

20 YEARS
ANNIVERSARY

SPECIAL EDITION 2017

Happy
Diwali



Wishing you a happy Diwali,
from your friends at
BMO Bank of Montreal.



PRIME MINISTER • PREMIER MINISTRE

November 11, 2017

Dear Friends:

I am pleased to extend my warmest greetings to the members of the Agarwals Based in Canada as you celebrate Diwali and your organization's 20th anniversary.



Diwali, also known as the Festival of Lights, reflects the triumph of good over evil and the power of knowledge and hope over ignorance and despair. This holiday brings some of the world's great faiths together, and celebrates our shared values of respect, inclusion and pluralism.

As family and friends come together to light diyas, share meals and reflect on how to help those less fortunate, we are reminded that Canada's diversity is a unique blessing. This year, as we celebrate the 150th anniversary of Canada's Confederation, let us take the opportunity to honour the many cultures, traditions and beliefs that make our country such a wonderful place to live.

On behalf of our family, Sophie and I wish all those celebrating a very happy Diwali.

Sincerely,

The Rt. Hon. Justin P.J. Trudeau, P.C., M.P.
Prime Minister of Canada



Premier of Ontario - Première ministre de l'Ontario



November 11, 2017

A PERSONAL MESSAGE FROM THE PREMIER

On behalf of the Government of Ontario, I am delighted to extend warm greetings to everyone attending the 20th Anniversary Annual Gala and Diwali celebration of Agarwals Based in Canada (ABC).

Diwali, also known as the Festival of Lights, signifies the triumph of light over darkness, knowledge over ignorance and happiness over despair. This festival is a reaffirmation of hope and a celebration of life. Diwali is also a time for "dana," or charitable giving, and "sewa," meaning "selfless service."

For two decades, members of ABC have honoured this important tradition of charitable giving, which helps to ensure that our province remains a caring and compassionate place. I applaud ABC's many acts of giving, and its social, cultural, recreational, and spiritual activities. Thank you for everything you do to strengthen community and contribute to the quality and vibrancy of life in Ontario.

Please accept my best wishes for an enjoyable anniversary celebration and may the joyousness of Diwali strengthen your families, your friendships and your community.

A handwritten signature in black ink that reads "Kathleen Wynne".

Kathleen Wynne
Premier

Dinesh Bhatia
Consul General of India
दिनेश भाटिया
भारत का प्रधान कौंसल



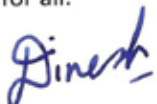
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MESSAGE

I am delighted to learn about the philanthropic nature of services being rendered by Agarwals Based in Canada (ABC) for the community welfare. I am happy to note that the ABC is celebrating its 20th Anniversary on the occasion of holy festival of Diwali in October 2017.

2. India is a land of many cultures, traditions and diversity. Diwali, also known as the festivals of lights, is one of the most important festivals of India. The festival of Diwali has different connotations for various communities and regions in India. Victory of good over evil, light over darkness signifying return of Lord Ram to Ayodhya, and cleaning of outer and inner self are some of these.
3. ABC has been providing an important platform for promotion and projection of the rich cultural, social and philosophical traditions of India and its values of unity in diversity and the spirit of peace and tolerance. I appreciate the initiatives taken by the Organisation in promoting rich cultural heritage of India and in strengthening ties between India and Canada.
4. On this occasion, I extend my warmest greetings and congratulations to all the members of Agarwals Based in Canada (ABC) and their family members. I wish and pray for continued progress, happiness and well-being for all.


(Dinesh Bhatia)



October 2017

Personal Message from Mississauga Mayor Bonnie Crombie



On behalf of the City of Mississauga and Members of Council, I would like to offer my sincerest best wishes to the volunteers, members and leadership from Agarwals Based in Canada, on the joyous and celebrated occasion the organization's 20th Anniversary.

Agarwals Based in Canada has an important place in Mississauga and in communities throughout the Greater Toronto Area. Thank you to this organization for giving its time, talent and treasure to support so many worth charitable causes that touch the lives of those in need of additional care and support.

In Mississauga we celebrate the diversity of our citizens, their cultural backgrounds, and faiths. Diversity is one of our biggest and most dynamic strengths as a world-class city. It links us culturally and economically with global communities.

I would like to once again offer my very best wishes to the committed team from Agarwals Based in Canada; may you continue to enjoy many more years of continued and enriching success in service to the residents and families of Mississauga and the GTA.

Warmest Regards,

A handwritten signature in cursive that reads "Bonnie Crombie".

Bonnie Crombie, MBA, ICD.D
Mayor, City of Mississauga

P RESIDENT'S MESSAGE



Vandana Agrawal

Dear ABC Members and Friends,

A warm welcome to each and everyone of you to our 20th Anniversary gala. I have been eagerly looking forward to this special celebration. This is an occasion to sit back and muse on 20 wonderful years during which each of you have been in the front seat to experience modernization, transformation and tremendous growth of our organization. None of this would have been possible had it not been for the strong foundation set by our founder leaders and pillars of this organization who have exhibited vision and passion through their terms as President.

I, along with the support of our Board have the honour to lead this organization into its key milestone year and continue building on a strategic plan that fosters a cohesive and cooperative environment to meet the goals of this plan for our organization and its members.

We have seen years of remarkable growth – growth and interest in membership, vision, effectiveness and credibility, for that I would like to express our gratitude for the ongoing support and trust shown by our members, sponsors and partner organizations. The success of our community rests on the success of its partnerships. We have invested in just that, resulting in helping us integrate in mainstream and lead us to achieve positive results and growth.

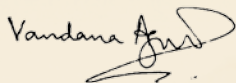
Now coming to the fun and most eagerly awaited Annual event for ABC, our 20th Anniversary gala - It has been truly amazing to see how the entire Board has worked shoulder to shoulder with our dynamic Annual gala coordinators Krishna & Anshul Bhoutika to ensure each and every detail of the event seamlessly comes together on the final day. Hope you enjoy this multifaceted show with live singers, fire show and our very own dazzling inhouse talent!!!

We are also very Thankful to our Special guests and dignitaries, Hon. Dinesh Bhatia (CGI), Hon. Dipika Damerla, MPP and Her Worship, Mayor Mississauga for their consistent support to our organization - Agarwals Based in Canada (ABC).

My sincere gratitude to our sponsors – Gold: BMO and Silver: Raymond James, Creative Gems Inc & Northcloud along with all other sponsors whose continued support is invaluable to us.

Finally, on behalf of the ABC Board and myself I wish you and your families the very Best!!

Best Wishes,



Vandana Agrawal,
President, Agarwals Based in Canada (ABC)

GALA CHAIRS' NOTE



Krishna Bhoutika



Anshul Bhoutika

Dear Friends and ABC members

Thank you for being part of the ABC 20th Anniversary Gala. It has been an honour and pleasure for us to be the chairs of the Gala.

This evening has been a year in the making and would not have been possible without the immense talent and countless hours of effort put in by the team-leads, many volunteers, parents and the ABC Board of Directors. We simply don't have the means to fully express how thankful we are to every one of you.

ABC was founded in 1997 and celebrating 20 years of growing together this year. ABC is unique because very few community organizations survive the travails of time to reach the milestone of two decades.

This organization plays an invisible but invaluable role in creating a stronger, prosperous and flourishing community by enabling the familial bond that many leave behind when we come to live in Canada.

ABC helps to bring together the community to raise awareness for social issues, respond to catastrophic events and participate in many worthwhile causes like the Terry Fox Run to support cancer research and support food bank to help those in the society who needs it the most. It also provides a platform to many kids and youth and to many seniors to form life-long bonding and stay connected to their roots.

Personally, 2017 has felt like a roller coaster year to us, raising two small kids, managing work, navigating the endless to do lists and chores. However, as we reflect back we could not think of having it any other way. We feel humbled and fortunate to have had the privilege to work with you and watch this event take shape from the front row.

Our message cannot end without expressing gratitude to the Sponsors. Your sponsorship dollars helped us significantly subsidize the ticket prices, and allowed many more community members to participate. Your sponsorship supports the youth and other members of the community to train, form bonding and participate in cultural events.

We would love to see you remain engaged with ABC and continue to support us going forward.

Wishing you Happy Diwali and a prosperous times ahead.

Krishna Bhoutika & Anshul Bhoutika
Chairs for 20th Anniversary Gala

EDITOR'S NOTE



Aparna Goyal

It's amazing how time flies! Twenty years ago, a baby was born and was fondly named 'Agarwals Based in Canada (ABC)'. With a lot of nurturing by past and present Board of Directors, this child has now matured into a fine youth that perfectly exemplifies what 'growing together' is all about.

ABC's persona and character is reflected in its Annual Magazine. Year after year, our endeavour has been to offer a better product with a unique theme. This year, we present to you our Special Edition that illustrates 'the 20 Year Journey'. Check out our picture gallery which depicts how we have galloped through the years during this voyage!



Dr. Ashok Rastogi

I am thankful to all the authors who have chosen the ABC Annual Magazine as a platform to showcase their writing talent. I am grateful to our sponsors who believe in the ABC values, offer unwavering support to the organization and add grandeur to our Magazine. I also want to acknowledge the contribution of many past and current Board of Directors who helped me in compiling the photo gallery of the past 20 years.

