



R. I. President: Jennifer Jones

District Governor: Ashok Kantoor

ROTARY CLUB OF DELHI SOUTH NEWSLETTER "ASHOKA" May, 2023

PRESIDENT'S MESSAGE TO THE CLUB



As we move towards the last but one month of the Rotary Year, one can't resist trying to take stock of the activities. Our flagship Leprosy Project is climbing to new heights, working with CSR support and a Global Grant, expanding to a new hospital; our Child Heart Surgeries Project at Sathya Sai Sanjeevani Hospital is busy with surgeries facilitated by a Global Grant; and, our Clubfoot Project has been revived this year with new activity

at our Safdarjung Clinic, and our District Chair has managed to motivate a partner club to sponsor yet another Clubfoot Clinic.

Our meetings are seeing greater participation, from 50-60-70- and even 80 participants at some get-togethers. This is probably thanks to the wide range of topics that our meetings are covering, including War and Peace, Tiger Conservation, a Thai cookery demonstration; and a variety of excellent food being dished out by Claridges Hotel - Indian cuisine, Thai cuisine from the new Thai Restaurant and Lebanese / Mediterranean cuisine, etc., etc.

All of us enjoyed the 54th Club Anniversary in April and lest we forget our legacy, we all have coffee mugs marked with Number 54! This year we had a representation of 10 members on the District Team and so we had an opportunity to see our leaders organising major District events as well.

We have new members joining in,

and even two old members coming back to their good ole club !

If this years' activities are not enough, we have our President Elect getting 20 old laptops from his old company even before he begins his Rotary year, so that we can re-start our computer classes in the new year.

The June month starts with the District Water Chair having a speaker session with two noted speakers on Water Conservation - speaking at our Club and also allowing clubs in the District to join in. Then we have a celebration event at Sathya Sai Sanjeevani Hospital to celebrate Child Heart Surgeries with the help of a Global Grant, and the inauguration of the first Skin Bank in North India, at AIIMS. And, the year ends with the Club Thanksgiving on 24th June.

Three cheers, friends !

Lalit Sawhney
President, 2022-23



**The best way to find yourself
is to lose yourself in the service of others.**

From the desk of the
E D I T O R
Change is inevitable



Charles Darwin propounded the theory of evolution which was mainly confined to a biological cycle of life. Technological insouciance and the developed nations disdain for environmental concerns has played havoc with the environment. I can't but not help remember my growing up years when seasons were identifiable by their predictable consistency!! Not anymore. Nature has turned fierce and is responding aggressively. There are natural events never experienced before. Tornadoes in the USA is a point in case. It's a warm weather phenomenon but lately and unexpectedly it has been unleashing it's fury in freezing weather!! Let's heed Nature's warning- Don't mess with it!! The west - Europe and America continued to cock a snook to the pleas of the rest of the world to downscale their carbon footprint, their selfish self interests overtaking all logical arguments. Their entitlements must remain assured and untouched, and the cross must continue to be carried by the developing countries. However, the Paris climate agreement is a legally binding international treaty, mandating all nations to reduce emissions. USA under Trump walked out of the Paris agreement, once again demonstrating the arrogance of the rich and the mighty. But as they say man proposes god disposes, and the last is yet to be heard in this senseless battle of arrogance on the one hand and of a clock ticking away to disaster on the other!! Hopefully, many Greta Thurnbergs will spawn and shame the nations to respect nature and protect the environment.

Summer is finally on us after a prolonged and pleasant spring. Summer is not the harbinger of discomfort and unpleasant heat and humidity. The heat of summer is essential for the growth of the large variety of luscious fruits that crowd the markets in summer. From juicy peaches to apricots, litchis to plums, melons to watermelons and of course the ubiquitous mangoes in hundreds of different colours, sizes, flavours and taste and each unique to it's geographical heritage of soil and climate. Alphonso mangoes from Ratnagiri occupy a special pride of place on the fruit plates and baskets of the rich and mighty. They start arriving mid April till mid June and crisscross the continents as prized gifts from corporate chieftains to their counterparts, friends and families to their loved ones situated at shores and cities apart.

Almost each state boasts of a special prized variety it grows, and it is estimated there are at least 1500 or more varieties in India. And they continue to tantalise the taste buds from April till September when the last of the most delightful of mangoes, the Chaunsa arrives. It's a swan song and then time for it's 'alvida' till the next summer!! Between the the first flush of the arrival of the Alphonso and the last of the species in September, a vast repertoire of other varieties of mangoes swarm the markets. Some are famous for their creamy sweetness and others for their lingering flavours and subtlety of taste. There's is virtual who's who of mangoes - Langda, Dasherri, Badami, Kesar, Amrapali, Bangalpalli and many more. Not many are aware of a variety which has

it's origin in mango plantations around Meerut and Baghpat and christened-Rataul!! It is available for a very short period from early to mid August and in taste and flavour unmatched. I urge you to try it, if you have not done so far and you will forever be enslaved by it's tantalising sweetness, flavour and aroma!!

The heat of summer is essential to obtain the special sweetness of melons. Unseasonal rains disrupt the process of ripening, affecting the flavours and the sweetening of the fruit. The honeydew and the cantaloupe are the two varieties that do-not disappoint in satiating the salivary process and affording immense satisfaction that's derived from their taste and flavour!! The Lucknow melon of many decades past is thankfully a distant memory. It was a small yellow coloured melon with a satisfaction rate of 3 on a scale of 1 to 10. It had no pedigree and rarely ever was exceptionally sweet. On a good day it was somewhat sweet and on most other days bland and tasted like blotting paper. Those were the times when there was little choice in matter of melons. It was the period of fifties and beyond till about the early eighties of the last century!! The melon has evolved over time and access to its hybrid technology has made it possible for the most luscious of the fruit to be available in abundance and abounds across the country. Baghpat and Lucknow are the two amongst a few other areas, which provide the soil and the climate for their abundant and delicious harvest.

How can we forget our ubiquitous and much awaited

Jamun, also referred to as the Indian blackberry or as the purple plum and even as the Portuguese plum, which is considered as a panacea for several ailments of the heart, the kidneys and diabetes. The boulevards of Lutyens Delhi, boasts of Jamun trees lining both sides. It's not common knowledge though, as many a reader may not be aware that over the last several decades during summer, the trees are auctioned for their fruit and the revenue thus collected flows into the coffers of the state. Starting from the Tughlak Road roundabout the Jamun trees abound all across the heart of the Lutyens Delhi. The roads turn purple during the monsoon rains as the trees unload a part of the weight of their harvest due to inclement weather. This is an annual cycle which repeats itself with uncanny consistency.

The old order changeth yielding place to new, and the Club assembly is a de rigueur annual event for the incoming President. He presents his annual plans for the new Rotary year and in keeping with the traditions PE Pramod Agarwal has been working on them in a manner that it synergises with select past plans, alongside new initiatives. May 27 was the D Day and it was a meticulous corporate style presentation. It was data backed, with adequate emphasis on building a healthy corpus essential to service the several initiatives from community to youth to vocation and to health. The detailed presentation is published in this issue of the Ashoka. Please read and preserve it for reference. The President's job is the fabled room at the top and at times it does reflect the truism that uneasy lies the head that wears the crown!! The imperatives of the job are many and the buck without exception stops at the door or if I may, at his laptop!! His cross is heavy and he truly leads from the front. He works assiduously and on all fronts. Whilst the board supports him, his is the all pervasive omnipresence. In my over thirty three years of being a Rotarian I must acknowledge that the Presidents of our club have rendered a yeoman service and if an odd one truncated his term he did return to complete it and more!! They have without exception been men of mettle!!

This issue of the Ashoka is dedicated to a special couple and their family, for their earth shattering predicament, a predicament which appeared to be unsurmountable. It enveloped the family like a bolt of lightning, even as they were in the midst of preparing for the much awaited celebrations and nuptials of their only daughter. Published in this issue is a blow by blow account of their travails, their faith in 'Ishwara', and their unwavering optimism that all will be well. This is a tale of an excruciating and a tumultuous period in the life of the family Baluja, Raman's battle with a malignant brain tumour at just about the time they were preparing for the much awaited wedding of their daughter Yajini. It's an account penned by Neeti as she gives vent to her emotions- distraught, helpless, pessimistic, darkness all round and visions of a crumbling world, imagining the worst. But then

she mustered her power of faith, her memories of her years of early morning meditational sessions and devotional prayers which energised in her an optimism, strength and determination to fight. But above all was her faith in the almighty that Raman would be restored to renewed health!! Happily for us all, Raman's will power and faith and support of the family have improved his health and well being. His vision which was somewhat impaired is improving, and as he prepares for another MRI there's optimism and faith within the Baluja family that he will be fully recovered. We too in the RCDS family add the strength of our prayers for Raman's full and complete recovery.

Not too far in the past RCDS was facing it's nadir, it's existential crisis and predictions of it's imminent extinction were afloat. Requiems were ready, but were we ready to throw in the towel? No we were not and as it happens, most institutions do go through down swings, some recover and the unfortunate ones recede into the annals of history. Not only did we arrest the trend we emerged lean, strong and resolute. Most clubs went through a similar metamorphosis and a sense of ennui that had gripped them, became an overwhelming crusade to recover their direction. Most did and the others either merged or just imploded. I mention this for the benefit of newer members post the period 2015 who should be aware of the history of this club which is the third oldest in Delhi. A little of our history of fifty years of the club was available in dribbles and bits and pieces, and which we stitched together as a coffee table book in 2019 on the occasion of our golden anniversary. We resolved not to ever let that happen again, and the regularity of our newsletter is a determined effort in that direction. You will soon see it in it's preserved avatar to be carried forward year after year in the footsteps of the Olympic torch that is never extinguished. Hallelujah!!

RCDS dominance slowly and surely in matters of district 3011, is measurable and being applauded. It's footprints are spreading, and it's work is being recognised for Rotary's utopian agenda of perfecting the sway and reach of it's service to the community. RCDS's singular contribution to the district in the Rotary year 2022-23 is, and should be, a matter of overwhelming pride and satisfaction. It has been rendered in the understated trademark style typical of RCDS - No bluster, no thunder and below the radar of garish self promotion. RCDS's marked elevation in the district is credited to the efforts of one man - no prize for guessing!! Yes, PE Anil Agarwal has also brought to the fore, that the Old Girl is not moribund but alive and kicking, in mint shape and is resilient and will never be a footnote of history.

Till we touch base next month have an enjoyable month of June, the family vacation time.

Cheers

Inderjeet Singh,
Editor

MESSAGE FROM THE DESK OF PRESIDENT ELECT



Dear Fellow Rotarians

Believe it or not, Rotary year 2022-23 is fast approaching to a close. Monthly District meetings be it PETS or District assembly is a stark reminder that new year is round the corner and we have to fasten the seat belt and get ready to drive. It makes me nervous at times but I also take a lot of comfort from my Mentor group who are ever willing to help and motivate. Thanks to each of them for providing valuable inputs on the action plan and the presentation during club assembly on 27th May.

