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Message from the President - M.L.Mattoo BETWEEN OURSELVES



amaskar. I wish you all Shivratri Mubarak.

This year too as in the past, KPA performed the **Varshik**

Hawan on 4th and 5th of February, but with a difference. This year it was performed at our own new place at Kharghar, Navi Mumbai. It took lot of organising time and effort on the part of Hawan Committee headed by Shri R.L.Taploo. This was a unique

for experience the Committee to prepare the place from levelling the ground to arranging facilities of toilets, continuous water supply and other supplies as everything was to be arranged from the distant places between Vashi and Panvel. Shamiana decoration was fantastic. The whole show was really a great achievement.

As usual, our Panditji Shri Ramji Sabni assisted by a local Shri Pawan Kumar Shastri, performed the rituals. Shri Virander Takoo and Shri Rajiv Mattoo were the Yazmans this year. The gathering, though less than the previous years, took part in Puran Ahuti and Naveed

services, cooked by Kashmiri cook from Jammu. Naveed distribution system was excellent.

On behalf of myself and other BOT members, I take the opportunity to

congratulate the biradari members who came from all parts of the State and also thank them for their generous donations. My personal thanks to all members of Hawan Sub



Committee and youth volunteers (both boys and girls) who participated and did a tremendous service during these two days.

I must thank all those biradari members who have donated whatever possible for the project in general, as also to those who donated for the various specific facilities. two days.

Again, a usual task ahead is the Annual Cultural programme being held on Saturday, 18th March, 2006 at Rang Sharda, Bandra Reclamation. Your full family participation will be the success of the show, more so when you contribute your mite by way of collection of advertisements.

On account of construction of our cultural and social centre at Kharghar, plans have been finalised and submitted to CIDCO and other authorities for seeking various approvals by our esteemed architects M/s Sanjay Razdan & Associates. Hopefully, approvals should

be with us by the end of March 2006. I must thank all those biradari members who have donated whatever possible for the Project in general, as also to those who donated for various

ALIDIA ASSOCRESSARSOCRESSACRESSARSOCRESSARSOCRESSARSOCRESSARSOCRESSARSOCRESSARSOCRESSARSOCRESSACRESSARSOCRESSACRES

specific facilities. We are still far from the target and **APPEAL** to all members to contribute a minimum sum of Rs.10,000.00 each. My sincere thanks to Shri A.K.Munshi, President, Jawaharlal Nehru Seva Sadan, Mankhurd, Mumbai and his team for their voluntary donation of Rs.51000.00 towards the construction of Sadan.

Being present in Jammu last month, I, as President of the KPA, Mumbai was invited by All State Kashmiri Pandits Conference (ASKPC), Geeta Bhawan as Chief Guest at a rally organised on 19th January 2006, the Holocaust Day, and a Press Conference at Geeta Bhawan. The points put forward were:

1. No tangible result is possible to Kashmir problem without taking Kashmiri Pandits into confidence.

2. We are the aboriginal residents of Kashmir, hence principal party to the issue.

 Instead of theoritical retorting, practical measures need to be taken to rehabilitate the displaced Kashmiri Pandits, and a political solution found.
 Economic protection by providing the jobs to unemployed youth.

5. Access to land, credit facility and means of self-employment.

6. A place in the Legislature for Kashmiri Pandits.

During this time, KPA provided medical assistance of Rs. 15000.00 to 3 patients: (a) a 8 year old girl from Mishriwalla Camp, who was in coma in Sidhra Hospital after she was hit by a vehicle; (b) A breast cancer patient in Muthi Camp; and c) A kidney patient at Ploura, at Rs. 5000.00 each. DONATIONS FOR SHARDA SADAN 4th List

S/Shri/Smt/Kum.	
Bharat Thakar Rs.	11000.00
Moti Lal Khar (Nerul)	5000.00
Virander Takoo (Mira Rd.)	5000.00
A.K.Fotedar (Vashi)	10000.00
M.Kachru	10000.00
Dilip Bhat (K.Khairne)	11001.00
Subodh Raina (Nerul)	11001.00
Kapil Raina (Bandra)	11000.00
Ashok Raina (Mulund)	11000.00
Moti Kaul (Andheri)	11000.00
Renu Wokhlu	7000.00
Sudha Sumeer & Anju	20000.00
P.N.Dhar	10000.00
Dr. S.Dhar (Mumbai)	5000.00
L.N.Kaul	5000.00
I.B.Handoo	3000.00
Dr. R.K.Kaul (Mumbai)	5000.00
Kiran Sachdev (Mumbai)	2500.00
Jatinder Khushu (Chembur)	15000.00
S.R.Kaul (Malad)	2000.00
B.N.Sultan (Vashi)	5000.00
M.K.Raina	10000.00
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Dr. C.J.Pandit	1501.00
V.K.Kaul	1000.00
Vishamber Khazanchi	501.00
Chuni Mohan Rani Kaul (K	.Khaine)
	900.00
(Cont	d. on Page 6)

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Editorial - J.L.Manwati KASHMIR IMBROGLIO

t is now more than obvious that over the past a few years India has taken several long strides, presumably, under

American pressure, to placate Pakistan on all the so-called contentious issues, including the

'Core Issue' as President Musharraf would like to allude it to. But. Kashmir imbroglio continues to simmer even after the concoction of some politically delicate and some other unpalatable CBMs as have been agreed upon by both countries. What is being cooked may apparently pervade its aroma not only in the subcontinent, but may also please the olfactory senses of America, yet, the Kashmiri separatists of all hues, privately admit it to be oasis illusion.

Let us take this stark reality that more than 80 thousand Kashmiris, mostly Kashmiri Muslim youngsters, call them

militants, or by any other name, have perished in this conflagration of insurgency fuelled by Pakistan. True, those who live by swords, have to die by swords, but, has government of India ever in these 15 years, tried to look dispassionately about the root cause of this enormous human tregedy? That much for the majority community. The government has even failed to take cognizance of the plight of the minority community

The irony is, that this community (KPs) is thought to be of no consequence when crucial discussions are held on Kashmir Issue, because this fringe community does not have votebank power, which could affect the political balance.



(Pandits) of the Valley.

Let us admit, that the Govt. of India has never sincerely taken the trouble to feel the pulse of the people even at the various opportunities which the turn of political events threw up in the Valley, during the past five decades, which would have, won the hearts of the denizens of the Valley and not alienated them to the point of 'no return', where, now it has nearly to beg for the participation of these groups for the 'proposed talks' for finding a solution to Kashmir problem.

The worst sufferers of this apathy of

the 'Rulers that be' have been, we, Kashmiri Pandits. It is this miniscule community which has held afloat the 'TIRANGA' in Kashmir 'with conviction' and it is the community's sacrifice and sufferance which gives much-touted 'SECULARISM' of our country its sanctity and gives semblance of

inviolability to the often-quoted Gandhi's words 'Roshini ki Kiran' by our Netas in their speeches. Yet, the irony is, that this community is thought to be of no consequence when crucial discussions are held on Kashmir Issue, because this fringe community does not have vote-bank power, which could affect the political balance.

Yasin Malik, who hounded Pandits to abdicate their homes with his Maisuma Brigade of a few loyalists, or Shabir Shah with near-no-following, or Lone with a faction of his father's loyalist, or Hashim Qurreshi (hijacker) with his one-man party, even after their clubbing together would, numerically speaking, constitute force less than Kashmiri Pandits, yet they consider themselves 'relevant resistant force', which makes Delhi to entreat upon them to come forward for 'talks'.

It is perhaps time that Pandits shed their Brahminical attitude and force the authorities to listen to the 'cry of pain' of the community which has been show-case of the Nation's Secularism. But, for that we need to introspect, sink our attitudinal differences and face the situation unitedly. If we cannot rise now against this injustice, the government shall, for its ulterior interests, take us for granted and we shall have then to sigh with Iqbal:

> Kuch aisa be dekha hai Tareekh ke gahrayoon mein Lamhoon ne khata ki Sadiyon ne saza pai

'Hurriyat' its place, the 'Round-table Conference' of the PM, was being include enlarged the to representatives of all the parties, whatever their political weightage, for the talks, when, the fact is that the government, normally, does not think these parties even politically relevant. In the scheme of things, various representatives of the fragmented Panun Kashmir have also got the invite. Let us not gloat over this and feel that the government has recognised Kashmiri Pandits as party to Kashmir dispute.

This is mere **political expediency?**

Donations for Sharda Sadan From Page 4

Chaman Lal Kadalbujoo (K.Khairne)				
Ŭ	2000.00			
Col. Ashok Dhar (Ambala)	3500.00			
P.K.Watal (Vashi)	10000.00			
V.K.Raina (BPCL)	2500.00			
V.K.Raina -do-	5553.00			
Chand Ji Bhat (Panvel)	10001.00			
R.L.Taploo (Nerul)	5000.00			
Nirpam Das (Nerul)	3001.00			
Sunil Kaul (Nerul)	3001.00			
R.K.Handoo (Vashi)	5001.00			

Correction:

a) Shri S.Vaishnavi has donated Rs. 11111.00 as against Rs. 11000.00 shown in Milchar May-June 2005.

b) Please read Capt. Rakesh Shah in place of Shri R.K.Shah in the Donation List of Milchar May-June 2005.

c) Smt. Chuni Mohan Rani Kaul (wrongly named as Chuni Mohan Raina) has donated Rs. 11001.00 as against Rs. 10001.00 shown in Milchar Nov-Dec. 2005.