This edition would have not been possible without the tireless efforts of Dr. Ashok Rastogi who has been the backbone of the Publication team since its inception and RG Digital Printing team that helped me translate my vision into reality.

We hope that you enjoy the Special 20th Year Edition as we have invested months of hard work in compiling, editing and publishing this Issue. As always, feedback and suggestions are welcome.

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

Aparna Goyal
Chair, Publications

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A

MYTH OR A REALITY?



By Suman Gupta

I would like to begin with putting a disclaimer out there that this article has not been written to hurt or demean the values, religion or opinions of anybody.

This is my mind wondering and responding to conversations in our family.

On our recent trip to India, we purchased a collector's edition of the Bhagvad Gita. I was showing the book in its entire glory and beauty to my visiting in-laws. Soon, the conversation veered off to various aspects of our faith, beliefs, Gita, Mahabharata, Krishna and our Gods. I was struck by a comment that my mother-in-law made, she said that she did not put much stock in the actual happening of the Mahabharata and how she was most disturbed that many of the characters mentioned in the Bhagvad Gita were not born the "normal" way! Many of our Gods and revered figures were born through the "prasadas" of the sages and rishis or in some other unnatural way.

I am not sure whether it was the devout and passionate Hindu in me jumping to the defense of our holy texts or an awareness that these kinds of conceptions may have been in the realm of possibility! Whatever the reason, I voiced to my mother in law in response that maybe the enlightened and learned sages and rishis of that time knew the science of artificial insemination, of surrogating, of incubation or in-vitro fertilization. If it is possible now with medical science to have clones, genetic modifications, asexual reproductions, could we dare to suggest that this knowledge existed even then?

A trip to the BAPS temple museum in Woodbridge, Toronto came to mind. At the museum, I was surprised to see numerous instances of scientific theories already known to the Vedic race. These were thought to be discoveries of the modern man. It is well documented that the Aryans of the Vedic Age were well

versed in creation of atomic weapons, theory of Quantum physics, time cycles and advanced astronomy among other things. Oppenheimer, the father of modern atomic bomb on seeing the first nuclear explosion said that he had read the description of a nuclear weapon in Bhagavad Gita! Planes were perhaps in existence during the period of Ramayana, 7000 years back, the Pushpak Vimana of Ravana comes to mind!

Coming back to my original conundrum of the authenticity of Mahabharata and their knowledge of artificial means of progeny. I decided to put my friend Google Search to work and do some more fact-finding. It seems, I was not the only person wondering about this!

As per astronomical and archeological finds it has been conclusively proven that Mahabharata is not a myth. In the epic text, Mahabharata, references have been made to sequential solar and lunar eclipses as well as to some celestial observations. Dr. R.N. Iyengar, the great scientist of Indian Institute of Science, Bangalore examined these relevant references and searched for the compatible dates by making use of planetarium software (PVIS and EZC). These references check out! The positions of the stars and planets are in accordance with the texts of the Mahabharata and the start date of the war given. So, how is this text which is supposedly based on a myth and a work of fiction, be proved by using mathematical tools?

Moreover, archeological digs and surveys have revealed many antiquities and artefacts that are consistent with the period of Mahabharata. Leading Marine archeologist of India, Dr. S. R Rao, upon his discovery of the drowned city of Dwarka wrote in his book, "The discovery of the legendary city of Dwaraka which is said to have been founded by Sri Krishna, is an important landmark in the history of India. It has set to rest the doubts expressed by historians about the historicity of Mahabharata and the very existence of Dwaraka city".

Regarding the advancement of the Vedic science in medicine, in his article about Mythology and Science of Pregnancy, K.K Aggarwal- Padamshri and Dr. BC Roy National Awardee has opined, "The ancients in the Vedic time were familiar with the concept of artificial reproduction. Magic potions created by sages for queens of childless kings to make women pregnant were a common happening in those eras. What were

these magic substances? “Fertility drugs” or the metaphors for ‘donated semen’? In another example from the Bhagvata Purana, the instance of Balrama’s conception suggests the practice of surrogate motherhood. To save this child of the imprisoned Devki and Vasudeva from certain death at the hands of Kans, Goddess Yogamaya was summoned. She transferred the fetus from the womb of Devaki to the womb of Rohini (Vasudeva’s other wife residing in Gokul). “Thus, the child conceived in one womb was incubated in and delivered through another womb”.

References to such medical practices have also been made in other ancient Vedic scriptures like the Brihaddevta 5.134. The birth of wise sages, Agastya, and his brother Vasistha has been described akin to the process of preserving the seed and creating the “test-tube” babies of today. Similarly, Bhagvat Purana describes the successful process of in-vitro fertilization during Mahabharata era. Gandhari, was said to have given birth to a mound of flesh which sage Vyasa divided into thumb-sized 101 pieces. He cooled them with water and then put each piece into an earthen pot filling it with ghee. He then kept them in a safe place to mature. Of these 101 earthen “test-tubes” were born the 100 Kaurava brothers and their one sister.

In my opinion, given the above findings and the new discoveries that we keep making, the happening of Mahabharata is not a myth but an actual historical event. I am also certain that after reading from Vedic texts about their advanced knowledge in the field of science, the disbelief and distrust on the manner of the birth of our Gods and Kings will also be replaced with wonderment and pride. We should make the effort to read our Vedic texts and ancient literature. There exists a wealth of information in them waiting to be re-discovered! In the end, I am glad we bought the Bhagvad Gita and brought it to Canada with us. I plan on reading and learning from this treasure trove every day.

Suman Gupta is an integral part of the ABC family for last 15 years with last two terms being spent as the Executive Director. She works as the General Manager for a mosaic and tile import and distribution company. She enjoys travelling, dancing and reading and gets motivated to write when some everyday incident or conversation challenges her or fires her up”!



A CKNOWLEDGEMENTS

In recognition and appreciation for the unwavering support and sponsorship, Agarwals Based in Canada would like to extend their sincerest thanks to the following families:

Ashok, Anita, Udit and Nikhil Gupta
 Naresh Jain, Anamika Jain & family
 Dr. Kapil Surana and family of Dr. Surana Dentistry



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A LLERGIES & ME



By Arnav Goyal

Most people have heard of allergies or have known somebody who has one. I am one of those people who actually have allergies. My personal experience is interesting. The first sign that I

had allergies was when I threw up right after I ate a certain snack two days in a row. I was four years old at that time. An allergy test confirmed that I was allergic to cashew nuts. Two years later I was told that I was allergic to three or four nuts. After a few more years, the results declared that I should stay away from all nuts.

I have experienced various reactions from allergies over the years - swollen lips, breathlessness, throwing up, swollen eyes, and chest pain to list a few. We had to even call 911 once. Even though all of these things happened several times, I'm hoping that I will lose my allergies one day.

As we know, everything has its pros and cons. The downside of allergies of course is that they limit what you can eat and may even limit school privileges depending on which school you go to. In my school there were parties and celebrations where my whole class brought snacks, but I wasn't allowed to eat any. Often people with allergies are not able to eat a lot of tasty dishes especially Indian food. Also allergies come with different levels of danger. It can have mild effects like trouble breathing, coughing, and swelling of body parts, or it can be life threatening. It can also be caused in different ways such as taste, smell and sight.

But what could possibly be the positives side of having allergies? Well, I have noticed that I am more aware of my surroundings now. I am more observant and more cautious as I always check the ingredients of the things I plan to eat. Also I may not gain too much weight as I will refrain from impulsive eating! Some might often be envious of people who do not have allergies, but if one puts a check on that emotion, they would never be jealous of anyone for anything in life.

Having an allergy is hard but these allergies have made me a more responsible person and have made me more thoughtful towards others too.

So as you can see how we manage our allergies depends entirely on our attitude. Having an allergy is hard but these allergies have made me a more responsible person and have made me more thoughtful towards others too. Many might think of allergies as a curse but I have embraced it with all my heart and I know I am special.

Arnav Goyal is 11 years old and is studying in Grade 6 IBT program. He was the 3rd winner at 2017 Spelling Bee of Canada Regional Competition and is currently preparing for Taekwondo Black Belt. Arnav resides in Mississauga with his parents and younger brother.





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भूतपूर्व प्रधानमंत्री पंडित जवाहलाल नेहरू का यह ऐतिहासिक भाषण है जो उनसे 14 -15 अगस्त 1947 की मध्य रात्रि को पार्लियामेंट के सेंट्रल हाल से दिया था. इस भाषण से पहले शंखनाद के साथ आजाद भारत का आगाज़ हुआ. भारतीय प्रसारण के लिए भी यह न केवल एक ऐतिहासिक क्षण था वरन परीक्षा की घड़ी भी थी क्योंकि 15 अगस्त 1947 की सुबह एक नयी ताज़गी ले कर आ रही थी. 14 -15 अगस्त का यह विशेष प्रसारण रात्रि में ठीक 11.00 शुरू हुआ और 0015 तक चला. इस महत्वपूर्ण प्रसारण को इस तीन दृश्यों में देखा जा सकता है.

