

AGARWALS BASED IN CANADA

...GROWING TOGETHER

Annual Magazine 2012



...Celebrating 15 Years



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PRIME MINISTER · PREMIER MINISTRE



I am pleased to extend my warmest greetings to the members of Agarwals Based in Canada as you celebrate Diwali.

Diwali — the annual festival of lights — brings friends and families together in a spirit of goodwill and harmony. By lighting the diyas, the faithful reaffirm the universal hope for the renewal of life and the triumph of good over evil. Canada is home to large communities of South Asian origin and this festivity offers the chance to highlight their invaluable contributions to our nation's growth and development.

Since its founding, Agarwals Based in Canada has been assisting those in need, while nurturing the ties of culture and heritage amongst Canadians who trace their roots to northern India. I would like to commend everyone associated with this organization for preserving their traditions and for sharing them with the wider community.

I wish you a joyful celebration, as well as peace, prosperity and good health, now and in the years to come.

The Rt. Hon. Stephen Harper, P.C., M.P.

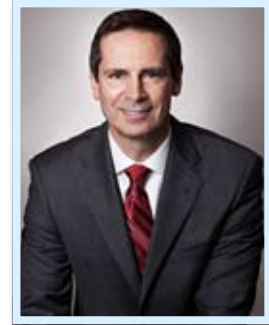
OTTAWA
2012



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Premier of Ontario - Premier ministre de l'Ontario



November 23, 2012

A PERSONAL MESSAGE FROM THE PREMIER

On behalf of the Government of Ontario, I am delighted to extend warm greetings to members of Agarwals Based in Canada on the occasion of your 2012 Annual Diwali Gala.

Ontario's strength lies in its diversity — and in our ability to embrace the world's cultures and create an inclusive, dynamic and prosperous society. Our province is proud to be home to an active and engaged Agarwal community — a community whose Vaish culture enshrines the ideals of harmony, justice and compassion. And I applaud your steadfast belief in giving back to the community. Your values have contributed much to the success of our province and helped shape the unique character of our society: we are strong but compassionate, diverse but harmonious.

The Festival of Lights is a reaffirmation of hope, a shared commitment to friendship and goodwill, and a celebration of life. It is also an ideal occasion to reflect upon the many blessings we enjoy in Ontario — and share some of our abundance with those who have less. I commend the members of Agarwals Based in Canada for their many contributions to charitable, community and youth causes.

Please accept my best wishes for a meaningful and joyous celebration.

A handwritten signature in black ink that reads 'Dalton McGuinty'.

Dalton McGuinty
Premier



भारत का प्रधान कौंसल
टोरंटो
CONSUL GENERAL OF INDIA
TORONTO



3rd October 2012


MESSAGE

I am delighted to learn that the Agarwals based in Canada (ABC) Group is bringing out its 2012 annual community magazine on the occasion of Diwali. I understand that since its inception in 1997, ABC Group's activities revolve around charity activities like cancer research, food bank, earthquake relief, etc. as well as social, cultural, recreational and spiritual activities. ABC has been celebrating major Indian festivals like Diwali and Holi annually.

India is a land of many cultures, traditions and diversity. Diwali, the Festival of Lights, is one of the major festivals of India. It signifies the victory of good over evil, light over darkness and knowledge over ignorance. Celebrating festivals and other activities together with the community creates a better understanding of India's rich cultural heritage and provides an opportunity for the members of the community, especially the younger generation, to stay connected with their roots.

India's relations with Canada are multifaceted and have prospered over the years. India is proud of the achievements of the Indo-Canadians, including the Agarwal community, who have excelled in every sphere of Canadian life. They are making an invaluable contribution to promote India-Canada relations.

I take this opportunity to congratulate the ABC Group and extend my warm Diwali greetings to all the members of the ABC Group and their families. May the festival of lights bring joy, happiness and prosperity in your lives.


(Preeti Saran)
Consul General



OFFICE OF THE MAYOR



October, 2012

Dear Friends:

On behalf of members of Council and the residents of the City of Mississauga, I am pleased to extend greetings to the Agarwals Based in Canada on the occasion of their Diwali 2012 event.

Diwali is the annual festival of lights celebrated throughout the South Asian Community. The celebration also signifies the triumph of good over evil. As Canada's sixth largest city, Mississauga is home to a large South Asian community. By sharing its festivals and important holidays with us, we have a greater understanding of the history and beauty of the South Asian culture.

Once again, on behalf of my colleagues on Council and the residents of the City of Mississauga, best wishes for a memorable event.

Sincerely,

HAZEL McCALLION, C.M., LL.D.
MAYOR



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Message from the President



Dear Members and Friends of ABC:

It is indeed my honor and privilege to put together some congratulatory thoughts to all of you for being a part of ABC's sustained and successful growth as we head into the festive 2012 Diwali season. Diwali celebrates the joy and wealth that is generated by brightness and knowledge. Let me highlight some of the illuminating achievements we are making together as we complete 15 years of existence as an organization.



We are establishing ourselves more progressively as a community-centric organization by applying for registration as a "charitable organization". Once again this year, as in the past, ABC raised funds for the Terry Fox Foundation for cancer research and contributed over \$1400. Another community event which has now become an annual ABC tradition is our 'manual labor' contribution towards the spring cleaning of Vaishno Devi temple in Oakville.

The quality of the 2011 ABC Diwali annual gala was upgraded and held at a more plush location. Our members, both young and younger, put together a memorable evening with enjoyable performances. Based on the positive feedback from the majority of our members, we have therefore decided, once again, to hold this year's ABC Diwali function at the Radisson Grand Victorian Convention Center.

The 2012 Diwali coordinators are Amit and Aparna Goyal, who along with their sub-committee have put tremendous efforts in making arrangements for this year's event, which are truly appreciated.

I also would like to encourage each and everyone of you to 'get involved' by volunteering, whether it is at

your school, your community organization, your temple, your favourite political party or any other cause. You will find it very fulfilling and motivating.

The new group of Board members elected last year for a two-year term has been highly committed to the organization, bringing renewed spirit and dedication to building the strength of ABC. I urge you to continue offering any recommendations for improvement as ABC's success depends on your ongoing support as well as your contribution of time and volunteering efforts.

I am very thankful to Mayor Hazel McCallion, Hon. Brad Butt, MP and Hon. Dipika Damerla, MPP, for graciously accepting our invitation to be our distinguished 'Special Guests' for the 2012 ABC Diwali event.

We have a long list of Sponsors this year which includes our Diamond Sponsor The ICICI bank and the Platinum Sponsor, Mr. Vikas Saida of Raymond James. We sincerely thank all our sponsors for their continued support and encouragement.

Finally, let me once again take this opportunity on behalf of the entire ABC Board, to extend heartfelt Diwali greetings and best wishes for the coming year to all of you and your families.

Vinesh Agarwal
President,
Agarwals Based in Canada (ABC)



ABC Vision

Agarwals growing socially, culturally, spiritually and economically.



Growth

- To unite and grow through mutual support and to share skills through networking with other fellow Agarwals and related associations around the world
- Exposure and linking with mainstream regional and national growth of ABC
- Recognition; role models
- Sharing information
- Communicating opinions through the media
- Participation in political process
- Counseling

Cultural Events

- To organize cultural events on festive occasions like Diwali, Holi, etc, thus nurturing the community's musical and artistic talents amongst families and youth

Cultural History

- Promoting arts and culture
- History in making: talk about the history of Agarwals, collection of Agarwal-related information and books (e.g. in a central library). Also, books by Agarwals on even unrelated topics such as history, because they would reflect an Agarwal viewpoint on the subject.
- Newsletter - sharing information

Social

- Get-togethers
- Planning meetings
- Camping; youth activities
- Senior citizens' activities
- Set up ties with other Agarwal associations
- Motivational speakers
- Informal skill consultation: learning from each other

Spiritual

- Satsang
- Havan, pooja
- Agrasen jayanti
- Yoga

Economical

- Patronizing each other's business
- Establishing a fund
- Extending a helping hand: Canada, India
- Establishing scholarships
- Supporting community
- Senior citizen's center
- Working towards donation for a room or a wing in a hospital
- Provide temporary shelter, or provide relevant information

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Dear Readers:

It has been our privilege to bring to you the Annual Magazine 2012 on the eve of the festival of lights.

We were truly overwhelmed by your appreciation of last year's magazine and are even more delighted to receive many creative articles this year. We are excited to see that this magazine provides an outlet for our community's creative talent. This magazine flashbacks on this year's highlights. The increasing number of events we organize(d) and participate(d) in makes us all feel like a close knit family.

We would like to extend our sincere gratitude to our sponsors, article contributors and the great effort made by the Magazine editing team.

Please ensure we have your correct email for sending information about events. Also we ask you to visit our website www.agarwals.ca for latest updates. We appeal to you to reach out to your friends also and get them involved in our activities.

As always, your involvement and contribution is always welcome. Please provide your feedback, suggestions and any news of interest to our community to info@agarwals.ca.

Although every attempt has been taken to ensure there are no mistakes in publishing the Magazine, the Executive and Board Members are not to be held responsible for any errors. Modification in the contents of the Magazine is at the discretion of the Editorial Team. We can only say we hope to be good stewards of this Magazine. Please feel free to contact us with your feedback.

Wish you and your family a Very Happy Diwali and a Prosperous New Year!



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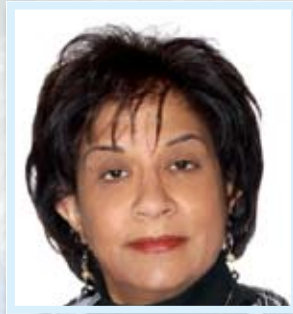
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2013 Calendar of Events



Event Date	Event Details	Location	Coordinators
Jan 27th, 2013	Member Appreciation Day	Sagan Banquet Hall	Dr. Shashi Agarwal
March 24th, 2013	Holi	Hindu Heritage Centre	Raj & Prabha Agarwala
May 12th, 2013	Temple Cleaning	Vaishno Devi Temple	Raj Garg
July 21st, 2013	Picnic	Wildwood park	Abhay & Sarika Agarwal
August 19th, 2013	Independence Day	Markham Civic Centre	Mini Gupta & Kamna Garg
October 5th, 2013	Maharaja Agrasen Jayanti	Hindu Heritage Centre	TBD
November 8th, 2013	Diwali	TBD	TBD

Note: Event calendar is subject to change. Please check the ABC website for the latest information.

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Sanjay Makkar B. A. Hons (Maths), R.I.B.

Founder and Partner of KMI Brokers Inc. and President of InSureU! Insurance & Investments Solutions Inc. operating out of Port Credit, Mississauga, a full service premier professional services firm, providing Insurance brokerage services and solutions in Risk Strategy Consulting, Property & Casualty Insurance, Personal/Health Insurance and Financial Services..

Sanjay spends numerous non-profit hours serving the communities he serves at, as a way of giving back, including Indo Canada Chambers of Commerce, United Way of Peel, Lions Club International and more. Sanjay has been interviewed on various TV channels and have its TV show hosted by Rogers Channel 10 in Peel called, "**The Insurance Guy**" to educate, guide and advocate consumers on rising insurance costs and fraud issues, where local community leaders come forward, along with senior officials from the Insurance Bureau of Canada and Insurance Industry insiders.