P.S:

While writing this piece, news has come in that in its bid to show

Errors are highly regretted.

Jan-Feb. 2006 ജാരുജാരുജാരുജാരുജാരുജാരുജാരുജാരുജാരു Page 6

Sweet & Sour - Tribhuwan Bhan CONVERSING WITH GOD

noble

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level that

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various

places of

worship,

instead I

shall be

with you

till

eternity."

nce upon a time I asked God, "Dear God, if anyone troubles me, takes advantage of me or inflicts pain on me, what should I do?" God replied, "Dear child, there are three alternatives as answer to your question". "Indulging"

Option 1: "As you are a human being, you will react in the same measure, strike back and trouble the culprit in the same manner in which you have been wronged by the other person. Then, both of you will deserve the punishment of the same degree. You will get equal retribution, as you two will be the sinners of the same level."

Option 2: "You will be philosophical and will think that it was your own destiny to suffer such an agony or pain and it was not the fault of the other person. It was your own 'Karma' that made the culprit behave thus. Then you will not be a sinner but the sin of the other person will be enhanced in degree. Thereby he will get a greater punishment on the day of the judgment than he deserved. You will be rewarded in some form or the other by being so forgiving."

Option 3: "You will try to reform the culprit and the sinner not by precept but by practice. Be good to him, shower love and affection on him. Try your utmost to mend him and his questionable ways by setting examples of various ways of righteousness

in such the correct



path in life yourself. Thereby you will make a better person wrong doer. of а By transforming a person thus you will become very dear to me. I shall shower my blessings on you and stand by you whenever you might face trials or tribulations in life. Indulging in such noble deeds will raise your stature to such a level that you need not seek me at various places of worship, instead I shall be with you till eternity. Those who look for me will always see you next to me. Finally by the end of the day when you leave this planet Earth, I shall welcome you with open arms at the gates of Elysian Fields up there, while embracing you there you will be one with me and thus mingle with me. Down below the mortals will deify you by quoting yours as an example for generation to come, thereby lending a touch

of immortality to your divine deeds. The choice is yours."

Jan-Feb. 2006 ഇൽഇൽഇൽഇൽഇൽഇൽഇൽഇൽഇൽഇൽ Page 7

Health & Medicine - Dr. Devi Prasad Shetty* HEART CARE TIPS - QUESTIONS ANSWERED

What are the five thumb rules for a layman to take care of his heart?

A. 1. Diet – Less of carbohydrate, more of protein, less oil.

2. Exercise – half an hour's walk, at least five days a week. Avoid lifts and avoid sitting for a long time.

3. Quit smoking.

4. Control weight.

5. Control blood pressure and sugar.

Q Is eating non-veg food (fish) good for the heart?

A. No.

Q. It's still a grave shock to hear that some apparently healthy person get a cardiac arrest. How do we understand it in perspective?

A. This is called silent attack. That is why, we recommend everyone past the age of 30 to undergo routine health check-ups.

Q. Are heart diseases hereditary? **A.** Yes.

Q. What are the ways in which the heart is stressed? What practices do you suggest to de-stress?

A. Change your attitude towards life. Do not look for perfection in everything in life.

Q. Is walking better than jogging or is more intensive exercise required to keep a healthy heart?

A. Walking is better than jogging since jogging leads to early fatigue and injury to joints.

Q. You have done so much for the poor and needy. What has inspired you to

do so?

A. Mother Theresa, who was my patient.**Q.** Can people with low

blood pressure suffer heart diseases? **A.** Extremely rare.



Q. Does cholesterol

accumulate right from an early age or do you have to worry about it only after you are above 30 years of age?

A. Cholesterol accumulates from childhood.

Q. How do irregular eating habits affect the heart?

A. You tend to eat junk food when the habits are irregular and your body's enzyme releases for digestion gets confused.

Q. Can a healthy person without a medical history have a heart attack due to stress?

A. Extremely rare.

Q. How can I control cholesterol content without using medicines?

A. Control diet, walk and eat walnut.

Q. Can yoga prevent heart ailments?

A. Yoga helps.

Q. which is the best and worst food for the heart?

A. Best food is fruits, worst are oils.

Q. If a person has undergone angioplasty, what are the chances of the stent getting displaced?

A. Stent doesn't get displaced. It can get blocked. You could prevent it by controlling sugar, cholesterol and taking medication to prevent clots.

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Q. Do negative emotions like depression or anger always cause heart disease?

A. Not always. On the other hand, positive emotions help recovery of the heart.

Q. I have read about music therapy for the heart and the mind. What is your opinion on this?

A. Guess, it helps.

Q. Which oil is better - gingili, groundnut, sunflower, saffola, olive?

A. All oils are bad. The so-called best oil company has the largest marketing budget.

Q. What is the routine check-up one should go through? Is there any specific test?

A. Routine blood test to ensure sugar, cholesterol is ok. Check BP, Treadmill test after an echo.

Q. How different was it in treating Noor Fatima, the little kid from Pakistan?

A. It was extremely difficult because of the media attention. As far as the medical treatment is concerned, she was like any other child with a complex heart problem.

Q. What are the first aid steps to be taken on a heart attack?

A. Help the person into a sleeping position, put an Aspirin tablet under the tongue with a Sorbitrate tablet if available, and rush him to coronary care unit since the maximum casualty takes place within the first hour.

Q. How do you differentiate between pain caused by a heart attack and that cause due to gastric trouble?

A. Extremely difficult without ECG.

Q. Can drinking less water lead to heart problems ?

A. No. However, drinking plenty of water in normal people helps preserve

good health.

Q. Is it true that diabetic women seem to have 3 to 7 times greater risk of developing heart diseases than nondiabetic women? Is it the same with high BP patients as well?

A. Women are protected by the hormones till the age of 45. After that, their risk increases like men and in general, the result of treatment on heart patients who are women is slightly poorer than men.

Q. What are some of the precautions during pregnancy to avoid heart problems in the new born?

A. German measles, which causes congenital abnormalities in the babies. No smoking.

Q. What is the main cause of a steep increase in heart problems amongst youngsters? I see people of about 30-40 years of age having heart attacks and serious heart problems.

A. Increased awareness has increased incidents. Also, sedentary lifestyles, smoking, junk food, lack of exercise in a country where people are genetically three times more vulnerable for heart attacks than Europeans and Americans.

Q. What is the right time to check the BP in any person?

A. Past the age of 30 and earlier, if you have symptoms.

Q. Is it possible for a person to have BP outside the normal range of 120/80 and yet to be perfectly healthy?

A. Yes

Q. Are there any symptoms for heart problems, which we need to be aware of?

A. Shortness of breath on exertion, and chest pain.

Q. If a person has had a heart attack, Page 9

how frequently is regular heart checkup recommend?

A. Once in 6 months.

Q. Marriages within close relatives can lead to heart problems for the child. Is it true?

A. Yes, co-sanguinity leads to congenital abnormalities and you may not have a software engineer as a child.

Q. Many of us have an irregular daily routine and many a time we have to stay in office till late nights. Does this affect our heart? What precautions would you recommend?

A. When you are young, nature protects you against all these irregularities. However, as you grow older, respect the biological clock.

Q. How can we find out about blockage of arteries, beforehand?

A. Routine cardiac evaluation by blood test, ECGs, TMTs, Stress Thallium Scan, Cardiac CT Scan for Calcium score.

Q. Does a recurring pain in the left arm signify any heart related ailment? **A.** Usually, you get chest discomfort or shortness of breath, months or years before the heart attack. So, when in doubt, go for a heart checkup, which should not take more than a couple of hours.

Q. Will taking anti-hypertensive drugs cause some other complications (short/long term) ?

A. Yes, most drugs have some side effects. However, modern anti-hypertensive drugs are extremely safe.
Q. Will consuming more coffee/tea

lead to heart attacks?

A. No.

Q. What are the chances of lean people developing heart complications?

Are they at less risk?

A. Obese people are at a higher risk. Lean people also develop heart attacks, but primarily because of genetic predisposition.

Q. Is it true that after open-heart surgery, patients lose memory-recall to some extent?

A. No. Especially after bypass grafting on a beating heart, incidence of neurological problems have come down significantly.

Q. Are Asthma patients more prone to heart disease?

A. No.

Q. How would you define junk food?

A. Fried food like Kentucky, McDonalds, Samosas, and even Masala Dosas.

Q. You mentioned that Indians are three times more vulnerable. What is the reason for this, as Europeans and Americans also eat a lot of junk food ?
A. Every race is vulnerable to some disease and unfortunately Indians are vulnerable for the most expensive disease.

Q. Does consuming bananas help reduce hypertension?

A. No.

Q. Is there any cure for chronic palpitations?

A. The patient should be investigated and if there is a cause for palpitation like an electrical abnormality of the heart, this can be rectified by a procedure called radio-frequencyablation.

Q. How would you rate the health facilities currently available in India? **A.** There are institutions, which are as good or even better than the one in the US and Europe. However, they are exceptions. In general, the qualities

of health-care available to the masses are poor.

Q. If there is a small hole in the heart, what are the possible ways of curing it? Is operation the only solution?

A. Small holes in children less than 6 months of age usually closes. But the decision not to operate should be taken by the specialists who are experts in treating children with heart problems.

Q. Are emotions really controlled by heart?

A. No. The heart is just a slave of the brain and it is the brain, which controls the emotions.

Q. If a person does not do any physical exercise, he is bound to have shortness of breath on exertion; say climbing stairs. Is this an indication of heart disease?