दृश्य 1. (क्रमवार विवरण इस प्रकार था) -

- गुरुवार - 14 अगस्त 1947, रात्रि 11.00 बजे
1. संसद भवन के केन्द्रीय कक्ष में स्वतंत्र भारत का सबसे पहला और सबसे महत्वपूर्ण सत्र प्रारम्भ हुआ. संविधान सभा के अध्यक्ष के रूप में मध्य में स्थित कुर्सी पर डॉ. राजेंद्र प्रसाद विराजमान थे. अध्यक्ष महोदय की अनुमति से कार्यक्रम शुरू हुआ
2. सबसे पहले श्रीमती सुचेता कृपलानी के स्वर में राष्ट्रीय गीत 'वन्दे मातरम' के पहले पद का गायन हुआ
3. अध्यक्ष डॉ. राजेंद्र प्रसाद का हिंदी में अभिभाषण हुआ.
4. भाषण के अंत में डॉ. राजेंद्र प्रसाद के प्रस्ताव पर पूरे सदन ने दो मिनट का मौन रख कर स्वतंत्रता संग्राम के शहीदों को श्रधांजलि अर्पित की.
5. पंडित नेहरू ने 'नियति के साथ वायदा' वाला अपना प्रसिद्ध अभिभाषण दिया. “.....आज हम भारत के लोगों से, जिन के प्रतिनिधि के रूप में हम यहाँ खड़े हैं, निवेदन करते हैं कि वे इस देश को महान बनाने के काम में निष्ठा और विश्वास के साथ जुड़े.हमें स्वतंत्र भारत को एक श्रेष्ठ और सुन्दर स्थान बनाना है जहाँ उस के सब बच्चे पारस्परिक शांति और सद्भाव से रह सके.” नेहरू जी ने प्रस्ताव रखा जो एकमत से पारित हो गया.
6. अंत में सभी सदस्यों द्वारा शपथ ग्रहण समारोह
7. संविधान सभा द्वारा सत्ता ग्रहण की अंतिम वायसराय (सम्राट के प्रतिनिधि लार्ड माउंटबैटन) को सूचना. असेम्बली

द्वारा उनकी स्वतंत्र भारत के प्रथम गवर्नर जनरल के रूप में नियुक्ति की सूचना उन्हें दी गयी.

8. भारतीय महिला समाज की ओर से, श्रीमती सरोजिनी नायडू, की अनुपस्थिति के कारण, श्रीमती हंसा मेहता ने असेम्बली को तिरंगा झंडा प्रस्तुत किया.

9. इस प्रकार सदन शुक्रवार 15 अगस्त 1947 के सुबह दस बजे तक के लिए स्थगित हो गया.

पूरे कार्यक्रम का केंद्रीय हाल से सदय (LIVE) प्रसारण किया गया और उस समय के सभी छह आकाशवाणी केन्द्रों से अनुप्रसारित (Relay) किया गया. यह एक ऐसी रात्रि थी जिस में पूरा देश लगता था एक अनूठी मस्ती में झूम रहा हो. जिन लोगों ने उस मस्ती को देखा अथवा भोगा - उस की छवि उन के हृदय पटल से मिट नहीं सकती.

दृश्य 2. 15 अगस्त की सुबह:

इस समय पूरे देश की जनता का ध्यान लाल किले पर था. जनता का सैलाब लाल किले की तरफ जाने के लिए उमड़ा पड़ रहा था. इसी भीड़ में स्वतंत्र भारत के प्रथम नागरिक के रूप में लार्ड माउंटबैटन और उन की पत्नी भी थी. यद्यपि वे दोनों एक बग्गी में थे लेकिन वे दोनों भीड़ में कुछ देर के लिए अलग थलग हो गए थे. वातावरण में 'पंडित नेहरू की जय' - 'पंडित माउंटबैटन की जय' के नारे गूँज रहे थे. प्रधान मंत्री ने ठीक समय पर स्वतंत्र भारत का तिरंगा झंडा फहराया और देश को संबोधित किया. यह सब पूरा कार्यक्रम आकाशवाणी के सभी केन्द्रों से प्रसारित किया गया.

दृश्य 3. राजपथ से:

लाल किले के बाद यह सारा हजूम राजपथ (उस समय का किंग्सवे) की ओर बढ़ रहा था क्योंकि अब नेहरू जी को वहाँ पर तिरंगा फहराना था. भीड़ की मस्ती और उल्लास अवर्णनीय था. आकाशवाणी से पूरे कार्यक्रम की रनिंग कमेंटरी चल रही थी और बीच बीच में देश भक्ति के गीत बज रहे थे. इन में अधिकांश गीत आकाशवाणी के अपने बनाये हुए थे.लेकिन जहाँ एक ओर यह प्रसन्नता और उल्लास का वातावरण था दूसरी ओर देश के विभाजन के परिणामस्वरूप बनी नयी अंतर्राष्ट्रीय सीमा पर मार धाड़ के की खबरें भी आ रही थी. करोड़ों की संख्या में लोग इस पार से उस पार आ जा रहे थे. जिस के हाथ में जो कुछ भी आया वही उसे ही अपना भाग्य और अपनी सम्पत्ति मान कर चल दिया.

यहाँ आकाशवाणी के सामने दूसरी बड़ी जिम्मेदारी आयी. विभाजन से प्रभावित लोग अपने सगे सम्बन्धियों और रिश्तेदारों की सुरक्षा और कुशलता के बारे में चिंतित थे. इस अवसर पर आकाशवाणी के दिल्ली केंद्र पर एक बहुत बड़ा दायित्व आ गया. रेडियो से इन लोगों की सुरक्षा, इन

के खोज बीन की सूचना, इन के आने जाने के लिए रेल और अन्य साधनों की खबरें और इन के भेजे गए सन्देश प्रसारित किये जाने लगे. एक अहम् काम इन सूचनाओं को सम्पादित करना होता था क्योंकि इन के प्रसारण का उद्देश्य कम से कम शब्दों में अधिक से अधिक सूचना देना होता था. मुख्य बात ध्यान में रखनी होती थी कि सूचना देने में, उनके शब्दों में अथवा उन के लहजे में कहीं मानवीयता का अंश न छूट जाये. इस के लिए एक अलिखित नियमावली भी बनाई गयी थी.

भारत के प्रसारण इतिहास के ये कुछ ऐसे पृष्ठ हैं जिन की ओर संभवतः किसी इतिहासकार ने ध्यान नहीं दिया - न ही किसी ने इस की महत्ता को समझा. उस संक्रमण काल की प्रसारण सामग्री को आने वाली पीढ़ियों के लिए संजो कर भी नहीं रखा गया. इस के लिए एक संग्रहालय बनाने की आवश्यकता थी. 15 अगस्त और उस के बाद के दिनों में कुछ अन्य नेताओं के भाषण आकाशवाणी से प्रसारित किये गए - इन में प्रमुख थे लार्ड माउंटबैटन, राजगोपालाचार्य, सरदार पटेल, कन्हैयालाल मानिकलाल मुंशी, सरोजिनी नायडू, आदि. उस समय जो प्रमुख प्रसारण कर्ता थे यदि इन सब के संस्मरण भी एकत्र किये गए होते तो यह भी एक ऐतिहासिक धरोहर होती. लेकिन सरकार ने

आकाशवाणी को एक सरकारी महकमा ही समझा. स्वतंत्रता दिवस के इस पावन पर्व पर इन सभी को नमन!

Late Mr. B. N. Goyal served the Government of India in various capacities and roles (Ministry of Information and Broadcasting, External Affairs and Defence). He retired as Director of Programmes from All India Radio, New Delhi and travelled extensively both within India and abroad. Academically he obtained Master's degree in five subjects from different universities of India. He was a voracious reader and authored several books for National Book Trust, a Govt. of India enterprise. Besides writing articles on art and literature, his analysis on general political and social issues appeared regularly in the newspapers both in India and Canada. Mr. Goyal was an active member of ABC and had completed above article just before he passed away peacefully on July 6, 2017.



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A N ANALYTICAL LOOK INTO FRACTIONAL HINDI

Mathematics in language



By Siddharth Gupta

A couple weeks ago, I overheard my mom refer to 8:45am as “paune nau”. As many of you know, that translates to quarter to nine. The use of specific words to denote fractions in Hindi has always been somewhat of a challenge for me, and for many others like me. The fractional concept in Hindi is pretty elaborate and I decided to look closely in it. I wondered, for example, what paune sau (quarter to 100) is. Is it 75, or 99.75?

Using the following as my guide, I explored *an analytical look into fractional Hindi*.

Paune	quarter to	पौने
Saade	half past	साढ़े
Sava	quarter past	सवा
Dedh	one and a half	डेढ़
Dhai	two and a half	ढाई

Why stop the fractional phrases at the level of time? Can we extend them beyond describing time, and into all types of numerical expressions? For example, can I say I got paune sau percent when I get 75% marks in Art?

A common method used when extending the definitions is to start with examples and build rules around it. So, *what is “paune sau”? Well, when we say “paune nau” as a time, we mean quarter to nine – 8:45. We do not mean 8:59:45, isn’t it. Extending the same concept, clearly “paune sau” is 75. But **why?** Why is paune sau not 99.75?