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Tax Alert – Filing Your T1135 Foreign Income Verification Form



Arun Agarwal C.A (India), CPA (USA)

We have been seeing lately that many taxpayers, who are in higher net worth individuals or mostly now Indian, either knowingly or unknowingly hold an interest in some type of foreign investment property. With the proliferation of online brokerages and a seemingly infinite supply of unique investment options, the chances of owning foreign investment properties has increased dramatically in recent years. However, it is often unclear to the average taxpayer just what foreign property triggers the need to file the T1135 foreign reporting form, and some may not be aware of this requirement at all.



During the personal tax season we come across with this issue that we should be declaring or not that we own any foreign investment property. We can have a problem when it turns out that in fact we do own a foreign investment property which is more than \$100,000 in value and may have been required to file the T1135 form. Once this error is discovered, it is advisable for everyone to file historical T1135's to report foreign investment information under the Voluntary Disclosure Program. It can impose heavy penalties if we fail to do so.

This is the general rule which requires that a T1135 should be filed by any tax payers during the taxation year if the total cost amount of all specified foreign property owned or held as a beneficial interest exceeds \$100,000 (all figures CAN\$). The form itself does not have an impact on taxable income; the Canada Revenue

Agency uses it only to gather information. However, there are late filing penalties of \$25 per day to a maximum of \$2,500 in a particular taxation year. Consequently, ignoring the filing requirement can be costly.

Who must file?

Generally, any resident of Canada means whether citizen or Permanent resident with specified foreign properties with accumulative cost in excess of \$100,000 must file a T1135. This would include individuals, corporations, trusts and partnerships. The “cumulative cost” includes specified investments in multiple foreign jurisdictions as well. For example, a taxpayer holding \$50,000 in investments in Mexico and an additional \$75,000 in the U.S. would be required to file, as the cumulative total of the two amounts exceeds the \$100,000 threshold. Taxpayers sharing foreign investments with other individuals or entities must compute their pro-rata share of the cost of the investment and apply it to the total.

The rules state that foreign investments “held at any time during the year” qualify. Thus, taxpayers who buy and sell a foreign investment in excess of \$100,000 in the same year must report it even if they no longer hold the investment at year end.

What is specified foreign property?

Generally, specified foreign property includes:

- foreign bank account balances, land or buildings
- shares of Canadian corporations on deposit with a foreign broker
- shares of foreign corporations, precious metals, futures, etc. held outside Canada

- interests in foreign mutual funds or debts owed by non residents
- interests or rights in specified foreign property
- convertible property that can be changed for specified foreign property
- interest in a non-resident trust or partnership that holds specified foreign property
- interest in a patents, copyrights or trademarks held outside Canada
- an interest or right in an entity that is non-resident

Specified foreign property specifically excludes:

- property used exclusively in the course of carrying on an active business
- property used for personal use (i.e. a vacation property)
- an interest in a U.S. Individual Retirement Account
- shares of a non-resident that is a foreign affiliate
- an interest in or indebtedness of a non-resident trust that is a foreign affiliate
- an interest in a non-resident trust that was not paid for
- an interest in or right to acquire any of the above-noted excluded property

While some of these inclusions and exclusions are obvious, others may not be. Consider a taxpayer who holds a mutual fund that is resident in Canada and owns significant foreign equity investments. If the taxpayer's pro-rata foreign ownership in these foreign investments is in excess of \$100,000, does the taxpayer need to file the T1135? The answer is "no," because the mutual fund is resident in Canada and the mutual fund itself would be responsible for the foreign reporting, not the taxpayer. However, if the same pro-rata portion of the investments is held by the taxpayer in a brokerage account, the T1135 filing would be required.

What must be reported?

The rules indicate that the cumulative cost (generally, the original purchase price) in Canadian dollars of all specified foreign investments must be reported along with the income earned in a particular year. If a for-

eign currency conversion is required, the rate in effect at the time the property was acquired will apply. Note that increases or decreases in the fair market value have no bearing on the calculation once the investment is purchased. For example, if a taxpayer were to purchase a foreign equity interest through a Canadian brokerage account in the amount of \$90,000, and the fair market value of the investment had increased to \$105,000 by the end of the year, this investment, on its own, would not require the taxpayer to file a T1135. There is no need to report the exact amount of the cost of the investments, only the increments greater than \$100,000, \$300,000, \$500,000, \$700,000 or \$1,000,000, as indicated on the form. Taxpayers must also indicate the total income reported from the investments as well as the foreign source where the investments are located using the appropriate check boxes.

When must the form be filed?

The T1135 is due annually at the same time as a taxpayer's corporate, personal, trust or partnership return.

The rules above provide a general overview of how the foreign reporting works. At the very least, they should get you thinking about whether or not you are required to file the T1135. Your Collins Barrow tax practitioner would be happy to help you understand and satisfy your foreign investment filing requirements. Most importantly, we can help you determine whether you are in default of any prior filing requirements, and then help avoid or minimize the related penalties.

Arun Agarwal C.A (India), CPA (USA) is a Consultant in one of the public accounting firms and Practicing his own accounting firm in Toronto.



Seasons: The way I see them

Avantika Goyal - 11 yrs

The cool ocean breeze
The wonderful trees
My hair blows back
I'm munching on a snack
What season is it?

The small little snow
With it's silvery glow
Falls right down
Touching the ground
What season is it?

The bees are getting honey
The day is kinda sunny
C'mon get in the pool
And get out of school
What season is it?

The colorful leaves
Falling of the trees
Halloween this year
Scary monsters appear
What season is it?

All seasons bring fun and cheer
Every month, year after year
Life is the music, season is a beat
Sing along with it, whether bitter or sweet!



My Classroom Pet

Sohini Gupta - 11yrs

My classroom has a pet
It is a guinea pig.
He's only 2 months old
but he is very big!

His name is Teddy Junior
but we all call him Tj.
He is very friendly
and he loves to play!

Tj's favourite thing is
to run around.
He has enough energy
to run to downtown!

Tj doesn't like
to get wet.
But when he does,
he becomes very upset!

He loves all vegetables,
the green grass and clover.
If he could wish for one thing
it would be for his feast to be never over!

He is a lovely friend
meant to be wild and free.
Yet he is in a cage
and not running around a tree!



Paradise Lost...Paradise Regained



B N Goyal

Scene 1

“Hello, Kumar Saab, when did u arrive,” - enquired Mr. Vij

‘Only a week back’ – Mr. Kumar said

“Have you got your PR card” – Mr. Vij puts the main question.

‘Not yet’.....?

“But why”.....?

“Oh, seems you have missed the chance”, joins Mr. Gill

‘You son has not applied so far, in fact he should have done it earlier.’

“No he had submitted the application long ago”

Scene 2

Mr. Dhawan asks Mr. Dhillon – How long you have been here in Canada –

Oh I am veteran, I came 40 years ago – replies Dhillon

Darshan Singh joins the group. He speaks real rural Punjabi dialect.

Darshan Singh says. “I am here for the last 27 years – I don’t feel shy in saying that I came here as a labour. Gradually I called other members of my family. Though I was totally illiterate but I got my all brothers and sisters educated after getting them here and they are now well settled as Canadians.

Scene 3

‘My case is quite different,’ relates Amreek Singh.

“It was around 40 years ago. I was in Government of India service. I had heard about Canada. I took voluntary retirement and was on board for an unknown Canada. I had somehow managed the ticket. On my arrival at Toronto airport I met with an official. He started interrogating me but I came out with half-truth –

“Sir, I had a desire to come to Canada and now I want

to get inside. I don’t know anyone here. I don’t know where to go, whom to meet etc.”



He was melt by my half-truth and guided me. I was inside as a refugee and now, after four decades I am a retired person, retired from Canada Government, receiving three different types of pension, having a large family with well settled children and grandchildren.”

These are the usual bits and pieces from the scrap book of immigrant Indians. Though not something unusual, they represent the thousands of immigrants from India and other places in the world. They represent different classes, creeds, cultures and countries.

What is the magnetism in Canada that attracts people from all over the world? Why people prefer to come to Canada, despite all the oddities of unreliable weather, uncertain employment opportunities, pricey living and costly higher education etc.? Yes there is a magnetism that binds all the people in one thread, that is A Real Multi-Culturalism and a sense of accommodating and belongingness despite being alone in this flow of humanity, the humanity with diverse cultures and backgrounds. Approximately 250,000 applicants are accepted each year.

Here I am reminded of Zauq, one of the greatest Urdu poets of 19th century. He lived in Delhi but he had his fans all over the places. Once he was invited by his Agra fans to come and settle there since Ghalib had left Agra. On this he said – “Kaun jaye Zauq par Dilli ki galiyan chhodkar” (Nobody wants to go out of Delhi). Here Delhi is symbolic to the great country India. Yes, no one thought of going out of India at

that time – not even the invaders whether Mughals or British. But situation is different today.

Now we, people living in India proudly claim that we belong to a multi-cultural society as people of different religions and denominations live there without any qualms. There are other places also in the world like the Caribbean ones where people of different background and cultures live together and they all get along nicely. But Canadian society is altogether diverse.

Mr. George from India, a Konkani speaking person, is one of the officials who administer oath to the new migrants to Canada. Once, he revealed, the group consisted of 31 persons coming from 29 countries. How surprising it was. As of now, people of about 200 ethnic origins from far off places live in Canada and contribute to the social, cultural, economic and political affairs of the country. I met Lily – she is from a far off place like Malta (Malsha). Nicole, looking like any next door Indian lady with long braid, comes from Kiribati (Kiribashi) – a very little known country. On my asking if her parents or forefathers belonged to India, she said, ‘don’t know’ but she is very often confronted with this question.

The significant fact about Canadians is that they all are willing immigrants. People of different nations and diversified cultures chose to come and settle here. Nobody forced them. They have not been allured for an El Dorado. They knew very well that they would have to work hard, face difficulties and build a tolerant society. They have here freedom to develop their own culture to make a beautiful mosaic of the country. They are free to form their own groups, eat whatever they wish, pray or worship according to their faiths but they have to abide by the National laws of the land.

Two years back the Vancouver Premier had visited Punjab in India and selected 30 farmers from District Ludhiana to fetch them to Canada. For them, he arranged an orientation course with Punjab Agriculture University. He got latest tools and implements from Canada to make these farmers conversant with them. The fear of their ignorance about English language was removed by the Premier team by stating that there are lot of people from Punjab or from their own village in Canada. It can be a matter of pride for us all – the Indians. It is the sincerity, earnestness, dexterity and hard

work of the people. These laurels have been earned by Indians not alone in Canada but elsewhere as well.

Here I would like to add one important aspect. The flora and fauna of an area not only reflect the environment but also the attitudes, temperaments, emotions, moods, feelings and heartbeat of the people of the area. During my morning and evening walks I was wonderstruck to see the black rabbits and black squirrels. It is in stark contrast to what I had seen and knew of these two animals in India. There I had seen the soft and tender rabbit of milky white colour and enjoyable little squirrel of light grey colour. There they have three strips, supposedly showing the legendary three loving fingers of Lord Rama. Here in Canada both these animals are of dark black colour. But they have same tenderness, softness, fun-loving, playful, joyful and amusing frivolity. Skin colour has no meaning for them. In my opinion they represent the generous, liberal socializing and fraternizing outlook of Canada.

