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## **SAMVAD**

### **SHREE THATHAI BHATIA COMMUNITY BULLETIN**

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BOOK - POST



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#### **THE STONE AGE**

After the Ice Age came the Stone age. Stones had certain advantages over ice. For instance :

1. They were warmer especially when left in the sun.
2. They didn't melt on the way home.
3. They gave employment to stone masons and made possible the naming of stonewall Jackson.

On the other hand they were inferior to ice in certain respects

1. They were not good for iced drinks.
2. They were unsatisfactory for skating on

Fortunately stones were plentiful. There was little or no depreciation. Geology was in the infancy and rock gardening was unknown.

## FROM THE EDITOR'S DESK

In two consecutive issues of 'Samvad', we have requested the readers to fill up the questionnaire annexed in the bulletin and send us the same latest by the 15th May 2003.

Every quarter 1100 copies of 'Samvad' are distributed free of charge to the members but we regret to write that only 143 readers responded to our request and sent us the form completed in a very desultory manner.

Of the 143 members 97 were male and 45 female members. Occupation wise the position was as under:

Retired	Business	Service	H/Wife	Students
<u>MALE</u>				
38	28	29	-	2
<u>FEMALE</u>				
6	5	4	30	-

Education wise 25 males were graduates and 3 postgraduates. Of the females 11 were graduates and 3 postgraduates. 3 males and 1 female were some diploma holders. The rest of the male and female members were either undergraduates, SSC or below SSC levels.

It was satisfying to note that barring one respondent, the rest had expressed their desire to receive 'Samvad' regularly.

Coming to the answers to the questionnaire, the response has been varied and diverse. To the question "What I like about 'Samvad', the majority of the respondents showed preference for Editorials, "Chintan", Religious articles, Community news, Fun-Fare-

wit and humour and home remedies.

With regard to the question 'What I like least about 'Samvad', it is Sad that the majority of respondents has left the column blank. However, a minuscule minority of the respondents has stated that they do not like features on religions, Jokes and health. They also expressed their opinion that they do not appreciate articles written in English.

Coming to the third question "If I were editing 'Samvad', I would like the following changes/Additions, the suggestions were varied and diverse. Many respondents stated that they would have articles in Hindi and Gujrati only. They would like short stories. They would like 'Samvad' to be pictorial and more alternative. Some readers have suggested that the frequency of the publication should be enhanced, Jokes/Funfare feature should be abolished. A helpline feature should be introduced giving information regarding hospitals, nursing homes, Railways/ Airlines, School/College, Technical and Medical, Ambulances, Police Stations etc.

To the question as to why the reader read, 'Samvad' there was an unanimous reply that 'Samvad' is the only mouthpiece of the Community and gives in its own way information regarding the community.

Some have stated that they would introduce features like births, engagements, weddings. About this innovation, we would have no objection to introduce the feature ourselves if the members become volunteers and send such information to us regularly so that it can be collected and published. At present we have very little information regarding the activities of our brethren abroad in

places like Bahrain, Dubai, Abu-Dhabi, Sharjah, Muscut or even from U.S.A. We understand that there are Mahila Mandals and institutes in Bahrain and Dubai concerning Thathai Bhatias and they had regular meetings and functions. If presidents or Secretaries of these bodies take upon themselves to apprise us of the activities of their institutions, we would be too pleased to publish the news in 'Samvad'.

We would welcome readers to write to us regularly expressing their reactions to the material published in the 'Samvad'.

And we assure our readers that every endeavors will be made to make 'Samvad' a lively readable publication.

## OPTIMISM

### 1. What is Optimism?

**Ans.:** Optimism is an ability to project a successful future inspite of the frustrating present.

### 2. It is not an imagination wherein the realistic assessment is set-apart under an overenthusiastic inspiration called hysteria?

**Ans.:** Of course, not. It is an optimism about the impossible that has created the historians meaning those who have created history and not mere students of history. The lives of all great masters (discover at least one in your lifetime) have began with an impossibility and culminated as the fulfillment of the dream which was condemned a guaranteed future.

Unless one is optimistic about optimism,

his optical vision can never be corrected. The beauty of this correction is not at the level of eyes, but "Is", "it is the small, little 'I' written in capital, that is unable to develop this optimistic vision because he expects the world to change around him. In fact, if he has undergone the treatment in myopia, he should change and not the world. This correcting measure is called as optimism that even I-a small insignificant, individual is the infinite I. At the beginning, this journey from the small 'I' to be the absolute 'I' is impossibility because it's a journey which neither covers distances nor travels in time. In fact, it is a journey, which cannot be called as journey, and it is yet called a journey. This impossibility of a journeyless journey can be attempted only under the influence of optimism and no other factor.

Secondly, the continuation of this journey is also supported by the optimistic approach to the mystical option wanting for something impossible to happen.

Optimism is also called as faith in English and shraddha in Sanskrit. It is the shraddha alone that can keep us going with a blindfolded vision in the dark frontiers of unknown future. As long as we are on the relative plane of the medium of thoughts functioning in the duality of subject-object polarity, shraddha alone can be our guide. Therefore, optimism is not an unrealistic approach to life, but a lively approach leading to the realisation of the impossible.

### 3. How do we start being optimistic on every front of our daily life?

**Ans.:** Listen-let us be optimistic that a smile is rewarded with a smile. Why not try? Let us express joy through every act of ours. It is possible.

More than 'What' we do, what is important is 'how' we do it. Let us allow the flow of joy through the gateways of optimism inspite of the turmoil around.

Refusal to pessimism is a potent practice of reaching a required level of optimism and finally, to be optimistic, you just have to be positive, i.e. optimistic.

My dear friend, am I not talking to you optimistically that you'll come out of this pessimistic ruin inspite of yourself? This optimism alone keeps me on the top of the world by way of keeping the world under my foot.

Let us conclude optimistically.

**Swami Anubhundan, the Head and guiding spirit behind the Sat Bhavans Trust Contribution by Shri Raj Thakar**

## CHINTAN

Recently I took a tour of Sukhdham at Thathai Bhatia Sewafund along with a sister who is known to me as a practicing Pushti Margi. While she was happy to see such a setup established, enquired that `why Mahaprabhuji's face which normally is very serene but this one looks a bit anguished? I casually mentioned to her that `he is not very happy surrounded by these commercial setups called Havelis around him and blatantly run in the name of a Path he instituted for our spiritual benefit. A few more

words of criticism followed from me in regards to happenings in the marga and suddenly she reacted by strongly objecting to my observations saying that Mahaprabhuji prohibits any kind of criticism of his clan for whatever reasons, and we should never become guilty of dosha drishti (fault finding) and all such acts are deducted as unpardonable offence in our sampradaya commonly also termed as mukhartta dosha meaning something similar to an act of blasphemy! Under a similar circumstances indeed a very pious and innocent person said to me that I was right in my observation but it all is happening in accordance to Shri Vallabhs predictions and that this kalyuga was bound to enter in vallabhkul but we should refrain from committing a sin of dosha drishti. I am also told by such mentally conditioned persons particularly our womenfolk that `This is all a sort of lials these so called Kiliyugi purshotams perform to confuse asuri jivas that means people of non divine nature!!

Just pause for a while and think that our great Acharya founded this very Sampradaya out of sheer feeling of mercy (anugrah) to save us from the ill effects of this yuga called kaliyuga and today simply to conceal our inability to study and follow his teachings we are compelled to resort to such kind of utterly illogical, unwise face saving methods. This is no way to carry on as inheritors of Shri Vallabhacharyas teachings since last five hundred years.