The similarity here is that they are a logical stopping point. In case of describing time, it is a full hour. For other units,

it may be 1, 10, 12 inches, 7 days, 10 000, 1024 MB, etc. Let’s call this logical stopping point as a full circle (taken from the clock face). So, paune sau will be 75 as 100 is a full circle, paune hazar (quarter to 1000) will be 750, not 975, as the full circle will now be 1000, not 100.

As per this new definition, we can apply the conversion to the full circle: for example, “saade 12 in” is 18 in, and “sava 30 mm” is 32.5 mm.

When one of the fractional Hindi words are said without an accompanying unit, it automatically applies to 1. For example:

$$\begin{aligned} \text{paun (derived from paune)} &\rightarrow \text{paune } 1 = 0.75 \\ \text{sava} &\rightarrow \text{sava } 1 = 1.25 \end{aligned}$$

But there are two exceptions to this rule: dedh and dhai. They are 1.5 and 2.5 respectively. Why can’t we simply call them saade 1 or saade 2? I still haven’t figured this out yet, but my main theory is that it is used so much that it is simply faster to designate individual words.

I found this extension of fractional Hindi to be quite interesting and illuminating to how efficient yet simple language constructs can be. Additionally, this shows the amount of thought behind what used to seem mundane. The mathematical terminology for such “extensions” is “analytical continuation” and has many useful real life applications.

*Just a caution that “paune sau” is not as commonly used or familiar term in Hindi.

Siddharth Gupta is a grade 11 student studying at Glenforest Secondary School in the IB programme. He has lived in 5 countries- giving him a unique perspective on various cultures and societies. Additionally, he is a “math enthusiast” and enjoys looking at everyday life with a critical eye. Siddharth Gupta lives in Mississauga, Ontario.



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MEDITATION AT GRAND BEND



(A Senior's perspective)

By Kedar Nath Gupta

Away! Away! Away!
 Hours away! Distant Mississauga,
 Landed at Grand Bend Beach
 South West of Lake Huron.
 Beauty amass,
 Waves twisting and turning with a loud roar,
 Striking the shore with a mighty force!
 Waves are receding,
 Turbulent layers of water,
 Roar of the wind, crashing of the sea,
 A Resounding noise.
 Sand castles, bouncing, screaming, arguing,
 Smiling kids moulding sand with dirty hands,
 Shouting youths, scantily dressed boys and girls,
 Enjoying life, happy to the core, all at ease.

Air balloons hovering high in the sky,
 Watching land lubbers lay down in the crowds below,
 And lo deep in thoughts lay self-meditating me.
 The Almighty Lord, a beacon of light in the midst of
 my story days,
 Alleviate my fears and give me insight!
 Meditation on the form of formless,
 Will it suffice My Lord Shiv?

To behold a form,
 Attained at Grand Bend Beach.
 Your waves upon waves of compassion,
 Wash over my hard heart's stones,
 And whose hands guide me.
 You instill courage,
 To embrace destiny,
 You propel me towards thyself,
 O! Lord Shiv
 What better can be attained at the Grand Bend Beach?

Kedar Nath Gupta is a Metallurgical Engineer and Research Scientist by profession. He retired as a Joint Director, National Metallurgical Laboratory, Jamshedpur (CSIR under the Ministry of Science & Technology, Government Of India). He was awarded 'National Metallurgist of Year - 1974' by Ministry of Steel and Mines, Dr. VA Altekar award and several other awards. Has published 121 Scientific and Technical papers in National and International Journals, 128 Scientific and Technical reports, more than 43 articles on Astrology, Religion, physiognomy, Herbs and Socio-community topics in Hindi and English and more than 12 patents.



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I BT PROGRAM



By Aarush Agarwal – 12 years

The International, Business and Technology (IBT) Program is an innovative program which enriches and extends the middle school curriculum to prepare students for the complex and real world out there. The IBT program is different where they challenge each IBT student in every way while involving more subjects like business to reach the student's full potential in their academics. Students enrolled in the program will explore subjects from a global perspective.

Benefits of the IBT Program:

As I was gradually completing my first year of an IBT student, I have realised all the countless benefits in this program. So, I will tell you the main ones. Let's get into it...

1. The learning experience of positive student attitudes towards business, personal management, and teamwork
2. It helps us become leaders in: Business and entrepreneurial innovation, use of technology to support learning and personal management with teamwork
3. Provides lifelong learning studies that will help you in the complex and tough business world
4. Competing with smart students all around your classroom
5. Being challenged in every minute of the school day
6. Being taught business techniques from experts and great teachers

7. Having numerous projects and assignments that are hard and amusing at the same time
8. Includes many clubs for all
9. End of the year fairs and business sessions
10. Making friends and collaborating with everyone

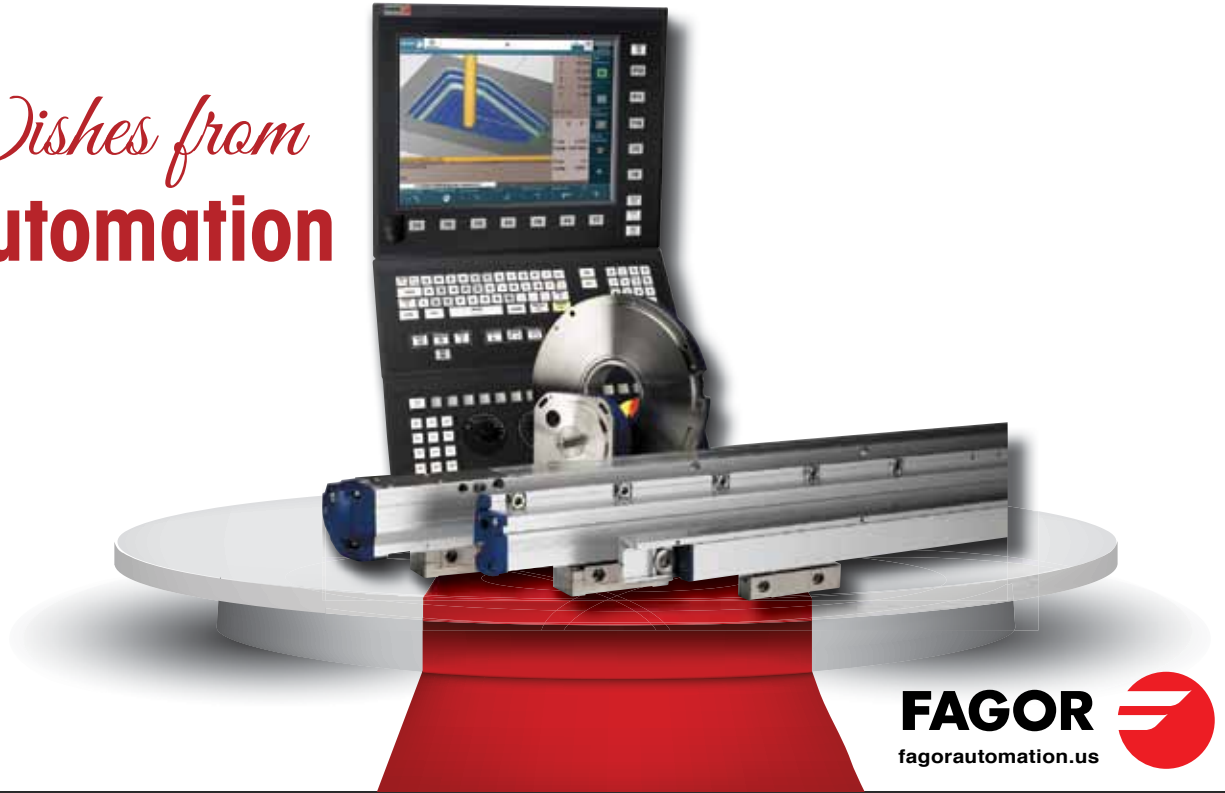
IBT versus Sci-Tech (Science and Technology) and IB (International Baccalaureate):

In my opinion, IBT is much better than Sci-Tech and the IB program because IBT makes everything challenging and fun while using technology throughout your academics as a middle school student. IBT also includes the best of the Sci-Tech and IB program. IBT is a unique program in which an IBT student doesn't only work hard in Business class and the main subjects, but all of them. IBT also includes many amenities and clubs like sports, yearbook, leadership, and much more. I think that IBT's clubs are much better than any you'll see at IB or Sci-Tech. Even if you want to go to Sci-tech or IB still, IBT teachers work hard to challenge you in Science (like Sci-Tech) or English (like IB) and all the others so you can learn and be an expert in everything for your grade level and beyond. The program develops your skills that will last for ever. Therefore, I feel that a better program to go to is IBT, although I must say that I don't have direct experience with the other (Sci-Tech or IB) programs.

Aarush is a grade 7th IBT Student at Allan A Martin Sr. Public School. Aarush is a bright, inquisitive and a creative young handsome boy who is passionate about everything he does. He totally loves his IBT programme. A Music and Movies lover and a very social boy.



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EAL ESTATE INVESTMENT STRATEGIES 2017: WHAT YOU NEED TO KNOW



By *Sushil Agrawal*

The market slowed down when the Ontario government came up with 16 measures to cool down the hot housing market. As investors you need to know some of the important measures

which the government initiated and some of them are planned to pass as legislations.