John Milton - the famous English poet had written two epics – Paradise Lost and Paradise Regained. I consider his Sonnet - On His Blindness best where he says ‘They also serve who only stand and wait.’ The two epics concern the Biblical story. I take the titles of two epics to convey the feelings of the migrants. They perhaps felt to have Lost their Paradise while departing from their country but they surely Regained it while adopting this country.

Shri B N Goyal, retired as Director of Personnel in the office of Director General, All India Radio, New Delhi has served in the Ministry of Information and Broadcasting and Ministry of External Affairs. A widely travelled person across the country (India) and abroad, he has written several books in Hindi. He has been on the Editorial Board of Indian Journal of Social Research. Currently he writes commentaries on current social issues for On Line Magazines.



I AM SCARED



Janhavi Gupta, Grade 4



It all started off in a dark, deep hall where all the ghost-demons live, I, Oops, I almost forgot to introduce myself. My name is Petunia. I love nature and I am on a TV show called "Nature Roxx." So, where was I..... I saw a shadow. It was my enemy, Sasha. "I didn't know you would show up." She said. "Well my father is a scientist-agent, he sent me because he just figured out that there is a villain in this demon-ghost house." I said worried. She looked like she just lost the Olympic, meaning she looked worried. But I knew she is brave. I told her how it looked, "It had a big eye, a blue body, and a horn sticking out of his head." how it spoke, "It spoke with the not right grammar and had a very deep voice." It's personalities, "It was a very mean monster and had no manners." I told her as we walked the house. Then we came to a dead end. "What do we do Petunia." cried Sasha. "I don't know, let's just go back to the first turn we saw" I said worried. Once we took the first turn we heard some footsteps following us. "Do you hear those footsteps following us Sasha?" I said scared out of my socks. "Yeah, I think we should start running now." Sasha whispered. While we were running, the lights went off. I had a flashlight but when I checked my bag it wasn't there. Then I heard the footsteps coming towards us again! We held each other like we were sky diving. "Nice knowing you, Petunia." Sasha said scared. "I use to think you of a monster, but when I got to know you, you're not that bad." I said when I just saw the thing that was following us. It was a big ugly monster. It had blond hair, a pink colour body, had big blue eyes, a wrinkly face, and has long nails. Then she reached

out for her pocket. Now we were more scared than a mouse meeting a dinosaur meat eater, we thought she was pulling out a weapon. But instead of a weapon she handed over my flashlight. "Thanks" I said nervously. I didn't believe that I, Petunia actually talked to a monster, a pink monster. "Well I didn't expect you to give that to her." said Sasha un-expectantly. "I am so sorry, I did not introduce myself" said the monster in a deep voice. "My name is Sally." "Wow, she's the opposite of what you said Petunia." Sasha whispered in Petunia's ear. "I know, she is nice instead of mean and she's manner-full instead of being not manner-full." Said Petunia surprised. Then the 2 were looking at Sally confused. They were confused because they didn't know where they were. "Do you know exactly where we are?" asked Sasha. "Just follow me." said Sally. Once they came to the entrance. They said goodbye. While Petunia was walking she said, "What a GOOD day, I met my frienemy and I met a new friend."

Moral of the Story: It is not nice to Judge a person



Why 'Havan' is significant in our lives?



Kedar Nath Gupta

'Aum agnaye swaha. Idamagnaye idanna mama.' **'Aum somaya swaha. Idam somaya idanna mama.'**

These are some of the mantras chanted at the 'Havan' performed by Acharya Surender Sharma Shastriji, on the occasion of Maharaja Agrasen Jayanti, in 'Sharad Navratra' every year, celebrated by Agarwal Based in Canada. This is followed by 'Purnahuti' performed by all those who are present in the 'Havan' with chanting of **'Aum sarvam vai purna swaha'**.



A 'Havan' (as called in North India) or 'Homa' (as called in south India) is a religious ceremony performed in temples or homes that involves worship through the sacred fire. The use of fire as a means of worship is the most ancient of all rites, going back to Vedic times. This is not only a purifying ritual but also an act of sacrifice and selfless contribution to the universe by the performers through this act.

A fire is ignited in a 'Havan- Kund' (a pit made in earth or a conical pot made of any metal). In that fire pure ghee (clarified butter) preferably made from cow's milk is used which has two functions- one to ablaze the fire and the other to convert ghee into micro form for the universal benefit and then purify air. 'Havan Samagri' (a mixture of various herbal medicines, roots, and leaves) is offered in the ablazed fire which disseminates in micro form, in the air, to purify the environment besides activating the air as disinfectant germicidal agent.

The most important thought behind performing 'Havan' is to inculcate the habit or spirit of sacrificing and contributing for the benefit of all, rather than

for one own self. Once the offerings are poured into the fire, one lose all control over the offerings since the ablazed fire transforms all the offerings converted into micro-form and distributes the benefit resultant products of those offered material to everyone around without any distinction or difference equal to all. That 'Havan' is the spirit of doing service to others.

By reciting Mantra or shlok the performer benefits to sing praise of the Almighty through oblations as submission to God and seek His blessings. Thus, one remembers that nothing belongs to us and the samagri offered to the fire containing anti-pollutant, disinfectant nourishing and nutritive fruits after burning in micro-form should help all the living beings irrespective of class, creed or caste.

Bhagvat Gita even further goes and says **"Brahamarpan Brahma havirbrahmagno Brahmana hutam, Brahmaiva ten gantavyam Brahmakarmasamadhina."** Meaning Brahman is the oblation; Brahman is the ghee constituting the offerings, by Brahman is the oblation poured into the fire of Brahman. Brahman verily shall be reached by him who always sees Brahman in all actions.

Swami Ramtirtha has a slightly different view, he says, "Havan purifies the air and it produces fragrant perfumes, is an argument very far fetched. The perfumes, delicious to smell like all other stimulants exhilarate for the moment entailing a depression of spirits for reaction. Stimulants may help to borrow from our future store of energy but they borrow always at compound interest and never repay the loan." He further says, "All offerings (Ahuti) should be in the fire of knowledge (Jnana-Agni) and in that one should offer one's Ego, Greed and Anger, preferably in the glory of glowing rising Sun'. This is the real 'Havan'

However, there are concerted views but if a person

is experiencing difficulties of any kind, performing 'Havan' will help lessen those difficulties. 'Havan' is a very sacred act of merit and it benefits all around without any distinction. This can reduce one's negative karma and enhance one's positive karma, which makes

life more conducive to spiritual practice and which ultimately leads to the highest liberation.



Laughter Corner



Shiam Gupta

Wife/Husband/Marriage Fun Issues

A Lady to Doctor: My husband has habit of talking in sleep!

What should I give him to cure?

Doctor: Give him an Opportunity to speak when he's awake

It is said that Husband is the head of the family, but remember

that wife is the Neck of the family & the Neck can turn the Head

exactly the way she wants.

Most Wives Give Their Husbands Sound Advice.
99% Sound, 1% Advice!

People say there is no difference between COMPLETE & FINISH.

But there is... When you marry the right one, you are COMPLETE.... And when you marry the wrong one, you are FINISHED.....

And when the right one catches you with the wrong one,

you are ... COMPLETELY FINISHED!

You have two choices in life:
You can stay single and be miserable,
or get married and wish you were dead.

At a cocktail party, one woman said to another,
'Aren't you wearing your wedding ring on the wrong finger?'

'Yes, I am. I married the wrong man.'

I asked my new girlfriend what sort of books she's interested in?
she said: Cheque books.

What's the difference between mother & wife?

One woman brings you into the world crying
And the other one ensures that you continue to do so for rest of your life.

What's the difference between a good secretary and a personal secretary?

One says "Good morning, boss". The other says "It's morning, boss."

70 year old man asks his wife "Do you feel sad when you see me running after young girls?"

Wife replied, "No not at all, even dogs chase cars they can't drive."



If I got a penny for every time someone said that word, I'd be a millionaire!



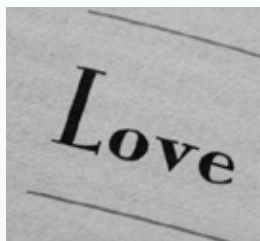
Sakshi Agarwal

How many times have you walked down the hallway and heard the word like? How many times have you told someone you love them, when you actually don't really love them? How many times have you said seriously, seriously? Ok I think you get the idea here. We have massacred the English language, like literally. It may be, as some say, out of habit and simply because. Because? Yeah there isn't really an answer to that. It has become a trend and quite an annoying one.



like

Is there a garden around? Because all these words have been watered so much I'm afraid they are dead. Everywhere you go you can't walk two steps without hearing "I love you" or "I hate you". These priceless words which used to profess so much are now as empty as a lake with no water. They have been accepted as alternatives to address fondness or lack thereof.



Many people have adopted this "style" of speaking. This execution has happened so rapidly no one has even had a chance to process it. My friend, beyond distressed, because she has lost her iPod at the movies, is slumping around, frowning like there is no tomorrow, when she gets a phone call. Turns out someone has found her

iPod and has taken it to the help desk. She jumps up in joy, her face laden with glee as she repeatedly thanks the person on the other line and even goes on to say those three treacherous words I love you. Does she actually love them? I don't think so, but in the moment of happiness she was so caught up and she needed something to show her appreciation so the expression seemed appropriate. But it isn't. It never is unless you truly mean it in its rightful sense.

There is literally a staircase of words that have been butchered over and over again by being said repeat-

Literally
means *actually* or
without exaggeration.

edly. Literally, is a word used to dictate something that has a realistic degree of accuracy, but it is now literally being used to express the exact opposite. Please don't forget that it is not a synonym to figuratively or metaphorically, and therefore should not be used as such. Are you ridiculous? There is nothing more ridiculous than the number of times this word has been used as an over exaggeration. Ridiculous can be used to describe something unreasonable, or laughable, so only use it if something is truly absurd or worth a laugh. This never ending path is getting quite tiresome, don't you think?

The Harry Potter movies came to end with the release of the last movie on July 15th, 2011. As a fan of the series I wanted to go on the first day, and I did. After 130 minutes of pure enjoyment and awe, I came out

of the theatre on cloud 7. I voiced my thoughts to my parents, who were with me. "That was the best movie I've ever seen, it was awesome!" Awesome? Sure it was good, but was now looking back at that moment I realize that I had fallen victim to the new trend of over usage. Awesome is supposed to be used to express a show of force or majesty. So when you are waiting for the unveiling of "something awesome" as promised by the CEO of Facebook, just remember that if it doesn't match up to witnessing an aurora borealis - the shimmering curtain of light - or giving away free hugs just to make someone's day brighter, it isn't awesome. Nice try, though.

So let's stop. Let's just stop using words that are far too precious to be used in our everyday talk as though they have no meaning. Let's stop portraying false emotions by using the wrong words. Let's stop acting as if we don't know anything when we use like after every two words into a sentence. And **let's start restoring the proper meaning back to those words that deserve it.** Starting now.



Kanji Bada Recipe



By Anshul Bhoutika.

Cooking Time : 20-30 mins

Ingredients:

For Vade: Yellow Moong Dal, Asafoetida, Coriander seeds, coarsely powdered, Fennel seeds (Saunf), coarsely powdered, green chilli and ginger paste, Fresh coriander leaves, chopped, salt Cooking Oil.

