,000 PM, Contact her father Mr. Manohar Lal Chandna, Tel. : 9810419250 (R.No. 38417)

### MANGLIK GIRL :

4. Age 37 years (D.O.B. 04.03.1979, 06.45 am, Delhi), Height-5'-3", BA, + Secretariate Course, Working as Stenographer, Salary Rs.14,000/- PM Contact Miss Jyoti, Tel. : 9910158917 (R.No. 38421)

### PROFESSIONALS/PVT./GOVT. SERVICE BOY :

1. Age 39 years (D.O.B. 28.10.1976, 12.00 PM, Faridabad), Height-5'-10", M.Tech. Electrical Engg., Working as SDO in UPPCL (Govt.), Salary Rs.60,000/- PM, Contact his father Mr. Manohar Lal Chandna, Tel. : 09810419250 (R.No. 38417)
2. Age 32 years (D.O.B. 23.12.1986, 12.02 am., Jullundhar), Height-5'-10", Hotel Management Course, Working in Australia, Salary Rs. 70,000/- PM, Contact his father Mr. Saroj Lal Thakkar, Tel. : 9810906773 (R.No. 38420)
3. Age 26 years (D.O.B. 01.12.1990, 09.29 am, Delhi), Height-5'-8½", College of Business Studies, MBA, Albarta (Canada), Contact his father Mr. V.K. Malhotra, Tel. : 9810569313, 9868428291. (R.No. 38422)



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

# आदेश हवा, मैला ढो रही गंगा

## गंगा में रोजाना गिर रहा सवा सौ होटलों का 30 एमएलडी सीवरेज

जागरण संवाददाता, हरिद्वार : मोक्षदायिनी को निर्मल बनाने की नेशनल ग्रीन ट्रिब्यूनल (एनजीटी) की कवायद भी परवान चढ़ती नजर नहीं आ रही। पतित पावनी गंगा को प्रदूषण रहित बनाने, उसमें गंदगी गिरने से रोकने के लिए एनजीटी ने पिछले वर्ष आदेश जारी किए थे पर, एक साल बाद भी धर्मनगरी में गंगा को गंदा होने से रोकने को कोई ठोस उपाय नहीं किए गए हैं। यही वजह है कि हरिद्वार में 20 या 20 से अधिक कमरों वाले 125 प्रमुख बड़े होटलों की गंदगी बिना किसी ट्रीटमेंट के आज भी सीधे गंगा में गिराई जा रही है। पीसीबी ने ऐसे होटलों की लिस्ट बना एनजीटी को भेजी है, अभी तक वहां से कार्रवाई को हरी झंडी नहीं मिली है।

पहाड़ों से उत्तर पहले मैदानी क्षेत्र में आते ही गंगा बेहिसाब मैली हो रही है। तीर्थ और पर्यटक नगरी होने के कारण यहां लोगों को साल भर आना जाना लगा रहता है। इस कारण यहां पर छोटे-छोटे होटल बड़ी संख्या में हैं। आश्चर्यजनक तथ्य यह है कि इनमें एक भी होटल में सीवरेज के उचित निस्तारण की कोई ठोस व्यवस्था है ही नहीं। आरोप है कि इनमें से एक भी होटल ने एनजीटी के आदेशों के अनुरूप अब तक अपना सप्टीपी तक नहीं लगवाया है। ऐसे होटलों की संख्या 125 बताई गई है। ये सभी होटल अपने यहां रोजाना उत्सर्जित होने वाला करीब 30 एमएलडी सीवरेज बिना किसी ट्रीटमेंट के सीधे गंगा में डाल रहे हैं। हाल ही में एनजीटी के आदेश पर पीसीबी ने ऐसे पांच होटलों पर चाबुक चलाया था। इसके बाद इनमें से सार ने तो अपने यहां सप्टीपी लगा लिया जबकि 5वें में इसे लगाने की प्रक्रिया चल रही है। पर पीसीबी की