1. Rent control: The new initiative will bring the control on rent increase to the extent of guidelines published inflation rate or the rates published by landlord or tenant board on an annual basis. The rent can be increased after 12 months of lease.

This will impact the maximum rent which you as a landlord can increase e.g. If the inflation rates are published @ 2.5% your existing rent of \$1,000 per month will be increased to \$1,025.00 per month. (There were over 350,000 units on rent in 2016 in Toronto).

Another important act in debate: if the landlord wants to occupy the unit for self/ family use, the landlord will have to pay the tenant one month's rent. If the house is not used by landlord or the family member, for a minimum of one year the government may impose a penalty up to \$25,000.

2. Foreign buyers speculation tax 15%: Not applicable to residence investors (There were only 5-6% foreign investors noticed by Toronto real estate board).

3. Vacancy tax: The government left the vacancy tax policy with individual city and Toronto is the first one in process of implementation. If the house is vacant, the city will charge tax on vacant property.

Is it a good time to invest?

Based on the history, the average housing price index was 71 in 2001 reached to 220 in July 2017. In September 2008 when the market went down, it took over a year to reach the same index i.e. December 2009.

Based on the demand and supply, Canadian immigration policy, transfer of funds from baby boomers to young population shows that real estate is still a good long term investment. I always say that "real estate is a long term investment". This is based on the fact that, prices don't go up every year at the same rate. Except that in last few years prices went up dramatically and unreasonably which were not sustainable. This resulted in price drop noticed mostly in detached/ semi detached homes.

The average price of a condo apartment in Toronto in August 2015 was \$380K vs. August 2017 \$442K (data published by Toronto real estate board).

Based on above your investment strategy would be:

1. Invest in home/apartment with value less than \$500K. The reason for lesser value home is based on the fact that there are more first time home buyers in the market who can afford the house with lesser value. If you would have noticed, there were 350,000 rental units only in Toronto during the year 2016. It is easy to rent lesser value home. Lesser value home also provides a good rate of return on your investments. Moreover the first time home buyers, and baby boomers would be looking for smaller apartment which are easy to maintain.

2. Negotiate your interest rate on borrowings. The harder you negotiate, the more you have an opportunity to save on your net cash outflow. I would suggest a mortgage broker vs. a bank, as most mortgage brokers have an access to all the banks and can provide

you with different options: Fixed rate or variable, short term (2 year) or long term (5 years).

3. Invest where the demand for rentals are high. If you are planning to invest, plan for minimum of three to five years. You need to choose an area where the demand for rental is high. An example would be location close to sub-way, transit, shopping, good rated schools etc. This will provide you lower vacancy rate and effectively better cash flow.

4. Sell within reasonable time. If you are an investor and would like to cash out your investments, sell your investment within reasonable time and with reasonable margin. When the market is high and if you have achieved your target, sell your investment. Do not think of what will happen in future, the market may turn around either way based on external factors which are not within your control. Hence you need to come up with a reasonable target and move on.

5. Simple example of an investment of \$500K: Property price \$500K, your investment 20% i.e. \$100K, estimated rent \$2,000 per month, estimated property tax \$3,000 per annum, condominium maintenance fees \$200 per month. At the interest rate of 3% per annum, this investment will provide you 7% rate of return on your investment.

Wish you a very Happy Diwali and New Year and a healthy and wealthy life.

If you have any questions, please feel free to contact sushilagr@hotmail.com

.....
Sushil Agrawal works as sales representative at Homelife Miracle Realty and provides real estate purchase, sales and investment services. He is also CPA Ontario and provides tax services. He love to deal with Indian community.



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WHALE WATCHING EXCURSION



By Sohum Goel

We started our trip from Halifax to go to the Bay of Fundy for a whale watching tour. I was super excited for the cool and scenic drive and was really hoping to see a rare whale. We started our trip really early from Dartmouth at 6 a.m. to drive to West Port. To drive to West Port was a really unusual cool drive. West Port is located on Brier Island which does not have any road access. We had to take two ferries to reach to our destination. These were big ferries that took passengers with their vehicles including big trucks.

Finally driving for 4 hrs and 2 ferry rides we reached West port. First, we had to go to the office to find the location of the port where the ship was docked. The office told us that the ship was docked at a port which was few minutes' away drive. When we reached the dock, we wore our winter gear to prep our self for the bay. I grabbed my binocular from the trunk along with my snack to enjoy on the 4-hr boat ride. I had my

fingers crossed and was hoping to spot a rare whale.

We quickly boarded the boat and discussed the rules with the captain. Then finally we started our adventures journey. The captain told us about different kinds of whales and their characteristics. For example, the hump back whale, it is named hump back because when they dive there back is shaped like a hump. We finally reached the middle of bay after sailing for an hour. While sailing, I spotted a shark with my binocular. They were only two more people on the boat who spotted the same. At first, I thought it was a whale, but the professional whale photographer told me it was a shark. Soon enough we

spotted three hump back whales. They were one baby whale along with two big whales. Probably one being the mother and one being a friend. Far away we could also spot a patch of Dolphins. It was a beautiful site. The 3 hump back whales came so close to our boat that we could see the fins and the marks on their skin. The baby whale came out of the water much quicker as they have weaker lungs and cannot be inside water for a long time. We saw the baby whale jump out and do few spins. Almost felt like they were doing a show for us.

We saw these beautiful mammals for an hour before we started heading back to the island. While heading back the boat staff offered hot chocolate to end the beautiful trip. Also, forgot to mention while sailing back we saw some grey and harbour seals. It was an amazing day and one of the best days I have had in my life. Hope you enjoyed reading about my whale excursion trip.



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Happy Diwali!



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RIGHT INVESTMENT

Mutual Fund, Segregated Fund, Guaranteed Life time withdrawals, Market linked GIC, or Exchange traded funds?



By Ashok Agarwal

*In analyzing a potential investment, only two qualities ultimately matter. The two qualities are expected returns and risk. Given the same expected returns, investors prefer investments with lower risk. Given the same risk, investors prefer investments with higher expected returns.

Numerous financial products and armies of investment professionals are devoted to the pursuit of maximizing expected returns while minimizing risk. Unfortunately, there is almost always a trade-off between the two. An investment opportunity that offers higher expected returns almost always comes with higher risks. For example, stocks have historically offered higher returns than bonds, but they've also come with higher risks.*

But where should one invest? Choose bonds and you run the risk you may lock in to low rates just as they move higher. You could lose value as bond markets adjust. As for stock markets, an old friend used to say trees don't grow to the sky. At some point, they stop. Stock markets could even go down from here. Investing is a dilemma.

Segregated funds have their moments of glory in the investing business. Their insurance guarantees, by passing probate fee, market linked reset positions them superior than mutual funds for the conservative investor's alternative to guaranteed investment certificates at a time when interest rates are declining. Issue of MER (management expense ratio) is also a point. Segregated funds have a hot place again because of their role as the key component in a retirement income product called the guaranteed minimum withdrawal benefit. GMWBs surged in popularity.

Interest rates are low, yet people still tuck money away in money market funds. In today's time where stock markets are near record highs, almost 20% of all funds are still parked in money market funds. It earns safe, meagre returns that are only slightly better than putting money under a mattress.

Market-Linked Guaranteed Investment Certificates could preserve capital and still participate if stock markets rise? These are GICs that offer the security of a traditional GIC one can get at a bank. The difference is payments are based primarily on the performance of stocks. The best part is the incremental return accrues only if markets rise rather than fall. There is also, sometimes, a minimum guaranteed return.

Another interesting piece is exchange traded funds (ETF). The easiest way to note the advantage of trading like a stock is to compare it to the trading of a mutual fund. Mutual funds are priced once per day, at the close of business. Everyone purchasing the fund that day gets the same price, regardless of the time of day their purchase was made. But like traditional stocks and bonds, ETFs can be traded intraday, which provides an opportunity for speculative investors to bet on the direction of shorter-term market movements through the trading of a single security.

In the complex investment environment one solution cannot solve everybody's requirement. Financial needs analysis of individual family after careful understanding of financial requirement can take to right investment strategy.

Reference: <https://www.moneygeek.ca/weblog/2015/04/06/what-are-segregated-funds-and-are-they-worth-investing/>

Ashok is a financial advisor providing risk mitigation solutions for life and health and solutions for wealth maximization. His strengths are in advisory services for tax efficient solutions e.g. corporate investment shelter, retirement planning, estate planning etc. He can be reached at ashokagarwal@hotmail.com.