For Kanji: Water, salt, red chili powdered, mustard seeds, coarsely ground.

Method:

- Clean, wash and soak the 1/2kg moong dal in water for 3-4 hrs
- Drain and grind to a fine paste with just enough water.
- In the dal paste, add salt , ginger + green chillie paste, asafoetida, fennel and coriander seeds, seeds of whole dhaniya , 2 tsp oil and coriander leaves.
- Mix all the ingredients of kanji well.



- Keep aside.
- Heat oil in a kadai and fry the bada flat till golden brown.
- Let the bada cool down and then add them in the kanji water.
- Cover and keep them for atleast 2 days.
- Taste to see if it has turned sour.
- Once kanji vada turns sour keep them in refrigerator.
- Serve chilled.



Agarwals Based in Canada 15th Anniversary Commemorative Poem

Priya Agarwal

In 1997, four 'Agarwal' families came together
And founded an organization which they hoped would get better
Their main aim was to have it grow
Into an association which people would come to know
The core committee started to organize
Many events so that membership would rise
The motto of ABC is "GROWING TOGETHER"
Adults and youth all networking with each other
Our gatherings focused a lot on having fun
Holi and Diwali are two major events that we have done
And apart from an organization that entertains
In autumn we celebrate the birth of our forefather Maharaja Agrasen
Educating our community is what we are striving to do
To know Agarwal values and our group's mission too
Several years after we planted the seed
ABC decided to add the Terry Fox Run to raise funds for those in need
We walk as a group in the cool fall weather
And as we walk we would bond with each other
In 2010, came the first ever Youth Conference
Enjoyed by the older youth who felt there time was well spent
Year after year we have added more events
To bring together people of 'Agarwal' descent
So we added a Members Appreciation Day
In which if 'members only' attended they did not have to pay
A summer picnic was also held each year
In which families could mingle and grow even more near
Now we've grown so much and will continue to thrive
As we move forward together and keep the spirit alive
We would like to thank you for your attendance thus far
And we'll keep GROWING TOGETHER
Because 'Agarwals' we are!





KYLE RICHIE, BA Economics, Senior Executive Consultant

Kyle Richie is an experienced and respected financial advisor known throughout the financial industry for his knowledge of True Wealth Management Strategies. Kyle was Investors Group's #1 advisor in 2008, 2009 and 2010 in New Business Credits. Kyle is known for his ability to explain everything from financial products to augmented tax deductions with strength and clarity. Kyle consistently maintains the highest ethical standards, and has been the multi-recipient of Investors Group's prestigious President's Elite, President's Club and Chairman's Club Awards.



ANDREW FEINDEL, CFA CFP CLU CIM FMA CSA FCSI CSWP HBA (Ivey)

Andrew Feindel, is a Chartered Financial Analyst, Certified Financial Planner, and Chartered Professional in Strategic Wealth. Andrew provides holistic financial planning and customized strategies which allow clients to build and retain wealth for present and future generations. He has been awarded the designation of Fellow of the Canadian Securities Institute (FCSI) - a prestigious designation in the Canadian investment industry based education, ethics and experience. He achieved an honours degree in Business Administration at the Richard Ivey School of Business and the Stockholm School of Economics after attending Upper Canada College.





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Laser Genesis helped me bring back my confidence, I use to have really bad breakouts on my face. It's so bad that I couldn't even look in the mirror. Anu prescribed Blue U Levulan treatments. After the first treatment, I started to see some improvement and it continued to get better with each treatment. But not anymore, my face looks great. I love the products that I'm using. I love Anu who is always so sweet and Helpful and I love Laser Genesis! - Charisse N

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Diwali - 2011







“The Festival of Festivals” bueno name and theme for the astonishing 14th ABC Diwali celebrations was the event to look out for, on the 4th of November 2011, held at the Grand Victorian Convention Centre, Mississauga.

The Special Guest of Honour, Hazel McCallion, Mayor of the city of Mississauga graced the occasion with her presence and expressed her appreciation and admiration for the event and extended her good wishes to the

whole community for Diwali.

The entertainment package for the evening was full of surprises with many stunning dance performances by renowned dance groups like Sanskriti Arts, and Panwar Music& Dance Productions. There was an amazing talent display by the community members in showcasing the diverse dance forms and culture of different states of India.

Thanks to our numerous sponsors and tireless efforts by Diwali Committee, ABC Board, ABC Youth and parents and many other ABC Member volunteers who made the event a grand success. It was a joy to coordinate ABC Diwali 2011.

Amit and Mini Gupta

Appreciation Day - 2012



Holi - 2012





The honour of being able to organize the ABC Holi function was truly a memorable and the most enjoyable experience. It gave us the opportunity to meet some amazing, extremely talented and passionate Agarwals. To us, it was obvious that the primary objective of these Agarwals was to bring together the community to celebrate the festival of Holi and to enjoy a most memorable day. During this experience, we have made many friends and learned a great deal about the community. Finally we would like to acknowledge the help and support that we have received from the members of the organizing committee and the ABC family.

Reena and Dr. Prdaep K. Goel

Picnic - 2012





Thank you very much for giving us an opportunity to Coordinate the Annual ABC Picnic. It was a great and unforgettable experience and we enjoyed a lot.

Especially the **Hawaiian theme** was our favourite. And then the Fashion show and Limbo Game.

Hope the next one will be more than this and let us make that one a huge success as well with many more games and fun.

Shashi & Arun Agarwal

Independence Day - 2012



Independence day celebrations were organized by Arya Samaj Mandir in partnership with Agarwals based in Canada (ABC), RANA, Sanathan Dharm Mandir and Patanjali Yog peeth on August 19, 2012 at the Markam Civic centre.

It was a day filled with patriotic fervour, the tri-color and the rich heritage of our mother land with unified representation from various communities and their leaders.

Our own ABC lil' kids (3-5 yrs) performed enthusiastically to "nanha , munha raahi hoon" followed by our youth paying homage with "Maa tujhe salaam and Chak de India" . Along with the cultural performances, the Flag hoisting Ceremony bathed in the summer sun was the highlight of the event. It gave all of us a chance to reconnect with our roots and show our respect to our homeland.

We would like to thank all our volunteers, our participants, choreographers and ofcourse our President Sh. Vinesh Agarwalji for organizing and encouraging participation in this multi organizational collaborative event.

Jai Hind!

Mini Gupta, Youth Co-ordinator
ABC Board 2012

Terry Fox Run - 2012



Terry Fox is a true Canadian hero and an inspiration to many across the world. 32 years ago, Terry ran his last marathon. Terry died on June 28, 1981...but his legacy was really just beginning. The annual run bearing his name has raised over 600 million dollars for cancer research and has been the catalyst behind leading edge innovation in cancer treatment and year over year increase in cancer survivability. ABC has been proudly participating in the Terry Fox Run for over a decade. This year we raised over \$1500 and had over 30 members, including children as well as seniors, who joined us for the run. We are greatly appreciative of ABC members for their donations and efforts and look forward to have you join the run with us next year...

Anshul and Krishna Bhoutika
Coordinators, Terry Fox Run

Agrasen Jayanti - 2012





Maharaja Agrasen Jayanti is celebrated as the birthday of Maharaja Agrasen, the ancestors of Agarwals. ABC celebrates this day with fervor and gaiety. This year was special as we saw a large attendance of the ABC members for this event. After the hawan some of our young ABC children dressed up in the costumes representing different states of India. Our youngest participant was 11 months old. A quiz based on the life of Maharaja Agrasen Ji and some of the famous Agarwal personalities were the highlight of the celebrations.

The lunch has been graciously sponsored by ABC members - Dr. Ram Singhal, Dr. Wazir Rajan, Mr. Shiam Gupta, Mr. Rakesh Mohan, Mr. Sudarshan Kumar and Mr. Vinesh Agarwal. This is the first time in the history of ABC that the funds were arranged all by sponsors and no financial burden was shared by ABC. We are highly thankful to all the participants, members, coordinators and specially the sponsors.

We look forward to making this event more informative to share our inheritance wisely. We look forward to more informative programs in 2013.

Rakesh & Anu Mohan

Temple Cleaning - 2012



To Change or Not to Change



Sohini Gupta - 11yrs

Have you ever felt that you should be like someone else? Are you ever insecure about yourself? Do you ever want to change who you are? Have you felt like that? I know some people who have. They changed so much to get attention from the cool kids, that everyone else couldn't even recognize who they were. Changing yourself to have better qualities is a good thing, but changing yourself for someone else to like you is the complete opposite.

“Don't try to take on a new personality, it doesn't work.” – Richard M. Nixon

You shouldn't take on a new personality. Others may really like the new you, but you won't. Inside you'll feel kind of weird and once in a while you will want to explode. In the end, when you please someone there will be someone else that is disappointed. You will always feel out of place when you aren't yourself. Changing yourself is not worth it at all!

“I am what is mine. Personality is the original personal property.” – Norman O. Brown

You have the full right of doing whatever you want with yourself, don't do something that you will regret afterwards. When you are yourself, it's your property and no one can change you. If you change to be like someone else, you are allowing that person to control who you are. Don't let anyone do that to you.

Even if you do change for a reason, don't do it for too long because then you might create a problem for yourself. When you take on a new personality and stick to it for a while, you will eventually stay like that forever. I know someone who is really into acting. She acted with a different personality in a show for years and when she ended the show, the character became her real personality.

If you change the people that appreciated and cared for you before will no longer recognize who you are. The

good qualities in you that everyone appreciated will also be gone. Someone will like the new you and someone won't. The same thing is said in one of Taylor Swift's quotes: “I never want to change so much that people won't even recognize me.”



“You are lucky enough to be different, never change.”
– Taylor Swift

When you want to be like someone else, others will call you a 'copycat'. They will say that you don't have a personality of your own and you just want to be popular like the other person. Being different and not being the best is better than being a copycat. What would the world be like if we were all the same?

I understand that when you are young, you are less confident because you haven't discovered what you are good at. Once you find something you are interested in, the self confidence will naturally come. When you are older you'll notice that you won't be afraid of anyone. Just wait a while and the confidence will be in you.

I hope you understood the importance of being yourself. If you were thinking of changing, well now you know you shouldn't. Keeping all of this in mind might be hard, so just remember these words of mine:

“You will never be able to please everyone, but the person you should always please is YOURSELF.”

This is the second article, please include only if space permits or use this one and skip the first one if you like this one better.



When Kids Put Romance On The Rocks, Get Out!



Roli Khare Rastogi, Esquire

The job, the house, the grocery shopping, the laundry, the kids' outings... have you ever been more tired in your life? Amid the hustle and bustle and reprioritization of changes our children bring into our lives, is it any wonder there seems to be NO time or energy left over for romance?



When was the last time you had a slow, intimate conversation, over a nice dinner with your spouse or significant other? Recently, when I asked myself that question I realized during the past sixteen months (read: one year, four months) I'd been out with my husband once sans baby.

Spending quality time with your spouse or significant other is what stabilizes your marriage. It's a time when you can check in on priorities, conflicts, and what's next for both of you. Together. And separately. In a healthy way.

Unfortunately, spending too much time being mom and dad and less time being husband and wife, or partners, can lead to a lack of connection, but also a failure to communicate.

