

Time & Smiles

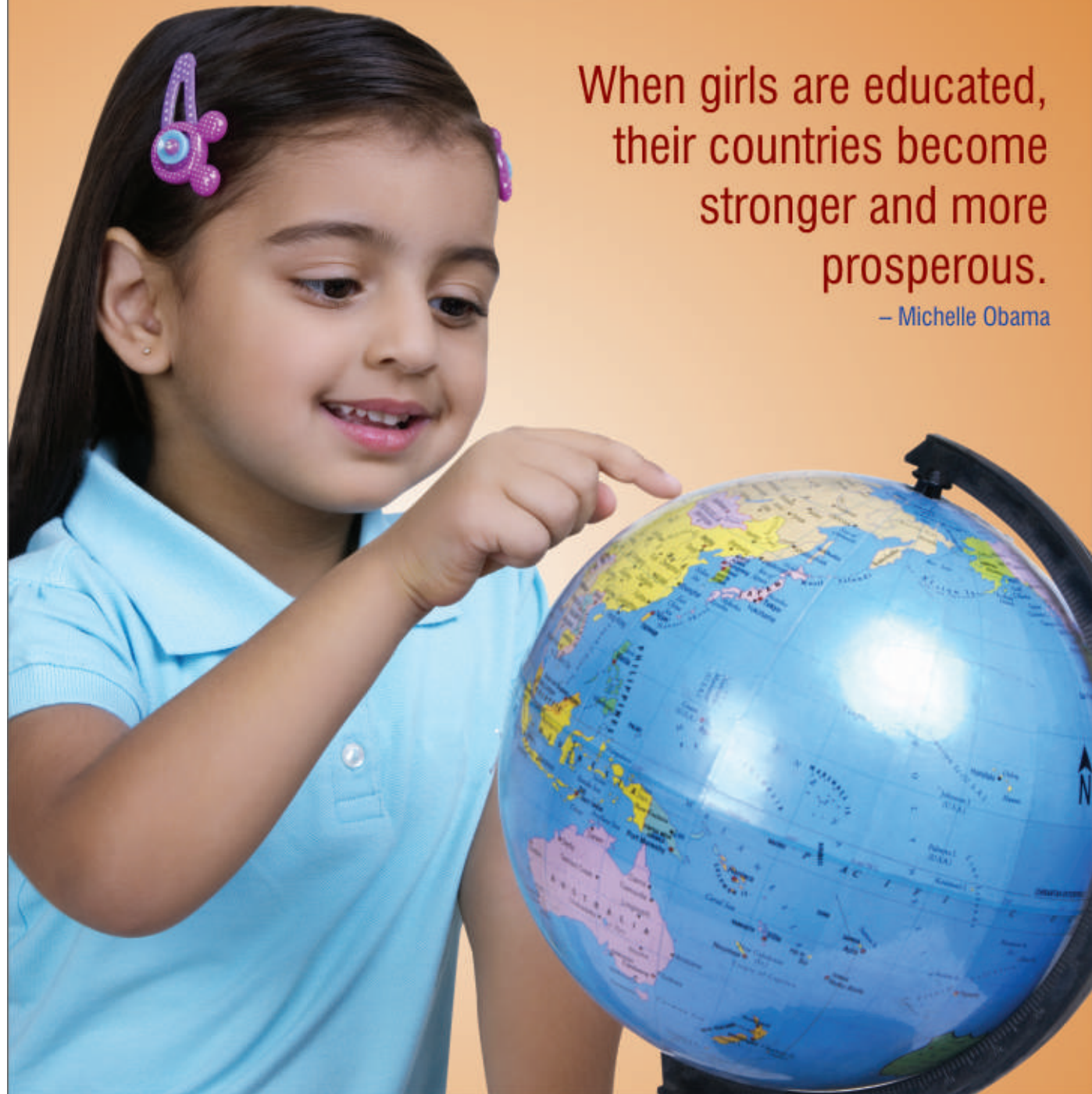


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When girls are educated,
their countries become
stronger and more
prosperous.

– Michelle Obama



Celebrating



47
Glorious
Years

The People with a Will to Serve

BLOOD DONATION CAMP



Under the aegis of our Hon'ble Director Shri B.L. SHARMA, a BLOOD DONATION CAMP was organized by ASSOCIATED CHARITABLE TRUST, Kolkata, on 2nd June 2019, at Barkalikapur Village, Dist. South 24 Paraganas (West Bengal) in collaboration with UDAY SANGHA.

Dear Readers,

We all understand how we left the dark ages to where we are today. Every field imaginable has evolved and changed over time. Personal computers were hardly affordable once, and today it's uncommon to spot a person without a smart phone. Mobile phone generations have evolved from 1G to 7G. Automobiles in the past 130 years have transformed from a steam-powered automobile to a Plug-in electric vehicle. Space rovers are closing the gap between what we know and what we don't. And India — which until now was under the common umbrella with other developing countries is competing with developed countries and in some areas is even ahead of them. India has emerged as a space power, beginning with the launch of its first satellite Aryabhata in 1975, is planning to launch Chandrayaan-2 on July 15 2019, and for the first time in the history of ISRO, two women will head the deep space mission. Each advancement is a turning page. It is about closing one chapter and opening another one. It is these changes that bring new beginnings and excitement to life.

We are surrounded by change and it is the one thing that has the most dramatic impact on our lives. Without change there is no adventure in life. I believe that it is better if each one of us are prepared for change because we will have more control over how we choose to accept that change in our lives. If we ignore or hide away, we deny ourselves the opportunity to learn and grow. It is all about the transition. Acknowledge the change and accept it positively. It's hard to accept unfavorable changes, but it's worth to always try and see the better side of the change.

Change brings opportunity! What if one opportunity could change our life?

Yours

M L N Murthy

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EDITORIAL TEAM

Editor: M L N Murthy
Co-editor: Jyothsna Raj

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28th CONTROLLING MANAGERS' CONFERENCE



Our Hon'ble Founder & CMD Shri RAMKUMAR GOEL, Hon'ble JMD Shri C. D. GOYAL and our Hon'ble Directors Shri B. L. SHARMA, Shri M. K. GOYAL & Shri VINAY GOEL along with participants at the 28th Controlling Managers' Conference held on 2nd & 3rd June 2019 at Hotel Vivanta by Taj, Begumpet, Hyderabad.

अध्यक्षीय अवधारणा

प्रिय मित्रों,

यद्यपि आप सब बचपन से अनुशासन के बारे में जानते हैं, पर इसके बावजूद भी हम इसका विस्तृत विवरण करना चाहेंगे।

व्यक्तित्व निर्माण में अनुशासन की अहम भूमिका। इसे किसी दायित्व की तरह नहीं बल्कि एक सामान्य चरित्र के रूप में मन में बैठाने की बात है। अनुशासन रीढ़ की हड्डी के समान है। यदि शरीर के सारे अंग अच्छे हैं, मगर रीढ़ की हड्डी में खराबी है, तो हम ना तो आसानी से बैठ सकते, न खड़े हो सकते और न चल सकते हैं। इसी तरह, अनुशासन के अभाव में कुछ भी सुचारु रूप से संचालित नहीं हो सकता, चाहे सब कुछ ठीक ही क्यों न हो। अनुशासन सिर्फ एक ही चीज की मांग करता है कि हम योजनाबद्ध एवम् सही तरीके से जीवन में काम करें। जब हम अपने आस-पास चीजों को संज्ञातना पूर्वक देखते हैं तो हम यह पाते हैं कि अनुशासन का शासन सर्वोच्च एवम् सर्वत्र हैं। उदाहरण के लिए हम पृथ्वी, चन्द्रमा एवम् ग्रहों को लें, जो सूर्य के चारों ओर नियमित एक गति से परिक्रमा करते रहते हैं। अगर इस परिक्रमा में कोई अनुशासन न होता तो ब्रह्माण्ड की गति रुक गई होती।