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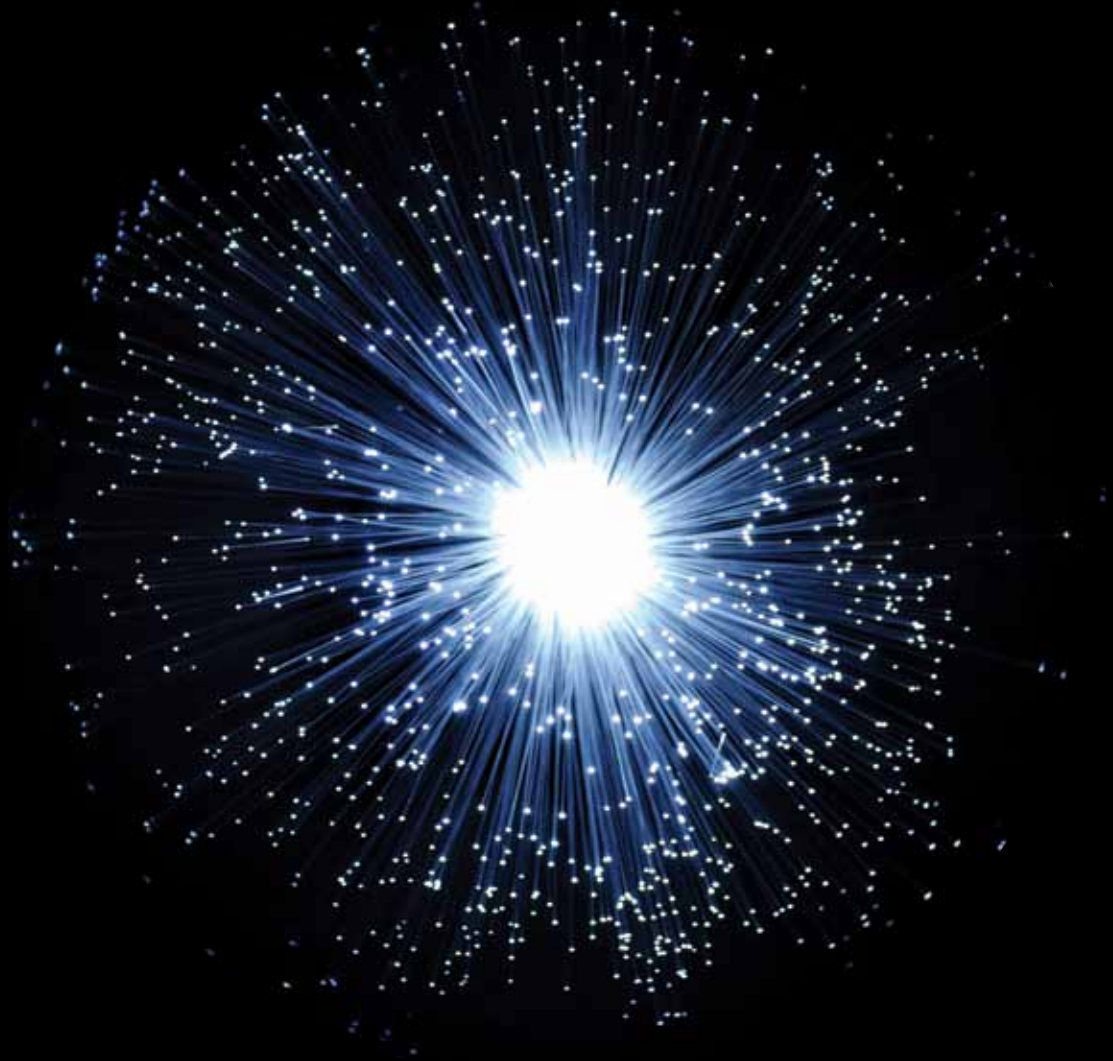
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D EMYSTIFYING ENERGY DRINKS



By Anjali Gupta, MHSc., RD
(Registered Dietitian)

What are energy drinks?

Energy drinks are caffeinated beverages that are marketed to improve energy, stamina, athletic performance or concentration. They are often displayed beside soft drinks, juice and sports drinks. Common brand names of energy drinks include:

- Red Bull®
- Amp Energy®
- Rockstar Energy®
- Monster Energy®
- SoBe Adrenaline Rush

What are energy drinks made of?

Energy drinks usually contain a range of ingredients including caffeine, sugar or sweeteners, taurine, vitamins and herbal supplements.

Caffeine is one of the main ingredients in energy drinks. Some energy drinks also contain yerba mate, guarana and black tea, which are sources of caffeine. Caffeine gives energy drinks the energizing or stimulating effect.

Sugar added in energy drinks gives extra calories, but have no nutritional benefit.

Taurine is an amino acid added in many energy drinks. It has been claimed that adding taurine to energy drinks will make you more alert. However, there is no scientific evidence to support this and we do not know the long-term health effects of consuming taurine on a regular basis.

Some Energy drink may have **B vitamins** and **glucuronolactone** added to them and claim that these ingredients will provide extra energy. However, there is not enough research to support these claims either.

Many energy drinks contain herbs like **Ginseng** and **Ginkgo Biloba**. It has been claimed that these herbs improve performance. However, there is no scientific evidence to support this claim. In fact, some herbs can interact with your medications and supplements that you may be taking for any health conditions.

What are “Energy Shots”?

Energy shots are a concentrated source of liquid caffeine sold in small volume, usually between 60 to 90mL. They can contain up to 200mg of caffeine in each can. Energy shots do not offer any health benefits.

Why are energy drinks different from other beverages? Are they same as sports drinks?

Energy drinks are different from other beverages in many respects.

Talk to your health care provider before using energy drinks if you have a health condition or take medications or supplements!

Energy drinks have higher amount of caffeine than soft drinks or other beverages.

Many energy drinks have the same amount, or more, of sugar and calories as compared to soft drinks.

They also have ingredients as mentioned above added to them that most beverages do not have.

Also, energy drinks are not the same as sports drinks like Gatorade® and Powerade®. Sports drinks are meant to rehydrate the body after intense exercise. There is no caffeine in them.

Are energy drinks safe?

Energy drinks should be consumed with extreme caution. They do not provide any nutrition or health benefit and should not be taken as meal replacement. They should never be taken on an empty stomach.

The added caffeine in energy drinks provides a stimulating effect but these drinks do not offer any health benefit!

Healthy adults can use energy drinks if they are consumed within the daily limits of up to total of 400 mg of caffeine per day. Women of childbearing age should only consume up to total 300 mg of caffeine per day. This includes caffeine from all sources such as energy drinks, coffee, tea and soft drinks.

What are the possible side effects of energy drinks?

Energy drinks can cause serious side effects due to their high concentration of caffeine levels. Side effects or adverse reactions can happen when too many are consumed at one time or when mixed with alcohol. Teenagers are more likely to have side effects from high caffeine intake or by consuming caffeinated drink mixed with alcohol.

Energy drinks are not recommended for children, teens, pregnant or breastfeeding women because of the high levels of caffeine!

The adverse reactions may include:

- Nausea, vomiting, and/or an upset stomach;
- Irregular heartbeat;
- Electrolyte disturbances;
- Nervousness, irritability and/or anxiety;
- Insomnia;
- Tremors,
- Restlessness and/or pacing

Can energy drinks be used during exercise?

Energy drinks are not recommended during exercise.

Bottom Line

Canada's Food Guide recommends:

- Quench your thirst with water. It keeps you hydrated without adding calories.

For more information visit:

Safe Use of Energy Drinks, Health Canada at www.hc-sc.gc.ca/hl-vs/iyh-vsv/food-aliment/boissons-energ-drinks-eng.php

This article is intended for information only. It is not a substitute for medical or dietary advice given by a physician or a Registered Dietitian. Please consult your healthcare provider about how these tips may apply to you. Revised July 2017

Anjali Gupta's Professional Profile:

Anjali is a Registered Dietitian with over 35 years of working in the field of Nutrition and Dietetics. She taught Foods & Nutrition at Meerut university in India and has worked as a Public Health Nutritionist in Canada. She specializes in the area of chronic disease prevention such as heart disease, diabetes, obesity and cancer. She delivers presentations on these topics and healthy eating & nutrition. She is active in the community and volunteers her time to promote healthy eating. She is an avid gardener and enjoys meals cooked from home grown vegetables.

My Quote:

"The way we eat and approach food can have a big impact on our health. That's why, it is crucial to educate our children about healthy eating and help change how the younger generation looks at food and nutrition."



समय का खेल

श्याम गुप्ता (Shiam Gupta)

इस दुनिया में यारों, है नहीं समय से बड़ा कोई खिलाड़ी,
बिना इसकी इनायत के. चल नहीं सकती किसी की गाड़ी.

समय क्या, मैं हूँ सब कुछ, लटके रहो ना इस अकड़ पर,
समय ने ला दिखाया, बड़े बड़े करौड़पतियों को सड़क पर.

है ये निश्चित, समय बुरा निकल जायेगा, अच्छा आयेगा जरूर,
इस लिए करना क्यों, बुरे पर अफसोस और अच्छे पर गरूर.

भुगतना होगा इक्कले ही हमको, समय का हर पुश,
रोना हंसना है अपने हाथ में, फिर क्यों ना रहें खुश.

समय है ऐसी चीज मतलबी, करता नहीं किसीका इन्तजार,
वरना रुकवा लेते सब इसको, जब होता माशुका से इज़हार.

चलता ही बस जाता समय, रुकता नहीं कभी, ऐसी इसकी ढाल,
बीते पे रो नहीं, आगे को खो नहीं, जीतजा समय से मिलाके ताल,

समय को पसन्द वैस्टर्न दुनिया, जहां हैं लोग समय के कदरदान.
ईस्ट में समय का नहीं कोई हिसाब, कर दिया समय को भी परेशान.

बीबी जब बलाये पति को, जबाब मिले हमेशा पान्च मिनट में आया,
किस युग के हैं ये पान्च मिनट, समय भी आजतक समझः ना पाया.