Here we were standing in a place where most select saying of Shri Vallabh are scripted all around us in Sukhdham and

such contrary to his teachings a talk is taking place with such a terribly false sense of conviction! One of the inscription in Sukhadham reads very clearly that 'jo devdrya Khayego maha paatki hovego mero naho kahavego' means 'whoever will eat from whatever is given away to god shall deem to be a worst kind of sinner and will not belong to me in any manner.' This is a very significant and categorical statement by the founder of the Marga. As a matter of fact here it is without an iota of doubt that he already disowns all such people of his clan as well other Vaishnavas who manage to live through the earnings of their personal gods. So strongly are our minds conditioned that even mentioning of certain fundamentally very wrong and spiritually very damaging activities could cause instant gushing of blood in the vascular system of its initiators keepers and seekers. A wrong tradition can never be construed as a right practice regardless of its antiquity.

Therefore, please beware my kinsmen the all Pushti Bhakti Margis... Let us simply return back to our Thakur at home and see how soon all our problems of severe mundane nature gradually begin to appear less and less significant. Let us open ourselves to Mahaprabhus teachings in shodas grantas try to be in company of Vaishnavs from 84 or 252 Vaishnav Vartas instead roaming around in the Havelis and becoming a passive partner in umpteen wrong doings by others.

**Ashok Gajria**

## FROM HERE AND THERE

### 1 Attar advice

- **Amber:** Sweet, warming scent. It is best used in winters, Aphrodisiac.
- **Hina:** Warming scent strengthens mind and body, nourishes heart energy and ojas.
- **Jasmine:** Sweet, uplifting scent. Removes negativity, improves the aura, supports the nervous system, Aphrodisiac.
- **Jatamansi:** Calming. Promotes peace and awareness, strengthens mind. Used in meditation and yoga.
- **Khus:** Root of a Vetiver tree in Rajasthan. Cooling and calming. Purifies mind and emotions improves concentration, used in meditation and yoga. Protects from sun-stroke.
- **Mitti:** Sandalwood prepared with a special Indian clay. Sweet and cooling.
- **Myrrh:** Rich, spicy scent. Nourishes heart and lung energies, promotes vitality.
- **Nag Champa:** Sweet and light fragrance . Removes heavy moods, strengthens aura. Used in meditation and yoga.
- **Rose:** Rich fragrance. Helps the heart. It promotes love and it purifies all your negative emotions.
- **Sandalwood:** Sweet, cooling. Purifies the mind. Used in mediation and yoga.

### 2 For zing in your step

You have a one for your grocery shopping, to pay the bills at the end of the month and for your Diwali gifts. But the most important checklists is the one people ignore-that maintains the zing in your step and zest in your spirit. There are health checklists that both men and women

should regularly tick, like the simple ten below.

### **FOR MEN:**

- **Blood pressure:** Hypertension is regarded as the common harbinger of heart disease and strokes-the biggest killers for men. And the most insidious factor about it is that it has no symptoms-men feel perfectly normal sometimes before they realise they have hypertension. The ideal reading is below 120/80, so remember to keep an eye out for that.

- **Heartbeat:** This is a home truth-for men, the heart is the ticker that they should always keep an ear to. It isn't always necessary to go for an official check-up, just listen to your heartbeat after physical exertion. If it sounds unusually fast, go book an appointment.

- **The testicle Check:** Testicular cancer is a growing concern for men between the ages 25-34. Look out for a lump that is on one testicle and not the other, that could spell danger.

- **Mental health:** Men are so busy being strong all the time, that they often don't notice when they are slipping into a mental depression. Urban pressures bog you down and young people suffer most from all this-alcoholism, drug abuse, insomnia and feelings of social isolation.

- **Obesity:** Heart illnesses, cancer diabetes-obesity can cause all this and create a constant feeling of breathlessness and unease. Find out the ideal body mass for your height and frame and stick to that. Sounds easier said than done, but it is more healthier!

### **FOR WOMEN:**

- **Breast Check:** It's found that more than 90 per cent of breast cancers are self diagnosed. What the heart is to men,

the breasts are to women-remember to always feel around for problems, i.e. lumps.

- **Gum ache:** Your gums do have a link to your hormones-many times the situation deteriorates so much that you end up with bad breath and decaying teeth. And you know this since you were a child... A dentist visit is sacred!

- **Skin:** For the women, It's the legs, for the men, the back. Unseemly bumps, moles and discolourations-just crosscheck with the doctor so that it doesn't end up as cancer.

- **Diabetes:** This disease is spreading its tentacles faster that you think and the sooner you detect it as a sufferer, the better. Indulge in all those sinful desserts by all means, but once your regular sugar check is done.

- **Osteoporosis:** After an age, almost every woman has to supplement her calcium intake or it could mean brittle bones. Low fat diets could only add to osteoporosis, so make no bones about meeting the doctor on that count!

### **3 SWEET FACTS**

Sugar and most sweets do not offer you much more than calories. Sugar contains no useful nutrients except for energy and we can get all the energy we need from healthier sources. Experts agree that eating too much sugar speeds tooth decay and may add unwanted pounds. Excess turns into triglycerides in the body and is deposited as fat or build up in the blood as unwanted lipid that could speed up the process of plaque formation in the arteries leading to heart disease.

Refined carbohydrates such as sugar when overloaded, are not cleaned from the blood. Over a period of time, this leads to diabetes. The pancreas

overworks in an attempt to lower the high blood sugar levels, however, gets exhausted and cells get burnt out leading to a less efficient pancreas and precipitating diabetes.

It is hard to be sure how much sugar you actually eat, because some foods come with sugar already added. Less than half the sugar we consume is bought as bags of sugar. The rest is hidden in sweets, soft drinks, biscuits, cakes and added to food products.

All the goodness that went into the sugar plant is stripped out in the processing. Sugar contains no proteins, minerals, fibre and vitamins. It is just 'empty calories'.

Most of us need to reduce the amount of sugar we eat. This includes table sugar, both raw, unrefined as well as white or brown cane or beet sugar, sugar added in processed foods, where it may be listed as sugar, sucrose, syrup, dextrose, molasses, caramel, corn sweeteners and invert sugars.

### **Cutting down on sugar**

- Try to drink your tea and coffee without sugar. You might find it easier to cut down gradually.
- Use unsweetened fruit juices and avoid soft drinks.
- Choose fresh fruit over canned fruit and natural fruit juice over syrups and sherbets.
- Cut down on sweets, chocolates, biscuits and cakes. Try natural yogurt or unsalted nuts as an alternative snack.
- Use less sugar and jaggery in cooking.
- Look at the ingredients on food labels and make sure sugar is not at the top of the list, since ingredients are listed in order of quantity.

**Niyati Mehta**

## **Safety First in Exercising**

'No pain No gain'. But when it comes to exercising, don't literally implement it ever an injury occurs, stop trying to be a Macho Man or a Wonder Woman. Stop whatever you are doing and get some FIRST AID. Well, if you know what First Aid is, but don't know how to use it practically in case of injury, I'll show you how. First, some basic terminology though:

**Acute Injury:** A single episode injury that lasts for a short time, but may be intense.

**Chronic Injury:** Caused as a result of overuse, lasts long and accounts for more than 50 per cent of all injury cases.

**Strain:** Injury to muscle or tendon, that causes pain or muscular spasms without moving or stretching. Acute strains are caused by overstressing or direct injury, while chronic strains are caused by overuse.

**Sprain:** Volent overstretching of joint ligaments, causing pain, tenderness, swelling or bruising.

### **Treating an Injury**

If you suffer an acute injury such as a strain or sprain. immediately stop any activity and use the RICE method or treatment. RICE stands for Rest, Ice, Compression and Elevation.