Lack of communication leads to petty misunderstandings, which compounded over time, is a recipe for marriage disaster. It ranks #1 among the top 5 reasons couples divorce.

By the time a client is sitting across from me articulating her reasons for divorce, the opportunity to salvage

the marriage is long gone. I often think my job as a lawyer is part legal advisor, part marriage therapist and counselor. I stress to my clients the importance of building solid relationships—both with their spouse and with a close group of friends who can help them see the big picture.

Our daughter has singularly been the most exciting and the most unpredictable event in our lives. I spend a lot of time with my toddler. Even so, as every mom can relate, there are many times I wish I had more time to myself. The shower is my refuge (nodding of heads, yes?). Even more than time for solitude, though, I wish I carved out more one-on-one time with my husband. Just the two of us.

It's so important to connect with your significant other because raising a child is not easy. We need the bond of our love-mate to help us weather the everyday storms of parenting.

With our daughter, family outings have become chaotic. Most attempts at enjoying a sit-down dinner in a restaurant end with a screaming baby and/or flying objects in the air, followed by our swift exit. That means potluck lunches (leftovers we bring home) are our new norm.

And yet, if we're going to keep the romance and flow of communication alive, we can't resort to being homebodies.

To re-ignite, spark or keep that romantic fire burning, we have to get out!

Old-timers have told you enough times. Couples date night is a must. Take their advice!

Make a point to have date night once a week. Movie night, ice-cream dates, gym runs and boardwalk talks count.

On date night, make sure to talk about topics that you've always shared and enjoyed; anything other than the kids.

No sitter? No problem. Try a mommy-share. With a group of friends, rotate kids at each other's homes so one set of parents can have a date night.

Check out kids drop-off nights at play gyms. You've seen the signs at Gymboree, The Little Gym and the like. Once a month opportunities to drop off your older child at night while parents have a moment to themselves is a great solution for romance-starved couples.

Balancing the responsibilities of family, work and personal life can sometimes be challenging.

On the other hand, I believe the reason we engage in family life is because there's a degree of real satisfaction that comes from all three aspects of our lives. The key is to give individual attention to all three aspects.

Your significant other deserves your undivided attention at some point in the week. Moreover, more face-time means less miscommunication. And from a legal standpoint, that is a good enough reason to keep making date nights happen. So go on, treat yourself and your better half to a well-deserved night out.

In other words, get out NOW!



Wisdom of a Chiropractor



Dr. PJ Amlinger, DC

When I pause to consider that our bodies consists of 70 trillion cells and that there are trillions of chemical reactions occurring every second I then begin to wonder:



Is it reasonable to think that anybody has the knowledge or wisdom to "balance" or normalize our chemistry by introducing an artificial chemical (drug) into the mix?

Perhaps, it is wiser to trust the wisdom which created us and built us from one cell into a unit containing 70 trillion.

Surely it did not run off and leave us at birth. It stayed on the job as innate, your inner wisdom. It runs ev-

ery function, every chemical reaction in our beings. It rebuilds us cell by cell year after year. It heals us. It guides us through life.

Living free of vertebral subluxations, which interfere with its function and expression, makes much more sense to me. That is why regular chiropractic adjustments are essential to optimal health and life expression.

Chiropractic often helps when traditional methods have not.

Does this make sense to you?

Live fully connected to your innate, live clear of subluxation, visit a chiropractor today.



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Technological Addicts?



Suman Gupta



It was with great fanfare that I went out with my family for our 20th Wedding Anniversary dinner. I chose the best restaurant we could afford, dressed up to impress and was looking forward to spending a quiet evening, reminiscing about the past and reliving the romantic moments of the time when my spouse and I first met.

Little did I know that the quiet evening that I was so looking forward to, will be just that! QUIET!

My husband spent the entire evening glued to his email from work on his Blackberry, my older daughter texting to her friends whereas the younger one spent the better part of the evening playing “brick breaker” on her cell phone. Yes, Mobile technology with its partner Social Media had hijacked my event!

I tried my best to intervene and take control of the situation. I asked each of them to put away their smartphones and concentrate on what I was saying. My husband mumbled distractedly, “I am always listening to you dear, what else does a husband do”? And my daughter on the other hand replied smartly, “Mom, don’t worry, we are listening, go ahead say what you want to, I am multi-tasking and so is Dad.”

“Multi-Tasking, my Great Aunt Savitri!, I exclaimed! in my desi version of the English phrase.

“I do hope that the doctor operating on you or your loved one does not decide to multi-task as well, someday”! Can someone imagine that happening? What if your cardiac surgeon said, “Sure! I will stitch your heart close in a few minutes, first I need to update my Facebook status”. Or what if your dentist decided to

multi-task and checks his emails while performing a tooth extraction!

It is quite clear that while the social media sites and mobile technology have made communication around the world easy, cheap and accessible; they have come to us with their own cost.

Our generation has forgotten to live every moment fully. With divided attention being given to various things at once, justice is not done to any! With the advances in communication technologies we had forgotten to smell the roses and now with the explosion of social media in our lives we have forgotten to even see the roses!

The youngsters are easily distracted and have trouble focussing on any issue for more than a couple of minutes at a time. It has been substantiated that children check their Facebook or Instant Messages at least twice in a 30 minute period of homework. It is surely affecting the quality of work they are doing. They are adopting sedentary lifestyles and choosing to spend more time sitting at their computers leading to a host of problems like increase in obesity rates for one. Headaches, insomnia and information overload are other problems that can be attributed to the same.

Burn-out is another common outcome of this mobile technology. The pressure of always being ‘online’ does not afford one the luxury of down time. The lines demarcating office and home have become non-existent. The sanctuaries afforded by homes now stand invaded with this all pervasive, omnipresent technology.

The skills required to forge relationships on a face to face basis have fallen to the wayside and meaningless chatter over social sites has started to fill this void. In spite of all the communication tools at our disposal we are not really communicating!

The Great Dalai Lama has aptly put the Paradox of our times in words “We have bigger houses but smaller

families; more conveniences, but less time; We have more degrees, but less sense; more knowledge, but less judgement, We've been all the way to the moon and back, but have trouble crossing the street to meet the new neighbour. We built more computers to hold more information to produce more copies than ever, but have less communication; We have become long on quantity, but short on quality relationships. It's a time when there is much in the window, but nothing in the room".

It is not my intention to convey that nothing good has come out of these advances in Information technologies or Social media. I am fully comprehending of the fact that it is because of these gains that team work and collaborative efforts in businesses are now a piece of cake or that getting instant feedbacks from your customers and reaching them directly is now much easier. The social media will continue to be a major player

in forming and spreading global opinions on various world issues. I am the first to acknowledge that mobile technology is an important tool connecting us to our far- flung family, friends and colleagues.

The intention here, really is to caution, to drive home the universal truth once more that there are always two sides to a coin, with good comes evil and with rise comes fall.

We need to set boundaries for ourselves, our children and our society as a whole. We need to put forth a renewed set of norms and etiquettes in usage of this technology and abide by them. Just like always, a balance has to be found for the survival and growth of our world, our people or else we will be a generation of addicts- addicted to the use of technology at the cost of our well-being.

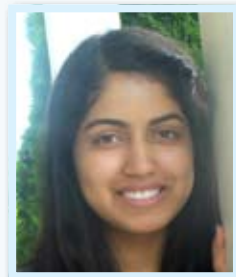


Impact of Social Networking Websites on Youth



Surabhi Gupta

Facebook, Tumblr, Twitter and MySpace are all example of social networking sites used by young people today. Social networking has become the most popular after school activity. It has become a very important part of many peoples' lives. Although it is a very successful method of interacting with friends and family, it's not always the safest as we have the temptation to use it excessively, which results in wasting time. Social networking has affected our youth in many harmful ways, such as, how we learn in school, how we com-



municate with others, and how protected and reliable our personal information is.

Youth nowadays are starting to lose their social skills because they are finding the easy way to communicate, social networking. Sometimes we try to avoid our friends because we don't have the nerve or the confidence to settle an issue one-on-one and we bank on websites like Facebook to sort everything out for us. This isn't always healthy for relationships as friends will start to drift apart. Facebook can sometimes be a hurdle when you are in a conversation with someone because you cannot read the other persons facial expressions and can never tell his true reaction. You can also never be sure about how someone else might

interpret or use your information, maybe against you. It has become very hard for students to make progress in school because there are so many distractions. Instead of focusing on homework students would rather go on Facebook and chat with friends. For many people 50% of their waking time is wasted online causing them to do poorly academically. There are many areas in school which are affected immensely, for example English/language. When people talk online they would much rather use slangs, short forms, and acronyms for reasons such as, its quicker, easier, saves time and is trendy. These tips may help them with their social life but will eventually decrease their chances of landing and surviving in a rewarding career.

Bullying has become a major problem these days and cyber bullying is even worse. Student bullies find it easier to pick on peers online because they think no one will ever see it. The sad part is that they don't realize nothing is protected and no matter how high their privacy settings are, the police can trace every word they have messaged. Another thing, it is very easy to lie about your age and so basically anyone can get Facebook. This can lead to several problems like child safety. A young student can be in contact with someone dangerous or double his age and he wouldn't even know.

There is no coherence in a person's real personality and how they project themselves on Facebook. Most people will add fake information to their Facebook profiles to market themselves. Many users will add mutual friends even if they don't know each other personally. Students spend hours trying to take an attractive profile picture, but why? All this is done so they can have hundreds of friends and likes. All youth cares about is having an appealing Facebook profile so people think of them differently and they become 'popular'.

The original purpose of Facebook was for people in college/university or the workforce to be able to communicate with each other but as the years passed Facebook developed other functions. Instead of being known as the reputable interaction website, Facebook is now known as the most common social networking site for teens. Youth has turned Facebook into the most unreliable site on the web, where people can't trust one another or have proper conversations. Social networking has had adverse affects on many students minds and their process of learning. All in all, youth would be much more fortunate if they didn't rack their brains on social networking sites.



Cover Contest



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When was Shri Ram born?



Mukesh Tayal and Hari Goyal

At least four indicators are available for the date of Sri Ram's birth -- classical; fossils/DNA; astronomical; and genealogical; and not surprisingly, they yield very different yet interesting suggestions about when Sri Ram might have lived. Let's examine them in turn.



Indicator # 1: Classical (Scriptures) Legends

This information is well known -- our legends tell us that Sri Ram lived in Treta yug. That was some 0.9 to 2 million years ago.

Indicator # 2: Fossils/DNA

Mankind's collective, worldwide fossil evidence to-date suggests that homo-sapiens (modern human race/species) evolved much later than above -- about 250,000 years ago. And using DNA tracking, scientists tell us that homo sapiens reached the Indian subcontinent some 100,000 years ago. This would suggest that Sri Ram was born no earlier than 100,000 years ago.

Indicator # 3: Astronomy

Valmiki Ramayan often contains passages such as: When this happy occasion occurred, star S1 of constellation C1 showered its blessings from zodiac Z1, star S2 of constellation C2 from zodiac Z2, etc. The zodiac is so described in several places such as when Sri Ram was born (e.g. see Bal Kaand, 1/18/8,9), when Shri Ram went into exile (see Ayodhya Kaand, 2/4/18); when he killed Ravan; when he returned to Ayodhya; etc.