हसीं के झरोके से: पती पत्नी की नौक झौक

पत्नी : फोन पे इतनी धीमी आवाज में किससे बात कर रहे हो ?

पती : बहन है..!

पत्नी : तो फिर इतनी धीमी आवाज में किस लिए?

पती : मेरी नहीं, तेरी है, इस लिए

पत्नी : सुनो जी, अगर आपके बाल इसी रफ्तार से झड़ते रहे तो मैं तुम्हें तलाक दे दूंगी!!

पती: या अल्लहा, और मैं पागल इनको बचाने की कोशिश कर रहा था.....

पत्नी : तुम सारी दुनिया ढूँढो, तो भी मुझ जैसी दूसरी नहीं मिलेगी

पती : तुम क्या समझती हो? मैं पागल हूँ, जो दूसरी भी तुम्हारे जैसी ढूँढूंगा ..

पत्नी- जानू, काश आप मेसेज होते।

मैं आपको save कर लेती, जब चाहती पढ़ लेती!

पति- कंजूस ही रहोगी, save ही करती रहना, कभी किसी सहेली को forward मत करना ?

.....
जगजीत सिंह गा रहे थे - "ये दौलत भी ले लो, ये शौहरत भी ले लो.."

एक बन्दा बीच से खड़ा होकर चिल्लाया --- मैं तो बहोत परेशान हूँ, मेरी तो औरत भी ले लो....

.....
तूफानी बारिश की आधी रात में, एक आदमी Pizza Hut से पिज़्जा लेने गया

पिज़्जावाला:- आप क्या शादीशुदा हो ??

आदमी:- अब्बे गधे, ऐसे तूफान मे बीबी नहीं तो क्या मेरी मां पिज़्जा लाने भेजेगी..

प्रभु यह तेरी क्या माया है ?
अपना बच्चा रोये तो दिल में दर्द होता है
और दूसरे का रोये तो सर में।
अपनी बीवी रोये तो सर में दर्द होता है
और दूसरे की रोये तो दिल में?

पति- काश मैं गणपति होता। तुम रोज मेरी पूजा
करती, मुझे लड्डू खिलाती। बड़ा मज़ा आता।
पत्नी- हाँ, काश तुम गणपति होते। रोज तुमको लड्डू
खिलाती। हर साल विसर्जन करती, नए गणपति आते।
बड़ा मज़ा आता।

पति - कोई फोन आये तो कहना मैं घर पर नहीं हूँ।
फोन आया, पत्नि ने उठाया और बोली - ये अभी घर
पर ही हैं।
फोन रखने के बाद पति बोला - तुमसे कहा था ना मना
कर देना, फिर तुमने क्यों कहा कि मैं घर पर ही हूँ।
पत्नि - sorry, ये काल आपके लिये नहीं, मेरे लिये था।

कुंवारा लड़का- पापा, मुझे शादी नहीं करनी। मुझे सभी
औरतों से डर लगता है।
पापा- कर ले बेटा। फिर एक ही औरत से डर लगेगा।
बाकि सब अच्छी लगेंगी।



WISE CHOICES FOR YOUNG MINDS



By Priya Agarwal R.E.C.E

Children need to be taught. Teachers need to teach well. Early years are the most crucial time of a child's life educationally and developmentally. Children desire to learn mostly through sensory recognition, hand-over-hand

learning and parental or assisted learning. However, at home parents can only spend fraction of the day with the child. This limits the amount of support a parent could provide asking a child and showing some interest in what they did at preschool. By the time a child returns home they are tired and need and require an extensive amount of rest to be ready for the next day.

While in school, the child is using his/her senses to engage in play and learns to be considerate to others. They use their imagination as they speak, learn, and experience. Cooperation is a standard idea which is preached but may be hard for a child to grasp. This means that developmental skills should be re-enforced for the duration of at least 5 years to get the basic rules on track. This will help in creating an independent child who will flourish in his/ her critical thinking skills and behavior. To further develop these skills children can work through problem solving activities while at play.

Freedom of expression is highly encouraged in a school setting. As a child learns to speak and play, they imagine and create new scenarios though active play. During recall time they are also able to freely express the methods they used while co-operating with their peers. It is a long road and some teachers get burnt out,

however their joy and satisfaction is far beyond what was going on 20 years ago. Now students have a set routine in preschool years but they are not limited to what they choose to do during their day. Their desires and choices will push them to be better individuals and they will eventually grow up to be more knowledgeable children.

Knowledge and choice are key for a child; teachers and parents can help by giving them the toys and tools required so they can play for a while. When it is time for them to rest, allow for some downtime because that is energizing. As a child explores they will grow. Then a teacher will come to know that a child has become independent as he/she plays with others in a well-mannered way. The lessons they learn are not children's alone but are ours also. We as the teachers sow the seeds for the children's development and lay the foundation for their better future.

Priya Agarwal is a Registered Early Childhood Educator who loves to interact with children and enjoys watching them grow and develop. During her spare time she writes poetry and loves to sing songs as a hobby.



W

HY DO WE WORSHIP SO MANY DEITIES IN A MANDIR?



By Dr. Ashok Rastogi

In one mandir, I saw over 40 idols and pictures of deities! Is this not a museum of your heritage someone asked me? There were even multiple images of the same deity. According to Ya-

jurveda, “*Na tasya pratima asti*” meaning “*There is no image of Him.*” In other words, He is formless. Furthermore, Lord Krishna says “Persons who are engaged in the worship of demigods are not very intelligent, although such worship is done to Me indirectly.” Let us explore this subject.

A form was created by us so that through it we can better focus on the formless God

We invoke God in the idol of a deity. Each deity personifies some divine attributes:

- The **Sun** is an embodiment of the principle of selfless giving.
- **Ganesh** teaches us to realize the Almighty inside within us and we should carefully listen more, talk less.
- **Vishnu** means “the All-Pervading One”.
- **Lakshmi** symbolizes kinetic power (maya or shakti) of God.
- **Ram** is the embodiment of righteousness.
- **Hanuman** demonstrates that unwavering faith in internal self (divinity) taps your unlimited potential of powers to overcome any obstacles.
- **Satyanarayan** is the personification of truthfulness.
- The love between **Radha and Krishna** personifies the union between Atma with Parmatma.
- Krishna’s dialog with Arjun teaches us the philosophy of living as in Gita.
- **Lingam** is derived from the Sanskrit root, Li. Linga means – ‘leeyathe’ the form in which all forms merge. It is a symbol of what’s eternally limitless.

- **Gayathri** is the abstract source of all knowledge and wisdom.
- Gayatri Mantra is the most powerful hymn in the world as it prays for the highest wisdom and guidance bypassing the desire to ask for wealth and fame.
- That God has many heads and hands signifies that all heads and hands are His.
- Krishna’s Murlī (flute) or Saraswati’s Veena (sitar) symbolize that Gita and Veda were directly imparted and stored in sound vibrations.
- **Radha** is the embodiment of love for the Supreme.
- Vishnu and Shiva together manifested their powers in the **Goddess Durga** - thus she becomes a unanimous choice for worship. Where else do we accept or worship God as female?
- “The highest symbol of God is love” says Sathya Sai Baba.

There is only God

According to Upanishad, “*Ekam Evadvitiam*” meaning “He is One and only, without a second”. Swami Dayananada Saraswati (founder of Arsha Vidya Gurukulam) writes:

“If God created space, God has to be outside space, and there is nothing outside space. All outsides and insides are inside space, so how can God be outside space? God cannot be inside space and create space, so space has to be non-separate from God.

*Universe is not a creation but a manifestation of God.
We do not say there are many Gods.
We do not say there is one God.
We say there is only God.”*

We are beyond this body, mind & intellect

We say ‘my’ body or ‘my’ mind or ‘my’ intellect. But who am I? I am ‘that’ which makes me aware of who I am! “*So-aham*” is the natural sound created in inhaling and exhaling which means “I am He/That” in Sanskrit. It means identifying oneself with the universe or ultimate reality. This self is omnipotent, omnipresent and

omniscient. Vedas say: "Aham Brahmasmi" meaning "I am the Infinite Reality". 'I' am consciousness that pervades the entire Universe.

God is inside and outside us. Chanting, meditation or any act done unselfishly as an offering makes the mind quiet. You become 'centered' and develop self-confidence and faith. Unwavering faith and God's infinite power are like two terminals of a battery. Once connected, the current endlessly flows and miracles happen.

Idol worship is the initial stage for developing devotion

Worship and rituals are tools designed to help us build and sustain devotion. Once we go through this stage, even reading scriptures may not always be necessary.

Visiting temples is an opportunity to be in an environment where thoughts subside. We are able to enjoy devotional love that leads to bliss. The state of thoughtlessness or the state of bliss has the natural tendency to bring out one's own creative powers which, interestingly

enough, we later attribute to some external source.

Sri Sri Ravi Shankar says: "some sort of ritual, some sort of chanting or reading in home creates positive energy. Don't be stuck too much with ritual but also don't drop rituals altogether. Whenever there is little bit of ritual, it creates a good atmosphere."

Recommendation for the home:

- Keep a symbol of Aum and a few deities in your own Puja room who truly inspire you.
- Sit down daily for a few minutes and focus on the one deity which is most beloved to you.