**REST** prevents further injury. Use crutches or take somebody's help to avoid bearing weight on the injured leg, knee, ankle or foot.

**ICE** hastens healing by reducing swelling around the injury. The sudden cold contracts the blood vessels and helps stop internal bleeding from capillaries and blood vessels. Always keep a cloth between the skin and ice pack and don't apply ice for more than 15-20 minutes

at a time.

**COMPRESSION** further limits swelling and supports the injured joint. Remember to wrap the injured part firmly, but not so tight that blood supply gets impaired, for it may cause more swelling.

**ELEVATION** of the injured part above the level of the heart reduces swelling and pain, by reducing the blood flow naturally.

**Heat Treatment**, if applied too soon after an injury, impairs healing. Wait for three days at least, or until swelling is gone. Some experts also recommend going back and forth between cold and heat treatments. But consult your physiotherapist nonetheless.

#### **When to see a doctor?**

Using Rice and Heat Treatment most acute injuries can be attended, but some injuries need to be seen and treated by a physician. So, call your doctor if you experience the following:

- Severe or persisting pain in joints or bones (for more than two weeks).
- 'Point tenderness', Identified by experiencing pain when a specific area is pressed.
- Significant swelling.
- Difficulty in moving the injured part.
- Persistent numbness, tingling or weakness in the injured area.
- Even after three weeks you have you have infection, pus, red streaks or fever.

Once the injury is taken care of, don't return to exercising too soon. To begin with (whenever that happens), keep your activity levels low, increasing them gradually. And pay close attention to any warning signs thereafter!

**DILIP KAWAD in  
THE INDIAN EXPRESS**

## **FACE FEAR IN THE FACE**

Fear, looked at by many, as a negative emotion can easily be translated into a positive and driving force. The triumphant are those who tackle failure successfully and confidently-for there is no success without failure. To do this happily, one needs the support of an understanding family and friends and more importantly, that of God. "More things are wrought by prayer than the world dreams of" is just that-the truth. The book 'Oral Roberts' Favourite healing scriptures speaks of fear and faith. And this what it says:

"If the devil has another name, it is Fear. It nags us. Follows us. Torments us."

Jesus dealt with fear by pointing to faith as the answer. In the height of the storm at Galilee, His disciples were overcome with fear. They asked Him, "Master, carest thou not that we perish?" After Jesus calmed the storm. He asked them, "Where is your faith? Why were you so afraid?" He said, "The faith that I have in My Father, you must have it too. The very fact that I was able to find the strength to relax and be strong in this storm means that you too, can find the same strength. Why are you so fearful when you can have an open relationship with God, when you can give yourself up and expect a miracle? Where is your faith?"

Our feelings often lie to us. In life, one deals with reality, not just feelings. When one analyses the problems of fear, nine times out of ten, we find that we are guilty of believing wrongly. All one needs to know is how to conquer their fear and remain positive.

**Fear of performing badly in examinations often haunts students and their families.**

### **Steps to conquer fear**

Kenneth W Caine and Brian P Kaufmann in their book Prayer, Faith and Healing talk of the following steps to conquer fear:

- Use reasonable precautions
- Seek help
- Face fear head on
- Accentuate the positive
- Keep your spirituality strong
- Participate in community activities

**Renuka Suryanarayan**  
**Soul Search**

### **STRUCK BY BELL'S**

**Don't despair if Bell's Palsy strikes. It can be cured**

Singer and TV host Raageshwari woke up one morning to find the left side of her face paralysed. She couldn't speak for a week, couldn't blink or smile. A traumatic experience for her and her family, it took almost nine months for her to recover completely from this disease called Bell's Palsy.

Bell's Palsy is a medical condition caused due to a virus infection. It affects the seventh cranial nerve and results in facial paralysis. There are no tell-tale signs of infection before Bell's Palsy attacks. There could be a warning pain in or behind the ear, but it isn't usually recognised in first time cases. Most people wake up to find they have Bell's Palsy.

According to Dr. Mohit Bhatt, neurologist at Jaslok and Breach Candy hospitals, Bell's Palsy most commonly occurs between 20-40 years and the cause is unknown. "If it occurs in children below

ten years, the culprit may be the polio virus," he adds.

Bell's Palsy causes paralysis to one side of the face. The patient's face appears to be skewed or stiff and the angle of the mouth distorted. "The patient can feel sensations, but the motor sensations are gone. So facial muscles like eyelids don't move and the eye remains open all the time," Says Dr. Bhatt. Precautions have to be taken to keep the eye closed and free from dust particles, like covering it with a gauze pad.

"Bell's Palsy is temporary and reversible- it cures itself most of the time," says neurosurgeon, Dr. Paresh Doshi. Tablet steroids and intense facial physiotherapy are also recommended. Bell's Palsy could last for a period of a few days or even weeks. "90 per cent of the patients suffering from Bell's Palsy recover completely," says Dr. Bhatt.

He also warns that if Bell's Palsy attacks repeatedly, it could be a disease known as Sarcoidosis responsible for producing the symptoms of Bell's Palsy.

An MRI scan is also recommended to rule out a brain tumour.

**- PARIZAAD KHAN**

### **Don't Fear the Taxman**

**So advises Apurva Shah**

Correctly compiling and filing your tax returns may seem very complicated. But it's all about planning. If you are aware and well-read, you might not even need a chartered accountant to help you file your returns. All you need to remember are the following points:

- Keep yourself up-to-date on changes in tax laws, normally announced with the annual Budget on February 28.

- Get yourself a Ready Reckoner, which is a publication where the entire tax law is summarised in a user-friendly manner.

- Collect documents round the year, like dividend and interest counterfoils, contract notes for investments made and sold, certificates for taxes deducted at source (TDS), bank statements, counterfoils for investments in PPF, Insurance premium receipts, Mediclaim receipts, tax payment challans and all other documents which are evidence of income earned and of tax-deductible expenses. Store them in separate envelopes for each member of the family.

- whenever income is received, check for deductions of TDS (normally tax is deducted on interest) and collect Form 16As for such deductions. If you are likely to have taxable income on which TDS is not enough to meet tax liabilities, ensure that the balance tax is paid as advance tax, in three equal installments- on September 15, December 15 and March 15.

#### **After March 31, each year**

- Prepare a summary of each bank account. This includes a description of all money banked under broad heads, such as dividend, debenture and fixed deposit interest, sale/redemption of investment, return of loans given, gifts received and a description of all money spent under broad heads such as investments made, investment in PPF, tax saver bonds, Mediclaim, education expenses of children, donations given, gifts given, insurance payments, interest on housing loan and personal expenses (personal expenses can be lumped as one item, as details aren't relevant).

- Calculate your taxable income from the bank summary by dividing income into the following heads: salaries, house property income (for rentals received), capital gains (for profit on sale of

investments), business income and income from other sources (residuary head of income for dividend, interest).

- Calculate income under each of the five heads, by taking advantage of specific relief available (eg: indexed costs for capital gains, repairs against rental income) include income of minors, in that of the parents. Calculate the total deductions available under various provisions, such as 80L for bank interest, 80D for Mediclaim paid 80G for donations made. Calculate the tax liability on the taxable income. Reduce from tax liability, the aggregate rebate available for tax saving investments, like PPF, infrastructure bonds, insurance, housing loan repayments, education expenses on children and the special rebate available to women and to senior citizens.

- From this net liability first reduce the TDS. Then reduce advance tax. If there is any tax still payable, pay the same (called self-assessment tax). If the taxes already paid are in excess of liability, claim a refund along with interest, when the refund exceeds 10 per cent of total tax liability.