This month we launched the cervical cancer awareness program

at Nai Disha together with our Club expert Dr Vaneet Kapur and help from Ms Vandana Bhalla from sister club. Dr Vaneeta was simply too good and very comforting for the parents and the children. The awareness program was well attended by children, school teachers and parents. They asked very pertinent questions and our Dr Vaneeta addressed each one of them in an easy and friendly way. Cervical camp was set up on 27th May. DG Askok and Mrs Kantoor attended the vaccination camp and interacted with the children. In all, 48 girls were vaccinated, thanks to the generous support from our club members who donated for this worthy cause. Thanks to the Rotary Care Foundation for providing us the vaccines at a 50% discount. We will take this program to other NGOs supported by our club and beyond in the coming years.

Thanks to IPP Anil ji's Beti program, we introduced 5 scholarships at Nai Disha for meritorious students who have secured 75% marks. I met the girls and the smile on their faces was a treat to watch.

We are getting ready to start the Nari Shakti and AtmaNirbhar program

in partnership with Etasha Society. This will be run at Arya Samaj GK1 and will be for both girls and boys. A company who would like to remain anonymous has generously donated reusable 20 laptops to Etasha Society to kick start the program. We will soon be signing the MOU and begin the program with support from members.

A lot going on a personal front. We will be in Singapore from Jun 14 to July 5th for our annual family reunion with my children and grandchild. My daughter Sanskriti is getting ready to leave for college in USA in September. We will be away for 3 weeks in September to settle her down in LA. My apologies in advance for missing some of the events during this time, especially the thanks giving for Lalit ji who has so wonderfully led the club and has been a great support and coach for me.

Again a gentle reminder, Club GOV and installation will be on July 14th at Claridge's. Please block your calendar, if not already done.

Enjoy the summer holidays and the mango season.

Pramod Agarwal

ANNUAL CALENDAR

(Dates subject to availability. To be finalized closer to the date)

JULY	AUG	SEPT	OCT	NOV	DEC	JAN	FEB	MAR	APRIL	MAY	JUNE
14 th GOV & Installation	12 th FS@C Ind day	TBD	TBD Musical night	4 th FS@C Diwali	23 rd FS@C X Mas	12 th Outdoor Walk & Talk	17 th Debate compete	23 rd Outdoor Holi	29 th FC@C F''ders	18 th Outdoor Movie	29 th FC@C Thanks
July 29 th Speaker meeting	TBD Speaker meeting	9 th Speaker meeting @ C	7 th Speaker meeting @C	25 th Club Assem @ C	3 rd Speaker Meeting @C	TBD Speaker meeting	TBD Speaker meeting	TBD Speaker meeting	6 th Speaker meeting	27 th Club Assem @C	TBD Chaat of Chandni Chowk
			Cycle Rally Polio & Leprosy				Distt Vocation al Service award		Golf Outing		

FS@C
@C

Fellowship at Claridge's
At Claridge's

PULSE POLIO IMMUNIZATION DRIVE

The Polio immunisation was done by several RCDS Volunteers led by President Lalit Sawhney and included Arvinder and Dolly Brara, Rtn Pravin Aggarwal and Amarnath Goyal.

We conducted immunisation at three Polio booths namely, Polyclinic Rameshnagar, Polyclinic Bhogal Jangpura and Kendrya Vidyalaya Tagore Garden.

The number of Children immunized were: Rameshnagar 250 and Bhogal 54.

The Notice of Polio NID day was not advised in time but despite the constraints, RCDS performance was credible.

Amar Goyal



DISTRICT PROGRAM 'SAMAVESH'

20TH MAY, 2023

Rotary District 3011 & ICCR joint programme on promotion of Culture, Peace & Harmony.

PHD House

IPP Rtn. Anil K Agarwal, District Chairman, International Affairs organised "Samavesh" - a magnificent show of Cultural diversity in collaboration with the Indian Council for Cultural relations, Govt. of India. The main aim and theme of the programme was to bring together diverse Cultures to promote Peace & Harmony in the world.

There were several eminent Artists from India and different countries of the World, with a gathering of about 300 participants including Ambassadors, High Commissioners, Diplomats, Rotarians from the District including RCDS Members & Spouses, Government officials & Guests. The Cultural Performances were mesmerising, with soulful Music and were enjoyed thoroughly by all.

IPP. Rtn. Anil K. Agarwal in his Welcome Address stated that the Rotary - ICCR joint initiative is being celebrated on the eve of World Cultural Day on 21st May, 2023 and the Programme has been designed to appreciate Cultural diversity, finding common grounds, building bridges and to celebrate our diversities.

Chief Guest of the function, Mrs. Meenakshi Lekhi, Hon'ble Minister of State for External Affairs & Culture brought special luster and grace to the event. ICCR President, Dr. Vinay Sahasrabudhe graced the Programme & appreciated this initiative by our District. Director General of ICCR, Ambassador Kumar Tuhin supported the Programme and addressed the gathering.

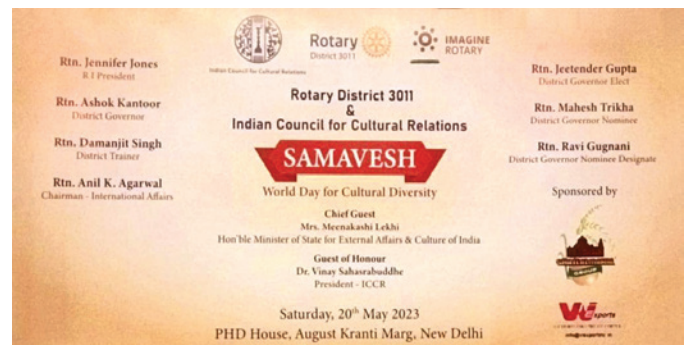
DG Rtn. Ashok Kantoor highlighted the Community work being done by the Rotarians the World-over & in our District and he highlighted that conflict resolution and spreading peace

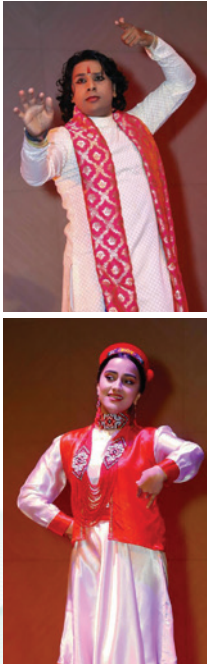
& harmony is an important service for the Rotarians and this Cultural exchange Programme will promote peace and harmony in the World.

IPP Anil conceived the Programme with ICCR, was able to get Artists from Azerbaijan, Turkmenistan, Bolivia & Ambassadors, High Commissioners & Diplomats from France, Russia, Japan, Ethiopia, Rwanda, Ghana, Kenya, Madagascar, Guinea, Comoros etc. He was also instrumental in getting a sponsorship of Rs. 6 lacs to cover the cost of the programme, including the Cocktail Dinner. The Chief Guest, the Guests of Honour & artists were felicitated during the programme and a special Honour was bestowed on Gul Shankar, a voluntary worker from our Club for her special contribution for organising the Programme. RCDS Members & Spouses participated enthusiastically, enjoyed the performances and interacted with the ICCR officials, Diplomats, Rotarians & spouses from the other Clubs of the District.

DG Ashok Kantoor and District officials conveyed their special thanks to RCDS team and have requested to explore the possibility to have a long term association with ICCR.

Anil K Agarwal





CERVICAL CANCER VACCINATION

13TH MAY, 2023

RCDS under the banner of prevention of disease started the first cervical cancer awareness program at Nai Disha on May 13th. Dr Vaneeta Kapur provide an inspirational and caring talk to a packed hall of students between age group of 9 years to 14 years, their parents and teachers. The response was overwhelming and we received 37 signed consent forms. Vaccination camp was organized on May 27th. DG Ashok Kantoor and Mrs Kantoor graced the occasion. We had an overflow of girls who wanted to be vaccinated and closed the camp with 48 girls vaccinated. A big thanks to Ms Vandana who instigated us for the project, BLK Max who provided medical staff and support to execute the program, Rotary Cancer Foundation for making the vaccines available at half the price, Nai Disha team for supporting us and our club members for generously donating the vaccines. Help from each one of you inspires us to do more of this work to prevent cervical cancer.

Pramod Agarwal





ANGKOR WAT

About a decade ago, the first item which I added to my (till then empty) Bucket-List was, to see Angkor Wat! It was during one of the get-togethers hosted by Mr. Arun Kapur (then Director Vasant Valley School) where, he talked to us about this magnificent place called Angkor Wat in Cambodia. He narrated to us his experience of visiting this complex and how much he was moved looking at the beauty of this place. And it was in July 2022 that we could happily put a tick in the box on serial 1 of my Bucket-List; yes we visited and saw this magnificence called Angkor Wat with our own eyes!

From Singapore, Siem Reap is about 1400 kms north and the SQ flight on 23rd July took about 2 hrs 15 minutes to take us to our destination. Ankit, our son, presented us a hotel stay at Jaya House River Park, a boutique hotel in Siem Reap, a birthday gift for his mother. A friendly reception committee awaited our arrival at the Siem Reap-Angkor International Airport. We were welcomed with wet towels, made to sit in a Tuk-Tuk and our luggage was put in a another Tuk-Tuk and were driven to our beautiful hotel.

Once we settled in the hotel, we started making plans of how to spend the 4 days at this beautiful place. The first priority of course was Angkor Wat. This temple complex is about six kilometers north of Siem Reap and, requires tickets to be bought for entry. These tickets are valid for 2 days and once you have gone round this temple complex in daylight, you can use these tickets to watch the spectacular sunrise at this complex early next morning.

The next day as our Tuk-Tuk neared the temple complex we

were awe struck. The temple and the area it occupies is huge. The three temple towers, initially visible, soon became 5 as we came nearer and watched it from a different angle! As per Encyclopedia Britannica and Cambodia Tourism sites online, Angkor Wat temple complex covers about 400 acres and is the world's largest religious structure. The height of Angkor Wat from the ground to the top of the central tower is about 700 feet. In 1992 the Angkor complex, which included Angkor Wat, was designated a World Heritage site by UNESCO. It was built in early 12th Century by King Suryavarman II and was dedicated to the trinity of Shiva, Brahma, and Vishnu (the destroyer, the creator and the sustainer). The legend goes that the king made it as a memorial temple for himself and its orientation to the west conforms to the death as per Hindus.