इस कार्रवाई के बाद भी शहर के 125 होटलों ने अपने यहां अभी तक सप्टीपी लगवाने की कोई जहमत नहीं उठाई और गंदगी बदस्तूर गंगा में बहा रहे हैं।

## 22 नाले गंगा में गिरा रहे गंदगी

एनजीटी के आदेशों के खिलाफ धर्मनगरी में 22 बड़े नाले आज भी गंदगी सीधे गंगा में उड़ेल रहे हैं। वह भी तब जब राज्य केबिनेट ने पिछले वर्ष गंगा में गंदगी गिरा रहे नालों को बंद करने का प्रस्ताव पारित किया था पर, एक वर्ष बीतने के बावजूद केबिनेट के इस फैसले का कोई असर होता यहां नजर नहीं आ रहा। निर्माण और अनुरक्षण इकाई (गंगा) के सूत्रों के अनुसार इन नालों के जरिये रोजाना करीब 62 एमएलडी गंदा व प्रदूषित पानी गंगा में गिर रहा है। इसे सरोकने या टैप करने के दावे तो बहुत हुए पर धरातल पर कुछ काम नहीं हुआ। लोकनाथ नाला, सप्तसरोवर नाला, भीमगोडा नाला, करोली नाला, रेलवेनाला, कर्णवाल नाला, कांगड़ा नाला, कांगड़ा मंदिर नाला, नाई सोता नाला, नागो की हवेली नाला, कुशाघाट नाला, ललतारौ नाला, अपर स्टीम, डाउन स्टीम। (गुजरावाला भवन), मायापुर नाला, देवपुरा नाला, भल्ला कॉलेज टंकी नंबर 6 नाला, पीडब्लूडी नाला, खन्ना नगर नाला, आवास विकास नाला, शिवमंदिर - लालमंदिर नाला, कसाई नाला, पाडेवाला नाला, रामरक्खा पार्क नाला, लाटो वाली नाला और जगजीतपुर नाला रोजाना गंगा में गंदगी डाल रहे हैं। इनमें से करीब आधा दर्शन नाले तो ऐसे हैं जो रोजाना 10 से 12 एमएलडी गंदा पानी गंगा में बहा रहे हैं।

संकलन : जीवन मेहता

## 57वाँ डेरावाल वार्षिकोत्सव 57th ANNUAL DERAWAL DAY

ऑल इण्डिया डेरावाल सहायक सभा (रजि.) कीर्तिनगर द्वारा प्रत्येक वर्ष की भांति इस वर्ष भी रविवार, 11 दिसम्बर 2016 को 57वाँ डेरावाल वार्षिकोत्सव (57th ANNUAL DERAWAL DAY) का आयोजन सनातन धर्म पब्लिक स्कूल (नजदीक जी-ब्लॉक), कीर्ति नगर, नई दिल्ली - 15, में किया जा रहा है।

इस तरह के उत्सव बिरादरी को एक सूत्र में बांधने का कार्य करते हैं। इस वार्षिक उत्सव को सफल बनाने हेतु आप सभी परिवार व मित्रों सहित सादर आमन्त्रित हैं एवं सभा आप के सहयोग की आपेक्षा करती है।

भवदीय

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## शेरो शायरी

मेरे लफ्जों से ना कर मेरे किरदार का फैसला,  
तेरा वजूद मिल जायेगा मेरी हकीकत ढूँढते - 2

मैं बोलता हूँ तो इल्जाम है बगावत का है,  
अगर चुप रहता हूँ तो बड़ी बेबसी होती है।

पागल, तू मौका तो दे, हम सफर बनने का,  
थक जाओगी चलते - 2 मेरी वफा के साथ।

हम जो एक होते, सब उथल पुथल होता,  
जो अपने मुँह से निकलता वहीं अटल होता।  
हमारे अपने ही मोहरे बिखर गए वरना,  
जो बन के बैठा है अकबर वो बीरबल होता।  
बड़े सलीके से तकसीम कर दिया है हमें,  
अगर ये शाख ना कटती तो आज फल होता।