- Fill the tax return in the correct form. There are different forms for persons with business income and persons with no business income, including a SARAL form.

- Fill your name, residential status, taxable status, address and Permanent Account Number (PAN) correctly on the return.

- Attach evidence for all tax free income, like Mediclaim receipt, insurance receipts, PPF investment counterfoil, copy of bond certificates, proof of age for senior citizens, TDS certificates (ensure that the certificate received are complete-they mention your name and your PAN), advance tax challans and evidence of payment of self assessment tax.

- File your return by the due date, which is July 31, for those not having business income or having businesses where tax

audits are not required and October 31 for others.

- File your return in the correct tax office. For salaried employees, it depends on the name and address of employer, for others, it depends on your residential address. Always attach a copy of last year's acknowledgment of return filing, to ensure speedy filing.

- Obtain a stamped acknowledgment for filing the return and store it safely, along with a copy of the statement of taxable income and preferably copies of TDS certificates attached (these may be kept till such time as credit is given for TDS).

- If you have jewellery, motor cars, property and cash the value of which exceeds Rs. 15 lakhs, you may be required to file a wealth tax return as well.

- Ensure that a separate file is kept year-wise, for every assessee in the family. It should include a copy of the bank summary, the statement of income, the stamped acknowledgment and an assessment order received from the tax department.

**(Apurva Shah is a chartered accountant and a cost accountant, You can contact him on 22855770)**

**જાત અનુભવ**

આપણે કહીએ છીએ કે આ મોઘવારીના જમાનામાં માનવતા મરી પરવારી છે. પણ એવું નથી વિશ્વના કયા પણ ખૂણે તમે હો, ત્યાં પણ દિલમાં આદર અને સદ્ભાવ માનવના મનમાં રહે છે, જરૂર, પછી ભલે તે ભારત હોય કે જાપાન.

વાત જાણે એમ છે કે ૧૯૯૭માં અમે હોંગકોંગ ચાઇના અને જાપાન ફરવા માટે ગયેલા જાપાનમાં અમે મારા બહેન બનેવી સાથે રહેલા. વાસ્તવમાં જાપાન બે વાત

માટે જાણીતો છે, એક તો તે ઉગતા સૂર્યનો દેશ છે. અને બીજું ત્યાંની મોઘવારી. બહેન બનેવી હોવાના કારણે અમને રહેવા ખાવાની તો કોઈ તકલીફ પડી નહીં પણ ત્યાં ભાષાની થોડી તકલીફ હતી. હરવા ફરવા અમે ટ્રેન અથવા બસનો પ્રવાસ કરતા. ત્યાંના લોકો ઘણા મદદગાર અને પ્રેમાળ હતા. ઈશારાથી વાત કરી શકાય રસ્તાઓ ખૂબ મોટા અને સાફ આપણે નીચે બેસી જઈએ તોપણ કપડા ખરાબ ન થાય એટલા.

જ્યારે અમારે પાછા આવવાનું હતું ત્યારે અમે ભૂલથી બીજા બ્રીજ ઉપર ચઢી ગયા. ત્યાં બ્રીજ ખૂબજ મોટા અને લાંબા અંતરના એકજ તરફ ગાડી જતી હોય તેવા હોય છે. પ્લેનના સમયથી અમે બે કલાક વહેલા નીકળેલા બ્રીજ પૂરો થયા પછી અમે એક કારમાં દંપતિ બેઠા હતા તેમને પૂછ્યું તો તેમણે થોડે સુધી આવીને રસ્તો બતાવ્યો પણ સમજવામાં કઠાય ભૂલ થઈ હશે. અમે ખોટા રસ્તે જઈ રહ્યા હતા. તે દંપતિએ જોયું કે અમે લીધેલો રસ્તો બરાબર નથી, તરત જ અમારી પાસે આવીને એમની ગાડીને અનુસરવા કહ્યું. તે લોકોને જવાની દિશા અમારાથી વિરુદ્ધ હતી છતાં પણ મોઘા પેટ્રોલની પરવા કર્યા વગર લગભગ ૪૫ (પોણો કલાક) ડ્રાઇવ કરીને અમને અમારા જવાના રસ્તાની એકદમ નજદીક મુકીને પાછા વળ્યા.

જ્યારે અમે તેમનો આભાર માન્યો ત્યારે તેમણે કહ્યું કે આ તો અમારી ફરજ હતી. અમારા દેશ માટે તમે મનમાં કેવા વિચાર લઈને જશો. ભલે અમે એકબીજાની ભાષા નહોતા જાણતા છતાં તેમની આંખોમાં જે પ્રેમ અને સંતોષની લાગણી દેખાઈ તે એક અનુભવવાની જ વાત છે. મારા બેન બનેવી ત્યાંની ભાષા સારી રીતે જાણે છે. તેમણે જ્યારે આ વાત જણાવી ત્યારે મનમાં થયું કે ના. દુનિયાના કોઈ પણ ખૂણે આવા સાચા અને સારા માણસે અવશ્ય વસતા હશે.

મારો એક બીજો અનુભવ જે મને મુંબઈમાં થયો છે તે હું આવતા અંકમાં જણાવીશ.

**મીના લીલવા**

## શા માટે આપણે...

જમતા પહેલાં આપણે ભગવાનને ભોગ કેમ ધરીએ છીએ?

પાશ્ચાત્ય પ્રણાલિકા મુજબ ભગવાનનો આભાર માનતી પ્રાર્થના બાદ ભોજન લઈ શકાય છે. ભારતવાસીઓ ભગવાનને ભોગ ધરે છે અને પછી પ્રસાદ તરીકે, ભગવાન તરફથી પવિત્ર ભેટ તરીકે લે છે. ઘણા મંદિરો તથા ઘરોમાં પણ રાંધેલું ભોજન દરરોજ પહેલાં ભગવાનને ધરાય છે અને ધરેલી વાનગીઓ બાકીના ભોજનમાં ભેળવી પ્રસાદ તરીકે પીરસવામાં આવે છે. આપણી રોજિંદી પૂજામાં પણ આપણે ભગવાનને નૈવેદ્ય ધરીએ છીએ. આપણે કેમ આવું કરીએ છીએ?

ઈશ્વર સર્વવ્યાપક, અનંત અને સંપૂર્ણ છે. મનુષ્ય એક ઈશ્વરનો અંશરૂપે છે. ભગવાનની શક્તિ તથા જ્ઞાનથી જ આપણાં કાર્ય થાય છે અને એના ફળરૂપે જે આપણે મેળવીએ છીએ તે બધું ખરેખર તો ભગવાનનું જ છે. એની કૃપાનો સ્વીકાર કરતાં આપણે ભોજન ધરીએ છીએ. 'જય જગદીશ હરે' એ આરતીમાં 'તેરા તુઝકો અર્પણ' આ શબ્દો આ વાતનું સમર્થન કરે છે. જે તમારું છે તે તમને ધરીએ છીએ. ભગવાનના પવિત્ર સ્પર્શથી એ પાછું આપણને ભેટ તરીકે પ્રાપ્ત થાય છે. આ જાણકારીથી આપણો ભોજન પ્રત્યેનો ભાવ બદલાઈ જાય છે. ધરવામાં આવેલી વાનગીઓ શુદ્ધ અને સારી જ હોય છે અને એ ખાતા પહેલાં બીજાઓને પણ અપાય છે. આપણને જે મળે તે માટે આપણે કોઈ ફરિયાદ કે ટીકા કરતાં નથી. એ નકારતાં નથી કે ફેકતા પણ નથી પણ પ્રેમભાવથી ખાઈએ છીએ.