It is also said that the towers or the spires of the temple symbolise the Mount Meru, the abode of the Gods, as per Hindu mythology. The ocean surrounding the Mount Meru is replicated here by a moat around the temple. We entered the temple by a 600 feet long bridge which took us over this water body, turned left and entered the temple by the tower on its extreme left. We saw this giant idol of Vishnu, Hindu scriptures, motifs, and scenes from Ramayana and Mahabharata depicted on the walls of the corridor of the temple. These scenes were however dwarfed by the idols of Buddha and Buddhist symbols and art in the rest of the temple, which left us confused. On enquiring and further reading we learnt that after the Cham people attacked Angkor, King Jayavarman VII (1181 to 1220), was unhappy with the Hindu gods, which as per him failed him. This is how it was decided to convert the temple to a Buddhist





Temple. Thereafter, Angkor Wat became a Buddhist shrine, and many of its carvings and statues of Hindu deities were replaced by Buddhist art. This is interesting that while History is witness to various stories of Hindu temples being raised to the ground or converted in Mosques or Churches by various Mughal and Christian raiders (or crusaders as they called themselves), this was the first time I encountered a temple which was converted from a Hindu to a Buddhist place of worship.

Every step we took in this complex made us look at something new. Steep steps took us to top of a temple tower with another Buddha idol there. The sights from the top of these various structures gave us a beautiful view of other parts of the temple complex and of the green surrounding areas. As our eyes feasted on all these beautiful sights of Angkor Wat, our mobile cameras worked overtime to capture these structures. We considered ourselves lucky to be able to see, admire and record for ever this moment in our lives, which we will always cherish.

On reaching back to our hotel, we started planning our sunrise visit to this complex. Next morning, up at 4 am, we hopped on to our hotel Tuk-tuk and headed back to the temple complex. We had a torch and an umbrella with us to ensure we could see where we were going and to protect us from getting wet in the showers that were expected. Walking across the bridge and reaching through the gate to an open field on the edge of another water body, in pitch dark using the torchlight, we took our vantage position to watch the sunrise. We were early birds and joined about two dozen other sun rise enthusiasts. In another 20 minutes or so, the crowd swelled to about 500 and was increasing steadily. And then the miracle happened!

From behind temple towers, we suddenly saw the sky go pink. The pink colour of the skies turned to red and then orange, suddenly 'raising' the silhouette of the five temple towers and the complex. It was so beautiful to see that from the darkness and nothingness, slowly rose Angkor Wat in its splendor, haloed by pink, orange, and red light. As the sun slowly rose higher, the reflections of the temple complex in the water body were magnificent and surreal. It was as if we had an out of life experience and we had the fortune of seeing and feeling the Almighty, or that Force which created and is preserving this universe, up close.

When we left this beautiful and huge religious complex, comprising of more than a thousand buildings, one of the great cultural wonders of the world, one wondered why it did not get its rightful place in the 7 wonders of the world.

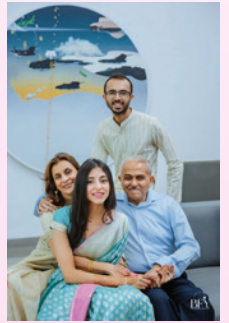
Our next couple of days in Siem Reap gave us an opportunity to visit the ruins of many other temple. The first among the two prominent ones was the Bayon Temple Complex which has almost 50 towers with each one of them having faces (of Buddha?) facing the 4 directions. The other one has been made famous by Angelina Jolie and Hollywood by the movie Lara Croft Tomb Raider. This one is Ta Prohm and its funny to see huge tree roots growing out of these structures.

While I attach some pictures of our trip to Angkor Wat, one has to really see it himself to be able to appreciate its magnificence and grandeur. This visit and its wonderful memories will remain with me till my dying day.

Pradeep Bahri



AGONY AND ECSTASY OF FAMILY BALUJA



Hardships often prepare ordinary people for an extraordinary life. Strength doesn't always come from winning. Your struggles develop your strengths when you go through hardships and decide not to surrender. You're not a victim for sharing your story, you're a survivor setting the world on fire with your truth. Tell the story of the mountain you climbed, and you never know who needs your light, warmth and raging courage.

An overwhelming experience, inconceivable and incomprehensible. How it came to strike at the most vulnerable time of our life.

Life was moving smoothly. Happily, one was busy with preparations for the upcoming wedding of our sweet daughter Yajini with Anshul. We were all so excited and so full of enthusiasm.

Then it hit us without warning.

In anticipation of Yajini's marriage and to smarten up the house a little, we decided to get some odd renovations done at home. Watching the slow progress of the renovation, many a times I would nudge my husband Raman to fast track the work. He would react and a small argument would ensue. So, I decided to keep quiet.

However, in the midst of this happy renovation, with things lying strewn all over the place, we were struck a cruel blow. All was not well with Raman's health. It happened so fast, I felt my world collapse. With Yajini's marriage round the corner, a sense of disbelief mingled with panic engulfed me.

It all started with some off the cuff remarks I would make to Raman....like while driving on the road, why was he getting closer to cars on his left? Was he not aware that there are cars to the left on his side? If he continued this way, he could run into them. Then again, another of those passing comments, of how uncharacteristic that Raman, who never leaves a morsel of food on his plate, was leaving uneaten food on the plate which he would otherwise have cleaned completely.

Such comments didn't sit well with my daughter Yajini who felt I was nagging her dad on such trivialities. Additionally, she had been observing her dad and had mentioned to me a few times that she felt Papa was not too well. Between themselves, my son Atharv and Yajini booked an appointment with an eye specialist for the very next day. Atharv being in Chandigarh, Yajini accompanied by her fiancé Anshul took Raman for the eye check.

I stayed back, and while I was home, I began to chant before the Gohonzon.

Shortly, I got a call from Atharv, who broke down on the phone, giving me the news that there was a growth in Raman's brain, and he might need a brain surgery. It was a terrible blow; it hurt.

I straightened myself quickly; whatsoever it is, crying is not the solution we'll fight it out. As Daisaku Ikeda said: "The human spirit is the strongest force. Many things happen in life. There are joyous days and times of suffering. Sometimes unpleasant things occur. The dramas we encounter are part and parcel of being human. Therefore, please develop a strong self so that you can enact the drama of your life with confidence and poise in the face of whatever vicissitudes you may encounter."

A neurosurgeon, Dr. Rana Patir was recommended to us for consultation. We learnt he was the best but rather difficult to get. In case one can get hold of him one should consider oneself lucky. Miraculously, as if God had intervened and was holding Raman's hand and guiding us to the right place, we got Dr. Rana Patir. As the proverb goes: 'You've got someone standing with you that's stronger than the one standing against you'.

Our meeting with the doctor happened. On seeing Raman's reports, it didn't take him long to break the news: it's malignant and needs to be tackled threefold, with chemotherapy, radiation and surgery.

We were all dumbstruck! It was the last thing any of us wanted to hear. Definitely not when we were revelling in the upcoming wedding of our daughter. The need for immediate surgery was emphasised. There was no time to think or take another opinion.

Everything turned upside down and totally heartbroken, with no choices left, we felt ourselves move relentlessly towards the proposed surgery. We soon found ourselves standing before the hospital counter, making the required payments for hospital stay and so forth.

My parents, Atharv, Yajini, Anshul, Raman's brother Rohit bhai, my

sister Preeti, our loving nieces, nephew and my dear sister in law Asha, all were anguished by the news.

I took charge and repeated to myself what Daisaku Ikeda says: "When we lose our fighting spirit, we become susceptible to illness. The only way to avoid that is to build a strong expansive spirit, that cannot be defeated by any hardship. People who live a life of tenacity and challenge break through all the obstacles they face just as water eventually carves a path through rock. Be strong like constantly flowing water, ever moving forward. Reality is harsh. It can be cruel and ugly. Yet no matter how much we grieve over our environment and circumstances nothing will change. What is important is not to be defeated, to forge ahead bravely. If we do this, a path will open before us".

THE SURGERY

Everything came to a grinding halt. The only important event now was the surgery. It was urgent. Things were moving so fast; we had no choice but to go with the flow.

Within two days of the doctor giving us his verdict, our focus shifted from Yajini's wedding, and I saw myself packing our suitcases for the hospital. However, despite repeatedly telling myself to remain strong, a day before the surgery I started getting cold shivers. Tears welled up in my eyes when I realised that Raman had his surgery the very next morning. I broke down before him telling him I can't believe this is happening. It was as if I was being thrown out of my cosy nest. It was the loneliest moment of my life to watch my sweet loving world fall apart, and all I could do was watch.

Raman had one constant response, which he repeated over and over again - Where has your faith in Ishwara gone? Can we intervene in God's plans? It is His samsara. He is the director. Just leave it to Him, he said with a smile, with not a murmur of complaint. Faith means complete surrender to His plans.

Raman is a gratified soul. Significant or insignificant seldom ever moves him, identification or dishonour in most cases have little place in his mind. Equanimity has been his hallmark.

In retrospect, the more I look back at this episode the more I am convinced of the benevolent hand of the Almighty being with Raman. How He held Raman's hand and showed him the way, first by getting his tumour detected very fast by letting Yajini take offence to my nagging and getting an appointment with one of the best ophthalmologists. Then how quickly we were led to Dr Rana Patir, an extremely difficult doctor to get. And how speedily he gave us his prognosis and how soon the surgery happened. All this within a span of three days only.

Together Raman, Atharv and Yajini gave me strength, by talking of the ultimate truth of life that all things are in the hands of the Almighty. We must embrace whatever comes our way, trust the timing of the Lord and use every opportunity to learn and grow. When things fall apart, the broken pieces allow all sorts of things to enter, and one of them is the presence of God.

I held onto my prayers. As Daisaku Ikeda says, "Through prayers the intangible becomes tangible, dreams turn into reality, poison turns into medicine and misfortune into fortune. The absence of hardship is not happiness. True happiness and joy in life are found in not being defeated by hardship, by picking ourselves up again when we fall down, by weathering and triumphing over adversity. Life is a battle. Life is a challenge".

Early morning the next day, on 12th August, Raman was prepared for surgery and was wheeled into the operation theatre. Family friends, my parents, Yajini's in laws Satya and Anil, Yajini's fiancé Anshul, all were standing by our side. With prayers in our hearts, we waited in the lounge, with my sister and I pouring out Daimoku. Raman's brother was shaken too; he got the Maha Mritunjaya Japa started while the surgery was going on.

By the ultimate Grace of God, the surgery went off well and Raman was absolutely normal. On meeting us after the surgery, the first thing he did was to identify Atharv and me. He responded to touch and all other sensations were normal, too. That was a huge relief!

Except, he noticed that his vision was a little impaired.

As Daisaku Ikeda says, "Day after day, steadily press ahead, one step at a time, with all your strength. The accumulation of such small actions, such small triumphs will result in historic victory. Developing faith doesn't happen overnight—we deepen it by challenging and

transforming our tendencies to give in to defeat, anxiety or fear. As we overcome each hurdle, we improve our ability to use our faith and practice to better navigate life's ups and downs".