स्वामी विवेकानन्द ने कहा है, “ज्ञान का मूल्य केवल मन के अनुशासन में है।” आत्म-अनुशासन वह क्षमता है जो आपको अपनी भावनाओं से परे कार्य करने के लिए प्रेरित करता है। आत्म-अनुशासन के पाँच स्तम्भ हैं:— स्वीकारोक्ति, इच्छाशक्ति, कठोर कार्य, मेहनत एवम् निरंतरता। आत्म-अनुशासन एक मांसपेशी की तरह है। आप इसे जितना प्रशिक्षित करेंगे, आप उतना मजबूत होंगे। आप जितना कम इसे प्रशिक्षित करेंगे, आप उतने ही कमजोर होंगे। यह आकस्मिक विफलता नहीं है बल्कि बार-बार कोशिश करने की जरूरत है जिसके लिए अनुशासन की आवश्यकता है।

अनुशासन हमारे जीवन में बहुत ही बड़ा योगदान देता है। इसकी आवश्यकता व्यक्तिगत, पारिवारिक तथा सामाजिक जीवन में है। आत्म-अनुशासन से संतुष्टि प्राप्त होती है। आप और अधिक आत्म-अनुशासित हो सकते हैं जब आपका जीवन अधिक से अधिक संगठित हो। आत्म-अनुशासन की क्षमता समय के प्रभावी प्रबंधन से आती है। बच्चे भी समुचित व्यवहार करना सीखेंगे क्योंकि यह उन पर कुछ पाबन्दियाँ लगाता है। यह न केवल उनके मूल्यों को मजबूती प्रदान करता है, बल्कि अन्ततः शानदार कार्य

करने में भी सहायता करता है। यह माता-पिता का कर्तव्य है कि अपने बच्चों में प्रारम्भिक उम्र से ही अनुशासन का पालन करने का पाठ पढ़ायें। अनुशासन बच्चों को यह समझने में सहायता करता है कि क्या सही है और क्या गलत है।

अनुशासन कार्यस्थल पर शांतिपूर्ण वातावरण का निर्माण करता है। ऐसी जगहों का प्रशासन शानदार होता है और हर क्षेत्र में प्रगति होती है। कभी-कभी कर्मचारी अपने व्यवहार से अनभिज्ञ होते हैं जो उन्हें क्षमता के अनुरूप कार्य करने से रोकता है। कर्मचारी को सतर्क रखने के लिए अनुशासन आवश्यक है क्योंकि इससे उन्हें यह समझने में मदद मिलती है कि कैसे वो नियोक्ता की अपेक्षाओं के अनुरूप कार्यस्तर को बढ़ा सके। दक्षता अनुशासित कार्यस्थल का परिणाम है क्योंकि अनुशासन प्रवृत्ति एवम् कार्यक्षमता दोनों में सुधार लाता है। यह लक्ष्य एवम् उपलब्धि दोनों के बीच सेतु का काम करता है।

आसान रास्ता चुनने का प्रलोभन हमेशा रहता है। पर अनुशासन अन्ततः सफलता के लिए अत्यंत महत्वपूर्ण है एवम् किसी भी टीम व लीडर की विजय के लिए आवश्यक है। अनुशासन के अभाव में चरित्र का पतन होता है। यह एक लीडर बनने में बाधक हो सकता है और आप जिन मूल्यों पर विश्वास करते हैं उस पर खरा उतरने में बाधक हो सकता है। अतः अनुशासन शक्ति प्रदान करता है। दूसरे का नेतृत्व करने के बजाय उसका अनुसरण करना आसान है। सच्चे लीडर का ध्यान अपनी टीम, सम्प्रदाय एवम् कार्यालय को सहायता प्रदान करने में केन्द्रित रहता है। अगर आप सच्चे लीडर हैं, इस बात की सम्भावना है कि कुछ लोग आप से असहमत होंगे, पर वो जिनका नेतृत्व आप कर रहे हैं वे आपका सम्मान करेंगे तथा आपका अनुसरण भी करेंगे। अनुशासन आपको निष्पक्ष होने का पाठ पढ़ाता है। एक नियम सबके लिए।

नेल्सन मण्डेला ने कहा था, “जहां अनुशासन नहीं, वहां वास्तविक प्रगति नहीं।”

आभार सहित।

आपका



रामकुमार गोयल

CHAIRMAN'S NOTE

Dear Friends,

Although you all are well aware in respect of DISCIPLINE from childhood, but still I shall like to elaborate.

DISCIPLINE IS A VITAL FACTOR IN SHAPING ONE'S PERSONALITY. It has to be inculcated not as an obligation but as a normal trait. Discipline is just like the backbone. Even if all organs of the body are in a good order, if the backbone is defective, we cannot sit or stand or walk properly. Similarly, in the absence of discipline, nothing can run properly in spite of the rest being all right. The only demand that discipline makes is that we should have a plan and an order in life. When we observe things keenly all around us, discipline reigns supreme. Take for instance the Earth, the Moon and the planets that revolve around the Sun in order. Had there been no discipline, the flow of Cosmos would have been stopped.

SWAMI VIVEKANANDA has said, "The only value of knowledge is in the disciplining of the mind". Self-discipline is the ability to get yourself to take action regardless of your emotional state. The five pillars of self-discipline are: Acceptance, Willpower, Hard Work, Industrious and Persistence. Self-discipline is like a muscle. The more you train it, the stronger you become. The less you train it, the weaker you become. It is not occasional failures but repeated indulgence that requires a discipline.

DISCIPLINE CONTRIBUTES A LOT TO OUR LIVES. It is required in our personal life as well as within our family and society. Self-discipline leads to contentment. You can be more self-disciplined when your life is more organized. Also our ability for self-discipline is largely derived from our ability to effectively manage our time. Children will also learn about proper behavior as it enforces certain limitations on them. This not only helps them strengthen their values, but also helps them excel in the long run. It is the duty of parents to make their children follow discipline from an early age. Being disciplined helps children to understand the difference between the ideas of right and wrong.



DISCIPLINE AT WORKPLACE CREATES AN AMICABLE ATMOSPHERE. The administration of such a place would be excellent, leading to overall enhancement. Sometimes employees are unaware of behavior and actions that prevent them from achieving their performance levels. Discipline is necessary to alert employees and help them understand how they can attain performance levels that meet employers' expectations. Efficiency is the outcome of a disciplined workplace as discipline improves attitude and performance. It acts as the bridge between goals and accomplishment.

THE TEMPTATION TO TAKE THE EASY ROAD IS ALWAYS THERE. But discipline is paramount to ultimate success and victory for any leader and any team. Lack of discipline results in downfall in character. It can be difficult to be a leader and stand up for what you believe in. But discipline gives you the strength. It is much easier to follow others than to lead. True leaders are focused on helping their team, community or office. If you are a true leader, chances are some people will disagree with you, but those you lead will respect and follow you. Discipline teaches you to be impartial. One law for all.

NELSON MANDELA once said, "Where there is no discipline there can be no real progress."

With Best Regards

Yours

Ramkumar Goel

REACTING TO EVERYTHING

- Sudha Narayan Murthy
Chairperson, Infosys Foundation

My take on life, trials and tribulations.

- I'm slowly learning that I don't have to react to everything that bothers me.
- I'm slowly learning that I don't have to hurt those who hurt me.
- I'm slowly learning that maybe the ultimate sign of maturity is walking away instead of getting even.
- I'm slowly learning that the energy it takes to react to every bad thing that happens to you drains you and stops you from seeing the other good things in life.
- I'm slowly learning that I'm not going to be everyone's cup of tea and I won't be able to get everyone to treat me the way I want to be treated 'and that's okay.'
- I'm slowly learning that trying so hard to win anyone is just a waste of time and energy and it fills you with nothing but emptiness.
- I'm slowly learning that not reacting doesn't mean I'm okay with things, it just means I'm choosing to rise above it.
- I'm choosing my peace of mind because that's what I truly need. I don't need more drama. I don't need people making me feel like I'm not good enough. I don't need fights and arguments and fake connections. I'm slowly learning that sometimes not saying anything at all says everything.
- I'm slowly learning that reacting to things that upset you gives someone else power over your emotions.
- You can't control what others do but you can control how you respond, how you handle it, how you perceive it and how much of it you want to take personally. I'm slowly learning that most of the time, these situations say nothing about you and a lot about the other person.
- I'm slowly learning that even if I react, it won't change anything, it won't make people suddenly love and respect me, it won't magically change their minds.
- Sometimes it's better to just let things be, let people go, don't fight for closure, don't ask for explanations, don't chase answers and don't expect people to understand where you're coming from.
- I'm slowly learning that life is better lived when you don't center it on what's happening around you and center it on what's happening inside you instead.
- Work on yourself and your inner peace and you'll come to realize that not reacting to every little thing that bothers you is the first ingredient to living a happy and healthy life.