A. No. But if one has difficulty in breathing on mild exertion, it is better to go for a heart check-up.

Q. Can a person help himself during a heart attack?

A. Yes. Lie down comfortably and put an aspirin tablet of any description under the tongue and ask someone to take you to the nearest coronary-careunit without any delay and do not wait for the ambulance since most of the

time, the ambulance does not turn up. **Q.** Do, in any way, low white-bloodcells and low hemoglobin-count lead to heart problems?

A. No. But it is ideal to have normal hemoglobin level to increase your exercise capacity.

Q. Sometimes, due to the hectic schedule, we are not able to exercise. So, does walking while doing daily chores at home or climbing the stairs in the house, work as a substitute for

exercise?

A. Certainly. Avoid sitting continuously for more than half an hour and even the act of getting out of the chair and going to another chair and sitting helps a lot.

Q. Is there a relation between heart problems and blood sugar?

A. Yes. A strong relationship is there since diabetics are more vulnerable to heart attacks than non-diabetics.

Q. Do bypass surgeries reduce the risk of future heart attacks ?

A. It significantly reduces the risk of heart attack.

Q. What are the things one needs to take care of after a heart operation?

A. Diet, exercise, drugs on time. Control Cholesterol, BP and weight.

Q. Are people working on night shifts more vulnerable to heart disease when compared to day shift workers? **A.** No.

Q. Can you brief us about angina attack? How major it is?

A. Angina is the pain, which comes on exertion and goes away with rest and medication. One has to be investigated in detail to plan treatment.

Q. What are the modern anti-hypertensive drugs?

A. There are hundreds of drugs and your doctor will choose the right combination for your problem. But my suggestion is to avoid the drugs and go for natural ways of controlling blood pressure by walk, diet to reduce weight and changing attitudes towards lifestyle.

Q. Does dispirin or similar headache pills increase the risk of heart attacks? **A.** No.

in the house, work as a substitute for **Q.** If there is about 85 percent blockage **Jan-Feb. 2006 SORFORT SORFORT Page 11**

$\texttt{ALHOLIA} \quad \texttt{Resourcesserverserv$

in the arteries, can the person be treated without surgery? If not, what about other remedies and the power of heart muscles?

A. It depends on collateral or natural bypass, the quality of other arteries and the power of your heart muscles. It's impossible to give an opinion without seeing the angiography film.

Q. There is a feeling that bypass is unnecessarily being performed in some cases. When is bypass really needed?

A. When you have blockages affecting major arteries, bypass is the best option. I am sure, conscientious doctors will not perform an operation when it is not required.

Q. Is it true that mechanical valves can fail any moment?

A. No. If you take medication to prevent clot formation and maintain the INR at accepted levels, the valve cannot get blocked. However, like any mechanical gadget, it can fail and fortunately, such incidences are extremely low.

Q. Can you brief me on pulmonary stenosys problems? What are the complications involved and what care needs to be taken?

A. In this condition, the pulmonary valve is narrower at birth and putting a balloon across the valve and dilating it can easily correct it.

Q. Why is it the rate of heart attacks more in men than in women?

A. Nature protects women till the age of 45.

Q. How can one keep the heart in a good condition?

A. Eat a healthy diet, avoid junk food, exercise every day, do not smoke and, go for a health checkup if you are past

the age of 30 for at least once in two years. And **WORK VERY HARD**.

(* Dr Devi Prasad Shetty is a leading heart surgeon in India. Article Courtesy: PERSONNEL TODAY, a journal of National Institute of Personnel Management.)

APPEAL

ALL THE BIRADARI MEMBERS OF MUMBAI ARE REQUESTED TO DONATE GENEROUSLY FOR THE KHARGHAR LAND PROJECT -'SHARDA SADAN'. THE BOT KPA REQUESTS & EXPECTS ALL EARNING MEMBERS OF THE **BIRADARI ESPECIALLY** LIFE MEMBERS OF THE KPA TO DONATE ATLEAST RS. 10,000.00 EACH FOR EARLY COMPLETION OF OUR DREAM PROJECT.

Jan-Feb. 2006 ജാരുജാരുജാരുജാരുജാരുജാരുജാരുജാരുജാരു Page 12

Reaching Out - S.P.Kachru Realities About Realities

The

dedication

ur views & opinions are, more often than not, based on our interests & prejudices rather than facts. This starts with

our selection of those facts that are worthy of our attention and this selection is not made on the basis of

free will but on that of subjective necessity. The more we project our subjective desires on to the objective exterior world - the more we succeed in projecting our interior outwards - the more the real world becomes a backdrop for the realities which we have created for ourselves.

The point is underlined by language, which instead of being used to describe things as they really are, gives objects a subjective purpose, which objectively does not suit them. We only need to change the accent little, and we are а confronted with another reality - as an example, for many centuries slaves were treated as servants but referred slaves and in contrast, if we presently try to look for translation for slaves, it would be in vain.

Through films & television etc., media has

become a big source of such ideal counter realities. Indeed touted as the

unreality industry, films & television demean & trivialize everything & everyone connected with it in as much that we no longer prefer to confront

reality



directly. For long ago, we learned and accepted the fact that reality has for all practical purposes become unmanageable. Instead we have turned our energies to the proliferation & production of endless amounts of unreality to soothe our tired & fractured egos.

Whether this can lead in an era when, for example, smoking has been demonized. War films, appallingly, showing no soldier smoking even though every soldier's basic ration included cigarettes. Notwithstanding this, the recent case of a superstar apologizing for his cigar chewing appearence following an uproar on smoking in films. The dedication to fictional realities, especially in religion, is obviously a product of the need for an

to fictional realities, especially in religion, is obviously a product of the need for an antithesis to a reality that is felt to be inadequate or even intolerable.

> antithesis to a reality that is felt to (Contd. on Page 17)

Viewpoint - Dr. H.N. Patwari BONES IN MEDICINE CONTROVERSY

hat a strange coincidence? CPM Politburo Member Brinda Karat. torchbearer of Dialectical and Historical materialism. while levelling ambiguous allegations against Swami Ram Dev and Ayurveda is consciously or unconsciously holding the doctrine of utilitarianism. No doubt, it is prerogative of CPM leader to fight for the genuine interests of workers affiliated with its trade union (CITUC), but one fails to understand the rational of dragging Ayurveda to serve "class interests" of comrades. While dismissing allegation of collaboration with multinationals, there is every reason to believe that Brinda Karat has been misled by her camp followers who have coined the story of human bones being used, for their own

questionable. He did not bother to verify whether sample of medicines sent for chemical examination really belonged to Swami Ram Dev's pharmacy? May be due



to coalition compulsions, he was exceedingly fast in making public the result of lab examination. It is a classified case of tragedy of errors as Uttranchal Govt has categorically denied existence of pharmacy as mentioned on the label of examined samples. Legally samples can be lifted only by drug controlling agencies. One fails to understand why and on what basis de-facto role of drug controller by Brinda Karat was accepted and accorded recognition? Why Govt. of

"There is no substance in the world that has no medicinal value, provided you know how to use it", says Acharya Charak in classical authoritative Ayurvedic text Charak-Samhita.

ulterior motives. Madam Karat may be well versed with Marxism Leninism, but does she know about Ayurveda? Followers of Dialectical Materialism are supposed to follow the concept of logic and rational in their social relations, but on the contrary she has behaved in an most illogical and irrational manner. Interestingly role of Amboumana Ramadoss, Central Health Minister, in whole episode is

Uttranchal was not consulted before making public pronouncement? Why professional expertise of Department of Ayush situated at New Delhi itself, was not utilized?

"There is no letter that cannot be used for composing some Mantra or the other, no substance that can not be utilized as some medicine or the other, and no person who cannot be put to some use or the other. It is the

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only proper employer whom we lack here", so declares one ancient Sanskrit saying. "There is no substance in the world that has no medicinal value, provided you know how to use it", says Acharya Charak in classical authoritative Ayurvedic text Charak Samhita. Accordingly Herbal mineral and animal substance constitute Ayurvedic Pharmacology. At the same time it will be pertinent to note here that use of human bones has beed nowhere advocated in any Ayurvedic texts. The allegation is simply deliberate imagination fantasy for ulterior motives and nefarious designs.

About six hundred different medicinal plants are mentioned in principal Ayurvedic texts, selected for inclusion from thousands of species of plants. Ayurveda elaborates many different methods and forms of herbal preparation. All are different designed for therapeutic effects or to maintain potencies of herbs in different monoers.

Ayurveda has also incorporated substances of animal origin for medicinal purpose. they are Kasturi

(Musk), Praval (Coral), Madhu (Honey), Mukta (Pearl), Mrigashringa (Stag horn), Mayur Piccha (Peacock's feather), Shankha (Conch shell), Hasti Dant (elephant's husk) etc.

The meinerals like Parada (Mercury), Gandha Pashna (Sulpher), Hartala (Orpiment), Hingula (Cinnabar), Manashilla (Realgar), Abhrak (Mica) etc. have also been included for their therapeutic uses since ages. Also metals like Savarna (Gold), Roupa (Silver), Tamar (Copper), Lauha (Iron) etc. are also incorporated in various formulations since thousands of years. Ayurveda has also exploited gems for medicinal purpose.