Next morning, he was brought to the room. Within two days of the surgery the catheter was removed and with the help of the assistant he was able to bathe on his own. He was soon walking around in the room. It was such a blessing to see Raman doing everything himself very normally.

Meanwhile, while at the hospital, as and when I got the time, I continued chanting. Regardless of the highs or lows, thick or thin, good or bad times, when you accept everything as His divine grace, that is surrender. Surrender is another term for unshakable faith, it does not mean that only what you deem 'good' will happen in your life. It means no matter what, you will continue to seek your refuge in the Divine, unconditionally. Surrender is a way of thanking God, of loving him, expressing yourself to him. It does not mean you do not work towards improving your circumstances, it means you accept the outcome as His grace.

Within 5 days of the surgery, it was time for discharge from the hospital. A little progress each day adds up to bigger results. It was such a wonderful feeling that we were going home!

HOME FRONT

We couldn't go back to our home in Greater Kailash as it was undergoing renovation. The house was in total disarray, work left half done, clothes from cupboards lying scattered, rooms needing lighting, some walls needing painting, carpets lying rolled up, the way things are all packed to be re-opened once work is completed.

My world had fallen apart. I felt empty and hurt like never before. As the saying goes, it takes ten times as long to put yourself back together as it does to fall apart. But there was no choice. In such testing times, you have to keep a positive mindset and find opportunity in adversity. You can make yourself miserable or emerge stronger. The amount of effort is the same.

FAMILY

As Winston Churchill said : "There is no doubt that it is around the family and the home that all the greatest virtues are created, strengthened and maintained."

Having a family is a special gift. We are blessed to have such lovely parents and a kind loving family who unflinchingly stood by us at this time of crisis. On discharge from the hospital, to safeguard Raman's immunity, unanimously it was decided we could not go back to our GK home until the workers were out. So, we shifted to my sister's house.

She and her husband Avi warmly welcomed and hosted us in their lovely home for 15 days. Her constant concern about our needs and our comfort was paramount, and both of them took extra good care of us. She was so dismayed and disturbed over the state of affairs that she kept thinking of ways to restore things to normalcy. For protection, she brought me Sai Baba's bibhuti which Raman applies on his head even today. She suggested we take an appointment with the homoeopathic doctor Kalyan Banerjee.

My sister is my best friend, a gift to my heart. When the climb became too steep, she took my hand, reminding me I don't have to climb alone. Atharv, on his part, with workers in full force, took up the monumental task of completing the work half done at home. With unprecedented courage, focus, determination, and diligence he got the work completed as soon as he could. Wanting us to be back home as soon as possible, to a new well-structured place full of love and warmth, so we could resume the task of making the upcoming marriage our focal point.

People come and go in our lives, but life is best when you have a loving and caring family. Our family was our circle of strength, we could stand tall and strong because of them. There were times when some unhappy thoughts of the future would cross my mind and I would lose myself. Many nights I would wake up feeling low, upset and sad.

To gain strength and to stay positive, I held onto the only thing I knew - prayers and the teachings of the Upanishads, the lectures from our teachers regular and consistent. Raman and I would rise at 5 in the morning, and start the day with the Hanuman Chalisa, followed by an hour's chanting. Family members and loving friends prayed for us. Some supported us in relay chanting. We made a roster of dedicated hour on hour chanting for wisdom, for strength,

to report victory. It is the cumulative effect of all these prayers which has been giving us direction.

Our life force is as expansive as the cosmos, the most compelling force there can be. As long as we remain positive, we can overcome all obstacles. To reason with your current state keeps you paralysed in your circumstances and slows the progress of where you're meant to be. Your greatest breakthroughs will often arrive during moments of hopelessness. Whilst it may not appear that way, once the dust has settled, you will see something greater emerge.

Days moved into weeks, and we were informed about our upcoming visit to the doctor, whom we would need to consult in future.

NEXT VISIT TO THE HOSPITAL THE ACTUAL TREATMENT

Soon fifteen days went by, and our post-surgery visit to the doc was due. With full enthusiasm we got ready for a meeting with him, totally unaware of what we were in for.

At the hospital we found ourselves facing the Oncology department. Phew!! It was indeed strange to see "Oncology" written on headboards which provided us directions to different departments. It was scary.

The human spirit is the strongest force there is. As long as our spirit remains unbroken, there is no defeat. In life, spiritual defeat always precedes actual defeat. Hence, the first thing to do is shed resignation and despair which corrode the human spirit and sow the seeds of defeat.

For the first time after the surgery, we had to meet the Head of Oncology, Dr. Abhishek, whom our children had met earlier. He briefed us on what exactly the treatment would entail, which now was to start very soon. I don't think anyone of us understood what we were in for.

It started with a series of blood tests, CT scans and to prepare Raman for radiation. For that he had to wear a perforated mask, a kind of head gear which would hold his head tight in one position, so that focused radiation could target the area afflicted. To prepare for this, Raman was asked to lie on the bed and we then watched the technicians dip a soft plastic perforated mask in warm water to soften it. Next the mask was put on his face covering his head up to his neck and it soon began to take the shape of the contours of his face as it hardened.

Now this was something Raman and I weren't prepared for. Raman just couldn't wear it. He said he was getting suffocated and to remove it. I was shaken. One can't cry when one is already empty. I was like a clock that had exploded - my springs were hanging out, my hands were cockeyed, and my numbers were falling off and shaky.

I had no other resort but to start chanting. Like a half mad person while Raman's mask was getting done, I went about sharing and encouraging people on this magical chant. All patients there were suffering similar issues; it was a strange feeling. I was fearful.

Fear is a universal experience. Even the smallest insect feels it. We wade in the tidal pools and put our finger near the soft, open bodies of sea anemones and they close up. Everything spontaneously does that. It's not a terrible thing that we feel fear when faced with the unknown. It is part of being alive, something we all share. We react against the possibility of loneliness, of death, of not having anything to hold on to. Fear is a natural reaction to moving closer to the truth.

As I recall, I must have seemed so forceful, fearless, and determined in spreading the law, that the doctors and the staff all noticed my madness. But their comments and their depreciative looks didn't demoralize me. I needed the nerve, the courage to overcome what I was undergoing. I went about doing what I thought was best for me to get back my mettle, so I could vanquish any weakness on my part, if at all. I had to conquer it alone, so I couldn't doubt myself.

I recollected the words from Nichiren Buddhism - "Great events never have minor omens. When great evil occurs, great good follows. It is in these challenging times that the Great Law will spread without fail. In such trying circumstances, **When your determination changes, everything will begin to move in the direction you desire. The moment you resolve to be victorious, every nerve and fiber in your being will immediately orient itself toward your success.**"

One should view it with unwavering resolve to transform the situation into positivity. The frightful visit to the hospital done with, we could finally go back home.

ARRIVING HOME

After this trying experience with the making of the mask, the road to the next treatment - the Radiation - had been laid. We were asked to begin radiation within two days.

Soon we left Preeti's home and returned to the bliss of our beautiful home after almost a month, on 1st September. Even though I'd left the house in a haphazard condition with things lying here and there, nonetheless it was home.

In the meantime, Atharv our lovely boy, our great support who had been trying to finish off the pending renovation work of the house, as well as running to the hospital and working on treatments for his dad, had got the whole house painted and polished at high speed. New lighting fixtures, new upholstery, and the smell of fresh paint. We were welcomed and greeted ever so warmly by our children and niece Arushi, a fresh look to the room, a complete makeover. I have to admit I couldn't imagine my children could do a better job than me.

Slowly the settling in at home happened, to soon realise that lots of things were displaced, from their original places. In their enthusiasm and goodness, the children had shifted and redone a lot of things. This meant I needed a few more weeks to unclutter and relocate them back to their proper places. But where was the time? I had to simply continue staying this way, with no personal cupboard and a bathroom with a few missing fittings. At this point, the focus was on Raman's radiation and Yajini's marriage, essentially no time to set up my home.

Within a day or two, Raman had to start the radiation. Plus, preparations for the daunting task of Yajini's marriage had to take new roots all over again, as to where, how and at what level should each event be. Unaware of what side effects radiation can have, we started focusing on the wedding too.

It began with the cancellation of the previously booked venues and cancellations with all relatives who were to arrive from different destinations. Our plans to have the most beautiful wedding with all relatives and friends by our side were smashed to the ground. The joy of my daughter's upcoming wedding was already badly impeded and after having undergone so much, to now start working on a joyous occasion as this - I just didn't feel like it. There was no mind space or desire to work towards it. But was there a choice?

RADIATION

We had next to prepare for radiation. None of us knew what radiation meant. Despite, already being tired, my mornings would start at 5 am with chanting Nam-myoho-renge-kyo. Giving Raman his medication, by 6.30 in the morning, we would leave home for radiation, bathed and ready to take on the day. We had booked ourselves the first slot in the morning, so that once we were back, we could focus on drawing up marriage plans. I got a whole lot of strength and protection from chanting. I would continue to chant all the way to the hospital.

On reaching the hospital before going for radiation Raman had to take his chemo tablets. Raman started radiation on 2nd September. I vividly recall the first day of radiation. First the mask was fixed on his head, the grip tightened, then the head locked onto the bed and this huge machine would rotate around Raman's head sending powerful radiation to that particular area of the brain. He couldn't take it, as the mask was too tight, making it difficult for him to breathe. He stood up saying he'd rather use anaesthesia than undergo this torture.

After this reaction, the technicians gave us some solace by telling us we could use some music to distract ourselves. That was something we immediately accepted and so on each cycle of radiation, Shirdi Sai Baba's Aarti would play. By some wonderful coincidence, the time taken by radiation and the period of Aarti matched so well, that as soon as the Aarti got over the radiation too would finish.

To watch Raman lying this way, his head and face strapped to the bed, with the huge machine rotating around him, was too much to bear. I stood outside the room watching him through the glass window, tears rolling down my cheeks. And I thought, no...no, a man like him, doesn't deserve this.

That was day one. Gradually, like most things in life, acceptance as the first step to healing, we went with the flow.

Within a few days of radiation, we noticed some behavioural

changes in Raman. The side effects of radiation started showing up. Raman's temperament underwent a lot of change. At this point, with the wedding round the corner, where there should have been celebrations and jubilations, Raman was reacting. He was reacting to shopping expenses, to purchases, and becoming restless and uncooperative. Additionally, he became taut, firm and stiff in his comments towards us. It was so difficult to see my thoughtful, polite husband become rude and inconsiderate.

Reality is harsh. It can be cruel and ugly. Yet no matter how much we grieve over our environment and circumstances, nothing will change. What is important is not to be defeated, to forge ahead bravely. If we do this, a path will open before us.

It came as shock to see my considerate, loving Raman not there with me. In his place, a violent, aggressive Raman was almost more than I could bear. He could understand that his own actions were unbecoming, but it was as if he had no control over them. At this point, when I needed his guidance, help, assistance he was reacting to us. Just as I needed moral support and love from him, he was distanced.