►► PERSPECTIVE

When I was young, education to me was only about going to school. I had no idea what impact it could have on a person's life, especially a girl. Eventually I have come to realize that education is the most important revolution in history and that it brings an elementary shift in the values, actions, and responsibilities of an individual. Whether a person is living in poverty or is among the wealthiest in the world, education is necessary in any situation. Education is everyone's right and it is one of the most crucial areas of empowerment, especially for women.

Education is moving away from darkness towards light. No country can make progress if the women lag behind. Until few years ago, people in several countries, including India, opined that girls should stay at home, take care of domestic chores and look after the kids and elderly. But now a lot has been changed. Over recent decades there has certainly been significant progress in girls' education. They have become key to economic progress and have surpassed men in many fields such as academics, sports, politics, etc. Women today are juggling work, family, relationships and everything in between with the limited time and resources she has, and yet manages to do it all with aplomb.

Many famous personalities and celebrities has been quite vocal about girl education and empowering young women around the world. In one of her speeches, Michelle Obama who launched the initiative 'Let's Girl's Learn' once said, "When girls are educated, their countries become stronger and more prosperous." Indeed, education is an instrument of social transformation. No country in history has seen a steady economic increase without at least 40% literacy rate. Statistics show that for every year of education, a person's average earnings increase by 10%. This means that the GDP could increase by 1% every year if all citizens receive equal and quality education. So if girls receive the same education as boys, it leads to greater human and economic progress.

Education is not only for employment, it leads to enhancement of knowledge, enlightenment and empowerment of individuals. An educated woman has the skills, information and self-confidence that she needs to be a better parent, worker and citizen. It is important that girls finish all necessary levels of education, learn new skills and competencies for showcasing the same level of competitiveness as boys. Education enables them to take informed and better decisions of their lives and those around them. If you educate a boy you educate an individual, but if you educate a girl, you educate a family because later on when the girl becomes a mother she imparts knowledge to her children. They can become self-sufficient and independent and give better standards of living to their family. There cannot be much social and economic changes unless girls and women are given their rights for education.

An educated girl will stay healthy, save money, build a business, empower her community, lift her country and CHANGE THE WORLD.



- Jyothsna Raj



बदलता दौर और रिश्ते में दूरी

एक वो दौर था जब पति भाभी को आवाज लगाकर अपने आने की खबर पत्नी को देता था। पत्नी की छलकती पायल और खनकते कंगन बड़े उतावलेपन के साथ पति का स्वागत करते थे।

बाऊजी की बातों का, हाँ बाऊजी-जी बाऊजी के अलावा जवाब नहीं होता था।

आज रिश्तों का केवल नाम रह गया है। यह समय-समय की नहीं समझ-समझ की बात है।

दादू के कन्धे मानो पोते-पोतियों के लिए आरक्षित होते हैं। काकाजी ही भतीजों के दोस्त हुआ करते थे।

आज वही दादू वृद्धाश्रम की पहचान है। काकाजी बस रिश्तेदारों की सूची का नाम है।

बड़े पापा सभी का ख्याल रखते थे, अपने बेटे के लिए जो खिलौना खरीदा वैसा ही खिलौना परिवार के सभी बच्चों के लिए लाते थे।

ताऊजी आज सिर्फ पहचान रह गये और छोटे बच्चे पता नहीं कब जवान हो गये।

दादी जब मक्खन बनाती थी, बेटों को भले ही छाछ दे दे, पर मक्खन तो केवल पोते-पोतियों में बाँटती थी।

दादी के मक्खन ने पोतों की आस छोड़ दी, क्योंकि पोतों ने अपनी राह अलग मोड़ दी।

राखी पर बुआजी आती थी, घर में ही नहीं, मोहल्ले में फूफाजी को नाश्ते पर बुलाते थे।

अब बुआजी बस, दादा-दादी के बीमार होने पर आती हैं।

किसी और को उनसे मतलब नहीं चुपचाप नयन-नीर बहाकर वो भी चले जाते हैं।

शायद मेरे शब्दों का कोई महत्व ना हो पर कोशिश करना इस भीड़ में खुद को पहचानने की, कि हम जिंदा है या बस जी रहे हैं।

ये समय-समय की नहीं समझ-समझ की बात है।

अंग्रेजी ने अपना स्वांग रचा दिया, शिक्षा के चक्कर में हमने संस्कारों को भुला दिया।

बालक की प्रथम पाठशाला परिवार व पहली शिक्षक उसकी माँ होती थी। आज परिवार ही नहीं रहे तो पहली शिक्षक का क्या काम?

ये समय-समय की नहीं समझ-समझ की बात है।



संकलक:
मुकेश कुमार शर्मा
एआरसी - औरंगाबाद

बांस का पेड़



एक संत अपने शिष्य के साथ जंगल में जा रहे थे। ढलान पर गुजरते अचानक शिष्य का पैर फिसला और तेजी से नीचे की ओर लुढ़कने लगा। वह खाई में गिरने ही वाला था कि तभी उसके हाथ में एक बांस का पौधा आ गया। उसने बांस के पौधे को मजबूती के साथ पकड़ लिया और वह खाई में गिरने से बच गया।

बांस धनुष की तरह मुड़ गया लेकिन न तो वह जमीन से उखड़ा और न ही टूटा। थोड़ी देर बाद उसके गुरु पहुँचे। उन्होंने हाथ का सहारा देकर शिष्य को ऊपर खींच लिया। दोनों अपने रास्ते पर आगे बढ़ चले।

राह में संत ने शिष्य से कहा, “जान बचाने वाले बांस ने तुमसे कुछ कहा, तुमने सुना क्या?”

शिष्य ने कहा, “नहीं गुरुजी, शायद प्राण संकट में थे इसलिए मैंने ध्यान नहीं दिया और मुझे तो पेड़-पौधों की भाषा समझ में नहीं आती, आप ही बता दीजिए उसका संदेश।”

गुरु मुस्कराये, “खाई में गिरते समय तुमने जिस बांस को पकड़ लिया था, वह पूरी तरह से मुड़ गया था फिर भी उसने तुम्हें सहारा दिया और तुम्हारी जान बचा ली।”

संत ने बात आगे बढ़ाई, “बांस ने तुम्हारे लिए जो संदेश दिया वह मैं तुम्हें दिखाता हूँ।”

गुरु ने रास्ते में खड़े बांस के पौधे को खींचा और छोड़ दिया। बांस लचककर अपनी जगह वापिस लौट गया।

“हमें बांस की इसी लचीलेपन की खूबी को अपनाना चाहिए। तेज हवाएं बांसों के झुरमुट को झकझोर कर उखाड़ने की कोशिश करती हैं लेकिन वह आगे पीछे डोलता मजबूती से धरती पर जमा रहता है।”

“बांस ने तुम्हारे लिए यही संदेश भेजा है कि जीवन में जब भी मुश्किल आये तो थोड़ा झुककर विनम्र बन जाना लेकिन टूटना नहीं, क्योंकि बुरा दौर निकलते ही पुनः अपनी स्थिति में दोबारा पहुंच सकते हो।”