આ ભાવની અંતરમાં સ્થાપના થાય ત્યારે એ ફક્ત ભોજન સુધી સીમિત ન રહેતાં આપણા સંબંધ જીવન પર છવાઈ જાય છે. આપણે આનંદપૂર્વક જીવનમાં આપણને જે કંઈ મળે તેને 'પ્રસાદ' તરીકે સ્વીકારતા થઈ જઈએ છીએ અને સંતોષ પામી સુખી રહી શકીએ છીએ.

લેખક શ્રી મોતીલાલ બબલા  
અનુવાદ શ્રીમતિ ઈલા શાહ

શ્રી ગોવર્ધનનાય

મોતીનાં હિંડોળા

વ્હાલા મોતીનાં હિંડોળા સજાવું તમ કાજ  
ઝુલવા પધારો નંદલાલ...(૨)

વ્હાલા મોતી ભરીને ભાવેથી સજાવ્યો

ઝુલવા પધારો નંદલાલ...મોતી

કાંગરે કાંગરે મોતીનાં મેના ને પોપટ

મોતીનાં મોરલા સજાવ્યા...ઝુલવા

મોતીની દાંડી ને મોતીનાં ઝુમર

મોતીડાની દોરી બનાવી...ઝુલવા

મોતીનાં ખંભ ને મોતીનાં તોરણ

મોતીડાની ઝાલર બનાવી...ઝુલવા

મોતીનાં શણગાર સજીને વ્હાલો

ઝુલે છે મોતીનાં હિંડોળે...ઝુલવા

હેમ નિરખીને શોભા મોતીડે વધાવે

ઝુલવા પધારો નંદલાલ...વ્હાલા મોતીનાં

હેમલતા મુરલીધર સદરવાલાનો

જયશ્રીકૃષ્ણ

શ્રી ગોવર્ધનનાય

હિંડોળો

હો શ્યામ તમે હરિયાલે હિંડોળે ઝુલજો

હો શ્યામ તમે...

હો શ્યામ તમે રાધેરાણીને સાથે લાવજો

હો શ્યામ તમે રાધેરાણીને...

રાધેરાણી કી જય મહારાણીકી જય

રાધેરાણી કી જય મહારાણી...

એ બોલો બરસાનેવાલી કી જય જય જય

રાધેરાણી કી જય...

હો શ્યામ તમે હરિયાલે...

કુંજસદનમાં બાંધ્યો હિંડોળો

લતાપત્તાથી તેને સજાવ્યો...હો શ્યામ

શ્રાવણ સલુણો ને રાધેશ્યામ સોહામણો

રાધે-શ્યામની જોડી સોહાય...હો શ્યામ

ઝરમર વરસે મેહુલો નાચે છે મોરલો

હેમની એટલી આસ હૃદયનાં ઝુલે ઝુલજો

દાસીને રાખજો પાસ હરિયાલે હિંડોળે ઝુલજો...

હો શ્યામ...

હેમલતા મુરલીધર સદરવાલાનો

જયશ્રીકૃષ્ણ

શ્રી ગોવર્ધનનાય

મારા અંતરમાં છબી તારી...

મારા અંતરમાં છબી તારી

નિરખી જાઉ વારી વારી...મારા

મને લગની લાગી તમારી

શ્રીજી ખબર લેજો મારી...મારા

મને તારો ભરોસો ભારી

શ્રીજી શરણે રાખજો તમારી...મારા

ચિત્ત ચોર્યું ગોવર્ધનધારી

અંતવેળાએ દર્શન દેજો મોરારી...મારા

કહે હેમદાસી તમારી

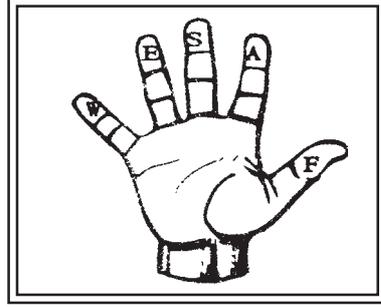
લૌકિકથી ચિત્તને લેજો ઉગારી...મારા

હેમલતા મુરલીધર સદરવાલાનો

જયશ્રીકૃષ્ણ

## MUDRA PRANAYAM

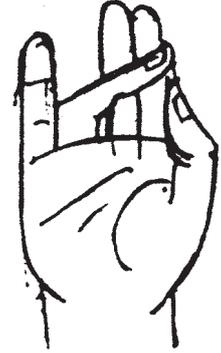
મુદ્રા વિજ્ઞાન



### ૩. પૃથ્વી મુદ્રા

પ્રયોગ:- અનામિકા-રીંગ ફીંગરની ટોચને અંગૂઠાની ટોચ લગાવી બાકીની ત્રણે આંગળીઓ તર્જની, મધ્યમા અને કનિષ્ઠા સીધી રાખવી.

લાભ:- શરીરની કમજોરી દૂર થાય છે. તેનાથી શરીરમાં રોગ પ્રાણ પ્રતિકાર શક્તિ વધુ મજબૂત બને છે અને તેથી વ્યક્તિમાં ગજબનો આત્મવિશ્વાસ આવે છે અને મન/તન બન્ને આનંદમય રહેતા તેના વિચારોમાં કાર્યમાં હકારાત્મક વલણ જ રહે છે- 'પોઝિટીવ થીકીંગ'.



### ૪. વાયુ મુદ્રા

પ્રયોગ:- પહેલી આંગળીવાળો ને તેની ટોચને અંગૂઠાના મૂળ સુધી લઈ જાઓ. પછી તેના ઉપર અંગૂઠો મુકી હળવું દબાણ આપો. બીજી આંગળીઓ સીધી રાખો.

લાભ:- વાયુના રોગો, સાયટિકા, સાંધાનો દુઃખાવો, ભોજન કર્યા પછી થતાં આફરો, ગેસ, બેચેની તો વજાસન સ્થિર બેસીને આ મુદ્રા કરવાથી રાહત



મળે છે. પાર્કિન્સનના રોગમાં અને લોહીની ભ્રમણ ક્રિયામાં પડતી મુશ્કેલી દૂર થાય છે, તો પેરેલેસીસ (લકવા)માં થોડી રાહત મળે છે.

### પ્યારી સી ચિડિયા

છોટી સી એક ચિડિયા થી  
ઢાલ ઢાલ વહ ઘૂમતી થી  
રંગબિરંગે પંખ ફેલા કર  
પરિયોં સી વહ લગતી થી।  
ઇતના મધુર વહ ગાતી થી  
કિ સબકા મન મોહ લેતી થી।  
લેકિન એક દિન નિર્દય મનુષ્ય સે,  
અસકી આજાદી અસકી સુંદરતા,  
ન દેખી ગર્ઈ,  
બસ અસી પલ અસ પરી કો માર દિયા।  
સૂના-સૂના સા હો ગયા આંગન સારા,  
ઢાલેં થી અધૂરી લગને લગી,  
એક ચિડિયા કે જાને સે,  
સારી દુનિયા અલગ લગને લગી।।

### વક્ત

વક્ત એસી આંધી હૈ,  
જો આવાજ નહીં કરતી  
પર કિસી કી દુનિયા ડઝાડકર ચલી  
જાતી હૈ  
ઑર સાથ હી યહ સંદેશ દે જાતી હૈ  
“મેરે સાથ સાથ જોથી ચલેગા  
વહી અપની લકીરોં કો બદલ પાચેગા”  
ચલેગા જો વક્ત કે પીછે,  
અસીકે તૂફાન કા શિકાર હો જાચેગા  
તો મનુષ્ય કો યહ સોચના હોગા  
કિ છૂના ચાહતા હૈ વહ તારોં કો,  
યા ચાહતા હૈ વક્ત કે કારણ  
અપની કિસ્મત કો કોસના।