There were other changes, too. His usual bedtime all these years was past 12 midnight. Here I watched him touch the bed at 9 pm and sleeping! He would sleep off very fast and would also rise at 3 am, his sleep pattern badly disturbed. After a full day's tiring work, just when I felt the need to get some warmth from him, he was reacting.

Whether I liked it or not, I hardened myself and made an effort not to resent what came my way. No matter how afraid, insecure, intimidated, alone, ridiculed or paralyzed I felt, strength of will is forged by squarely facing the tasks head on. Sticking with such uncertainties, I had to learn the knack of relaxing in the midst of this chaos. I must, of necessity, learn not to panic; instead adopt what was happening, as this too is the spiritual path! I caught myself one zillion times at every moment of despair. 'Iron when pounded becomes a fine sword'.

Yajini became Raman's first target. He was passing negative remarks and distancing himself from her, towards one for whom he otherwise had most warm and loving feelings. Pecking, puncturing, poking us with cynical remarks. She felt immeasurably hurt and sobbed, already gloom stricken as she would be leaving her home soon; such adverse comments added to the already hurt environment.

One faces the journey alone. As Rumi says: It's your road. And yours alone, others may walk with you, but no one can walk it for you.

With the mindset as it was, he was stinging me too with discourteous, impertinent remarks. I was already exhausted by multitasking. I realised that I would need immense patience and do anything not to hurt him, even if I got hurt in the process. I could not demand anything from him at this point, I only needed to give.

It was easier said than to follow. Change always involves a dark night when everything falls apart. Yet if this period of dissolution is used to create new meaning, then chaos ends, and a new order emerges. I pulled myself up. I had to face such adverse circumstances with courage. I needed to develop patience and fortitude. I had to endure despite overwhelming obstacles.

Whether we regard difficulties in life as misfortunes or whether we view them as good fortune depends entirely on how much we have forged our inner determination. It all depends on our attitude. With a dauntless spirit, we can lead a cheerful and thoroughly enjoyable life. We can develop a "self" of such fortitude that we are able to look forward to life's trials and tribulations with a sense of joy.

It was a stressful time again, as the mood at home further deteriorated. But I had to gather courage and take some harsh decisions.

MY DECISION

Indeed, we were facing challenging times, being cornered from three sides. The combination of events falling together was unexpected and tough. The gaiety and gratification of a beloved daughter's marriage was taken away. We were divested of the joy and excitement that comes with it. Then the condition of the house, as it was undergoing renovation was chaotic and messy. Lastly and the hardest, Raman's malignant brain tumour. The toughest and harshest to endure. All three fell together; it was a period of no escape. We were in dire straits.

One cannot become a star player in life if one is easily swayed by

emotions. Strength of character lies in performing the drama of life with courage and confidence, practicing self-reflection and self-control in all circumstances. The human spirit is the strongest force there is. So long as our spirit remains unbroken, there is no defeat. Hence, we should guard against resignation and despair which corrode the human spirit and sow the seeds of defeat.

The not so good feeling of gaining sympathy from others was strong in me and I had to keep myself strong. Sorrows and hardships are not to be shared for there is no one to partake of it with you. There's no market for emotions.

Despite my occasional low feelings, I decided that whatever life throws my way, no matter how unfair it may seem, I refused to play the victim. I decided I'm always going to remain positive. With complete conviction, I kept saying we will soon be out of it. I wanted everybody to see Raman in a positive light. A problem has come, it shall go. I refuse to quit.

To move steadily forward on one's chosen path, step after step, whether or not others are watching; to meet difficulties with the steady, relentless strength of ceaselessly flowing water - such firmness of purpose, and perseverance builds a foundation that can never be compromised. I also decided not to make others uncomfortable when they approached me. Why should others suffer my despondency. I needed to face it all myself. I couldn't inconvenience others. My presence should only be reassuring and put everyone's heart at rest and nothing else.

When we decide to live each moment fully, with all our might, to live true to ourselves and make the present moment shine, we discover and bring forth immense and unimagined strength. Rise to the challenges that life presents to you. You can't develop genuine character and ability by sidestepping adversity and struggle.

I have to be strong for myself. I don't need to project my unhappiness and earn sympathy from anyone. A low life condition creates a negative environment, which I wanted to be wary of, wanting positive vibes to percolate all around. The strength only the Lord gives. I connected with Him.

Therefore, my voice had positive intonations. I didn't want to latch on to positive words from others. I knew it will not last more than a few seconds. I had to believe in myself, so that when others watch me, they send positive vibes and feel the positive change in the environment.

Even in the darkest early days of the illness, when I didn't understand what was happening to me, I trusted only myself. It was not that I didn't feel low, sad, upset; several times my thighs and legs would ache. I had to have faith in God, not only by chanting regularly, but additional evening prayers where I spent a few more hours in prayers.

Become like the sun. If you do so, all darkness will be dispelled. No matter what happens, live confidently with the conviction that you yourself are the "sun." Of course, in life there are sunny days and cloudy days. But even on cloudy days, the sun is still the sun. Even when you are suffering, it is vital that you strive to keep the sun shining brightly in your heart.

The Daishonin says it is in such times that the Mystic Law spreads widely.

I started focusing on the day to day challenges. Wallowing in self pity is never the answer. If I was strong, my children would watch me and become stronger. I didn't want to become a liability to them or to anyone else, either. The storms of winter symbolize harsh periods of difficulty, pain, despair and the warm, fragrant breezes of spring, a time of joy and resurgence. 'Winter turns to Spring'.

In this troubled hour, my greatest strength was my mother.

MOTHER

Everyone wants someone they can hold onto and love. Someone who will be there to help pick up the pieces when everything falls apart. And that was my mother. I learned about the strength you can get from a mother. I learned not to despair, even when my world was falling apart. She helped me to keep going. My mother taught me that hard times can be overcome and that losing battles can be won. She encouraged me to make wise choices, even in the most uncertain of situations.

A mother is the truest friend we have. When heavy trials suddenly fall upon us, when adversity takes the place of prosperity, when

troubles thicken around us, she will cling to us and endeavour with her kindness to counsel us, to dissipate the cloud of darkness and bring peace to the heart. My mom is the strongest and most amazing person. She did not allow me to wallow in self pity.

INCHING CLOSE TO THE WEDDING

Days were moving fast, we had to focus and work fast towards the most important event - the wedding of our lovely daughter. Planning for the venue, list of invitees, gifts etc. all had to be worked out once again.

With the side effects of radiation, Raman couldn't completely participate in the planning of the marriage, but he was aware of everything that was happening. He was absolutely clear that the wedding must be of an extremely good standard. Despite all the odds we were facing, he went all out to ensure that the wedding must be very refined, cultured, graceful and a memorable experience for everyone.

By God's grace, as if some respite had been granted, it turned out to be one of the most beautiful weddings I've seen.

As Raman's physical presence could not be possible always, most discussions, planning and talks took place between Anil, Anshul and Atharv. Atharv would discuss everything with them and then update his dad before executing anything.

Anil, Anshul and Atharv together made a great team. They put in all their efforts, went through all sources, weighed pros and cons and decided that the scale of the event be brought down to a very manageable level and the venue also be changed into some kind of destination wedding. We were indeed blessed to have such gracious and nice people as Satya, Anil and Anshul with us, so credible, sincere and loving, to support us.

The first step achieved, with invites being extended, still loads of work was pending, and it needed execution. By now we had less than two weeks to go for the marriage. Starting from mithai and gift distribution (the mammoth job beautifully handled by Atharv) Envelopes to be kept ready for the Milni, mithai for the Sagan ceremony, gifts to purchase and the list went on. Added to this, I hadn't visited the market in a while. The very thought of going out to complete tasks was repellent. I had not the slightest inclination of visiting the scintillating markets and malls with apparel/stuff on display. My state of mind was beyond doubt sullen and surly. And yet without any appetite for any of it, I had to go.

Yajini had her stuff pending. I looked at my list, there was loads for me to do. Atharv was so occupied with marriage preparations that I found myself in the stores every other day, completing last minute purchases.

The first occasion at home was the Mehndi celebration. I remember thinking that where it should have been one of dance, fun, colour, flowers, music and celebration, it had no festive feel. The thought of decorating the house with flowers or lights, to symbolise a marriage occasion hadn't crossed our minds. I recollect, on the last day, to bring some joy to Yajini's marriage and since a few relatives from the boy's side were coming home with the mehndi which Yajini was to wear, that day I quickly ran to a flower shop to ask them to do some small, odd flower decorations. Otherwise, it was a quiet simple affair with only close family members present.

Although extended family members warmly tried to balance out the mood, the state of mind was such that the joy of celebration was missing. We were in the thick of Raman's radiation, too.

In all this chaos, Raman's and Atharv's clothes were done in the last week preceding the wedding. Atharv was out finishing off last minute chores and on that Mehndi day, where I should have been sitting and enjoying watching my daughter apply mehndi, I was running to the store at the last minute to pick up Atharv's clothes. He was unaware of what he was to wear; kept saying clothes were the least of his priorities and that he has no time for such trivialities.

I recall a small ticklish tale about Raman. His shoes were not done until the last three days. With radiation, his comments were rather brisk and biting. His shoes became the target, specially towards Yajini. We would return home after a long, rough day of work only to hear him with greatest graveness remark...Yajini, why will she have time for me, how happily she sees me wearing torn sandals. In retrospect it looks funny, but at that point it was so disheartening specially for Yajini where her heart and feelings were only for her dad.

In Buddhism, Nichiren Daishonin teaches the importance of maintaining hope and forging ahead, no matter the situation, by chanting Nam-myoho-renge-kyo to the Gohonzon. When we continue striving based on faith, we can find the wisdom to turn the poison of adversity into the medicine for growth and happiness. At the end of the storm is a golden sky, and the sweet silver song of a lark." Winter always turns to spring ".

PACKING FOR HOTEL STAY:

Since the wedding was a kind of destination wedding, we had to pack and carry our clothes in suitcases. With Raman's vision and mental condition being what it was, this exercise too I had to do by myself. Plus, the sheer joy of what to wear, what to carry was missing.

Yajini had most beautifully gone through all our attires for each occasion, but I had to assimilate them all, which was another intimidating task, as I couldn't afford to leave anything behind. I remember how I mentally prepared myself with what needs first preference. I decided to meticulously pack Raman's clothes first, a week in advance, knowing as the days progress I will be left with no time.

As for the jewellery, all by myself I had to make a number of visits to the locker, carry it home, ensuring everything was safe, which was another demanding task. I had to collect, pack and carry the entire jewellery to the hotel all by myself. I sat up late at night with all the doors locked and with Raman sound asleep, safeguarding the pieces of jewellery which Yajini and I were to wear, ensuring nothing was left behind. A daunting project that I can never forget...the loneliness of this joyous task was painful.