शिष्य बड़े गौर से सुनता रहा। गुरु ने आगे कहा, “बांस न केवल हर तनाव को झेल जाता है बल्कि यह उस तनाव को भी अपनी शक्ति बना लेता है और दुगुनी गति से ऊपर उठता है। गुरु ने कहा कि तुम अपने जीवन में इसी तरह लचीले बने रहना। पुत्र पेड़-पौधों की भाषा मुझे भी नहीं आती। बेजुबान प्राणी हमें अपने आचरण से बहुत कुछ सिखाते हैं।”

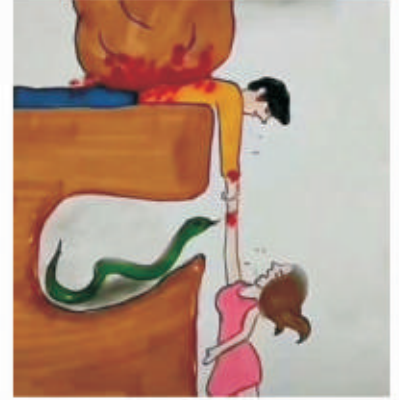
जरा सोचिए कितनी अच्छी बात है। हमें सीखने के सबसे ज्यादा अवसर उनसे मिलते हैं जो अपने प्रवचन से नहीं बल्कि कर्म से हमें लाख टके की बात सिखाते हैं।

हम नहीं पहचान पाते, तो यह कमी हमारी है।
 “जीवन” में “तकलीफ” उसी को आती है ...
 जो हमेशा “जिम्मेदारी” उठाने को तैयार रहते हैं...
 और... जिम्मेदारी लेने वाले कभी हारते नहीं,
 या तो “जीतते” हैं या फिर “सीखते” हैं।



संकलक:
 मनीष कुमार
 एआरसी - फूलबाग (दिल्ली)

चित्र शरल है, लेकिन बहुत ही गहरे अर्थ के साथ



आदमी को पता नहीं है कि नीचे सांप है और महिला को नहीं पता है कि आदमी भी किसी पत्थर से दबा हुआ है। महिला सोचती है कि मैं गिरने वाली हूँ और मैं नहीं चढ़ सकती क्योंकि सांप मुझे काटने वाला है। आदमी थोड़ा और ताकत का उपयोग करके मुझे ऊपर क्यों नहीं खींच सकता।

आदमी सोचता है, मैं बहुत दर्द में हूँ। फिर भी मैं अभी भी आपको उतना ही खींच रहा हूँ जितना मैं कर सकता हूँ। सामने वाला खुद कोशिश क्यों नहीं करता और थोड़ा कठिन चढ़ाई को पार कर लेता।

नैतिकता :- आप उस दबाव को देख नहीं सकते जो सामने वाला झेल रहा है, और ठीक उसी तरह सामने वाला भी उस दर्द को नहीं देख सकता जिसमें आप हैं।

यह जीवन है, भले ही यह काम, परिवार, भावनाओं, दोस्तों, परिवार के साथ हो, आपको एक दूसरे को समझने की कोशिश करनी चाहिए। अलग-अलग सोचना, एक दूसरे के बारे में सोचना और बेहतर तालमेल बिठाना चाहिए।

हर कोई अपने जीवन में अपनी लड़ाई लड़ रहा है और सबके अपने-अपने दुख हैं। इसलिए कम से कम हम जब भी अपनों से मिलते हैं तब एक-दूसरे पर आरोप-प्रत्यारोप करने के बजाय एक-दूसरे को प्यार, स्नेह और साथ रहने की खुशी का अहसास दें, जीवन की इस यात्रा को लड़ने की बजाय प्यार और भरोसे से आसानी से पार किया जा सकता है।



संकलक:
एस.के.जैन
एआरसी - सिकन्दराबाद

time

Time waits for no one; Time stops for no one; Your excuses will not slow down time; Your indecisions will not delay time; Your complaining will not stall time; Your regrets will not turn back time.

So, don't waste your time in anger, regrets, worries and hate, because time will not turn back and cry along with you.

It's time to let go of the past and stop worrying about the future. Your only time is NOW. So, make sure you spend your time with the right purpose, with right deeds, with the right emotions, with the right thoughts and with the right people.

Time flies! That's a fact! But you can always spread your wings and soar with time, and navigate life the best that you can!

Remember, you will never pass this way again, Make it count!

Time...Do what it does... Keep moving!



HELPING PEOPLE TAKE RESPONSIBILITY

People duck responsibility for reasons ranging from simple laziness or a fear of failure, through to a sense of feeling overwhelmed by the scale of a problem or a situation. Whatever the reason, if people fail to take responsibility, they'll fail in their jobs, they'll fail their teams, and they'll fail to grow as individuals. All of this makes it important to address the issue.

Signs of not being responsible: Lacking interest in their work, and in the well-being of the team; Blaming others for mistakes and failures; Missing deadlines; Avoiding challenging tasks and projects, and not taking risks; Regularly complaining about unfair treatment and engaging in self-pity; Avoiding taking initiative, and being dependent on others for work, advice and instructions; Lacking trust in team members and leaders; Making excuses regularly.

Ways to Encourage Responsibility: When team members don't take responsibility for their actions, some managers may just hope that the problem goes away. Others may try to remove these people from their teams completely. Neither of these approaches is ideal. Your aim should be to provide your people with the skills and resources needed to do their jobs, and then to create an environment where it's easy for them to take responsibility for their decisions and actions.

Re-Engage People: Think about how you, yourself, feel when you are doing work that you love or care deeply about. You take responsibility for your actions, simply because you have a deep sense of pride in what you're doing. The same will likely hold true for your people, by working on re-engaging them you can lead your people down the path towards personal responsibility.

Help People To Take Control: Sometimes, people feel that they have no control over their lives. To them, it doesn't matter what they do or how hard they work, nothing makes much of a difference. People who believe that outside forces constantly influence their life are said to have an "external locus of control," while those who believe that their actions shape events, have an internal one. Help them overcome this. Set modest goals so that they can achieve some quick wins; and then help them build their self-confidence. Also, remind them of their strengths and past successes, and teach them how to think positively, instead of engaging in damaging, negative self-talk.

People who don't take responsibility for their work or actions are likely to have a negative impact on their team. To help people take more responsibility for their work, provide them with the skills and resources to actually do their job. Then, set up an environment that makes it easy for them to change, and help them to take responsibility for their decisions and actions.



Compiled by:
Dharm Raj Yadav
A R C - Nelamangala TC

राजा का सर्वे

एक राजा था... उसने एक सर्वे कराने का सोचा कि मेरे राज्य के लोगों की घर-गृहस्थी पति से चलती है या पत्नी से...?

उसने एक ईनाम रखा कि “जिसके घर में पति का हुक्म चलता हो, उसे मन पसंद घोड़ा ईनाम में मिलेगा और जिसके घर में पत्नी की चलती हो वह एक सेब ले जाए...।”

एक के बाद एक सभी नगरवासी सेब उठाकर ले जाने लगे।

राजा को चिंता होने लगी... क्या मेरे राज्य में सभी घरों में पत्नी का हुक्म चलता है...।

इतने में एक लम्बी-लम्बी मूछों वाला, मोटा तगड़ा और लाल-लाल आँखों वाला जवान आया और बोला... “राजा जी मेरे घर में मेरा ही हुक्म चलता है... घोड़ा मुझे दे दीजिए...”

राजा खुश हो गये और कहा जवान अपना मन पसंद घोड़ा ले जाओ ... चलो कोई एक घर तो मिला जहां पर पति की चलती है। जवान काला घोड़ा लेकर रवाना हो गया।

घर गया और फिर थोड़ी देर में घोड़ा लेकर दरबार में वापिस लौट आया।

राजा – “क्या हुआ जवां मर्द...??? वापिस क्यों आ गये...???”

जवान: “महाराज, मेरी पत्नी कह रही है कि काला रंग अशुभ होता है, सफेद रंग शांति का प्रतीक होता है। आप सफेद रंग का घोड़ा लेकर आओ... इसलिए आप मुझे सफेद रंग का घोड़ा दीजिए।”

राजा: अच्छा... “घोड़ा रख... और सेब लेकर चलता बन...”