Ayurvedic materia medica is a vast treasure. Elaborate fool proof purification process (Shodan Sanskar) of heavy metals and toxic substances have been explained in detail. Presence of purified heavy metal is there on permitted level and there are hardly any reported cases of toxicity. Ayurveda as ancient healing wisdom

> has survived despite various onslaughts from time to time due to its solid rational foundation.

> Ignorance is not only bliss but order of the day. What is other aspect of the issue? The conventional commercial preparations of Insulin are derived from beef and pork pancreas. Monospecies beef or pork Insulin is also used. Whole liver extract injections are derived from fresh liver. Rabies vaccine in most cases is either derived from Chick embryo or Duck

embryo. Tetanus Immuno-globulinint IG is prepaid from human placenta. Otherwise also, most of the other vaccines are suspension of attenuated or killed micro-organisms. Antibiotics are derived from Fungi, Bacteria and Actinomycetes. While commonly used drug Placentrex is aqueous extract of fresh human placenta and Ossopan (prescribed for fracture, osteoporosis

Jan-Feb. 2006 ഇന്ത്രങ്ങനുങ്ങനുങ്ങനുങ്ങനുങ്ങനുങ്ങനു Page 15

A number of medicines, toothpastes and ointments are gelatine based. Is it not the duty of manufacturer to mention that gelatine is derived from bones?

According

to WHO, 35

percent of

fake drugs

produced

in the

world

come from

India,

which has

a 4000

crore

spurious

drug

market.

etc) is prepared from bones of various animals. A number of medicines, toothpastes and ointments are gelatine based. Is it not the duty of manufacturer to mention that gelatine is derived from bones? Why should it be mondatory for Ayurvedic medicines to mention contents?

These are only some examples but there is nothing unethical about such drugs till these drugs are beneficial for ailing masses. Let there be no sociopolitical hypocrisy. Religion and rationality are having inherent contradictions with each other.

Let us not co-relate any type of medical practices with religious ethics and dogmas.

One fails to understand why opinion leaders including Brinda Karat have failed to raise genuine issues concerning public health? Why members of both Rajya Sabha and Lok Sabha have adopted criminal silence about Joint Parliamentary Committee report on soft drinks? What about Tobacco related products and their adverse side effects?

Eleven drugs (Analgin, Cerivastatin, Droperdol, Furazolidine, Lynestrenol, Nitrafurazone, Phenformin, Phenolphthalein,

Phnylbutazone, Piperazine, Quinidchlor) were banned by Govt. of India vide notification No. G.S.R 732 (E) Dated 29th Oct. 2002, due to serious side effects as per World Health Organization. In fact Analgin, Furazolidine and Nitrofurazone are banned for use even on Animals in the United States. And then there is another list of 76 dubious fixed dose combinations (F.D.C's) being marketted in India, but not approved in any developed country. These drugs stand withdrawn (banned?), yet are freely available from chemists through out country despite assurance by Union Health Minister Ambumoni Ramadoss in Lok Sabha on July 27, 2005 that said 76 drugs for which harmfull effects were reported, had been banned for marketing in India (PTI report July 27, 2005). As a matter of fact these 87 drugs

constitute major share of Allopathic Pharmaceutical Market even today. According to WHO, 35 percent of fake drugs produced in the world come from India, which has a 4000 crore spurious drug market. About 20 percent of Medicines in the country are fake. Many common drugs including those used for headache and common cold are fake or substandard. Of these, 60 percent have no active ingredient and 16 have harmful percent ingredients, which include Chalk Powder, wheat flour, Rice flour, Soda Bicarb, Turmeric powder and Industrial Solvent. Recently

Govt. of Gujrat and Maharashtra have banned popular brand "Quick relief" Crocin due to its adverse side effects.

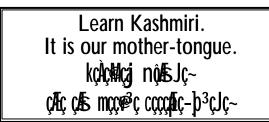
The million-dollar question arises under such vast magnitude of moral turpitude, why Swami Ram Dev has been singled out for character assassination? Omniscient interpreter of maladies, symbol of

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ancient healing wisdom, Swami has been rightly defined by Sunday Times as "a friendly dispenser of wayside wisdom rather than a Pulpit preaching saint, who enjoys the secular exercise of making people healthy." He is vocal, aggressive and regularly educates people about fast foods, cold drinks and economic exploitation of multinationals. His popular and favourite lines "Burger means Bimari Ka Ghar" and "Cola Matlab Toilet Cleaner" has caught imagination of common people. His interaction with people is simple, based on Hindi, English, Biology and native common sense. By any classification he is not a typical Swami. As symbol of Hindu rationalism, he speaks against superstitions, religious dogmas and pseudo-spiritualism. Instead of typical religious sermons. He glorifies Bhaghat Singh, Raj Guru, Sukhdev, Chander Shekhar Azad and Ram Prasad Bismal. All that explains why he has become eyesore not only for multinational lobby but also for fellow Swamis like Pilot Baba who are deadly against his way of educating people.

It is inexplicable why comrade Brinda Karat has chosen to attack Swami Ram Dev and Ayurveda, both symbolizing common masses. Swami is neither petty-bourgeoisie nor bourgeosie.

(Author in former Deputy Director ISM and Senior Ayurvedic consultant.)



From Page 13

be inadequate or even intolerable. That is why religions place so much emphasis on pointing believers to another reality that fundamentally differs from the uncomfortable reality of this world. In this other reality, phenomena which flatly contradict earthly reality such as miracles may occur & believers can hope for things which are actually impossible.

These 'alternative' realities are often more important to us than the factual, which can for example lead to the contradiction that minors can be sentenced as adults if this seems appropriate to the court. In order to understand the paradox of parallel realities, which are hierarchically arranged, a backward glance to Adam & Eve can be sampled to a good effect. Even though the first man & woman were expelled from paradise, we have a residual collective memory of the same, so that it continues to exist as an unearthly reality. It is before us & behind us, it is also present and inspires our earthly acts, as though it were never entirely lost, as though it were not entirely of the future.

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Quotable Quotes

Reason teaches young men to live well and prepares old men to die well.

The difficulties of life are made to make us better, not bitter.

Literature - B.L.Kak DR. RAINA - A HIGH VOLTAGE LITERARY TRANSFORMER

Having a 25-year long

experience as a writer and

translator, Dr Raina

recently received 'Divi-

Vageesh' award from

Anuvaad

Bhartiya

Parishad, Delhi.

new expression has been coined for Dr. S.K.Raina. His outstanding contribution to Hindi-Kashmiri as a translator has prompted his admirers to describe him as a 'high-voltage literary transformer'. Dr Raina's literary journey which started from his birth-place, Srinagar, the capital city of Kashmir, in 1962 after he was declared 1st class 1st by University

of Kashmir in his M.A. (Hindi)

examination, did not stop in 1968 when he obtained Ph. D (Hindi) degree from Kurukshetra University. Indeed, his literary journey has entered a new with his phase, selection as Fellow of the Indian Institute of Advanced Study, Shimla. Based at the

prestigious Rashtrapati Nivas, Dr. Raina has been assigned the task of working on the problems of translating from various Indian languages into Hindi with special reference to Kashmiri-Hindi. Dr. Raina, who is preparing a list of persons who have translated some works from Kashmiri into Hindi, is keen on obtaining information about such Kashmiri works, classics and books that require to be translated into Hindi. "I won't hesitate to welcome information, in this regard, even from educated secessionist leaders of Kashmir", he says. Will he himself translate horrorfilled woes of his Kashmiri brethren into Hindi or English language? Dr SK Raina's reply: "Yes, I will. All that I need are necessary inputs in Kashmiri language about men and matters since the commencement of insurgency and militancy in my homeland". Dr Raina himself is not a migrant; he left Srinagar in 1962 for better career prospects outside

Kashmir.

Dr Raina, who has already retired as Principal and Head of Hindi Department, Govt. College, Bibi-Rani, Alwar (Rajasthan), developed his new roots at Alwar in 1965 after he obtained his M.A (English) degree

from University of Rajasthan. He has the distinction of knowing four languages, namely, Hindi, English, Kashmiri and Urdu. Dr. Raina has so far authored 14 books and 100 papers. Happily for him, some of his books were released by India's former President, Dr Shankar Dayal Sharma, former Prime Minister, Mrs. Indira Gandhi, and former Governor of Rajasthan, Mr Bali Ram Bhagat. Having a 25-year long experience as a writer and translator, Dr Raina recently received 'Divi-Vageesh' award

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from Bhartiya Anuvaad Parishad, Delhi. In 1996-97, Dr Raina was the recipient of first translation award instituted by Rajasthan Sahitya Academy, while in 1972 the Government of India's Central Hindi Directorate awarded him prize and certificate of merit. This apart, he has also been honoured with 'Sahitya Shree', 'Sahitya Vageesh' and 'Sahitya Gaurav' by various literary organisations in India.

In 1983, he was awarded 'Tamra Patra' and cash award by Rajya Bhasha Vibhag, Patna (Bihar). In 1990, he received 'Tamra Patra' and cash award from Uttar Pradesh Hindi Sansthan.

Dr SK Raina's published works include 'Kashmiri Bhasha Aur Sahitya', 'Kashmiri Ramayan', 'Lala Ded', 'Habba Khatoon', 'Shaa-e-ri Kashmir: Mahjoor' and 'Kashmiri Kavitriyan aur unkaa rachna sansaar'.