अगर कुछ सीखना ही है,  
तो आंखों को पढ़ना सीख लो,  
वरना लफ्जों के मतलब तो,  
हजारों निकाल लेते हैं।

मैंने कोशिश के बाद उसे भुला दिया,  
उसकी यादों को सीने से मिटा दिया,  
एक दिन फिर उसका पैगाम आया,  
लिखा था मुझे भूल जाओ और,  
मुझे हर लम्हा फिर याद दिला दिया

## आम व्यथा

एक दिन स्टेशन पर बैठा

गाड़ी का इंतजार कर रहा था  
इसी दौरान दूसरी तरफ से गाड़ी आई  
गाड़ी से दो बच्चे उतरे

उम्र थी उनकी 10 - 12 साल

जिस बैन्च पर मैं बैठा था  
उसी बैन्च पर एक यात्री भोजन खोल रहा था  
बच्चों ने उसके आगे हाथ फैलाया भोजन मांगा  
यात्री ने पहले तो नाक भौं सिकोड़ी  
फिर आधी रोटी रख दी उनके हाथ

बच्चों ने आधी रोटी को आधा - आधा तोड़ा  
मुँह में डाला और किलकारी भर आगे को दौड़े  
जब तक मैं समझ पाता उनके हालात  
वो जा चुके थे कर प्लेटफार्म पार

मेरे मन में एक व्यथा सी उभरी  
देख - अपने देश के बच्चों का हाल

इतने में गाड़ी आ पहुँची  
मैं हुआ इसमें सवार  
गाड़ी में दो साल की बच्ची कर रही था चित्कार  
सभी यात्री कर रहे थे उसे चुप कराने का प्रयास  
इतने में एक उधेड़ महिला आ बैठी पास  
बातों में उससे पूछा, कहाँ जाना है  
उसने बतलाया मायके पटोदी आई थी  
अब जाना है दिल्ली कैंट

मैंने पूछा पटोदी क्या करते हैं आपके फादर साहब  
उसकी आँखें नम हो आईं

मैंने कहा बुरा लगा तो मत दो जवाब  
कहने लगी नहीं, भाई साहब  
हम पाकिस्तान से आ यहाँ बसे थे  
भूल गए थे विभाजन के घाव  
लेकिन 84 के दंगों ने हमें कर दिया बरबाद  
पिता, चाचा, भाई, भतीजे 10 जाने चढ़  
गई दंगों की भेंट

मैं सुन कर हैरान हुआ परेशान हुआ

दिल्ली में दंगों से था हुआ बुरा हाल  
पर क्या बाहर भी मचा था ऐसी कोहराम  
ये सब सुन कर मन हुआ बेचैन  
और मैं सोचने पर हुआ मजबूर

क्या अपने ही देश में  
नेता खेलते रहेंगे ऐसे ही खेल

घर आकर टी.वी. खोला  
देखा पी.ओ.के. के लोगों का रोष  
कैसे - कैसे खोल रहे थे वो आतंकी पोल  
छोटे - 2 बच्चों को ले जाकर  
जिहादी उन्हें बना रहे हैं  
विरोध करने पर अत्याचार ढा रहे हैं

बलूची भी ऐसे इल्जाम लगा रहे  
पाक फौज के अत्याचारों की दास्तान सुना रहे थे।  
इसी उधेड़ बुन में रात की नींद गंवाई