इसी तरह रात हो गई... दरबार खाली हो गया... लोग सेब लेकर चले गये।

आधी रात में महामंत्री ने दरवाजा खटखटाया...

राजा : “बोलो कैसे आना हुआ ...???”

महामंत्री : “महाराज आपने सेब और घोड़ा ईनाम में रखा है, इसकी जगह अगर एक मन अनाज या सोना वगैरह रखा होता तो लोग कुछ दिन तक खा सकते थे या जेवर बना सकते थे...।”

राजा : “मैं भी ईनाम में यही रखना चाह रहा था लेकिन महारानी ने कहा कि सेब और घोड़ा ही ठीक है। इसलिए यही रखा...।”

महामंत्री: “महाराज आपके लिए सेब काट दूँ...।”

राजा को हंसी आ गई और पूछा यह सवाल आप दरबार में पूछ सकते थे आप आधी रात को ही क्यों आये...?

महामंत्री : “महाराज, मेरी धर्मपत्नी ने कहा कि अभी जाओ और अभी पूछ के आओ, सच्ची घटना का पता तो चले।”

राजा: बात काटकर “महामंत्री जी सेब आप खुद ले लो या घर भेज दिया जाये।”

Moral of the Story

* समाज चाहे जितना भी पुरुष प्रधान हो लेकिन संसार स्त्री प्रधान ही है।*

आप सभी सेब यहीं खाओगे या घर ले जाओगे।



संकलक:
आर.एस.शुक्ला
एआरसी - मुम्बई

COMPARISONS



Most often we are in the habit of making comparisons. During the course of making comparisons, generally we tend to develop many vices like jealousy, pride, exaggerating or underlining achievements, developing a sense of insecurity within ourselves or creating it

among others, etc. Comparisons may be good as long as they inspire us to make progress in a certain field and go ahead. But unfortunately, they start a bad race of leaving others behind and winning over them. In this process ethical values are a casualty. We forget all that is good and run fast to win leaving others behind by hook or by crook.

The fairness is sacrificed and the eyes are focused on the end result. The piety of means to achieve the end is lost in the race. And, this kind of attitude is indeed unethical; the unethical is certainly unacceptable as it causes degradation of humanitarian virtues and gives birth to vices (as discussed above) in the personality. We, therefore, have to avoid comparisons in the worldly field and teach our children to get motivated by virtues and not by the worldly achievements. The things achieved through our own efforts without indulging in the rat race are welcome.

Comparisons in the spiritual field, however have a positive aspect. If we compete to meditate more and more, to indulge in service to our brothers more and more, to read, to listen and understand the thoughts of saints, to make ourselves available for the noble cause of humanity more than others, etc., then comparisons are definitely welcome as they evaluate our soul and help us traverse the path taking to and touching godliness. This sort of comparison would truly evolve us and inculcate virtues in our character. We can emphatically say that ethical is always acceptable as it causes upgradation and elevation forwarding us towards the kingdom of God. Such comparisons only inspire us to make more and more achievements in the area of spirituality and don't have any adverse impact.

Who can inspire us to avoid worldly comparisons and make spiritual ones? Definitely, it is some great spiritual soul who has himself achieved the highest form of spirituality and can also make us realize its supreme benefits. By bestowing on us the Divine Knowledge and leading us to view the divine in our Inner self, he can take us to self realization and recognize the power of soul, When we move sincerely on this path, we are inspired to make spiritual comparisons and evolve higher and higher, leaving behind the trifle, worldly comparisons. Therefore, find such a Perfect Master and elevate yourself to the highest point.



- R.Swaminaathan
Mayiladuthurai (Tamil Nadu)



जब तक चलेंगी ज़िंदगी की साँसें,
कहीं प्यार, कहीं टकराव मिलेगा।
कहीं बनेंगे संबंध अंतर्मन से,
तो कहीं आत्मीयता का अभाव मिलेगा।

कहीं मिलेगी ज़िंदगी में प्रशंसा,
तो कहीं नाराजगियों का भाव होगा।
कहीं मिलेगी सच्चे मन से दुआ,
तो कहीं भावनाओं में दुर्भाव होगा।

कहीं बनेंगे पराये रिश्ते भी अपने,
तो कहीं अपनों से भी खिंचाव मिलेगा।
कहीं होंगी खुशियां चेहरे पर,
तो कहीं पीठ पे बुराई का घाव मिलेगा।

तू चलाचल रही अपने कर्म पथ पे,
जैसा तेरा भाव वैसा प्रभाव मिलेगा।
रख सद्भाव से शुद्धता का स्पर्श तू
अवश्य ज़िंदगी का पड़ाव मिलेगा।

संकलक:
श्रीमती सोनी चौधरी
धर्मपत्नी श्री हरि चौधरी
एआरसी - वापी

माँ



गिनती नहीं आती मेरी माँ को यारों,
मैं एक रोटी मांगता हूँ वो हमेशा दो ही लेकर आती है!

जन्नत का हर लम्हा...दीदार किया था
गोद मे उठाकर जब माँ ने प्यार किया था!

सब कह रहें है आज माँ का दिन है
वो कौन सा दिन है.. जो माँ के बिन है!

सन्नाटा छा गया बटवारे के किस्से में..
जब माँ ने पूछा मैं हूँ किसके हिस्से में.....!!!

.... घर की इस बार मुकम्मल तलाशी लूंगा
पता नहीं गम छुपाकर हमारे मां बाप कहाँ रखते थे...?

एक अच्छी माँ हर किसी के पास होती है लेकिन...
एक अच्छी औलाद हर माँ के पास नहीं होती...

माँ से छोटा कोई शब्द हो तो बताओ
उससे बड़ा भी कोई हो तो भी बताना.....

मंजिल दूर और सफर बहुत है
छोटी सी जिन्दगी की फिकर बहुत है !

मार डालती ये दुनिया कब की हमें
लेकिन "माँ" की दुआओं में असर बहुत है !

माँ को देख, मुस्कुरा लिया करो..
क्या पता किस्मत में हज़(तीरथ) लिखा ही ना हो!

मौत के लिए बहुत रास्ते हैं पर....
जन्म लेने के लिए केवल माँ !

माँ के लिए क्या लिखूँ ? माँ ने खुद मुझे लिखा है
दवा असर ना करें तो नजर उतारती है
माँ है जनाब... वो कहाँ हार मानती है।

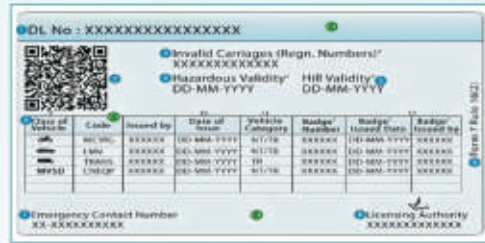
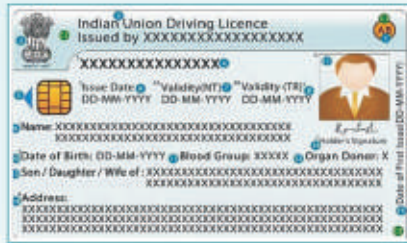


संकलक:
मोहित गोयल
तलवण्डी रुक्का-हिसार

NEW SMART CARD DESIGN for DL and RC

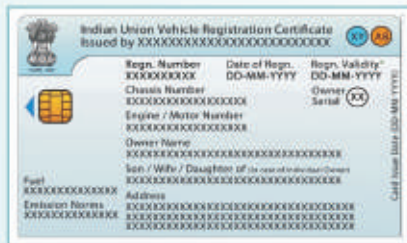
The Indian Government plans to roll out uniform Smart Driving License and Vehicle Registration Certificates across the country. The Ministry of Road Transport and Highways (MoRTH) has issued this norm which will be effective from October 1, 2019. The new regulation aims at creating a central online database of all the vehicles and drivers and will help the Government and law enforcers in many ways.