(Author is with Daily Excelsior, Jammu) $\widehat{\mathbf{v}} \, \widehat{\mathbf{v}}$

Matrimonial

Wanted a suitable KP alliance working in Mumbai for a smart, good looking non-Manglik KP girl 5'-6", October 76 born, B.Pharma, MBA (Pune), working as a Product Manager in a reputed pharma company in Mumbai. The boy should be equally qualified and well placed. Please contact T.K.Tickoo, G2,Prabhat, Amrut Nagar, Margao 403602, Goa. Tel: 9326129644.

Suitable alliance wanted for my daughter born April 1980, Ht. 5'-6', MBA (Finance), working with a Leading Private Bank as Manager at Indore. Correspond with Tekni and Kolawali to D.N.Kaul, 401, Quience, Shalimar Township, A.B.Road, Indore 452 010. Tel: 0731-2558255, 09826052885. E-mail: kauldn@rediffmail.com

INTIMATION

Yagnya at Kashyap Bhawan on 8th April 2006

Pt. Prem Nath Shastri Sanskrit Sansthan, Jammu is programmed to perform 108 yagnyas all over India wherever Kashmiri Pandits live. At the request of Pt. Omkar Nath Shastri, KPA has agreed to host one Yagnya at Kashyap Bhavan starting at 11.00 pm on 8th April 2006 and Purna ahuti will take place at 12 o'clock sharp on 9th April 2006.

Navreh and Zang Trai will also be celebrated along with this Hawan on 9th April 2006. All members of the biradari are requested to participate.

Spirituality & Religion - T.N.Dhar 'Kundan' Reality of God

od is a reality; there is no doubt about it for had it not been so, we would not be talking about God and

arguing about Him existing or not existing. It is an accepted fact that we cannot think of a thing, which does not exist.

In our Puranic literature there was mention of people travelling through air and of umpteen different destructive weapons. All that seemed is not visible to the naked eye, which is hardly acceptable. There are hundreds of things that are not visible and yet we feel them or perceive them. Be that as it may and



let us proceed on the firm premise that He does exist.

Now let us consider the reality of God. God is not a reality in physical

THE DEVOTEES HAVE DIFFERENT TASTES AND VARIED LIKINGS BECAUSE OF WHICH GOD IS PERCEIVED IN DIFFERENT FORMS AND DIFFERENT SHAPES.

to be a myth not very long ago, but today all that is a fact. We see dreams wherein things and events get juxtaposed losing all the barriers of time and space, yet all that does exist in one form or the other. We may see a winged cow that seems to be impossibility, yet both the cow and the wings do exist, which proves the supposition that we cannot talk and discuss a thing that does not exist. So there is no question of going into a discussion about the existence of God. Even Buddha preferred to remain silent about this matter because he was not sure about God not existing. Mahavir did deny His existence but he could not put forward any concrete proof in support of his belief. Atheists deny His existence only because God terms because He does not have a form although many devotees worship him in one form or the other. These forms they give to Him out of their unflinching love for Him and on the basis of how they would like to see Him. This situation and this state of mind are difficult for people of other religions and faiths to fathom or appreciate. They denounce this practice of worshipping God with form by terming it as idol worship.

The devotees have different tastes and varied likings because of which God is perceived in different forms and different shapes. This also cannot be appreciated and understood in right perspective by the believers of other faiths and is often branded as polytheism. Coming to think of it, there

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is no polytheistic religion in the world. In fact people of faith worship various visible powers of the Supreme, give them form and shape of their liking and choosing and thereby attempt to propitiate the one Supreme called by various names.

Recently I heard a Muslim cleric lecturing a gathering of Muslims on a Pakistani T.V. Channel. He was

ridiculing those who considered Acharva Rajneesh as god. The speaker propounded four different tests for someone to be considered a god and cited Arabic quotations in support of his statements. Among other things he said that God is neither born nor bears anyone. He does not suffer any troubles and He can go anywhere freely. He further added that since Rajneesh was born to human parents, suffered some ailments and was denied American visa, he cannot be taken to be god. I do not want to say anything either for or against Rajneesh being held as a

god because that is not the subject under discussion. Yet I would like to make it clear that the cleric in question had no idea of what these followers of Acharya meant when they said that he was a god. He being a person of a faith quite different from the Sanatana Dharma, it was not expected of him to understand the subtlety of this belief.

Let us be candid and make it clear unhesitatingly that all religions and all beliefs are not the same. They differ not only in form but also in substance, not only in rituals but also in basic philosophies. The followers of Rajneesh, a set of well-meaning persons, did not mean to place him parallel to Almighty God but underscored his divinity. Moreover, is it not a fact that God permeates every soul and the entire creation is His

manifestation? At least that is what we believe and subscribe to.

God can be a reality real sense or in an imaginary reality. If He is a reality in real sense a good many questions arise in our mind. He is one and only, a beginning-less and without an ending entity. Obviously he was not born in the sense in which we see animate beings taking birth. But that there is an entity called God is a conception as old as the man itself. Man has been confronted with mysteries of sorts. His own being is a mystery to him. The universe around him is a greater mystery. The

functioning and the order in every activity of nature are simply baffling to him. Naturally, therefore, he is justified in presuming that there is a supreme power behind all this. He is justified in conceiving an entity that controls all this, manages it and ensures that everything works in an orderly manner. Consequently this entity has been held to be omnipresent, omnipotent and omniscient.

Jan-Feb. 2006 ഇന്ത്രങ്ങനുള്ളനുള്ളനുള്ളനുള്ളനുള്ള 21

Man, Man, world and God are not only coexistent from the very beginning but are interdependent too. After all there could be neither a man nor the world, had there been no God.

The theists present different proofs to establish His existence. The question that arises is as to why did God think of creating the universe? Was it to establish His supremacy? But then if none except Him existed, for whom was His supremacy to be established? Millions and billions of years back a time must have been such that there was neither existence nor non-existence. How did the creation take place: can

there be existence out of non-existence? All these question by their nature must remain unanswered. Any plausible explanation has to be а mere conjecture, however convincing it might sound and appear. God can be a reality in imagination as well. Man. world and God are not only co-existent from the very beginning but are interdependent too. After all there could be neither a man nor the world, had there been no God. Similarly there would have been no God. had there been no man or the

world. In this sense God exists as a reality in Man's imagination. This accounts for the fact that there are different ways in which God has been conceived. Some have conceived Him with form and some without form. Some have conceived Him with attributes and some without attributes. Some see Him as an integral force behind the various elements that constitute this universe. Some perceive Him as the creator, sustainer and the destroyer. Some see Him in the wonders of nature. It is not surprising, therefore, that Man has worshipped the Sun, the trees, the snakes, the rivers and other facets of nature at different times. If we examine this phenomenon more closely and in depth, we will observe that there is no conflict in these practices.

As and when the secrets of nature got unraveled, as the mysteries

Millions and billions of years back a time must have been such that there was neither existence

nor nonexistence. How did the creation take place; can there be existence out of non-existence? became clearer, the man came closer to the reality of God. Mankind as a whole passed through various stages of intellectual competence. Individually also men differ from each other intellectually. Even the same man has different degrees of intellectual perception at different times depending upon his spiritual acumen at these times. This accounts for the varied ways in which the truth about the reality of God is perceived and presented. This also accounts for the existence of different faiths and

religions. Some religions propound that the initiative comes from God for the uplift of man and man has only to respond, while others place the responsibility on man to take initiative to seek the Truth.

Let us consider this geographical fact. We say that there is an Equator, which divides the earth into two hemispheres, Northern and Southern. We say that there is the Tropic of Capricorn at about 23 degrees north

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latitude. Similarly we say that there is the Tropic of Cancer at about 23 degrees south latitude. Yet again we say that there is 0 degree longitude passing through Greenwich in England. Now if someone were to ask us to show these geographically relevant landmarks physically, it

would simply be impossible to show these. Yet all these items are a reality and their existence cannot be denied nor can their relevance be doubted. The same is the case with God. We may not be able to show God physically. We may not be able to see Him with our naked eye. His existence, His relevance and His omnipotence, omniscience and omnipresence cannot be doubted. He is a reality in imagined sense no doubt.

What do we do with geographical presumptions like longitudes, latitudes and other landmarks? We draw a map of the world on a globe or on a flat canvas and then draw these lines vertically and horizontally to bring home their existence and significance to the students of World Geography. Almost exactly we deal with the

concept of God. We draw a picture showing God in various conceived forms. Sometimes we show Him in His benign form with a lotus and one hand bestowing grace. Sometimes we show Him in a ferocious form holding different destructive weapons in different hands. His supremacy, grandeur and greatness are shown by depicting Him having multiple heads, hands and faces. His omnipresence and omnipotence are conveyed by perceiving Him in nature's different facets and sometimes by worshipping the rising Sun, the trees, the mountains, running rivers and so on

The fact of the matter is that God as Creator is a mystery as the creation is and mystery defies any elucidation and ceases to be a mystery once it is explored, expounded and explained.

and so forth. This is the rationale behind idol worship and this is the significance and the justification for nature worship, which is often construed, wrongly though, as polytheism.

The reality of God is in fact indescribable. Those sages, prophets and noble men, who have known God, perceived Him and attained Truth are unable to describe Him in any way that would appeal to us. Perception of God is at spiritual level and we cannot apply mundane vardsticks or empirical this explanations to perception. The fact of the matter is that God as Creator is a mystery as the creation is and mystery defies any elucidation and ceases to be a mystery once it is explored, expounded and explained. It is better, therefore, for us to take pleasure and obtain

bliss from this mysterious phenomenon all around us. All the same we should not stop exploring the mysteries on the top of which is the mysterious God, for the act of exploring is so fascinating, so absorbing and so satisfying in itself.