Some scholars have asked: What if in the old days the

learned sages recorded important dates through the locations of planets and stars in the zodiac? Since all the planets, stars, and galaxies are constantly in motion, their relative locations in the zodiacs are always changing and any specific configuration is not repeated for thousands of years.

Modern software such as Planetarium, Home Planet, Alcyone, etc. can identify the exact configurations of planets and stars on any given date including ancient history.

A few scholars, such as Mr. Pushkar Bhatnagar (2004, Reference 1), D. K. Hari (2007, Reference 2), etc., have independently used such software to check if the planets and the stars have ever actually simultaneously occupied the zodiac locations described in Ramayan.

As an illustrative example, Maharshi Valmiki has recorded in Bal Kaand, sarga 18, shloks 8 and 9 (1/18/8,9) that Shri Ram was born on ninth tithi of Chaitra month when the positions of different planets/stars vis-à-vis constellations, nakshatras (visible stars), and zodiacs were as follows [Reference 1]:

i) Sun in Aries; ii) Saturn in Libra; iii) Jupiter in Cancer; iv) Venus in Pisces; v) Mars in Capricorn; vi) Cancer as Lagna (cancer was rising in the east); vii) Moon on Punarvasu (Gemini constellation and Pluxx star); vii) Lunar month of Chaitra; ix) Ninth day after no moon; x) Day time (around noon).

The above locations of stars/planets were fed into Planetarium. The software identified that these exact locations of planets and stars have indeed occurred simultaneously, and that the last time that happened was on noon of January 10, 5114 BC. That was some 7,126 years ago.

Presumably the planetary configurations in the zodiac repeat themselves after a certain duration. That exact period is not presently known to these authors but is believed to be very long.

January 10, 5114 BC also turns out to be the ninth

day of Shukla Paksha in the month of Chaitra. This is also exactly the date and time Ram Navmi is still celebrated all over India!

So what are some other specific dates in Ramayan that can be so deduced using the above process? Reference 1 tells us that the last dates for simultaneous occurrences of a few specific planetary configurations described in Valmiki Ramayan were as follows:

- Shri Ram's birth -- January 10, 5114 BC;
 - Start of Shri Ram's exile -- January 5, 5089 BC;
 - Ravan's death -- December 4, 5076 BC; and
 - Shri Ram's return to Ayodhya -- January 2, 5075 BC.
- The difference between the first two dates above is 25 years. Interestingly, several Ramayan shlokas too state explicitly that Shri Ram was 25 years old when he started his exile.

The difference between the second and the fourth dates above is 14 years. This is exactly the duration of Shri Ram's exile mentioned explicitly in Ramayan!

Isn't it amazing that Ramayan's descriptions of the zodiac lead to dates that match the age of Shri Ram at the start of his exile and also the duration of his exile. Thus, at the very least Ramayan is self-consistent, and its author had an amazingly detailed and accurate knowledge of astronomy.

Again -- the planetary configurations in the zodiac repeat themselves every so many years. That period is not currently known to the authors. The above dates are merely the latest occurrences of specific planetary configurations described in Ramayan.

Indicator # 4: Genealogy

Tourists seldom venture to the rear entrance of Amer fort near Jaipur. But near it, there is a very interesting artifact -- a huge hall with a whole lot of names engraved on one of its very long walls. A pamphlet in the hall states that they are the names of ancestors of the current king of Jaipur.

Jaipur's kings describe themselves as belonging to the "Surya" dynasty. And Sri Ram is also known to belong

to the Surya dynasty.

A scan of the engraved lineage of Jaipur's rulers uncovers some very interesting names -- Sri Dashrath, followed by Sri Ram, followed by one of Sri Ram's well-known sons.

What is the basis of the genealogy engraved in Amer fort? A pamphlet in that hall describes it as follows: Kings usually patronize local artists including bards (poets). The bards in turn compose folk songs in praise of the king -- usually along the lines of: our king named so-and-so, son of so-and-so, grandson of so-and-so, is handsome, brave, generous, chivalrous, etc. Through frequent repetitions, the folk songs are remembered for ages. And because they contain the names of three generations of kings, a full genealogy can be recreated by following the trail of names.

The engravings were initiated when the fort was initially built a few hundred years ago. Subsequent kings later added their own names to the genealogy.

One can count the number of generations between Sri Ram and the current king. As a working hypothesis, it is reasonable to assume that first-borns of successive generations are, on average, about 25 years apart. When one multiplies 25 by the number of generations between Shri Ram and the current king, the product comes to about 7,000 years. This is very similar to the deduction of Shri Ram's birth date based on Ramayan's descriptions of the zodiac.

Discussion and Summary

In summary, the following four indicators are available for Sri Ram's birth:

- Classical legends: 0.9 to 2 million years ago;
- Fossil/DNA indicators: later than about 100,000 years ago;
- Astronomical indicator from Valmiki's Ramayan: earlier than about 7,000 years ago; and
- Genealogical indicator: about 7,000 years ago.

Which is the right timeline? You be the judge.

References 1. Pushkar Bhatnagar, Dating the era of Lord Ram: Discover the actual dates of the lifetime of Lord Ram, Rupa and Co, (2004), pbk, x, 161 p, 59 slides, ISBN: 81-291-0498-9. <http://www.funonthenet.in/forums/index.php?topic=152243.0>

2. D. K. Hari (2007), Ram was 39 years old when he killed Ravan, Rediff Interview, November 20 2007, <http://www.rediff.com/news/2007/nov/20inter.htm>



Shrimati Indu Gupta - Ajax

आलंबन

प्रातः की किरणों में,
सुखद पुरवाई में,
फूलों की खुशबुमें,
हे देव मैंने तुम्हें पाया।
क्या दोगे ऐसा वरदान।
तुम्हें पाऊँ अपने साथ।
हर कठिनाई में, उलझती समस्याओं में,
डगमगाते कदमों में,
क्या बनोगे मेरा आलम्बन ,
फूल ने पराग पाया,
हंस ने सौन्दर्य पाया,
कोयल ने सुरीला कंठ पाया,
मुझे तो तुम्हारे साथ होने का अहसास चाहिये।

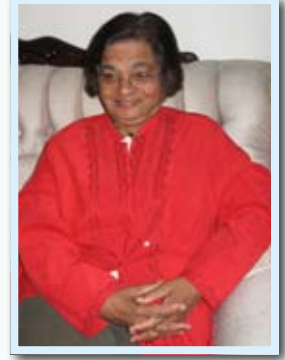
महत्वकांक्षा

आकांक्षा जब महत्वकांक्षा बन जाती है। तब वह हमें अपनी शक्ति से आकर्षित करती है, और अपनी इच्छानुसार हम से काम कराती है। उसकी गतिविधि में कोई बाधा नहीं आती। उसकी धूरी हमें घुमाती है, और हम अनजाने ही उसकी चपेट में आजाते हैं। उसके बाद हम और हमारा लक्ष्य ही रहजाता है। आस पास सभी वस्तुएँ नग्न हो जाती हैं। जैसे अर्जुन को मछली की आंख के अलावा कुछ नहीं दीख रहा था, ऐसा ही हमें लगता है। और हम अपने लक्ष्य की पूर्ति में संलग्न हो जाते हैं। स्पर्धा और मंजिल पर पहुँचने की धुन आँखों पर आवरण डाल देती है, हम घोड़े की भाँति दौड़ते रहते हैं। न अपनी फिर न किसी और की चिंता। मंजिल मिलेगी या रास्ता नापते रहजायेंगे यह भविष्य ही बतायेगा। अब तो बस अपनी मंजिल तक चलना है। व्याकरण के रचयिता पाणिनि का विवाह कब हो

गया उन्हें पता ही नहीं लगा। अगर दिया ना बुझता तो संभव है उन्हें पता ही होता कि उनकी पत्नी भी घर

में है। उनकी एकाग्रता और सलग्नता का इससे अच्छा उदाहरण और क्या हो सकता है।

कभी कभी सफलता इतनी ऊँचाई तक ले जाती है कि दुनियाँ में नाम हो जाता है। वह सदा लोगों से घिरा रहता है, अपने परिवार के लोगों को समय नहीं दे पाता। गौतम बुद्ध अपने नवजात पुत्र को पत्नीके साथ छोड़ कर चले गये। उन्हें ज्ञान प्राप्त हुआ, भगवान कहलाने लगे, पर क्या पुत्र का उत्तरदायित्व निभा पाये। उसने जाना ही नहीं कि पिता का प्यार क्या होता है। उनका संरक्षण उसे मिला ही नहीं। पत्नी सारी जिन्दगी अकेली विरह व्यथा में तड़पती रही। गाँधी जी राष्ट्रपिता कहलाये महात्मा बने, अछूतों का उद्धार भी किया, लेकिन अपने बेटों के लिये, सच्चे अर्थ में पिता नहीं बन पाये। छोटा बेटा पिता के संरक्षण की कमी का शिकार बना और भटकता रहा। कहने का तात्पर्य यह है कि एक सफल महान व्यक्ति के पीछे, उसके निकटवर्ति सम्बन्धियों का भी योगदान होता है। उनका भी त्याग और सहयोग होता है। जोकि नग्न है और रहेगा।



सिपाही

भारत के वीर सिपाही ।
हम नन्हे, भारत के वीर सिपाही।
अपने पथ पर चलते जाते
तूफानों से नहीं डरेंगे,
हम कल के भारत की आशा,
हम कल के विस्वास हैं
बाधाओं से नहीं डरेंगे,
हम कल के इतिहास हैं



रिटायरमेंट का मज़ा



श्याम गुप्ता

पहले अलार्म उठाता था, जॉब भगाता था, जिंदगी थी भाग भाग, रिटायरमेंट ने कर दी दौड़ बंद, हो गई हर चीज़ में अब वाक वाक.

सोमवार से थी नफ़रत, बस हमेशा रहता वीकेंड का इंतजार, और अब हैं ये ठाट, के अपने लिए तो है हर दिन ही इतवार.

अल्लार्म की हो गई छुट्टी, सुबेरे रहती अब खूब मस्ती, बैड का लेते पूरा मज़ा, और मन भर के करते हैं सुस्ती.

कोई नहीं उठने की जल्दी, हम चाहें कर सकते जो भी, लिपटा लुप्पटी, घुला मस्ती, और कभी कभी वो भी.

पहले वीकेंड में करते शॉपिंग, सेल्स गर्ल कोई ना मिलती खाली. वीक डेज़ में अब मिलता सब खाली, सेल्स गर्ल भी सुन्दर वाली.

बस यही नहीं, चीज़े भी पड़ती कुछ और सस्ती सी, क्योंकि सेल्स के उपर अब लेते सीनियर्स डिसकाउंट भी.

पहले शरीर से कराते खूब काम, और हम भी करते पैसों का काम, अब शरीर को देते ठीक आराम, और पैसे कर रहे हैं हमारा काम.

खूब खेलते हैं गेंड चिल्ड्रन्स से, पाते उनका बेहद प्यार, बहुत सुगन की है जिंदगी, पुराने सपने हो रहे हैं साकार.