INDIAN UNION DRIVING LICENSE



According to the upcoming norms, every Driving License will have advanced microchip with security features like micro-printed text, hologram, watermark, etc., along with a QR Code which will keep a record of the driver's data and penalties of upto 10 years. It will state the blood group and also declaration for organ donation. The reverse side of the Driving License will have an emergency contact number. The new licenses will also contain information about the limitations of differently-abled drivers and the modification done to their vehicle.

INDIAN UNION VEHICLE REGISTRATION CERTIFICATE



The new Vehicle Registration Certificate will also follow a format similar to the new driving licenses with security features, QR Code and emergency contact number. The Vehicle Registration Certificate will embody the fuel type and emission details along with the owner's details. The QR Code, the details of the vehicle, the license holder entitled to drive, will be printed on the reverse side of the card.

With the new norms in place, every Driving License or Registration Certificate across all states will have the same appearance and security features. The State Government, however, will be allowed to install a Chip and additional features into the card like the Near Field Communication (NFC - to establish communication with usually a portable device such as a smart phone, by bringing them within 4 cm). Traffic policemen will also be given a handy tracking device to read the QR Code spontaneously to catch hold of offenders even for the past violations. Anyone going in for renewal or re-registration will automatically get the new DLs and RC for its vehicles. The new, technologically advanced cards will also be of a better quality than the current cards, which are known to be prone to fading.

THOUGHTS AND ASPIRATIONS - Dada J.P.Vaswani

Life is a duty: Dare it! Life is a burden: Bear it! Life is a treasure: Share it!

That man is reckoned true who never turns away from the path of duty; who bears the burdens that life throws on his shoulders; and who shares the good things of life with those in need!

Serve others – for life is too short. So let us be quick to love and prompt to service.

Let our constant prayer be: The joy of God fills me. The presence of God surrounds me. The inspiration of God uplifts me. The wisdom of God guides me. The strength of God upholds me. I feel safe, secure in all conditions and circumstances of life.

Let me live one day at a time with the faith that God is with me in all my sorrows. I am not alone.

The secret of enjoying life is to take serious things lightly and light things seriously.

We can float safely on the sea of life as long as we don't allow our sorrows and troubles to get inside us! For if we do, we will surely drown in the depths of depression.

You become what you think – this is the great law of life. Think better thoughts, nobler thoughts, and you will surely become a better person.

Selfless service is the bridge that will take you from the life of the world to the life of the spirit.

Life is a school and experience is our teacher. But fees we have to pay are quite high.

Life has so many hidden woes that we never know when we are touching a tender spot. Therefore, let us be gentle, sweet, kind to all!

Cultivate your Mind for Real Happiness



Supposing you were told, “Today is the last day of your life. Make a list of all the things that you feel you have accomplished, all the things that have made you feel truly happy; what are the things you would put down in that list, knowing that you have only hours left to live?”

I’m certain that your car, bungalow and bank account will find no place on the list. What you are sure to put on it would be the most fundamental elements of a truly happy life – your love for God, the love and respect you have earned from your near and dear ones, the sunshine you brought into people’s lives by your warmth and affection, the compassion you have received from your friends, the love and kindness you have shown to people. Thus, happiness is in the little things that make life significant.

Many of us are apt to equate happiness and success with money, material wealth and possessions. The Wise Ones remark, “This is sheer ignorance. You cannot be happy just because you live in a mansion or a penthouse apartment. You cannot achieve peace

and inner harmony just because you drive a Mercedes or a BMW. You cannot be considered ‘successful’ just because you are a millionaire.”

Happiness is an inner quality. Don’t look for happiness... create it. It was Abraham Lincoln who said, “Most are about as happy as they make up their minds to be.” And since happiness gives meaning and purpose to life, we must know where to find it. All the world’s greatest philosophers agree on this point: true happiness stems from within us, from a way of thinking about life. This is the most enduring, agreed upon truth about happiness: if the prints of contentment and satisfaction are not within, no material success, no pleasure or possession make us truly happy.

Things that money can’t buy

I recall the words of that wise man, G.H.Loruner. He worked for several years as the Editor of the Saturday Evening Post, and on one occasion he wrote words which have clung to my memory. Loruner says, “It is good to pause for a while again and again and check whether we have not lost all the things which money cannot buy”.

There are so many things which money cannot buy, and those are the things that contribute to true happiness. Money can buy for us the softest bed in the universe, but money cannot buy for us sleep. Money can buy for us medicines, but money cannot buy for us health. Money can buy for us the best cosmetics in the world, but money cannot buy for us that natural rosy tint in the cheeks. Money can buy for us the best of foods, but money cannot buy for us appetite. Money can buy for us flatterers who will follow us wherever we go, but money cannot buy for us true friendship. Money can buy for us all the books that are available in the world, but money cannot buy for us brains. Money can buy for us social prestige, but money cannot buy for us a clear conscience.

William Lyon Phelps was a distinguished writer and critic, as well as a popular Professor at Yale University. He had inspired and guided hundreds of students during his long and distinguished career. When he was asked to write a message of guidance and inspiration for the American people, he asserted: “The principle of happiness is like the principle of virtue: it should not be dependent on things, but be a part of your personality.” When Professor Phelps had been a young student, he had drawn inspiration from the words of President Timothy Dwight who had visited his college and addressed the students. Dwight had told them emphatically, “The happiest person is the person who thinks the most interesting thoughts.” This was what he taught his students too. Real happiness cannot come from external things, he told them. The only lasting happiness that you will experience is that which springs from your inner thoughts and emotions. Therefore, he urged them, cultivate your mind. For an empty mind seeks mere pleasure as a substitute for happiness. The happiest people are not the ones who make money, buy property and own stocks. The happiest people are those who cultivate their minds with interesting and invigorating thoughts.

- Dada J.P.Vaswani

क्या जिंदगी हैं

(1)

दौलत की भूख ऐसी लगी कि कमाने निकल गये
जब दौलत मिली तो हाथ से रिश्ते निकल गये
बच्चों के साथ रहने की फुरसत ना मिल सकी
फुरसत मिली तो बच्चे कमाने निकल गये।

(2)

जीवन की आधी उम्र तक पैसा कमाया
पैसा कमाने में इस शरीर को खराब किया
बाकी आधी उम्र तक उसी पैसे को
शरीर ठीक करने में लगाया
न शरीर बचा, न पैसा।

(3)

श्मशान के बाहर लिखा था
मंजिल तो तेरी यही थी
बस जिंदगी गुजर गई आते-आते
क्या मिला तुझे इस दुनिया से
अपनों ने ही जला दिया तुझे जाते-जाते।



मेहनत



मेहनत से उठा हूँ, मेहनत का दर्द जानता हूँ,
आसमाँ से ज्यादा जमी की कद्र जानता हूँ।

लचीला पेड़ था जो झेल गया आँधियां,
मैं मगरूर दरख्तों का हस्र जानता हूँ।

छोटे से बड़ा बनना आसान नहीं होता,
जिंदगी में कितना जरूरी है सब्र जानता हूँ।

बेवक्त, बेवजह, बेहिसाब मुस्कुरा देता हूँ,
आधे दुश्मनों को तो मैं यूँ ही हरा देता हूँ।



संकलक:

राजेश कुमार

एआरसी - सिकन्दराबाद

सही जीवनशैली, खुशियों का खजाना

साथियों, खुश रहने के लिए किस्मत, पैसा, ताकत या किसी भौतिक चीज की जरूरत नहीं होती है। सही जीवनशैली और बिना किसी कारण भी खुश रहना सम्भव है क्योंकि खुशियाँ उसी तरह हमारे भीतर हैं, जिस तरह से आकाश हमारे बाहर है।

दिन की सही शुरूआत खुशी की चाबी :

कुछ लोग दिन की शुरूआत नकारात्मक विचार या लड़ाई-झगड़े से करते हैं। ऐसी शुरूआत आपको दिन भर तनावग्रस्त बना देती है। तू-तू, मैं-मैं से हुई शुरूआत से आप ना अच्छा खा पाते हैं, ना अच्छा सोच सकते हैं। सुबह की शुरूआत शांति से हो तो दिन भर अच्छा गुजरता है। इसलिए प्रातःकाल व्यायाम व स्नान के बाद ईश्वर से प्रार्थना करें और सकारात्मक विचार के साथ आगे बढ़ें।