કુમારી શિલ્પા રાજેશ ભાટિયા, ૧૩ વર્ષ  
(લીલા)મસ્કત

### “વક્ત”

વક્ત એક વસ્તૂ હૈ, જો કમી વાપસ નહીં આતા।  
વક્ત એક સૂરજ હૈ, જો રોજ ડગતા હૈ ઑર  
ઢલતા હૈ।  
વક્ત એક ચાંદ હૈ, જો જિન્દગી મેં ચમકતા હૈ।  
વક્ત એક ગાડી હૈ, જો લગાતાર ચલતી રહતી હૈ।  
વક્ત એક બારીશ હૈ, જો જિન્દગી મીગો દેતી હૈ।  
વક્ત એક ગરમી હૈ, જો જિન્દગી કો સુખાતી હૈ।  
વક્ત એક આંધી હૈ, જો જિન્દગી બરબાદ કરતી હૈ।  
વક્ત એક છાંવ હૈ, જો જિન્દગી કી રક્ષા કરતી હૈ।  
વક્ત એક અનાજ હૈ, જો હમારા પેટ ભરતા હૈ।  
વક્ત એક સાથી હૈ, જો હરદમ હમારે સાથ રહેગા।  
વક્ત એક દુશ્મન હૈ, જો હમારે ઘિલાફ હૈ।  
વક્ત એક મિત્ર હૈ, જો હમારી મદત કરતા હૈ।  
વક્ત એક કિતાબ હૈ, જો હમારી જિન્દગી કી કહાની  
લિખતી હૈ।  
વક્ત એક સૂટકેસ હૈ, જિસમેં હમારા પરીવાર બંદ હૈ।  
વક્ત એક ભૂમિકા હૈ, જો હમ સબ ઇસ ધરતી પર  
નિભા રહે હૈ।  
તો દોસ્તોં હિમ્મત રખો, ઈમાનદાર બનો, વફાદાર બનો,  
સચ્ચ કી રાહ પર ચલો ઑર સબસે ડપર અચ્છે  
બનો ઑર પ્યાર કરના સિખો ક્યોંકિ પ્યાર ઇન્સાન  
કો બહુત અચ્છા બના દેતા હૈ। કમી મી ડમ્મીદ કા  
દામન ન છોડો ક્યોંકિ વક્ત કમી એકસા નહી હોતા  
વહ હર મિલી સેકંડ બદલતા રહતા હૈ ઇસલિએ અસસે  
લડો ઑર જીત હાસિલ કરો।

વિજય ભાટિયા

## ‘कुरीतियों को बढ़ावा’

अपनी विदाई के समय की बात करते हुए हमेशा मेरी सास यह बताना नहीं भूलती थी कि कार में बैठने के वक्त उनकी गोद में एक पोटली रखी गई जो कि उनका दहेज था जिसमें ८ साड़ियां तथा ब्लाउज व पेटिकोट थे। साथ ही यह भी बताती थी कि पंचायत काफी strict थी अर्थात् ८ साड़ियां और तीन साड़ियां आखातीज, उत्तराण व अद्रक करके दी जाती थी। चाहे अमीर या गरीब, साड़ियों की संख्या वही रहती थी तथा अन्य वस्तुएं ससुरालवालों की तरफसे होती थी।

इसी बात पर कुछ और घटनायें याद आ गईं। मेरी ममेरी बहन की शादी की बात। तब तक कुछ दृश्य अलग हो गए थे। फिर भी लेन-देन में एक मर्यादा थी। एक बैग या सूटकेस में दहेज दिया जाता था। कुछ सामान ज्यादा होने से एक बैग पूरी नहीं हो रही थी। ललित मा (मेरे ममेरे भाई)ने मेरी भाभी जिसे हम भामरी कहते थे, दो बैग देने की सलाह दी थी, उन्होंने साफ इन्कार कर दिया। रिवाज एक बैग का है बढ़ावा करना अच्छा नहीं।

मेरी शादी के वक्त भी भामरीने यही कहा था। तब तक शादियों में एक सेट चादर का होता था। मैं कलकते से एक सेट लाई थी। अर्थात् अपने यहाँ जो ‘गरत’वाला सेट होता है उसके अलावा। रीत एक सेट की है दूसरा तुम पहली बार टिकने आओ तो ‘टिकाणी’ करके लेना। लेन-देन में बढ़ावा अच्छा नहीं।

हमारे एक रिश्तेदार हैं, उनकी लड़की की ससुरालवालों ने शादी के कुछ साल बाद cash की माँग की, उन्होंने माँग ठुकरा दी। भाटियों में माँगने का रिवाज नहीं। दलील थी कि अगर मेरे दामाद को किसी तकलीफ के वक्त कुछ जरूरत हो तो मेरी जान भी हाजिर है, पर इस तरह मैं कुछ न दूँगा। मैं एक कुरीति को जन्म लेने नहीं दूँगा। लड़की कई वर्षों तक मायके न आ सकी परवेट्स से मरा नहीं हुए। दामाद ने उनकी दलील समझी आज उनके संबंध बहुत मधुर है पर उन्होंने झुक कर कुरीति को पोषण नहीं दिया।

पर आज क्या स्थिति है। चादरो के सेट तो गिने ही नहीं जा रहे हैं एक ने चार दिये तो दूसरा ६। होड़ लगी है देने की, एक दूसरे को पीछे छोड़ते जा रहे हैं। कई परिवार तो दामाद के लिये भी अलग बैग वस्तुओं से भर कर दे रहे हैं।

माना की भाटिया जाति इस वक्त समृद्धि की दौर से गुजर रही है, पर इसका मतलब यह तो नहीं कि हम कुरीतियों को बढ़ावा दें। आज जब और जातियों में दहेज को दूर करके झुंविश हो रही है, हम इस विषयवृक्ष को अंकुरित कर रहे हैं। बिना सोचे समझे कि आगे इसका परिणाम कितना भयावह हो सकता है।

इन्दिरा गाजरिया

## भगवान स्वयं अवतार क्यों लेते हैं?

एक प्रेरक प्रसंग

एक बार अकबर ने बिरबल से पूछा: “तुम्हारे भगवान और हमारे खुदा में बहुत फर्क है। हमारा खुदा तो अपना पैगम्बर भेज देता है जबकि तुम्हारा भगवान बार-बार आता है। यह क्या है?”

**बिरबल:** “जहाँपनाह! इस बात का कभी व्यावहारिक तौर पर अनुभव करवा दूँगा। आप जरा थोड़े दिनों की मोहलत दीजिए!”

चार-पाँच दिन बित गए। बिरबल ने एक आयोजन किया। अकबर को यमुनाजी में नौकाविहार कराने ले गए। कुछ नावों की व्यवस्था पहले से ही करवा दी थी। उस समय यमुनाजी छिछली न थी। उनमें अथाह जल था। बिरबल ने एक युक्ति की कि जिस नाव में अकबर बैठा था, उसी नाव में एक दासी को अकबर के नवजात शिशु के साथ बैठा दिया गया। सचमुच में वह नवजात शिशु नहीं था। मोम का बालक (पुतला) बनाकर उसे राजसी वस्त्र पहनाए गये थे ताकि वह अकबर का बेटा लगे। दासी को सब कुछ सिखा दिया गया था।

नाव जब बीच मझधार में पहुँची और हिलने लगी तब ‘अरे... रे... रे... ओ... ओ...’ कहकर दासी ने स्त्री-चरित्र करके बच्चे को पानी में गिरा दिया और रोने-बिलखने लगी। अपने बालक को बचाने-खोजने के लिए अकबर धड़ाम से यमुना में कूद पड़ा। खूब इधर-उधर गोते मारकर, बड़ी मुश्किल से उसने बच्चे को पानी में से निकाला। वह बच्चा तो क्या था, मोम का पुतला था।

अकबर कहने लगा: “बिरबल! यह सारी शरारत तुम्हारी है। तुमने मेरी बेइज्जती करवाने के लिए ही ऐसा किया।”

**बिरबल:** “जहाँपनाह”! आपकी बेइज्जती के लिए नहीं, बल्कि आपके प्रश्न का उत्तर देने के लिए ऐसा किया गया था। आप इसे अपना शिशु समझकर नदी में कूद पड़े। उस समय आपको पता तो था ही कि इन सब नावों

में कई तैराक बैठे थे, नाविक भी बैठे थे और हम भी तो थे! आपने हमको आदेश क्यों नहीं दिया? हम कूदकर आपके बेटे की रक्षा करते!”