It was almost midnight when we finally reached our hotel rooms. Already worn out and fatigued, at night itself I had to empty out the stuff, prepare clothes for Raman and myself for the first important Shagan event the very next morning.

Only by overcoming life's problems and obstacles can we become truly strong. If everything always goes smoothly, we will grow complacent and be unable to build a solid foundation for our lives. Only by experiencing suffering ourselves can we understand the suffering of others and deepen our compassion.

THE WEDDING

It is well to remember, it is true that bad things come to an end, not just good things and soon we found ourselves facing the wedding! We reached the most beautiful destination wedding venue. The decor, the glow of warmth, the sincerity, the happy vibrations in the atmosphere, the friendliness, the most beautiful ambience created by Atharv and Anshul was pulsating with joy. All events were exceptional.

"God has always something for you. A key for every problem, a relief for every sorrow, a plan for every tomorrow".

It was indeed a most pleasant and wonderful change, though with dampened emotions. Emotionally my spirits were gloomy, a far cry from what it would otherwise have been, yet I had to be brave. I had to get into form. After all, it was one of the most joyous occasions of my life, as it would be for any parent. I don't know how strong I was, but I did get dressed, I did wear lovely clothes, did dance, all this but not with the same enthusiasm it would otherwise have been.

Raman's opinion mattered a lot, but it was absent as he couldn't see what I was wearing nor comment on how I looked. Then there were his mood swings and his desire to not participate on all occasions, did take away the spark. He refused to attend the otherwise joyous Haldi function as well. I had to attend the most charming and dazzling reception dinner, held immediately after the wedding, hosted by the Beraras, all by myself.

However, we went ahead with all celebrations with complete delight. The vastness of spirit, the congeniality of the Beraras, their kindness, their affection, was par excellence. It was one of the most enchanting weddings I've attended. Within the time frame and in the bustle of the jubilant celebrations, hours flew into days so fast that soon it was time for everyone to bid their goodbyes.

OUR CHILDREN

The most precious jewels you'll have around your neck are your children. Our children are our biggest blessings. They are both

so hands on and so overly concerned and protective. For them, their father is the ultimate in their lives and they were being so observant and careful over him. Yajini's been the warmth of our lives, taking care of our smallest needs with utmost love and care. She is like the flower that fills our life with affection.

Our little boy of yesterday is our friend today and our son forever. Atharv, who led an independent, happy, self-sufficient life living in Chandigarh, had his own home, work and extended circle of acquaintances. However, on seeing the gravity of the situation, it didn't take him more than an instant to take the call to make a shift back to Delhi. My father, my parents need me, bag and baggage, no regrets, he announced his decision to relocate back to Delhi.

On his arrival in Delhi the very next day, with efficiency and responsibility, he took to managing the course of Raman's treatment. Having extensive talks with doctors and doing extensive research online. Reading a lot, to ensure complete safety, both Atharv and Yajini took a call on the immunotherapy treatment, that Raman must undergo before starting Radiation.

While we busily prepared for the wedding, Atharv had this bright idea to simultaneously do up the farm, which we fondly call the Gaushala. To accelerate Raman's healing, he had to quickly spruce it up, so that his dad could be brought there as soon as possible. For this, he had to redesign, plan and redo a lot of things. In order to speed up the work, he had to start living there. Had to manage both the wedding and the farm. No wonder he would disappear from the scene for days and soon emerge to oversee the wedding.

For want of proper washrooms at the farm, he had to make do with what was available and share the same with the painters and other labour that were employed there. Dividing his time between wedding preparations and the farm, he renovated the gaushala, recreating the non-functional accommodation into a warm neat haven of beauty and comfort.

He redid the bathrooms, put in new tiles, a new glass shower bath and new sanitary ware. The kitchen was rebuilt and equipped with all facilities. Like all boys, quietly and without a murmur of having done anything at all, he brought about an amazing make over. After about a month and a half of effort, it became a tiny house of warmth and cosiness. He's now happy to see his dad taking long walks there, that he had long planned for.

BUDDHISM

I got a whole lot of strength and protection from chanting Nam myoho rene kyo by focusing my attention on my mission of sharing and reporting victory to Sensei and to all members and their families.

A 13th century sage named Nichiren Daishonin (1222-82) crystallized the ultimate reality. He defined this as "Nam-myoho-rene kyo", the fundamental law that is the essence of all life and phenomena. He advocated that repeated recitation of its title, "Nam myoho rene kyo " opens the way for all people to awaken and manifest their highest life state in the most easily accessible and applicable manner.

He declared that the heart of Shakyamuni's (Siddhartha Gautama) teaching is to be found in the Lotus Sutra, which encapsulates the Mystic Law, or truth, to which the Buddha had awakened. This philosophy upheld by Buddhism originated with Prince Siddhartha also called Gautama Buddha. "Buddha" means "enlightened one". He is also called Shakyamuni, who lived and taught in India in the 6th century B.C. The Buddha was not God, but he aimed solely at liberating sentient beings from suffering.

"The mind is everything. What you think you become." - Buddha Shakyamuni taught that by awakening to the Universal Law, one could release oneself from the lesser self and manifest one's pure and highest state of life. This, according to him, was the most dignified and essential quality needed in order to live fully human lives. This endless cycle of rebirth, called reincarnation, reflects the impermanent nature of human existence.

Nichiren taught that encountering difficulties is part of life. No one can escape them. But rather than reacting out of fear, we practitioners of Nichiren Buddhism can instead summon courage as we wield the mighty sword of Nam-myoho-rene-kyo. By applying our Buddhist practice to facing and winning over challenges, we train and develop our "muscles" of wisdom, life force, courage and compassion. These qualities accord with the

state of life called Buddhahood, to which Buddhist practitioners aspire. When we view things this way, our problems become opportunities to build a brighter future.

By continuously engaging in this challenge to activate our fundamental enlightenment, we can forge an indestructible foundation of happiness. When obstacles and devilish functions emerge, that is exactly the time to fight to change our karma and to win for the sake of our happiness.

In Buddhism, the treatment is not a simple medicine to be swallowed, but a daily practice of mindful thought and action that we ourselves can test scientifically through our own experience. Nichiren Buddhists specifically believe that everyone can change their destiny and bring about the effects they desire. Followers are encouraged to write their personal goals down on a piece of paper and have it in front of them while chanting. The aim of the practice is to establish high states of self-development.

President Ikeda states: "Attaining Buddhahood in this lifetime entails a fierce struggle to change our karma, as well as to overcome the various challenges posed to our practice by the three obstacles and four devils, and the three powerful enemies". The trials of winter are unavoidable if we wish to soar into a brilliant springtime based on faith.

Sufferings become challenges that aid one's personal transformation and growth, a springboard to great development. When we continually reinforce the Buddhahood in our lives, we come to be ruled less and less by selfishness (or greed), anger and foolishness. Only by experiencing suffering ourselves can we understand the suffering of others and deepen our compassion.

The Gohonzon (Nam-myoho-enge-kyo) has the power to unlock the Buddha nature in all people; it contains all benefit and embraces all capacities; and it has the revitalizing power to liberate people from any kind of negative karma and misery. I've been determined with my human revolution and chanted to change the situation around.

LEARNINGS FROM ADVAITA VEDANTA

Vedanta was and is an enormous crutch. It is nothing but the truth if one is willing to listen to its silent voice. According to Advaita Vedanta, the Upanishads tell us the world is unreal, not because it does not exist, but because it exists only so long as the Self is present in the awareness as the subject. When the Self is withdrawn from the consciousness, the world disappears. Besides, it is ever changing, unstable, impermanent and subject to destruction and decay. It is an appearance, projection of God, like a mirage, or a mistaken reality.

On enquiry and on applying this timeless truth to our day to day struggles, the trials of life lose their significance and the strife of life is not taken seriously. We become aware of the presence of the truth as the only reality. Through exposure to the Vedas, one sees how things come and go away, nothing sticks. Only the awareness of those things stays.

When we overcome the illusion and develop detachment from the senses, we enter that state of pure awareness where the duality simply vanishes and the Self alone remains. A Jiva, a human being, is deluded by egoism, desires and other impurities and thereby experiences duality and separation. He is living in the darkness of ignorance.

As the Ashtavakra Gita states:

***"Long trapped in the snare
Of identification with the body,
Sever the snare with the knife
Of knowledge that 'I am awareness'
And be happy my son."***

Since Raman had been studying the subject matter of the Upanishads from the young age of sixteen, he became my first guide, my teacher and companion in educating me on this path and encouraged me to study the Upanishads.

As I look back, I think more than half my courage, my aid, on confronting such a situation, came from my continuous exposure to the grand teaching of the Upanishads. In normal circumstances, one would apply failures / challenges to oneself and carry remorse

and sadness, have less endurance and look for sympathy. But I looked at this incident as something that will appear, complete its task and disappear. Seeing the transient nature of all phenomena, courageously staying unattached to its occurrence.

Attending classes over and over again for years, some knowledge would have enabled me to conduct the ups and downs of life with more acceptance and less complaint. The snake is an illusion, and the rope is the reality. In the same manner, the world appears in the mind as a formation over the Self.

The Shruti teaches us, sometimes failure, other times some happiness, now and then they replace each other. The past remains only a memory. Why lament, just observe and let go. With such awareness, without stopping any undertaking, one continues doing all activities with an attitude of gratitude, in compliance with one's true nature which is always bliss.

MY VICTORY

Whether we regard difficulties in life as misfortunes or whether we view them as good fortune depends entirely on how much we have forged our inner determination. It all depends on our attitude. With a dauntless spirit, we can lead a cheerful and thoroughly enjoyable life. We can develop a "self" of such fortitude that we are able to look forward to life's trials and tribulations with a sense of joy.

As I write, it gives me immense pleasure to share that we've come so far, ahead too we shall continue to advance towards more success, all this only because of the benevolent hands of the Lord. Without His command and His presence in everything, nothing moves. It is all "Ishwar anugrah". The path of God is the most safe and secure and on trusting Him, His blessings come in many ways.

He intervened and rescued us, no matter how difficult the situation was. Providentially, I was chiding Raman, providentially Yajini disapproved my constant disparaging comments on him which prompted her to take an immediate appointment with an ophthalmologist. You may not understand why God allows certain things to happen, but you may be certain He is not making any mistakes.

Where you are today is no accident. God is using the situation you are in right now to shape you and prepare you for the place he wants to bring you into tomorrow. Trust Him with His plan even if you do not understand it. God has perfect timing, never early, never late. It takes a little patience and faith.

"When God pushes you to the edge, trust Him fully because only two things can happen: either He will catch you when you fall or He will teach you how to fly". God's plan is always the best. Sometimes the process is painful, but don't forget that when God is silent, He is doing something for you.

With immense gratitude and reverence to the Lord and with delight I'd like to say that we have had the victory of Raman's two MRI reports within three months of each other, after seven months of surgery, where they have been absolutely clean and clear. I want to declare that our next victory will be where doctors are baffled and amazed at his subsequent successful reports. His fifth MRI report will also be absolutely clean. The doctors will be amazed at his progress.