परिवार को महत्व जरूरी :

खुश रहना है तो अपने परिवार को महत्व देना जरूरी है, क्योंकि परिवार से दूर रहकर, उन्हें समय ना देकर, उन्हें प्रेम ना करके आप कभी खुश नहीं रह सकते हैं। परिजनों और दोस्तों के साथ समय बिताने से आपको खुशी मिलेगी और आप तनाव से दूर रहेंगे।

सपने अवश्य देखें :

ऐसा कहा जाता है कि हकीकत की दुनिया में जीना चाहिये, सपनों की दुनिया में नहीं। सपने खुशियों को छीन सकते हैं किन्तु यह बात पूरी तरह सही नहीं है। हर किसी को सपने देखना चाहिए ताकि उसे पूरा करने के लिए आपके अन्दर एक उत्साह एवम् लगन बनी रहे। जो लोग अधिक निराश हैं, खुशियाँ उनके जीवन से काफी दूर चली गई हैं इसलिए उन्हें सपने देखना चाहिए। सपने जीवन में आत्मविश्वास पैदा करते हैं।

अच्छा काम करें :

मनोचिकित्सक का कहना है कि जो लोग भलाई का काम नहीं करते हैं, वे हमेशा तनाव में रहते हैं। इसलिए सदैव खुश रहना है तो रोजाना कोई ना कोई अच्छा काम करते रहना चाहिए। जो लोग खुले दिल से दूसरों की मदद करते हैं, सामाजिक कार्यों में लगे रहते हैं, वे तनाव से कोसों दूर रहते हैं। दूसरों की भलाई एक अच्छी आदत है, इससे दिल को सूकून मिलता है।

उदार बनें, संवेदनहीन नहीं :

संवेदनहीन लोग सबसे अधिक नाखुश रहते हैं। जैसे कि हिटलर संवेदनहीन व्यक्ति था। उसके मन में किसी के प्रति संवेदना नहीं थी और वह लोगों को प्रताड़ित करता था। अपने बुरे स्वभाव के कारण उसके कई दुश्मन हो गये थे। वह अपने जीवन में कभी खुश नहीं रहा। इसलिए दूसरों के प्रति उदारता की भावना रखें।

प्रतिस्पर्धा नहीं करें, प्रतियोगिता में शामिल हों :

यदि आप किसी से प्रतिस्पर्धा करते हैं तो आपके अंदर तनाव बढ़ता है। आपकी खुशियाँ आपसे दूर भागने लगती हैं। लेकिन इसके विपरीत यदि आप किसी प्रतियोगिता में शामिल होते हैं तो आपका आत्मविश्वास बढ़ेगा, मन प्रसन्न होगा और खुशी का संचार होगा। यह आपको आगे बढ़ने में मदद करेगा।



संकलक:
दिलीप कुमार सालवी
एआरसी - इन्दौर

There was a village known for the abound love and devotion that the people had for Lord Ganesha. Once Lord Ganesha thought of testing their devotion. He took the form of a child. With a pinch of rice grains and a spoonful of milk, he started going to people and asking them to prepare kheer for him. He went on going from house to house, people to people, but nobody paid a heed to him. In fact, they laughed at him and told that with that much rice and milk, making kheer would not be possible. But Lord Ganesha insisted and everybody thought the child was silly.

Then Lord Ganesha saw a woman, sitting outside her house, knitting yarn. He went to her and said "Mother, will you please make kheer for me? I have brought this rice and milk, will you do the rest?" The woman, kind enough, told the child to wait there, and went inside the house. She came with a small bowl and asked the child to pour the milk and rice into it. Lord Ganesha, acting as an innocent child asked the lady to get a bigger container. The lady smiled and said, "Only if you promise that you will let me also eat some kheer, will I get a bigger container and make kheer for you". The child happily agreed. The lady went inside and brought a big vessel, and child Ganesha poured the milk and added rice grains into it, and sat there to wait for the kheer to be ready. He was already impressed by the concern that the old woman showed to him. To make the test a bit harder, he brought few other kids from nearby places and invited them to the feast. He came inside and told the lady, that he had also invited a few of his friends, so she should prepare kheer for them as well.

Seeing this, the passersby laughed at the lady, who did not have sufficient food even for her own sustenance. However, she added all the rice and milk that she had and prepared the kheer. When the kheer was finally prepared, she offered the first share as a bhog to Lord Ganesha and other deities in her puja room, and then tasted herself to check if it was tasty enough for the kids to eat. Having tasted it, the lady came out with a bowl full of kheer and offered it to child Ganesha. However, the child said that he was already full and that the kheer was very tasty. He also told her to give kheer to the other kids present there. However, this confused the lady. She asked how could his stomach be full without having eaten the kheer and how he could tell that the kheer was tasty.

To this, Lord Ganesha replied that he ate it when she offered it to Lord Ganesha inside her Puja room. This was enough for the lady to understand that the child was none other than Lord Ganesha himself. She bowed before him and Lord Ganesha blessed her. The kheer was distributed among the other kids present there, but she saw that the vessel was again full as she came back in the kitchen. So, the lady distributed it among all the villagers as a prasad of Lord Ganesha. Thus, a genuine act from the kind lady gave a lesson to all the villagers.

The Story of **Lord Ganesha** and the **Old Lady**



Compiled by:
Deepthi M.
A R C - Hyderabad

AKBAR & BIRBAL



AKBAR asked BIRBAL to look for four biggest idiots in his state and produce them in his court within a month. After a month's extensive search operations, Birbal brought to the court only two people! "But I asked for four", Akbar angrily asked. "Give me a chance to present them one by one", Birbal pleaded and went on to present his idiots.

"Maharaj, this man, while travelling in a bullock cart, was keeping his luggage on his head so as to not hurt the bullocks. He is the first idiot. (In corporate parlance, the ones who take all load on themselves and do not delegate.)

Pointing to the second man, Birbal continued, "And this man here is the second idiot. Some grass grew on the roof of his thatched house and he was trying to force his cow climb up a ladder to graze on them." (In corporate parlance, those who benchmark with those whose resources are out of reach and irrelevant for them.)

Birbal continued, "Maharaj, there were a lot of important jobs for me to do in the state, but I ignored them and wasted a precious month in searching for idiots. According to me I am the third idiot." (Idiots who rush obediently for wrong job assignments without any qualms.)

Birbal paused here for a moment.

"Who is the fourth idiot?" Akbar thundered. "Beg your pardon, Maharaj", Birbal continued, "You are the king and are responsible for the wellbeing of the entire state and its people. You need wise persons to help you oversee the state affairs. Instead of looking for wise people you engaged me to look for idiots. According to me you are the fourth idiot. (Bad leaders who are themselves in dark and make others also grope in dark.)

ऊषा : मैं अपने पापा की परी हूँ..!

उमेश : मैं अपने पापा का पारा हूँ..!

ऊषा : पारा..? ये क्या है..?

उमेश : मुझे देखते ही उनका पारा चढ़ जाता है..!

पत्नी : मेरे पुराने कपड़े डोनेट करूँ क्या?

पति : फेंक दें, क्या डोनेट करना !

पत्नी : नहीं जी दुनिया में बहुत सी गरीब, भूखी प्यासी औरतें हैं, कोई भी पहन लेगी !

पति : तेरे नाप के कपड़े जिसको आ जाए वो भूखी, प्यासी थोड़े ही होगी !



एक औरत डॉक्टर के पास गई और बोली - "डाक्टर साहब आपने तो कहा था कि खेलने से मोटापा कम होता है, मेरा तो बिल्कुल कम नहीं हुआ।"

डाक्टर - "कौन सा खेल खेलती हो?"

औरत - "CANDY CRUSH"..... डाक्टर बेहोश!!