अन्त यही सोच कर शान्त हुआ

ये हैं सब राजनीति के खेल

- चतुर्भुज अरोड़ा

## अनमोल वचन

- ❖ यह जीवन अनमोल है, क्यों न हम हर पल का सही उपयोग करें।
- ❖ हर पैसे से सुख के साधन तो खरीद सकते हैं, पर शान्ति नहीं।
- ❖ हमारा आचरण आईना है, जिसमें आपका असली रूप दिखता है।
- ❖ विनोद स्वभाव वाले लोग ही असल में जीवन को जीते हैं, बाकि के लोग केवल जीवन को गंवाते हैं।
- ❖ सभी अनर्थों का कारण होता है अहंकार, जो पैसे पद या अधिकार से आता है।
- ❖ हम जितने गुनाह अपने हाथों से करते हैं, उससे कहीं अधिक अपनी वाणी से करते हैं।
- ❖ हम सारी दुनिया को नहीं बदल सकते, तो हमें ही दुनिया के अनुसार चलना पड़ेगा।
- ❖ वह व्यक्ति बड़ा ही भाग्यवान है जिसको अपने बुजुर्गों की सेवा करने का अवसर मिलता है।
- ❖ कामयाब व्यक्ति सदा अपने कानों व आंखों के साथ साथ अपना दिमाग भी खुला रखता है।
- ❖ हंसने का वरदान सिर्फ इंसानों को मिलता है। हंसना तन व मन दोनों के लिए लाभदायक है।
- ❖ हमारे दो कान, दो आंखें हैं पर जीभ केवल एक, ताकि हम देखें व सुने अधिक तथा बोले कम।
- ❖ जब दो व्यक्ति लड़ते हैं, तो दोनों की गलती होती है।
- ❖ खोने में दुख, पाने में सुख व त्यागने में आनंद मिलता है।

—प्रभु दयाल सतीजा

## नेत्रदान—महादान

अगर आप नेत्रदान, देहदान, अंगदान के बारे में किसी भी प्रकार की जानकारी व सहायता चाहते हैं या आप नियमित रक्तदाता बनना चाहते हैं तो हमसे सम्पर्क कर सकते हैं।



### मियांवाली वॉलन्टरी ब्लड डोनर्स एसोसिएशन

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दूरभाष : 25998970

संस्थापक अध्यक्ष : अशोक आहूजा—9555722489

## स्वस्थ रहने के लिए प्रस्तावित आहार

**सुबह का भोजन :** अंकुरित दाल, मूंग, मोठ या चना 30 ग्राम, अंकुरित गेहूं 30 ग्राम, अंकुरित मूंगफली या अखरोट की गिरी 15 से 20 ग्राम, अंकुरित मैथी 5 ग्राम, मौसम का कोई भी एक फल, हरी कच्ची मौसमी सब्जी, करी पत्ता, चर्बी रहित दही या लौकी का रस।

**दोपहर का भोजन :** दिन में मोटे या चोकरयुक्त अनाज की रोटियां, हाथ से कुटा हुआ या सेला चावल, एक कटोरी दाल, हरी सब्जी।

400 से 500 ग्राम तक कच्चा सलाद जैसे खीरा, ककड़ी, मूली, गाजर, शलगम, पत्तागोभी, हरी गोभी एवं कच्ची लौकी, कच्ची फली आदि। मौसम का कोई एक फल, सोयाबीन, दूध का दही। शाम के समय एक कप चाय या फल या गाजर का रस।

**रात्रि का भोजन :** मोटे या चोकरयुक्त रोटी, साग, सब्जी 400 से 500 ग्राम कच्चा सलाद सोने से पहले एक कप चर्बी रहित दूध (जिन्हें दूध पीने की आदत है)। रात्रि के भोजन के बाद दो किलोमीटर तक चलना अनिवार्य है। इससे पाचन में सहायता तथा शारीरिक एवं मानसिक शांति मिलती है।

**भोजन में सलाद का महत्व :** भोजन में सलाद का काफी महत्व है। उदाहरण के तौर पर 500 ग्राम कच्चे लौकी या खीरा या ककड़ी खाने पर शरीर को केवल 65 कैलरी ही मिलेगी। परंतु शरीर को इसे पाने के लिए अनुमानतः 200 कैलरी खर्च करनी पड़ेगी। तो दिन के अंत में केवल 750 ग्राम कच्चा सलाद खाने से 200 कैलरी का अनुमानित घाटा रहेगा। और इसे शरीर की चर्बी को पिघलाकर पूरा किया जाएगा।