His vision will totally come back, and he will lead a normal happy life. And now I am sure on our next visit to the doctor after a few months, for Raman's eyesight, his vision would have come back totally. He will be walking very confidently as in earlier times. He will himself be sharing his experience with you all and you can see how he'll be smiling and watching everything so confidently. He'll be once again driving his own beautiful car like earlier times, walking down the steps like before, as if nothing has ever happened, quick and fast. When people meet him, they will not even be able to imagine all that he's gone through, he will be talking and interacting with others so normally.

As Nichiren wrote: When we have this mandala with us, it is a rule that all the Buddhas and gods will gather round and watch over us, protecting us like a shadow day and night, just as warriors guard their ruler, as parents love their children, as fish rely on water, as trees and grasses crave rain, and as birds depend on trees. You must trust in it with all your heart.

Neeti Baluja

MAY SUCCESS STORIES

CHF-DSRF HEART WARRIOR – MAY 2023

MAYANK

PRE-SURGERY



POST SURGERY



POST FOLLOW-UP



Mayank is a 10-year-old boy from Uttar Pradesh. His parents were informed of his problem when he was only 20 days old. They went to a government hospital in UP, where the doctor diagnosed Little Mayank with Ventricular Septal Defect. The parents were distraught, but they quickly realised they had to take command of the situation and gather some bravery for their son.

After a few years, the parents decided to get his echo done at GB Pant Hospital based on his condition and symptoms. What happened next destroyed them even further. The Doctor informed them that Mayank will not be able to be treated now, when he will be 15 years old then only Doctors can do his procedure and whether that too will be successful or not, it is not sure. They approached many hospitals, including Satya Sai hospital in Palwal, Haryana but Unfortunately, parents were disappointed everywhere.

Things moved slowly, and they had nearly given up hope. Fortunately, through Google search they contacted Child Heart Foundation and went to the centre. Dr. Vikas Kohli performed an echo and discovered he had VSD's PAH. Dr. Kohli notified his parents of the diagnosis and that he required VSD Device Closure, with a treatment cost estimate of Rs. 300,000.

His father works as a farmer and single-handedly takes care of the family. For him, the financial burden of the intervention is a lot to bear. Mayank got registered under the HRIDAAN programme and he got his procedure. His family had organized Rs 40,000 and was unable to raise more so, rest was organized by CHF with supporting Donors. The family is extremely thankful for saving their child. The parents said they are forever in the debt to dr. Kohli's service to them.

Pradeep Kumar

GIFT OF LIFE

GIFT OF LIFE



MISS TAYYABA

Name: Miss Tayyaba
Age: 29Y 3M
Date of Surgery: 28 April 2023
Procedure : PDA Device Closure

Miss Tayyaba, a courageous and resilient 29-year-old girl, successfully underwent life-saving treatment for Congenital Heart Disease at our hospital. Her journey has been one filled with countless hurdles, but thanks to your compassionate support, she was able to receive the treatment she desperately needed.

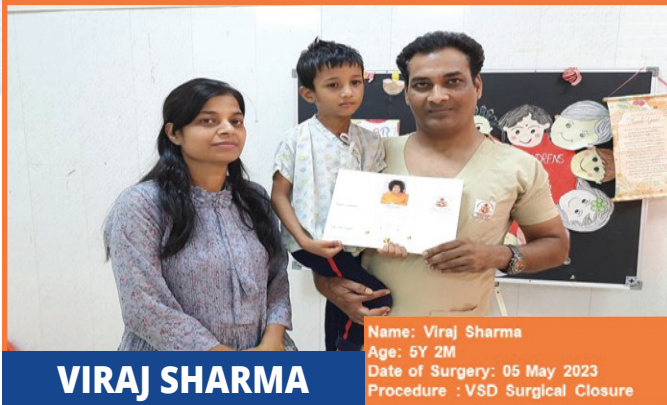
From a very young age, Miss Tayyaba has faced tremendous adversity. Losing both her parents early on in life was an unimaginable tragedy. However, she was fortunate to have her elder brother by her side, who took on the role of a caregiver, offering unwavering love and support. Despite the hardships, Miss Tayyaba never lost hope and remained determined to overcome the challenges that life threw her way.

Due to financial constraints, Miss Tayyaba was unable to pursue her dreams of higher education. She had to put her aspirations on hold and focus on simply making ends meet. Additionally, the burden of her medical condition made it even more challenging for her to find a suitable life partner. Her hopes of marriage seemed distant, but her indomitable spirit kept her hopeful for a brighter future.

Your compassionate act of donating towards her treatment at Sathya Sai Sanjeevani Hospital has transformed Miss Tayyaba's life in ways beyond measure. Not only has she regained her health, but she has also rediscovered a newfound sense of hope and optimism. Your support has granted her a second chance at life, filled with endless possibilities and opportunities.

Today, we stand in awe of the profound impact your generosity has had on Miss Tayyaba's life. Your selfless contribution has not only saved her physically but has also breathed life into her dreams. As she embarks on this new chapter, she carries with her the belief that kindness and empathy can make a remarkable difference in someone's life.

GIFT OF LIFE



Viraj Sharma's journey has been a challenging one. As a family blessed with means, they embarked on a quest for the best medical care for their beloved son. They visited numerous big hospitals, searching for a solution that would give Viraj a chance at a healthy life. However, amidst the towering institutions, it was the compassionate care and unwavering trust found at the Sathya Sai Sanjeevani Hospital in Palwal that resonated with the Sharma family's hearts.

Your support helped provide Viraj with free treatment at our hospital, where our dedicated team of doctors and staff worked tirelessly to heal his ailing heart. The selfless care provided by our medical professionals left an indelible mark on the Sharma family, reaffirming their faith in the power of compassion.

In the embrace of Sanjeevani, Viraj found not only medical expertise but also warmth, kindness, and hope. The hospital's holistic approach to care nurtured not just his physical well-being but also his emotional and spiritual growth. The smiles that adorned his face and the sparkle in his eyes during his stay were a testament to the transformation that took place within the walls of our hospital.

Your invaluable contribution has helped us continue our mission of bringing quality healthcare within reach for those who need it most. The impact of your generosity extends beyond medical treatments; it touches the lives of families, giving them the precious gift of hope and renewed faith.



Master Jassi, a courageous 6.3-year-old boy, was born with Congenital Heart Disease. His father, a security guard, and his mother, a devoted housewife, faced countless challenges while trying to provide their beloved son with the medical attention he desperately needed.

Before his surgery, Master Jassi experienced fast breathing, easy fatigue, and poor weight gain. These symptoms greatly hindered his ability to live a normal life, and it broke our hearts to see him struggle. However, thanks to compassionate donors like you, his story took a remarkable turn.

With the support of people like yourself, we were able to provide Master Jassi with the life-saving surgery he needed. The operation was a success, and we are delighted to share that all of his previous issues have now been resolved. He is no longer burdened by fast breathing, fatigue, or the struggles that once held him back.

Your kindness and generosity have truly made a significant impact on Master Jassi's life and the lives of his family. By extending your support, you have helped create a brighter future for this young boy, enabling him to grow, learn, and experience the joys of childhood without the constant weight of his illness.



Kumari Manshi, a brave little girl who was born with Congenital Heart Disease (CHD). Her journey has been marked by numerous challenges, but thanks to your unwavering support and the exceptional care provided by Sathya Sai Sanjeevani Hospital in Palwal, her life has taken a remarkable turn for the better.

Kumari Manshi's father, a dedicated peon, found himself confronted with an overwhelming predicament. The cost of treatment for her CHD was far beyond his humble means, leaving him feeling helpless and burdened by the weight of his daughter's condition. It was during this time that your kindness and generosity shone through. With your compassionate donations, Sathya Sai Sanjeevani Hospital Palwal extended their helping hand to Kumari Manshi and her family. The hospital, renowned for its expertise in treating CHD, provided free treatment that would otherwise have been unattainable for her father. It was a beacon of hope for a family that had endured far too much.

Before her surgery, Kumari Manshi faced a host of challenges, from poor weight gain to rapid breathing and recurrent cold and cough. Each day was a struggle, but the dedicated medical team at Sathya Sai Sanjeevani Hospital worked tirelessly to provide her with the care and attention she deserved.

And now, we are thrilled to share that Kumari Manshi has undergone a successful surgery, thanks to the combined efforts of the skilled medical professionals and your invaluable support. Her transformation has been nothing short of remarkable. Her weight gain has improved, her breathing has become more regular, and she has bid farewell to the recurrent cold and cough that plagued her young life.



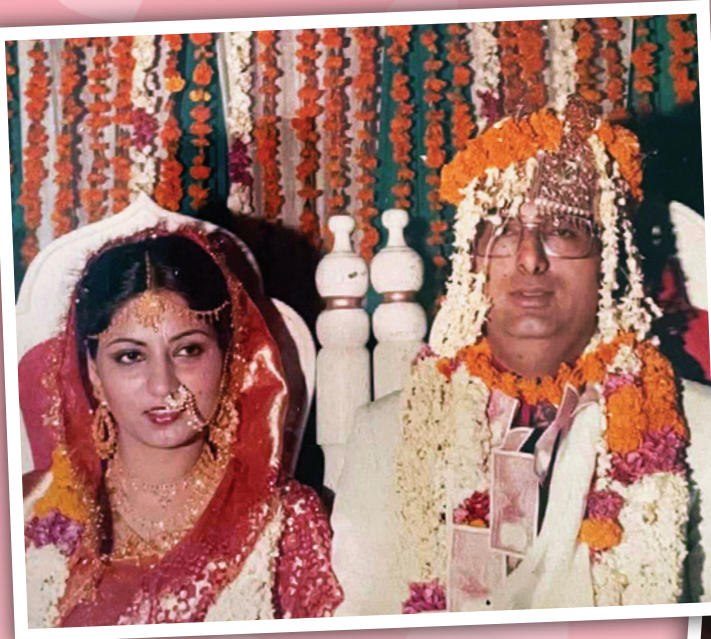
Arnav Tiwari, at the tender age of 7.5 years, was burdened with the immense difficulty of breathing due to his congenital heart disease. Every breath was a struggle, and his family experienced indescribable pain witnessing their beloved child endure such hardship.

The road to recovery was not an easy one for Arnav and his family. The financial burden of his treatment weighed heavily on their shoulders, threatening to overshadow their hopes for a brighter future. But thanks to the invaluable support from compassionate individuals like yourself, their prayers were answered.

Through your selfless contribution, Arnav received the necessary medical care and underwent a successful surgery at Sathya Sai Sanjeevani Hospital. The transformation in his health has been nothing short of remarkable. Arnav is now able to breathe freely, unencumbered by the limitations of his condition. His infectious smile and newfound energy are a testament to the profound impact you have made in his life.