पाचनतंत्र

को बलवान बनाता है

‘अनार’



फलों में अनार अत्यन्त महत्वपूर्ण व लाभदायक है। रोगियों और निर्बलों के लिए अमृत के समान गुणदायक फल है। अनार में विटामिन 'A' और 'C' अधिक मात्रा में पाया जाता है। अनार शीघ्र पचता है। शुद्ध रक्त उत्पन्न करता है, बल बढ़ाता है और उसे सुरक्षित रखता है।

अनार के मीठे दाने चूसने से हृदय की पीड़ा और धड़कन, प्यास, जलन, बेचैनी, दमा, पागलपन, चश्मा, जलोदर, ज्वर, मिचली और निर्बलता इत्यादि में तुरंत लाभ मिलता है।

अनार पाचक तंत्रों को बलवान बनाता है और शरीर की कांति बढ़ाता है। शरीर में जमा हुए विजातीय पदार्थों-विषों को बाहर निकालता है।

जिगर के रोगियों के लिये अनार का उपयोग अत्यन्त लाभकारी होता है। इससे जिगर का दर्द व सूजन दूर होती है और जिगर क्रियाशील होता है। अनार सभी रोगों का सब हालतों में पथ्य है।

शरीर को स्वस्थ बनाने वाला मीठा अनार अमृत के समान गुणकारी होता है। अनार के छिलके की राख पानी में घोलकर लगाने से अर्श का दर्द और जलन तुरंत शांत हो जाती है।

खट्टा अनार वात और कफनाशक, छाती की जलन में लाभदायक है। आमाशय और जिगर की जलन को दूर करने वाला, मुख और कंठ के रोगों में हितकर होता है।

समूचा अनार कूटकर उसका रस कै-दस्त बंद हो जाते हैं। खाँसी में मीठे अनार का छिलका दो तोला, नमक लाहौरी, तीन माशा बारीक करके पानी में एक-एक माशे की गोलियां बना लें। दिन में तीन बार दो-दो गोलियां चूसें।

अनार का फूल छाया में सुखाकर बारीक करके मंजन को मलने से दाँतों का खून आना बंद हो जाता है और इसके नियमित प्रयोग से दाँत मजबूत होते हैं।

अनार का छिलका बारीक पीस कर चार माशे ताजा पानी के साथ दिन में दो बार खाने से पेशाब का बार-बार आना रुक जाता है। इसे दस दिनों तक खायें। चावल का इस्तेमाल न करें।

कंधारी अनार का छिलका बारीक करके तीन माशा सुबह-शाम पानी के साथ खाने से स्वप्न रोग दूर हो जाता है। दस दिनों तक खटाई का सेवन न करें तथा रात को दूध का सेवन भी न करें।



संकलक:
एम.के.शर्मा
एआरसी - झारसुगुड़ा

halasana

(Plough Pose)



The name HALASANA is taken from the Sanskrit word 'hala', which means 'plough', and asana, which means 'posture'. In the pose, the body looks like a traditional Indian plough pulled by bulls in the fields. Also by practicing this pose one ploughs the body like one digs the earth, making it loose and free.

TECHNIQUE

- Lie flat on your back, with your arms placed beside your body and your palms facing downwards.
- Inhale, and lift your feet off the ground using your abdominal muscles. Your legs should be at a 90-degree angle.
- Use your hands to support your hips and lift them off the floor.
- Bring your feet in an 180-degree angle without bending your knees, such that your toes are placed over and beyond your head.
- Make sure your back is perpendicular to the ground.
- Hold the position for a minute while focusing on your breathing. Exhale, and gently bring down your legs. Avoid jerking your legs while releasing the pose.

BENEFITS

- Improves the tone and strength of the back muscles, leg muscles and abdominal muscles and also removes the rigidity of the back muscles.
- Improves the function of the thyroid, parathyroid and pituitary glands, stimulating metabolism and immunity.
- Gives a complete stretch to the spine which increases its elasticity and overall functioning.
- Activates digestion and helps with constipation, improves the efficiency of all the abdominal organs such as the spleen, pancreas, liver and kidneys.
- Calms the mind and reduces stress.

CONTRAINDICATIONS

- Should be avoided during pregnancy and menstruation, high blood pressure and brain diseases.
- Should be avoided if suffering from an enlarged thyroid, spleen or liver as well as cervical spondylitis, slipped disc, neck problems, headache and weak blood vessels in the eyes.

BENGALURU DIVISION'S BRANCH HEADS' MEET



Our Hon'ble Director Shri VINAY GOEL along with participants at Hotel Pride, Bengaluru, on 8th June 2019.

PUNE DIVISION'S BRANCH HEADS' MEET



Our Hon'ble JMD Shri C D GOYAL along with participants at Hotel Double Tree Hilton, Pune, on 9th June 2019.

HYDERABAD DIVISION'S BRANCH HEADS' MEET



Our Hon'ble CMD Shri RAMKUMAR GOEL along with participants at Hotel Royalton, Hyderabad, on 9th June 2019.

NAGPUR & VISAKHAPATNAM DIVISIONS' BRANCH HEADS' MEET



Our Hon'ble CMD Shri RAMKUMAR GOEL along with participants at Hotel Royalton, Hyderabad, on 10th June 2019.

AHMEDABAD DIVISION'S BRANCH HEADS' MEET



Our Hon'ble JMD Shri C D GOYAL along with participants at Hotel Courtyard Marriot, Ahmedabad, on 15th June 2019.

DELHI & CHANDIGARH DIVISION'S BRANCH HEADS' MEET



Our Hon'ble Director Shri M. K. GOYAL along with participants at Hotel Jaypee Siddharath, Delhi, on 15th June 2019.

ALLAHABAD & JAMSHEDPUR DIVISIONS' BRANCH HEADS' MEET



Our Hon'ble Director Shri B L SHARMA along with participants at Hotel Second House, Kolkata, on 15th June 2019.

KOLKATA DIVISIONS' BRANCH HEADS' MEET



Our Hon'ble Director Shri B L Sharma along with participants at Hotel Second House, Kolkata, on 16th June 2019.

VADODARA DIVISION'S BRANCH HEADS' MEET



Our Hon'ble JMD Shri C D GOYAL along with participants at Hotel Grand Mercure, Vadodara, on 16th June 2019.

GHAZIABAD & JAIPUR DIVISION'S BRANCH HEADS' MEET



Our Hon'ble Director Shri M K GOYAL along with participants at Hotel Jaypee Siddharath Delhi, on 16th June 2019.

MUMBAI DIVISION'S BRANCH HEADS' MEET



Our Hon'ble JMD Shri C D GOYAL along with participants at Hotel Sahara Star, Mumbai, on 19th June 2019.

Best Articles

of April 2019 Issue

First Prize Winner

Manish Kumar, A R C - Delhi

Article: भूलने वाली दवाई

Reward: Rs.1100/-



Second Prize Winner

R S Shukla, A R C - Mumbai

Article: Change of Currency

Reward: Rs. 500/-



►► WEDDING BELLS



Marriage Ceremony of
Anshuman, S/o. Shri R N Jha,
Advisor - Legal & Claims,
A R C - Secunderabad,
with Surabhi, in Ranchi
(Jharkhand) on
31st May 2019.

Marriage Ceremony of
Ajay Chintala, Programmer,
A R C - Secunderabad,
with Karunasree,
in Tenali (A.P.)
on 30th May 2019.




Marriage Ceremony of
Sridhar Sharma,
Executive - Operational Audit,
A R C - Secunderabad, with
Urmila, in Bargarh (Odisha)
on 17th May 2019.




Marriage Ceremony of
J.Naresh Yadav,
Sr. Documents Assistant,
A R C - Secunderabad,
with Sirisha,
at Bollarum,
Secunderabad (Telangana)
on 15th May 2019.



MATERIAL HANDLING AWARENESS PROGRAM



Training Programs conducted for our Operations Personnel and Labourers at our various Transshipment Centers in Indore, Jamshedpur, Nelamangala, Raipur, Vizianagaram and Wagholi from April to June 2019. More than 200 participants have undergone training on various operational issues and safe handling of goods.



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