Jan-Feb. 2006 ജാരുജാരുജാരുജാരുജാരുജാരുജാരുജാരുജാരുമാരു Page 23

Personalities - Wilma Fernandes ASHOK SHIVPURI - A VERSATILE ACTOR

e has accomplished the feat of being seen in thousands of homes at the same time, many a time. He is not a magician, but a versatile actor from the Indian Oil family. He has acted in many teleserials/movies, including two telestories written by Hans Anderson and directed by Tariq Shah in Hindi, that were telecast recently on DD National TV channel, where he played the role of a musician and a rich father respectively.

He is none other than Mr. Ashok Shivpuri, retired Senior Manager (Industrial Relations) Marketing HQs. He has entertained televisionviewers/movie-goers with his Ashok Shivpuri's romance with the silver screen started in 1980 in Madras, where he was posted, through a chance meeting with the famous Malayalam Film Director, P. Chandra Kumar, who offered him a meaty role of a villain in 'Mukhangal', a Malyalam movie opposite K.R.Vijaya - a talented actress of the south.

The acting talent of Ashok Shivpuri was noticed by Hindi flm producers and this Kashmir-born actor acted in Ye Rishte Na toote, Dharmadhikari, Aaj Ka MLA Ram Avtar, Chaalbaaz, Aag, Justice Chowdary, Mujhe Insaaf Chahiye, Mawali, Duty, Inqulab, Hoshiyar and a host of other films. 'Mr. Prime Minister' directed by Dev

He has had the proud privilege of acting with wellknown cine stars – Amitabh Bachchan, Dilip Kumar, K. R. Vijaya, Govinda, Sridevi, Rajesh Khanna, Shabana Azmi, Pran, Asrani, Jitendra, Raj Babbar, Vinod Mehra, Madan Puri, etc. in various movies.

portrayal of a variety of roles. A multitalented person, Ashok Shivpuri is a good singer too. He has inherited his love for music from his mother. His passion for acting was shown when he was in Class V and was given the opportunity to perform in a drama. He went on to become a Child Artiste (Drama Division) at the All India Radio, New Delhi and continued for a number of years. Anand and 'Filmstar' directed by Tanuja Chandra are the recent ones. "I interviewed the famous legend of the film industry – Amitabh Bachchan for a job", recalls Ashok Shivpuri with a chuckle. That was in the movie Inquilab, directed by the famous South Indian Director, T Rama Rao where he played the role of a General Manager of a company where the 'Big B' came in search of a job, but was

Jan-Feb. 2006 ഗ്ലാപ്പോയുടെ മാര്യമായുടെ മുറ്റും 24 Page 24

He has had the proud privilege of acting with well-known cine stars – Amitabh Bachchan, Dilip Kumar, K. R. Vijaya, Govinda, Sridevi, Rajesh Khanna, Shabana Azmi, Pran, Asrani, Jitendra, Raj Babbar, Vinod Mehra, Madan Puri, etc. in various movies. Interestingly, he has also played myriad roles including that of a comedian, hero, and even a pimp.

A Post-Graduate in Personnel Management, Sales & Marketing Management from Delhi University, and a Diploma-holder in Film Appreciation from the Film & Television Institute, Madras, Ashok Shivpuri handled various responsible assignments in Indian Oil at different locations in Mumbai, Madras and new Delhi. During his posting in the Southern Region, he was the first nonpolice personnel considered to handle the post of Senior Vigilance Officer. Ashok Shivpuri has one daughter who is settled in USA.

The only child of his parents, Ashok Shivpuri has never had any formal training in acting. Acting comes naturally to him. A die-hard fan of Ashok Kumar, Sohrab Modi, Balraj Sahani, Raj Kapoor and Rajkumar, there is nothing more satisfying for Ashok Shivpuri than performing under the arc-lights of the tinsel world and the small screen. And what better way to spend his retired life than doing what he likes the best – Acting.

[Courtesy: Indian Oil News]

- Never be naughty to the humbe.
- Never be humble to the naughty.



Smt. Rajani Sopori

With profound grief and sorrow, we inform the sad demise of our mother Smt. Rajani Sopori (Rajdulari), Wife of Late Gokalnath Sopori on January 14, 2006.

We pray to 'Sadashiv' to bestow eternal peace and Moksha to her pious soul.

Fondly remembered by :

Kiran & Pradeep Choudhry (Daughter & Son-in-law)

Ashwin & Leena Sopori (Son and Daughter-in-law)

Ashish & Uma Sopori (Son & Daughter-in-law)

Karishma & Nikita Choudhry, Sia Sopori *(Grand children)*

Tel: 022-28442508. Mob: 09833296563 (Ashwin Sopori).

Jan-Feb. 2006 ഇന്ദ്രാന്ദ്രാന്ദ്രാന്ദ്രാന്ദ്രാന്ദ്രാന്ദ്രാന്ദ്രാന്ദ്രാന്ദ്രാന്ദ്രാന്ദ്രാന്ദ്രാന്ദ്രാന്ദ്രാന്ദ്രാ

Biradari News

• Vaarshik Hawan :

The Vaarshik Havan this year was performed at the Sharda Sadan site at Kharghar on 4th and 5th February. Shamianas were erected and sitting arrangements were done both on ground as well as on chairs. All the assistance was provided to members of the biradari to facilitate their arrival at the new place. Guide maps were provided at various places for biradari. convenience of the Arrangements for water supply and sanitation were made in abundance and to the satisfaction of the masses. Puja and Hawan rituals were started on saturday, 4th February afternoon and Puran Ahuti was given on Sunday, 5th February. Biradari members in good number were present to be part of the ceremony and for partake of Naveed.

Smt. & Shri Virander Takoo and Smt. & Shri Rajiv Mattoo performed the Puja under the guidance and blessings of our revered Guruji Shri Ramji Sabni, assisted by Shri Pawan Kumarji Shastri.

Earlier, in order to conduct the ceremony in a planned way, different committees were constituted to perform the jobs allotted to them. The Committees comprised of the following members:

Coordinating Committee:

Shri R.L.Taploo, Shri S.P.Kachru, Smt. Meena Wanchoo, Shri S.K.Kaul, Shri S.Vaishnavi, Shri T.K.Raina, Shri C.L.Raina, Smt. Neena Kher, Shri Sunil Kher, Shri Chand Bhat, Shri Vinod Razdan and capt. Rakesh Shah. Biradari News

Provisions & Purchase Committee :

Shri R.L.Taploo, Shri Sunil Kher, Shri Virander Takoo, Capt. A.N.Raina & Shri Vinod Razdan.

Hawan Committee :

Smt. Meena Wanchoo, Smt. Neena Kher, Smt. A.N.Raina, Smt. M.L.Mattoo, Smt. S.P.Kachru & Smt. Rajiv Mattoo.

Stores, Langar & Distribution of Prasad :

Shri S.P.Kachru, Shri Vinod Razdan, Shri T.K.Raina, Shri Sunil Kher, Capt. A.N.Raina & Shri R.L.Taploo.

Decoration, Pandal & Hawan Kund : Capt. A.N.Raina, Shri J.L.Qasid, Capt. Rakesh Shah, Shri S.K.Kaul, & Shri J.L.Kak.

Capt. Rakesh Shah was also assisted by Master Takoo and other college students for making the Hawan Kund.

Collection Counter :

Shri R.K.Bhat, Smt. Meena wanchoo, Smt. Vinod Razdan, Smt. Neena Kher, Shri Sunil Kher, Shri S.K.Kaul & Smt. Dolly Kachru. Shri Prabhakar assisted them.

Young boys and girls, having come from various institutions, worked very hard and assisted in making various arrangements, especially distribution of Naveed.

Chief Coordinator Shri R.L.Taploo and President KPA, Shri M.L.Mattoo thanked all the committee members for their contribution and excellent arrangements. They also thanked the biradari members for having been present at the ceremony in large

numbers. (Report by Shri R.L.Taploo, Chief Coordinator, Hawan Committee.)

• Report from Jammu Press :

Rs. One Crore Sharda Sadan will be constructed by Kashmiri Pandits Association, Mumbai at Kharghar, Navi This was stated by Mumbai. M.L.Mattoo, President, KPA, Mumbai while addressing a meeting of Kashmiri Pandits here today. He said the land for the Bhavan has already been allotted by the CIDCO. He said the Sharda Sadan will be a cultural cum social centre. It will comprise of hostel, sanctorium, polyclinic, charitable dispensary, cultural library and reading room. He said, besides besides the propagation of Kashmiri culture, the center will provide opportunities for research and study in Kashmiri language, provide temporary accommodation to visiting patients and their families for medical treatment, temporary lodging support to up country students pursuing professional courses in Maharashtra and diagnostic and medical facilities for less priveleged sections of the society. Mr. Mattoo also highlighted the role of KPA in the social sector. He said the main objective of this Centre is for preservation and promotion of cultural heritage. He said the Sharda Centre will help the displaced community to face the challenges on several fronts.