**अकबर:** “बिरबल! यदि अपना बेटा डूबता हो तो अपने मंत्रियों को या तैराकों को कहने की फुरसत कहाँ रहती है? खुद ही कूदा जाता है।”

**बिरबल:** “जैसे अपने बेटे की रक्षा के लिए आप खुद कूद पड़े, ऐसे ही हमारे भगवान जब अपने बालकों को संसार में एवं संसार की मुसीबतों में डूबता हुआ देखते हैं तो वे पैगम्बर-वैगम्बर को नहीं भेजते, तरत खुद ही प्रगट होते हैं। वे अपने बेटों की रक्षा के लिए आपही अवतार ग्रहण करते हैं और संसार को आनंद-प्रेम के प्रसाद से धन्य करते हैं। आपके उस दिन के सवाल का यही जबाब है, जहाँपनाह!”

**अकबर:** “ बिरबल! तुम धन्य हो!”

**पूज्यपाद संतश्री आसारामजी बापू**

### प्रभु का प्रेम

प्रभु का प्रेम हृदय में प्रस्फुटित हो जाए तो इंसान बिना कारण कभी हँसता है और बिना कारण कभी रोने भी लग जाता है। प्रेम की तरंगे ऐसी उठती हैं उनके भीतर, पहले पहले तो वो खुद भी नहीं जानता और फिर धीरे धीरे उसके आस पास वाले भी जानने लग जाते हैं। क्या हो गया तुमको? कहाँ गए थे? कहाँ गए थे?

कई बार तो लोग ये भी कहते हैं अरे, पूजापाठ तो हम भी करते हैं, पर हम तो ऐसे दिवाने न हुए। तुम्हें क्या हो गया? कभी आँसू कभी हँसी। आज वैसे जो टेप तुम सब लोगों को पहले बार देने जा रहे हैं इसका नाम मैंने समर्पण रखा। प्रेम के विषय पे ही ये सारे भजन। इसमें एक भजन मैंने गाया-

“तेरी याद में जब आँसू, आँखों में आते हैं,

इक दर्द उठे मीठा और हम मुस्काते हैं,

तेरे मिलने की आस नहीं प्यास जगी दिल में,

तड़पेगे या कि मिलें, राजी हुए जाते हैं

तेरी याद में जब आँसू आँखों में आते हैं

इक दर्द उठे मीठा और हम मुस्काते हैं।”

आँसू आँखो से बहते हों और होठों पे मुस्कराहट हो

ऐसा कभी तुम्हारे साथ हुआ है? मैं परोक्ष ज्ञान की बात करने में विश्वास नहीं रखती। मैं कहती हूँ तेरी अपरोक्ष अनुभूति हो जाए तो है क्या। टटोलो जरा अपने भीतर, थोड़ा अपने जीवन में झाँक के देखो, कभी तुम्हारी जिन्दगी में ऐसा पल आया जिस पल में आँखों से तो आँसू बहते प्रेम के, पर होठों पे मुस्कराहट है।

दुःखी हो आदमी तो रोता है। सुखी हो आदमी तो हँसता है। प्रेमी रोने के साथ हँसता भी है, हँसने के साथ रोता भी है। अगर तुम्हारे जीवन में ऐसी एक घड़ी आई है तो तुम समझो तुम्हारा जीवन धन्य हो चुका। क्योंकि ऐसी घड़ी जिसके जीवन में आ जाए वो समझ ले वो प्रभु के प्रेम की पालकी में बैठ गया। अब उस पालकी को वो खुद उठाए फिरेगा मालिक। जब तलक हम चलें, तो मेरे पैर जब तलक पालकी देंगे, तब तलक में चलूंगा और फिर कोई मेरे पे रहम खा के अपनी पालकी में मुझको बैठा ले तो पालकी में मैं मजे से बैठा हूँ। उठाने वाले कोई और उठा के मेरा रास्ता पार करा देता है। मंजिल तक पहुंचा देता है।

परमात्मा के प्रेम के आँसू भी आते हों, और आँसू आते हैं वियोग से पर मुस्कराहट होंठ पे आती है, वो मुस्कराहट आती है भीतर उठते आनन्द से। सुख और आनन्द में यही फर्क है, यही भेद है सुख बहुत छिछला है। Happiness is too shallow. There is no depth in that. Happiness does not has any depth in that. सुख बहुत हल्का, छिछला है। पर आनन्द, प्रेम का आनन्द इतना गहरा है, इतना गहरा है कि बस तुम यूँ समझो कि वो तुम्हारा दरिया हो जाता है और तुम उसकी एक छोटी सी मछली हो जाते हो। और वो मछली जो गहरे जल में है। रैदास ने कहा न कि हे परमात्मा जिसके दिल में तेरा नाम नहीं वो ऐसे है जैसे गहरे जल से बाहर निकली हुई मछली। और जिसके हृदय में प्रेम हो वो ऐसे हो जाता है जैसे गहरे जल में तैरती फिरती मछली। जीवन में है, श्वास लेती, कूदती फाँदती, दौड़ती, मचलती, देखा कभी तुमने?

दरिया, मैं तेरी जरा सी छोटी सी मछली, तेरा पूगरा हूँ मैं। तेरे में कलोल करता हूँ मैं। प्रेम वो प्रसाद है जिसको मिल जाए तो यूँ समझो कि वो पालकी में बैठ गया। अब पालकी में जो प्रेम की बैठ जाए उसका सारा बोझा ईश्वर के जिम्मे आ जाता है। प्रभु के ही जिम्मे आ जाता है। हमारी क्या चिन्ता?

**गुरु माँ ऋषि अमृत से**

## **Laughter is the Best Medicine**

Hamburg: If German child pediatrician Joachim Gardemann had his way health prescriptions would contain an advisory telling patients to laugh and be merry.

"We really have to encourage laughing and being happy," said Professor Gardemann. "It's one of mankind's most health-promoting resources."

For some years now the doctor is not the only one to think that way. The scientific study of humour is still in its infancy but sceptical reactions to its benefits have given way to respect among a growing number of medical practitioners and psychologists.

The fact that a lot of things. Serious health problems among them, can benefit from a dose of good humour was a major theme in the film Patch Adams in which actor Robin Williams, played a doctor who dressed up in a clown's costume to entertain and help cure sick children.

In Germany there are now more than 20 professional clinic clowns whose job it is to cheer up such young patients although there has been little in the way of empirical study about the benefits.

That occurred to Sheery Hiber in 1998 when she was helping to produce television sitcoms in the United States and often saw members of the audience convulsed in laughter. "I used to see the people go out at end of the show and thought to myself 'perhaps for the rest

of the night something interesting will be going on in their bodies." She started to plough through specialist books on the topic but came across little more than a few anecdotes and some contradictory small-scale studies. Afterwards she made up her mind to start a unique project called RX Laughter and enlisted the support of medical experts from the University of California. The comedy health advocates have their own homepage at [.www.Rxlaughter.Org](http://www.Rxlaughter.Org).