साथ ही ज्यादा सलाद खाने की आदत से भोजन में खाये जाने वाले अधिक ऊर्जाकृत कार्बोज एवं वसा की मात्रा कम होगी और शरीर को प्रतिदिन 500 या इससे अधिक कैलरी का घाटा रहेगा जो कि महीने के अंत में ढाई कि.ग्रा. या इससे भी अधिक वजन कम करने में सहायक होगा। मजे की बात यह है कि व्यक्ति को कोई डायटिंग नहीं करनी पड़ती और वह शारीरिक तथा मानसिक रूप से स्वस्थ रहेगा।

**क्या न खाएं :** तले हुए नमकीन, पैकेट बंद चिप्स, तले हुए आलू या इनसे बने हुए पदार्थ समोसे और पकौड़े आदि। कृत्रिम रासायनिक पेय पदार्थ। सफेद ब्रेड एवं मैदे से

बनी चीजें जैसे पिज्जा, बर्गर, नूडल्स इत्यादि। कॉर्न फ्लेक्स, चॉकलेट एवं बॉर्नविटा, मिठाई, आइसक्रीम, वनस्पति घी, मांस-मछली, अंडा, डिब्बा बंद खाद्य पदार्थ, मदिरा, धूम्रपान एवं तम्बाकू।

ऊपर बताए गए तरीकों से लाभ होने पर इन उपायों का प्रचार-प्रसार जरूर करें। आपका यह कदम देश में मोटे लोगों का प्रतिशत कम करने में मददगार साबित हो सकता है।

**प्रस्तावित दिनचर्या :** सुबह उठकर शौच से निपटकर व्यायाम करें या घूमने जरूर जाएं- चित्त मन प्रसन्न रहता है। और महत्वपूर्ण बात यह है कि ऐसे भोजन चयन के परिवर्तन से लाभ केवल उस व्यक्ति को ही नहीं बल्कि उसके परिवार के सभी लोगों को एवं कार्यालय में उसके मित्रों को तथा सारे समाज को भी इस परिवर्तन से लाभ होता है।

वजन कम होने के साथ बोनस के तौर पर रक्त चाप, रक्त में बढ़ा हुआ कोलेस्ट्रॉल, मधुमेह, हृदय रोग, घूटनों और कमर में दर्द, कब्ज एवं बवासीर इत्यादि रोगों में सुधार होता रहता है, बिना महंगी दवाइयों के।

याद रहे कि एक माह में अधिक मोटापे का केवल 10 प्रतिशत तक ही वजन घटाया जाना चाहिए, ताकि स्वास्थ्य पर प्रतिकूल असर न पड़े।

ज्यादा सलाद खाने से शरीर को जरूरत के अनुसार ऊर्जा नहीं मिलने पर शरीर की चर्बी से उसकी पूर्ति की जाती है और व्यक्ति का वजन धीरे-धीरे कम होता चला जाता है।

शुरू में पैदल चलें 1 किलोमीटर और धीरे-धीरे बढ़ाते हुए 2 किलोमीटर तक। ध्यान रहे कि व्यायाम से या चलने से तकलीफ न हो और सांस न फूले। अगर ऐसा महसूस हो तो उसी समय बैठकर आराम करें।

हो सके तो कार्यालय पहुंचने से एक किलोमीटर पहले ही यातायात के साधन को छोड़ कर कार्यालय पैदल जाएं। दिन में जब समय मिले तो पैदल तेज चलें।

शारीरिक परिश्रम वाले खेल खेलें।

तैरना एक ऐसा व्यायाम है जिससे बिना शारीरिक कष्ट के कम समय में वजन घटाया जा सकता है।

हमेशा प्रसन्न रहने की आदत डालें। बिना भ्रूव कभी भी भोजन न करें। सप्ताह में एक दिन उपवास रखें। प्रतिदिन 8 से 12 गिलास पानी अवश्य पीएं।