[Excelsior, Jammu Jan. 23, 2006]

© Pandits don't play into Hurriyat hands: JKVM :

In a Press Release, Shri B.L.Bhat, General Secretary (State) of the Jammu Kashmir Vichar Manch, the Manch in an extraordinary meeting of the executive, has called upon the displaced people not to fall into the trap of Hurriyat supporters at Jammu under the garb of talks. JKVM has made it clear that there is no relevance or scope for talking to the Hurriyat or any of its cohorts about the resolution of the Kashmir tangle, unless they clarify their stand on the persecution of the minority Hindus of Kashmir and the return and retention of the aboriginal people of Kashmir.

It is well known that the leaders who are today masquerading as the 'true representatives' are the ones who were active and instrumental in turning the Kashmiri Pandits out of the valley. In fact, their 'representative character' of whatever worth it be, has been begotten by the verv depredations which ultimately forced the minority Pandits out. When they come to talk to Pandits they at least have to wash their mouths of the blood of the hundreds of Pandits who were killed at their hands or at their behest. They are yet to show remorse over their acts, yet to repent those killings. What is worse, they have not given even a reliable assurance that they would not eject the Pandits again should their friends in the *jehadi* ranks get an upper hand in the valley.

Jammu Kashmir Vichar Manch regards talks as the ultimate solution for all issues including the return of Pandits to the valley and their retention there and welcomes moves in the direction, but it holds that there can be no fruitful parley or interaction unless the pain and persecution are seen, unless the right of Pandits to

the valley is acknowledged, unless there is a wish and will on the part of the persecutors of Kashmiri Pandits to accommodate the Pandits. Failing that there is no scope for talks.

Pandits are in a struggle for attainting their right to live in Kashmir. They are in the process of talking to the government of India. Even if they weren't they would not need Hurriyat to mediate for them. Talks are necessary for Hurriyat to wash its communal and sectarian image. But it would not be done by playing with the people who they have persecuted. It would not be done by playing the willing agents here or elsewhere. If Hurrivat be sincere, it must try to address the concerns of the displaced Pandits; it ought to talk not the irrelevant factotums in the displaced community but its legitimate leaders and it must practically show that it has really changed its colors.

• More about Shri V.K.Kaul :

As already informed, Shri V.K.Kaul has taken over as General Manager, Central Railways. Mr. Kaul is an officer of Indian Railway Engineering Service 1971 batch. He has a varied experience of railway working and was awarded Minister's Award for Meritorious Performance for the significant project of the creation of third railway terminal at Hazrat Nizamuddin in 1976, which was completed in record time. As Chief Administrative Officer (Construction), Shri Kaul was instrumental in giving impetus to early completion of Jammu-Udhampur-Srinagar-Baramulla Rail line. He has also worked on deputation to the Nigerian Railway

Corporation from 1979 to 1985. He has undergone extensive training in Infrastructure Development and Management at Bradford University, London in the year 1990. Prior to joining as General Manager, Central Railway, he was Additional General Manager, Northern Railway at Delhi.

• Nuptials :

Toshima, Daughter of Smt. Sarla & Shri M.K.Kachroo of Meena Towers, Swastik Park, Chembur, Mumbai was married to **Sushil**, Son of Smt. Sushma & Shri Subhash Dhar on 17th February, 2006 at Delhi.

• Residence shifted :

Shri Indu Bhushan Raina of Sagar Shrot, Juhu-Versova Link Road, Andheri has shifted his residence to Tarapur Garden, C/62, 7th Floor, Oshiwara, Andheri (W), Mumbai 400058.

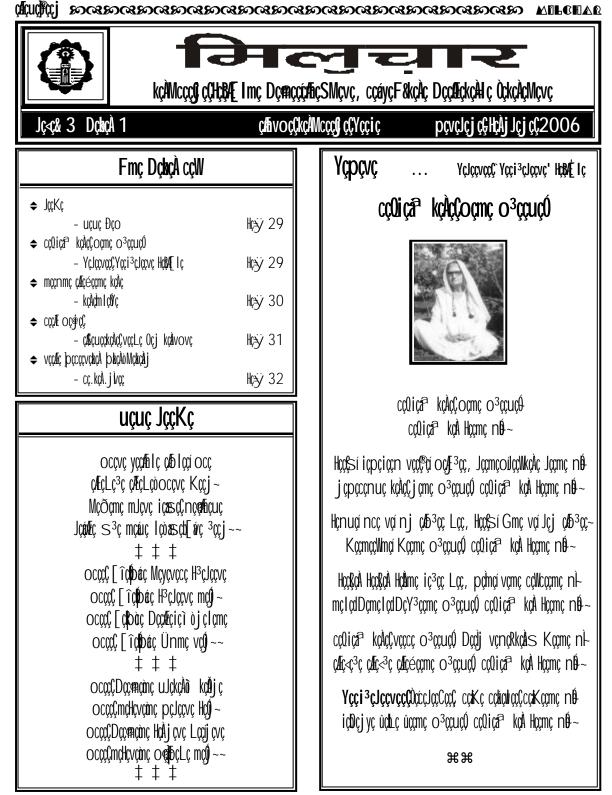
Shri Ramesh Razdan of Maker Kundan Garden, Juhu has shifted his residence to 303/B, Mittal Ocean View, Juhu Tara Road, Santacruz (W), Mumbai 400049.

Death Anniversary

First Death Anniversary (vaharvär) of Smt. Kamlavati Kak, Wife of Late J.N.Kak of Bohri, Jammu (Bhabi of Shri J.L.Kak of Dahisar, Mumbai) was performed at Bohri, Jammu on 20 January 2006.

Deeply remembered by :

J.L.Kak (Dahisar, Mumbai) Dr. T.K.Kak (Bohri, Jammu) R.L.Kak & V.K.Kak (Kalyan)



Jan-Feb. 2006 ഇൽഇൽഇൽഇൽഇൽഇൽഇൽഇൽഇൽഇൽഇൽ Page 29

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kçilpç& lçúıçcçilç~ çilç kçilpç& Dççimç pçyçmç iççicçilç Jçççil 3ççn kçilçuç vçKçi Jççuççvç, cçiçi kçilpçinç Hç3çb mçib lçi mçibmç H3çb mçib Kççilç& Kççilç& Dççimç vçiçilç j kçilçç vçKç3ç Jçmççvç~ Dçip3çliçil Ün Dççimç pçyçilliç Kççilgçi àm3ççilpçn Kçi çyç~ mgişçn3ç kçilççiliç H3çb KJççiliş vçççiliç vççiliş vççiliş kçilççil çollççiliş Hçlçi KJçpçi mççiççimç yççilbiş kçilqilç çilç nçiştilmçib pçyçimç Dççilç yççiliş mççiç[©]3ç Jççkçiln Dçesvç lçuç

pcyco³collic KJcpcomcollib icc/E kcAcec kc/ac/ELc JccHcmc ¿ccilcárc vc@vc, KJcpcóJcásárc DemcJcółke vcáłke~ peyeme icełke ¿cccLc lçò oçilçárçmç, 'yçò nþç lçisinç Hçvçárç çifimççyç~" KJcpcvc Dcvcivccilc Kcclcolconcilcivcmc~ Kcclcmc ccloc Dccmc DeelicAme JekeAme H3cb peyeare kcAbeane H3cb Teaueceale Heelineo Leo IçLç H³çþ Kççi cçi ç mçb oj mçb uççÇKçLç~ yççÃçmç DççÆçÀmç Jckcłmc H³cþ Dccímc mcá j kcácc uccClKcLc ³cánc pcycolcci o loci o JççHçmç Dççmç kçAjçvç, cçiçi çAç Jç©Kç Dççmç Dçuçiçőç~ ção Doçino, voi Kocloi colpotiçã Jo©Ko, kolh~ Moc3oo Doçino, KJcpeve care Je®Ke care mediaPele Deuciese Leedecede, cabe ′ ³côlic þc^a í Lc Hcôlic, í^pceli Lc æsivcó\$ccelicLc~" Jcélic Dccínc pçycò afimccyc Jas cvar alb KJcpcvc ochan parcal Devc~ prycoicle properly Developed Ico³cHeceresicle che kakkaho Je^a Ke njççn mçil ³çil jçi/f Lç~ pçyçò Dççiç pçipççi ZçLç jççi+çmç i çò uccóc DcLc 13ccócáic kcáj cÆc~ 3cóÆc vcókcácÆc 1c‡c&cáo13ccócáic Ic³ccj icle, peveve Icúle ³ccín³c kelekelo Je[©]Ke, ³cíne JJev³ed vojimo, calecalo, Decínic Jecílice cale, Teò v3eÓc, 3eeMeen, keðae/E.Le,

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pççetiçLç~ 3çç£tanç kçAçuçmç pçyanç þJçvç H3çlç, Içç£tanç kçAçuçmç Dçxinç kçAçkçAo OetibçLç cJçkçAu3çxççtaç~çAç çtAimççyç Dçxinç vç KJçpçvç yçAfç kçAçtEç pçççAç uqç£tKçLç Lçqdçcçtaç Içò vç pçyçvç~ pçyanç JJ¢Mçu3çlç yçtLç~KJçpçnç Hçæsviç, 'JJçv3ç kçAçç nþç yçqtEç?" KJçpçvç ¿çqdçxinç vçuçcç~ oçtAcviqnç, 'yçò cçç sinç3ç qBççqdççj~Hççvç3ç þççuçtLç Hçvçxiç kçAçkçAo~çAç JJçv3çd KççIçmç uçç£tKçLç săç, çEç săç mçq©3ç Đçxiç~ c3ççæ3ç cçç sô içuçIçç? Hççvçò kçAç6PLç kçAçj, yçò kçAççn kçtj3ç?" çAç JçetEçLç \$çqlç KJçpçvç Dçmçvç Kçtiççuça pçyçvç ¿çqdç Jçoxiç cçiçj KJçpçvç cçxivçinç vçökçth~ oçtAçvçnç, 'Kçqlçò içlç KççIçò DçLç kçAmç KççAç H3çb~" pçyçò H3çlç þçvç JçetEçLç~ [îçkçAmç çtB]®çxiç PçtE, 'JJçv3çdQtQaLçaJçm3çcç 3çt0ç kçtjpç&vçKçõ?" DççtEç Hçlçò êçlç mçaHçaì îççqt3çlç kçtiçpîçlç içj òkçtvç ÇçtAçmç~