सब कुच्छ ठीक है, मगर पत्नी की हो गई थोड़ी सी बरबादी, दुगना टाइम अब सहती पति को, जिसकी तन्खवा रह गई आधी



Non Duality in Buddhism



All schools of Buddhism teach (there's) No-Self . Non-Self in Buddhism is the Non-Duality of Subject and Object, which is very explicitly stated by the Buddha in verses such as "In seeing, there is just seeing. No seer and nothing seen. In hearing, there is just hearing. No hearer and nothing heard."

Non-Duality in Buddhism does not constitute merging with a supreme Brahman, but realizing that the duality of a self/subject/agent/watcher/doer in relation to the object/world is an illusion.



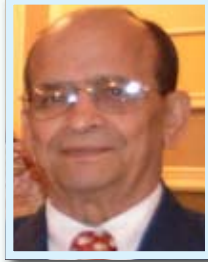
धरती माँ के प्रति



शिव शंकर गुप्ता

संस्कृत के महान कवि कालिदास ने अपने महाकाव्य रघुवंश में कहा है -

'जननी जन्मभूमिश्च स्वर्गादपि गरीयसी' अर्थात् माता और जन्मभूमि स्वर्ग से भी बढ़ कर है। जन्मभूमि को हम मातृ भूमि भी कहते हैं। इस में भूमि की महत्ता की बात प्रमुख है। भूमि, भू देवी या भूमा देवी अर्थात् धरती, धरा, धात्री, धारिणी - किसी भी नाम से कहो, बात एक ही है।



विश्व के प्रत्येक भाषा के साहित्य में - चाहे वो अंग्रेज़ी हो, उर्दू हो, संस्कृत हो, हिंदी हो या कोई और, बच्चों का हो या बड़ों का, शृंगार का हो या विरह का, रहस्यवाद हो या प्रगतिवाद - सभी में धरती की महिमा का गुणगान अपने ढंग से किया गया है। अथर्व वेद में ६३ मन्त्रों का अत्यंत प्रसिद्ध भूमि सूक्त है। भारतीय पौराणिक कथा के अनुसार इस पृथ्वी का पूरा भार एक कछुवे की पीठ पर है, पृथ्वी का भार अर्थात् जिस में पूरा विश्व समाहित है। जग जननी सीता ने अपने अंतिम प्रयाण के लिए धरती की गोद का वरण किया था। डॉ. परशु राम शुक्ल ने कितने सीधे सादे शब्दों में धरती की बात की है -

**ऊँची धरती नीची धरती, नीली, लाल, गुलाबी धरती,
हरे-भरे वृक्षों से सज्जित, मस्ती में लहराती धरती,
कल-कल नीर बहाती धरती, शीतल पवन चलाती धरती,
कभी जो चढ़े शैल शिखर तो, कभी सिन्धु खा जाती धरती.**

भारतीय मनीषा में धरती की व्याख्यात्मक महिमा विशद रूप से की गयी है। अगर देखा जाये सभी प्राणी वर्गों में - मानव वर्ग हो अथवा पशु पक्षी एवं पेड़ पौधों आदि पर धरती का महान उपकार है। इसी लिए धरती को 'माँ' कहा जाता है। मनुष्य किसी भी वर्ग का हो, जाति,वंश या प्रजाति का हो - सभी का जन्म इसी धरती पर होता है।

सभी धर्मों के महान पुरुष गुरु नानक, पैगम्बर मुहम्मद साहब, ईसा मसीह, भगवान महावीर, गौतम बुद्ध आदि ने भी जन्म धरती माँ की गोद में लिया। भगवान श्री राम हों या श्री कृष्ण - सभी ने मानव के रूप में इसी धरती पर जन्म लिया। अंतिम समय में भी सभी ने - अपने अपने धर्म के अनुसार इसी धरती की गोद में शरण ली। यह प्रथा आदि काल से चली आ रही है और अनादि काल तक चलती रहेगी। अल्लाह, परमात्मा, गोड - कुछ भी नाम दो - वही पालन हार है, उसी की कृपा से संसार का

चक्र चल रहा है और यह क्रम इसी तरह चलता रहेगा।

हिन्दू मान्यता के अनुसार मनुष्य का शरीर पञ्च महा भूत से बनता है - पृथ्वी, जल, वायु, अग्नि और आकाश - इन में पृथ्वी का अंश अत्यंत महत्वपूर्ण है। धरती के उपकार की बात करें तो हमारा दैनिक जीवन इस का सबसे बड़ा उदाहरण है। हमारा भोजन, हमारा निवास घर, पहनने का कपड़ा - सभी के निर्माण में धरती का महती योगदान है। इस धरती की महानता इस में भी है की यह अपने दुःखों की व्यथा किसी से नहीं कहती। हम अपने स्वार्थ के लिए धरती पर फावड़ा कुदाल आदि चलते हैं। सभी कुछ अपने ऊपर सहन करती है। इसी लिए धरती माँ में सबसे ज्यादा सहन शक्ति होती है। यही कारण है की हम किसी भी निर्माण कार्य के आरम्भ में भूमि पूजन करते हैं। प्रातःकाल सो कर उठने पर धरती पर पैर रखने से पहले हम अपने हाथों में देवताओं के दर्शन करते हैं - **(करायो वसति लक्ष्मी, कर मध्ये सरस्वती। करमूले तु गोविंदा, प्रभाते कर दर्शनम्।)** और पृथ्वी को नमन करते हैं। यह हम एक तरह से धरती माँ से अपने पापों के लिए क्षमा याचना करते हैं।

इसी धरती की सुरक्षा और बचाव के लिए आज विश्व के पर्यावरण विद चिंतित हैं क्योंकि हम जितना इस धरती से ले रहे हैं बदले में उसे कुछ नहीं दे रहे उलटे इस का दोहन ही कर रहे हैं। इसी सन्दर्भ में संयुक्त राष्ट्र संघ की ओर से पूरे विश्व में २२ अप्रैल का दिन - धरती दिवस के रूप में निश्चित किया गया है।

खगोल शास्त्र के अनुसार अन्तरिक्ष से यदि धरती को देखें तो यह चमकते नीले और सफेद रंग की एक गेंद जैसा एक गोला है। सूर्य से तीसरा ग्रह यह आन्तरिक ग्रहों में सबसे बड़ा है। इसी ग्रह पर जीवन अर्थात् सभी प्रतिभा हैं। भारत के अंतरिक्ष यात्री श्री राकेश शर्मा जब ३ अप्रैल १९८४ को अन्तरिक्ष में गए तो तत्कालीन प्रधान मंत्री श्रीमती इंदिरा गाँधी ने उन से पूछा था की उन्हें ऊपर से भारत कैसा लग रहा है? उनका उत्तर था **"मैं बिना झिझक के कह सकता हूँ ... सारे जहाँ से अच्छा "हिन्दुस्तान हमारा है।"**

जन्म भूमि तो हमें सब से प्रिय है ही लेकिन व्यापक रूप से देखें तो धरती किसी भी स्थान की हो इस के उपकार सब जगह एक समान हैं। अगर आप किसी दूसरे देश में रहते हैं तो क्या वहाँ की धरती ने कभी आप के साथ सौतेला व्यवहार किया, कभी कोई भेद भाव किया - कभी नहीं। तो फिर आप क्यों अंतर रखते हैं? धरती माँ एक

हैं। सभी देश इसी धरती पर हैं | सभी उस के अंग हैं | तब आप क्यों हिंसा, नफरत, वैमनस्य की भावना पालते हैं ? क्यों जान लेवा हथियारों का निर्माण करते हैं ? परम पिता परमेश्वर ने धर्म आदि के आधार पर किसी भी मनुष्य में कोई अंतर नहीं किया - तब आप क्यों ऐसा करते हैं, क्यों किसी के प्रति शत्रुता अथवा घृणा की भावना रखते हैं ? हम भगवान से प्रार्थना करते हैं और धरती माँ से भी कहते हैं की हम पर अपनी कृपा बनाये रखना | हमें अपनी आशीष देते रहना | हमारा अंतिम समय निष्पाप कर्म से प्रेरित हो और हमारे मन का आप के चरणों में निवास हो | -

भगवान मेरी नैया उस पार लगा देना |
अब तक जो निभाया है आगे भी निभा देना ||
अंत में रामावतार त्यागी की इन पंक्तियों के माध्यम से

अपने श्रद्धा सुमन अर्पित करता हूँ |
मन समर्पित, तन समर्पित और यह जीवन समर्पित
चाहता हूँ देश की धरती, तुझे कुछ और भी दूँ माँ
तुम्हारा ऋण बहुत है, मैं अकिंचन, किंतु इतना कर रहा,
फिर भी निवेदन
थाल में लाऊँ सजाकर भाल में जब भी, कर दया स्वीकार
लेना यह समर्पण
गान अर्पित, प्राण अर्पित, रक्त का कण-कण समर्पित
चाहता हूँ देश की धरती, तुझे कुछ और भी दूँ



Shayri



A.R.Gupta, अभय राज गुप्ता (Ahmedabad)

नजर तुम्हारी नजर हमारी, नजर ने दिल की नजर उतारी,
नजर ने देखा नजर को ऐसे, नजर दोस्तों को लगे न हमारी,

हर कोई यार नहीं होता, हर किसी से प्यार नहीं होता,
ये वो दिल मिलने की बात है, वरना सात फेरो में भी प्यार नहीं होता,

दोस्ती और बारिश दोनों एक से होते हैं, वो हमेशा यादगार होते हैं,
फर्क सिर्फ इतना है कि, बारिश के साथ रह कर तन भीग जाता है,
और दोस्त से दूर रह कर आँखें भीग जाती हैं.

विश्वास सच्चा हो तो हर चीज मिलती है, उम्मीदों की चाहत से दिल की कली खिलती है,
इस दुनिया में सब एक जैसे नहीं होते, बड़ी मुश्किल से दोस्ती अजीब मिलती है,

हम याद रहें तो ठीक वरना भुला देना, हो कोई खता तो सजा देना,
वैसे हम तो हैं कागज की तरह, लिखा जाय तो ठीक वरना मिटा देना,

कभी फुरसत न मिली तो क्या करोगे, इतनी मोहलत न मिली तो क्या करोगे, हमेशा कह देते हो कल मिलेगे, कल अगर
हम नहीं रहे तो क्या करोगे,

एक सा दिल सभी के पास होता है, फिर क्यों नहीं सब पर विश्वास होता है
इन्सान चाहे कितना ही आम क्यों न हो, वो किसी न किसी के लिये खास होता है,



The Miracle of Giving



Ved Gupta

“He who loves others is constantly loved by them. He who respects others is constantly respected by them.”
----- Mencius (4th-3rd century, B.C.)



Would you like to be on the receiving end of prosperity and abundance for the rest of your life? You can be if you expand your experience of giving.

Our world operates through the universal law of cause and effect. Nothing stands still. Life moves continually as energy flows through us and circulates to the rest of the world, then returns to us once more. Your relationships with your spouse, boss, children, and friends constantly revolve in a circle of giving and receiving.

Your career, your health, your spiritual community, your family, and yes, even your bank account, require an energy flow of give and take. If you stop giving to one area of your life, be it knowledge and enthusiasm, food and rest, quest for inner harmony, love and nurturing, or financial support, that part of your life suffers---returns little to you. Why? You've blocked the energy flow, the circulation. Like a stream, energy must keep circulating to stay alive and vital. Otherwise, it grows stagnant.