सौजन्य : डी.पी. मिनोचा



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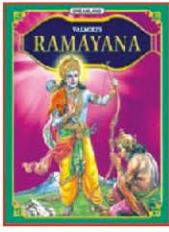
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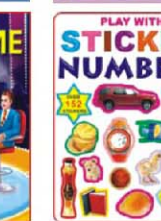
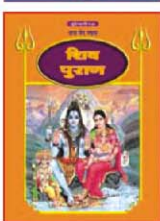
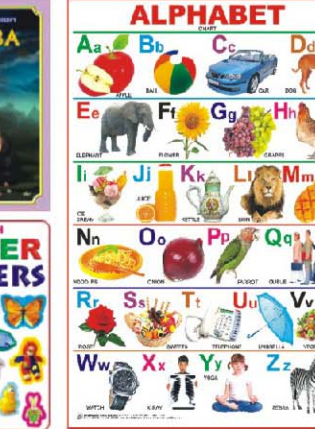
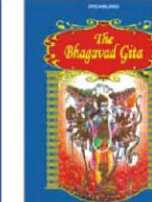
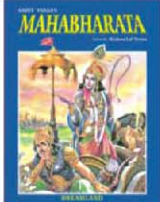
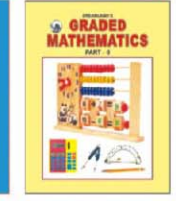
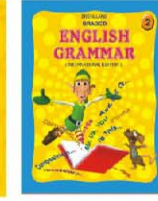
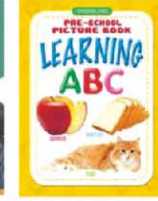
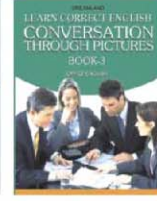
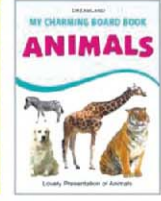
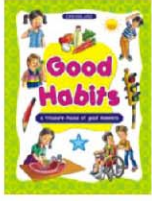
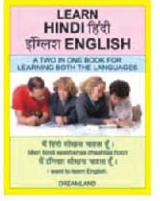
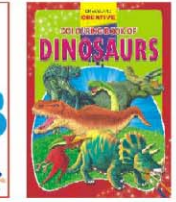
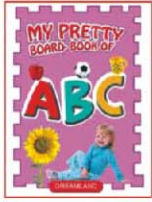
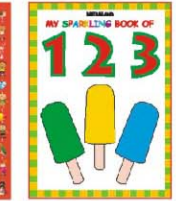
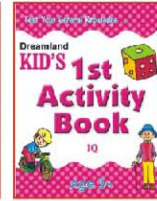
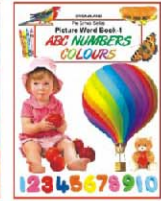
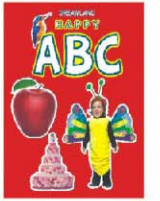
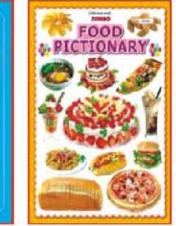
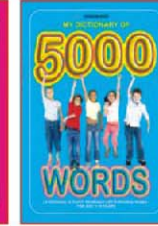
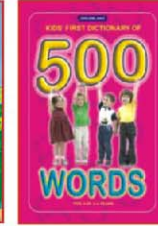
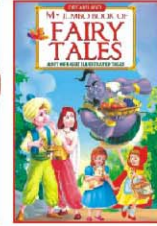
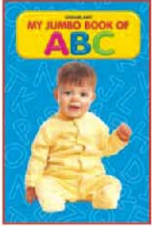
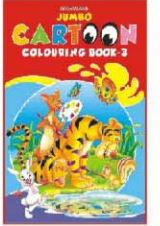
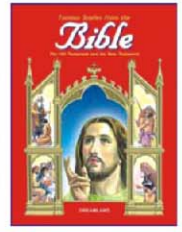
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