...and they lived happily thereafter!!

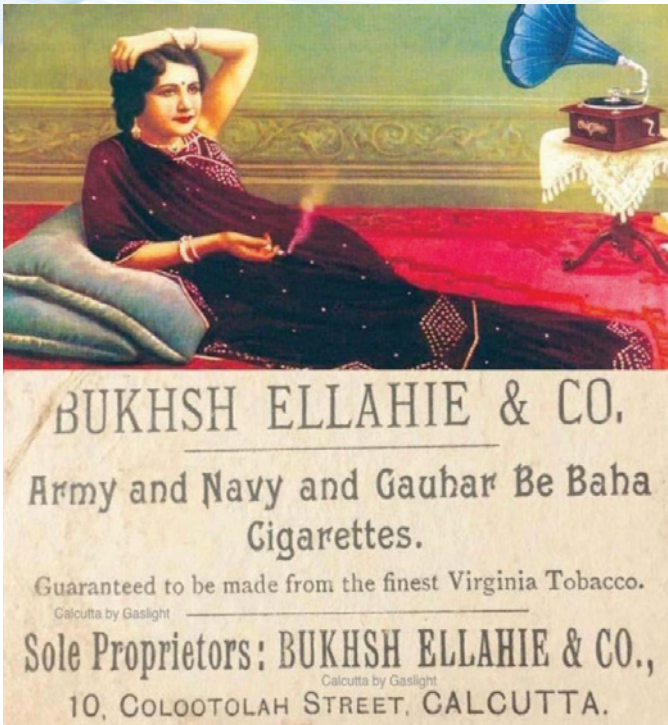
by popular request we are creating a theatre of the newlyweds then,
and happily ensconced now with each other



In the month of May Rachna - Rohit and Vaneeta - HK celebrated their wedding anniversaries. We invite couples whose anniversaries fall in June to please share photos of their marriage day and another of a recent date.

SNIPPETS HISTORICAL AND INTERESTING...

BEFORE THERE WAS ITC..



In 1885, a recent transplant from Delhi, Buksh Ellahie borrowed some money from his brother to set up a business importing tobacco to make cigarettes. He

formally registered his company in 1887 at 10 Colootalah Street. He wanted to capitalize on the growing popularity of cigarettes especially amongst army personnel. He was betting that regular folks will also follow suit and ditch their pipes and hukkahs. He was not wrong. Before the end of the century, Bukhsh was one of the richest men in the city.

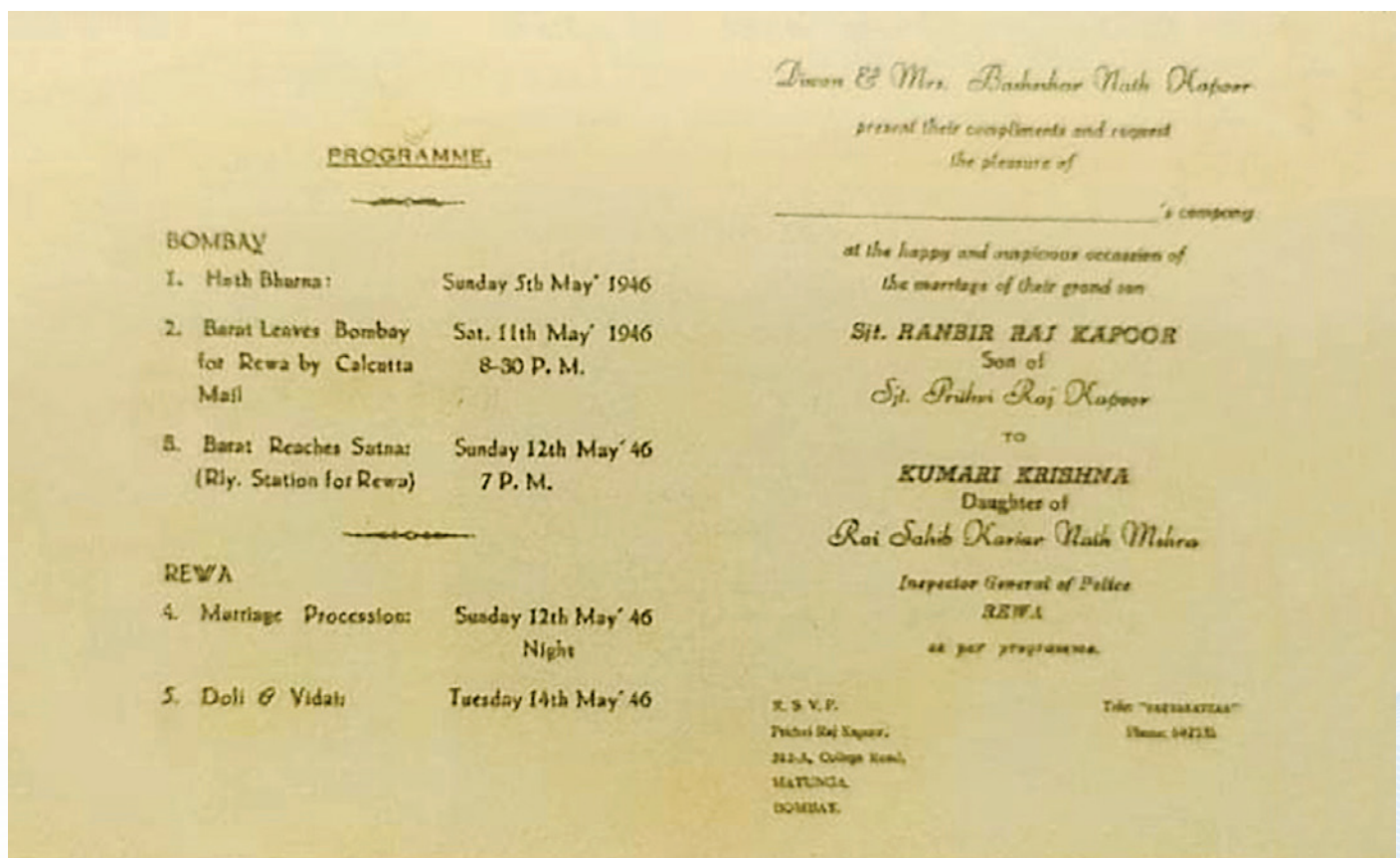
Contributing to his success was his creative marketing. Cashing in on the growing celebrity of the Hindustani classical singer, Gauhar Jaan, he launched a brand of local cigarettes called the 'Gauhar Be Baha'. He distributed free cigarettes to the army to promote his brand. He was also the first to use matchboxes for advertising.

In 1906, when two English gentlemen -- Jellicoe and Page -- travelled from London to Calcutta, looking for an agent for Scissors and other W.D & H.O Wills' cigarette brands in India, they knew they had to partner with Buksh. Thus he became the first agent of Wills that started the journey of ITC in Calcutta

Buksh expanded his trade to other goods and became an official supplier for the army. For his success in business and philanthropy, Hajee Bukhsh Ellahie was honored by the British government, first with the title of Khan Bahadur and later, with the Companion of the Indian Empire (C.I.E.).

RAJ KAPOOR'S WEDDING INVITATION CARD 1946...

Raj Kapoor's Wedding Invitation card 1946...Even the high-profile people's life style was so common,so down-to-earth unlike the present times...



RCDS - SANKALP CENTRES

MAY 2023

RCDS Sankalp focuses on high-quality, low-cost and replicable interventions to address gaps in the education system. It works directly with children and youth as well as through collaborations with various organizations. The mission is to see a quantum and a visible change in the learning levels of children. In the next five years, Sankalp plans to open doors of learning to more underprivileged children by taking up more child centric initiatives. RCDS Sankalp Centres are innovative in learning aiming to improve the quality of education.

The Centres provide education to children in the slums of South Delhi, RCDS - Sankalp has grown in both scope and scale, with programs today reaching children and youth across 4 locations. **More than 425 children are currently enrolled across all RCDS Sankalp Centres.**

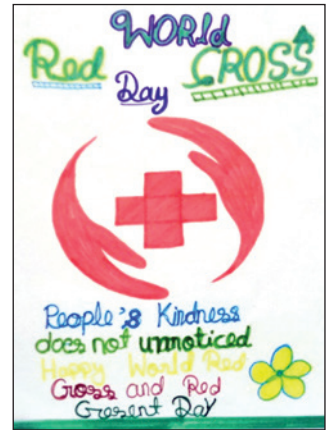
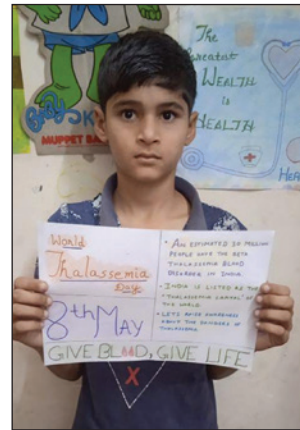
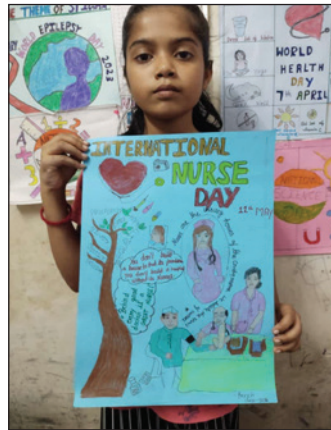
Besides, academic focus, a number of co-curricular

activities are also carried out. These include art, craft, computer training, English communication, etc.

Every month in the Centres special days are celebrated to expose children to specific themes. Children take part in regular major events and festival which bring changes not only in the level of knowledge they gain but also in the abilities to think and acquire habits, skills and attitude. Students are encouraged to embrace other traditions culture just like the way they do their own.

The following special events were undertaken the Centres in May 2023:

- International Labour Day on 1st May
- World Thalassaemia Day on 8th
- World Red Cross Day on 8th May
- International Nurse Day on 12th



Rotary
Club of Delhi South



SERVE TO
CHANGE LIVES

THE FOUR WAY TEST of the things we think, say or do

1. Is it the **TRUTH**?
2. Is it **FAIR** to all Concerned?
3. Will it build **GOOD WILL** and **BETTER FRIENDSHIP**?
4. Will it be **BENEFICIAL** to all concerned?

Lalit Sawhney
RCDS President: 2022-23

JUNE

Bhargava, Alok	01-Jun
Khanna Lakshmi C	06-Jun
Basu, Sanghamitra	07-Jun
Chopra, Vinita	08-Jun
Gujral, Geeta	09-Jun
Atroley RS	16-Jun
Taneja, Dr. Punita	18-Jun
Shashinath, TS	23-Jun
Jag Mohan	25-Jun
Taniya	30-Jun



HAPPY Anniversary

Javali, Kirit	Shweta	07-Jun
Kumar, Manoj	Taniya	22-Jun