The project runs for an initial five years during which it's hoped to carefully examine the value of humorous videos and films. Tests at 100 US primary schools will show which Cartoon's kids like the most and use them for laughter therapy.

Scientists want to find out exactly what effect laughter has on the nervous and immune defence system of children and to do so they check the level of the stress hormone cortisol, the pulse and blood pressure before and after viewing.

"We don't assume that laughter can heal on its own," agree California professor Margaret Stzuber and oncologist Lonnie Zeltzer, director of the Child Pain Programme at the University's Child Clinic. Other studies, however, indicate that getting angry about things, depression and a pessimistic outlook on life can retard the immune system and slow recovery.

The study will measure exactly the number of leukocytes in the blood.

**(Courtesy: Times of India)**

## FUN FARE

a) If you yelled for 8 years, 7 months and 6 days you would have produced enough sound energy to heat one cup of coffee.

(Hardly seems worth it.)

i i

b) If you farted consistently for 6 years and 9 months, enough gas is produced to create the energy of an atomic bomb.

(Now that's more like it!)

i i

c) The human heart creates enough pressure when it pumps out to the body to squirt blood 30 feet.

(O.M.G.!)

i i

d) A pig's orgasm lasts 30 minutes.

(In my next life, I want to be a pig.)

i i

e) A cockroach will live nine days without its head before it starves to death.

(Creepy.)

(I'm still not over the pig.)

i i

f) Banging your head against a wall uses 150 calories an hour.

(Do not try this at home... maybe at work.)

i i

g) The male praying mantis cannot copulate while its head is attached to its body. The female initiates sex by ripping the male's head off.

("Honey, I'm home. What the...?!")

i i

h) The flea can jump 350 times its body length. It's like a human jumping the length of a football field.

(30 minutes... can you imagine???)

i i

i) The catfish has over 27,000 taste buds (What could be so tasty on the bottom of a pond?)

i i

j) Some lions mate over 50 times a day. (I still want to be a pig in my next life... quality over quantity.)

i i

k) Butterflies taste with their feet. (Something I always wanted to know.)

i i

l) The strongest muscle in the body is the tongue.

(Hmmmmm...)

i i

m) Elephants are the only animal that cannot jump.

(OK, so that would be a good thing...)

i i

n) A cat's urine glows under a black light. (I wonder who was paid to figure that out?)

i i

o) An Ostrich's eye is bigger than its brain. (I know some people like that.)

i i

p) Starfish have no brains.

i i

(I know some people like that too.)

i i

q) Polar bears are left-handed.

i i

r) Humans and dolphins are the only species that have sex for pleasure. (What about that pig???)

**Courtesy: Shri Raj Thakar**

### **Free Sindhi Marriage Bureau**

We reproduce below circular received from Puj. Panchayat Pirgath or Riyasat Chhatrapati Shivaji Society, Bill No. C/ 2 Gandhi Niwas, Ground Floor, Opp. Bharat English High School, Sadhu Vaswani Nagar, Thane (E) 400603, for the benefit of the members of the Thathai Bhatia Community.

Subject: Free Sindhi Marriage Bureau

Problems for the CHILDREN MATRIMONIAL, are increasing day by day IN OUR SINDHI COMMUNITY. LET US HELP THEM JOINTLY.

Our Panchayat has started FREE SINDHI MARRIAGE BUREAU. Please offer these services to U R Panchayat members, whose' childrens are eligible for marriage.

We enclose herewith a leaflet & specimen of FORM of REGISTRATION for this purpose . A POST CARD SIZE "PHOTO" is COMPULSORY to be attached with form. We shall be sending them "list of all/new candidates by post, once in every 3 months.

Pl. ZEROX this registration form & give/send one copy to members, who needs it.

OR

We shall send them these forms, if U send us the names & addresses of U R members who REALLY NEED THIS HELP.

Members of our Panchayat work "VOLUNTEERLY AS U WORK FOR UR PANCHAYAT." Our Panchayat spends

about Rs. 28-30/- for paper, zerox, envelops & postal stamps per member, every 3 months, per member.

BUT WE CHARGE A NOMINAL AMOUNT OF Rs. 25/- & THAT TOO ONLY "ONCE" NOW. WHAT R U WAITING FOR! COMEON, START THIS NOBLE CAUSE.

Mr. Bhojraj Khemani, marriage bureau incharge, is anxious to co-operate U.

Thanking you

Yours sincerely,

FOR PUJ PANCHAYAT PEERGOOTH & RIYASAT.

Moolchand S. Nihalani

President

PS. Since 24-06-2001, about 280 candidates are registered & 72 are engaged/married.

### **BOOK REVIEW**

Aastha (My Belief) written by Mrs. Anamika Bhatia (Ashar) published at Dubai U.A.E., copy of this book has been received at Thathai Bhatia Shewa Fund. It provides glimpse into the Bhatia rituals and their way of life. Thathai Bhatia have their own dialect and unique life style. The writer has taken pains to inform the readers regarding above.

Mrs. Anamika Bhatia has been an active member of Indian community in Dubai and contributes actively in social gatherings. We appreciate the efforts made by the writer and wish her all success.

## INSTITUTIONAL AND COMMUNITY NEWS

### Thathai Bhatia Panchayat's activities Jodhpur-Jaisalmer trip

There has been overwhelming response to the above trip which confirms the writer's observation on Holi festival published in Samvad "letters to the Editors" - the desire of our community

“यह दिल मांगे मोर”

for events that enable the community people to interact with each other and bring them closer to our tradition and Thathai Bhatia culture the details accounts of this trip will be published in next issue.

### Community News

It was matter of immense pleasure to read in Gujarati Mid-day that first world's Bhatia Conference was held at 'Daresalam' from 24th July to 27th July 2003. About three hundred delegate from America, England, Muscat, Dubai, India & Africa participated in above. The conference discussed the origin of Bhatias from Krishna's Yaduvansh & from Jaisalmer spread all over the world.

Next conference will be held in Mumbai in 2005.

It was memorable & exciting to see that our Bhatia boy namely Punit Magan Bhatia (Chandrapota) participated in popular program "Khul Ja Sim Sim" for two times and won the exciting prizes.

Congratulations.

**Ram C. Bhatia**  
**Vice President Thathai Bhatia**  
**Panchayat**

### News from Abroad

## THE MERCANTILE HINDU COMMUNITY OF THATAA (SINDH)

Post Box No. 7383

Dubai UAE

Tel. Nos. 04-3534299/ 3536328 Fax No.  
04-3531289

Email:

Thatta@emirates.net.ae

RE: SCHOOL ADMISSION TO  
PARMANAND JETHANAND HIGH  
SCHOOL, MAHAVIR NAGAR  
KANDIVALI (WEST), MUMBAI.

The admission for academic Year 2003-2004 at the subject school has commenced and we can recommend admission of 10 new Students from Nursery to Std VIIIth.

Please contact Shri Suresh Tirthdas at Shrinathji Haveli, Dubai or Shri Ram Khiara on Phone No. 28684595 in Mumbai.

Management...MHCTS

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## OBITUARY

On behalf of entire Thathai Bhatia community, we pray for the Souls of the following deceased members of our community and express our sincere and heartfelt sympathies to their bereaved families :

Date	Name
24/07/03	Balchand (Community Brother)
16/08/03	Tekchand Versimal Bhatia (Community Brother)