In the words of best-selling author Seth Godin, “In these times, our communities face so many problems; your simple act of giving can improve every aspect of your life and the life of people around you and the whole community. It may sound strange to you but virtually all successful ---and certainly all happy people have discovered the secrets of giving.” I find the life story of Oprah Winfrey to be amazing. With the amount of her success and all the millions of dollars she has given away, you have to wonder; is she so very successful because of the power of giving or is she giv-

ing because she is so successful? Which came first the chicken or the egg?

There are numerous stories on the power of giving. A friend of mine shared such story with me and it really touched my heart and thought that I should share it with readers. He narrated his story in his own words like this, “I received a phone call from a friend who was running in a marathon for cancer awareness. She was a survivor. She was looking for donations but said she understood if I was unable to. Immediately after I hung up with her, I was handed my pay check for the week at work. Without hesitation I wrote a check for 10% of my pay check and dropped it in the mail to my friend before I could change my mind. Did I have second thoughts after I dropped the money in the mail? You betcha! I thought, Oh my gosh, what have I done? How will I pay my entire mortgage, or will I be able to buy groceries this week? I had anxiety.

It didn't last long. Amazingly I was able to cover all my bills. I don't even remember feeling a pinch. The best part was though; I received a phone call from my friend. She had received my check. She was crying. She was overwhelmed with my generosity (she knew my financial situation). She was so choked up with emotion, she got me all choked up. Her happiness caused a lump in my throat. I'll never forget it. Then, she proceeded to tell EVERYONE we knew how generous I was. How's that for the power of giving?

Even if I had felt a pinch that week I would have gladly accepted it just to reap the rewards of my friend's happiness. I felt good. Very good. I knew I did the right thing.

Later that month I received an unexpected \$1000 bonus at work. I just sat staring at the check. Coincidence? Maybe. Would I have received the bonus anyway? I don't know. All I know is two things happened; I did something good for someone and my life was enriched, in doing so and my financial situation

was better NOT worse by donating money. Neat trick, huh?”

Giving and receiving forms a circle and a circle has no end. For each area of our lives to thrive and grow, we need to give freely and receive with gratitude.

Begin the process of circulation by giving what you most want to receive. Would you like more abundance in the form of money? Give what you can, with kind intentions, and no thought for its return. Would you welcome more attention and appreciation? Give honest compliments, do someone an unexpected favour. Give of your time, your caring.

In The Seven Spiritual Laws of Success, author Deepak Chopra writes, “Make a decision to give wherever you go, to whomever you see. As long as you’re giving, you will be receiving. The more you give, the more confidence you will gain in the miraculous effects of this law.”

Remember, whatever you send out will return to you. So, give for the sake of giving, and your life will overflow with abundance and prosperity.



मन का दीया



गीता रस्तौगी (मुरादाबाद) Mother of Dr Shalini Rastogi

यूँ तो मानव जीवन मात्र पानी के एक बुलबुले की भांति है, पर उसके नीचे अथाह गहराई का सागर है, जिसकी सतह परमात्मा स्वरूप हृदय यानि की हरि-दया अर्थात(ऋतः) शब्द से उपजा सत्य है, जिसमें प्रेम की गंगा अविरल रूप से बहती है. क्योंकि श्रुति द्वारा कहा गया है “सत्यमज्ञान मननतम श्रुति”. परन्तु मनुष्य प्रकृति उसकी धारा में बहना नहीं चाहता इसलिए बूद-बूद कर रिसता रहता है और फिर बुलबुला बन कर उड़ने के लिए तत्पर रहता है. अगर हम प्रेम रस में सराबोर हो कर चारों ओर नजर दौड़ाएं तो हम पायेंगे कि पूरा संसार हमारा अपना है, सभी हमारे प्रियजन है.



कहा गया है कि “यद् भासा भाष्यते सर्व विभाति सचराचरम्” अर्थात उस ब्रह्म के प्रकाश से ही चराचर ब्रह्मांड भासमान है. एक अकेला वही सब को आलोकित तथा दिव्यता प्रदान करता है. इतना जान लेने पर उस घड़ी हमें ईश्वर की इस रचना पर गौरव होगा. हम सब कुछ भूल कर उसके दीवाने हो जायेंगे जो इस प्रेममय जगत का पालन हार है. हमारा मन व्याकुल हो जायेगा उसके दीदार के लिए. हम आतुर हो जायेंगे उसे पाने के लिए. उसे पाने और समझने के लिए जब उत्कंठित होंगे तो मार्ग - दर्शन की आवश्यकता होगी. उस समय हमें वही तीव्रता किसी सतगुरु की ओर ले जाएगी. गुरु अर्थात “गु” यानि अंधकार और “रु” का मतलब प्रकाश की ओर ले जाने वाला. वही गुरु ज्ञान, भक्ति, सत्यप्रेम तथा उपासना द्वारा परमतत्व रूपी प्रकाश की ओर ले जाकर हमें परमेश्वर की निकटता का अहसास कराता है, और हमारे मोक्ष तक की मंजिल को सुगम तथा सरल बनाता है.

समय का पहिया टिक- टिक करके चलता जाता,
जन्म अकारथ तेरा यूँ ही बीता जाता,
निस्वार्थ हो कर जोड़ ले प्रभु से नाता,
उम्र जो जाये बीत तो फिर तू रहे पछताता,
तो सुनले गीता ये कहती है ‘हृदय प्रेम रस घोल’
हरि-ओम - हरि-ओम - हरि-ओम बोल.

वास्तव में दीपावली महज मिट्टी के दीये जलाना ही नहीं, अपितु अपने मन मंदिर में सत्य की ज्योति जगा कर प्रेम रूपी माला गूँथ कर पहनाने का पर्व है.



Superb Quotes by Superb People



Shakespeare....

"Never Play With The Feelings Of Others
Because You May Win The Game
But The Risk Is That You Will Surely Lose
The Person For A Life Time".
"Coin Always Makes Sound But The Currency
Notes Are Always Silent. So When Your Value In-
creases
Keep Yourself Calm and Silent"

Napoleon....

"The world suffers a lot. Not because of the violence
of bad people,
But because of the silence of good people!"

Einstein....

"I am thankful to all those who said NO to me
It's because of them I did it myself.."

Abraham Lincoln....

"If friendship is your weakest point then you are the
strongest person in the world"

William Arthur....

"Opportunities Are Like Sunrises,
If You Wait Too Long You Can Miss Them".

Dr Abdul Kalaam....

"It Is Very Easy To Defeat Someone, But It Is Very
Hard To Win Someone"



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Happy Diwali from Anita, Sheela and Amy Agrawal.

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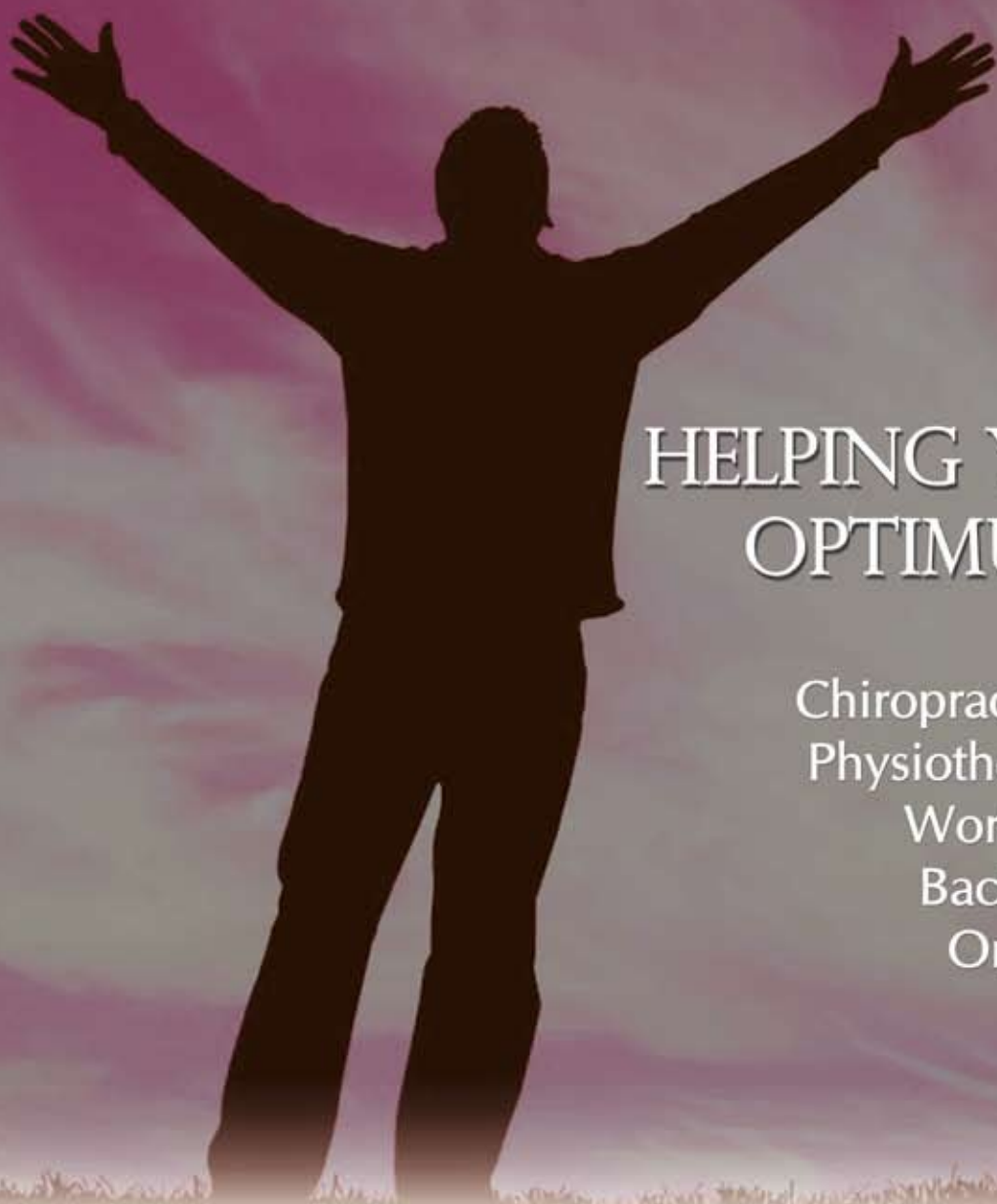
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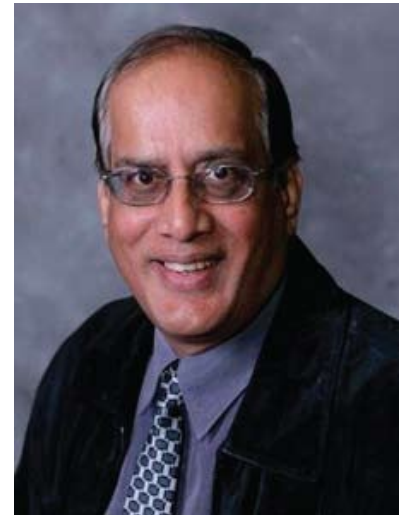
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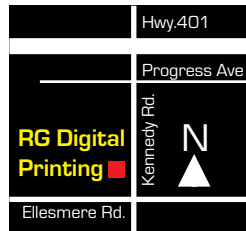
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