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γςῷξς Ün içlç pçyçùKJçpçmç φξελίς~ KJçpçàmçàjặς pçipçq&f \$çợilợ¢ς I³ççiliçéuς Içòª cenç Hquic,Kççn Hquic,Kççn çābJççvç~ KJçpçvç

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³cilcát KJçpçò mççyç lçò KJçpçò yçç³ç Hççvçilçy³çd kçilh kçilç kçi invç, mçá DççinçKç yççilbö kçilçit içes çvç uççyflç~ Dçyflçinç jçilç Dççinç vçö Dççij ³çç ³ççij [uççvç~ yççilşi þçö ³Jçmçökçilç Dçyflçinç ççilçi nvç, çilç Dççinç iççççilkçimç iççççin çilçi kçilççvç yççilşi çvççyflçlç~ KJçpçö Dçiçj kçilçi iççççilkçimç Kçuççilçi kçilçi kçilçini, çilç Dççinçi kçilçi kçilçi uççyflçlç yççilşi kçilçi kçilçini, çilç Dççinçi kçilçi kçilçi uççyflçlç yççilşi kçilçi kçilçi

Dçqliçà Ün içşliç KJçpçò lçò KJçpçò yçç³ç Dççlevç onvç Ünvç H³çþ Mçnj ~ Mçliçàðça uçqiç ³çhçç²ça cçkçàçvçmç vçKçò -çðuç Kçvçvç~ ³çççliçmç kçàçuçmç KJçpçò Jççlçmç Dççlç, Mçliçhöça Dçqinç Lçqlçcçlç j⁹çqj içþç mççivç -çðuç KçşliçLç~ yçqbmç mçd ³ç Dççmçvçò çliçàv³çd Dççmçò yççb ðyliç mççi ö c kçàçliç -çhóliçmç cqbç Hçcq⁹çè yçqb Dççinç vçò JJçv³ç kçaçliç³ç - ³çqliç KJçpçvç Içò KJçpçò yççqliç Jçás, çliçççvç H³çlç Jçin~ KJçpçvç oçtiçinç, ' Hçöçç vçycò Şçþ~ çliç kçilççinçi kçàql⁹ Cçô kçalj cç³ç Hçxqù³çq (diçàv³ç pqçsqcç ³çqliç j⁹çò Mçnj êçKç, j⁹çò Jççivçliç vç nþç KJçpçò ycccilic clibic vccji ucicvcòlcKlç3c Docena ccipic vcò-ciluc Kovocvc~ ccò Lçcdccc3c ilç [3c -ciluc KoselicLc~ vccjò calccilibic icaes cC DocenocenccC-" Kloppenc Oceb cccibic~ lenc uccilic Deievenc Üieve Hochicòmea-cilue locitone vcjivenc~

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KJçpçmç Dççmıç iççççò Jççu³çvç nipç mçKç vdiki jiçoHççvç Dççmıç çaççç ças çafiqiki iççaç jçKi çöçaçlççvç ³çöliç kdih nçpçLç Dççm³çKç- cçlçuçyçò Jçiçaç çasvo çaççç cççaliçmç mçd³ç çaç kçilç kçi çvç- Dçoò³çöliç nçi òDççmçivçKç JJçipçaç yçkçi ç, iççaç mççi ças yçuçççaç uçiççaç çaçlççvç- DçKç içaçKç nçi ò çaççaç, yçöliç iççKç şçilççn iççççkçiçn °çlç vq°vç- oHççvç Dççmç, çaçççvç njiççn çaççaç, Pççoj kçiçig

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Mckchởc& Dccm, créc kchľc créc iccccò Jccu³cvc Icccc Jcclovccecce - ochovcKc, 'KJcpcostouccicovc Pco ondes-OHççvç Sâçò c³çççãç mççjêç ^pçç0 jò lçò kçâç<mark>i</mark>ççã çãs iççççò Jccu³cJc ¹^Bc**Ó**Æ vccCc¹^Bcð DcKc1cåc DccmcJcó OHccvc clibc cÆccc Jccleve voi Menjoken Fvencevene KJej suevene eke~" iccochoicve uppe cite keile abueme~ Peeij Heers icceedibebîe ³côlec KJcpcmc mod³cdDcLc ccalcoleckó kcALc kcAj calc DcccAc, KJępęmę Pęcełę lej ~ oetleńckę, ' nę, ele nibę stębięcnę yççibççvç~ İlççifa slçà vçç Kçyçi yçà kçilççn ³çibçLç sinç Heveoletic icceolyceoletic kchieve~ ceoletick icle ile [biecectick] lçàHçlçàMçn©kçÀ~ "iççcç¢çåç iç¢Æç çÆç kçÀLç vç¢BçLç cçalçcç³ççQç cçiçi KJçpçmç DçççÆç vçòjçlçmç vçboj~ mç¢çnmç JççÆçLç&ç Lcd³cdlc²cdccci OcCOcCMctacAc/Emc [tech j okcdec/ELc~

Dçdika Ün kalağı KJçpçvç Men ji keplevç yeçHçc3çkiç meçuç~ Jądpądązvę Dącję uącięvęt Mątakiji ielę (Pęd) Ped) lab Dącję icccolority care macue keller o chericke Kjepene sápeuoðe Monji iqeelis Log v3ccKo volloj kol[©]vo lob Dole³cdKollocCodpo sá Iç@³ç mçç**@**Emçêç iççççmç mççuç kçAç**i** çç**i**ç~

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KJçpçvç octiç çãç vçć vçć k vçà các Lçà Hçç 🗐 îç~ pçvçà Dççâ çik ç vçço çð Lç~ K Jçpçvç Jççûvçánç, 'n lççí ³ççjði K Jçoç yçK Mççvç, Prò clic ycKMc~ Hodhoò i cêccCPcêc~ clic ycuccclic clic lovo i ci ò JccHeme~ " peyeve Deceme mecénée o cacelie i Je [3 e vébecePeochicárcma, ' Daoù niba, 3 câlla (Pà) Javaava Sika Ia) aliaarad JççHçmç~ cçiçi çÆçvçònþç Hçlçòcçôþççtn Jçiçiç@ç kçAjKç~" KJcpcvc odłańc, ' n lcc mcc^{©3}c iccéc ^{je}céc~ Dcdłac Icaucico I cHcÀ~"

pçyçõêçlç KJçMç içees Lç~ yççetçmç kçei ivç DçLçmç LçHçA Tcó Đcả các i c i ó koảv c koảo c ~ Jcc/Ec Hokoảov c Hoæs áng Mokoải ở c. ′ yçậÃç cçç Sảç kçAç\$Afiç nbo kçAþç&? " pçyçvç jçi yçç⁹ç vçcuçàççÆç lçòlççûçáçmç, 'yçmç, llçv³çdséç ®ççívç kçÅþç& mçá ccc Jcm³ccc bcch vcKcè"

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Appeal for Funds

Kashmiri Pandits' Association has acquired a plot of land admeasuring 600 Sq. mtrs. from CIDCO, Govt. of Maharashtra, costing Rs. 7.00 Lacs at Kharghar, Navi Mumbai. The site is at a walking distance from the Kharghar railway station.

For meeting our social objectives, we plan to set up a Cultural and Social Centre 'Sharda Sadan', a 4 storeyed building, estimated to cost **Rupees 100 Lacs**. The Centre will comprise of:

	Multipurpose Hall.	Donation Rs. 20.00 Lacs Donation Rs. 6.00 Lacs
2. 3.	Polyclinic Diagnostic Centre with Charitable	Donation RS. 0.00 Lacs
5.	Dispensary for less privileged sections	
	of the society	Donation Rs. 5.00 Lacs
4.	Temporary accommodation for visiting	
	patients and their families for medical	
	treatment	Donation Rs. 5.00 Lacs
5.	Old age home for destitutes (5 Rooms)	Donation Rs.10.00 Lacs
6.	Hostel accommodation for up-country	
	girls with dinning facilities (10 Rooms)	Donation Rs. 20.00 Lacs
7.	Cultural Library	Donation Rs. 3.00 Lacs
8.	Conference Room	Donation Rs. 3.00 Lacs
9.	Terrace Garden	Donation Rs. 5.00 Lacs
10	. Lift, AC for Hall	Donation Rs. 10.00 Lacs

Your monetary contributions to KPA can be made for any of the above facilities, which are **eligible for deduction under Section 80 G of IT Act.** Donors sponsoring prominent facilities listed above, shall have the privilege to lend a name to such facilities.

Cheques/Demand Drafts should be drawn in favour of 'Kashmiri Pandits' Association - Kharghar Land Project'.

We take this opportunity to seek benevolence of your contributions in giving shape to the aspirations of our distinguished community.

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