Ashok Rastogi is an Indian Science Talent Scholar from the University of Rajasthan, IIT graduate, and holds a Ph.D. in Physics. He taught at Northeastern University and the University of Guelph-Humber and is a retired project manager.



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CULINARY DELIGHT: WHOLE WHEAT VEGETARIAN MOMOS



By *Anshul Bhoutika*

One of the biggest joys of my life is cooking for friends and family. I am most delighted when a home-cooked meal is appreciated by my kids and partner. During our recent visit to India (Kolkata, West

Bengal to be specific) we discovered that momos have gained a lot of popularity and a shop serving an assortment of momos could be found every few kilometers. We loved eating momos and feasted on them wherever we got a chance during our stay in India.

You can imagine our delight when my sister-in-law served us delicious momos at her home. I took her recipe and tweaked it to suit our taste. Momos are easy to make, delicious, healthy and loved by kids. Without further ado here is the recipe for your own culinary delights.

To start of you will need two sets of ingredients and prepare the dough along with the filling.

Ingredients for the dough:

- ½ Cup all-purpose flour
- ½ Cup wheat flour
- 1 Tablespoon ghee or margarine
- ¼ Tablespoon baking powder

Preparing the dough:

- Mix the flour, margarine, baking powder and water

in a large bowl and work into a firm dough. Keep it aside covered with a wet muslin cloth for 2 hrs.

Ingredients for the filling:

- 2 Tablespoon ghee / margarine
- 4-5 Cloves garlic chopped finely
- 1 Tablespoon ginger (grated)
- 1 Carrot (grated)
- ½ Bell-peppers finely chopped (red/green/yellow)
- 1 Onion finely chopped
- ½ Cup cabbage finely chopped
- ½ Cup paneer / tofu small cubes
- Salt
- Black pepper powder
- Ketchup
- Soya sauce
- Vinegar

Preparing the filling:

- Add ghee/margarine in a pan
- Add garlic and ginger and sauté
- Add onions and sauté well until lightly brown
- Add all the veggies and cook until the veggies become soft
- Add paneer/tofu and cook for about 30-40 seconds
- Add salt and black pepper powder according to taste
- Add soya sauce and vinegar. Mix it well for 3-4 minutes
- Let the mixture cool down.

Preparing the Momos:

- Make small balls from the dough. Roll each ball into a thin circle of 3-4 inch diameter.
- Place vegetable in between the circle. Starting folding and forming pleats. In the end join all the pleats to the center.
- Heat water in a steamer or idli maker.
- Put all the momos in greased steamer in such a way so that they do not touch each other.
- Steam for about 10 minutes. Momos will become transparent and won't feel sticky anymore. It's a signal they are ready.
- Serve momos with Szechwan sauce or ketchup.



T HE MATSYA AVATAR



Retold by Jahnavi Rastogi - 6 years old

Long ago, King Manu was doing prayers saying "Om". He went to the river to take bath and he scooped up water. In the water there was a fish. King Manu was about to throw it back in the water. Then the fish said, "Please save me from the big fish." King Manu moved the fish from the bowl to well, to river, to Ganga, to Ocean. However, the fish grew bigger each time.

Then King Manu knew the fish was Lord Krishna Himself. The King prayed to Krishna. The Lord told King Manu there would be a flood in seven days. He told King Manu to take the seven Rishis, Vedas, animals, and seeds. There was a boat tied to Vasuki and Matsya, and the boat was taken to the Himalayas. Matsya saved the Vedas.

King Manu started a new human race.

Dedicated to: Dada, Dadi, Amma, Nanu.

Jahnavi is a grade 2 student. She enjoys Bharatnatyam, Sunday school and soccer.



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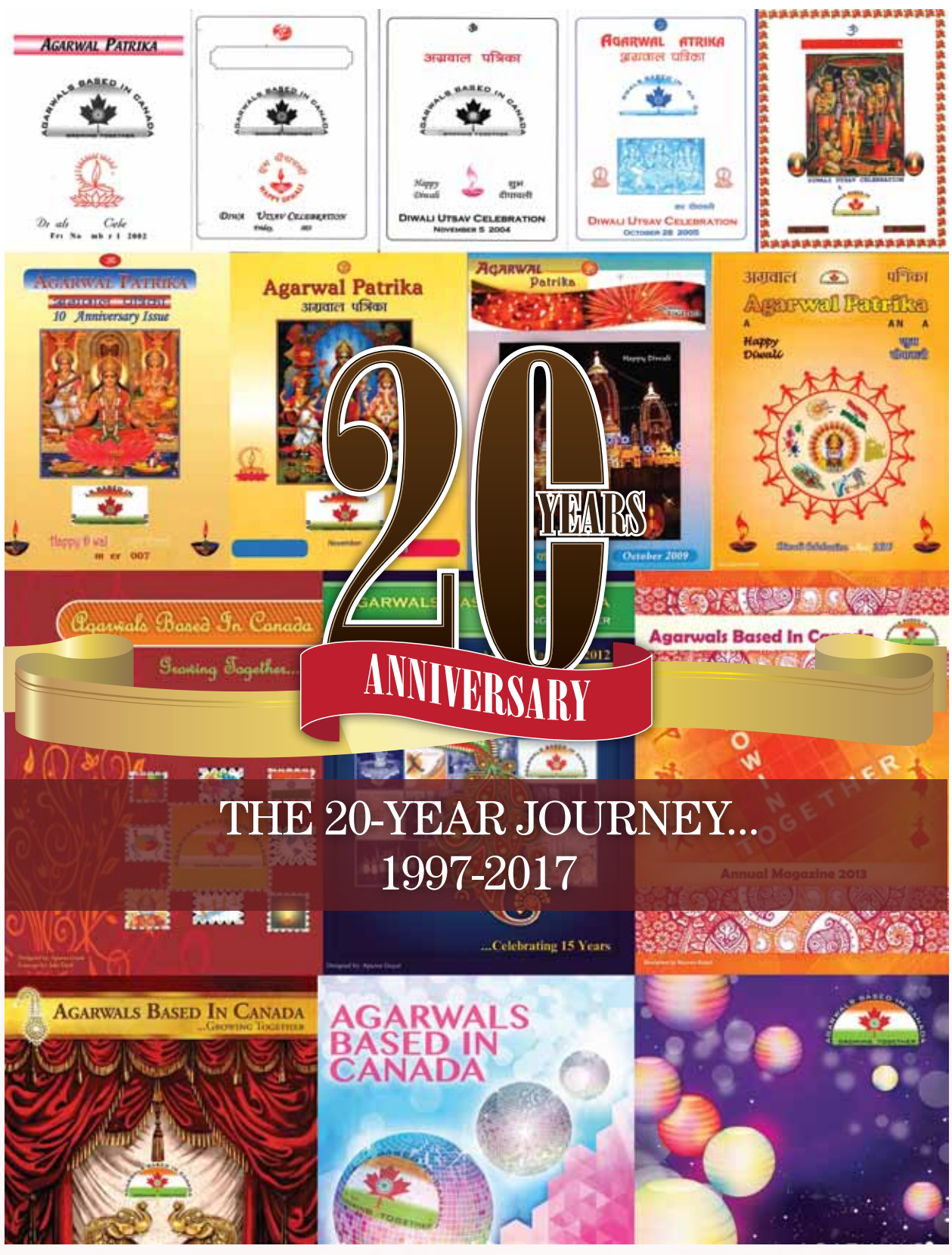
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Event Coordinated by:
Arun Agarwal (L)
Shashi Tibrewala (R)



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HOLI 2017



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INDIA DAY 2017



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Kanchan Rastogi (R)



AGRASEN JAYANTI 2017



A NNUAL GALA PARTICIPANTS LIST 2017

Appreciation Dance Group

1. Anay Goyal
2. Myia Dev
3. Artham Bhoutika
4. Aadya Goel
5. Nitya Goel

New Holi Group

1. Prashant Pathak
2. Amarjeet Pathak
3. Shashi Agarwal
4. Arun Agarwal
5. Abhay Agarwal
6. Sarika Agrawal

Old Holi Group

1. Sangita Agrawal
2. Suman Gupta
3. Madhuri Thakur
4. Garima Gupta
5. Sapna Patel
6. Kamna Garg

Picnic

1. Kasvi Agarwal
2. Rishika Singhal
3. Aarush Agarwal
4. Medha Gupta
5. Arnab Goyal
6. Radhika Jain
7. Kavya Pathak
8. Kashish Pathak
9. Vristti Jalan
10. Udditi Jalan

Terry Fox/Independence Day

1. Sohum Goel
2. Devansh Goel
3. Arjun Garg
4. Vihaan Patel
5. Arnab Govil

Agrasen Jayanti Dance Group

1. Anika Agarwal
2. Ansh Patel
3. Shreya Garg
4. Khushi Adukia
5. Aaditya Garg
6. Pratham Agrawal

Diwali Group – Youth

- | | |
|---------------------|------------------|
| 1. Anoushka Singhal | 5. Megha Thakur |
| 2. Bela Tayal | 6. Shrija Govil |
| 3. Muskan Agrawal | 7. Janhavi Gupta |
| 4. Nupur Agrawal | |

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